



JOIN THE CARE BC VOLUNTEER TEAM!

If you made a New Year's resolution to give back to the community and are still looking for the right opportunity, **please consider volunteering with Care BC's Meals on Wheels (MOW) programs delivering Western or Chinese meals.** Although we are very grateful for all the help we receive from our current volunteer team (of over 350), the demand for our services is growing as the region's population ages. We continually need new volunteers to sustain the service. Last year we delivered almost 118,000 meals to people confined to their homes by illness or frailty – 58% of our meal recipients reported that they live alone and 13% are over 90 years old. ***Without our volunteers, we cannot provide this service.***

The majority of our volunteers help deliver meals on weekdays between 10:30 am - 1 pm across Vancouver and Richmond. Volunteers also courier meals from our kitchens to depots across the city and help arrange and organize meals for delivery earlier in the day.

We are fortunate that many of our volunteers support MOW several times during the week - however, it is possible to volunteer with a shorter time commitment. Some post-secondary students help out on a temporary basis between semesters. Others give their time to MOW as a group - in some cases church or social groups. Volunteer groups include multiple members who commit to one route per week - amongst themselves, they determine who is available for each weekly delivery. Sometimes these volunteers complete a route together (going out for coffee afterwards); other times a member of the group volunteers individually. For those who are unsure of their availability long-term (e.g. people who are semi-retired or working part time, or people who have travel plans), volunteering as a group could be the ideal way to give back to the community.

Employer supported volunteering is also increasing



In June 2017, we thanked our MOW volunteers for their dedication; please consider joining our volunteer team in 2018!

in popularity. A recent Statistics Canada [report](#) from 2010 noted that about 33% of volunteers who were employed said their employer had a program or policy to encourage volunteering (up from 29% in 2004). Some policies offered by employers included help connecting employees interested in volunteering with opportunities, or making donations based on the amount of hours their employees volunteered. Other policies included paid time off or time to spend volunteering while on the job and/or approval to change work hours or reduce work activities to volunteer. Employee groups could be the perfect way for your office to help the MOW program. Each member of the group – depending on the size of the group – might only need to devote a few hours a month to volunteering.

We have an urgent need for new volunteers. If you are unsure of your availability long-term, we still appreciate your support to help fill roles when our regular volunteers are ill or on vacation - please give us a call. If you are interested in learning more about employer supported volunteering (and how we might be able to tailor a volunteer experience to your organization's needs), please also contact Vicki at (604) 733-9177 ext 107 or mav@carebc.ca, or visit our website at www.carebc.ca/volunteering.html for more information.



THANKS FOR VISITING THE FRC

In December we celebrated the Holidays at the Family Respite Centre (FRC). Thank you to all the guests and their family members who attended as well as our volunteers who helped out on the day. Our FRC guests were also visited in December by participants of the Miss Chinese Vancouver Pageant (MCVP), which aired on Fairchild TV.

The contestants helped guests create decorations for the holiday season. Thank you for helping spread some holiday cheer! More photos are available [online](#).

We are continuing to plan for our second Family Respite Centre which will be located on the North Shore - we'll share details about the project as they become available.

Learn more about our current Family Respite Centre at www.carebc.ca/family-respite-centre.html

MEALS ON WHEELS 50TH ANNIVERSARY SUCCESS!

In 2017, Care BC's Meals on Wheels program passed a significant milestone – 50 years of service to the community! To celebrate, we hosted the *Meals on Wheels 50th Anniversary Celebration Dinner & Dance* in October at the Westin Bayshore Hotel. With the help of our sponsors, donors, volunteers (including our volunteer Board Members), media sponsors and event attendees, we raised over \$200,000 in net revenues. Many thanks to the generous donors of the evening!

We extend thanks to our emcee Fred Lee, and *The Fab Fourever*, who got the crowd dancing to close the evening.

Thank you to our event sponsors - Japan Airlines, Lee, Turner & Associates, Manning Elliott LLP, Alexander Holburn Beaudin + Lang LLP, Dehoney Financial Group, Patsy Hui, and Travel Medicine Vaccination Clinics.

