

Helping Seniors to Remain Living In Their Own Homes

March 2023



Meals on Wheels (MOW) is operated by Care BC* across Vancouver, Richmond, and the North Shore. Dedicated teams of volunteers have delivered meals weekdays, to frail, homebound seniors for more than 55 years, through snowy conditions, heat domes, and even a pandemic, enabling our clients to continue living in their homes for as long as possible.

Lina is 94 years old and started having meals delivered after her husband Mario died about a year and a half ago. Although she walks with a cane, she's passionate about dancing. She was involved with the traditional Friulian dance group (a style of dance from the area near Venice) at the Italian Cultural Centre and says when she hears music, "I want to dance and move!"

"Now that I'm on my own, I get lonely sometimes. It's nice to have someone to chat with."

Lina still cooks favourite Italian dishes for herself occasionally, but getting groceries has become difficult. And it is a lot of effort now that she lives alone. With every MOW, Lina receives much more than a meal. "It's nice to have a brief visit with the volunteers who deliver my meals. Now that I'm on my own, I get lonely sometimes. It's nice to have someone to chat with."

Over time, Lina has gotten to know some of the volunteers who deliver the meals quite well. Every Monday, Kathryn (left) and Kenda (right), both deliver MOW by bicycle (or "bicicleta", as Lina pointed out). When Lina noticed a small tear in Kenda's pants, she patched them for Kenda with her sewing machine. Kathryn and Kenda both feel that "our lives are better because of the friendships we have made through volunteering."



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In addition to the help we receive from our loyal volunteers, MOW relies on financial assistance from our generous donors. Every donation keeps the meals affordable for our MOW clients and assists with the cost of our volunteers' mileage. With your assistance, we can ensure that MOW clients, like Lina, are able to stay living comfortably in their own homes.

Please make a donation today to help support MOW clients like Lina.

And for those who are already volunteering or donating to support MOW, we thank you!

Warmest regards,

Inge Schamborzki, D.Ed.
Care BC Executive Director

*Celebrating
125 years
of service*

***Although our Meals on Wheels program began more than half a century ago, our history goes back even further! Care BC was a founding member of the Victorian Order of Nurses, BC Branch, in 1898.**

We hope you will support our anniversary celebration, Oct 28, 2023!

www.carebcfoundation.ca/gala



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感謝送餐

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卑詩護理會「送餐服務」自1967年開始以來，幫助了不少社區中有需要的長者解決每天餐食問題，不單單是一個熱餐，送餐背後的各種安排及義工的愛心關懷，都是令長者們感動的。

最近，與其中一位食餐者葉伯伯傾談了他對「送餐服務」的感受，他是萬分感謝這「服務」對他與太太的幫忙。葉伯伯未移民前，在中國是一名小學老師，從事教學數拾年，在10多年前移居溫哥華，有一女兒，因工作關係須要居住另一地區，所以日常只有葉伯伯倆口子生活，葉伯伯今年79歲，他分享說「送餐服務」確實幫助他和太太日常的基本餐食需要，因年紀老邁，行動不便，每天送餐服務，使他倆不用担心煮食安排。早年葉伯伯還在報章上公開表揚我們送餐工作，文章於明報副刊登出，葉伯伯分享「送餐」的意義及「餐食」背後的力量、人脈關係，帶出真正「社區溫情」，當中文章寫著「貫穿著一條無形的人脈，讓我們感到社會的和諧和人情的溫暖」，顯示一個食餐者表達對這份「餐食」的真正感受。



我們感謝葉伯伯有這份感恩的心，同時，亦感謝送餐義工及支持者的回應，沒有你們的幫助及支持，我們是無法可以繼續這個服務，去年我們共送出146,000份餐食予有需要人士，當中包括58%為獨居長者，13%超過90歲之老人，「送餐服務」不單單送上「一個餐」那麼簡單，當中還包含關懷與問候，讓食餐者感受社區對他們的關愛，我們的工作重點是希望服務社區中有需要的人，最終能幫助他們在家中過獨立生活。

葉伯伯文章



葉伯伯分享「送餐」的意義及「餐食」背後的力量、人脈關係，帶出真正「社區溫情」

感謝送餐

我們耄耋之年的老兩口，享受送餐服務已是積時累日。卑詩護理會是一家非盈利機構操辦的，其宗旨是「幫助一些弱勢老人及有需要人士可安心在家裏保持健康、愉快的生活」。

他們選用的食材，質地新鮮而有營養，以蔬菜、豆腐、雞肉、蛋類、魚類為主，偶爾用一次紅肉；他們的衛生工作做得到家，飯菜分別用一次性鋁箔盒子盛好蓋好：他們煮的菜燒的湯，小油小鹽小糖，口味清淡，對老人避免高血脂，高血壓、高血糖，是一種飲食幫助；他們做的菜蒸的飯，軟和和的，老人咀嚼不吃力，也容易消化；他們提供的菜譜，全年預先定好，月初到月底每天不同，每月輪換一次。

還要說一說送餐的義工。他們之中有小伙子大姑娘，也有不太年輕的，他們之中有華人，也有西人。他們都戴了口罩，小

心地提了裝着熱氣騰騰餐食的塑膠袋，按時送到訂餐客戶手中。他們態度和藹，禮貌待人，從不誤事，每次要駕車一二十公里，費時費神，還要耗油貼錢。

想起小學課本有一篇《千人糕》，通過層層條分縷析的敘述，讓孩子懂得「一塊平平常常的糕，經過很多很多人的勞動，才能擺在我們面前」，從而受到教育。

如今我們享受的送餐服務，不說農場、養殖場裏的辛勤勞作，光是送餐機構的經營管理、組織安排，以及廚師烹調、義工送餐等等，同樣貫穿著一條無形的人脈，讓我們感到社會的和諧和人情的溫暖，而在新冠病毒肆虐期間，送餐服務除了提供日常方便，也可以稱得上是一項居家防控疫情蔓延的有效措施。所以，我們要真心誠意地道一聲：感謝送餐！

你有没有想過，你也可以參與其中，無論是當送餐義工或經濟上的支持，都能幫助我們持續提供這個慈善服務，我相信這份「參與」，將會為你人生添上更美好的色彩！

謝謝你的支持，

May Soo

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