



FAMILY RESPITE CENTRE VOLUNTEER - MIKE

The Health & Home Care Society of BC (Care BC) is an independent, not-for profit organization that has been caring for British Columbians since 1898. Our charitable programs include Meals on Wheels and Chinese Meals on Wheels (serving homebound Vancouver and Richmond seniors nutritious meals) and the Community Integration Project (helping people with physical disabilities adapt to their housing and daily living needs).

Care BC also operates the Family Respite Centre (FRC), the first independent, purpose-built, community-based respite centre of its kind in Canada. The FRC provides a homelike environment where seniors with mental or physical frailties receive temporary care, benefiting from the care of our dedicated nursing staff, advanced recreational and therapeutic programs and the opportunity to socialize with other guests, staff and volunteers. Caregivers of our FRC clients get a break from the often exhausting responsibility of looking after a loved one - enabling them to get the rest they need to continue helping their loved ones remain healthy and in the comfort of their own homes. The FRC offers an Adult Day Program and an Overnight Respite Program.

Mike and his wife Shirley were clients at the FRC. A few years after their marriage, Shirley was diagnosed with Parkinson's disease in 1992. "The diagnosis was very difficult to receive; it was devastating," Mike recalls. He suddenly found himself in the role of caregiver - something he was not trained or prepared for. In 2006, they were introduced to the FRC - Mike had not had a break from caregiving responsibilities for 9 years. At first Mike was very apprehensive about



Chinese New Year celebrations at the FRC 2017.

leaving Shirley in the care of the staff at the FRC - he wanted to be in control and felt he was the only one who knew how to care for Shirley. The advice the FRC gave him on their first visit was particularly relevant - "don't feel guilty". The quality of care that Mike saw Shirley was receiving convinced him to have confidence in the FRC staff.

Shirley's condition would eventually worsen to the point that she required additional care; she spent 6 months in Vancouver General Hospital before passing away. The whole experience left Mike burned out - he says he would absolutely do it all over again, "but I would do it smarter". He believes in the "Caregivers Bill of Rights" - he still carries a copy of it now - which reminds caregivers that they have the right to take care of themselves and to seek help from others (for a sample see http://caregiver.com/articles/print/caregiver_bill_of_rights.htm).

Mike was so impressed with the quality of care Shirley received at the FRC that he decided to volunteer himself after her passing. Indeed, Mike's volunteer help is part of the experience the FRC provides to our clients. "I do my best to help out," he says, "I put myself in the shoes of the clients; I imagine what Shirley was exposed to at the FRC during her time here." To anyone who has considered volunteering, but thought 'I wouldn't know how to help or what to say', Mike says - just be present. Show the clients you care enough about them to be there for them.

The time Mike spends volunteering at the FRC now reassures him that Shirley was receiving excellent care during her time there. Learn more about the FRC at www.carebc.ca/family-respite-centre.html. To support the FRC with a financial donation, visit www.carebc.ca/donate.html. Follow Mike's lead and learn more about volunteering at www.carebc.ca/volunteering.html.



The FRC Summer BBQ 2016.

**SAVE THE
DATE:**

OCT. 21ST, 2017

Join us Sat. Oct. 21st, 2017, as Care BC celebrates 5 decades of service to the community through Meals On Wheels! We're hosting the **Meals on Wheels 50th Anniversary Celebration Dinner & Dance** fundraiser at the Westin Bayshore (1601 Bayshore Drive) with entertainment provided by the *Fab Fourever* - Canada's best tribute to The Beatles. Tickets are \$195 (early bird tickets \$175 before June 30th). Watch for event updates on our website: www.carebc.ca/meals-on-wheels-50th-anniversary.html

OVER \$100,000 RAISED LAST FALL - THANK YOU!

Last October was our most successful fundraising season ever! We raised over \$100,000 at our Chinese Meals On Wheels (CMOW) 20th Anniversary Celebration Dinner and our 8th Annual Meals on Wheels (MOW) Fundraising Dinner & Auction. We have many people to thank for their contributions, including all the guests in attendance at each event and the volunteers who lent their support.

CMOW 20th Anniversary Celebration Dinner

- The event was presented by the **Happy Life Network Association** at the **Continental Seafood Restaurant** and raised over **\$40,000!**
- Prizes (live auction & raffle) were donated by **Japan Airlines, the Continental Seafood Restaurant** and **Tri-Star Seafood Supply Ltd.**
- Entertainment was provided by Mr. **Angus Yam**, Ms. **Bonnie Lam**, Ms. **Lydia Lam** and Ms. **Shella Yeung** and emcees **Betty Chin & Raymond Lau**.

