



COMMUNITY INTEGRATION PROJECT - 20TH ANNIVERSARY

The Community Integration Project (CIP) celebrates its 20th anniversary next spring. The CIP has helped almost 90 individuals and their families regain a place in their communities since 1999. For people with newly acquired physical disabilities, finding suitable housing which meets their new needs is a significant barrier. The CIP provides clients with an accessible apartment unit (of 2 available) for up to 6 months at St. George's Place. The units are close to Vancouver General Hospital and the GF Strong Rehabilitation Centre, where many tenants receive outpatient treatment.

Past CIP clients have had conditions such as Spinal Cord Injuries, Acquired Brain Injuries, Neuro-Musko-Skeletal Injuries and other physical disabilities. The CIP also allows families to stay together - like the husband and wife who both occupied the unit during his recovery, or the mother who was able to support her son while he attended outpatient care. CIP clients also have access to professional rehabilitation management; help identifying the individual's network of community supports; support to transfer from rehabilitation to independent housing; and assistance developing necessary skills to hire and monitor personal attendants.

The CIP was originally founded and operated by Bert Forman from 1999 - 2011. Most recently Jean Budden, MSW, Rehabilitation Consultant for Care BC has been responsible for the program. At Care BC's AGM (June 2018), a new partnership was announced with the Individualized Funding Resource Centre Society (IFRC Society), which took over operation of the program June 1st when Jean retired. Paul Gauthier (Founder & Executive Director at IFRC Society) and Chris Hofley (Co-Founder & Board Member) attended the meeting, speaking of their own personal experiences living with physical disabilities.



The CIP apartment units are located at St. George's Place.

Paul described some of his challenges prior to receiving individualized funding for his own care. "I was told a caregiver would only be available to help me at 9 am, while I was attending school, but my classes started at 9 am," he said, adding "It's easy to believe that the option presented is the only choice available." In 1994, Paul was instrumental in getting the Ministry of Health to embrace the idea of individualized funding for people with disabilities, allowing people to determine themselves how best to arrange their own care. Paul now helps other people realize the alternative options available. Although an accident or illness may have changed the circumstances of a person's life, there is still a world of opportunity ahead of them, just with different components. "We see our work as investing in people. When people are given the support and information they need, they flourish and give back to the community." Paul is a perfect example of setting goals; he is a five-time Paralympian in the sport of boccia, winning Gold for Canada in Greece in 2004.

Chris added that the work of the CIP dovetails nicely with that of the IFRC Society. "Life with a disability is like running a small business," he said. "You have to interview, hire, fire, and manage caretakers," which is likely a new experience for someone already in a transitional period of their life. He adds that "finding rental units is already hard enough; obtaining accessible housing is even more difficult. With support from the CIP, clients know that for the first 6 months, they'll have a safe place to live."

We look forward to the unique perspective that Paul, Chris and the IFRC Society will bring to the CIP in the coming years. Funding for the CIP is provided by Vancouver Coastal Health as well as generous donors. We also thank St. George's Place for their support. Learn more at www.carebc.ca/community-integration-project.



Paul Gauthier (l) and Chris Hofley (r) at the AGM.

FAMILY RESPITE CENTRE - UPDATES

Plans for our second Family Respite Centre (FRC) on the North Shore continue to progress, with a slight detour. The Public Hearing for the project at the District of North Vancouver was scheduled for July 10th, but was postponed due to a fire alarm. We anticipate that the re-scheduled Public Hearing will take place this Fall.

Meanwhile, guests at our current FRC in Vancouver enjoyed the annual Summer Luncheon in August.



MEALS ON WHEELS: SERVING, AND SERVED BY, THE COMMUNITY

In the fall of 2017, Care BC celebrated the 50th Anniversary of the Meals on Wheels (MOW) program. We've completed another successful (fiscal) year of deliveries to seniors, individuals with chronic or acute medical conditions, as well as individuals recovering from surgery, illness or injury. Between April 1st, 2017 and March 31st, 2018 we delivered over 125,000 meals to individual clients across Vancouver and Richmond!

