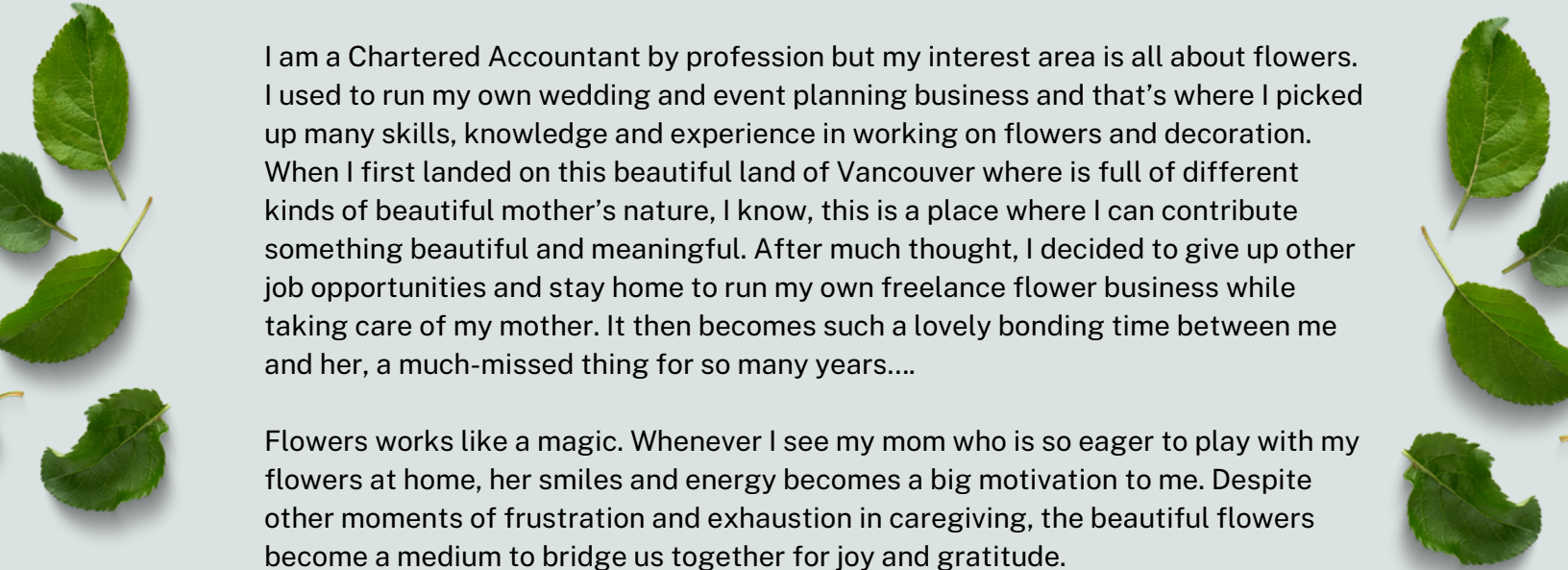




Spreading Love and Appreciation
A Valentine's Day Gift to Caregivers

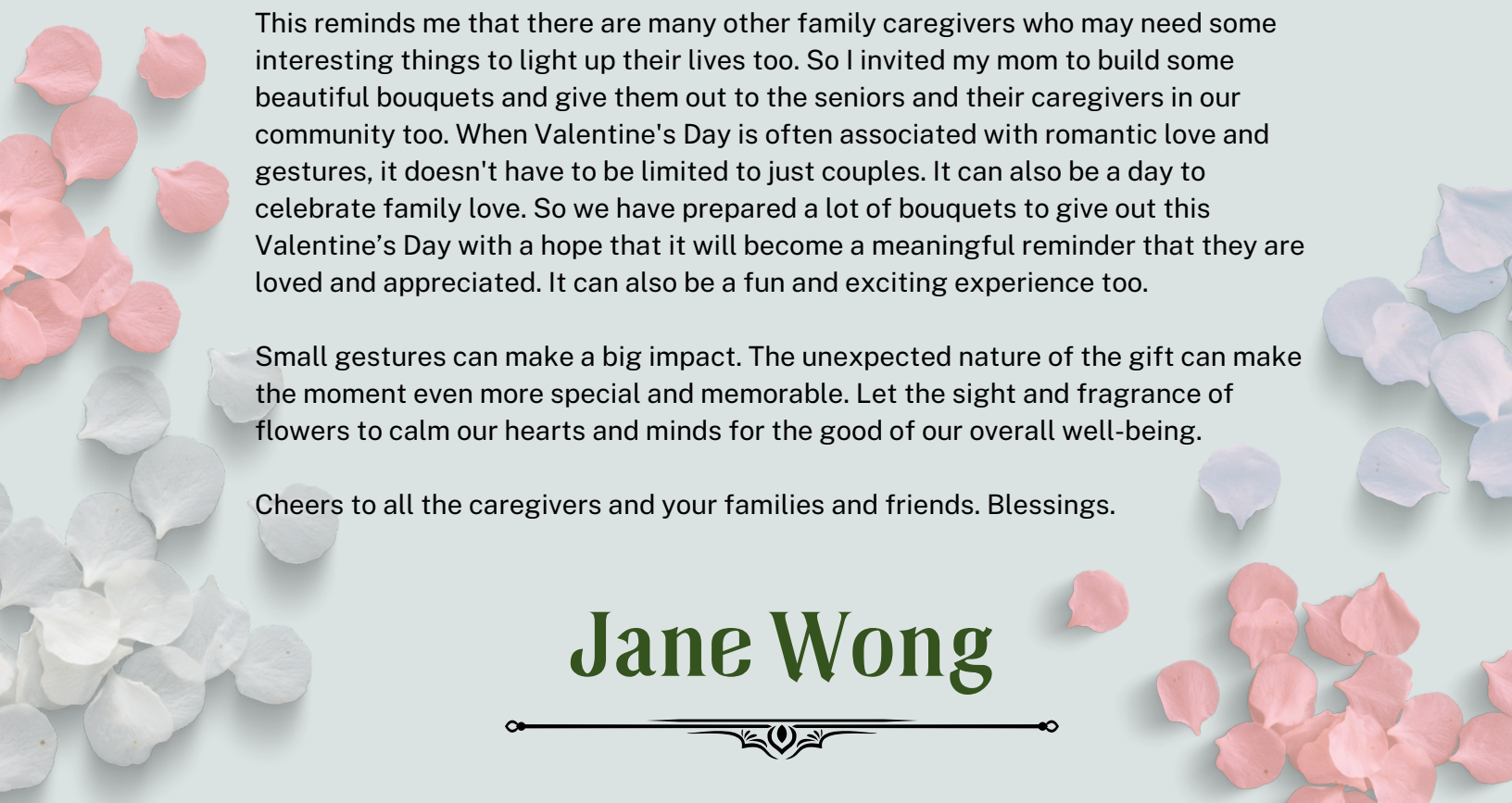
Undoubtedly, being a family caregiver is an incredibly demanding and stressful job, and very often, it's unpaid too. But still, I know I had made the right decision.

Since I uprooted myself from my hometown and moved to Metro Vancouver a few years ago, I became a family caregiver to my mom, who started to show signs of aging and declining health. It was clear that she would need a lot of support and care in the coming years. And I knew that it was time for me to step up and take on a new role as her caregiver.



I am a Chartered Accountant by profession but my interest area is all about flowers. I used to run my own wedding and event planning business and that's where I picked up many skills, knowledge and experience in working on flowers and decoration. When I first landed on this beautiful land of Vancouver where is full of different kinds of beautiful mother's nature, I know, this is a place where I can contribute something beautiful and meaningful. After much thought, I decided to give up other job opportunities and stay home to run my own freelance flower business while taking care of my mother. It then becomes such a lovely bonding time between me and her, a much-missed thing for so many years....

Flowers works like a magic. Whenever I see my mom who is so eager to play with my flowers at home, her smiles and energy becomes a big motivation to me. Despite other moments of frustration and exhaustion in caregiving, the beautiful flowers become a medium to bridge us together for joy and gratitude.



This reminds me that there are many other family caregivers who may need some interesting things to light up their lives too. So I invited my mom to build some beautiful bouquets and give them out to the seniors and their caregivers in our community too. When Valentine's Day is often associated with romantic love and gestures, it doesn't have to be limited to just couples. It can also be a day to celebrate family love. So we have prepared a lot of bouquets to give out this Valentine's Day with a hope that it will become a meaningful reminder that they are loved and appreciated. It can also be a fun and exciting experience too.

Small gestures can make a big impact. The unexpected nature of the gift can make the moment even more special and memorable. Let the sight and fragrance of flowers to calm our hearts and minds for the good of our overall well-being.

Cheers to all the caregivers and your families and friends. Blessings.

Jane Wong

