

As a descendent of Florence Nightingale and the daughter of a doctor and a nurse, it is not surprising that Helen chose a career in healthcare. Growing up in Alberta, Helen often accompanied her father on home visits and learned early on how caring for others in the community was an important and noble pursuit.

Inspired, Helen moved to Vancouver as a young adult, and following in her mother's footsteps, enrolled in nursing. Helen had a long and distinguished career as a nurse and nurse educator, and she became a well-respected leader, advocate and pioneer for the profession and patient-centred care in Vancouver and BC.

Helen understood the importance of caring and giving back to the community. It was 'in her blood'. When she retired, she not only gave of her time but she also had the financial means to make a real difference through her support of causes that spoke to her interests and values.

In 1990, Helen joined the Victorian Order of Nurses, BC, now the Health and Home Care Society of BC (also known as Care BC), as a volunteer with the Meals on Wheels program. Helen was particularly interested in supporting the health and well-being of seniors and enabling them to continue living in their homes and within their communities.

A loyal and long-standing supporter of Care BC, she watched with keen interest when, in 2002, the organization launched a first of its kind—an adult day and overnight respite program to benefit caregivers and their loved ones, many of whom are seniors, often with complex cognitive and chronic health issues.



Helen's passion, loyalty and generosity in support of these community services and special causes never wavered. Helen informed Care BC of her plan to leave a significant, charitable bequest for community-based, respite services in her Will.

Sadly, Helen died in November 2020, leaving a legacy that will have a meaningful impact for Metro Vancouver caregivers for many years to come.

**Will you consider leaving a legacy gift, like Helen, to support respite services for caregivers and their loved ones?** It's as simple as adding our legal name - the Health and Home Care Foundation of British Columbia (the fundraising arm of the Society) - to your will.

If you have already left a bequest in your will to Care BC, or you would like more information about naming Care BC as a beneficiary, please contact Inge Schamborzki, Executive Director, at 604-733-9177 ext. 110 or by email at [schamborzki@carebc.ca](mailto:schamborzki@carebc.ca). Visit our website for more information about the services provided at our Family Respite Centre: [www.carebc.ca/family-respite-centre](http://www.carebc.ca/family-respite-centre).

*To make a donation today in support of caregivers and their loved ones, please visit [www.carebcfoundation.ca/donate-now](http://www.carebcfoundation.ca/donate-now).*



*Bottom left: Helen received a standing ovation from the guests at our Annual Fundraising Dinner & Auction in 2019. Top and bottom right: Helen at the Family Respite Centre (2018) and with Zhuran, Therapeutic Recreation Coordinator.*

一個美麗的故事!一個傳奇的人物! 她自小便受到父母及南丁格爾精神的薰陶, Helen Shore 可說是卑詩省其中一位極具影響力的護士團隊成員, 亦是一位將愛及關懷延續的實踐者。

Helen在卡加里出生及成長, 受母親的影響, 從小就有著當護士的理想及後移居溫哥華, 逐步實踐她的夢想, 除繼續修讀醫護課程汲取更多科學及護理知識外, 更加努力於照顧長者、健康管理及家庭護理各方面的發展。Helen明白「愛與關懷」和「回饋社區」的重要性, 這亦是Helen最大的熱情。



所以她退休後, Helen 就無間斷地參與義工工作, 還在財政上支持推動她堅守護理價值概念的構思。自1999開始, Helen 加入卑詩護士團隊Victorian Order of Nurses, BC (即現在的卑詩護理會)。她是卑詩護理會的長期支持者, 最初參與送餐義工工作, 及後積極幫助「家庭暫托中心」的發展, 直至中心於2002年正式開幕, Helen 持續不斷地幫助及捐獻, 來改善中心的工作及設施。目的是幫助一些於精神及健康上需要支援的長者及患者, 以至照料者的休息需要。

由始至終, Helen 對社區及需要者付出的愛與關懷從未改變。當她告知我們在她的遺囑計劃中將一項重要的款項捐贈給我們發展「暫托中心」時, 我們心知這是一項影響深遠的捐獻概念。Helen 於2020年11月逝世, 我們實在很懷念她 !! 她留給我們最重要的教導是讓她的熱情, 愛與關懷繼續在社區中延續, 令更多更多需要的人受惠!

我們感謝你Helen Shore !!

如你希望像Helen一樣, 透過你的遺囑計劃捐贈款項予我們, 請寫上我們機稱的正確名稱: The Health and Home Care Foundation of British Columbia. 若您對遺囑或遺產計劃捐贈有任何疑問, 或想捐贈給特定的計劃, 請聯絡Inge Schamborzki (schamborzki@carebc.ca 電話: 604-733-9177 內線 110)。如果你想知道更多的信息, 請訪問我們的網站 [cn.carebc.ca/family-respite-centre](http://cn.carebc.ca/family-respite-centre)



左圖: Helen在我們2019年的籌款晚宴上受到客人的熱烈歡迎  
右圖: Helen 2018年在[家庭暫託中心](FRC)與康復治療協調員Zhuran合照

請支持長者及照料者之需要, 請到以下網址捐款:  
[www.carebcfoundation.ca/donate-chinese](http://www.carebcfoundation.ca/donate-chinese)

Health & Home Care Foundation of BC

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