

*We're preparing for our Meals on Wheels 50<sup>th</sup> Anniversary Celebration Dinner & Dance fundraiser this fall. This expanded edition of the newsletter explores the program's history, including a discussion with the first Meals on Wheels coordinator and a chat with one of our longest serving volunteers.*

## CARE BC'S MEALS ON WHEELS PROGRAM TURNS 50!

**Care BC's Meals on Wheels (MOW) program turns 50 this fall!** The program that started serving 5 meals to clients in Kitsilano now serves 118,000 meals annually to 1,234 clients across Vancouver and Richmond, with the help of 3 kitchens, 12 community depots and more than 350 volunteers.

MOW came to Vancouver as a centennial project thanks to Jean Moore and Millie Jones in 1967. They conducted a pilot project to gauge the need for the service in the city. The Kitsilano pilot was aided by other volunteers in conjunction with the Metropolitan Health Service, the Victorian Order of Nurses BC – VON BC (now Care BC\*) and Social Services. In just 2 months, it was clear that MOW would improve the quality of life of seniors living in the community.

Arrangements were made with Carlsbad Private Hospital to provide these first meals at a cost of 60¢. The hospital embraced the program because 75% of patients had been admitted suffering from malnutrition, not resulting from poverty but apathy. The service quickly spread to serve other areas of the city as volunteers founded chapters in Dunbar/Point Grey and the West End.

By the beginning of 1969, however, it was clear that the separate MOW chapters would benefit from a centralized headquarters and growth across the city. "It was a little strange," says Isabel Lloyd (then known as Isabel Kimmitt), a volunteer with the West End MOW chapter. "You had all these wonderful groups doing important work, but there were still large areas of the city where seniors and disabled people lived without coverage." After consulting with the various MOW programs and community partners, it was determined that VON BC, funded by a generous grant from the Vancouver Foundation, would accept responsibility for the program as a pilot for 16 months, starting Sept. 1, 1970. Isabel became the first MOW coordinator and helped centralize administration of the service, established standard practices and procedures and oversaw expansion of the program in the first 5 years.

Isabel is quick to point out that really imaginative and dedicated people brought this all together. She credits Jean Moore for insisting that the program include a brief, friendly visit and safety check for the clients.

"Jean insisted that the quality of the service should never be diluted and that the contact and visit by the volunteer was paramount." Isabel remembers Christine Charter at VON BC as being a fierce advocate for the program; her vision was a key factor in retaining the values inherent in the local community volunteer groups while allowing the service to become available city-wide. Under VON BC leadership, volunteers in existing chapters formed a committee chaired by Lesley Moffatt. The committee reached out to community groups, forming new chapters to eventually cover all of Vancouver and Richmond. There is no doubt that the support of Miss Charter and VON BC for Isabel and the early volunteers established the foundation on which the program would grow for 5 decades.

The need to provide for meals that responded to special dietary needs and ethnic preferences led to cooperation with Mount St. Joseph Hospital, the Louis Brier Home and Pacific Western Airlines, and several different restaurants and caterers throughout the years. In 1996, Care BC launched one of the first Chinese Meals on Wheels services in Canada to meet the needs of the region's changing demographics. The service offers authentic Asian cuisine delivered by Chinese-speaking volunteers. The launch of the program was aided by S.U.C.C.E.S.S., who helped with volunteer recruitment for the program and by their kitchens, who produce the Chinese Meals on Wheels meals. Our Western meals are currently prepared by Mava Foods in Richmond.

Meals on Wheels has been, and will continue to be driven by our vision – a vision of a future where seniors live independently in their own homes, with much support from the community - dedicated volunteers, partnering organizations, donors and Care BC employees. While celebrating our milestone anniversary, we also look forward to many more years of service to the community.

