

Happy New Year!

Dawson Creek Better at Home Volunteer Newsletter

January 2017

Stay Safe When You Shovel!

Shoveling snow is an aerobic activity that can strain your muscles if you're not prepared. Here are a few suggestions that should help you stay safe while you shovel.

Warm up first.

- Run in place.
- Stretch.
- Go up and down some stairs a few times.

Check your equipment.

- Is your shovel in good condition?
- Is it too big?
- Is the handle the right length?
- There are many ergonomic and lightweight shovels available. If you're using your senior's shovel, if it is not in good repair you are well within your rights to ask them to replace it.

Techniques:

- Push the snow as much as possible, instead of lifting.
- When you must lift be sure to use your knees and legs NOT your back.
- Don't twist your body.
- Keep the load as close to your body as possible.

Be Kind to Yourself

- Dress warmly, wear comfortable clothes.
- Breathe evenly; if you're out of breath it's time to rest!
- Take a break every 10 minutes or so.
- Stretch every now and then.
- Stay hydrated – drink water.
- Don't let yourself get overheated.
- Pain, shortness of breath, or chest discomfort = STOP!

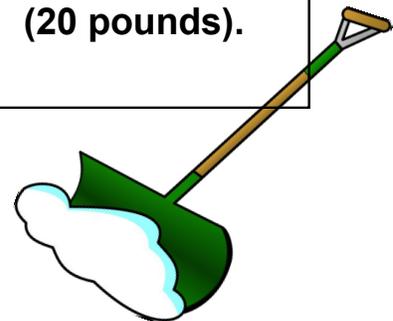
Do you have any hints or tips on Safe Shovelling?

Let us know and we'll publish them in the next newsletter!

145-pound person burns almost 400 calories an hour shoveling snow



A shovelful of snow can weigh up to 9 kilograms (20 pounds).



Why Volunteering Shouldn't Be a New Year's Resolution

"I will volunteer" is a popular New Year's resolution, but that's not necessarily good news for the many organizations and non-profits that depend upon volunteers to meet their objectives. We all know *(and have probably experienced)* the cycle of 'optimism to obligation' that goes along with a rash New Year's resolution. The unrealistic expectations we impose upon ourselves in a fit of virtuousness *(and perhaps one too many New Year's toasts)* often have less than virtuous ends.

Resolutions tend to become more of a burden than a new beginning and the gym visits, the new diet, the personality make-overs, all eventually fall by the wayside as we make excuses and feel guilty. I think anyone who knows me knows how I feel about New Year's resolutions - I believe they just set us up for failure.

As someone who works with volunteers I can tell you that I'd rather have someone come in and say they want to volunteer because they want to give back to the community, they love being with seniors, they want to pay back the kindnesses shown to them in the past. These are all great reasons to volunteer. A New Year's resolution is not.

The best volunteer is motivated by wanting to help, and those are the ones who stay, who care, and who are treasured beyond gold.

**Happy New Year to our
Better at Home Volunteer Team...
Better than Gold!**

Regular Hours are 9:00 am to 3:30 pm - Monday through Friday						
December 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12 Closed	13	14	15	16 Closed	17
18	19 Closed	20	21	22	23 Closed	24
25 	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31
January 2017						
1 	2 Closed	3	4	5	6	7



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South Peace Community Resources Society