



November 2014

NEWSLETTER

We will remember them

By Barbara Harwood, Vice President

Silver Threads Service Board of Directors

On Tuesday November 11, 2104 we will be joining people from all over the world as they commemorate the 100 year anniversary of the beginning of World War One. That war devastated a complete generation and was one of the most horrific wars of all time.

If you enter WWI Commemoration in London England on your computer, you will see the Tower of London in England. 888,246 ceramic poppies have been placed in the moat and around the outer walls. One poppy for each British and Colonial person to have lost their life in that horrific war. The last poppy will be placed on November 11th. The photographs are amazing, and the history of the display can be read.

All of us living today, regardless of our age or our country of origin, have to be grateful for the sacrifices made by our predecessors. Many thousands are buried on foreign soil. Some came home, but were never the same. Most Canadians will be familiar with that iconic photograph that first appeared in The Province newspaper in Vancouver in October 1940. Entitled "Wait for me, Daddy", it became the rallying call across the country and is displayed in the Canadian War Museum in Ottawa. "Daddy" did come



888,246 Ceramic Poppies at the Tower of London

home, but one can only wonder at the number of his colleagues in the Duke of Connaught's Own Rifles who did not come back to Canada.

"At the going down of the sun and in the morning, we will remember them"

Laurence Binyon 1869-1943

Guess Who's Coming to Dinner in November

We have some wonderful dinner evenings planned for November at the Saanich Centre.

On November 5th we have the energetic music of the Gypsy Rovers to go along with our meal of Chicken Breast with Mushroom Sauce and Coconut Cream Pie for dessert.

November 19th will see our in-house lady's and men's choirs, the Hamptons Singers and the Saanich Songmen, performing, preceded by a dinner of Roasted Sweet Pepper Beef with Chocolate Mousse for dessert.

Greater Victoria Library Services for Seniors

One-on-One: Getting Started with Computers & eReaders

Group and 1:1 computer classes. Register online (www.gvpl.ca) or call 250-940-GVPL (4875)

Cultural & Recreational Passes

GVPL is pleased to work with several local partners to offer library cardholders the opportunity to explore local cultural institutions and recreation centres with a one week pass for a family that can be borrowed with your GVPL library card. For more details and to get yourself on the waiting list: <http://www.gvpl.ca/using-the-library/our-collection/cultural-and-recreational-passes/>

Assistive Services

The Greater Victoria Public Library is committed to providing people with disabilities access to our resources and to our facilities. Services include [Talking Books](#), [Visiting Library Services \(VLS\)](#)

[Assistive Technology](#) - Assistive technology refers to any piece of equipment that eliminates or diminishes barriers to information and maximizes independence.

Tech Buddies

Bring your tech questions and gadgets and our teenaged Tech Buddy volunteers will help you. This is a three-week session. Register at gvpl.ca or call the library for more information.

Kobo eReaders

The library is lending Kobo eReaders complete with a selection of current and popular fiction. eReaders can be signed out for 14 days. For information on any of services offered by the Greater Victoria Public Library visit www.gvpl.ca or call 250 940-4875.

Welcome the newest member of the Silver Threads Service Staff Team!

Dustin Lockhart joined our team on October 1st as Centre Assistant for Victoria. His work experience includes working with seniors at the Cridge Centre, volunteering with the Alzheimer Society and he recently completed a BA from UVic in psychology. Already he has proven to be an asset, demonstrating initiative, creativity and great customer service!

One Arm a Little Longer Would be Nice

Let's encourage scientists to engineer future people with a view to performing tasks a bit easier and quicker. What prompted this flight of fancy was my trouble with table tennis.

I think we're all agreed that doctors are now able to make heart repairs using pig hearts, fashion human organs from stem cells, and design functioning limbs for war vets.

Would it be outrageous then to speculate that science could soon come up with body parts that are better from the start? Who hasn't wished for a longer memory, or for a flawless skin, or for eyes in the back of the head?

Admittedly, that is pretty ambitious.

My problem with playing table tennis is picking up the balls; the arms don't seem to reach the floor like they used to. However, just one arm a little longer than the other, say six inches, how unreasonable is that?

