



THANK YOU to all the new volunteers who have joined our team since the COVID-19 outbreak!

We could not continue delivering our Meals on Wheels programs without your support!

The global COVID-19 pandemic has changed life as we know it (at least for now), including the ways we operate our charitable **Meals on Wheels** programs (Western and Chinese), serving Vancouver and Richmond. Although this virus has caused pain and suffering around the world, we are extremely grateful for all the offers of support we have received from the community, including new delivery volunteers and donors pledging financial support to keep our programs operating.

At the beginning of the outbreak, some of our regular volunteers decided to take a break from volunteering. We have received hundreds of applications from the community, and almost 100 new volunteers have already started delivering meals since mid-March. **THANK YOU!**

THANKS GARTH & SUSIE FOR JOINING OUR VOLUNTEER TEAM!



Garth and Susie are new Meals on Wheels (MOW) volunteers who started helping in mid-March near the beginning of the COVID-19 outbreak – they saw a news item about our need for volunteers. Garth, a retired HandyDart driver, had previously volunteered with MOW in Powell River. He knew how important the service is for homebound seniors or people with mobility issues.

Garth and Susie travel regularly. Susie, a retired high school teacher, has taught in England, Italy, Tanzania, as well as North Vancouver and Powell River. “Volunteering on a regular basis isn’t always possible when we travel,” says Susie. However, the recent travel restrictions and their desire to stay close to home has given them more free time.

“We decided to reach out and lend a helping hand by delivering Meals on Wheels in the West End, our own neighbourhood. It also helps that we have a parking pass,” Garth noted, “because parking can be a challenge at times.”

Susie delivers directly to clients while Garth stays in the car. She knows that some clients are lonely; they look forward to the brief chat and informal safety check they get with each delivery. Thanks Garth & Susie!

ELAINE, SHELDON & SUSAN DELIVERING BY BIKE

Elaine and Sheldon have delivered Meals on Wheels by bicycle for just under a year. They have always enjoyed cycling and giving back to the community. “One day while we were on a ride, we saw a MOW volunteer cycle by. We realized that this was the perfect volunteer opportunity for us,” says Elaine. “It’s great motivation for us to get out of the house, and we always enjoy seeing the clients.”

Sheldon points out that “there’s a whole segment of society that’s easy to miss – people who are homebound, and possibly lonely, in basement suites and apartments across the city.” Overtime, they have visited the same regular clients on their weekly route. “I think the clients enjoy our brief visits even more as we’ve gotten to know each other.”

Elaine is quick to point out that “we don’t volunteer for the accolades – we volunteer because it’s good for us, and it’s good for the community!”



We thank Elaine and Sheldon for the dedication and continued support during the COVID-19 pandemic. We also thank them for referring a friend, Susan, who began volunteering this April, also on her bike. Susan is a retired physiotherapist. She mentioned that “for the last 10 years or so of my career, I provided physiotherapy to clients in their homes. Delivering MOW directly to clients feels very familiar to me.” She added that her first route was “Lovely! I had an easy route to navigate on my bike and everyone was very happy to see me and receive their meal.” Thanks Susan for becoming part of our volunteer team!



THANKS TELUS!

Care BC is extremely grateful for the help received from TELUS. As the COVID-19 outbreak was emerging, TELUS offered assistance from their team of field support technicians to deliver Meals on Wheels. Some technicians were still in training; others were fully-trained technicians who found they had fewer service calls in their daily schedules. We're extremely grateful for their support – we've had an average of 11 TELUS technicians volunteering each weekday in Vancouver and Richmond!

“The opportunity to support Meals on Wheels has been an incredibly rewarding experience for our

TELUS technicians who are honored to be able to provide assistance to community members in need,” said Neda Alizadeh, Manager - Field Support & Customer Solutions Delivery at TELUS. “The intrinsic reward that our team has felt while supporting this remarkable cause and exhibiting our Give Where We Live philosophy, has been equally inspiring and fulfilling for all of the team members involved.”

We thank all the TELUS technicians who have helped deliver Meals on Wheels for their support!

TELUS technicians (left to right) Rudzon, Kofi, Abdi and Virj.

THANKS SUZANNE!



Suzanne has been volunteering with Chinese Meals on Wheels since mid-March. She had just moved back to Richmond (after working as an accountant in Bermuda for several years) when the COVID-19 pandemic broke out. “I had come home for a bit of a break and was contemplating a possible career change,” says Suzanne. “I realized that this was the perfect opportunity to start volunteering – I have the time, I’m healthy, I have a car and I speak Cantonese.”

Suzanne enjoys interacting with the clients – she knows that in some cases she may be the only visitor a client sees in person that day, so she always asks how they are doing to make sure they are okay. She also enjoys interacting with the other volunteers who help make deliveries. “It feels like a real community,” she says. Without help from volunteers like Suzanne, we would not be able to reach as many clients as we do – thank you for your support!

It has been extremely heartwarming to see how the community has come together to support Care BC’s Meals On Wheels program during the COVID-19 crisis. Together, we are making a real difference in the lives of the 1,250 clients who receive our nutritious Western and Chinese meals every week. For that, we are truly grateful.

The number of calls we have been receiving has been increasing annually and particularly at this time. Almost daily, we receive calls about more frail seniors, living in Vancouver and Richmond, who need our help. The majority live alone and have no one to rely on for their meals or to ensure they are safe in their homes. To help keep the meals affordable, the cost of every meal is subsidized. Without the generous support of our caring donors and our dedicated volunteers, we could not continue to serve our current clients, and accept new referrals. Now more than ever, Care BC and vulnerable seniors in our community need your support! We ask that you please consider making a donation towards our Meals On Wheels program. Every gift is appreciated - none too small or large! Thank you.

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between January 17th, 2020 and April 21st, 2020 by making a donation of \$500 or more to our charitable programs.

- G. Keith Chambers Consulting Inc.
- June Inc.
- Intact Financial Corporation
- Lee Turner & Associates Inc.
- Segment Technologies Canada Inc.

We also thank our individual donors, program partners (Fair Haven Homes Society, the Vancouver Foundation, St. George’s Place Society, Vancouver Coastal Health), and acknowledge the financial assistance of the Province of British Columbia including a Community Gaming Grant.

If you or your company would like to support our charitable programs, call 604-733-6614 or visit www.carebcfoundation.ca
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