We served approximately 1,250 clients, who are almost equally split between our Western and Chinese MOW programs – the Chinese program was launched in 1996. 59% of our MOW clients report living alone, and more than half of them are aged 80 or older. Some of our clients have family members living in different cities - our delivery volunteers might be the only person to interact with the client, performing an informal safety check when delivering their meal.

We couldn't make these deliveries without the help of our dedicated team of over 350 volunteers. On average, we require the help of 70 volunteers every delivery day. In total we estimate that our volunteers provide almost 38,000 hours of labour. MOW could not



59%
of our clients live alone.

53%
of our clients are aged 80 or older.

125,000
meals were delivered to almost 1,250 clients with help from over 350 volunteers

continue to operate without members of the community volunteering their time to make a difference in the lives of their neighbours.

We also need donors to support the program. Care BC subsidizes every meal delivered to help keep the costs to clients affordable. We continually need the support of generous donors to keep the program viable. Donations can be made online on our website www.carebc.ca/donate, or call 604-733-6614.

We also invite community members looking to support to attend our **10th Annual Care BC Fundraising Dinner and Auction, Thursday Oct. 18th, 2018 at the Victoria Chinese Restaurant** (1088 Melville Street, Vancouver). The event supports all our charitable programs including the **Community Integration Project** and the **Family Respite Centre** (which also receives CMOW deliveries twice weekly for guests to enjoy). The evening features live and silent auctions, and a 50/50 prize draw. Tickets are \$88 each (including a \$46 tax receipt); tables of 10 are available. Information is available at www.carebc.ca/10th-annual-fundraising-dinner, or contact us directly for tickets.

Our menus have been refreshed! Check our website to see the new regular delivery schedules (as of Sept. for CMOW and beginning Oct. for MOW).

We spoke to student MOW volunteers this summer. Read about their stories at carebc.ca/volunteer-profiles.

CALENDAR OF UPCOMING EVENTS

COMMUNITY DAYS – HASTINGS RACECOURSE

SEPT. 16, 2018

Join us at Hastings Racecourse Community Days, benefitting our Meals on Wheels (MOW) programs. We invite our supporters, particularly our volunteers, to attend free of charge. The event includes a \$5,000 direct donation to MOW. RSVP at 604-733-6614 or info@carebc.ca.

OCT. 18, 2018

CARE BC'S 10TH ANNUAL FUNDRAISING DINNER & AUCTION

See above for more information.

NOV. 11, 2018

VANCOUVER CHINATOWN LIONESSE CLUB FUNDRAISING DINNER

The Vancouver Chinatown Lioness Club, an active service club since 1984, is holding their "Care BC Dinner & Dance" on Sunday Nov. 11, 2018 at the Continental Seafood Restaurant (11700 Cambie Road, Richmond). Proceeds will benefit Care BC's charitable programs.

JAN. 12 & JAN. 13, 2019

DRAMAONEVAN PRODUCTION

DramaOne will restage "Wings of Desire", a musical benefitting Care BC, at the Waterfront Theatre on Granville Island. The 2014 "Wings of Desire" production received extremely positive reviews. The restaging will include new elements in the plot lines and songs; enhanced staging will also draw the audience deeper in to the experiences of the characters. Watch for updates on our website.

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organization(s) who joined our Macaulay Club between May 16, 2018 and August 13, 2018 by making a donation of \$500 or more to our charitable programs.

