

Become a Volunteer - Make a Difference



Would you like to make a positive difference in the lives of seniors - and at the same time enhance your life? How about volunteering? It can be as rewarding for you as for those you are helping.

The South Okanagan Seniors Wellness Society in partnership with OneSky Community Resources provides a variety of services to support seniors being independent, informed, and socially connected in community. We know that social isolation and loneliness is related to serious negative health effects and reduced quality of life for seniors. Specific programs we offer to enhance the wellbeing of seniors include Better at Home; Caregivers Support; Out and About; Seniors Information & Resources; Seniors TechConnect and Cycling Without Age.

With the help of volunteers, we can reach more seniors and significantly increase the impact of our programs. Just some of the ways that volunteers can help are driving, shopping, delivering, visiting, assisting with small household tasks, supporting family caregivers, providing assistance for social outings, or helping with office tasks. And for

cyclists, how about learning to pilot a trishaw to volunteer with Cycling Without Age?

Why volunteer? Because along with the good feeling you get from helping others, the benefits of volunteering are almost endless. Many people say that volunteering has changed them in ways they never expected. They've made new friends. Learned new skills. Expanded their hearts, minds and souls. Felt more a part of the community. Made a world of difference on someone's life. Had fun!

Whether it's for a few hours a month, an occasional task or a regular commitment, your contribution is appreciated. If this sounds like something you would like to be a part of, call 250-487-7455 or email seniorswellnesssociety@oneskycommunity.com

To find out more about the South Okanagan Seniors Wellness Society, visit <https://www.seniorswellnesssociety.com>

And to find out more about OneSky Community Resources, visit <https://oneskycommunity.com>



*Volunteering is one of the most rewarding things
you can do.*