



Health & Home
CARE
Foundation of BC



September 2020

Since the beginning of the pandemic, we have all been challenged to stop the spread of COVID-19 - maintaining social distance, and staying or working from home or quarantining. Many of us, perhaps for the first time in our lives, have been experiencing our own feelings of isolation and frustration by having to minimize contact with others including visits with family and loved ones.



For many elderly Meals on Wheels clients, feeling isolated, lonely, helpless, restless and anxious is an everyday reality. Up to 60% of our clients live alone and 56% are over 80 years of age.

Social isolation is one of the biggest threats to the health of Canada's aging population. It affects at least a quarter of all seniors over age 65, and can significantly impact their physical, mental and emotional health.

Since 1967, Meals on Wheels (MOW), operated by the Health and Home Care Society of BC - also known as 'Care BC' - has been an integral part of the community. Over 60 caring volunteers each weekday deliver hot nutritious meals to our clients across Vancouver and Richmond. They also provide an essential safety

check and social connection during the visit helping to reduce feelings of isolation for our homebound clients.

These dedicated volunteers, many of whom are retired seniors, not only give of their valuable time, but they use their own vehicles to deliver meals. Driver mileage reimbursements help to offset some of their costs. Care BC also has agreements with Modo and Richmond Honda to lease vehicles for MOW volunteers.

Annually, these costs exceed \$100,000. Fundraising is one of the fundamental ways Care BC ensures resources are in place to continue operating MOW. While events have served to successfully raise funds previously, this year our October *Dinner & Auction* has been cancelled due to COVID-19. **Will you please help?**

As many of us have learned during COVID-19, staying at home is only possible with adequate support. We hope you will support our clients, and volunteers, by making a much needed financial gift to our vital Meals On Wheels program - whose volunteers have been working tirelessly to improve the quality of life for homebound seniors for over 50 years!

With sincere appreciation,

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

You can also make a secure donation online:
www.carebcfoundation.ca/donate-mow-2020-appeal

Yes, I would like to support isolated seniors during the COVID-19 pandemic!

I wish to give: \$100 \$250 \$500 \$1,000 Other \$: _____ Monthly \$: _____

Method of payment: I am enclosing a cheque payable to: **Health & Home Care Foundation of BC**

Please charge my VISA Mastercard

Card #: _____

Expiry (mm/yy): _____ CVV: _____



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Signature: _____

Revised version 1 B

More substantial changes from Marcia paragraphs 2-5 (which also had the effect of removing some text).

Health & Home Care Foundation of BC
*Supporting Meals on Wheels, the Family Respite Centre,
and the Community Integration Project.*

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www.carebcfoundation.ca

*09/20 Charitable Tax No. 71276-8696-RR0002

Thank you for giving. Tax receipts will be issued for personal donations of \$20.00 or more.