For more photos from the event, visit:

www.carebc.ca/cmow-20th-anniversary-celebration-dinner.html



(Top, L-R) Herbert Lee, Serena Lee, Richmond Mayor Malcolm Brodie, Inge Schamborzki, David Kimpton & Tom Chambers.

(Bottom, L-R back row) Jim Kojima, May Soo, Chak Au, and Inge Schamborzki. (front) Gabriel Yiu, MP Jenny Kwan & Tom Chambers.

8th Annual MOW Fundraising Dinner & Auction

- Held at the **Victoria Chinese Restaurant**, the event raised over **\$60,000!**
- Thank you to **Emcee Fred Lee** and **Auctioneer Howard Blank**.
- Auction prizes were donated by **Japan Airlines, the Rocky Mountaineer, Fire in Your Kitchen** (Vancouver Fire-fighters), and the **BC Chefs Association**. See our website for a full listing of our silent auction prize donors.

For more photos from the event, visit:

www.carebc.ca/meals-on-wheels-dinner.html



(Top, L-R) Tom Chambers, Fred Lee, Inge Schamborzki, and auction prize winners.

(Bottom) Guests in attendance at the Oct. 21, 2016 8th Annual MOW Fundraising Dinner & Auction

THANK YOU TO THE VANCOUVER DIAMOND LIONS CLUB!

On Nov. 27, 2016, the Vancouver Diamond Lions club hosted a fundraising gala which benefited Care BC at the Continental Seafood Restaurant in Richmond. The event raised \$6,000! Thank you for your support!



Cheque presentation at the Vancouver Diamond Lions Club fundraising dinner.

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between August 17, 2016 and January 17, 2017 by making a donation of \$500 or more to our charitable programs.

- Al Roadburg Foundation
- Djavad Mowafaghian Foundation
- Dr. Michelle Tam Inc.
- G. Keith Chambers Consulting Inc.
- Lee Turner & Associates Inc.
- Leoganda Holdings Ltd.
- MacDonald, Dettwiler and Associates Ltd.
- Napaja Enterprises Ltd.
- Richmond Chinatown Lions Club
- The Robert Kenny Fund
- The Sook Ching Foundation
- The Zacks Family Charitable Foundation
- Vancouver Diamond Lions Club
- Vancouver Shaughnessy Lions Club
- Way-Tech Process Solutions Inc.

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.
Charitable Tax No. 13082-8791-RR001

感動生命 – 「家庭暫托中心」義工MIKE的故事

卑詩護理會(Care BC)是一所獨立、非牟利及以卑詩省為服務基地的慈善機構。自1898年以來一直照顧卑詩省居民在支援醫療服務的需要。我們服務項目包括：家庭暫托中心、中西送餐服務(溫哥華及列治文區) 和社區融合計劃(幫助身體殘疾人士適應日常生活需要)。

卑詩護理會「家庭暫托中心」(Family Respite Centre)是加拿大首個獨立、專誠、以服務社區為基礎的家庭暫托中心。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，我們提供一個舒適溫馨的環境、專業護理人員、先進的治療方法給他們，希望透過不同的閒娛活動，增強長者/病患者精神及身體健康。另外，家庭暫托中心現提供日托及夜托服務。

Mike和他的妻子Shirley是「家庭暫托中心」的客人。Shirley與Mike結婚數年後在1992年被診斷患有帕金森病。當Mike得知此消息後，情天霹靂，實在難以接受，Mike說“這個診斷是極痛苦的”。接下來，Mike發覺原來自己要在擔當照顧者(Caregiver)的角色時，一點也沒有這方面的訓練和準備，最後他默默地接受了這個事實，過程中有數不盡的困難。經過9年擔當照顧者的角色，Mike實在有點崩潰及疲累，直至2006年，在朋友轉介下認識卑詩護理會「家庭暫托中心」服務。起初Mike非常擔心要放下Shirley在日托中心讓中心的工作人員照顧她。因Mike當時的想法是懂得照顧Shirley的只有他一個人。直至Mike第一次聽到護理人員跟他說“不要因為留下你



「家庭暫托中心」於年初舉行新春慶祝活動

的親人在這裡而感到內疚”及日後看到中心護理人員悉心的照顧和其他工作人員親切的態度，他才如釋重負地將Shirley放到日托中心，而他自己也有歇息的時間。

最後Shirley因病情惡化而需要額外照顧要轉送到溫哥華醫院住了6個月，最終離世。Mike在整個經歷中體會了很多，他強調原來要擔當照顧者(Caregiver)角色時，要做得更聰明。他閱讀“照顧者權利法案”(Caregiver Bill of Rights)時學懂了很多有關知識。這法案提醒照顧者要關注自己的權利和尋求他人的幫助(欲了解更多請閱覽http://caregiver.com/articles/caregiver/caregiver_bill_of_rights.htm)。

