

## September 2013

### Penticton Better at Home orienting volunteers on 'self-care'

Better at Home is a program that values independence and healthy aging. In Penticton, as in the rest of the province, Better at Home is helping seniors to maintain the delicate balance of remaining independent, while accepting a helping hand.

In many communities, it is not easy to attract volunteers and, with more and more community programs relying on volunteerism, retention is crucial and volunteer burnout is a tangible risk.



Acknowledging this fact, Myrna Tischer, Program Coordinator in Penticton has taken a fresh approach to volunteerism in her local program and has implemented an innovative approach to support maintain a healthy the balance in their lives.

"I am trying to instill throughout the program that we can better take care of others when we first take care of ourselves" explains Myrna Tischer, Penticton Better at Home Program Coordinator.

Read more here: [Penticton Better at Home orienting volunteers on 'self-care'](#)

### Five new communities begin their journey

This fall, five new communities will begin the engagement process to determine the needs of the seniors and to assess each community's local capacity to host the program.

The communities are:

Vancouver - Downtown Eastside (DTES), including Strathcona and Chinatown; Creston; Prince Rupert; Saltspring Island; and Victoria's West Shore, including Collwood, Langford and Metchosin. We are currently in the process of hiring community developers.

For more information, please contact Better at Home Communications Coordinator, Camille J Hannah at 604.268.1312 or [camilleh@betterathome.ca](mailto:camilleh@betterathome.ca).



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