We thank our community partners for their support - Japan Airlines, Fairchild TV, Talentvision, and Horseshoe Press. We thank the media for sponsoring our event as well - AM 1470, AM 1320, Sing Tao, Ming Pao, CityTV, OMNI, and What's In Magazine.

Prizes for our raffle draw were donated by Japan Airlines, Alfred Poon & Mimi Chan (at AssetPlus Financial Services Inc.) and the Kirin Restaurant Group. Congratulations to the prize winners Cynthia Goodman, Cary Lac and William Ho. We also thank all the donors who provided prizes for our silent auction.



Guests in attendance at the Meals on Wheels 50th Anniversary (at left, above) included members from the Vancouver Firefighters Society. *The Fab Fourever* (bottom left) performed crowd-pleasing hits by the Beatles. Emcee Fred Lee (bottom, middle) and Tom Chambers with Helen Shore (bottom, right)



photo courtesy of Fred Lee

**SAVE THE DATE:
OCT. 18TH, 2018**

We're already planning for our next Care BC Fundraising Dinner & Auction; mark your calendars for Oct. 18th, 2018. Our 10th annual event will return to the Victoria Chinese Restaurant (1088 Melville Street). We'll provide updates as the plans for the event are finalized.

PREPARING FOR WINTER WEATHER

Please remember that snowfall may result in delays or even cancellation of Meals on Wheels deliveries in extreme conditions. In the event of a cancellation, Care BC informs our local media stations - listen to the news on the radio or TV for updates; we also contact all clients who may be affected that day.

We encourage all our Meals on Wheels clients to have some non-perishable or frozen food available in case of extreme weather conditions. Our frozen meal options are available on a regular 4-week rotation – there are also 10 frozen options that can be ordered at any time. For more information, visit www.carebc.ca/frozen.html.

We'd like to thank our incredibly dedicated volunteers who help us deliver meals, particularly during snowy conditions. Not every volunteer is able to help when it snows, so we are especially grateful for those volunteers who are able to handle extra shifts during these times. THANK YOU!

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between August 23, 2017 and January 26, 2018 by making a donation of \$500 or more to our charitable programs.

- The Benevity Community Impact Fund
- Djavad Mowafaghian Foundation
- Dramaonevan

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



「卑詩護理會」送餐服務全賴義工運作 我們熱切需要你的參與！

輕便日常餐食對於一般人來說，可能是極平凡的事，但對於80、90歲獨居長者或行動不便之人仕，就可能感到莫大壓力或困難。「卑詩護理會」自1967年開始推出送餐服務。送餐義工將熱騰騰的餐食逢週一至週五送到長者手中，親切的問候、愛心的關懷；這些都為食餐者帶來一絲絲的暖意，影響著他們的生命。送餐義工在送餐過程當中扮演相當重要的角色，當中更有很多溫馨的經歷。如果你正準備考慮怎樣回饋社區或計劃當義工，我們誠意邀請你的加入，成為我們「卑詩護理會」送餐義工！



近年因人口老化和移民持續來到加國，令食餐者人數不斷增加，我們迫切需要大量義工加入。「卑詩護理會」送餐服務全賴義工運作；我們極需要你的參與！當然，我們實在衷心感謝現有大約350名義工無私的付出，讓我們能持續這個項目。去年，我們共送出118,000餐食予有需要之人仕；當中包括58%為獨居長者，13%超過90歲之老人家。我們非常感動在義工當中，有些是在日常工作中，特意向公司申請每星期幾小時的休假來當送餐義工，亦有些專業人仕每星期專誠放下工作來參與，而且都是持續多年的參與，這份決心，真令人感動！

回饋社區，讓他人的生命變得不一樣，請加入我們義工行列！

另外，我們推出送餐同行伙伴計劃，希望讓更多有心人加入。計劃是邀請各區不同單位、組織、獨立團體成為我們的同行伙伴。希望他們能承諾參與一年之送餐服務。而他們只要每星期、或兩星期一次參與送餐工作；假若該團體有8名成員參加每月一次「送餐服務」，實際上每位成員每月只須參與一次。這樣，既可將組員的壓力減低，亦能幫助更多有心人參與義工行列！

