

June 2021

Celebrating 25 Years of Chinese Meals on Wheels!

As a result of the changing demographics in Vancouver, in 1996 the Health and Home Care Society of BC (also known as “Care BC”), launched the **Chinese Meals on Wheels (CMOW)** program. Then, a team of 30 volunteers delivered 25 CMOW. **Today, more than 250 CMOW are delivered across Vancouver and Richmond every weekday, by more than 175 volunteers!**

May Tong, one of our loyal CMOW volunteers, has supported the program since its beginnings. She immigrated to Canada from Hong Kong 30 years ago and began volunteering with MOW 27 years ago! When we launched the CMOW program, May was one of the key volunteers to help get the program up and running.

“I feel the need to interact directly with the clients on my route,” says May (pictured, left). *“It’s heart-warming to see their smiling faces with each delivery. So many of my homebound clients have no other visitors at all, and they can’t easily leave their homes - they look forward to my weekly visit.”* The meaningful contact and connection May develops with clients, many of whom are isolated because they live alone, and/or have mobility issues, motivates May to continue volunteering.



One couple stands out to May - Mr. and Mrs. Chan are both 96-years old and have received CMOW deliveries for several years. They have no family members living in Canada to support or visit them. May felt that this couple needed extra attention to combat their isolation. Over time a genuine friendship developed. May has been included in special occasions. The Chans have shared sweets with May on each of their birthdays and on their 60th wedding anniversary, like a family member. *“I hope to continue volunteering for many more years, serving more elderly and lonely seniors. It’s an extraordinary life experience that brings me, and the clients on my routes, lots of joy.”*

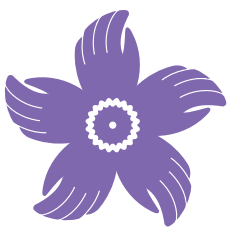
Care BC plans to celebrate the 25th Anniversary of CMOW on October 21, 2021 (COVID-19 permitting) with a fundraising Dinner & Dance at the Continental Seafood Restaurant in Richmond with entertainment by **The Fab Forever**, Canada’s Premiere Tribute to the Beatles. Please “Save the Date” and check our website for updates. We hope you will join us!

Care BC’s MOW programs (Western & Chinese) rely not only on the support from dedicated volunteers like May who help us deliver over 125,000 meals every year to vulnerable clients - we also rely on donations. **Every gift received enables Care BC to subsidize the cost of our MOW, thereby keeping the cost of the meals affordable for the clients, many of whom live on limited, fixed incomes.**

Please help Care BC with your donation today! If you are interested in donating your time and joining May and the rest of our volunteer team, please visit www.carebc.ca/volunteering.

Check out our website for the latest information and updates about our programming and upcoming events.
www.carebc.ca





Health & Home
CARE
Foundation of BC



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有你同行 一起走過25年 [中式送餐服務] 25週年



今年是卑詩護理會[中式送餐服務] 25週年，我們非常感恩自1996年開始至今這個項目越來越多有需要的人仕受惠。跟我們同行25年的，還有送餐義工 May Tong。對她來說，加入中式送餐行列同時也達到一個里程碑。May 回想從香港移民到加拿大接近30年，而參與送餐工作也達27年之久。卑詩護理會最先在1967年開始西式送餐服務，其後隨著人口結構變化而啟動了[中式送餐]。最初只有大約30名中式送餐義工，**到現在我們有175名義工每日平均送出超過250份餐食。而May是首批義工要員。**

回想20多年送餐歷程中，令May印象難忘的是幫助那些孤單的獨居老人，他們沒有親人或朋友探訪或照顧，**大部份獨居長者都非常渴望看到送餐義工的到來，因為送餐義工就是他們唯一接觸的人，是他們唯一能與社區連系及在精神上幫助他們的人，May 覺得這是很有意義的工作。**除此之外，有些特別體驗也令May高興和感動，好像其中有一對96歲老夫婦，雖然年紀老邁，但十分有趣和恩愛，每當丈夫或太太生日，甚至是他們60週年結婚紀念，他們

都會與May分享糖果和喜樂，May 每次送餐，也開心地與他們傾談，日子久了，大家的友情也漸漸由此而生。May分享那些難能可貴的友誼及與長者們相交所帶來的喜樂和意義，是金錢和物質賦予不到的。May繼續說：**「多年來好像有天使一直帶領我去做這份送餐工作，即使遇到大雪或者其他困難，我希望在我有能力時仍然繼續送餐，可以為更多獨居長者送上熱騰騰餐食和一句窩心問候。希望我的小小努力可以為社區帶來溫暖！」**

卑詩護理會的[送餐服務] 正正是幫助這些獨居長者得到照顧及關愛！每年我們送出超過125,000 份餐食予有需要之人仕，希望你們也一同參與，**捐助支持這個不可缺少的社區服務。幫助那些無助的長者得到餐食與關懷。**

今年為慶祝[中式送餐服務]25週年，如果疫情容許，我們將於10月21日舉辦一個慈善餐舞會；邀請了The Fab Fourever 樂隊組合獻演 Beatles 多首名曲。我們誠意邀請你支持這次活動，在幫助籌務經費之餘，亦能一起慶祝我們一同走過25年的歲月，有你同行，將使我們攜手讓社區、讓世界變得更美好、更溫暖！

希望像May一樣回饋社區，令需要關懷的長者生命變得不一樣，請即加入我們義工行列
cn.carebc.ca/volunteer-application.html



有關我們近期的活動，請閱覽我們的網址 cn.carebc.ca。

Health & Home Care Foundation of BC

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