

FAMILY RESPITE CENTRE HOSTS *YES! FOOD PROJECT*

The Family Respite Centre (FRC) is the first independent, purpose-built, community-based respite centre in Canada. Seniors with mental or physical frailties receive temporary care at the home-like FRC from our dedicated nursing staff and our advanced recreational and therapeutic programs; clients also have the opportunity to socialize with other guests, staff and volunteers. Through the Adult Day and Overnight Respite Programs offered at the FRC, caregivers get a rest from the often exhausting responsibility of looking after a loved one. With rest and respite, they can continue to care for their loved ones in the comfort of their own homes.

The FRC is a part of the community and has been a place of learning as well. Respite Assistant students from Vancouver Community College spend time at the FRC, gaining first-hand experience working with elderly



patients, some of whom have dementia. Students from Sir Charles Kingsford-Smith Elementary School have also participated in an intergenerational program with Adult Day Program clients, interviewing clients about their childhoods and participating in holiday activities.



Students from the nearby David Thompson Secondary School participated in the *YES Food! Project* at the FRC during the 2015-2016 school year. The project brought youth and seniors together through the cooking and sharing of food in an effort to connect the FRC guests to the greater community and reduce social isolation. The 47 students who participated in the program learned about the health and nutritional needs of seniors, improved their intergenerational communication skills, and contributed to the overall health of the community by spending time with the FRC clients. The students visited the FRC in groups of 4-6 and prepared their food as a presentation; they socialized with the FRC clients while enjoying the snacks together. The FRC clients were encouraged to engage in conversation and try different nutritious snacks like muffins, smoothies, tapioca soup or Chinese crepes, exercising their mental and physical capabilities. To learn more about the Family Respite Centre online, visit www.carebc.ca/family-respite-centre. To make a donation in support of the FRC, visit www.carebc.ca/donate.



Photos from the YES Food! Project as well as the FRC Annual Summer Picnic, held Aug. 11th.

To learn about volunteer opportunities at the FRC, please contact Jacquie Gallivan, Volunteer Program Manager, at gallivanj@carebc.ca or (604) 733-9177 ext. 107.

20 YEARS OF WORKPLACE FLU CLINICS

The 2016-2017 flu season marks 20 years since the launch of Care BC's Health Promotions Services (HPS) Department as a social enterprise – a B2B (business-to-business) initiative that helps our corporate clients keep their employees healthy while providing funds for our charitable programs (Meals on Wheels in Vancouver and Richmond as well as the Family Respite Centre in Vancouver). Read about our 20 years of services at www.carebc.ca/20-years-of-HPS.html. To book a workplace flu clinic this fall, contact Yvonne Li at liy@carebc.ca or (604) 733-9177 ext 108.



NEW WELLNESS PRESENTATIONS DEVELOPED

Lindsey Kendrick-Koch is a Masters student in the Graduate Public Health program at the University of Toronto; her time at our Care BC office during the summer of 2016 was partially funded by the "Canada Summer Jobs" program offered by Service Canada.



Lindsey Kendrick-Koch (right) and Yvonne Li, Client Services Coordinator

Care BC has been a supportive environment for my public health practicum these past 16 weeks. My background is in health promotion, with a focus on mental health as well as seniors' health concerns. My experience with the organization has been invaluable, allowing me the opportunity to employ the health promotion principles I've learned through my Masters program at the University of Toronto. My main contributions to Care BC consisted of three evidence-based wellness workshop projects on the subjects of sleep, mood, and stress management. I researched and critically appraised health evidence on these subjects, prepared presentations and workshop handouts, and developed discussion topics for workshop participants. I oriented the content of my educational materials toward people in the community who lead busy daily lives, particularly the working population. In addition to summarizing my sleep management project for the Board of Directors of Care BC at the AGM, I also presented sleep and mood management workshops in the community for Care BC volunteers and staff, as well as for three Care BC client organizations. My time at Care BC provided opportunities to develop my research skills and my ability to critically appraise evidence, employ health theory, and conduct health education by presenting and addressing concerns and questions about sleep and mood health of community members. This experience exceeded my expectations as it allowed me to synthesize evidence-based mental health information, produce products that Care BC can use in the future, and practise my health education skills with diverse employee groups.