I could use it to pick up ping pong balls, hell, I could use it to play better ping pong. (I know some players who would appreciate having at least one arm a little longer to parry those zinging serves from Bob).

A modern person does not need both arms to be of equal length, I don't know that they ever did. Must be a holdover from the days when our ancestors walked on all fours.

Equally long legs do work better, but arms?

Surgically speaking, a piece of straight bone, not longer than a ball point pen, spliced into the humerus of your right arm would put your finger tips just below and behind your right knee. It might look funny and feel funny at first, but consider the flip side: sure, a handshake could be less meaningful, but a hug could be more than a hug!

By: Peter Z (Silver Threads Member)



First Annual Silver Tsunami

On October 1st, National Seniors Day, we had the first Silver Tsunami creating a spectacle for morning traffic at the intersections of Tillicum & Burnside and Richmond & Bay. Complete with signs and silver accessories members, Board and staff had a great time!

Thank you to Country Grocer for the donation of cake. It was delicious!



Painting

I paint but not with steady hand
Or ready talent on demand
But I must struggle with iron will
My heart's desire to fulfill.
Effort to improve must take
The patience to embrace mistake
And failure as a teacher true
That counsels what you're not to do.
So back to easel, paint and brush,
Renewed interest, inner hush.



By: Norman O (Silver Threads Member)

Painting Group meets at Saanich Silver Threads:

Thursdays, 9:30 am – 12:00pm



Silver Threads Service launches new website!

stay active • stay healthy • stay connected



We have completely updated the Silver Threads Service website with all new program information, centre schedules and other information. The site has a text to speech function, highlight the written text, click on the icon and sit back and have the information read to you!

The new site has been created by Denise Lawson of Windshift Design. Please have a look and let us know your thoughts. We are striving to make it as user friendly as possible and welcome your feedback!

Visit www.silverthreads.ca

Prepare now for Flu season!

Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness, and even save lives. As people age, they may be at higher risk of complications from influenza. For this reason, seniors age 65 years and older are advised to get an inactivated influenza vaccine, or flu shot, each year.

The inactivated influenza vaccine is safe. It contains killed influenza viruses that cannot cause the flu. Common reactions to the vaccine include redness, soreness or swelling where the shot was given. These reactions may last 1 to 2 days.

Mild symptoms may occur in some people after being immunized, especially those receiving the vaccine for the first time. Symptoms can include fever, headache and aching muscles. They can start within 6 to 12 hours and end within 24 to 48 hours after the vaccine was given. These symptoms are less severe and last a shorter time compared to influenza infection.

Flu Shot Clinics at our centres are being offered and the vaccine is free when you show your care card. No appointment is necessary.

Saanich Clinic is Monday, November 3rd from 9:30 am to 11:30 am

Victoria Clinic is Monday, November 10th from 1:30 pm - 3:30 pm

Sponsored by Rexall Pharmacy

Information is provided by HealthLink BC.

Holidays Happenings!



Festival of Trees

Some of the crafters at the Victoria Centre have been thinking about Christmas since July!

They have been busy working on beautiful decorations for the Silver

Threads entry into this year's Festival of Trees at the Fairmont Empress in support of the BC Children's Hospital Foundation! Thank you to NAI Commercial Victoria Real Estate for generously sponsoring our tree!

Tree of Hope

We will be setting up a "Tree of Hope" in both the Saanich and the Victoria centres in the upcoming Christmas season. We will be decorating these special trees with items to warm and nourish people in need in the Greater Victoria area. We are looking for items such as scarves, mitts, gloves, socks, non-perishable food items, etc. So start knitting or collecting items to help decorate our trees when they go up at the end of November. Donated items will be taken to Our Place, Street Link and the Mustard Seed.



Silver Threads Staff

Tracy Ryan - Executive Director

Jean Birtwistle - Executive Assistant

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Anne Nelson - Saanich Centre Director

Julie McGaghey - Saanich Assistant Director

Lisa Coulson - Program Coordinator

Brian Penner - Saanich Chef

Silver Threads Locations

Saanich Centre

286 Hampton Road

Victoria, BC V8Z 1H1

Phone: 250 382-3151

Victoria Centre

2340 Richmond Road

Victoria, BC V8R 4R9

Phone: 250 388-4268