

Health & Home Care

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FAMILY RESPITE CENTRE (FRC)

ANNUAL FRC BBQ

On August 15th the FRC once again hosted a BBQ for families and friends to come together to support caregivers. This was a fantastic opportunity to engage with loved ones and have a bit of fun! This year the volunteers and staff served up a delicious cedar plank salmon on the BBQ and homemade blueberry pie!



*Suzanne Liddle, Volunteer Program Manager, &
Volunteers: Rishi Biswas, Emily Tsang, Nathan & Kate
Pocock, Setsuko Shiminu, Melanie Mewhort*



Noah Zakaib & Alison Plaxin

The weather was mild but the special guests really did warm up the crowd. Killarney Fire Hall No. 5 made a guest appearance with their Quint 5 firetruck and the crowd was thrilled to see the rescue ladder fully extended over the courtyard. The children loved climbing inside the front cab of the truck, pretending to be firefighters, and they even had the opportunity to water the neighbour's lawn with the fire hose and try on some firefighter gear; fun for all ages!

ARDEN PRESTON CAREGIVER RESPITE FUND

On August 12th, a room at the FRC was designated the Arden Preston Room in recognition of a gift of \$23,000 from the Arden Preston Caregiver Respite Fund (APCRF). APCRF was set up in Toronto by Nick Arden in 2000 to recognize the loving care given in their time of dementia by his step-parents to his parents. After moving to Vancouver, Nick decided not to re-activate the charity, and to donate the remaining funds to a local non-profit organization offering respite support. He noted how impressed he was by the FRC facility, its programming, and the quality of it's staff.



*Tom Chambers, Board President,
& Nick Arden, APCRF*

MAKE YOUR FALL FLU-FREE!

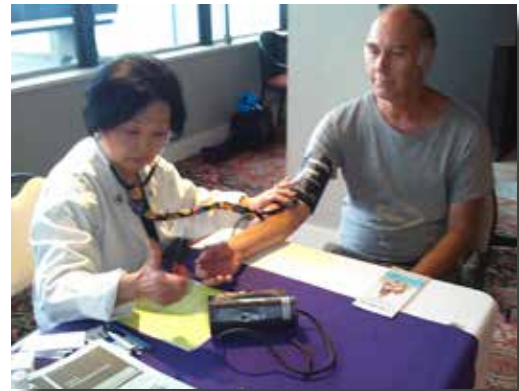
Fall is a busy time for people who balance work and family life. After spending the long summer days with our families, we can all understand the importance of staying healthy. Just one upset stomach or fever can really place strain on a family trying to get back into the swing of things. Even more complicated is the unexpected sickness of a primary caregiver in the family. No one wants to get another person sick, but often with the struggle between caring for a loved one, going to work and coping with daily family obligations, taking care of yourself becomes the last thing to do on the list.

The Health Promotion Services (HPS) team at Care BC runs workplace flu clinics so that you do not have to try to schedule anything more into your day. Clinics begin in October and run through December. Influenza is a highly contagious virus which can lead to absenteeism in the workplace and the potential to pass along the virus to vulnerable individuals in your family, like seniors and children.

There are many places that you can receive flu shots, but not where you can actually say that your choice has made a difference in the life of one of the vulnerable members of society. With each flu shot taken by you or a member of your staff, your company is giving back to the seniors who receive Meals on Wheels in Vancouver



and Richmond. Every time a person takes a flu shot, Care BC is able to help someone in need of Western or Chinese Meals on Wheels. Our meals are made fresh every weekday and are delivered HOT to the client's door. Clients can rely on our genuine volunteers and dependable staff to make sure that their day becomes a little brighter.



Lorraine Elliott, HPS Nurse, & Client

So the next time you are sitting with your colleagues, trying to schedule another obligation into your phone, think about having one of our Registered Nurses come to *you*, at your workplace. Save yourself from a winter of awkward moments sitting next to someone at work who is obviously sick, but just can't stay home, and get your flu shot early this year! Book your clinic now with Wendy Williams at 604-733-9177 ext. 111.



3rd Annual Meals on Wheels Golf Classic

Friday, September 6th
University Golf Course

Event Sponsor



Official Media Sponsor



BRING A FRIEND TO VOLUNTEER WEEK

August 12-19th was Care BC's first ever *Bring a Friend to Volunteer Week*. This special week encouraged all of our Meals on Wheels volunteers to bring along a friend, family member or colleague to accompany them on their deliveries.



