

# CARIBOO QUARTERLY



## Before You Know It:

Although there is still plenty of snow on the ground and cold is still in the air, before you know it Spring will be upon us again! It's a good time to consider:

- Spring cleaning
- Lawn and Yard Maintenance

Some other services we offer are:

- Elderly/Companion Care
- Shopping and errands
- Housekeeping including
- Move in / Out cleaning
- Palliative Care
- Home Support
- New Construction Cleaning

Please contact 250.649.8783

.....

## Did You Know?

### Things to do in PG

If you are looking for ways to get out in the community Tourism PG has a full calendar of events for any age group: Tourism Prince George

## IN THIS ISSUE

---

Before You Know It

---

Did you know?

---

Resolutions

---

Seniors Section

---

We're Hiring

# Resolutions

WRITTEN BY WENDIE HOLBROOK, OWNER OF VIRTUALLY YOURS



As we prepare to move into a new year, many will be reflecting on the year that has passed and perhaps be making decisions to make changes for the year ahead. Making New Year's resolutions is something as old as time, and what most studies show is that, for many, resolutions are very short lived. Why is that?

Let's take a look at what most people to resolve to change. The most common resolutions are:

- Quit smoking
- Lose weight
- Read more
- Travel more
- Make more time for family
- Save more money
- Start a new hobby or learn a new skill
- Get organized / declutter
- Eat healthier
- Volunteer more

When looking at the list we can see that these seem to be reasonable goals, however, most never get fully realized by those that make them. One reason I believe this to be true is that the goal may be too large to take on at one time or is not specific enough.

Continue reading here...

[Read other recent blogs here...](#)



## Seniors Section

### Golden Age Social

The next Golden Age Social has been scheduled for Wednesday February 13th 2-4 pm. Mark your calendar! For more information call: 250.564.5888

### Friendly Phone Calls Program

PGCOS offers a weekly friendly phone call to lonely or isolated seniors. For more information Call 250.564.5888

### Tax Time

Need help with your taxes? Every March and April volunteers through the PGCOS assist seniors with their taxes. For more information Call: 250.564.5888

Cariboo Home Health Services offers in-home companionship to seniors giving you peace of mind knowing your loved one is not lonely

### We Are Hiring:

We are hiring Experienced Caregivers and Cleaning Staff  
If you have cleaning experience or as a caregiver, your own vehicle, access to a printer and a recent criminal background check (including vulnerable sector) please send your resume to:

cariboohomehealth@gmail.com