

Health & Home Care

Newsletter of the Health and Home Care Society of BC

Please Join Us for the 2nd Annual Meals on Wheels Golf Classic

Planning for our 2nd Annual Meals on Wheels Golf Classic is in “full swing”. We are looking forward to another round of golf, philanthropy and fun on Monday, September 17, at the University Golf Club.

This shot-gun tournament will include a light lunch, followed by a barbecue buffet and silent auction. All proceeds support Western and Chinese Meals on Wheels in Vancouver and Richmond.

We are thrilled to announce that City TV and Omni will be returning as official media sponsors, and that Pan Pacific Nissan, Richmond has provided a 2013 Altima for the hole-in-one prize.

To ensure the success of this year’s tournament, we need the support of our community and



Board Vice-President and Treasurer, Doug Purdie of PricewaterhouseCoopers and his team at the Inaugural Meals on Wheels Golf Classic.

invite all corporate sponsors, auction donors and of course, golfers, to join us in raising funds for Meals on Wheels.

Our sponsorship package is customizable, to ensure that your sponsorship best reflects the values of your company

and your employees. For more information on sponsorship opportunities, contact Inge Schamborzki at 604.733.9177 x 110.

To register your foursome, visit www.carebc.ca/events, or phone 604.733.6614.

Invitation: 113th Annual General Meeting

The Health and Home Care Society of BC warmly welcomes all volunteers, staff, supporters and friends to attend our 113th Annual General Meeting (AGM).

Please join us: Wednesday, June 27th, 2012 from 3:45 -

5:30pm at the Family Respite Centre (2711 E. 49th Avenue, Vancouver).

This year’s guest speaker will be marketing and branding expert Taz Jamal, who will present “Give by Taking”; an overview of the marketing

strategy for the 2012 Health Promotions Services flu season.

To RSVP for this year’s AGM, please contact Christine Bleakley at 604-733-6614 or bleakleyc@carebc.ca by Wednesday, June 15th.

Give by Taking: Protect Your Employees from the Flu and Support a Charitable Cause

While summer may be just beginning, our Health Promotions team is busy preparing for the 2012 flu season. We have already started booking clinics for this year, which will begin in October.

Now in our 16th year of providing flu immunization, Care BC is proud to be known as the reliable and trusted source for flu shots throughout BC. Our highly skilled and dedicated Registered Nurses rigorously follow all Canadian health and safety standards and will answer each person's questions, as well as ensuring the safe disposal of all hazardous waste. We are proud of our nurses, with many of our clients requesting the same

nurse year after year. Our client satisfaction evaluations show that our nursing staff provides outstanding service, above and beyond expectations.

As we age our immune system is not as robust as it was. For flu, this means individuals over the age of 60 need a higher dose of flu vaccine to get a similar response as individuals under 60 years. At Care BC, we have a higher dose flu vaccine called Intanza™ which has been approved for people over 60. A combination of Intanza™ and the traditional flu vaccine may be ordered for your clinic.

As a social enterprise, all revenue generated from our flu clinics supports charitable

initiatives such as our Meals on Wheels programs in Vancouver and Richmond and our Family Respite Centre.

We invite you to *Give by Taking*, and hope you consider Care BC for your flu clinics this year.

To learn more or to book your flu clinic, please visit www.carebc.ca/Influenza or contact Client Services Coordinator Kim Mitchell at 604-733-9177 x 177 or mitchellk@carebc.ca.



Care BC Celebrates and Honours Outstanding Volunteers

On Wednesday, April 18th, Care BC honoured our amazing volunteers for dedicated long term service. This year, we were thrilled to recognize Barbara Lambert (40 years) and Frank Harley (25 years) for their outstanding service to our Meals on Wheels programs.

50 additional Care BC volunteers were also celebrated for their contributions. Board Director, Terry Pask as well as Executive Director, Inge Schamborzki were in attendance to conduct the pinning ceremony.



Volunteer Manager, Jill Howey & 25-year service volunteer, Frank Harley.

