



It's much more than a meal!

As we bid farewell to the chilly, gloomy and rainy winter months, we embrace the brightness and warmth of Spring along with lots of opportunities this new season presents. However, for those individuals who experience isolation and are confined to their homes, consider the emotional impact of spending an entire year with little awareness of the changing seasons, unable to go outside, engage in shopping, or visit with friends.

This is the situation for most of Care BC's Meals on Wheels clients. They require nutritious meals and rely on brief visits from our dedicated volunteers who deliver each weekday. **Many elderly individuals who reside alone often find themselves isolated due to various circumstances, leading to feelings of helplessness and loneliness.** Recently, during a delivery, our MOW coordinator Bianca not only delivered meals but also provided some handmade knitted hats and scarves to the elderly, given the chilly weather. The clients were deeply moved by these thoughtful gifts, with one particular client even shedding tears of joy and embracing Bianca warmly. This interaction highlights the joy and gratitude felt by the elderly in our community.



"I just love the meals and the people who deliver them. I feel so much love from everybody ..."

Miwako, Chinese Meals on Wheels Client



"Meals on Wheels is a great way to volunteer because you make a direct difference in people's lives."

Annemarie, Western Meals on Wheels Volunteer

For some clients, Meals on Wheels also serves as an essential wellness check. Annemarie, a Western Meals on Wheels volunteer, joined our team in 2021 after a 40-year career as a registered nurse. She explained that her **deliveries extend beyond simply providing a daily meal; conducting safety checks on clients is a critical component of the program.** For instance, during one particular delivery, Annemarie noticed a client sitting on the kitchen floor and he asked her to place his meal there. Concerned, she asked if everything was okay. The client revealed that he had fallen the previous night and could not get back up. Unsure whether he could stand on his own, Annemarie insisted on seeking assistance. With the help of the building manager, they successfully lifted him back into his chair. Had Annemarie not delivered the meal that day, the client might have remained on the floor for several days. **Care BC and our clients are incredibly grateful for the dedication of volunteers like Annemarie.**

For the past 58 years, Care BC has proudly dedicated itself to serving the most vulnerable members of our community. **Our mission transcends the provision of hot meals; we also extend safety checks to those in need, which is a fundamental component of our community service initiative.**

Doug Purdie | Interim CEO and Board Director, Care BC Foundation

Please support Care BC with your donation today! Donate by returning the enclosed donation slip or online: www.carebcfoundation.ca/donate-now-newsletter

If you are interested in donating your time and joining Annemarie and the rest of our volunteer team, please visit: www.carebc.ca/volunteer



令需要關懷的長者生命變得不一樣！

溫哥華經過多個月以來寒冷、多雨的冬天後，我相信大部份人都會急不及待指望著明亮、溫暖的春天的到來。春天帶給我們陽光、生氣及活力！然而，對於那些孤單並被困在家中的獨居長者來說，他們似乎感覺不到季節的變化，因為他們平時也是無法外出、無法購物或拜訪朋友，對他們來說，隔離(isolation)就是一個行常。

這也是我們在食餐者中看到的情況，我們的客人中有62%是獨居長者，一半以上是80歲或以上的老人家，「送餐」不單是給予熱餐，重要是一個問候、一個笑容，讓食餐者感到社區的關懷；感受到一份的溫馨！就像我們大部分食餐者一樣，獨居的公公婆婆，由於各種原因家人和子女都不在身旁，獨自生活有時感到無助和孤單。最近有一次，當我們的送餐員工 Bianca 在送餐食的同時，因為寒冷天氣，我們特意也為公公婆婆送上一些針織帽和圍巾，他們收到禮物時非常感動，其中一位婆婆還流下興奮的眼淚，並給 Bianca 一個熱情的擁抱。這是我們感受到公公婆婆們的喜悅及激動！



“我喜歡看到每個送餐來的義工，我感受到他們的愛...”

Miwako, 中餐食餐者



“「送餐」是一個很好的義工工作，你會直接影響別人的生命...”

Annemarie, 西餐送餐義工

另外，「送餐服務」除送餐外，食餐者的安全檢查也是非常重要。我們西餐部其中的一位送餐義工 Annemarie，她也有一個送餐經歷是讓她意識到客人的安全檢查確實重要性。Annemarie 在2021年退休後就加入了我們的送餐行列，她退休前是一位註冊護士，有一次當她送餐時，發現客人坐在廚房的地上，原來他在前一天晚上不小心跌倒，一直站不起來；雖然他表示身體精神還好，但 Annemarie 堅持幫助他，最後得到大廈管理員的協助下，兩人一起把他扶到椅上，之後再幫他聯絡社區經理更進情況。我們實在非常感謝好像 Annemarie 這樣負責任及有愛心的一位義工，如果不是她那天的幫助，很難想像那位客人的情況。

在過去58年來，Care BC「卑詩護理會」感到非常驕傲服務社區中的脆弱群體！「送餐服務」不單單是送出一個熱餐，義工與食餐者的接觸，給予關懷、問候，是帶給他們無窮的安慰！這是社區重要的工作！

謝謝您的支持！



May Soo | 中文項目總監 卑詩護理會

請慷慨捐助！ Donate now!

支持我們對獨居長者的服務！請寄回隨附的捐款單或線上捐款：

www.carebcfoundation.ca/donate-now-newsletter

如有興趣參與義工工作，請到網址：

<http://cn.carebc.ca/volunteer-application.html>