



March 2015

# NEWSLETTER

## Intimacy, Sexuality & Aging How can aging affect your sex life?



**Dr. Diana Wiley, Ph.D.** offers straight talk about sex after sixty. She explores attitudes/myths; sexual changes in men and women; a multidisciplinary approach for low sexual desire in women; relationship contributing factors; advantages of mature sex; and nine rules for great loving.

Dr. Diana Wiley is a Seattle-based Board-certified Sex Therapist, a Marriage and Family Therapist (licensed in Washington State and California), and a Gerontologist. When she

speaks about aging and sexuality, she highlights that **love, lust and laughter** (also the title of her internet radio show on PROGRESSIVE RADIO NETWORK) need to be prioritized in order to improve longevity and enhance quality of life as we evolve and mature.

**Date:** Friday March 6, 2015 **Time:** 1:00 pm—2:00 pm

**Place:** Victoria Silver Threads, 2340 Richmond Road

**Cost:** Free **Please reserve a seat by calling the Victoria Centre at 250-388-4268.**

*“Sex appeal is fifty percent what you've got and fifty percent what people think you've got.” - Sophia Loren*

## Income Tax Time

Once again this year Silver Threads will be offering Income Tax Clinics at both the Saanich and Victoria Centres.

Silver Threads is pleased to have been part of the Community Volunteer Income Tax Program (CVITP) run through the Canada Revenue Agency for over 20 years now.

Income tax returns are prepared by our team of volunteers, who have all been trained by the CRA.

To qualify to have your taxes done at the clinic you must be 55+ and have a maximum single income of \$30,000 or \$40,000 for couples.

Income Tax clinic will run at both centres from March 2 – April 30. The Saanich Centre will have clinics every afternoon, Monday to Friday as well as Thursday mornings. To book an appointment call, 250-382-3151. The Victoria Centre will have clinics on Tuesday and

Thursday afternoons and Wednesday mornings. To book an appointment call 250-388-4268.

## Guess Who's Coming to Dinner in March

Guess Who's Coming to Dinner is our bi-monthly dinner program held the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of most months throughout the year. The dinners are becoming more and more popular so, to avoid disappointment, book your seat early. Doors open for the dinners at 4:30 so come early to get a seat and socialize before the food service begins at 5:00.

Our March 4<sup>th</sup> dinner will feature musical guest Bob Meikle, preceded by a dinner of Salmon Florentine, Citrus Rice and Strawberry Ambrosia. The menu for the March 18<sup>th</sup> dinner is Roast Striploin with Mushroom Sauce, Mashed Potatoes and Cherry Pie. Entertainment will be the Hampton Singers and Saanich Songmen. Cost for each evening is \$12 per person.

[www.silverthreads.ca](http://www.silverthreads.ca)

## MEMORY Practice, Laughter, and Useful Strategies Corner

**Practice:** Word Ladders are a fun way to challenge your mind. Try changing the word **TRAP** to **LUCK**.

At each step, change just one letter to make a new word.

How many steps did it take you?

**Laughter:**

### Forgetter Be Forgotten?

My forgetter's getting better,  
But my rememberer is broke  
To you that may seem funny  
But, to me, that is no joke

For when I'm 'here' I'm wondering  
If I really should be 'there'  
And, when I try to think it through,  
I haven't got a prayer!

Oft times I walk into a room,  
Say 'what am I here for?'

I wrack my brain, but all in vain!  
A zero, is my score.

At times I put something away  
Where it is safe, but Gee!  
The person it is safest from  
Is, generally, me!

When shopping I may see someone,  
Say 'Hi' and have a chat,  
Then, when the person walks away  
I ask myself, 'who the hell was that?'

Yes, my forgetter's getting better  
While my rememberer is broke,  
And it's driving me plumb crazy  
And that isn't a joke.

### **Useful Strategies**

A little laughter can go a long way!

Humour and laughter decreases stress and is also helpful in memory recall.

Find what makes you laugh and include it in your daily routine.

Submitted by Lisa Coulson - Memory PLUS facilitator.

## Daisy Dollar Program Comes to a Close

As of January 2015, Island Farms has suspended its Daisy Dollar program. As such, Silver Threads will no longer be collecting UPC labels from Island Farms products. We thank everyone who has been diligently saving their bar codes for many years now. Silver Threads received three cents per bar code and it was amazing how that added up over time.



A special thank you to Silver Threads member, Enes M, for bundling and dropping off the Daisy Dollars for the past 5 years.

## Senior's Expo

Silver Threads Service will bring the Silver Tsunami to this year's Expo at Pearkes Arena. It is all about R & R – Refresh & Rejuvenation.

Join us for the celebration, new activities, great food and lively entertainment. Visit over 125 exhibitions.

Date: Tuesday, March 10<sup>th</sup> Time: 9:00am to 3:30pm  
Place: Pearkes Arena, 3100 Tillicum Road

"I remember each day that I am too blessed to complain. The older I get, the more challenging remembering becomes and the more delicious it is when I do." - Louise Rose

## Volunteer Recognition — Meet Richard

### Income Tax Program



Every March and April, Silver Threads takes part in the Community Volunteer Income Tax Program through the Canada Revenue Agency. Our hard working volunteers, at both centres, prepare taxes for over 270 people a year. For 20 years now, Richard has been one of those dedicated volunteers at the Saanich Centre.

