



*Please let our
Meals on Wheels
clients know you
CARE.*



In May we embrace the hope and joy of Spring and also celebrate Mother's Day and the special women in our lives. These women define the true meaning of *home* and *family*.

Over the past two years we've all been challenged with feeling homebound and somewhat isolated as we have been unable to see loved ones. Thankfully as COVID-19 restrictions have come to an end we're able to get back to enjoying precious quality time with family and friends.

*But what if your home was a place of isolation and loneliness every day,
not just during the pandemic?*

What if you had no family to visit, buy your groceries, or cook for you?

No one plans to need a service like Meals on Wheels (MOW), but for elderly clients like Rose, it's essential. 57% of our clients are women who might have outlived family, friends, and sometimes even their own children – or never had children of their own - leaving them alone without anyone to help.

The Health and Home Care Society of BC's (aka Care BC) **Meals on Wheels** program – serving Vancouver, Richmond and the North Shore - provides a hot nutritious meal every week day for isolated seniors in need. It's not only a meal. It's also a friendly hello and informal safety check delivered by compassionate and caring MOW volunteers.

We've been so fortunate to continue the MOW program throughout the pandemic and we're thankful for our loyal delivery volunteers and generous donors who have supported this essential service. It costs our clients \$2,000 a year to receive a meal 5 days a week, which is approximately 35% less than the cost that Care BC pays to produce and deliver the meals. But today's rising costs for food and gas are making it difficult to keep meals affordable for our clients, many of whom live on limited, fixed incomes.

*Will you help support women like Lily by making a donation to Meals on Wheels,
to keep the meals affordable and the program operating?*



**Please make a donation today in recognition
of the special women in your life. And let
our Meals on Wheels clients know you
CARE by returning the enclosed “Thinking
of You” slip with your donation.**

Thank you for your support!

You can also make a secure online donation: www.carebcfoundation.ca/donate-now-newsletter
You'll receive your tax receipt immediately after making your donation.



Health & Home
CARE
Foundation of BC

Health & Home Care Foundation of BC
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~傳遞關愛~
讓她們知道你的關懷

五月份，我們歡喜快樂地迎接春天的來臨！同時，這月份也是母親節的到來，在這特別的日子裡，我們想念到我們的母親或者是在我們生命中有重要影響的女仕，因為“她”確實給予我們有一個親切「家」的溫暖感覺。

在過去兩年疫情中，很多人無法與親人見面，時常會有孤立無助的感覺。值得慶幸是，隨著 COVID-19 限制的結束，我們能夠重新與家人和朋友一起享受寶貴的美好時光。

但試想想，如果你的孤立無助不僅僅在大流行期間，而是成為常態，或是你根本沒有家人可以拜訪、傾談或幫你做飯，你的感受又會如何呢？

可能你現在沒有想過需要「送餐服務」，不過，對92歲Rose 婆婆來說，這是她每天的基本需要。我們客人中有57%是女性，她們可能沒有家人、朋友、甚至沒有兒女在身邊。她們都是孤獨的一個人，在沒有任何人幫助下，只有藉著卑詩護理會的[送餐服務]才有與社區接觸的機會。我們的[送餐服務]，包括溫哥華、列治文及北岸，每天為有需要的獨居長者提供熱餐，除了餐食，他們還可以接觸到熱情愛心的送餐義工。

我們感恩有一群勞苦及充滿愛心的送餐義工支持，使這個基本的社區服務得以持續，即使在整個大流行期間仍然可以繼續送餐工作。不過由於近年來食品、汽油和供應商成本價格增加，使我們 **Meals on Wheels** 服務的運營成本面臨巨大挑戰。現時每份餐食所收取之費用是低於生產及營運成本，每個餐**Care BC**需要補貼35%，我們希望幫助所有需要的人都能負擔得起享用這個餐。希望你能支持捐助這項重要的社區慈善服務。

今日，你願意幫助Lily，我們脆弱的食餐者用這個餐嗎？



請慷慨捐助「送餐服務」來紀念
你生命中重要的一位女仕！

並贈送「關懷」咭予獨居長者，
讓她們知道在社區中我們關懷著她。

謝謝你的捐助！

網上捐款，可即時獲取退稅收據。

www.carebcfoundation.ca/donate-now-newsletter



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