

## SUPPORT FOR FAMILIES NEEDING RESPITE

**Helen Shore** has spent her life caring for others. She is one of BC's most influential nurses. It is therefore no surprise that Helen is an ardent and passionate supporter of Care BC's Family Respite Centre (FRC) where seniors diagnosed with functional and cognitive limitations receive temporary nursing care and recreational support, while their caregivers benefit from much needed breaks before their loved ones return home.

Helen was born in Calgary. Her parents were a pioneer doctor and a nurse in Alberta. As a child, Helen regularly accompanied her father on home visits, which led to Helen's own interest in health care. After moving to Vancouver and graduating from the Vancouver General Hospital diploma program, Helen completed a diploma course in Teaching and Supervision at the UBC School of Nursing and then earned her Bachelor of Science in Nursing at UBC. In 1971 Helen received her Master of Arts degree in Adult Education also from UBC.

*Helen was made a  
**Life Member of Care BC**  
in 2011 for her contributions to  
the organization.*

Before joining the Nursing Faculty at UBC Helen enjoyed several years working as a public health nurse in Vancouver. While in this role she became acquainted with Miss Christine Charter, Director of BC's Victorian Order of Nurses (VON), which would become the Health & Home Care Society of BC in 2006. Helen's admiration of Miss Charter's leadership grew when she became responsible for UBC's student nursing placements; she witnessed the VON nursing practices improving the health of individuals and families across the province. Helen has always believed that "a nurse draws from science-based knowledge to develop a care plan for individuals and their families; learning to cope with and manage health issues makes a significant difference in their lives."

When she retired from UBC Helen maintained strong ties with VON BC, initially by volunteering with Meals on Wheels and later by closely following the development of the FRC which officially opened



*Helen Shore (left) and the late Christine Charter in 2010.*

in 2002. Helen has continued to participate in nursing functions at the FRC and she has made regular donations to improve the experience of the FRC's guests. Several years ago Helen made a significant legacy bequest in her will to ensure the program is supported well into the future.

To make a legacy bequest, contact Care BC's Executive Director, Inge Schamborzki. To learn more about the services offered by the Family Respite Centre, please visit [www.carebc.ca/family-respice-centre](http://www.carebc.ca/family-respice-centre).

### *Other ways to help...*

Helen's support in the future will ensure the continued operation of the FRC for many years, but there are other ways to help. The FRC is currently in need of funding for:

- New stoves.
- New refrigerators.
- Bedroom carpeting.
- New beds and mattresses.
- Air-conditioning units.
- New activity supplies & games.
- A secure shed for emergency supplies.
- Gardening supplies & services.
- New televisions.

To make a donation, visit please [www.carebc.ca/donate](http://www.carebc.ca/donate) or call (604) 733-6614. To learn about volunteer opportunities at the FRC, please contact **Jacquie Gallivan, Volunteer Program Manager** at 604-733-9177 ext. 107 or [gallivanj@carebc.ca](mailto:gallivanj@carebc.ca).

## MOW DINNER RAISES \$60,000!

Our 7th Annual Meals on Wheels Fundraising Dinner & Auction, in October 2015, was a huge success! We raised \$60,000 thanks to our dinner guests in attendance and our generous donors who provided gifts for our live and silent auctions including Japan Airlines (JAL) and the Rocky Mountaineer. Special thanks are extended to Serena Lee, Herbert Lee, and Tom Chambers.

We would also like to thank:

- Howard Blank, our auctioneer, principal of Point Blank Entertainment and The Howard Blank Group.
- Fred Lee, Vanhattan's Man About Town, The Province and the Vancouver Courier for helping us promote the event.
- Peter Poon, Artistic Director of DramaOneVan Theatre, for speaking about the upcoming "Letters" re-run.
- Victoria Chinese Restaurant for providing a fantastic meal.
- Our volunteers who assisted at the dinner.

For a complete list of contributors and supporters, as well as photos, visit [www.carebc.ca/meals-on-wheels-dinner](http://www.carebc.ca/meals-on-wheels-dinner).



