

Health & Home
CARE
Foundation of BC



Vancouver  Richmond

Volunteering to Fight Social Isolation

September 2020

Since the beginning of the pandemic, we have all been challenged to stop the spread of COVID-19 - maintaining social distance, and staying or working from home or quarantining. Many of us, perhaps for the first time in our lives, have been experiencing our own feelings of isolation and frustration by having to minimize contact with others including visits with family and friends.



For many elderly Meals on Wheels clients, feeling isolated, lonely, helpless, restless and anxious is an everyday reality. Up to 60% of our clients live alone and 56% are over 80 years of age.

Social isolation is one of the biggest threats to the health of Canada's aging population. It affects at least a quarter of all seniors over age 65, and can significantly impact their physical, mental and emotional health.

Since 1967, Meals on Wheels (MOW), operated by the Health and Home Care Society of BC - also known as 'Care BC' - has been an integral part of the community. Over 60 caring volunteers each weekday deliver hot nutritious meals to our clients across

Vancouver and Richmond. They also provide an essential safety check and social connection during the visit helping to reduce feelings of isolation for our homebound clients.

These dedicated volunteers, many of whom are retired seniors, not only give of their valuable time, but they use their own vehicles to deliver meals. Driver mileage reimbursements help to offset some of their costs. Care BC also has agreements with Modo and Richmond Honda to lease vehicles for MOW volunteers.

Annually, these costs approach \$100,000. Fundraising is one of the fundamental ways Care BC ensures resources are in place to continue operating MOW. While events have served to successfully raise funds previously, this year our Oct. *Dinner & Auction* has been cancelled due to COVID-19. **Will you please help?**

As many of us have learned during COVID-19, staying at home is only possible with adequate support. We hope you will support our clients, and volunteers, by making a much needed financial gift to our vital Meals On Wheels program - whose volunteers have been working tirelessly to improve the quality of life for homebound seniors for over 50 years!

With sincere appreciation,



Inge Schamborzki RN, D.Ed.
Care BC Executive Director

*You can also make a secure donation online:
www.carebcfoundation.ca/donate-mow-2020-appeal*

Yes, I would like to support isolated seniors during the COVID-19 pandemic!

I wish to give: \$100 \$250 \$500 \$1,000 Other \$: _____ Monthly \$: _____

Method of payment: I am enclosing a cheque payable to: **Health & Home Care Foundation of BC**

Please charge my VISA Mastercard

Card #: _____

Expiry (mm/yy): _____ CVV: _____

Signature: _____



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*Supporting Meals on Wheels, the Family Respite Centre,
and the Community Integration Project.*

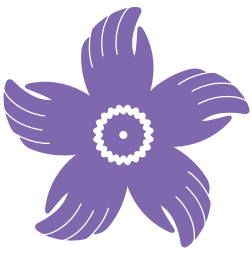
204 - 3077 Granville Street, Vancouver BC V6H 3J9

604-733-6614 | info@carebc.ca

www.carebcfoundation.ca

*09/20 Charitable Tax No. 71276-8696-RR0002

Thank you for giving. Tax receipts will be issued for personal donations of \$20.00 or more.



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Vancouver 溫哥華 Richmond 列治文

「隔」不開的關愛-「送餐服務」

自今年年初開始,在抗疫的過程中,「隔離」成為了一個熱詞,保持社交距離好像是公眾的一個主要任務。很多人第一次嘗試這種感覺;不能外出,不能上班,不能與人接觸、不能與好友共叙,整天困在家裡,疫情面前,沒有人能獨善其身。那種孤單、無助、不安、無耐的感覺,你知道這正是一些獨居老人每天的寫照嗎?失望和沮喪的感覺,每天都充滿在他們的心靈上。



雖然[孤獨老人]是加拿大老人健康問題最大威脅之一,但仍然是一種不常常被討論的議題,我們知道在加拿大至少有四分之一的65歲以上老年人每天都被健康,心理和情緒上的問題影響著。

卑詩護理會的「送餐服務」,正是針對這些獨居老人的需要,讓他們得到營養餐食同時,亦能享受社會的關懷,讓他們得到身心健康,最終能延長安在家中的時間,這正是我們成立卑詩護理會的遠景和目標。

卑詩護理會自1967年開始推出西式[送餐服務]及1996年增添[中式送餐],幫助獨居長者與社區保持聯系與關愛;特別在這疫症期間,當普通人仍可用其他途徑與別人保持聯系,這群獨居長者就更需要這份特別的關愛!由於現在疫情持續未見減退,我們仍然面對嚴峻的財政壓力。在困難情況下,我們仍繼續努力工作。希望你們慷慨捐獻!支持這個不可缺少的社區服務。捐助\$100就能資助50個餐,捐助\$1000可以資助500個餐。希望透過您的幫助,使我們能繼續為孤單、無助的弱勢長者提供營養餐食,好讓這個疫情「分隔」不了我們傳遞的關愛!

謝謝你的支持,

May Soo
中文項目總監 卑詩護理會

網上捐款

www.carebcfoundation.ca/donate-mow-2020-ch

我願意幫助獨居長者,捐助COVID-19 疫情捐獻!

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Signature: _____

Name (please print): _____

Address: _____

City: _____ Prov.: _____ Postal Code: _____

Email (optional): _____



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