*\*Care BC (or "Health & Home Care Society of BC") was a founding member of the Victorian Order of Nurses as the BC Branch (VON BC). When the VON restructured as a national entity, Care BC became an independent organization adopting its current name in 2006.*



*There have been many changes to the program since 1967 (we no longer use styrofoam boxes, we also deliver by bike, etc.). However, our commitment to our clients - with support from our volunteers - has never wavered.*

## CHRIS - "WHEEL MAN" VOLUNTEER FOR 47 YEARS!

Chris Croner is one of Care BC's longest serving Meals on Wheels (MOW) volunteers, having delivered meals for 47 years. He started just 3 years after the program launched in Vancouver, and has maintained his commitment despite a very hectic schedule operating his certified organic blueberry farm. In addition to growing and harvesting the berries, he delivers them from Whistler to Burnaby to bakeries between midnight and 6 am.

Chris has continued his regular Wednesday Downtown Eastside route throughout his extremely varied and accomplished career. In the 60s he worked as a "wheel man" (helping arrange transportation, gear and general coordination) for music legends such as Jimi Hendrix, Frank Zappa, Mike Bloomfield, Richard Brautigan and Buddy Miles. Yet, he still managed to be a "wheel man" for MOW. "I had the meals I was delivering in one hand," Chris says, "and my young son under my other arm."

He first started volunteering with the program in the basement of the First United Church on Hastings Street. At the time, Day Captains used little red cards with information about each client (their name, any possible medical ailments, etc.). After delivering each meal, Chris would indicate on the card how the client was doing. The Day Captain would review each of the cards at the end of the route and make note of any client who required more attention. Little red cards aren't required now because many volunteers have cell phones and will alert our office if any client is in distress, but the reason for the program remains the same.

"It's about the people – the clients," Chris says. When asked about his decades of service, Chris said "I made a commitment and have stuck with it; I don't continue my volunteering for the glory." Chris admits that you do have to like what you do as a volunteer, but he feels he has found his niche with the MOW program. Chris' upbringing also influences his volunteer commitment; he learned from a young age that "if it's in you to give back, you give back to the community. We all have a part in building the communities we live in." His son (who accompanied Chris on his routes as a young boy) now lives in Las Vegas and volunteers his time at the local soup kitchen.



*In 2015 Chris received a gift of appreciation for 45 years of service presented by The Honourable Judith Guichon Lieutenant Governor of British Columbia.*



*Chris and Jacquie Gallivan, Volunteer Program Manager, this Spring.*

Chris' 47-year commitment is inspiring, but he is also inspired by our other volunteers. He currently works with another volunteer, Peter, on his downtown route. Peter got involved with MOW as a client after falling ill – he received meals while convalescing. The quality of the food and the service convinced Peter to begin volunteering MOW when he recovered. Knowing that someone like Peter had benefitted so well from the program is very rewarding to Chris.

Chris has no plans to slow down – he believes that "if you rest, you rust." We thank Chris for his amazing loyalty since 1970! If you are interested in learning more about volunteer opportunities with Meals on Wheels and our other charitable programs, please visit [www.carebc.ca/volunteering](http://www.carebc.ca/volunteering).

## CARE BC AGM: TUES. JUNE 27<sup>TH</sup>

Join us for our **118<sup>th</sup> Annual General Meeting on Tues. June 27<sup>th</sup>, 3:45-5:30 pm** at the Family Respite Centre, 2711 East 49<sup>th</sup> Avenue, Vancouver. We'll share updates from the previous year and distribute our Annual Report. Contact Sheila (604-733-6614 or [cannons@carebc.ca](mailto:cannons@carebc.ca)) to attend.

## KUDOS TO OUR MACAULAY CLUB

*Thank you to the following organizations who joined our Macaulay Club between January 18, 2017 and May 11, 2017 by making a donation of \$500 or more to our charitable programs.*

- Army, Navy & Airforce Veterans in Canada, Unit #284
- John Murray McEwen Fund
- The Tong and Geraldine Louie Family Foundation

*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).  
Charitable Tax No. 13082-8791-RR001

## THANK YOU VOLUNTEERS!

During National Volunteer Week, Care BC recognized our network of over 350 volunteers who make our charitable programs possible. The Honourable Judith Guichon Lieutenant Governor of British Columbia attended the event, presenting our long service volunteers with anniversary recognition pins for 30, 25, 20, 15, 10 or 5 years of service. Visit our website for more photos from the event ([www.carebc.ca/events](http://www.carebc.ca/events)), held at our Family Respite Centre (FRC).



