

Health & Home Care

carebc.ca

ANNUAL VOLUNTEER & STAFF RECOGNITION TEA

On April 24th, in accordance with National Volunteer Week (April 21-27) we once again honoured volunteers and staff for the tremendous work which they do for Care BC. This year we had the special opportunity to have The Honourable Judith Guichon, OBC, Lieutenant Governor of British Columbia in attendance.



Board Vice President Doug Purdie led the afternoon's festivities and introduced Her Honour, who graciously presented our volunteers and staff with pins for outstanding service. Executive Director



*Doug Purdie, The Lieutenant Governor,
Inge Schamborzki, The Honorary Aide-de-Camp*



20 Year Pin Recipients

Ivy Chou, Shirley Mcfarlane, The Lieutenant Governor, Elizabeth Coan, Dave Cook

Inge Schamborzki and other members of the Care BC board were also there celebrating everyone's success.

Volunteers had an opportunity to contribute to a display highlighting "Our Volunteers and Staff Deliver More" by writing a little note on a leaf about what volunteering meant to them, and then adding it to a large tree on the wall. One volunteer summed it up as "brainfood", while another named it "purpose". With each thought added, we were able to see so many ways in which lives were touched.

Thank you to all of the Meals on Wheels volunteers who deliver more than hot meals to our clients every day. Thank you to all of our volunteers and staff who deliver more than essential care to clients in our Family Respite Centre. Care BC's volunteers and staff deliver more: smiles, conversation, support, security, comfort and friendship. Congratulations and thanks for your continuing support.

CALENDAR OF EVENTS

August 15, 2013
Annual Family Respite
Centre BBQ

June 26, 2013
Annual General Meeting

September 6, 2013

3rd Annual Meals on Wheels Golf Classic
University Golf Club, Vancouver BC

\$220 per person (includes \$50 charitable tax receipt)

Call Christine to register at 604-733-6614

Event Sponsor - PharmacyBC, a Division of The Medicine Shoppe



MEALS ON WHEELS WINS PHOTO CONTEST

Meals on Wheels volunteers have been program via the internet and had an very busy these past few months. During opportunity to write for Volunteer the recent National Volunteer Week, Richmond. She wrote, "From our busy Volunteer BC held a photo contest in kitchens in Richmond and Chinatown to which they asked communities throughout the province to submit photos that captured the theme of "Volunteers Cast a Beautiful Shadow".

A photo of Meals on Bikes volunteer Jason Lescak was the winner of the contest! Jason loves to cycle and braves the Vancouver wind and rain every week to make sure clients get their lunch. His story is one of dedication and we are extremely lucky to have Jason as a volunteer.



*Jason Lescak
Meals on Bikes Volunteer*

our clients' kitchen countertop, volunteers make it happen. Every step of the way, our volunteers ensure the smooth running of this service.

All across the city, our clients are waiting each day to receive their meals and snacks knowing that there will soon be a knock at the door and a smiling face to greet them. Our volunteers give back to their communities by making sure that the most vulnerable people living in our neighbourhoods can stay

Suzanne Liddle, Care BC's Volunteer Program Manager, has helped to raise awareness for our Meals on Wheels

happy and nourished in their own homes. This is people looking after people; it is community care happening every day... right under your nose."

KUDOS TO OUR MACAULAY CLUB

Thank you to the following organizations who joined our Macaulay Club between January 16 and May 23, 2013, by making a donation of \$500 or more to our charitable programs.

- John Hardie Mitchell Family Foundation
- John Murray McEwen Fund of Private Giving Foundation
- London Drugs Foundation
- RBC Foundation
- United Way of the Lower Mainland

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.

PHARMACYBC

PharmacyBC is a group of pharmacists from The Medicine Shoppe working together to bring "Affordable Health Care to Your Door". With delivery direct to the door, medication ingestion can be witnessed and monitored.

