



# DAWSON CREEK 'BETTER AT HOME' VOLUNTEER NEWSLETTER

AUG 2016

## It's Fall Fair and Rodeo Time - August 9th to 14th (<http://dawsoncreekfair.com/>)

- **August 10th:** ARC Resources and Better at Home will be partnering to take a bus full of seniors to the **Rodeo!** This was so popular last year, we're doing it again!
- **August 12:** Watch for Lyle the Scooter Ambassador in the **Fall Fair Parade!** He'll be carrying the Better at Home banners!



- Even though we were not chosen as the organization that assists with the Dawson Co-op Pancake Breakfast this year, we want to thank all the volunteers who committed to help if we had been. Congratulations to the Girl Guides and best of luck. I can definitely vouch for the great food served at this event and hope to see many of you at the **Pancake Breakfast** on **Saturday, August 13rd.**

Have fun, enjoy, stay safe!



# Don't Be So Hard on Yourself...

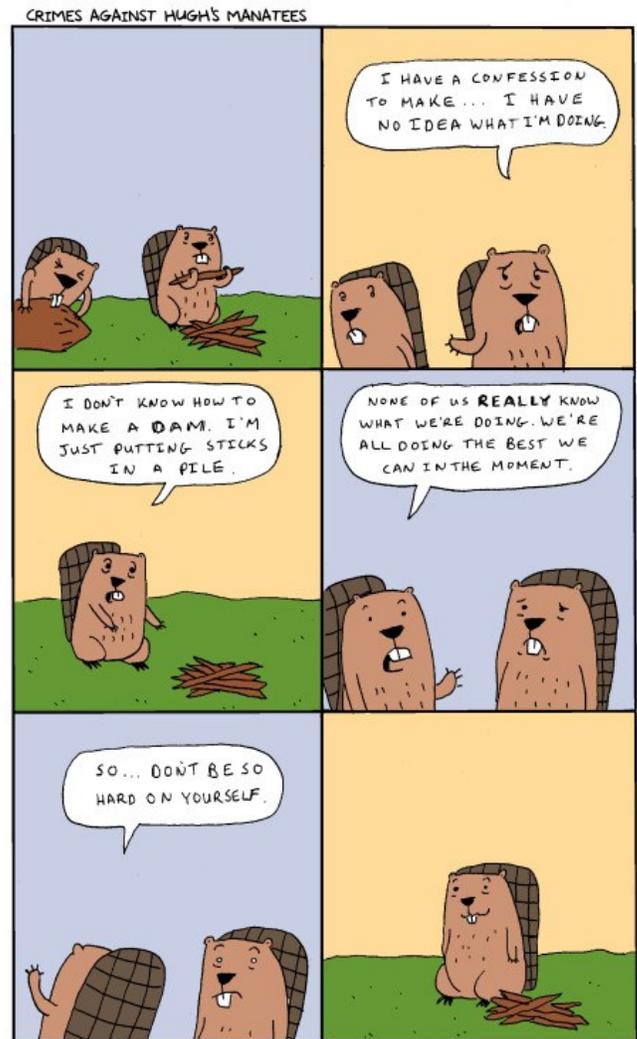
You're a kind and supportive person. You're there for your family, friends, and the people you volunteer with. You'd never judge them or make them feel guilty or shamed. But... do you apply those same tenets to yourself?

There's nothing wrong with setting goals and working towards them. But often, when we don't achieve those goals as quickly or as easily as we think we should, we fall into blaming ourselves. We beat ourselves up over our weaknesses and punish ourselves for not living up to our, possibly over ambitious, expectations.

Would you treat a friend that way? I don't think so. One of the first strategies behind successful self-care is simply caring about yourself; treating yourself with the same respect and compassion you'd show a friend.

All of us really are just piling up sticks the best we can and hoping it works. Lead with your heart and be kind to yourself. You are a volunteer—and that is an accomplishment that speaks volumes about the very special kind of person you are.

And we appreciate that. 😊



## What's Your Favourite Stress Buster?

Going fishing, meditation, playing your favourite music full blast... What do YOU do when you need to 'de-stress'? Send us an email with your Stress Buster and we'll include it in a list next month. AND put your name into a draw for a grab bag of fun prizes!



**United Way**

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



United Way helping seniors remain independent.



South Peace Community Resources Society

Dawson Creek Better at Home | #117 10200 8th Street, Dawson Creek, BC, V1G 3P8 | Tel: 250-782-2341

www.dcbetterathome.org | Hours: Monday - Friday 9:30 am to 3:30 pm