

Seasons Greetings!



Health & Home
CARE
Foundation of BC

Delivering More Than Just a Meal This Holiday Season

November 2022

The holiday season is almost upon us. For many of our homebound **Meals on Wheels (MOW)** clients, the volunteers who deliver their meals are the only people who visit them regularly.

Isolation is a major problem for many seniors. 60% of our MOW clients live alone. More than half are over the age of 80. To support these vulnerable seniors, we need your help.

“John is bed-ridden and really has no sort of social life anymore because he can’t leave the house. We’re so grateful for the volunteers who deliver the meals. They’re so patient; they’re really wonderful.”

Cindy, John’s wife, said that isolation was a problem before the COVID pandemic, but has become even worse recently.

“As John’s sole caregiver, I’ve had to be especially careful not to bring COVID home myself – this has meant fewer visitors stopping by, and I make fewer trips outside of the home too.”



Jennifer is a resident of the downtown east side. Jennifer has been in poor health recently – she has MS and just received a diagnosis of cancer. She also struggles with her vision and hearing.



“The deliveries from Meals on Wheels are fantastic. In my apartment, I only have a microwave – receiving a nutritious meal from Meals on Wheels is exactly what I need. I also order frozen meals to have on hand if I know I won’t be available to receive the meal during the regular delivery times.”

“The meals are a great value – the food is always outstanding and the cost is reasonable – sometimes I don’t eat the whole meal in one sitting. Receiving Meals on Wheels is also ‘invaluable’, because the helpful volunteers who bring them also keep an eye on me.”

Prices for food and gas are expected to continue rising, affecting those who are already vulnerable to cost increases - seniors on fixed incomes. We need your help to keep the meals affordable. Meals on Wheels relies on generous donors to provide financial assistance as we struggle with the increased cost of food and gas (reimbursing volunteers for their mileage). Last year, our caring volunteers delivered over 146,000 meals across Vancouver, Richmond and the North Shore.

Will you support our Meals on Wheels program with a financial gift, showing our clients you care this holiday season?

A gift of \$250 supports the costs of 100 Meals (which include hot entrées, frozen entrées and/or sandwich packs), and lets our clients know that someone is thinking about them during the holidays.

Please give generously this holiday season by returning the enclosed donation slip.

Or, make a secure donation online: www.carebcfoundation.ca/donate-now-newsletter

You’ll receive your tax receipt immediately after making your donation online.

Health & Home Care Foundation of BC

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這個節日， 將 " 歡樂 " 送到 " 有需要 " 的人身上!

November 2022

聖誕節即將來臨，疫情過後，大家都熱切渴望於聖誕節裡能與親人或朋友歡聚及慶祝開心假期。但你是否知道，對於社區中一些脆弱群體來說，他們不是我們想像中那麼容易可以享受這個 " 開心 " 節日!

在我們的食餐者中，大部份都受著不同程度的限制而不能與其他人聯系! 有些是因行動不便，有些是跟本沒有親人在旁。隔離 (*isolation*) 對他們來說就是一個行常，我們的客人當中有 **60%** 是獨居長者，一半以上是超過 **80** 歲的老人家。他們大多數都是迫切需要送餐服務的。

好像我們其中兩位客人 John 和 Cindy，Cindy 跟我們分享：

「我丈夫 John 是一個長期卧床的病人，他不能外出，不能與其他人溝通，我是他唯一的照護者 (Caregiver)，特別在疫情期間，我們都格外小心。我們感謝送餐義工每天的到來，他們是我們唯一可以得到的社區接觸，他們溫馨的問候和笑容，是我倆快樂的泉源，感謝卑詩護理會提供這個服務。」



另一位食餐者 Jennifer，她住在溫哥華東區，Jennifer 身體非常虛弱，除患有硬化症外，最近還診斷出癌症。Jennifer 說：

「我最近身體狀況不佳，視力和聽力都下降，我非常感謝有「送餐」這個服務，這正正是我所需的。我獨自住在這公寓已多年，我家只有一部微波爐，有時我會多叫一些冷凍餐食，待其他日子也可以享用。我喜歡他們的食物。不僅是營養，而且價錢是我可以負擔到的。」

卑詩護理會[送餐]工作服務社區已有55年，目的是幫助一些獨居長者及有需要人仕解決他們的餐食問題，送出的不單單是一個餐，最重要的是帶給食餐者一個愛心及關懷，讓他們知道社區中仍有人關心他們。不過，近日油價及物價上漲，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，讓食餐者可以繼續負擔到這個餐! 去年我們為社區共送出146,000餐食予有需要人仕，服務地區包括溫哥華、列治文及北岸。

這個聖誕節日，在你享受相聚歡樂的同時，可否考慮將這份 " 快樂 " 送到那些脆弱孤單的群體中，讓他們都能感受這一份的溫馨!

捐助\$250 就能資助100個餐食送到有需要的人仕身上!

謝謝您的支持! 祝節日平安、健康及愉快! 並祝2023年萬事如意!

請捐助卑詩護理會的「送餐服務」，讓你這個節日變得更有意思! 更溫暖!
或到以下網址作網上捐款，可即時獲取退稅收條：

www.carebcfoundation.ca/donate-now-newsletter