## "LETTERS" RE-RUN, MAY 29, 2016

"Letters", a moving production by DramaOneVan, will be re-run on Sunday May 29, 7:30 pm, at the Gateway Theatre in Richmond. The original production raised more than \$55,000 thanks to the generous support of the actors, volunteers, sponsors and more than 1,000 theatre attendees. Tickets are now available for the 2016 "Letters" re-run; visit [www.carebc.ca/letters](http://www.carebc.ca/letters) for more information.

Patsy Hui presents:



Gateway Theatre

## VOLUNTEER PROFILE: POLLY



*Polly with the Honourable Judith Guichon, Lieutenant Governor of British Columbia, in 2015.*

Polly has supported Chinese Meals on Wheels (CMOW) since 2005; she emigrated to Canada in 1975 and replaced full-time work with volunteering. Polly joined a women's club in the Marpole area and now coordinates the delivery schedules of 16 other volunteers. Our full network of volunteers deliver over 400 meals a day to clients across Vancouver and Richmond, many of whom are isolated seniors.

Meal deliveries also act as informal safety checks, which Polly experienced first hand. While on a route, Polly was unable to reach an elderly client. She found the building manager and together they discovered the client had fallen and couldn't call for help. After calling 9-1-1, the client was taken to hospital for care. It was a rare reminder that MOW and CMOW deliveries can provide much more than a hot meal and a friendly visit.

There's more online.  
Read the full profile and  
learn about volunteer  
opportunities at  
[www.carebc.ca](http://www.carebc.ca)

## KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between August 22, 2015 and January 28, 2016 by making a donation of \$500 or more to our charitable programs.

- |                                |  |   |  |
|--------------------------------|--|---|--|
| • Aqueduct Foundation          | • Lift Medical Aesthetics Corp.            | • The Estate of Nettie Polischuk          | • The Sook Ching Foundation                |
| • Blake, Cassels & Graydon LLP | • Lohn Foundation                          | • The Phylliss & Irving Snider Foundation | • Tong & Geraldine Louie Family Foundation |
| • Djava Mowafaghian Foundation | • MacDonald, Dettwiler and Associates Ltd. | • The Estate of Robert Kenny              | • Vancouver Shaughnessy Lions Club         |
| • Lee Turner & Associates Inc. | • Manning Elliott LLP                      | • Rocky Mountaineer Vacations             | • The Zacks Family Charitable Foundation   |
|                                | • Mirady Family Fund                       |   |  |

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](http://www.carebc.ca/donate).



## 支持 - 家庭暫托服務

Helen Shore相信是卑斯省其中一位最具影響力的護士團隊成員，她將自己一生都奉獻於關愛別人！所以你很容易明白到她為何一直熱心幫助及支持Care BC 的「家庭暫托中心」。因為Helen 了解到，對於那些需要長期照顧身體及精神軟弱老人或家人的看護者來說，「家庭暫托中心」是一個非常重要的地方，因這地方能真真正正切實地照顧到他們的需要。

Helen 在卡加里出生，父母均是醫生及護士。因為父母的緣故，她常常陪伴父親進行家訪，從而加添自己在醫學方面興趣。之後移居溫哥華，Helen在溫華哥綜合醫院完成文憑課程，繼而在UBC取得護士學士學位。1971年再在UBC的成人教育課程進修而完成碩士學程。

Helen於2011年成為Care BC終身會員，感謝她對我們組織作出慷慨捐獻。

Helen在未修讀UBC課程時，曾在溫華哥當社區護士。其間，她相識了Victorian Order of Nurses (VON) 行政總監Christine Charter。 VON 是Care BC前身組織，於2006年正式改為Health & Home Care of Society。Helen非常欣賞Christine Charter的領導才能，及後她目睹VON護士團隊真正能在不同省份改善個人及家庭醫療服務。Helen相信“護士角色非常重要……從基本汲取科學知識，並而發展個人及家庭護理計劃，及後學習應對和管理別人的健康問題，讓他人的生命變得不一樣”。

