



## DAWSON CREEK 'BETTER AT HOME' VOLUNTEER NEWSLETTER

MAY 2016

### Client or Volunteer? Many of Our Seniors are BOTH!

Say 'Hi' to Bob and Melina. These wonderful people have been a part of **Better at Home** for years, both as seniors receiving a service and as volunteers providing a service.

Many of our senior clients, while they may not be able to shovel snow anymore, have offered their time and energy as Friendly Visitor Volunteers. Some seniors who are still driving are able to offer rides to seniors who find themselves without transportation.

The give and take in volunteering affects us all and even the youngest volunteer can benefit from the very special connections made with seniors. Indeed, many volunteers are pleasantly surprised at how much they enjoy their volunteer experiences; telling us about the great stories and the laughter they share with their seniors.

Thanks Bob and Melina—and all of our senior



volunteers—for all that you bring to the **Better at Home Program**.

The photo was taken during the April 5th Bus Tour—at the 'Exploring Art' jigsaw puzzle frame making workshop. Check the [website](#) for more pictures and info on the tour.

### Kiwanis Home, Garden, & Leisure Show Update

Better at Home spent three days at the Home, Garden, and Leisure Show talking to people about the program, the services, and the opportunities. We spoke to many people who were very keen on becoming volunteers and look forward to having them join the Better at Home Team.

This year we also had art and crafts, made by local seniors, for sale in our booth. This was so popular that we will definitely do it again next year and perhaps we may even do another Art/Craft event at some other time of the year.

Doreen Musial was the lucky winner of the Better at Home "Good Things" Cook Book. Congratulations Doreen!



## Be Yard Smart

Last year at about this time we ran an article about pain-free gardening (see May 2015 newsletter) but the basics of doing yard work safely, to minimize physical stress and strain, are definitely worth repeating.

Yard work can be a very physical activity, and as such, it's important to be careful to not over-do it. 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.



### Tuesday, May 31st

### 1:00 pm

*in the Better at Home Office in Co-op Mall*

### "It's Not Right - Friends and Family for Older Adults"

Facilitated by Lindsay Jardine - BC Community Response  
Network

**Workshop Covers Information on:**

- \* Abuse, neglect, and self-neglect
- \* Warning signs of abuse
- \* Ageism
- \* What you can do about it

*This workshop will be 90 minutes long*

**Coming Soon! These Workshops are  
Especially for YOU the Volunteer!**

### Tuesday, June 7th

### 1:00 pm

*in the Better at Home Office in Co-op Mall*

### "Getting to Know Dementia"

Facilitated by Laurie De Croos - Alzheimer Society BC

**Workshop Covers Information on:**

- \* What is Dementia
- \* Behaviours & Communication
- \* What You Can Do

*This workshop will be 2 hours long and will include a break  
midway and a Q&A session at the end*



**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