



Part of the community for 55 years!

September 2022

Caring for elderly members of the community who may be frail or homebound has always been at the core of our **Meals on Wheels** (MOW) operations; with each meal delivery, our clients receive a hot, nutritious meal and an informal safety check on their well-being. This has been even more crucial recently, during heat waves, or when it snows in the winter. Our service has been essential throughout the COVID-19 pandemic.

From the very beginning, volunteers have been a vital part of the program; we could not have provided the service for 55 years without their help! Our loyal volunteers make MOW deliveries every weekday - some have volunteered with MOW for nearly as long as the program has existed! Many volunteers have developed close friendships with the clients they see on their regular routes. Whitney has volunteered since she retired in 2018, and has gotten to know George, who has received MOW since 2019.

George receives MOW deliveries regularly that suit his vegetarian diet. He used to prepare his own meals, but he has had several strokes and can't manage on his own. "It's great! I receive meals Monday through Friday. I used to be able to cook for myself, but I'm unable to now." George used to volunteer himself with Meals on Wheels when he lived in California in the 1980s.

George and Whitney have bonded over their shared love of plants and gardening. When George's building went through renovations earlier this year, Whitney helped ensure all the plants on his patio deck were removed. After the work was complete, she helped put things back, although she also said "it's been a little too hot this summer for some of the plants!"



"I remember hearing about Meals on Wheels back when I was in elementary school. I was able to take an early retirement - now I'm happy to volunteer my time giving back to the community."

~Whitney, Meals on Wheels Volunteer

Will you consider making a donation today to help support clients like George?

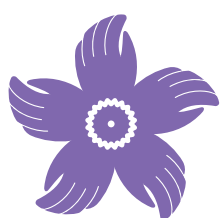
The other vital component which helps keep our MOW programs going is our community of generous donors who provide financial assistance. Each donation, no matter how big or small, helps keep the meals affordable for our MOW clients. With your help, we can ensure that clients like George are able to stay living in the comfort of their own homes for as long as possible.

And for those who are already volunteering or donating to support MOW, we thank you!

You can also support Meals on Wheels by attending our 13th Annual Fundraising Dinner & Auction (Oct. 27th, 2022). Tickets are still available at www.carebc.ca

*Or make a secure online donation - www.carebcfoundation.ca/donate-now-newsletter
You'll receive your tax receipt immediately after making your donation online.*

The Health and Home Care Society of BC (also known as "Care BC") has operated a Meals on Wheels program in Vancouver since 1967. Over the years, the program grew to cover Richmond as well. In 1996 we launched our Chinese Meals on Wheels program, serving both Vancouver and Richmond, to meet changing demographics of the region. In May 2021, Care BC also willingly assumed the operations of the North Shore MOW program, extending our service coverage again to North Shore residents.



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一對令人窩心的夫婦組合，幫助卑斯護理會「送餐服務」已有10年時間的彭先生及彭太太，他們那不一樣的開朗性格，不單感染身邊週圍的人，也在送餐過程中與食餐的公公婆婆建立了非一般的友誼。

彭生及彭太早年從香港移民到多倫多，後轉到溫哥華居住，彭太一直希望可以參與回饋社區工作的機會，而且她喜歡開車，所以最早期彭太就自己當了送餐義工，數年後，當彭生決定留在溫哥華過退休生活時，彭太就立即鼓勵他一同參與義工工作，轉眼間，他倆當送餐義工也有10年多的時間。當彭太分享她的送餐經歷時，她雀躍地說有很多事情令她非常感動。好像多年前，她倆在士達孔拿地區送餐，有一位親切的獨居日本公公，沒有親人，每次當他們送餐時，公公一定會微微笑，然後還會準備一些小食或水果給予她們，對他們無所不談，視如好朋友一般，令他們非常感動。



另外，彭先生也想起有另一位令他們印象難忘的女士，她是一位獨居婆婆，彭先生憶述最初送餐時，婆婆態度冷淡，常常投訴，對他們夫婦倆不太禮貌，但他們並沒有介懷，知道有一些老人外表可能強硬或不友善，但內心倒卻脆弱，更需要人體諒及關懷，彭生及彭太每次都耐心地報以微笑，最後，有一天，婆婆竟然 180度轉變起來，態度很親切，自那天起，每次看到她們送餐時，婆婆也會開心喜悅的和他們傾談，而最後成為好朋友。



彭太說：「我覺得送餐服務是十分有意義的，我們最大的感受是大部份獨居長者每天最渴望是看到送餐義工的到來或與他們交談，有些甚至乎早早站在門口等候，因為這可能是他們整天唯一能與人交流的機會，對這些老人家而言是難能可貴的。」

我們送餐「工作」正正是這個目的，不單單送上熱餐，而且還送上關懷與愛，我們知道在加拿大有四份一65歲或以上的獨居長者都受著健康、心理或情緒困擾，我們的工作正是針對這些獨居老人的需要，除熱餐外，讓他們感受到社區的關懷，與他們生命接觸至為重要。

卑斯護理會「送餐」工作為社區服務已有55年，我們需要你的支持，今年10月27号是卑斯護理會一年一度的籌款晚宴，這也是我們每年主要籌募營運慈善項目的經費來源。然而過去兩年多來的疫情變動，不僅令送餐服務調整送餐方式，近日油價物價上漲，更令我們營運上面對無窮壓力。希望你們能大力支持我們的工作，請慷慨捐助卑斯護理會「送餐服務」，幫助食餐者能享用可負擔之餐食。亦希望透過你的捐獻，讓更多有需要的長者得到這份關懷與愛心。

**「卑詩護理會」第13屆慈善籌款晚宴將於10月 27号於列治文幸運海鮮酒家舉行。
購買餐券或查詢: soom@carebc.ca 或致電 (604) 733-9177內線 (103).

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