

Arnie's Story

By Toby Schnoor, Program Coordinator, Silver Threads Service

Arnie has been involved in Memory PLUS for close to eight years. This summer he had his annual visit to his neurologist and was worried that his markers would show a decline as that had been the trend. After running the tests his doctor told him that there was not a decline but that there was a marked improvement in his cognitive function!

Needless to say Arnie was very pleased and happily shared his story with his Memory PLUS group. When I asked him what his secret to a positive diagnosis was he said, ***"It is because of Memory PLUS, the homework and the connections, and the confidence it has given me."***

Arnie is more committed than ever and thankful to the program for helping him achieve great results.

At this time of year when many of us start to think about resolutions, adopting healthy habits at any age can be beneficial if they are achievable for you. One or two small goals, like walking a few times a week or doing some stretching each morning, might be habits that you commit to in 2017. Often we think of our physical health and getting fit as a resolution, but how about your cognitive health? Perhaps this year is the year that, like Arnie, you give your brain a good workout and commit to maintaining and improving your memory.

The brain remains capable of regrowth and of learning and retaining new facts and skills throughout life, especially for people who connect with others and engage in frequent intellectual stimulation, beneficial mental stimulus and healthy lifestyle choices.

The weekly program called Memory PLUS (Practice, Laughter, Useful Strategies) is designed for individuals to learn tools and specific strategies to help improve brain function and memory. As Arnie can attest – it works. His advice on living a full life is to, ***"Stay involved, exercise daily and volunteer."***

Starting the week of January 9th there are openings in the following Memory Plus sessions: Tuesday, 1:00 to 3:00pm at St George's Anglican Church in Cadboro Bay; Wednesdays, 9:30am to 11:30am at Victoria Silver Threads; and Thursdays, 1:00 to 3:00pm at Saanich Silver Threads. For information on how to improve your brain health call the Saanich Centre 250 382-3151.



Arnie trying his hand at Lawn Bowling at the annual Memory PLUS event

"Memory...is the diary that we all carry about with us." Oscar Wilde

Guess Who's Coming to Dinner in January

January 18th, 2016

Pineapple Glazed Ham, Cheddar Mashed Potatoes, California Mixed Vegetables and Strawberry Ice Cream

Entertainment: Jean Bedard

Dinner cost \$12 for members, \$15 for non-members. Please call in early to reserve and avoid disappointment.

Call our Saanich Centre at 250-382-3151 to book your spot.

Dinner reservation cut off is Monday at 4:00pm on the week of the dinner.

Upcoming Events and Programs

BC Transit Presentation

Join us for an informative and useful presentation on taking the bus in Victoria. You will leave this presentation feeling confident in navigating the BC Transit System.

Date: Monday, January 16th

Time: 1:00pm - 2:00pm

Location: Victoria Centre

Please call to RSVP: 250-388-4268

Genealogy Workshop Series



Have you ever been curious about your family history? Are you interested to know who your relatives are and how to create a family tree? Join us for this six week genealogy workshop series to find out!

Date: Tuesdays, January 10th - February 14th

Time: 10:00am - 12:00pm

Location: Victoria Centre

Cost: \$60 Members, \$65 Non-Members

Please call to RSVP: 250-388-4268

Where in the World Travel Series

Join us for this FREE and exciting new travel series as we roam the world through fascinating presentations. This session, explore Southern Africa with Cliff and Dianna Cunningham.



Date: Wednesday, January 25th

Time: 1:00pm - 2:30pm

Location: Saanich Centre

Cost: FREE!

Hula Dance for Health Workshop

Come and try hula dancing in this fun and interactive workshop. Learn about the physical, mental and social benefits of this fun Hawaiian dance style.

Date: Wednesday January 18th

Time: 12:30pm – 1:30pm

Location: Saanich Centre

Cost: \$7.00(members), \$9.00 (non-members)

To register please call: 250-382-3151

December Highlights

How did we celebrate the holidays at Christmas?

At Silver Threads Service we had 714 guests attend 16 events that included:

- 1 Christmas Craft Fair
- 1 Christmas Outing
- 1 Christmas Dinner
- 1 Staff Party
- 2 Christmas Concerts
- 2 Corporate Sponsors
- 7 Decorated trees
- 9 Program Parties
- 14 Turkeys cooked
- 28 Donors
- \$3,500 raised
- 45 Gifts to seniors in need (Thank you Home Instead)
- And a Party for New Years Eve-Eve!