Mike對妻子Shirley生前在卑詩護理會「家庭暫托中心」得到悉心照顧印象非常深刻，他決定在她去世後當中心義工。Mike說“我會盡力幫助所有來到中心的客人，我會將我和Shirley在中心感受過的經歷實踐出來。對於其他義工遲疑不知如何照顧客人或不懂與他們溝通時，Mike說“不用學習，亦不需要說甚麼，只要讓他們知道你在他們身邊，隨時給他們幫助、關心，這已足夠。Mike確信Shirley生前在卑詩護理會期間得到了最好的護理。

若了解有關「家庭暫托中心」更多信息，請到：cn.carebc.ca/adult-day-program.html。

若希望通過捐款支持「家庭暫托中心」請到cn.carebc.ca/donate.html。

若您被Mike的故事感動或想了解更多有關義工的資料，請到cn.carebc.ca/volunteering.html。



去年夏天，暫托中心舉辦燒烤樂，義工們都落力參與

**卑詩護理會重
要日子：
2017年10月21日**

卑詩護理會「送餐服務」今年將踏入五十週年，為慶祝這個特別日子，我們將於2017年10月21日假座Westin Bayshore Hotel (1601 Bayshore Drive, Vancouver) 舉行「慶祝卑詩護理會送餐服務五十週年籌款晚宴」，到時有最佳樂隊the Fab Forever 演出Beatles多首名典。餐券每位\$195(2017年6月底前晨鳥優惠 \$175)。請繼續留意我們網站www.carebc.ca進一步詳情。

感謝各位！我們去年秋季共籌得超過\$100,000元！

我們感謝各位的支持，去年秋季兩個籌款活動中；包括「中式送餐服務20週年籌款晚宴」及「第八屆卑詩護理會籌款晚宴」都非常成功，合共籌得超過\$100,000元。我們再次感謝各位參與之嘉賓、贊助商及義工們的大力支持！

「中式送餐服務20週年籌款晚宴」

- 與Happy Life Association 合辦是此籌款晚宴，共籌得超過\$40,000元。
- 感謝日本航空送出商務機票幫助現場拍賣、三星海鮮及幸運海鮮酒家送出禮券予幸運大抽獎。
- 感謝當晚司儀Raymond Lau, Betty Chin。以及Angus Yam, Bonnie Lam, Lydia Lam, Shella Yeung的歌唱表演。

更多有關相片，請到：

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



上圖：由左至右 *Herbert Lee, Serena Lee, Richmond Mayor Malcolm Brodie, Inge Schamborzki, David Kimpton & Tom Chambers.*

下圖：後排左至右 *Jim Kojima, May Soo, Chak Au, and Inge Schamborzki.* 前排左至右 *Gabriel Yiu, MP Jenny Kwan & Tom Chambers.*

「第八屆卑詩護理會籌款晚宴」

- 於市中心悅海海鮮酒家舉行，共籌得超過\$60,000元。
- 感謝當晚司儀Fred Lee及Howard Blank主持現場拍賣。
- 感謝當晚現場拍賣贊助，包括Japan Airlines, Rocky Mountaineer, Vancouver Fire-fighters 及 BC Chefs Association.

更多有關相片，請到：

cn.carebc.ca/meals-on-wheels-dinner.html



上圖：由左至右 *Tom Chambers, Fred Lee, Inge Schamborzki, and auction prize winners.*

下圖：眾嘉賓於「第八屆卑詩護理會籌款晚宴」上

感謝溫哥華鑽石獅子會

11月27日，**Vancouver Diamond Lions Club**溫哥華鑽石獅子會於幸運海鮮酒家舉行籌款晚宴，為卑詩護理會共籌得\$6,000元善款。感謝會長Ludia Li 及各善心落力參與的委員們。



11月27日晚宴進行支票贈送儀式

歡迎 KUDOS 加入MACAULAY CLUB

感謝以下商號在2016年8月17日至 2017年1月17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。

- Al Roadburg Foundation
- Djavad Mowafaghian Foundation
- Dr. Michelle Tam Inc.
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- Lee Turner & Associates Inc.
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- Richmond Chinatown Lions Club
- The Robert Kenny Fund
- The Sook Ching Foundation
- The Zacks Family Charitable Foundation
- Vancouver Diamond Lions Club
- Vancouver Shaughnessy Lions Club
- Way-Tech Process Solutions Inc.

同時亦感謝我們以下的项目伙伴：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。