



April 2015

NEWSLETTER

Spring Raffle and Campaign

The Annual Spring Raffle to raise funds for Silver Threads will begin on April 15th. We are excited to have as our first prize a beautiful Serigraph by the late Ted Harrison entitled "The Old Log Church". Donated by STS Board Member Irene Davie who explains the serigraph as a silkscreen process, produced in limited number that is signed and numbered by the artist.

Other prizes will include spa certificates, hotel stays and restaurant gift cards. Tickets are \$2 each or 3 for \$5 and sales will begin at the Guess Who dinner on April 15th.

Thank you to Irene Davie for her generous contribution.

As a Charitable, not for profit organization Silver Threads is committed to the well-being of seniors. As a charity we make the most of the financial support from our funding partners and keep our programs and services affordable to our members. We hope you will consider making a financial donation to Silver Threads Service this year. There are many ways to support STS, a one time or monthly gift, or leave a Legacy by remembering our organization in your will. Staff will be pleased to provide further information.

"Count your age by friends, not years. Count your life by smiles, not tears" John Lennon



Gordon and Alice check out the Ted Harrison serigraph : "The Old Log Church"

Annual Membership change

Starting April 1st we will be moving our membership renewal dates to coincide with our fiscal year. What does that mean? First – there will not be a change for current members. For new members or when you renew we will begin membership to start and end April 1st to March 31st. We will prorate throughout the year, as an example – if you are a new member taking a membership out in October you will pay \$25 for six months and then renew in April for the year. One of the reasons for the change is to ensure our revenue is received in the year that service is provided. Please ask any of our staff if you have any questions.

Guess Who's Coming to Dinner in March

Guess Who's Coming to Dinner is our bi-monthly dinner program held the 1st and 3rd 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 April 1st dinner will feature the musical group Cookeilidh, preceded by a dinner of Baked Ham, Cheddar Mashed Potatoes and Peach Pie. The menu for the April 15th dinner is Roast Beef, Mashed Potatoes and Ice Cream. Entertainment will be Steve Peabody. Cost for each evening is \$12 per person.

MEMORY Practice, Laughter, and Useful Strategies Corner

Practice:

Can you think of a flower that begins with each and every letter of the alphabet?

How about recalling a song or poem about flowers? For example: Tip Toe

Laughter:

Put “eat chocolate” at the top of your list of things to do today. That way, at least you’ll get one thing done.

Useful Strategies:

Use all your Senses: Take time to smell the flowers

Memory uses all your senses. Pay attention to all your senses when doing everyday activities to make them more memorable.

Submitted by Lisa Coulson. Program Coordinator and Memory PLUS facilitator.

Kidney Screening

One in ten British Columbians are affected by chronic kidney disease, and many are unaware of the condition. Early detection can make a significant difference in your overall health and well-being. Therefore, Silver Threads is proud to host the Kidney Foundation of Canada who will be at the Victoria Centre on Wednesday, April 15th to do kidney screening! All people being screened must fall into one or more of the at-risk categories: be age 55 or better, have diabetes, have high blood pressure, have a family history of kidney disease, and /or be of Asian, Aboriginal, Hispanic, Polynesian, or African ancestry.

Please call 250-388-4268 to make a 15 minute appointment for this beneficial opportunity.

Current Magazines Wanted

We are looking for current magazines for our libraries and sitting areas at both the Saanich and Victoria centres.

If you have magazines less than two months old that you are looking to pass on, please drop them off at the front desks of our centres.

Thank You's

Silver Threads would like to thank Camosun students Bradley, Kanae, Kathleen, Madi, and Shelby. As part of the Community, Family, and Child Studies program, these students have fundraised to buy Silver Threads a tablet computer complete with a desk! They also provided training for our members to use this Tablet with an opportunity to bring in and get trained on devices brought from home such as iPads and Smart Phones.

Thank you to Max S. for the generous donation of a table tennis table to the Saanich Centre. Table Tennis is played Monday, Tuesday, Wednesday and Friday, from 9:00 am - noon. New members welcome!



**The sign at
Pearkes Arena
warns you of
the annual
migration of
Zambonis**

Photo compliments of member Peter Z.