• The Lohn Foundation

• The Schein Foundation

• The Wolrige Foundation

We also thank our individual donors, program partners (Fair Haven Homes Society, the Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health), and acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support our charitable programs, call 604-733-6614 or visit www.carebc.ca/donate.
Charitable Tax No. 13082-8791-RR0001

社區融合計劃 - 20週年

社區融合計劃（CIP）將於明年春季踏入20週年慶。從1999年起，CIP已經幫助了將近90名客人及他們的家人重新在社區內找到合適的居所。對於客人來說適應身體的殘疾和找一個合適可以滿足到新需求的居所，是一件非常困難的事。CIP在溫哥華St. George's Place適應中心提供兩個特別配套的公寓給病患者暫住，最多可到6個月。這兩個單位臨近溫哥華綜合醫院，以及病人接受門診治療的GF Strong復康中心。

CIP 的住客包括一些患有脊髓損傷，神經肌肉骨骼系統損傷以及其他身體殘疾的病患者。CIP住客的家人也允許入住，比如配偶或父母可在客人康復期間陪伴客人。CIP的客人可得到的服務包括：專業康復管理；認識社區支援網絡；由康復中心過渡到獨立家居生活的支援；輔助客人掌握和使用有關看護所需的技能。

CIP 計劃最開始由Bert Forman 在1999-2011年期間建立以及營運。最近這幾年由卑詩護理會康復顧問Jean Budden負責。由於Jean的退休，在2018年6月的週年大會宣布，自6月1日起CIP將會由Individualized Funding Resource Centre Society (IFRC Society) 負責營運。Paul Gauthier (IFRC Society創辦人及執行董事) 以及Chris Hofley (聯合創辦人及董事會成員) 在大會上分享了他們作為殘疾人的個人生活經歷。

Paul講述了他獲得個人傷殘津貼之前遇到的一些挑戰。“在我上學期間的時候，我被告知我的看護只能於每天早上9點開始工作，但是我的課程在9點就開始了，” 他繼續說到，“當時我覺得那是我唯一的選擇。”在1994年，Paul向衛生部建議提供個人傷殘津貼，允許殘疾人士運用這筆資金去選擇最適合自己的個人護理。Paul現在正幫助其他殘疾人士了解有關政府的個人傷殘津貼和其他社區支援網絡。儘管意外或者疾病可以改變一個人的生活，但是他們的前面仍然有很多的機會，只是形式不同而已。“我們把IFRC的工作看作是人的投資。當他們得到了需要的支持和幫助的時候，就有機會回饋社會。” Paul本人就是一個極好的例子。他曾經五次參加殘奧會草地保齡球比賽，並於2004年希臘殘奧會上代表加拿大獲得冠軍。

Chris補充到CIP的工作內容與 IFRC Society剛好相同。“殘疾人的生活就好像運作一盤小型生意，” 他說“ 你需要做面試，聘用，解聘和管理你的看護，這就像是人生轉折期的新體驗。” 他還補充說“ 尋找出租單位已經很難，找到一個適合殘疾人居住的住所就更加困難。通過CIP的援助，使客人了解到在最開始的6個月他們能有一個安全的住所。”

我們非常期待Paul，Chris和IFRC Society在將來為CIP帶來的獨特的視角。社區融合計劃的營運經費由溫哥華沿岸衛生局和其他捐贈者提供。我們同時感謝St. George's Place的支持。更多詳情在www.carebc.ca/community-integration-project。



CIP公寓單位位於St. George's Place。



Paul Gauthier (左) 和 Chris Hofley (右) 在週年大會。

家庭暫託中心 - 最新消息

我們的第二個位於北溫哥華的家庭暫託中心計劃正在進行中，並遇到少少阻滯。原計劃於7月10日針對該項目舉行的北溫哥華公眾聽証會，由於火警鐘而要延遲舉行。我們預料公眾聽証會將於今年秋季重開。

與此同時，我們現有的溫哥華家庭暫託中心的客人在8月共度了開心的年度夏日野餐活動。



送餐服務：為服務社區，由社區服務

2017年秋季，卑詩護理會慶祝送餐服務50週年。在過去的這個會計年度裡，我們繼續提供送餐服務給年長者、有慢性或急性病患者，以及從手術，疾病或受傷恢復之人仕。從2017年4月1日至2018年3月31日期間，我們總共送出了超過125,000份餐給溫哥華及列治文地區有需要人仕。