Renee Lodge, Director of Pharmacy Services for PharmacyBC, recalled a phone call from a woman whose parents received medication deliveries.

"It was one of the first families I had been to visit when I started with The Medicine Shoppe last spring. Their Home Health Case Manager had suggested to the daughter that she call us to daily dispense her parents' medications as the parents were not succeeding at trying to stay in their home and look after one another. Both parents had dementia and were not taking their medications when they should. Sadly, their father was ending up in hospital monthly due to missing his medications. After the adult daughter called me and we met at her parents' home, we set up our Daily Dispense, *Pharmacy With Care* program and began

delivering and witnessing her parents taking their medication every day. The daughter told me that since then her father had NOT been hospitalized once during the past year! And her mother was in better general health as well.

Not only is the family thrilled that their parents are living in their home and enjoying their wellness in their senior years, but the family physician and the Home

Health Case Manager are also relieved that we have helped to

provide a necessary service for their patients. This means that the aging couple gets to stay in their home and their medications are no longer a worry for their family and their physician. Home Health is also thrilled that we're providing an amazing service and saving money on many hospital visits."



If you or someone you know is interested in the services of PharmacyBC, please contact Renee Lodge at 778-552-1334.

Care BC will have Registered Nurses conducting Wellness Clinics at select PharmacyBC locations this June. Blood pressure and glucose level testing will be made available on site.

AN INVITATION: ANNUAL GENERAL MEETING

The Health and Home Care Society of BC warmly welcomes all volunteers, staff, supporters and friends to attend our 114th Annual General Meeting (AGM).

Guest speaker
Jean Budden, our
Community Integration
Project consultant,
helps those recently
disabled transition
from rehabilitation to
independent living.
Jean will talk about
"Regaining a Place in the
Community."

To RSVP for this year's
AGM, please contact
Christine Bleackley
at 604-733-6614 or
bleackleyc@carebc.ca by
Wednesday,
June 19th.

Wednesday June 26th
3:45 - 5:30 pm
Family Respite Centre
2711 East 49th Ave.
Vancouver, BC

FAMILY RESPITE CENTRE IMPROVEMENTS

The Family Respite Centre has been in its current location for over 10 years, during which time the building has seen many clients and families pass through its doors. This past year alone, 300 families benefited from this invaluable community support; however, operating 365 days a year takes a toll on the buildings' facilities.

This month we have had the opportunity to enhance the walls of the centre. Gurdev Hayre, a pharmacist with The Medicine Shoppe, generously donated a painting which he purchased at our last fundraising dinner. This collaboration with Firebird Live Art, The Medicine Shoppe and Care BC has begun to help revitalize the walls of the Family Respite Centre.

In addition to the painting being hung on the walls, the centre has started the task

of placing protective wheelchair trim within the rooms of the centre. This will help to create a more pleasing environment for our guests as the trim will minimize the stress which the walls endure from wheelchairs bumping into them each day.



*Artwork Unveiling
Firebird Live Art, Care BC Board
Members, PharmacyBC*

The Family Respite Centre impacts lives of Vancouver area families each day and every improvement which we are able to make will aid in the comfort of the guests and families at the centre. This coming year, more improvements to the centre are needed. Plans range from

installing lifts for clients; upgrading garden planters and patio furniture; and adding new flooring to replace worn carpets.

If you are interested in how you can help, please contact Inge Schamborzki at schamborzki@carebc.ca or 604-733-6614.

LEAVING A LEGACY

Statistics show that 81% of Canadians contribute to charitable organizations throughout their lifetime; however, research shows that only 7% continue this support through a gift in their will or estate plan.

Consider your options for leaving a donation or charitable gift to a not-for-profit organization and speak with your trusted financial professional.

If the non-profit is made aware that there will be a certain gift at a certain time or a future income stream, funds can be designated and allocated for future needs. As the donor, you have peace of mind knowing that your interest in a specific charity, like Meals on Wheels or the Family Respite Centre, will continue to receive support long after you have gone. Contact Inge Schamborzki at 604-733-6614 if you have any questions.

