

# Why Volunteer for Better at Home?

Are you retired or semi-retired? Are you finding you have a bit of time on your hands? Considering some volunteer work in your community? Of all the volunteer opportunities out there, why should you consider the Better at Home program? Our volunteers say it best:



*Mary, 100 years young and Better at Home volunteer, Jim*

Jim, who volunteered for Better at Home after retiring from a 37 year career says he is continually rewarded with thanks and appreciation for the simplest of gestures, outings or tasks. For example, “I get the pleasure of providing transportation and various tasks to a lady who is over 100 years old and by coincidence has the same birthdate as me, with 39 years separation. Even with drastically reduced eyesight and hearing, she is still very feisty, humorous and truly appreciative of the support she gets. It’s as simple as taking a route home from her hearing appointment to drive by her old home to reminisce, or knowing she loves to read the large business signs out loud as we pass by.”

Another long-time volunteer states: “My volunteer work positively increases my quality of life, but more importantly, it positively affects the quality of life for those who I assist. Helping others creates a sense of community, belonging, value, and giving back. The Better at Home program assists seniors to stay in their

homes as long as possible. I believe this helps them live longer, happier lives.”

What are you waiting for? Volunteering is one of the most rewarding activities to engage in where everybody gains something of value. How many things in life have that capacity? The capacity to create good change, good feelings, and good outcomes while gaining something invaluable?

The Government of British Columbia provides funding for the Better at Home program; managed by the United Way of the Lower Mainland with local non-profit agencies providing the services with a combination of volunteers and some paid staff or contractors.

OneSky Community Resources in partnership with South Okanagan Seniors Wellness Society provides services in Penticton, Summerland and Okanagan Falls. For information call 250-487-3376 or 250-487-7455 or visit our website: [www.betterathomepenticton.com](http://www.betterathomepenticton.com)

South Okanagan Integrated Community Services Society provides services in Oliver and Osoyoos. For information call 250-495-6925 or visit the website: <http://desertsuncounselling.ca/>

For other areas of the province call United Way of the Lower Mainland 604-268-1312 or visit the website: [www.betterathome.ca](http://www.betterathome.ca)

## Better at Home Program

**“Helping seniors remain independent”**



- Friendly Visiting
- Transportation to appointments
- Light yard work
- Minor home repairs
- Light housekeeping
- Grocery shopping

**250-487-3376**

**[www.betterathomepenticton.com](http://www.betterathomepenticton.com)**

Better at Home is funded by the Government of BC and managed by the United Way



United Way helping seniors remain independent.