



January 2023

*We hope 2023 brings you health, happiness, & vitality!*

January 22 is the start of the Chinese Lunar New Year - the year of the Rabbit, which is considered to be particularly lucky. The Rabbit is lively, dexterous and energetic; each move it makes seems to radiate happiness and hopefulness. After making it through the COVID-19 pandemic, the promise of LUCK and GOOD FORTUNE are precisely what many of us hope for.

At the same time we recognize that the start of a new year is not joyful for everyone, especially vulnerable seniors like our **Meals on Wheels (MOW)** clients across Vancouver, Richmond and the North Shore. Many of these clients are homebound and live alone, feeling particularly lonely and isolated during the holidays. Some have no family members or friends left to visit them.

That's why MOW is so important. Each delivery comes with more than just a meal – a friendly greeting, an informal check on their well-being, and a reminder that someone in their community still cares about them. And our volunteers benefit too - many find delivering very fulfilling. Hogan and Susan, a couple who make deliveries together, are just two of our team of dedicated, caring MOW volunteers.

*“We’ve been volunteering for about 5 years. We had already been supporting Care BC as donors, but learned more about the impact of volunteering with Meals on Wheels through their newsletter. We really enjoy making deliveries – knowing that the clients we serve are receiving a healthy, warm lunch is very satisfying.”*

*“Over time, we’ve gotten to know some of the clients who get regular, on-going deliveries – they share a little bit about their lives. Some of them remember us and are so thankful and appreciative. It’s a joy to get to visit with them, almost like visiting your grandparents.”*



Hogan mentioned that Chinese New Year isn't a big part of his family's tradition – *“We didn't have much family living here in Canada when I was growing up; I was usually the only Chinese kid in class in those days.”* But Susan has different memories – *“My family always got together during Chinese New Year. It was always a busy time. I didn't like the extra chores around this time of year - like extra cleaning and cooking – but everyone enjoyed getting lucky red envelopes!”*

Meals on Wheels relies not only on the commitment of our loyal volunteers, but also on the financial and ongoing support of generous donors. As we struggle with the increased cost of food and gas (reimbursing volunteer mileage), we need your help to ensure the meals remain affordable. 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 this New Year.

**“We all know the importance of a good healthy meal, and that taking care of aging seniors is important too. Volunteering with Meals on Wheels is a great way to give back!”**

*~Susan and Hogan - volunteers with Chinese Meals on Wheels*

***Will you help spread some cheer and good fortune this New Year too?***

Please give generously with the enclosed donation slip, or make a secure donation online:  
[www.carebcfoundation.ca/donate-now-newsletter](http://www.carebcfoundation.ca/donate-now-newsletter)

**Health & Home Care Foundation of BC**

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Charitable Tax No. 71276-8696-RR0002



新年快乐  
HAPPY  
CHINESE  
NEW YEAR  
2023  
YEAR OF THE RABBIT



Health & Home  
CARE  
Foundation of BC

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## 迎新春 表關懷 送餐服務暖人間

2023新年過後，今年的農曆新年很快到來，今年是癸卯(兔)年。兔子給人很正面的印象，因為牠活潑、靈巧、很有活力、很有生氣，跳蹦蹦的樣子，像告訴大家牠是十分開心快樂及有希望的。對很多人來說經歷了過去2年多的新冠疫情衝擊，都希望看到兔年的來臨，希望在新的一年里裡有新景像，就像兔子一樣活潑靈巧、有生機，在此，也祝願大家在新的一年里一切順景、快樂、身體健康及生氣勃勃！

但你可否知道，對於社區中一些脆弱群體來說，他們渡節日的心情也不可能像我們一般，因為限於他們的活動形態和環境，簡單的一個餐或一句問候，也是難能可貴的。最近，我們送餐義工Hogan和Susan夫婦也跟我們分享到她們當送餐義工的經歷。Hogan和Susan在溫哥華長大，5年多前，透過朋友認識了Care BC的送餐工作，覺得這個服務非常有意義，從而捐獻支持。之後，每期的「通訊」更令他們加深認識這個項目對社區的重要性，不單用金錢支持，而且還身體力行，在參與送餐的工作。他夫妻倆非常開心能參與這個服務，特別在這幾年與一些相識久了的公公婆婆每週的見面、交談，建立了深厚的感情，看到他們有熱餐、開心健康的笑容，Hogan和Susan都十分恩惠及滿足，就好像每星期探訪自己的公公婆婆一樣，很親切，很高興。

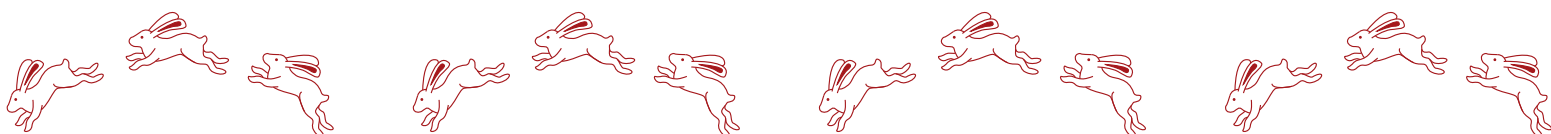
特別在農曆新年，雖然Hogan和Susan覺得這裡的氣氛相對於香港或中國都比較平靜，但全統的中國人對新年都比較重視及過時過節都是熱熱鬧鬧的。他們發現很多公公婆婆在這期間都顯得特別孤單，所以更加要在節日裡熱情地與他們聯系。Hogan和Susan希望會有更多人能支持「送餐服務」，無論是金錢支持或當送餐義工，都是為社區出一分力，都是發出正能量。他們說：「我們知道食物的重要，亦知道幫助獨居長者的重要，所以參與「送餐服務」可說是回饋社區「身體力行」的最佳表現！

在這個農曆新年，帶給你溫馨快樂的同時，請紀念社區中孤單脆弱的群體，他們極需要關懷及照顧。「送餐服務」不單單是送出一個餐食，義工們的關心問候和親切笑容是帶給食餐者無限的安慰。請繼續支持我們的工作，讓我們一起將愛送到社區！



請慷慨捐助！捐獻\$250，就可以資助100個餐食送到獨居長者身上！  
透過網上捐助，可即時獲取退稅收據。

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