



Health & Home  
**CARE**  
Foundation of BC

Supporting  
**Meals on Wheels** (Vancouver & Richmond),  
**the Family Respite Centre**,  
and the **Community Integration Project**.

## *Continuing our support for vulnerable and isolated seniors through our essential services.*

September 2020

Dear Friends and Supporters of Care BC:

I hope you are doing well and staying safe as we are move into our sixth month living with the COVID 19 pandemic. The 'new' normal continues to evolve for all of us and at times changes on a weekly or even daily basis.

What hasn't changed for the Health and Home Care Society of BC (also known as Care BC) is our commitment to provide essential services for vulnerable and isolated seniors who remain living in their own homes.

The delivery of our **Meals on Wheels** (MOW) program, serving the homebound in Vancouver and Richmond, continues with COVID 19 safety and distancing precautions in place for both our clients and the dedicated volunteers who deliver hot nutritious meals every weekday. In the early days of the pandemic, a number of our retiree volunteers made the difficult decision to step back from their volunteer duties due to their own health concerns, or their concerns for their loved ones. We were fortunate to recruit several hundred new MOW volunteers, some who had been temporarily laid off from work and others who came from employers wishing to have their team members make a real difference and support the community during these challenging and uncertain times. While some of our former volunteers have returned to deliver meals, a significant number of the new volunteers have already resigned as they have returned to work. We already know that more volunteers will be leaving us in September. We cannot provide this vital, community MOW program without the support of our volunteers. As we continuously recruit new volunteers, we also wish to acknowledge and extend a very special thanks to our volunteer team for their significant contribution this year.

Care BC's **Family Respite Centre** (FRC) had both its Adult Day and Overnight Respite Programs temporarily suspended in March by the Ministry of Health, to prevent the spread of COVID 19 within the community. Since then, the FRC staff have continued to be in regular contact by phone with clients and their caregivers to ensure all aspects of their individual care are being monitored and supported (including access to meals, caregiver support and capacity, medication management, home support needs, etc.).

I am very pleased to advise that since August 4th the FRC has been authorized to care for up to six overnight guests - 50% of our regular capacity. Precautionary measures for social distancing have been implemented and personal protective equipment is worn by the FRC staff. For now the Adult Day Program remains closed. However the staff are continuing to be in contact with the families and we look forward to welcoming guests again when it is safe to do so. The FRC provides a vital service for seniors and others with mental or physical frailties, by offering temporary day and overnight care to enable their caregivers to benefit from a much needed "break". This service is especially relevant today. We wish to take this opportunity to thank our clients and their caregivers for their patience over these past months and also the FRC staff for going above and beyond to continue to care for our clients even from afar.

And finally for now, I would like to thank everyone for your thoughtful and generous donations which enable us to continue to provide these invaluable community services now and into the future. We hope you will continue supporting Care BC.

Please stay well and safe!

Warmest regards,

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



- 支持服務包括：
- 送餐服務 (溫哥華和列治文)
  - 家庭暫托中心
  - 社區融合計劃

## 透過卑詩護理會社區關懷服務， 繼續幫助弱勢社群和獨居長者可安家過生活！

致親愛的卑詩護理會朋友，

願您和您的家人一切安康！

新冠病毒在全球蔓延，疫情嚴峻，社會各階層面對不同困擾。自COVID-19大流行以來，很多人好像生活在“新”的生活模式中，而這種生活模式每週甚至每天都會有新變化。而我們也必須從變化中改變自己行常活動。

不過，卑詩護理會 (Care BC) 的社區關懷工作始終如一，沒有改變，我們至今仍秉持當年的理念，幫助有需要的人或獨居長者可以保持身心健康，長一點的留在家中過生活。[送餐工作]是一項社區必須服務，即使面對疫情，服務仍然不能停下來。面對脆弱社群，我們仍須繼續努力。我們知道送餐義工中有很多服務多年的義工，因為憂慮或身體原因而暫時停下來。我們完全明白，這場疫情是前所未有的。我們認為每一個人在阻止病毒蔓延都扮演一個重要角色。幸運地，有些朋友在這個充滿挑戰和不確定的時間願意伸出援手加入送餐行列，讓我們可以在疫情中順利地繼續運作送餐服務。

不過9月份我們知道將有很多義工都須要重返工作崗位及回到校園，義工情況就變得緊張，故希望會有更多朋友願意加入送餐團隊。沒有義工的參與，我們是無法運作這個重要的社區服務。當然，我們非常感謝過往及在這一年參與送餐服務的所有義工。

另一方面，由於疫情關係，卑詩護理會的「家庭暫托中心」於3月停止了服務，雖然如此，我們的護理人員仍然與客人保持聯絡；確保他們在進餐、護理、藥物管理等問題都會得到支援。直至8月4日，衛生局再次通知我們「家庭暫托中心」可重開過夜客人，準許接收最多6名客人，這是我們正常客容量的一半。在此期間，我們所有護理人員都已採取防疫措施，並穿戴各種個人防護裝備，以確保客人安全。[家庭暫托中心]服務對象主要是一些患有智力或身體虛弱的人及需要支援的長者/患者，可以提供臨時的日間和夜間護理，同時幫助照顧者 (Caregiver) 有一個“休息”的機會。這項服務在疫情中尤為重要！。我們在此感謝所有客人和他們的照顧者在過去多個月來耐心配合，以及暫托中心員工們超越忘我的服務。

最後，我們感謝您的支持和慷慨捐助，使我們能夠在現在和將來繼續提供這些重要的社區服務予有需要的長者。請繼續支持卑詩護理會！

謝謝您，

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