*The Honourable Judith Guichon Lieutenant Governor of British Columbia arrives at the FRC with Inge Schamborzki (Care BC Executive Director, left) and Tom Chambers (Board of Directors President, right).*



*David Kimpton receives a recognition pin for 30 years of service to Care BC.*



*Volunteers who received pins for 15 years of service (front row, l-r) Beth Young, Elisa Wong, Margaret Mathers and Pat Harrold with Her Honour (centre), Inge Schamborzki and Tom Chambers.*



*Many of our Chinese Meals on Wheels volunteers, with Care BC Staff members.*



*Staff members who received recognition pins - Kam Dhaliwal (left) and Kim Zayshley (right) with Her Honour and Sally Zakaib - FRC Nurse Manager.*

*Photos by MITS NAGA PHOTOGRAPHY*

## JOIN OUR MOW 50<sup>TH</sup> ANNIVERSARY CELEBRATION

**MEET THE FAB FOUEREVER!**  
The First Album by Canada's Phenomenal Tribute to the Beatles



### *Meals on Wheels 50<sup>th</sup> Anniversary Celebration Dinner & Dance Fundraiser*

**October 21<sup>st</sup>, 2017 | Westin Bayshore Hotel (1601 Bayshore Drive)**

**Tickets: \$195 (or \$175 early bird by June 30, 2017)**

**Registration 6 pm | Dinner 7 pm | Dancing & Entertainment 9 pm**

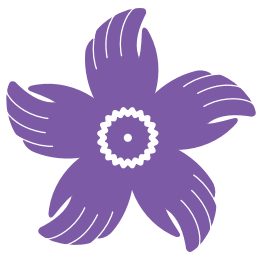
There's still time to purchase tickets for our *Meals on Wheels 50<sup>th</sup> Anniversary Celebration Dinner & Dance* fundraiser at the early bird price of \$175. Tickets cost \$195 starting July 1, 2017; full tables of 10 are still available. Join us on a musical trip back in time to 1967, when MOW came to Vancouver, with live entertainment from **The Fab Fourever**. The Fab Fourever is known across Canada; in 2015 the band was invited to represent Canada in Liverpool during Beatleweek. In 2016 they performed in cities throughout Asia.

Thank you to our current event sponsors - **Lee, Turner & Associates, Manning Elliott LLP, Alexander Holburn Beaudin + Lang LLP, and Patsy Hui** - and community partners - **Japan Airlines, Fairchild TV, Talentvision, and Horseshoe Press**. We also acknowledge the support from our media sponsors - **AM 1470, AM 1320, Sing Tao, Ming Pao, CityTV, OMNI and What's In Magazine**.

Prizes for our raffle have been donated by **Japan Airlines, Alfred Poon & Mimi Chan at AssetPlus Financial Services Inc.** and the **Kirin Restaurant Group**. Raffle tickets are \$10 each and can be purchased now until the event.

Our live and silent auctions will feature prizes from **Japan Airlines, The Rocky Mountaineer, Xoxolat Chocolate & Mava Foods, Sparkling Hill Resort, Fire in Your Kitchen (Vancouver Firefighters), MODO, The Listel Hotel, Red Truck Beer Company, Vancouver Opera Festival, Fairmont Chateau Whistler, Fairmont YVR Hotel, Foster Walker Gifts of Distinction, FlyOver Canada, Zipcar, Waters Edge Suites, Blackcomb Helicopters, and The Westin Bayshore Hotel**.

For information about the event, sponsorship opportunities or to purchase ticket, visit our website ([www.carebc.ca/meals-on-wheels-50th-anniversary.html](http://www.carebc.ca/meals-on-wheels-50th-anniversary.html)). We will update the page continuously until the event.