Volunteer Recognition – Meet Ted

Income Tax Program

Every March and April, Silver Threads participates in the federal government's Community Volunteer Income Tax Program. Our dedicated volunteers at both centres prepare taxes for over 270 seniors a year. Ted is now in his tenth year at our new Victoria Centre.

Unlike most people, Ted actually looks forward to tax season. "I get to re-connect with about 40 previous clients every year, to get caught up on their families, their travels and their travails, and to meet 10 new seniors every spring. Each one has a unique story lurking behind the numbers I enter into their tax forms."



From his work table at the Victoria Centre's Board Room, Ted can see the hospital where he was born 69 years ago. His Navy family moved every 18 months while Ted was growing up on both coasts, in Ottawa and in Norfolk, Virginia. Ted's love of numbers enabled him to earn degrees in Mathematics and Statistics and to become a Certified Management Consultant, eventually becoming a Partner in Canada's largest professional services firm. He loved the variety of his 300 consulting projects, worked in nearly every city in BC and in every province, and solved problems for clients ranging from fire hydrant manufacturers in New Brunswick to BC's child protection system.

Ted and his wife Monika have been married for 44 years, golf three times a week and enjoy being with their two daughters, sons in law and four grandchildren who live less than a mile away from their Victoria home.

His volunteer work at Silver Threads has made Ted realize how fortunate it is for seniors to live in Canada with its safety net of income assistance programs, health care, rental subsidies, bus passes and support networks.

During his 40 year professional career Ted primarily volunteered at the Board level, working with the Oak Bay Police Department, Oak Bay Lodge, United Way and the Commonwealth Games. Ted still works at the Board Room table but now he gets to help people directly. "Doing taxes at Silver Threads has been my favourite volunteer experience because I get positive and immediate feedback. The seniors appreciate me and I appreciate their contributions to Canada."

National Volunteer Week!

National Volunteer Week is celebrated across Canada during the week of April 12th to 18th. At Silver Threads we celebrate our volunteers every day! We are a volunteer driven and volunteer supported organization.

From our Board of Directors to our programs, services and events – all are supported by a wide variety of volunteers whose duties range from providing leadership and direction to STS, to serving meals, working in the Thrift Stores and assisting instructors.

Last year volunteers contributed 7,908 hours of support to our organization.

We will host a luncheon on April 22nd to recognize the hard work and dedication – we couldn't do it without you!

"Beautiful young people are accidents of nature, but beautiful old people are works of art" - Eleanor Roosevelt



Julie, Dustin and Lisa shine at the Seniors Expo

Seniors Expo 2015

Silver Threads Service hosted a silver glitz display at Pearkes Arena on March 10th. Our Staff were dressed in silver and distributed our programs and newsletters. We met some old and new friends and enjoyed talking about our organization. Thanks to Decorate Victoria for the décor, especially the crystal trees. They made a statement!

Celebrating Chinese New Year

The Chinese Seniors at the Victoria Centre performed for their members. There was much laughter with the dance and singing and the costumes especially the fellow dressed as a woman.

Thank you for bringing such levity to Silver Threads!



Enjoying My Community invites you to attend a free information session

Eat it up!

Topics covered in this session:

What is Oxidative Stress?

Healthy Eating

Active Living and Stress Reduction

The Sleep and Weight Connection

Presented by: Areli Hermanson, RD,
Nutrition Consultant

Date: Monday April 13, 2015 during Enjoying My Community

Time: 1:30 pm - 3:00 pm

Place: In The Library at Saanich Silver Threads,
286 Hampton Road

Cost: Free

Please register at the office

Chili Cook Off

Chef Brian's chili will be entered in the Cook Street Activity Centre 3rd Annual Chili Cook Off. Join the Silver Threads staff and Board on Saturday, April 11th from 11:30am to 3:00pm. Sample chili, enjoy some entertainment and of course vote for your favourite – Silver Threads Chef Brian's chili. Let's bring home first place and bragging rights this year!

Silver Threads Services Staff

Tracy Ryan - Executive Director

Debbie Erb - Victoria Centre Director

Dustin Lockhart - Victoria Centre Assistant

Anne Nelson - Saanich Centre Director

Julie McGaghey - Saanich Assistant Director

Jean Birtwistle - Saanich Centre Assistant

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

