



GUESTS ENJOY MUSIC THERAPY PROGRAMMING AT THE FRC

At our Family Respite Centre (FRC), seniors with cognitive decline or physical frailties receive temporary care from our dedicated nursing staff. Their caregivers get a break from the often exhausting responsibility of looking after a loved one. When caregivers are given the opportunity to take care of errands, or simply catch up on their own rest, they are able to care for their loved ones in their own homes for longer.

While at the FRC, guests benefit from socializing with other guests, staff and volunteers, as well as advanced recreational and therapeutic programs. Certified music therapist Danny Tsang visits the FRC Adult Day Program every Tuesday afternoon. Danny leads the group singing familiar songs while playing the guitar. "I try to engage everyone, even the people at the edge of the room who might not seem as interested," Danny says. "Some of the guests may have issues with communication – perhaps because of dementia or another condition," he continued, "but it's very special when you make a connection – when you engage with someone."

Many FRC guests will sing along when they know the words; others will clap and tap their toes to the beat. Other guests will share their own stories – before singing "Loch Lomond", one guest mentioned "I'm from Scotland!" and decided to sing with Danny to lead the group. Before leading the group in a version of

"Have You Ever Been Lonely?", another guest said "I've never been lonely". But after considering a moment, he added "except for during the war, outside Moscow". It was a memory of darker times, but also a reminder of all the happy times that had happened since then.

Another guest, who doesn't speak English, still enjoys dancing – as Danny makes his way around the room, she stands to greet him and dance along to the music. "These moments are beautiful", Danny says. "You can tell that their good memories are returning."

The FRC receives support and operational funding from Vancouver Coastal Health. However, additional programming like music therapy is made possible through financial donations to Care BC. To learn more about the Family Respite Centre, please visit our website (carebc.ca/family-respite-centre); donations can also be made securely online (carebc.ca/donate), or by cheque to "Care BC".



Danny tries to engage all the FRC guests, whether that means clapping or tapping the rhythm, singing along, or dancing.

CARE BC FUNDRAISING DINNER & AUCTION - OCT. 18, 2018



10TH
ANNUAL
DINNER & AUCTION

Tickets are now available for our 10th Annual Care BC Fundraising Dinner and Auction, which will be held Thursday Oct. 18th, 2018 at the Victoria Chinese Restaurant (1088 Melville Street, Vancouver). The event will feature live and silent auctions, and a raffle prize draw, all to benefit our charitable programs - **Meals on Wheels** (serving Vancouver and Richmond), the **Family Respite Centre** and the **Community Integration Project**. Tickets are \$88 each (including a \$46 tax receipt); tables of 10 are available.

Visit our website (carebc.ca/10th-annual-fundraising-dinner) to purchase tickets or call 604-733-6614. Thank you to those donors who have already provided gifts to support this event!

THANK YOU CARE BC VOLUNTEERS AND STAFF!

National Volunteer Week for 2018 (April 15-21) celebrated the value of volunteering – building confidence, competence, connections and community. At our recognition event we thanked our team of over 350 volunteers, and staff members, for their contributions to the community. Without their help, we could not operate our charitable programs. The event, held at the Family Respite Centre, specifically recognized staff and volunteers who have reached 5-year milestone anniversaries. Joan Stewart, who could not attend the event, was this year's longest-serving volunteer recognized; she has helped the Meals on Wheels program for 35 years! David Kimpton, a Care BC Board Member and Secretary, presented pins to volunteers for milestone anniversaries. David received his Sovereign's Medal for Volunteers (which had been announced in 2017) in March of this year. View more photos from the event on our website - carebc.ca/events



David Kimpton presents an anniversary pin to Anna Burke for 5 years of service.



Care BC Volunteer pin recipients with family, friends and staff members.



Joan Stewart (who could not attend) received her 35 year pin, the longest anniversary celebrated in 2018.



Shirley MacFarlane received her pin for 25 years of volunteer service.



Care BC staff members receiving anniversary pins included: (l-r) Jean Bingert (15 yrs), Sally Zakaib (5), Yousuf Niyaz (15) and Vicki Ma (5).

**JUN. 28,
2018**

ANNUAL GENERAL MEETING

Join us for our 119th Annual General Meeting on June 28th, 3:45-5:30 pm at the Family Respite Centre, 2711 East 49th Avenue, Vancouver. We'll share updates from the previous year and our Annual Report. Contact Sheila (604-733-6614 or info@carebc.ca) to RSVP.

**SEPT. 16,
2018**

COMMUNITY DAYS – HASTINGS RACECOURSE

Care BC has been chosen as one of 10 community organizations to benefit from Hastings Racecourse's annual Community Days event (which includes a \$5,000 financial donation to support our charitable programs). We invite our supporters, particularly our volunteers, to join us on Sunday Sept. 16 for a fun day at the races. More information will be available closer to the date. To register contact Sheila at 604-733-6614 or info@carebc.ca

**NOV. 11,
2018**

VANCOUVER CHINATOWN LIONESS CLUB FUNDRAISING DINNER

The Vancouver Chinatown Lioness Club has been an active service club since 1984; they embody the spirit of "Lionessism" and the Lions' philosophy – "We Serve". This year, Care BC is grateful to be rewarded by the club's annual fundraising event - the "*Care BC Dinner & Dance*" benefitting our charitable programs. The event takes place on Sunday Nov. 11, 2018 at the Continental Seafood Restaurant (11700 Cambie Road, Richmond).

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organization(s) who joined our Macaulay Club between January 27, 2018 and May 15, 2018 by making a donation of \$500 or more to our charitable programs.