To learn about the wellness presentations prepared by Ms. Kendrick-Koch and all the Workplace Wellness offerings available through Care BC, please visit www.carebc.ca/wellness-clinics-and-presentations.html.

TWO CARE BC EVENTS THIS OCTOBER

Chinese Meals on Wheels – 20th Anniversary Celebration Dinner

Presented by the Happy Life Network Association in support of the Health & Home Care Society of BC's Meals on Wheels programs.

Friday, October 7th, 2016 | 7 p.m. (Doors open at 6 p.m.)

Continental Seafood Restaurant 幸運海鮮酒家 | 11700 Cambie Rd., Richmond

\$60 (includes \$20 tax receipt) | www.carebc.ca/cmow-20th-anniversary-celebration-dinner.html



8th Annual Meals on Wheels Fundraising Dinner & Auction

Friday, October 21st, 2016 | 7 p.m. (Doors open at 6:00 pm)

Victoria Chinese Restaurant | 1088 Melville St., Vancouver (by the Hyatt Regency Hotel)

\$90 (includes \$50 tax receipt) | www.carebc.ca/meals-on-wheels-dinner.html

Check our website for updates as we finalize details about these events including information about live auction and raffle prizes!

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between May 10, 2016 and August 16, 2016 by making a donation of \$500 or more to our charitable programs.

- The Al Roadburg Foundation
- The Andrew Mahon Foundation
- The Estate of Bessie Lillian McMurray
- Kin's Holdings Ltd
- The Lohn Foundation
- The Phyllis & Irving Snider Foundation
- The Wolrige Foundation
- Van Film & TV Artists Society

We also thank our individual donors, program partners (Fair Haven United Church Homes Society, the Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health), and acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support our charitable programs, call 604-733-6614 or visit www.carebc.ca/donate.

家庭暫托中心 - 舉辦「YES! 食物工程」

家庭暫托中心（FRC）是加拿大首個獨立、以服務社區為基礎的暫托中心。服務對象主要是一些於精神及健康上需要支援的長者/患者，提供一個有在家感覺的舒適環境及多項有益的閒娛活動來幫助受惠者保持身心健康。中心擁有溫馨的環境、專業護理人員及先進的治療方法提供予受惠者，希望透過不同的閒娛活動，增強他們精神及身體健康。透過家庭暫托中心所提供的日間及留宿服務，讓需要長期照顧患有慢性病長者的家人或其看護者，有一個休息的機會。

家庭暫托中心是社區的一部分，所以我們會提供學習機會，好像我們曾經與Vancouver Community College 合作，給予修讀Respite Assistant的學生們到家庭暫托中心參觀及讓學生有機會親身體驗與患有腦退化症的長者相處。另外，Sir Charles Kingsford-Smith 小學的同學也曾參與日暫托中心「跨代」推擴活動。

最近，我們舉辦了一項嶄新的「YES! 食物工程」計劃，邀請了David Thompson Secondary School 學生參加了這項活動。該項活動是通過烹飪和食物共享的概念，去鼓勵及幫助年青人認識長者的情況，及希望藉此活動幫助獨居長者減低社會上的孤立感。該校共有47名學生參與此活動，年青人除認識長者的食物營養外，還有給他們與耆英有溝通的機會，重要是他們對社會的整體健康作出了貢獻。每次學生們會分為4-6人一組，每組每次預備健康營養餐食到家庭暫托中心，與長者分享食物及介紹餐食營養。我們鼓勵同學在進行交談時，分享不同的營養點心（如鬆餅，沙冰，木薯湯或中國薄餅等），使長者的精神和身體都可得到段練。欲了解更多有關家庭暫托中心的網上信息，請到www.carebc.ca/family-respite-centre.html。