Health & Home  
**CARE**  
Society of BC

# 卑詩衛生及家居護理會

2017 夏季通訊

cn.carebc.ca

今年夏天，我們正積極籌備卑詩護理會「送餐服務」50週年各樣慶祝及籌款活動。我們特別增添這些篇幅來回顧50年來走過的歷史，包括第一個「送餐服務」及分享服務最長Chris義工的故事。

## 卑詩護理會「送餐服務」踏入五十週年！

卑詩護理會「送餐服務」在今年秋天將正式踏入五十週年！最初服務是在Kitsilano地區由送5個餐食開始，發展到現在350名義工、3個中西式廚房(由中僑及Mava Foods提供)、12個社區轉運站，每年為1,234名食餐者提供118,000餐食，這全是大家一起努力的成果。

感謝Jean Moore和Millie Jones當年(1967)將「送餐服務」帶進溫哥華，作為一個試驗性項目在社區推行。當年合作單位包括：大都會衛生局(Metropolitan Health Service)，維多利亞護士局BC-VON BC(現為Care BC)及社會服務部門協助，在短短兩個月的時間，「送餐服務」的效應顯然大大改善社區內老年人的生活質素。

最先我們與Carlsbad私立醫院合作，以60仙的費用提供每一份餐食予食餐者，醫院提供這個計劃原因是因為他們大部份的病人是營養不良的，所以他們特別著重膳食的質素。亦因著這合作，我們的服務也迅速伸展到其他地方包括 Dunbar / Point Gray和West End等。

到1969年初，West End其中一位送餐義工Isabel Lloyd(又名Isabel Kimmitt)曾分享“雖然我們有很多義工來幫助送餐工作和無私付出，但我知道現在還有很多其他地方的老年人和傷殘病人還沒有得到照顧。”其後，經多次諮詢及與一些社區合作夥伴商議，於1970年9月1日開始，溫哥華基金會(Vancouver Foundation)答應承擔支持擴大「送餐服務」16個月的費用，而Isabel成為第一個送餐服務協調員，幫助集中整理整個送餐項目管理，制定標準做法和程序，並監督及負責項目未來5年方向及發展。

Isabel指出今天送餐服務有這個成績，全賴當年Jean Moore的堅持，Jean認為「送餐服務」最重要是保持送餐質素；包括向食餐者慰問及幫助他們作家居安全檢查，“我們應時常緊記作這工作的焦點是給予食餐者關愛，將社區溫暖帶給他們，千萬不要搞亂思想”。另外，Isabel想到VON其中一位成員Christine Charter也是一位送餐義工積極推動者，她的願景也是奠定送餐服務的精神價值重要原素。在VON組織領導下，Lesley Moffatt成為領導者將其他成員組成更大聯系，去擴大服務到溫哥華及列治文有需要人士。毫無疑問，Christine Charter, VON的Isabel和早期參與義工的付出，確實是我們「送餐服務」50年來成長的基礎。

同時，為適應大量亞洲人移民本國及滿足其文化膳食需求，我們開始和多個組織或團體合作；包括Mount St. Joseph Hospital, Louis Brier Home and Pacific Western Airlines。在1996年，Care BC推出了加拿大首個中式送餐服務，提供正宗亞洲餐食及會說華語的義工者送餐。該計劃初推出得到S.U.C.C.E.S.S. 中僑互助會的協助，包括招募義工及用他們的中式廚房。而西餐目前是由列治文Mava Foods提供。

我們相信卑詩護理會50年來的「送餐服務」已實踐我們一直以來的願景；就是幫助長者能獨立地在家中生活。未來，我們更希望繼續得到社區、義工們、合作夥伴機構、捐獻者和卑詩護理會員工的共同努力及支持，一同邁向另一個為社區送出關愛服務的50年！

卑詩護理會(Care BC)是卑詩省維多利亞護士團隊(Victorian Order of Nurses)的創始成員之一。當維多利亞護士團隊(VON)改組為全國組織時，卑詩護理會(Care BC)亦於2006正式成為獨立機構，採用此名至今。