Many thanks to all of the incredible volunteers who make our programs possible.

Interested in volunteering? Please contact Jill Howey at 604-733-9177 x 107.

Annual Fundraising Dinner & Auction a Success



On Thursday, February 16th, Care BC hosted the 4th Annual Meals on Wheels Fundraising Dinner and Auction at Kirin Restaurant.

This year's fundraiser featured both a silent and live auction, as well as a raffle. We are incredibly grateful for all of the amazing donors who contributed auction and raffle items including luxury hotel stays, spa visits and recurring favorites such as Canucks hockey tickets, a trip aboard the Rocky

Mountaineer, and a week in sunny Palm Desert.

Many thanks to everyone who attended and supported this event. We are pleased to report that with your help, we were able to raise \$15,000 in support of our Meals on Wheels programs. We simply could not have done it without your help. Thank you!

To learn more about our Western and Chinese Meals on Wheels programs, please visit www.carebc.ca, or phone 604-732-7638.

Family Respite Centre Clients Benefit From Music Therapy

Music therapy, as defined by the Canadian Association for Music Therapy, is the skillful use of music and musical elements to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities which are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.

Family Respite Centre (FRC) clients have been engaging in regular visits with Music Therapist, Bernadette Boissonnault, BA, MTA for the past 11 years. Bernadette first came to the FRC as a student of the Capilano University Music Therapy program in 2001, and established her first



contract with the FRC upon graduation.

Bernadette describes the benefits of music therapy for individuals with Alzheimer's and Dementia as social, cognitive, spiritual, physical and emotional. Each week, she provides opportunities for expression and socialization, to reduce isolation and depression, promote feelings

of belonging and encourage everyone to move their body. "With music as our unifying language and music therapy focusing on ability, I am able to connect with all cultures, cut through language barriers and draw out our non-verbal clients." says Bernadette.

To learn more about the Family Respite Centre, please phone 604-327-9525.



Leave Your Legacy with Planned Giving

Tom Chambers

President, Health and Home Care Society of BC, Board of Directors

The Canadian Association of Gift Planners (CAGP) designates the month of May as “Leave a Legacy” month; an education and awareness initiative to encourage charitable giving as a part of every Canadian’s estate plan. The campaign aims to build awareness year round of the positive impact thoughtful, well-planned giving has on our communities.

When considering your planned giving options, it is best to speak to a professional, to help determine the best approach for you and your family. CAGP has identified the following as the top 10 things you can do, today, to

ensure you Leave a Legacy:

1. Prepare a will.
2. Leave a gift in your will for the not-for-profit organization that has made a difference in your life.
3. Leave a specific dollar amount or a percentage of your assets to a not-for-profit organization.
4. Consider using assets for your legacy gift.
5. Name a not-for-profit as a beneficiary of your RRSP, RRIF or pension plan.
6. Name your favourite not-for-profit as the beneficiary of an existing life insurance policy.
7. Purchase a new life insurance policy naming your

- favourite not-for-profit as the beneficiary.
8. Remember loved ones with memorial gifts.
9. Encourage family and friends to leave gifts to not-for-profit in their wills.
10. Ask your financial or estate planning advisor to include charitable giving as part of your financial plan and to incorporate in their counsel to other clients.

To obtain more information on how you can support the Health and Home Care Society of BC through planned giving, please contact Inge Schamborzki at 604-733-9917 x 110 or via e-mail at schamborzki@carebc.ca.

Kudos to Our Macaulay Club Donors

We thank the following organizations, who joined our Macaulay Club between January 21, 2012 and May 17, 2012, by making a donation of \$500 or more to our charitable programs:

- Al Roadburg Foundation
- CRRS (Worldwide) Fdn.
- Fidelity Investments Canada
- Industrial-Alliance Pacific
- London Drugs Foundation
- The Phyllis and Irving Snider 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.

Health and Home Care Society of BC

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13082-8791-RR0001

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