

A tea party full of love, care and inspiration

By Zhen Yao

With an increasingly aging population in BC, seniors have been an essential part of the community. Caregivers behind the seniors are also becoming critical for the healthy and happy living of that group.

On May 17, 2022, I had the honor to participate in the caregivers' tea party held by the Richmond Family and Friends Caregiver Center. It was quite an experience for me.



RCRG CEO Ed speaks



RCRG SCSS Manager Carol speaks

In the party, I saw what an amazing job RCRG and the Caregiver Hub have done to support the caregivers and their loved ones. Their commitment and devotion have made our community a better place.



A small group caring each other and the community



The exciting lucky draw

In the party, I not only met new friends from all over Richmond, but also established a small self-help group with Rosa, who is in her 70s, and Ms. Guan, who is in her 80s. We would have more communication and interactions in the future regarding caregiving and self-care. We'd also like to support other seniors and do our part for our home community.

All in all, this tea party is full of love, care and inspiration. I am really happy there is such a great resource that we caregivers could go to.

传递爱、充满爱的茶会

姚珍 供稿

随着老龄化时代的到来，老年人在社区的比例越来越大，已成为社区内的一个重要群体。老年年背后的照顾者们也在担任着愈发重要的角色，为老人们的健康快乐生活贡献了重要的力量。

2022年5月17日，通过爱心朋友 Rosa 的介绍，我有幸参加了列治文家庭及朋友照顾者中心举办的照顾者茶会活动。



RCRG CEO Ed 讲话



RCRG 长者服务部经理 Carol 讲话

在此次活动中，我看到了 RCRG 和照顾者中心为照顾者和老年人提供的各类服务和支持。他们的伟大付出让我们的社区变得更加宜居和美好！



三人互助小组

环节



给大家带来惊喜的抽奖

通过这次活动，我不但结识了列治文的很多新朋友，我和 70 多岁的 *Rosa* 和 80 多岁的 *Guan* 女士还建立了一个互助小组，我们人老心不老，将在以后更多地交流照顾老人和照顾自己的各类信息，同时，我们也愿意尽己所能为社区其他有需要帮助的老人群体做志愿公益服务，在社区中发挥自己的一些力量。

最后，我想说，这个充满爱、关怀和启发的照顾者茶会非常赞。我很高兴咱们的社区能有这样一个服务于长者照顾者的资源中心！