



Just One of the Reasons We Love Volunteers...

Non-Profit organizations have lots of catch phrases, like ‘mandates’, ‘mission statements’, ‘visions’, etc... and it’s easy to get lost in the jargon. But one term that should never get lost is the ‘Objective’.

What is our objective? It’s a simple question with a simple answer. We want seniors to live independently in their homes for as long as they want to and can.

That ‘We’ includes all the people involved in the Better at Home program; the staff, the advisory council, the provincial management

team, our funders, our local sponsors... but most particularly it includes our volunteers; that’s you!

Volunteers make incredibly generous and compassionate contributions every day towards making senior independence a reality. An hour here, an hour there, it all adds up. And although you may not realize it, your contribution is vital to reaching the objective.

We can honestly say that without your dedication this program would not succeed.

We  Volunteers!

Seniors Speak...

“I couldn’t believe how fast the volunteer got here and he did such a wonderful job shoveling the snow! Thank you so much.”

Quote of the Month!

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has

Margaret Mead, anthropologist

Don’t Forget the February Volunteer Drop In!

Stay 5 minutes, stay an hour, your choice. Stop in, bring a friend, meet other volunteers, find information and support.

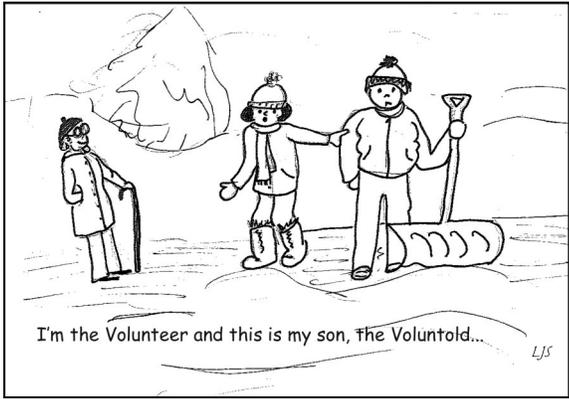
(and cookies—there will definitely be cookies!).

Got questions about seniors and health? Our guest will be Tracie Janzen: Community Geriatric Clinician

Volunteer Drop In
Tuesday, February 17th
2 till 3pm
Better at Home office
Co-op Mall

Dawson Creek Better at Home Contact Info:

**1,928
Volunteer Hours
In 2014**



**Burnout, Compassion Fatigue, and Vicarious Trauma...
...The Cost of Caring?**

Volunteers are caring people. That is a well known truth. They generally think of others before themselves and we love them for it. But it is also a well known truth that if you don't take care of yourself you won't be able to take care of others.

Self-care may sound self-indulgent but in fact it is self-preservation. You cannot continue to draw water from a well that has gone dry.

As a volunteer, have you ever felt like your 'well' of caring is going dry? It's nothing to feel guilty about, it's just your own common sense sending you a red flag that it's time to refill your well, time to spend time and lavish some of that caring on yourself.

Burnout is generally characterized by a feeling of physical and emotional exhaustion, and by feeling overwhelmed and powerless. But even with burn-out we can still feel compassion for others and we haven't drastically changed our view of the world.

Compassion Fatigue relates to the profound erosion, physically and mentally, that happens when caregivers can no longer regenerate. Their well is drained.

Vicarious Trauma relates more to caregivers who, by witnessing the pain and trauma of others, have profoundly changed how they view the world around them. Suddenly seeing danger and anguish where they didn't before and this effects how they interact with the world around them.

The cost of caring doesn't have to be that high. We want all our volunteers to have wells full of sparkling water.

If you ever find yourself experiencing any of the symptoms of burn-out, compassion fatigue, or vicarious trauma, we urge you to come and talk to us—we want to be there for you the way you have always been there for the seniors you help.

Volunteer Job Postings



Do you get out and about town quite often? Do you like chatting with people? You could be a 'Better at Home' Community Ambassador! Stop in and ask for details for this simple, flexible volunteer position.



Better at Home is funded by the Government of British Columbia.



United Way helping seniors remain independent.



South Peace Community Resources Society