自1967年以來，送餐服務中也有些細節變更(像攜載飯湯的泡沫盒轉用環保袋，送餐方法加用單車工具等等)然而，我們「送餐服務」對食餐者的承諾；在義工全力支持下，始終如一。

# CHRIS CRONER - 47年「送餐義工」！

Chris Croner 是卑斯護理會(Care BC)服務最長的「送餐義工」，不知不覺已有47年。他在我們推出送餐服務3年後加入，需然Chris非常忙碌打理自己有機藍莓農場工作，但他從沒間斷「送餐」服務。Chris除了種植和製釀果漿之外，他甚至有些時須要在午夜至早上6點之間將自己的產品從威士拿 (Whistler) 送到本拿比的麵包店內。

Chris須然工作忙碌，但仍堅持逢週三到市中心東區作送餐服務。早於六十年代，他說他曾擔任Jimi Hendrix, Frank Zappa, Mike Bloomfield, Richard Brautigan, 及Buddy Miles等音樂傳奇人物的運輸協調員（主要協助安排交通工具和總體協調工作）。然而到現在，他笑說他仍然是當運輸協調員，只不過現在是當卑斯護理會「送餐」的運輸協調員！Chris繼續說：“我兩臂有力，一手送餐，另一手抱著孩兒，絕對沒問題。”



Chris 與義工部經理 Jacquie Gallivan 於今年「義工表揚日」合照

最初Chris是在Hastings 第一聯合教會(First United Church) 的地下室開始參與「送餐」活動。當時，送餐組長會用一張小紅卡，將食餐者的資料記錄下來（包括姓名和有關他們的醫療疾病情況等）；每次送餐後，Chris會在小紅卡上跟進食餐者的情況。組長在完結時會檢查每張小紅卡，如有需要，他會寫下有關特別食餐者要注意的地方。當然現在情況不同了，再不需要小紅卡，現在每位義工都有手提電話，如發現食餐者有問題，就即可立刻通知辦公室職員。

Chris說“這是關於“人”與“人”的工作”。當被問及他數拾年送餐的感受時，Chris說：“這是對自己的一個承諾，我不會為榮耀自己而做”。Chris重申“你必須要先喜愛這份工作，才可當這份工作的義工，而當中你亦可找到這工作給你的目標。在 Chris年幼時他父母教導他說“如果你有能力回饋，你就回饋社區，因為我們都是在這社區成長的。Chris的兒子（當年Chris手抱著送餐的小孩）現在已遷到拉斯維加斯居住，並在當地的一個免費送湯組織當義工。



2015年，卑斯省省督 Judith Guichon 頒發 45年服務紀念品予Chris，感謝他多年來無私的付出

Chris 47年「送餐」的承諾是令人鼓舞人的，同時他也受到其他義工激勵。當中跟他一起送餐的義工Peter。正是因為自己在患病中曾得到「送餐服務」的恩惠及照顧，所以康復後立刻參加了這服務。Chris看到「送餐服務」真的能幫助很多有需要的人就如Peter是一個很好的例子。這些對Chris來說是非常激勵及鼓舞的。

Chris 從沒計劃放棄義工工作 - 他笑言“如果你長期休息，你便會生鏽”！我們感謝Chris自1970年以來他對是卑斯護理會「送餐服務」的忠誠！如果你有興趣了解更多關於「送餐服務」的工作，請點擊以下網址：<http://cn.carebc.ca/volunteering.html>

## CARE BC第118屆週年大會 (AGM)

將於6月27日（星期二）由下午3時45分至5時30分於溫哥華家庭日托中心(Family Respite Centre: 2711 East 49<sup>th</sup> Ave., Vancouver) 進行。當日作最新年度報告，如欲出席，請與Sheila聯絡（電話604-733-6614或電郵cannon@carebc.ca）

## 歡迎 KUDOS 加入MACAULAY CLUB

感謝以下商號在2017年1月18日至 2017年5月11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。

- Army, Navy & Airforce Veterans in Canada, Unit #284
- John Murray McEwen Fund
- The Tong and Geraldine Louie Family Foundation