Richard was born in Wymondham in the English Midlands. He was working in Barclays Bank when he saw a sign saying “Go West Young Man”. In 1951, he and his two brothers did just that; travelling by sea on the Empress of France to Canada, Richard made his way to Vancouver where he had an aunt and uncle. Richard’s brothers had jobs lined up before they got to Canada, but Richard came on speculation -thinking that he might get out of the banking industry. However after two days he decided to apply for a position at the Vancouver main branch of Canadian Bank of Commerce. This was on a Thursday, and he was asked to join the Bank on Monday at the New Westminster branch.

Richard considers his decision to come to Canada the best move he ever made. He feels that, like many others who worked in banking in England, he might not have had the opportunities to progress in his career as he did in Canada. Richard got into International Banking and was transferred to Kingston, Jamaica in the 1950’s where he remained for 4 years. He came back to Vancouver for a time but went back to Mandeville, Jamaica for another 6 years, working in the bank from 1963 - 1969. Richard’s next move was back to Canada where he was transferred to Owen Sound Ontario for 10 years, from 1969 – 1979. His final years with the bank were right here in Victoria, where he retired as the Manager of the Bank of Commerce at Hillside in 1989.

As well as gaining valuable experience in his work life, Richard also met his wife through the banks. Yvonne was born in Jamaica and was the secretary at the branch where Richard worked in Kingston. They married in 1957, and this year they will celebrate their 58<sup>th</sup> wedding anniversary. Richard and Yvonne have 3 children – a daughter who is a nurse at VGH, a son who is a dentist in Duncan, and another son who is a teacher and has just moved back to Canada after teaching overseas in Japan and New Zealand.

Richard has done a lot of service and volunteer work over the years. He joined the Rotary in Jamaica, and in 1967 he was the President of the Mandeville Rotary Club. He continued on with Rotary and, in 2014, celebrated 50 years of service to the club. In 1995 he saw an article in the paper that Silver Threads was looking for volunteers to help prepare Income Tax returns for seniors. As Richard was used to, and enjoyed, working with numbers he decided to apply and we have been gifted with his talents ever since. Richard gets great enjoyment from helping others and we are so appreciative of his time, caring and expertise. Thank you Richard!

### Targeted Screening for Kidney Health

In Partnership with the Kidney Foundation of Canada screening will be offered at the Victoria Centre. Determine if you are at risk for kidney disease. Date: Wednesday, April 15th Time: 9:30am to 4:00pm Call 250 388-4268 to book a 15 minute appointment

## Energy Conservation Assistance Program

A few simple changes can make all the difference when it comes to using less energy and lowering your utility bills, especially in the winter. The Energy Conservation Assistance Program (ECAP), provided by BC Hydro and FortisBC, is designed to help households on limited income make these changes – **FREE of charge**.

By participating in the ECAP program you will receive:

**FREE** home energy evaluation

**FREE** installation of energy saving products, such as:

Energy saving light bulbs

Energy efficient shower heads and faucet aerators

Fridge/freezer thermometers

Door weather-stripping

**FREE** personalized energy efficiency advice, tailored to your home.

Some homes may qualify for an ENERGY STAR® fridge, insulation in walls, attics and/or crawlspaces, and a high-efficiency gas furnace. Products installed depend on the individual characteristics of the home and other program criteria\*. To qualify for the program you must have:

A BC Hydro Residential account

Live in a house, townhouse or mobile home

Have annual household income that meets the program income requirements, eg: below \$30,800 (individual), \$38,300 (couple)

Approved clients of the Silver Threads tax clinic are NOT required to submit proof of income with their application to the ECAP program. Application forms will be available at the tax clinics and at the front desks of the Saanich and Victoria Centres. For assistance in filling out the forms, Silver Threads can book a Senior Mentoring appointment. For more information on the ECAP program, visit [bchydro.com/ecap](http://bchydro.com/ecap)

\*Only BC Hydro electrically-heated or FortisBC gas-heated single family houses, townhouses and duplexes are eligible for insulation upgrades and gas furnace replacements. Furnace replacement is only available to FortisBC gas customers that meet FortisBC's consumption threshold. Mobile homes are not eligible for gas furnace replacements or insulation upgrades. Visit [bchydro.com/ecap](http://bchydro.com/ecap) for full details. Offer subject to change.

## Get Social and Get Cooking!

Social Cooking for 55+ is a wonderful program run through Saanich Parks and Recreation at both Pearkes and Gordon Head Recreation Centres. Meet new friends, try new recipes, enjoy a nutritious three-course meal and help maintain your health. This is not a cooking instruction class but a fun, social, cooperative cooking experience – no cooking experience is necessary to join the group.

Each week, a different theme of food is featured. For March, the themes are: To Russia with Love (Pearkes, March 13, 3-5:30), Flavours of Italy (Gordon Head, March 14, 3:30-6), Mildly Mexican (Pearkes, March 27, 3-5:30) and Spring Surprises (Gordon Head, March 28, 3:30-6).

Each group costs only \$10 and includes a 3 course meal. For more information or to register call 250-475-5412.

## A Meal Fit for St. Patrick

Chef Brian will be preparing a traditional Irish meal of Corned Beef and Cabbage in honour of St. Patrick's Day on Tuesday March 17. Lunch service will begin at 11:30 until 1:30. There is no need to reserve but come early to avoid disappointment.

## 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*

