



**FOR IMMEDIATE RELEASE**  
**July 7th, 2016**

## **MEDIA RELEASE**

### **Strategies for living with Memory Loss**

**Victoria, BC:** This summer Silver Threads Service is offering a special 6-week Summer Brain Camp. Memory PLUS (Practice, Laughter and Useful Strategies) is a program designed for seniors 55 and better to keep their minds engaged and sharp through conversation and connections. Starting the week of July 26<sup>th</sup> space is available in two locations, Oak Bay United Church and Saanich Silver Threads, for those interested in learning about tools and strategies to help with memory loss.

The Summer Brain Camp is perfect for those who are new to Memory PLUS to have the opportunity to try it on for size; and for those returning, an opportunity to keep building on their skills. It is also a chance to meet new facilitator Toby Schnoor who recently joined the staff team of Silver Threads Service. Toby's educational background includes Wellness & Lifestyle Management, Counselling and life coaching. Her experience with seniors includes her recent employment at Chartwell Ross Place and Crossroads Hospice Society. "Memory PLUS is enjoyable program is all about Laughter as the key ingredient", states Toby, "we provide a safe place to explore some of the difficulties associated with memory loss and have fun doing it!"

Caregivers are welcome. The cost is \$37.50 for the 6 weeks and each session includes tea, coffee and homemade snacks. Courses are offered:

**Date:** Tuesdays, July 26<sup>th</sup> to August 30<sup>th</sup>  
**Time:** 9:30am to 11:30am  
**Place:** Oak Bay United Church, 1355 Mitchell Street

**Date:** Thursdays, July 28<sup>th</sup> to September 1st  
**Time:** 1:00-3:00 pm  
**Place:** Saanich Silver Threads Service, 286 Hampton Road

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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. Our vision is that Seniors in Greater Victoria are engaged and supported, enhancing their quality of life.

For further information or to register call Toby Schnoor at Silver Threads Services - Saanich Centre

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For information contact:

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