我們服務接近1,250名客人，西餐送餐客人和中餐送餐客人各占一半。中餐送餐於1996年開始服務，59%的客人是獨居老人，一半以上年齡達80歲或以上。其中有些客人的家庭成員居住於其他城市 - 我們的送餐義工可能是這些老人家唯一接觸到的人。義工們在送餐的同時也作一個非正式的安全檢查。

我們的義工隊伍有超過350名的熱心義工，沒有他們的幫助，送餐服務就沒有辦法完成。我們平均每天需要70名義工的幫助，他們估計付出了大約38,000個工作小時。社區義工的無私付出讓我們的社區變的不一樣。

我們也需要捐助者的支持。卑詩護理會補助每一份餐，以維持客人的可負擔成本。我們需要捐助者的慷慨捐助去維持服務的運行。捐獻請到網址www.carebc.ca/donate，或致電604-733-6614。

我們誠意邀請社區人仕參加我們的第十屆卑詩護理會籌款晚宴，該晚宴將於2018年10月18日於悅海海鮮酒家(1088 Melville Street, Vancouver)舉行。籌得款項將用於各項慈善工作，包括社區融合計劃，家庭暫託中心以及送餐服務。當晚將會有現場及無聲拍賣，以及50/50抽獎活動。餐券每位88元(可獲\$46退稅收條)。詳情請到網址<http://cn.carebc.ca/10th-annual-fundraising-dinner.html>或直接與我們聯絡購票。



59%是獨居老人

一半以上的客人超過80歲或以上

我們總共送出了超過**125,000**份餐，服務接近**1,250**名客人，全靠**350**多名的熱心義工。

我們的菜單已更新。請登陸我們的網站查看新的送餐時間表(中餐9月起生效，西餐10月起生效)。

這個夏天我們訪問了幾個送餐學生義工。查閱他們的故事請到網址facebook.com/CareBCchinese

即將舉行的活動

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| 2018年9月16日 | 社區同樂日 - 喜士定賽馬場 Care BC被選為喜士定賽馬場10個受惠機構之一，當中包括5,000元捐助及於9月16日(星期日)開放予我們舉辦社區同樂日。我們希望邀請各支持者及義工與我們一起渡過歡樂的一天，費用全免。有興趣者請電604-733-6614或電郵到 info@carebc.ca |
| 2018年10月18日 | 第十屆卑詩護理會籌款晚宴 (請參閱以上詳情) |
| 2018年11月11日 | VANCOUVER CHINATOWN LIONESSE CLUB “關愛護老在我家籌款餐舞會” Vancouver Chinatown Lioness Club (溫哥華唐人街女獅子會) 將於2018年11月11日(星期日) 於列治文幸運海鮮酒家舉行“關愛護老在我家籌款餐舞會”，是此慈善餐舞會所籌得之收入將全數捐助卑詩護理會各項社區項目；當中包括中西送餐服務，以及家庭暫託中心。 |
| 2019年1月12及13日 | 「一劇場」舞台劇再為 CARE BC 籌務經費 2019年1月DramaOne「一劇場」再度呈獻《女人心》音樂舞台劇為Care BC卑斯護理會籌務經費！《女人心》於2014年上演，反應熱烈，觀眾熱切要求重演之聲不絕。2019年《女人心》將重新編製，在故事、歌曲、製作加入新原素，將呈獻更豐富的舞台效果，讓觀眾更投入，將人與人之間內心情感推進心深處。詳情將於稍後公布。 |

歡迎加入MACAULAY CLUB

感謝以下商號在2018年5月16日至 2018年8月13日成為我們 Macaulay Club成員(捐助超過\$500元或以上)，幫助Care BC各項社區服務。

- The Lohn Foundation
- The Schein Foundation
- The Wolrige Foundation

同時亦感謝我們以下的項目伙伴：包括：Fair Haven Homes Society, The Vancouver Foundation, St. George's Place Society, Vancouver Coastal Health. 及鳴謝卑詩省政府的財務支援。

若貴公司 / 商號願意捐助支持Care BC 各項社區服務，請電(604) 733-6614，或網上捐獻cn.carebc.ca/donate.html