Membership Prize Redeemed



A Winning Weekend for Member June and Friend Pauline

Our 2016-2017 Silver Threads Membership prize winner, June P, redeemed her Vancouver Getaway prize in November of 2016. She and her companion, member Pauline R, flew on Helijet from Victoria to Vancouver. They had a lovely stay at the Rosedale Hotel on Robson and enjoyed a delicious meal at Original Joe's, which was located right inside the hotel. Also nearby the hotel was the Vancouver Art Gallery where the ladies particularly enjoyed the black and white photography of Walker Evans. We thank June for documenting her prize win and providing us with photos and a "diary" of her getaway which are all on display at both centres.



New Partnership with MS Society



In August the local Chapter of the Multiple Sclerosis Society of Canada announced that they would be transitioning their programs and services to various

community locations as the building they owned and operated would be sold.

During the Fall of 2016 Silver Threads Service and the MS Society have been working to develop a partnership that will allow for some MS programs to be offered at the Victoria Centre.

Beginning in January the new programs are:

Seated Chair Exercise- Tuesdays 12:15 to 1:15pm

Mindful MS – Tuesdays 12:30 to 1:30pm

Art Studio – Wednesdays 10:00am to 2:00pm

Games Day – Wednesdays 11:00 to 2:00pm

Connect For – Wednesdays 11:00 to 1:00pm

**For more information,
contact the MS Society at 1-800-268-7582**

Staff of the MS Society are committed to continued service and are working in partnership with Silver Threads to service people impacted by Multiple Sclerosis. We look forward to assisting the cause and welcome the MS Society to 2340 Richmond Road!

Memory PLUS Corner

Practice, Laughter, and Useful Strategies
(Answers on the back page)

Top 10 New Year's Resolutions (source: Nielson)

Ysat ift nad talyhhe 37%

Sole hewtig 32%

Yonej fiel ot eth lutesfl 28%

Nedps sels , evsa eorm 25%

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Etg randzoge 18%

Will ton kema yan ilrosonetus 16%

Alren enimtogsh wen 14%

Valert omer 14%

Adre rome 12%

Thank you to our Sponsors and Supporters

A special thank you to all who made a donation to Silver Threads Service during our holiday campaign. Your generosity is very much appreciated and will help us continue to do our good work!

During December we collected donations for Our Place. Thank you to everyone who brought in extra groceries and knitted goods to help those in need.

Thank you to President Barbara Harwood for making all the Christmas napkins for the Christmas Dinner this year. They are beautiful and will be used in years to come!

At the Victoria Centre our Annual Craft Fair and Christmas Concert were sponsored by Chartwell Ross Place. Your support is appreciated.



At the Saanich Centre our Greater Victoria Police Chorus and Christmas Dinner were sponsored by We Care Health Services. Thank you We Care.



We are grateful to the anonymous donor for a significant donation towards new dishware. Along with a contribution from Russell Foods, the Saanich Centre will proudly have new swanky dishes for our Guess Who Dinners. A great way to start to the new year.

Memory PLUS Corner Answers:

Answers:

Stay fit and healthy 37%	Get organized 18%
Lose weight 32%	Will not make any resolutions 16%
Enjoy life to the fullest 28%	Learn something new 14%
Spend Less, Save More 25%	Travel more 14%
Spend more time with family and friends 19%	Read more 12%

Volunteer Mike



Mike has been volunteering with Silver Threads since January of 2013. Happy 4 year anniversary Mike! Mike saw a Silver Threads brochure advertising a need for volunteers, so Mike contacted the Saanich

Centre. At the time, we were looking for drivers to bring people to our Guess Who's Coming to Dinner. He was recruited for that opportunity and has been driving people to the dinners ever since. He is a very experienced driver having driven everything from cars to fire trucks. Mike worked for the Halifax Fire Department for 32 years. He started as a Fire Fighter and ended his career as a Captain, working in fire prevention.

Mike was born in Halifax and spent all of his years there, before moving to Victoria in 2011. He still has family and property in Nova Scotia, but does not really miss the east coast and its weather!

Mike keeps active here in Victoria, with one of his interests being dancing. It was at a Victoria Ballroom Dance Society event held at the Saanich Centre where he met Beverly, who he married last year. The two have now taken up square dancing, another interest of Mike's from his years in Halifax. Thank you, Mike for finding us here at Silver Threads Service and for making it possible for so many people to come to our dinners because of your volunteering.

Silver Threads Services Staff

Tracy Ryan - Executive Director
Debbie Erb - Victoria Centre Director
Dustin Lockhart - Victoria Centre Assistant
Anne Nelson - Saanich Centre Director
Ro Fife - Saanich Centre Assistant
Toby Schnoor - Program Coordinator
Maureen Brouwer - Programmer
Brian Penner - Saanich Centre Chef
Brian Peterson - Saanich Centre Cook
Debi Stoness - Bookkeeper
Jo-Anne Silverman - Outreach Worker

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