



September 2014

NEWSLETTER

Victoria Centre ready for September in new location!

As most of you are aware we are moving the Victoria Silver Threads to 2340 Richmond and will be up and running in September. Thanks to funding approval from Victoria Mayor and Council we have a lease signed with Urban Core Venture for 5,200 square feet of space that includes a better auditorium, kitchen space and meeting rooms. Good news for the organization!

Over the summer Victoria Centre Director, Debbie Erb has been planning new programs including Zumba Gold, Pickleball and Yoga along with our current programs. Existing groups like the Chinese Senior Community, Weight Watchers will be joining us too!

CNIB, who sold the building and is now leasing a portion of the space, will continue to operate their services alongside Silver Threads. We look forward to having them as "roommates" and will be sharing the reception and waiting areas. We have also connected with the North Jubilee Neighbourhood Association and will work to support the neighbourhood in any way we can.



A Program Guide with all Silver Threads programs and services will be available in September. Please feel free to stop by the new centre and have a tour and stay tuned for more information on our Grand Opening Party in January. For more information call Debbie at 250 388-7579.

"You might as well enjoy life 'cause no one's getting out alive."

Judy Halperin (Silver Threads member)

Guess Who's Coming to Dinner in September

Our twice monthly evening dinner program is back to its usual schedule starting at 5:00 pm on the first and third Wednesday of the month at a cost of \$12 per person.

The menu for September 3 will feature Baked Ham with cheddar mashed potatoes, vegetables and cherry pie for dessert. Entertainment that evening will be Vic and Joyce of VBD Country. On September 17 we will be serving a Roast Beef dinner with vegetables, mashed potatoes and gravy, followed by ice cream. Steve Peabody will be providing the musical entertainment that evening.

To make a reservation please call Saanich Silver Threads, 250-382-3151.

Introducing the Silver Threads Board of Directors 2014-2015

At the Annual General Meeting in June the new Board of Directors for Silver Threads was approved.

Continuing in the role of President for the second year is Andy Robinson. The Executive Committee consists of returning Directors, Vice President - Barbara Harwood, Secretary - Norm Tatlow and Treasurer - Jason French. Norma Jean Hickin and Marilyn Holman remain as Directors for their second year. Both are members of the HR Committee.

We welcome new Directors Irene Davie, Don Monsour, Dr. Marjorie Moulton and Sara Pash. We are pleased to welcome this talented group of individuals to the Board. Irene Davie has a background in Human Resources and Management and will be chairing the HR Committee. Don Monsour is well connected and his background is in the hospitality industry and will be part of the Governance Committee. Many of you may know Dr. Marjorie Moulton in her role as Executive Director of the We Rage, We Weep Alzheimer Foundation as well as Sara Pash who is one of our Senior Mentors. Marjorie will participate on the Marketing and Fundraising Committee and Sara will lend her skills to the Finance group.

Saanich Councillor Vicki Sanders will continue as the liaison for the Municipality.

With the relocation of the Victoria Centre having been resolved this year the focus of the Board moving forward will be on fundraising, developing partnerships and creating profile for the organization in the community. With returning and new members we are well positioned to address the strategic direction for Silver Threads Service and continue to grow into the future. We thank them for their commitment.



Peter Balogh and Lisa Coulson discuss the shells brought in as part of the “Memory PLUS Summer Camp for the Brain.”

The Value of a Smile

It costs nothing, but creates much.

It enriches those who receive, without impoverishing those who give.

It happens in a flash and the memory of it sometimes lasts forever.

None are so rich that they can get along without it and none are so poor but are richer for its benefits.

It creates happiness in the home, fosters good will in a business and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad and nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen for it is something that is no earthly good to anybody until it is given away.

By: Anonymous

Submitted by: Christina Cox



The Journey

Silver Threads Service is offering The Journey program at 3 outreach locations this fall.

Cook Street Village Activity Centre

3rd Monday of the month
10-11:30am
starting September 15th

Monterey Recreation Centre

Wednesday afternoons
1-2:30pm
September 17th - October 22nd

Oaklands Community Centre

Friday mornings
9:30-11:00am
September 12th -October 17th

The Journey provides free information sessions to seniors, their caregivers, and family members to help with the decisions and transitions that come with aging. Seniors who wish to continue to live independently or semi independently and “age in place” can explore healthcare and lifestyle options available to them as their needs change.