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)。

# 感謝各位義工!

今年4月23日至29日是加拿大全國「義工週」。加拿大政府希望透過這個活動去表揚義工精神! 卑斯護理會(Care BC)今年特別安排在這段時間於卑斯護理會暫托中心舉行一年一度「義工表揚日」。今次榮幸地邀請到卑斯省省督 Judith Guichon出席是次表揚活動。她為我們頒發服務超過5, 10, 20, 25及30年襟章予義工們。更多有關活動相片於網上查閱([www.carebc.ca/events](http://www.carebc.ca/events))。



卑斯省省督 Judith Guichon (中), Care BC 行政總監 Inge Schamborzki (左) 及 Care BC 董事會主席 Tom Chambers (右) 攝於卑斯護理會暫托中心



Care BC 董事會成員 David Kimpton 接受30年義工服務獎。



15年義工服務獎得主(由左至右): Beth Young, Elisa Wong, Margaret Mathers and Pat Harrold 與卑斯省省督 Judith Guichon (中) 及 Inge Schamborzki 和 Tom Chambers 合照



卑斯護理會中式送餐服務義工們與Care BC員工合照



卑斯護理會員工獲贈嘉許獎; 包括 Kam Dhaliwal (左) 及 Kim Zayshley (右) 與卑斯省省督 Judith Guichon 及暫托中心經理 Sally Zakaib 合照

攝影: MITS NAGA PHOTOGRAPHY

## 讓我們一起慶祝: 卑詩護理會「送餐服務」五十年



卑詩護理會「送餐服務」50<sup>th</sup>週年籌款晚宴

日期: 2017年10月21日(星期六)

地點: Westin Bayshore Hotel (1601 Bayshore Drive, Vancouver)

餐券: \$195 (晨鳥優惠, 2017年6月30日前購票 \$175)

六時入場 / 7時晚餐 / 9時歌唱表演及舞池開放

我們誠意邀請你一同參與2017年10月21日於Westin Bayshore Hotel 舉行的「卑詩護理會50<sup>th</sup>週年籌款晚宴」。到時除有最佳樂隊 The Fab Four Ever 演出Beatles 多首名典外, 設有無聲及現場拍賣。餐券每位\$195 (2017年6月底前晨鳥優惠 \$175)。Fab Four Ever在加拿大是知名的現代披頭士樂隊! 2015年代表加拿大被邀請到利物浦演出「披頭士週」Beatleweek。在2016年, 他們的表演發展遍及亞洲各地城市。

感謝我們活動之贊助商 - 包括Lee, Turner & Associates, Manning Elliott律師事務所, Alexander Holburn Beaudin + Lang律師事務所和Patsy Hui以及社區合作夥伴 - 日本航空公司, 新時代電視, 城市電視及至美彩色印刷。傳媒贊助商: AM1470, AM1320, 星島, 明報, CityTV, OMNI和What's In Magazine的支持。

「50<sup>th</sup>週年愛心慈善獎券」獎品贊助: 日本航空公司, 加富專業理財(Alfred Poon & Mimi Chan) 及麒麟海鮮酒家。愛心慈善獎券每張\$10, 如欲購買, 請與我們聯絡。

我們現場及無聲拍賣獎品贊助: Japan Airlines, The Rocky Mountaineer, Xoxolt Chocolate & Mava Foods, Sparkling Hill Resort, Fire in Your Kitchen (Vancouver Firefighters), MODO, The Listed Hotel, Red Truck Beer Company, Vancouver Opera Festival, Fairmount Chateau Whistler, Fairmont YVR Hotel, Foster Walker Gifts of Distinction, FlyOver Canada, Zipar, Waters Edge Suites, Blackcomb Helicopters, 及 Westin Bayshore Hotel.

有關活動詳情、贊助或購買餐券內容, 請到我們網站 ([www.carebc.ca/meals-on-wheels-50th-anniversary.html](http://www.carebc.ca/meals-on-wheels-50th-anniversary.html)) 閱覽。