Kitchen & Meal Couriers:

(Left) Randy Scharf, Jayne Forbes, Jane Williams, Pat Harrold, Margaret Mathers, Liz Vidler, Gary Shepard, Paul Hart, Ken Birdsall and Martin Chester

All of our delivery routes can be done as a team and some volunteers already enjoy working as a pair with a driver and a server. This speeds up the delivery time and makes volunteering even more social and fun. The week gave our volunteers the chance to showcase what they do and encourage

others to get more involved. What better way to hear about volunteering than from the volunteers themselves?

Meals on Wheels also operates a *buddy system* where volunteers can nominate someone to fill in specifically for them on their route if they are taking any holidays or need time off. The *buddy* only covers for one person and may be called upon two or three times a year, if needed.



Jennifer Lindsay & Her Daughter



Bring a Friend to Volunteer Week was generously sponsored by JJ Bean coffee company, who provided coupons for each volunteer

and friend team to have free coffee and a half price lunch after their deliveries.

Health & Home Care Society of BC is very grateful for their support.

To volunteer, call Suzanne Liddle, Volunteer Program Manager at 604-733-9177 ext. 107

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between May 23 and August 19, 2013 by making a donation of \$500 or more to our charitable programs.

- Arden Preston Caregiver Respite Fund
- Berbon Management
- Djavad Mowafaghian Foundation
- The Lohn Foundation
- The Stewart Fund
- The Wolrige Foundation

We also offer appreciation to the other organizations and individuals who have joined our Macaulay Club in the past year, as well as to our program partners, Fair Haven United Church Homes Society, the Nissan Canada Foundation, the Vancouver Foundation, St. George's Place Society and Vancouver Coastal Health.

We would also like to acknowledge the financial assistance of the Province of British Columbia.

If you or your company would like to support one of our charitable programs, please call 604-733-6614 or donate on-line at www.carebc.ca

Zipcar gives back to the Vancouver community by providing vehicles to Western and Chinese Meals on Wheels volunteers who do not own their own cars. If you want to volunteer without the cost of owning a car, while helping out the planet, then this program is for you! If you already volunteer with Meals on Wheels, contact Suzanne at 604-733-9177 ext. 107 for special Zipcar deals!



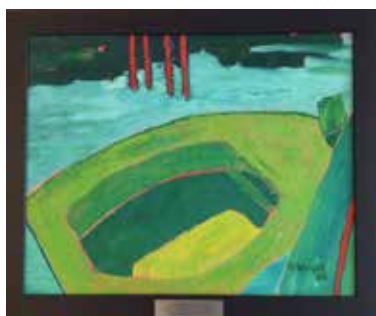
zipcar®



A FRESH LOOK FOR THE FAMILY RESPITE CENTRE

The Family Respite Centre has seen a few improvements this summer, thanks to some very generous involvement from the community, staff and volunteers.

Gordon Richard Wright was a talented artist and one of Salt Spring's venerable residents when he passed away January of 2013. Wright's work combined his observations of earth and sky. Three of his paintings were donated to the FRC.



Our staff and volunteers at the FRC have worked very hard to create a peaceful environment for the guests and have done such wonderful job of updating the courtyard, with re-stained patio furniture and freshly-stained garden planters. Many of the guests at the FRC have dementia or Alzheimers, but it's nice to know that people can see a little bit of beauty in their day inside and outside.



THANK YOU TO OUR VOLUNTEERS AND STAFF!

Regularly, we receive thank you's from different families and friends who have had the loving care of one of our volunteers or staff. This is a small sample of well wishes.

"Thank you so much for caring for my mother while I was away. I had complete confidence in all of you which afforded me great peace of mind. I had a really wonderful rest."
Family Respite Centre Client Caregiver

"Thank you for the birthday card and for the amazing group of volunteers!"
Chinese Meals on Wheels Client

"Thank you Meals on Wheels. What would we do without you? You are helping immeasurably to allow my mother to stay in her own home."
Western Meals on Wheels Client

"Thank you very much for your patience, support, thoughtfulness and caring during my stay."
Family Respite Centre Client

Health & Home Care Society of BC

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