

Happy New Year!

The holidays are wrapping up and at Silver Threads Service we welcome 2015. Some of us will make resolutions (and some of us accept ourselves just as we are) either way it is a good time to reflect and plan your intentions for the New Year. We have some ideas that might help.

Is your goal to improve your health? Some suggestions might be to eat more fruits and vegetables. Walk a bit more. The health benefits of an apple a day and a walk around the block are beneficial at any age! For a real boost try the Yoga for Every Body Class at Silver Threads Service. The class starts January 12th at the Victoria Centre from 11:30 to 12:15 and is done while seated in chairs so it is perfect for those who have limited mobility. Another achievable health goal might be to learn more about your blood pressure, we also offer a free drop in Blood Pressure Clinic on January 22nd from 10:00am to 1:00 pm.



Is 2015 the year you plan to enjoy life more? Laughter can be the best medicine, and is best shared. Join us at the Saanich Silver Threads on January 21st from 1:00 to 3:00 pm for a free movie – “Quartet”, a comedy starring Maggie Smith is one you’ll be sure to enjoy! Spending time with friends and family are always good, calling someone for a chat just to hear their voice, accepting an invitation to go out or even watching cat videos if you have a computer are all good ways to put a smile on your face.

Expand your mind by reading something different, maybe you always read romance then try a mystery or swap your fiction for nonfiction or a bio on someone you have wondered about. The library at the Saanich Centre has a good variety and there is no cost to try a new read! Check out the new Speakers Series being offered at both centres in 2015. On January 16th Steve Wallace from Wallace Driving School presents Beware, Prepare and Don’t despair: for Drivers 55+, come to the Victoria Centre and learn tips and techniques for staying safe on the roads.

It is never too late to strive for self-improvement, better health, have a few laughs, learn or try something new. We at Silver Threads Services would love to help you – our goal is to enhance the lives of seniors!

Guess Who’s Coming to Dinner January 21st

Chef Brian will be preparing Roast Beef with Garlic Mashed Potatoes and Pecan Pie for dessert. Cost is \$12.

The evening's entertainment will be the ever lively Eric McQuillan on keyboard.

To reserve your seat please call 250-382-3151.

Experience Works Workshop: Strengths and Transferable Skills

Friday, January 23, 2015, 10am -12pm

Victoria Silver Threads, 2340 Richmond Rd

Are you considering making a career/work change but are not sure what to do next? Or are you retired and want to work part-time, but not in the same field as your previous career? Perhaps you are thinking about retraining or returning to school – especially if you have been out of the workforce for some time.

This workshop will help you build the confidence to face these transitions and will support you in pin-pointing the skills and strengths that you **already** have, so that you can improve your resume, and/or break into a new field of work.

Please register at the Victoria Centre. Registration fee \$5.00

Contact Person: Dustin at 250-388-4268 or vicreception@silverthreads.ca

Interested in a Bridge Club?

At the Victoria Silver Threads Centre, we would love to offer a weekly Bridge club - for seasoned players and newcomer's a like. An environment of learning and fun, the Victoria Bridge Club promises to be filled with laughter and friendship.

But, we need at least eight members to start the club!



Please call or email if you are interested in joining: (250)

A Reassuring Voice Each Weekday Morning



For over a year now, volunteer Vern Storey gets up each weekday morning and makes reassurance phone calls to seniors across the Greater Victoria area as part of Silver Threads Reassurance for Seniors Volunteer Program (RSVP).

Vern was born and raised in Victoria. He and his wife, Assunta,

have two adult daughters – one in Victoria and the other in Windsor, Ontario. In his early career, Vern worked as a teacher and administrator in various BC school districts, including four years (1980-1984) as Superintendent of Schools in School District No. 62 (Sooke).

Since 1984 Dr. Storey has been a university professor and administrator, he is now Professor (Emeritus) of Leadership Studies in the Faculty of Education, University of Victoria. Vern is also the author of several books, including: "The Home: Orphans Home to Family Centre 1873-1998", published in 1999 by the Cridge Centre for the Family, and "Learning to Teach: Teacher Education in Victoria BC 1915-1963."

Vern has a variety of volunteer experience including working with the Greater Victoria Police Victim Services, Saanich Emergency Social Services as Red Cross Personal Disaster Assistant and now with the RSVP Program. The RSVP program provides a friendly check-in phone call to seniors living alone to ensure that they are safe and well each weekday. Vern has been with the RSVP program since its re-emergence in November, 2013 and we thank him for his caring, commitment and dedication. For more information or to register for the RSVP program please phone the Saanich Centre, 250-382-3151.

Keep your Umbrella up!

You wouldn't be one of those West Coast Nazis who scoff at people keeping dry under an umbrella? You know, those wannabe pioneers who get out their Siwash sweaters and knitted underwear when it drizzles? Good! Because us guys, who on occasion sport an umbrella, we have style and smarts. Panache in a word.

