

Healthy Volunteers Mean Healthy Communities

Healthy Volunteers-Healthy Communities has valuable information for volunteers.

The publication, produced by the South Okanagan-Similkameen (SOS) Volunteer Centre, is intended to provide volunteers with tools to consider as they cope with changes in their lives. Their role is critical to community health.

“Their massive contribution to the day-to-day operations of the South Okanagan community is needed,” says SOS Volunteer Centre executive director Wendy Weisner. “The health of volunteers is therefore an on-going investment in the health of communities.”

The publication is free for the public to download at www.volunteercentre.info.

“Volunteerism plays a vital role in building and maintaining our social well-being,” says Regional District of Okanagan-Similkameen chair Karla Kozakevich in a special forward for the publication.

The information provided helps deal with anxiety, depression, isolation, and provides information on modern self-care, relationships, wellness visions and spiritual wellness. The insights for personal care are extremely beneficial at all times, and especially during a pandemic.

“The modern concept of self-care, discussed in the publication, addresses the whole person,” says Weisner. “It is a delightfully freeing and refreshingly non-confining concept.”

The global pandemic has had a resounding impact on everyone. In our small region, it seemed unreal and frightening. It resulted in changes in the way citizens and businesses go about their daily lives. The pandemic made us more aware of our personal safety.

“I personally like the publication because of its emphasis on ‘self’. In order for us to deal with others and the outside world, we need to be aware of our ‘self’,” says Weisner. “To know what makes our self-healthy beyond just being happy, and to take those steps to be healthy. The mental health of our ‘self’ is particularly significant during a time when stress and anxiety are at an all-time high, largely as a result of fewer personal supports due to physical distancing.”

The region has a strong contingent of volunteers, the majority who are older citizens and those with underlying health conditions. These citizens rely on their volunteer work to help them cope and remain engaged. Since they are more vulnerable to the dangers of COVID-19, they found themselves isolated. Furthermore, they were unable to “give the gift of giving” which had occupied their time, provided a sense of purpose, and supported their healthy living.

A copy of Healthy Communities- Healthy Volunteers can also be received by emailing info@volunteercentre.info.





The South Okanagan Similkameen Volunteer Centre plays an important role in developing the quality of volunteering, not just in providing volunteers.

- We promote and advocate for volunteerism in the region
- We are a source of research based information on volunteering
- We manage local databases including :
 - registered volunteers
 - organizations that need volunteers
 - searchable volunteer opportunities
- We inform volunteers on their rights and responsibilities
- We offer personal consults with volunteers of all ages and stages of life with regards to applying their skills and interests
- We provide tools, resources and consultation to organizations who need volunteers

Join in at one of monthly volunteer team gathers virtually through Zoom where members:

- Meet others in the community who are wanting to help out
- Learn where volunteers are needed
- Benefit from available training
- Volunteer as part of a group in the community
- Share information and volunteer stories at gatherings

The SOSVC connects residents with meaningful volunteer work. Browse opportunities and register as a volunteer to receive updates at www.volunteercentre.info

For more information or to meet with a staff member, email info@volunteercentre.info or call 1-888-576-5661.