



Trade Show 2015 - Volunteer Week

Such a big thank you going out to all the wonderful volunteers who helped us man the booth at the 2015 Kiwanis Trade Show.

We launched the cook book, which sold extremely well!

We talked to people about volunteering, not just with us, but everywhere. We gave a second draw entry to anyone who would tell us about where or how they volunteer.

The draw (a basket full of goodies) was won by Pam Rudolf.

We were really pleased to have volunteers helping with the booth from both of our host agencies - Seniors' Access and SPCRS, and also from Northern Health and Aboriginal Family Services. We're so grateful for the partnerships we've been able to nurture between Better at Home and other agencies in our area. The more we work together, the better the services we can offer to our local seniors.

Back to the office for our May Volunteer Drop In (May 19th, Tuesday 2:00 to 3:00 pm)

Hope you can join us!

Seniors Speak...

"My volunteer is a wonderful, warm, cheery, and dependable person... she is an excellent role model for all volunteers."



Quote of the Month!

"Those who bring sunshine to the lives of others cannot keep it from themselves."

-James Matthew Barrie

DO YOU KNOW WHERE WE CAN SELL THE BETTER AT HOME "GOOD THINGS" COOKBOOK?

If you know of upcoming sales, fairs, etc... where we could set up to sell the cookbook, we'd love to hear about it.

The proceeds from selling these cookbooks goes towards providing housekeeping services for seniors who need assistance so they can remain independent in their homes.

We don't receive funding to pay our housekeeping contractors and we've had to start a waiting list because, right now, we only have enough funds to take care of the seniors who are already receiving assistance. Every cookbook we can sell helps us reach more seniors with this service. Your input is greatly valued; just drop us an email if you have any suggestions.

Dawson Creek Better at Home Contact Info:



Join Us
for the next
Volunteer Drop In
at **Better at Home**
in the **Co-op Mall**
All Welcome!
Tues, May 19
2-3pm

"I have the most amazing plants volunteering in my garden."

"I have the most amazing volunteer planting in my garden!"



GARDEN SMART! (...not 'until it smarts')

Gardening is a rewarding physical activity. Aside from the obvious beauty a well tended garden provides, regularly working in the garden is good exercise, gets you out in the fresh air, and can be a mentally and spiritually soothing stress reliever.

Gardening with a friend doubles the benefits, especially if that friend is a senior who can impart all kinds of valuable gardening wisdom (and maybe some cuttings!)

But remember that gardening IS a physical activity, and as such, you should be careful not to over-do. You can't enjoy the garden if you put your back out! Here are some tips to help you get the most enjoyment from gardening this season.

- Warm up—just like you would before doing any other exercise routine.
- Bend from the knees.
- If you must carry a heavy load, hold it as close to your body as possible.
- Switch positions every 10 to 15 minutes.
- Don't make your back do the pushing or pulling; let your larger arm and thigh muscles do the work.
- Keep your feet positioned so you are well balanced and not over-extended.
- Avoid twisting or jerky motions.
- Keep your tools and equipment in top condition to ensure that they are doing their share of the work!
- If you have trouble spots, like wrists or knees, be sure to use appropriate braces, guards, or supports.
- You don't have to do it all at once! Take breaks, drink water, wear sun protection.
- And of course ALWAYS use power equipment wisely and use appropriate safety gear.

Volunteer Job Postings



Gardening season is upon us! If you like to garden or mow lawns and would like to help a senior, please let us know!



United Way

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

Better
at Home

United Way helping seniors remain independent.



South Peace Community Resources Society