- John Murray McEwen Fund

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



家庭暫托中心 - 客人享受音樂治療的幫助

卑詩護理會的家庭暫托中心 (FRC) 提供專業護理予有精神或身體缺陷的長者，對於需要長期照顧他們的照顧者(caregiver) 提供可以有喘息的空間。家庭暫托中心能幫助照顧者在沉重的工作中，有喘息或擁有自己的休息時間，於日後就更有能力照顧親人/病人。

家庭暫托中心所提供的服務非常多，客人除可與其他客人或義工有社交聯誼活動外，當中還包括一些治療項目。好像中心的音樂治療師Danny Tsang每週二下午會出現暫托中心。透過音樂治療幫助客人。Danny會拿起結他，帶領小組演唱熟悉的歌曲。“我希望可以吸引所有人，甚至是一些似乎並不感興趣的客人” Danny說“有些客人可能是有溝通障礙，有些可能是因為老退化症或其他原因”他繼續說“但當你一旦與他們聯系上，就可以建立更多溝通的關係”

有些客人懂得一些旋律會跟著唱，另一些會拍掌或跟隨拍子移動。還有其他客人可能會分享他們的故事 - 在唱“Loch Lomond”時，有一位客人立刻回應說“我來自蘇格蘭”並希望與Danny一起帶領唱歌。在一個旋律中歌詞說“你感到寂寞嗎？”有另一位客人說“我從沒有孤獨過”但很快，他又補充說“除了在莫斯科戰爭期間，是一個黑暗時代之外，之後所發生過的都是快樂時光”

那時，另一位有語言障礙的客人仍然手舞足蹈地跳躍著，Danny走過去，她站在那邊迎接他並一起隨著音樂跳舞。“這時刻很美” Danny說“你可以說，這正是他們回味生命中最美好的時刻”



現時卑詩護理會得到溫哥華沿岸衛生局支持營運經費。但是，對於類似Danny所提供的音樂治療，就必須得到額外的捐獻。欲了解更多關於家庭暫托中心的消息，請到網址 cn.carebc.ca/family-respite-centre；捐獻請到網址：cn.carebc.ca/donate



音樂治療師Danny嘗試與客人有不同的交流，無論是一起唱歌、打拍子、拍手或跳舞……………

第十屆卑詩護理會籌款晚宴



10TH
ANNUAL
DINNER & AUCTION

門票正在熱賣中！第十屆卑詩護理會籌款晚宴將於2018年10月18日(星期四) 於悅海海鮮酒家舉行(1088 Melville St, Van) 餐券\$88 (\$46可獲退稅收條)。此活動將進行現場及無聲拍賣，所有收益將捐助卑詩護理會各項慈善項目。欲知最新消息及購買餐券，請到網址：cn.carebc.ca/10th-annual-fundraising-dinner - 感謝那些已捐助禮物的各支持者！

卑詩護理會各義工及員工，謝謝你們的付出！

2018年4月15 - 21日是全國義工週，我們一同慶祝義工的價值 - 建立信心，能力，聯繫和社區。在我們的義工表揚日中，感謝350多名義工及員工為社區作出的貢獻。沒有他們的幫助，我們無法對社區進行各樣慈善項目。義工表揚活動在家庭暫托中心舉行，David Kimpton(卑詩護理會董事成員及秘書) 為我們特別頒發紀念章予服務5年或以上的義工及員工。在此，再次感謝他們無私的付出。欣賞更多有關圖片，請到 cn.carebc.ca/events



Anna Burke 從David Kimpton手中接受5年服務獎



卑詩護理會各服務獎義工及員工



Joan Stewart (當日未能出席) 是2018年獎項中服務超過35年的義工



Shirley MacFarlane從David Kimpton手中接受25年服務獎



卑詩護理會員工接受週年服務獎，包括(由左至右) Jean Bingert (15年), Sally Zakaib (5年), Yousuf Niyaz (15年), Vicki Ma (5年)

週年大會(AGM)

2018年
6月28日

Care BC第119屆週年大會(AGM)將於6月28日(星期四)下午3時45分至5時30分於溫哥華家庭暫托中心(Family Respite Centre: 2711 East 49th Ave., Vancouver) 舉行。當日會展示最新一年工作報告，如欲出席，請與Sheila聯絡(電話604-733-6614或電郵 info@carebc.ca)

2018年
9月16日

社區同樂日 - 喜士定賽馬場

Care BC被喜士定賽馬場選為10個受贊助的機構之一，當中包括5000元捐款支持卑詩護理會慈善項目及於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，包括義工們，在9月16日與我們一起渡過歡樂的一天。詳情會稍後公佈。

2018年
11月11日

VANCOUVER CHINATOWN LIONESS CLUB “關愛護老在我家籌款餐舞會”

自1984年以來，Vancouver Chinatown Lioness Club (溫哥華唐人街女獅子會)非常活躍於各項籌款活動；她們體現了“獅子會”成立的精神和理念- “服務人群”。以往獅子會成員在眾多的籌款活動中都有傑出的成績。今年，Care BC非常高興能得到她們為卑詩護理會舉辦籌款活動 - “關愛護老在我家籌款餐舞會”活動所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，以及家庭暫托中心。餐舞會將於2018年11月11日(星期日) 於列治文幸運海鮮酒家舉行。進一步詳情會稍後公佈。

歡迎加入MACAULAY CLUB

感謝以下商號在2018年1月27日至 2018年5月15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。

● John Murray McEwen Fund

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