我們知道現有些公司非常鼓勵員工參與義工工作，有些是整個公司一起參與，有些是根據員工自願提供的小時以捐款支持。其他政策還包括減少員工工作時間來鼓勵員工，最終目的是讓整個群組有著活潑關愛社區的力量！

回饋你的社區，讓他人的生命變得不一樣，誠意邀請你成為我們「卑詩護理會」的送餐義工！只要你一週有數小時的時間，你便可以參與我們的工作，時間是週日早上10時半至下午1時。有興趣者，請致電(604)733-9177聯絡Vicki或電郵mav@carebc.ca及到cn.carebc.ca/volunteering.html網頁瀏覽更多詳情。



感謝送暖到「暫托中心」

聖誕期間，多個團體探訪「家庭暫托中心」；感謝各位到訪者及義工們的參與和協助，讓中心揚溢著歡樂氣氛！當中新時代電視溫哥華華裔小姐們也到訪，與長者們一同歌唱、做手工、分享故事！感謝她們將愛心溫暖帶給長者！有關更多新時代電視華裔小姐到訪日托中心內容，請到 <http://fairchildtv.com/whatsnews.php?type=vancouver&year=2017#event1431>

「家庭暫托中心」正準備籌劃第二個中立設於北溫哥華 - 會繼續不斷為你提供最新消息！有關進展情況，請參閱 cn.carebc.ca/family-respite-centre.html

卑詩護理會「送餐服務」50TH週年籌款晚宴圓滿結束！

2017年對我們來說是非常特別的一年，卑詩護理會感謝所有支持我們10月21日假座Westin Bayshore Hotel 舉行的「送餐服務五十週年籌款晚宴」的朋友及贊助商，還有當晚司儀 Fred Lee及The Fab Fourever的精彩主持及演唱，令整晚氣氛生色不少！我們共籌得善款超過\$200,000加元！

感謝支持單位包括：Japan Airline, Lee, Turner & Associates, Manning Elliott LLP, Alexander Holburn Beaudin + Lang LLP, Dehoney Financial Group, Patsy Hui 及Travel Medicine Vaccination Clinic

社區夥伴包括：Japan Airlines日本航空，Fairchild TV新時代電視，Talentvision城市電視及Horseshoe Press至美彩色印刷

傳媒贊助包括：加拿大中文電台，華僑之聲，星島，明報，CityTV, Omni, 『潮文』雜誌

慈善獎券贊助包括：日本航空, Alfred Poon & Mimi Chan (加富專業理財) 及麒麟海鮮酒家
恭賀幸運兒包括Cynthia Goodman, Cary Lac及William Ho.



50th週年籌款晚宴眾嘉賓：包括溫哥華消防局成員(左上),卑詩護理會主席Tom Chambers,董事Herbert Lee及嘉賓(右上), The Fab Fourever 演繹披頭四經典歌曲(左下), 當晚司儀Fred Lee (中下) 及Tom Chambers與捐者助Helen Shore (右下).



photo courtesy of Fred Lee

重要日子：
2018年10月18日

我們已計劃明年10月18日再一次於溫市中心悅海酒家 (Victoria Chinese Restaurant) 舉行「第十屆卑詩護理會」籌款晚宴，希望到時你會出席，詳情會稍後公佈。



冬季送餐的準備



我們希望各位準備好迎接冬季的來臨，當下雪時，要知道送餐服務可能會取消。請於早上收聽收音機/電視最新天氣報導，「卑詩護理會」會通知傳媒有關取消送餐的消息。我們建議客人在惡劣天氣下須要預備一些罐頭，乾糧或冷凍的食物以應付沒有送餐的時候。

在此，特別感謝一些義工的努力。當下雪時，仍然堅持將餐食送到有需要的人仕，你們無私的付出，我們衷心的感謝！

歡迎加入MACAULAY CLUB

感謝以下商號在2017年8月23日至 2018年1月26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 Benevity Community Impact Fund
- Djavad Mowafaghian Foundation
- Dramaonevan

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www.carebc.ca/donate。