



Maple Ridge/Pitt Meadows Community Services  
*Changing Lives Together*

# VOLUNTEER OPPORTUNITIES AVAILABLE

*“Volunteering strengthens communities and is the most fundamental act of citizenship and philanthropy in our society.”*

## Maple Ridge/ Pitt Meadows Community Services Seniors Outreach Better At Home Program needs you.

*Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities.*

*Services offered Monday to Friday, 8:30am-4:30pm, based on availability.*

- **Handy Person Service** *Minor Home repairs/maintenance and light yard work. Honorarium provided.*
- **Transportation for medical appointments:** *Local and long-distance transportation for seniors. Mileage reimbursement provided*
- **Transportation for grocery shopping** *Accompany or shop for the senior. Mileage reimbursement provided*
- **Friendly Visits** *Provide a friendly visit in the senior's home once per week or every other week.*

***Benefits of Volunteering-*** *Meet new people, cultivate personal growth, gain new experiences, take on new challenges, feel good and build self-esteem, fulfill the need to be needed, take pride in sharing your knowledge and abilities, keep your body and mind active, stay healthy.*

*For more information, please call the Seniors Outreach BAH, Maple Ridge/Pitt Meadows Community Services at 604.467.6911 extension 1232 or email [swood@comservice.bc.ca](mailto:swood@comservice.bc.ca). Thank you.*

**Better  
at Home**



United Way helping seniors remain independent.