Some of the topics that will be offered include: Advance Health Care Planning, Healthy Eating, Elder Abuse Prevention, Frauds and Scams, Falls Prevention, Home and Community Care Options, Legal Issues, Memory, Importance of Sleep and Managing Stress and many more.

For further information contact Silver Threads Service at (250-382-3151).

Pickleball is Coming to Silver Threads

Pickleball is one of the fastest growing sports in North America and shares similarities with other racquet sports. Two to four players use solid paddles and hit a perforated ball over a net.

Starting September 3, Beginner Pickleball will take place on Wednesdays from 12:00 - 2:00 pm at Saanich Silver Threads (286 Hampton Road). Bring a pair of running shoes (no street shoes or sandals) and some water; all other equipment will be supplied.

Come and learn how to play this fun game, for players of all skill levels, and get addicted!

Silver Threads redesigns website

As more of us become computer savvy the importance of having a current and user friendly website is something we are striving for! Our staff are working with Wind Shift Design to develop new content and a snazzy look for the Silver Threads web site.

Our goal is to make is easy to use with relevant information, we will keep you posted and welcome feedback. If you have any suggestions please let us know! www.silverthreads.ca

Global Listening

Sponsored by Chartwell
Ross Place Retirement
Residence



Offered in partnership with
Island Deaf and Hard of
Hearing



A fun, interactive group for those with hearing loss looking for ways to improve their communication skills and stay connected to family, friends and community. Find out how your vision, cognition, as well as your humour can support your hearing in the communication process. Come prepared to develop and practice your speech reading and join in the lively discussion.

Facilitator: Janet Holland, audiologist
Victoria Silver Threads Wednesdays
10:00 to 11:30am
Four sessions \$25

*Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.*

*From “Anthem” by Leonard Cohen
(Submitted by Beverley Wright, Silver Threads Member)*

Moose takes me for a Walk again

That's right. I mean, you can see it coming. The terrier had been fed, had gone for a cold drink from the watering pail on the patio.

He knew it was too early for me to have begun my day in earnest.

So, all he had to do, was to plant himself where he could watch me finish my cup of coffee. There, before I could say a word, he starts his eye contact, steady and still, an unwavering, penetrating eye contact. Without a growl or a squeak, he has my attention. In a ritual that has played itself out almost daily for nine years, he hunkers in front of me, transfixes me with all the wisdom in the eyes of an animal whose canine kind was there to observe and be part of human evolution, for the love of God.

I try to avert his stare, play with the TV remote. No good, he catches me checking back. I give up. He knows what he wants. He knows too that I know what he wants is to go for a walk.

There is nothing he would rather do. He ignores treats of the most delectable kind when he sees me take the leash off the hook by the door. He'll jump up to make it easier for me to clip it to his harness.

I should have combed my hair and put on a warmer jacket, but we just go, and it almost doesn't matter where we go. This morning on the trail, he stops to let me take the leash off, then heads for Brydon Park, and I follow like fifty feet behind or a hundred feet in front.

From this moment he is all dog. He examines the taller-than-average tufts of grass, everything vertical in his path. The only thing more interesting is the other dog in the distance. Its size, its posture, up closer, the new guy's behavior on a



leash, his behavior on the loose, and, within tail-wagging distance, the other's anal gland of course.

At this point, I exist only in a supporting role, and only if the newly-met dog is bigger and Moose thinks it should be kept from getting too close to me. After all, my dog needs a hearty companion for the walk tomorrow.

By: Peter Zingeler (Silver Threads Member)

A Gift in Honour

Honour that special person on a birthday or holiday by making a donation in their name and we will send them a note to let them know of your gift. Or honour the memory of a loved one for their lifetime of contribution and friendship with a gift to Silver Threads Service.

You may give a tax deductible donation of \$20 or more and receive a charitable tax receipt. The person or family of the person you are honouring will receive a note recognizing your gift (but not the dollar amount). For more information please contact Tracy at 250 382-3151

Silver Threads Staff

Tracy Ryan - Executive Director

Jean Birtwistle - Executive Assistant

Debbie Erb - Victoria Centre Director

Anne Nelson - Saanich Centre Director

Julie MacGaghey - 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