

February 2021

## *Words are not enough to show how grateful my husband and I are*

Dear Friends and Supporters of Care BC:

What does Valentine's Day mean to you? For many of us, it's a special day to celebrate our loved ones and to show those who are important to us how much we care about them.

This year will be like no other. We may be unable to express our love in person to someone who may be feeling more isolated than usual. And what about individuals who don't have any loved ones living nearby who feel isolated every day? Or others, like Eleanor and Prod, who have been together for 58 years and are suddenly faced with unanticipated challenges:

*"My husband, Prod, had a bad fall which fractured his skull. Because of his traumatic brain injury he needs 24 hour care and assistance. With COVID-19, I have had to limit his exposure to outsiders so I've been his sole caregiver all this time. Looking after him takes so much of my time that I have had no time for anything else including shopping for groceries and cooking."*

Eleanor, who shows her expression of love every day as she cares for Prod, knew she couldn't do it all alone and reached out to Care BC's Meals on Wheels (MOW) program.

*"Meals on Wheels has become a blessing for us. Not only are the meals nutritious and varied but the volunteers who deliver them have been very kind and supportive. They have become my dearest friends. Words are not enough to show how grateful my husband and I are for MOW's support and assistance. I can only pray that MOW is able to continue its life-saving work for a long time. And may the good Lord bless all the wonderful people behind this great service."*

This Valentine's Day, we hope you'll open your heart and think about the people in our community who are all alone, or feeling particularly lonely and isolated. Supporting MOW shows the frail and elderly in our communities that someone cares; they are not forgotten. And for couples who have been together for decades, MOW enables them to stay in their homes together for longer.

Please show your love and give now.

Sincerely,



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



*PS - Sincere thanks are extended to our MOW volunteers, like Jo who delivered a meal to Prod recently, for their support and for making a significant difference in the lives of the people they deliver meals to every day. For more information about our MOW service and volunteer opportunities, please visit [www.carebc.ca](http://www.carebc.ca)*

*Please give generously! A gift of \$250 subsidizes 125 meals for homebound seniors.*

**Health & Home Care Foundation of BC**

204 - 3077 Granville Street, Vancouver BC V6H 3J9

604-733-6614 | [info@carebc.ca](mailto:info@carebc.ca) | [www.carebcfoundation.ca](http://www.carebcfoundation.ca) | Charitable Tax No. 71276-8696-RR0002

2021年2月

## 春節暖人間 - 不能用言語表達的謝意!

親愛的卑詩護理會朋友及支持者,

當我們踏進2021年的同時, 中國農曆新年和情人節也快近, 自去年COVID-19 疫情的出現, 我們面對前所未有的困難, 無論在工作上、生活上面對嚴峻的挑戰。迎接新的一年, 我們期望有平安、健康的好開始。

中國新年或情人節, 對許多人來說是一個特別喜慶的日子, 雖然在疫情期間或許有不能表達愛意的機會, 但對於一些本身孤立無助的獨居者, 就顯得更孤單及挑戰。好像兩位中餐食餐者葉公公和葉婆婆, 年已80多歲, 他們自去年5月開始接受我們送餐服務, 兩個女兒先後回流香港居住, 剩下倆佬相依, 早前丈夫剛進醫院時, 徬徨無助, 他們感謝Care BC 送餐服務, 特別在這疫情期間, 與外面隔離。葉婆婆感言說:「好像農曆新年或節日, 沒有兒女在身旁, 有點孤清的感覺, 幸有送餐義工的探訪, 使倆佬可得到關心。」

另外, 其中兩位西餐食餐者Eleanor和Prod也有同感, 他們倆相依已有58年, Prod早前因意外跌倒, 引致腦部受傷, 須要24小時護理, 由於疫情, Eleanor需要獨力全面照護, 不能求助於其他人。Eleanor 分享:「如果不是得到Care BC 的送餐服務, 我們真的不知如何是好。他們不單提供溫暖食物, 送餐義工的親切問候, 是我們不能用言語表達的謝意!」

這個農曆新年及情人節, 帶給你溫馨快樂的同時, 請記念社區中孤單無助的一群; 他們極需要關懷及照顧。「送餐服務」是社區一項必須服務, 我們送出不單單是一個餐食, 關心問候和親切的笑容是帶給食餐者的無限安慰。請繼續支持我們的工作, 使我們一起將愛及關懷送到社區當中!

感謝,



May Soo

中文項目總監 卑詩護理會



特別感謝所有送餐義工無私的付出, 像Jo 送餐到Prod 家中, 帶給有需要人仕無限的關愛溫馨! 這正是社區須要的正能量! 欲加入我們送餐行列, 請到 [cn.carebc.ca](http://cn.carebc.ca)

**請慷慨捐助! 捐獻 \$250, 可以資助 125 個餐食送到弱勢長者身上!**

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