退休後的Helen，仍然與VON BC有著緊密的聯系，最初由當送餐義工，到後來積極幫助「家庭暫托中心」發展，直至中心於2002年正式開幕，Helen從不間斷地幫助中心各方面工作。當中還包括她持續的捐獻來改善中心設備。幾年前，Helen 還將她的遺囑中的遺產捐贈「家庭暫托中心」，以確保該中心能健康地持續運作。



Helen Shore (左) 與 Christine Charter 攝於 2010 年

### 不一樣的捐助

如欲願意安排你的遺產捐贈「家庭暫托中心」，請與Care BC 護理會行政總監Inge Schamborzki 聯絡。欲了解更多有關「家庭暫托中心」服務，請到[www.carebc.ca/family-respite-centre](http://www.carebc.ca/family-respite-centre)。

Helen的捐贈，將確保Care BC「家庭暫托中心」持續運作，同時，我們亦需要其他捐獻購買及更新以下設備：

- 爐具
- 冰箱
- 臥室地毯
- 新床和床墊
- 空調機組
- 新建活動遊戲用品
- 緊急安全幕
- 園藝用品及服務
- 電視機

如欲捐贈，請到網址[www.carebc.ca/donate](http://www.carebc.ca/donate)或致電 (604) 733-6614。要了解「家庭暫托中心」義工工作，請電604-733-9177(內線107)聯絡Jacquie Gallivan (義工部經理)或電郵 [gallivanj@carebc.ca](mailto:gallivanj@carebc.ca)

## 「送餐服務」籌款晚宴圓滿結束，共籌\$60,000!

2015年10月15日第七屆「送餐服務」籌款晚宴非常成功，共籌得\$60,000! 非常感謝當晚出席所有嘉賓及贊助商，透過現場及無聲拍賣，送出日本航空公司(JAL) 頭等機票及洛磯山火車遊等豐富獎品。特別感謝：Serena Lee, Herbert Lee及Tom Chambers.

及致謝以下嘉賓及商戶：

- Howard Blank, 拍賣主持 - Point Blank Entertainment and the Howard Blank Group 主席
- Fred Lee, The Province and the Vancouver Courier 專欄作者
- Peter Poon, Dramaonevan一劇場藝術總監
- 悦海海鮮酒家
- 所有參與籌款晚宴的義工們

欲瀏覽更多嘉賓、贊助商及有關晚宴相片，請到 <http://cn.carebc.ca/meals-on-wheels-dinner>



## 「寄不出的情書」舞台劇載譽重演 - 2016年5月29日

「一劇場」於2015年4月份演出《寄不出的情書》話劇，反應熱烈，逾千觀眾入場，坐無虛席，共籌\$55,000予Care BC 送餐服務。各方朋友給我們積極回應，及希望我們重演這齣話劇的信息非常強烈。為回應訴求，現於2016年5月29日假座 Gateway Theatre 列治文嘉藝劇院再度公演。是次還邀請到著名影視紅星岳華先生參與演出。詳情參閱 [www.carebc.ca/letters](http://www.carebc.ca/letters)



## POLLY - 40年義工大使



2015年 Polly 與卑詩省督 Judith Guichon合照

Polly 在1975年從香港移民到加拿大，當她從工作退下來後，就正式全時間投入義工工作。早期，Polly加入西區Marpole社區中心當羽毛球隊及中僑婦女園地義工，並與婦女小組開始參與CARE BC的送餐服務。其中一次經歷，令她畢生難忘！有一天，當她送餐給一位老伯伯時，按鐘良久卻沒有反應，於是情急之下，一面聯絡CARE BC中心負責人，另一方面，就立刻通知大廈管理員，幾經轉接，工作人員終於破門而入，目睹老伯伯倒在地上，於是報警，最後送到醫院急救，最終救回伯伯一命。這次難忘經歷，觸動了Polly，讓她體會到這份工作的義意，不單帶給獨居長者溫飽、愛心，還可能有機會拯救一個珍貴的生命。

## 歡迎 KUDOS 加入MACAULAY CLUB

感謝以下商號成為我們 Macaulay Club成員(捐助超過\$500元或以上)，幫助Care BC各項社區服務。

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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](http://www.carebc.ca/donate)。