I'll tell you how:

On a rainy day, you function perfectly normal. Maybe even better than normal, because you don't get wet and steamy, because you can honestly smile at other pedestrians, because you may even be joined under your shifty roof by strangers asking directions. Some of my friendships started that way.

On a sunny day, you remain in control as a person of wisdom. No need to scurry through the scorcher, no need for sunglasses (I don't like people with sunglasses, they look furtive, don't they?) And under that protection you avoid those spots caused by UV and sun rays. Most everybody knows that.

On a cloudy day however, you and your taut yellow umbrella are the centre of attention. People have great respect for things they see, but don't believe: Cell phone talkers interrupt their loudness in mid-sentence, drivers roll down their window and stretch out an arm, palm up. Bus passengers look happy to be getting there without getting their feet wet, and your fellow side walkers will solemnly ask you if there is anything they can do for you.

So keep your umbrella up, it suits you.

By: Peter Z (Silver Threads Member)

New Year New Programs

We have several new programs starting in January of 2015. The **Silver Threads Speaker Series** will be held at the Saanich Centre on the second and fourth Wednesday of every month and at the Victoria Centre on the third Friday of the month. The Speaker Series will feature experts in their given fields bringing forth information on health, wellness and lifestyle topics related to seniors. The sessions will be free but will require registration to ensure adequate seating for everyone. If you have any suggestions for a speaker please see Lisa Coulson at the Saanich Centre or Debbie Erb at the Victoria Centre.

January Speaker Series Topics:

Victoria Centre

Beware, Prepare and Don't Despair: For Drivers 55+

Speaker: Steve Wallace, Wallace Driving School

Friday January 16th

2:30 – 3:30 pm

Saanich Centre

Healthy Eating Resolutions for Seniors

Speaker: Anna Wren, Dietician with Island Health

Wednesday January 28th

2:30 – 3:30 pm

Another new program coming to the Saanich Centre in January is **Afternoon at the Movies** on the first and third Wednesday of the month. Enjoy various movies for free on the big screen TV in the library. Suggestions for movie titles are always appreciated.

January Afternoon at the Movies:

Wednesday January 21st

1:00 – 3:00 pm

Saanich Centre

“Quartet”, a 2012 film featuring Maggie Smith and Billy Connolly. This comedy drama takes place at a home for retired musician where the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents.

Memory PLUS

Practice, Laughter, and Useful Strategies Corner

Remember to check out this new section of our monthly newsletter. Find an activity to **PRACTICE**, a joke for **LAUGHTER**, or **USEFUL STRATEGIES** to improve memory.

New Years Resolutions for Memory

Regular Exercise: Increases oxygen to your brain

Eat Healthy: Foods high in antioxidants & following a balanced diet improves brain functioning

Manage Stress: Deep breathing and meditation help to manage stress and improve concentration

Get enough Sleep: Sleep improves memory consolidation

Brain Stimulating Activities: Read, do crosswords, word searches, card games, puzzles, learn something new



Get Organized: To-do lists, calendars, journals, making notes, sticking to routines, keeping items in a fixed location

Be socially involved: Meet with friends, spend time with family, join groups like Memory PLUS!

Eye Glasses and Hearing Aid Collection

Do you have glasses or hearing aids that you no longer use? Drop them off in the box provided by the Lions at the front desk of the Saanich Centre. All donations are appreciated. The Lions Club on Vancouver Island collects eye glasses and hearing aids. The glasses, after being checked out and repaired if needed, are sent overseas to developing countries to be used.

The hearing aids remain in British Columbia and the ones that can be re-used are tested and set-up for people in need. This is done through the Lions of BC Hearing Conservation Society. Hearing aids that cannot be re-used are melted down and the material sold – this assists in funding the Society. If someone cannot afford a hearing aid, contact the BC Hearing Conservation Society. Most hearing testing centres have more information about the Society and can help put you in touch with a Lions Club.

By: John H. (Silver Threads Member)

Blood Pressure

There are many things that you can do to lower your blood pressure such as going for regular walks, taking time to relax and breathe deeply, eating less salt, and indulging in dark chocolate. Yes that is correct! Eating dark chocolate with at least 70% cocoa has been shown to lower blood pressure¹. Now that sounds like a New Year's resolution easy to stick to.

It is important to be informed about your blood pressure. Come in to the Victoria Centre on Thursday, January 22, 2015, from 10:00 am - 1:00 pm to get your blood pressure checked for free.

¹Ried, K., Sullivan, T., Fakler, P., Frank, O. R., & Stocks, N. P. (2010). Does chocolate reduce blood pressure? A meta-analysis. *BMC Medicine*, 839-49.

Silver Threads Services 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 Services 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

Our Mission

Silver Threads Service is a charitable, not-for-profit society that enhances social connections and well-being for seniors. We do this by providing programs and services that are accessible to all.

stay active • stay healthy • stay connected