Health & Home Care Society of BC

204 – 3077 Granville Street, Vancouver, BC V6H 3J9

T: 604-733-6614 ~ F: 604-733-6698

carebc.ca ~ info@carebc.ca

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Questions about the flu? Nurse Wendy is here to answer!

Health Promotion Services (HPS) a proud social enterprise



The services of HPS directly support our Western and Chinese Meals on Wheels services. When you take your flu shot, you are giving back to your local Vancouver and Richmond community. Please contact Christine at fairburnc@carebc.ca to book your flu clinic.

Who should get the flu vaccine?

The National Advisory Committee on Immunization recommends that everyone over the age of 6 months get the flu vaccine. Vaccines are not given to children under 6 months of age; however, at Care BC's workplace flu clinics nurses only vaccinate family members 12 years and older.

How soon after I get the shot will I be protected against the flu?

Your body will begin to produce antibodies against the flu immediately, but it may take up to 7-14 days for the vaccine to fully protect you.

Our company is thinking of offering a flu clinic for the first time. How many employees usually sign up for a flu clinic?

When employers provide free flu immunization, approximately 30% of employees choose to be vaccinated.

We have just six employees at our Vancouver office and we do not want to pay for the minimum clinic cost of \$375.00. Is there an alternative?

Yes. You can still provide your employees with the benefit of the flu shot by coming to our office on Granville Street to get the shot. The employees can call Nurse Wendy at 604-733-9177 ext. 111 or email williamsw@carebc.ca to book an appointment.

I do not like needles. Is there any way to reduce my anxiety about needles?

Yes. We sell Intanza® flu vaccine which is given with a very tiny (1.5 mm) needle versus 25 mm (1 inch) for other flu vaccines.

SANOFI PASTEUR 



Immunizations have saved more lives in Canada in the last 50 years than any other health measure.



Wendy Williams, RN, BN, MSc has worked at Health and Home Care Society of BC (Care BC) for the past 6 years as Nurse Manager. Since her graduation in nursing in 1971, she mainly worked in Newfoundland. Her practice has been community-based, whether working as a public health nurse or managing small health care agencies. She loves answering questions as it gives her an opportunity to learn something new.

Health Promotion Services (HPS) is part of Care BC and a proud social enterprise with Registered Nurses serving workplaces, pharmacies and individuals in communities throughout the province.

Can I get the flu vaccine if I am pregnant?

Yes. The National Advisory Committee on Immunizations recommends that all pregnant women get the flu vaccine. We learned from the H1N1 flu pandemic that when pregnant women get the flu they are sicker than non-pregnant women and are more likely to be hospitalized. When a pregnant woman receives the flu vaccine, her baby will have some protection at birth as the flu vaccine cannot be given to children under 6 months of age.

Is there a different flu vaccine for pregnant women?

Health Canada approved the two vaccines we use for pregnant women. Sanofi Pasteur manufactures both our flu vaccines. Vaxigrip[®] is in a multi-dose vial and approved for people over the age of 6 months, and Intanza[®] is in a single-dose pre-loaded syringe. Our single-dose Intanza[®] vaccine has no preservative.

Why do some vaccines have a preservative?

When vaccines have more than one dose in the glass container (called a multi-dose vial) they need a preservative to maintain the quality of the vaccine once the vial has been opened. Vaccines that are sold in individual doses do not need a preservative. We offer both multi-dosed and single-dosed options.

If I am breast-feeding my child, can I still get the flu vaccine?

Yes, you can continue to breast feed and get your flu vaccine.

Can I get the flu vaccine if I have a head cold?

Yes. The British Columbia Centre for Disease Control says a minor, moderate or severe acute illness with or without fever is not a contradiction to immunization.

People decide to vaccinate themselves and their children so they can be healthy.