

Spring Updates from Care BC

April 2021

Dear Friends and Supporters of Care BC:

I am hoping this brief letter finds you and your loved ones healthy and safe. As we look forward to the summer, I would like to update you on the trials, as well as successes, we've had this past year. While the COVID-19 pandemic has presented unprecedented challenges within our community as well as within Care BC, I am pleased to report that our charitable programs have continued operations, albeit with modifications, including increased precautionary measures. Care BC's commitment to serving has not wavered, and thankfully neither has the support Care BC has received from our loyal volunteers, generous financial donors, and our dedicated staff.

Thank you!

Care BC's **Meals on Wheels** (MOW) programs - Western and Chinese - have continued to serve the communities of Vancouver and Richmond. Last year our team of over 350 volunteers delivered more than 120,000 meals to over 1,000 homebound seniors at risk of isolation. Over half (54%) of our clients were aged 80 or older, and 60% reported living alone. At the beginning of the pandemic, some volunteers took a break as they were at increased risk themselves due to COVID. We are very grateful for the volunteers who remained, as well as for the new volunteers who joined our team since March of 2020. All have adapted well to the safety protocols that were implemented to protect our volunteers and the clients.

There have also been developments within the North Shore MOW program, operated by the North Shore Meals on Wheels Society. Care BC has been approached by their Board about assuming responsibility for their MOW program, as they do not have the resources to continue to increase their operations. As planning for this transition progresses, more information will be forthcoming.

Unfortunately the **Family Respite Centre** (FRC) has been more severely impacted by the pandemic. Due to COVID-19 concerns, the Ministry of Health totally suspended the operation of the FRC in March 2020. However in August 2020, the Overnight Respite (ONR) program reopened at 50% capacity, and I am very pleased to advise that the Adult Day Program will also be gradually re-opening effective April 20, 2021. Precautionary measures for the clients and the staff have been introduced.

Care BC's **Community Integration Project** (CIP), which assists people with newly acquired disabilities to adapt to their housing and daily living needs, has not been significantly affected by the pandemic and the program has continued to operate.

And before closing, I would like to highlight a few upcoming events. This year's theme for **National Volunteer Week (Apr. 18-24)** is "*The Value of One; the Power of Many*"; and reflects on the awe-inspiring acts of kindness by volunteers and the magic that happens when we work together towards a common purpose. To all our volunteers, we say THANK YOU! Last year we were unable to celebrate in person due to COVID-19 concerns. This year we are planning an event in fall of 2021. For more information please refer to Care BC's website: www.carebc.ca/volunteer-appreciation-2021

At 10am on Monday, June 28th 2021, Care BC has scheduled its **122nd Annual General Meeting**. Closer to the date, details for the event (including how to participate) will be provided on our website.

Finally for now, plans are underway for **Care BC's Annual Fundraising Dinner and Auction on Thursday, October 21st, 2021**. We will be celebrating the 25th Anniversary of Care BC's Chinese Meals on Wheels program with entertainment from "The Fab Four ever", Canada's Premiere Tribute to the Beatles. Further information will be announced on our website, www.carebc.ca, in early summer.

Please do not hesitate to contact me at schamborzki@carebc.ca if you have any questions or concerns. Thank you.

Warmest Regards and Best Wishes,



Inge Schamborzki RN, D.Ed.
Care BC Executive Director

P.S. Please look for Care BC's "Leave a Legacy" feature in the April 24th Vancouver Sun or The Province, April 25th, about Helen Shore, a truly exceptional supporter of Care BC, who sadly died in November 2020. Helen left Care BC a bequest which will have a significant impact on our charitable programming for many years to come.



Health & Home
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Society of BC

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大家好!首先, 祝你和你的家人平安及健康!

在我們期待夏季來臨的同時, 儘管COVID19大流行給社會及卑詩省醫療機構帶來了前所未有的挑戰, 我們很高興的報告, 卑詩護理會仍在繼續運作中, Care BC對社區的服務從未改變, 而值得慶幸的是, 感謝一群與我們同行的義工們、捐助者及各員工的支持, 使這必須的社區服務得以持續。

卑詩護理會(Care BC) 一直為溫哥華及列治文居民提供中西送餐服務, 去年我們約350義工團隊, 共為1000多名食餐者提供超過120,000之餐食。當中超過一半客人(54%)為80歲老人。其中60%為獨居老人。早前因疫情關係, 很多年長的送餐義工, 都因身體原因而離開, 我們完全明白, 這場疫症是前所未有的, 我們認為每一個人在阻止病毒蔓延扮演一個重要角色。當然, 我們非常感謝過往及在這一年參與送餐服務的所有義工!

另外, 我們[送餐服務] 在北岸也有新的發展, 該項服務本由北岸送餐協會主理, 早前協會表示因沒有資源繼續日益增加的需要, 希望卑詩護理會能繼續該市的[送餐] 服務。我們若有進一步消息, 將會再公佈。

另一方面, 卑詩護理會的「家庭暫托中心」由於疫情關係, 於去年3月停止服務後至8月, 夜間服務的暫托中心可接收正常客量的一半。此外, 非常高興, 在衛生預防措施工作準備好後, 我們知道從今年4月20號開始, 日間服務亦可逐步重開。

至於「社區融合計劃」, 幫助那些因意外以致殘缺的人, 重新適應新生活的工程, 幸好沒有因疫情而停下來, 一切運作正常。

今年4月18日至24日是「全國義工週」, 今年的主題是《眾志成城, 服務社群》。共同努力去服務社區、去回饋社區! 實踐我們同一目標的強大力量!這是卑詩護理會運作中西[送餐服務]的重要特色。由送餐義工送餐予食餐者開始, 一個餐, 一個問候, 一個安全檢查, 凝聚了一份社區力量!沒有義工的幫助!我們便不能為社區提供這項重要服務!

今年我們的週年大會(AGM)將會在2021年6月28號舉行, 有關各項細節, 請到我們網址查閱。

最後, 我們亦為週年籌款晚宴而準備, 晚宴日期定於2021年10月21號幸運海鮮酒家進行。同時, 今年亦是慶祝我們[中式送餐]服務25週年的喜慶, 我們特別邀請到溫哥華最佳樂隊組合「The Fab Fourever」表演, 進一步詳情, 請到我們Care BC網址觀看。

若你對上有任何疑問, 請與我聯絡。

Email : schamborzki@carebc.ca



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