

A non-profit society governed by local volunteers dedicated to the health and wellness needs of our community.

Local health matters

Pender Harbour Better at Home celebrates first anniversary

Pender Harbour Better at Home, serving Halfmoon Bay to Egmont, celebrated their first anniversary in style on Feb. 27.

Fifty people, including program participants, volunteers, contractors, staff and entertainers gathered at the Pender Harbour Community Hall to hear live music, win gifts, and enjoy a lunch buffet while socializing with other members of their Better at Home "family."

Haida Bolton, the program co-ordinator, introduced her team, stating that it takes a village to raise a village, that every member of the "Better at Home Family" plays an important role in keeping our communities from Halfmoon Bay to Egmont strong, resilient and healthy.

"Whether you provide a needed service to a participant, or an abundance of heart-felt gratitude to a volunteer, all of you are a valuable part of our program," said Bolton as she spoke to the attendees.

"We all need each other to raise each other up."

Live music was enjoyed by HUGS (Harbour Ukelele Group of Singers and Strummers), including songs



Better at Home participants and volunteers gather to celebrate the first anniversary of the program.

that the audience could sing along with, plus William Leggott who awed the audience with his extensive Spanish guitar tunes.

Pender Harbour Better at Home is a program of the United Way, funded by the provincial government, and delivered by the Pender Harbour Health Care Society serving Halfmoon Bay to Egmont seniors over age 60 to help them live longer at home.

If you are a caring, friendly and helpful person, and wish to assist in

helping seniors live longer at home, please contact Haida to inquire about being on the Better at Home team of volunteers and contractors.

Haida can be reached at 604-212-2232 or Haida.bolton@penderharbourhealth.com.



Haida Bolton
Program Co-ordinator,
Better at Home



PENDER HARBOUR HEALTH CENTRE BETTER AT HOME SERVICES

If you are a senior living between Halfmoon Bay and Egmont, with a low to mid income level, you could receive assistance and support from Better at Home contractors and volunteers in the following areas:

- Light housekeeping
- Transportation
- Grocery shopping
- Prescription pickup/delivery
- Social visits
- Light yard work
- Minor home repairs
- Window cleaning

Please contact Haida Bolton at 604-212-2232 to inquire about participating in the Better at Home program.