欲參入家庭暫托中心義工行列，請與Jacquie (義工項目經理)聯絡 gallivanj@carebc.ca或電 (604)733-9177內線 107。



「Yes! 食物工程」活動及暫托中心週年夏日旅行圖片

「流感診所」20週年



2016 - 2017年流感季節的來臨將會標誌著Care BC的「流感診所」B2B (Business to Business) 計劃邁向20週年。這項計劃是我們推動企業客戶關注員工健康重要的一環，同時亦為Care BC各項服務(包括溫哥華及列治文的送餐服務和家庭暫托中心)提供資金援助。欲了解進一步有關「流感診所」服務詳情，或預訂流感疫苗，請到www.carebc.ca/20-years-of-HPS.html

健康教育新發展

Lindsey Kendrick-Koch 是多倫多大學修讀公共衛生課程的一個碩士研究生，她在2016年夏季參與卑斯護理會的暑期工作。部份資助是由加拿大服務局(Service Canada)「加拿大暑期工計劃」提供。



Lindsey Kendrick-Koch (右) 及 Yvonne Li, 客戶服務聯絡職員

Lindsey Kendrick-Koch 卑斯護理會給予我一個有關公共衛生為期16週的實習機會。我修讀的是公共衛生課程；重點是心理健康和耆英健康問題。這次參與該組織的工作對我是非常重要，使我在多倫多大學修讀碩士課程期間能真正有機會實踐課堂中認識的課本理論。我在卑斯護理會的工作主要有三方面的健康項目研究；包括睡眠，情緒和壓力管理等。我在這些項目中作了深入研究、嚴格評估及搜集有關個案；當中還組織了研討會及工作坊等讓參與者有討論的機會。我的材料取自社會上過著忙碌生活的人，特別是勞動的一群。除了向卑斯護理會董事們發表我對睡眠管理的工作外，我也向工作人員和義工發表了睡眠和情緒管理的研討會；及主持與卑斯護理會有關的三個組織講座。在卑斯護理會工作期間，它給我發展研究的能力和幫助我搜集例據，透過提出和解答社區成員對睡眠和情緒健康的關切問題，進一步令我達到提供健康教育的目的。在卑斯護理會實習的經驗是超出我所預期的，因為它不但讓我在真實個案中奠定一些精神健康信息和方法給予卑斯護理會未來使用，還可以幫助我在不同組別的員工群體中實踐我在健康教育的技能。

要了解Lindsey Kendrick-Koch編寫的健康研討文章及所有透過卑斯護理會所舉辦的職場健康講座，請到 www.carebc.ca/wellness-clinics-and-presentations.html。

卑詩護理會10月份重要日子！

我們將會在10月7日興祝「中式送餐服務」20週年籌款晚宴及在10月21日舉辦第八屆「送餐服務」籌款晚宴，有關進一步詳情(包括現場和無聲拍賣)，請留意我們網站最新消息。

卑詩護理會中式送餐服務二十週年

由卑詩護理會及Happy Life Network Association合辦 10月7日(星期五)於幸運海鮮酒家舉行「卑詩護理會中式送餐服務二十週年」籌款晚宴。

餐券：\$60 (\$20退稅收據)

詳情請到 cn.carebc.ca/CMOW-20th-Anniversary-Celebration-Dinner.html



第八屆卑詩護理會「送餐服務」籌款晚宴

日期：2016年10月21日(星期五)

時間：6時供候 7時入席

地點：悅海海鮮酒家 (Hyatt Regency Vancouver旁)

餐券：\$90 (\$50退稅收據)

詳情請到 cn.carebc.ca/meals-on-wheels-dinner.html

歡迎 KUDOS 加入MACAULAY CLUB

感謝以下商號在2016年5月10日至8月16日成為我們 Macaulay Club成員(捐助超過\$500元或以上)，幫助Care BC各項社區服務。

- The Al Roadburg Foundation
- The Andrew Mahon Foundation
- The Estate of Bessie Lillian McMurray
- Kin's Holdings Ltd
- The Lohn Foundation
- The Phyllis & Irving Snider Foundation
- The Wolrige Foundation
- Van Film & TV Artists Society

同時亦感謝我們以下的項目伙伴：包括：Fair Haven United Church Homes Society, The Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health. 及鳴謝卑詩省政府的財務支援。

若貴公司 / 商號願意捐助支持Care BC 各項社區服務，請電(604) 733-6614，或網上捐獻www.carebc.ca/donate。