

Caring for Caregivers and Seniors in your community

The holiday season, while often joyous, can be a sad and difficult time. At the Health and Home Society of BC (also known as “Care BC”), we know all too well that many people are not able to enjoy the holiday season in the company of loved ones.



Isolated seniors – like those we serve through our charitable **Meals on Wheels (MOW)** programs in Vancouver, Richmond, and the North Shore, mostly live alone with no family members remaining or living nearby to visit them. Our team of MOW volunteers not only deliver a hot nutritious meal, but also provide an informal safety check with each delivery and help clients remember that they have not been forgotten.

“I’ve been feeling quite sad since my husband passed away. So I’m always happy to see Joan, the volunteer who brings me my meals. Having a brief visit from Joan, with every delivery, really lifts my spirits and I don’t feel so alone. The holidays are a particularly lonely time for me.”

Caring for the community has been at the core of our operations for over 120 years. Our roots began as the Victorian Order of Nurses, BC Chapter (VON BC). Our MOW program launched in 1967. In 1996, we launched a Chinese MOW service to meet the changing needs of the region. In May of this year, Care BC began serving the North Shore, assuming responsibility for the MOW program previously operated by the North Shore Meals on Wheels Society. Care BC subsidizes the cost of every meal delivered to keep them affordable for seniors who often live on fixed incomes.

In 2002, Care BC launched the **Family Respite Centre (FRC)**, the first of its kind in Canada to address the respite needs of caregivers. At the Centre, we provide essential day and temporary overnight care for seniors across Vancouver and Richmond, many of whom have complex cognitive and chronic health issues. During their stay at the FRC, their caregivers get a much needed break, from their often challenging responsibilities, enabling them to catch up on rest and have time to manage their personal affairs.

“I’m very grateful for the support I receive from the FRC staff. At first, I was hesitant to leave my husband, who has dementia, at the FRC but I have seen first-hand the great care and attention he receives from the FRC nursing and staff team. He likes being there and he especially enjoys the music therapy sessions. It’s amazing how he still remembers his favourite tunes! And when he’s there, I get a break to take care of myself. It allows me time to rest and recharge so I can take better care of my husband when he returns home.”



This unique centre and program fills a vital need. Our goal to expand this service is moving forward as we develop plans for a second FRC - in partnership with the City of North Vancouver and several other non-profit organizations - to benefit the North Shore community.

The holiday season is a time for giving and receiving. As an independent locally-based charity, Care BC and its programs would not exist without the generous support of donors. Will you help us continue to serve the elderly, and their caregivers, by making a donation today?

Please give generously!

**A gift of \$250 subsidizes 125 Meals on Wheels deliveries for home-bound seniors.
A gift of \$100 covers the cost of 1 group music-therapy session at the Family Respite Centre.**

Please remember your elderly neighbours who may be living alone, or those who are struggling to care for their loved ones at home.

Health & Home Care Foundation of BC

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Charitable Tax No. 71276-8696-RR0002



Health & Home
CARE
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幫助獨居長者，讓這個冬天不太冷!

聖誕將至，當我們期望與親人或朋友歡渡假日時，可會想起社區中有一些特別需要我們關心及照護的群體，特別是一些獨居長者。卑詩護理會一直秉持理念照顧社區中有需要的人仕，就像我們的送餐服務，由1967年開始至今，服務範圍包括列治文、溫哥華及最近新增的北岸地區，為食餐者送出熱餐、溫馨問候及一個非正式的安全檢查，為食餐者帶來無窮的幫助及安慰!



當中80歲黃婆婆分享:「當我先生過身後，我是獨自生活，每逢節日，我感覺特別孤單，不過，當我每次看到Joan (送餐義工)送餐時，看到她的笑容和問候，我就十分開心，我想她正是我每天的精神支持!」我們感謝所有送餐義工無窮的付出!

此外，今年5月在無縫過渡計劃中我們承接了北岸的送餐營運工作，開始為北岸居民提供送餐服務。同時，亦揭開未來在北岸發展的計劃。我們現正籌備在不久的將來，與北岸市政府及一些慈善單位合力興建一所全新的北岸「暫托中心」，服務當地居民。讓市內有需要的居民得到適切的照顧。

另外，於2002年成立的卑詩護理會「暫托中心」，同樣地為需要的人仕提供服務，好像要長期照顧家人的照顧者(caregiver)，「暫托中心」可給予他們一個喘息的機會。暫托中心客人家屬分享:「我非常感謝日托中心為我患有腦退化症的丈夫所提供的服務，中心無論醫護人員或義工們都非常悉心照顧所有客人，讓我可安心留下他而有喘息的機會，卑詩護理會「暫托中心」確實減輕了我一些生活壓力，讓我有機會去恢復體力，待休息過後，更有能力去照顧我的丈夫! 感謝您們!」

這個節日，我們衷心希望您能支持捐助我們在社區裡的工作，你們所捐的每一分每一毫，將用於支持我們對獨居長者及有需要人仕提供的關愛服務，每一個餐代表你的愛心送到每一位受益人身上，讓我們一起攜手將溫暖送到那些脆弱群體! 讓這個節日變得更有意義，更溫馨!

**透過卑詩護理會的
社區關懷服務，
幫助獨居長者
可安家過生活!**



請慷慨捐獻!

捐助\$250 就能資助125個餐食送到有需要的人仕身上!

謝謝您的支持! 祝節日平安、健康及愉快!並祝2022年萬事如意!

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