

S-ul'hween Better at Home

Connect with the Elders

- ❖ Enjoy working with your Elders
- ❖ Gain some Certificates
- ❖ Sharpen Transferable skills!
- ❖ Willing to commit 2-3 hours at least *twice* a week!
- ❖ Week day too hard to find that time?/How about on the weekend!
- ❖ Have car? Mileage can be included!
- ❖ No lawn mower? We have one as well as a weed eater!
- ❖ Register by submitting resume/ fill out application and Criminal Record Check



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S-ul'hween Better at Home

Why Volunteer?



Tel: 250-715-3333

By Volunteering.....

You are helping our S-ul'hween!!

When you volunteer:

- Connects you to Elders:
- For non-medical support
- Allows for cultural teachings to be shared!
- To have friendly visits
- Give a ride to do light shopping/ or just to get out of the house!
- Light yard work/mowing grass/ shoveling snow
- Minor home repair
- Wood cutting

Some elders live in isolation, it sounds impossible but it happens!

A friendly visit brightens many peoples day! Sometimes that little visit allows us to see there is more than them in the world!

I will use myself as an example; I fell one day, and broke my leg! For a few months I was unable to get help to get my meals, and do my laundry and to even fix my bed! (Thank goodness my daughter helped!) But sometimes the S-ul'hween do not have the help, this is where you come in!

THE RESTRICTIONS I HAD:

- to get up and out of the house
- to cook
- to fix my bed
- to pick-up medication
- to carry-food/drinks/laundry
- to drive
- to see other people
- to do my lawn work
- put heat up or turn fan on
- to do something fun...like a ride
- to shop at second hand stores/ flea-markets.....

A VOLUNTEER...IS ...

- empowering for Elders to be more productive in meeting those needs
- Allowed me to see other people (I lived alone at the time!)
- Able to hear special stories from the Elders and even gain some cultural teachings...what a bonus!
- To have a hot meal or hot coffee or tea!

- To Gain strong transferable skills:
 - Communication Skills
 - Shows commitment
 - Gain some employment skills
 - Demonstrates commitment
 - To make first contact with Elders if entering the Helping Field such as Community Support Worker, or Health Care Assistant
 - Gain referrals!!

