

January 2022

## *Bringing Warmth to Those in Need*



*Happy New Year!* If you just finished ringing in the New Year, or are preparing to celebrate the Chinese Lunar New Year on February 1<sup>st</sup>, we hope 2022 brings health and happiness!

The promise of the New Year shines bright, especially when combined with the warmth we feel from connecting with family, friends and loved ones during the holidays... *However, the start of a New Year is not joyful for everyone.*

The Health and Home Care Society of BC (also known as “Care BC”) operates Meals on Wheels (MOW) programs in Vancouver, Richmond and the North Shore. We know that many of our clients live alone, and are unable to see family and friends during the holidays. In some cases, their loved ones don’t live in the Lower Mainland. In other cases, they no longer have any living family members. This time of year, like all holiday celebrations, can be especially difficult for those who are already homebound or feel isolated.

Recently, our MOW volunteer Mr. Mak visited a senior who has been receiving meals from us for many years:

*“It’s been very lonely living by myself; I am happiest when I get to see the volunteers delivering hot meals and warm greetings every weekday. Their friendly visits remind me that I’m not alone and I’m grateful for their time and attention. In recent years, they’ve also given us lucky red pockets (envelopes) during the Lunar New Year. It’s wonderful to feel connected to the community again. I thank Care BC’s MOW program and all their volunteers for caring.”*

If you are lucky enough to spend time with your family and friends during the holidays, we hope you’ll take a moment to remember those in your neighbourhood who often feel forgotten. Many of us resolve to be happier and healthier at the beginning of the year; **will you consider helping us keep the elderly in your community as healthy and happy as possible?**



Last year, our Western and Chinese MOW programs delivered 120,000 meals to those in need with 59% of them being seniors who live alone, most of them being 80 years old or older, and 13% over 90 years old. A hot meal and friendly greeting are especially welcome at this time of year, and vital for their well-being.

**We invite you to support and join us  
in continuing to provide this essential community service this year.**

Please donate generously to the Meals on Wheels program so isolated seniors and those in need can receive care from the community.

**A gift of \$250 supports the cost of 125 Meals,  
including a combination of hot entrées, frozen entrées and sandwich packs.**

*Thank you, and we wish you all the very best in 2022!*

## 社區關懷心連心 春節溫暖滿人間

時光荏苒，2022新年過後，轉眼又到了中國的農曆新年。農曆新年對於中國人來說是一個非常重要的日子，是一家團聚喜慶歡騰的日子，很多家庭都會互相探訪問候及拜年，有些長大了的子女還會回家看父母及一家大細一起吃「團年飯」。但你又是否想到在這些特別節日裡，對社區一些弱勢獨居長者來說，就顯得更孤清和寂寞。在我們所接觸的獨居長者中，都因着各種因素，令大部份子女不能在他們身邊照顧日常起居，平日也是孤單的過日子，所以在特別喜慶節日裡，他們都會感到非常寂寞和無助。



最近義工麥先生探訪一位要餐多年的長者，她說：

「我們這些獨居老人，在平時日子裡都是寂寞的，但當到了特別喜慶節日，好像春節，這感覺就更加強烈，當其他人都是一家團聚喜喜洋洋的時候，自己感覺上就特別孤清。不過，自從有了送餐服務，我最開心的是看到義工送上熱騰騰的餐食和問候，他們所送上的不單單是一個熱餐，而更重要的是他那份親切的問候及友誼，是一種很窩心的感覺。好像近年的農曆新年，他們還會送上紅封包，讓我們這些獨居老人也感受到一份節日溫馨。我感謝卑詩護理會及各義工，謝謝你們的關懷及愛心。」

在這慶祝新春節日期間，在你享受快樂的同時，請記念我們社區中那些孤單無助的一群，他們需要的不單單是一個熱餐，更需要是社區聯系與關懷。



去年我們共送出120,000餐食予有需要人士，當中包括59%獨居長者，一半以上客人是超過80歲或以上的，13%超過90歲；一個熱餐，一個溫馨問候，對他們是何等寶貴。我們誠意邀請你與我們同行，心連心，支持我們提供這些重要的服務予社區有需要的人。

**請慷慨捐助「送餐」工作，讓孤單的獨居長者及有需要之人仕  
得到適切的關心，讓我們一起將愛及關懷送到社區！**

**捐獻\$250 就能資助125個餐送到有需要的人仕身上！**

**謝謝您的支持並祝2022年萬事如意！**