



## Welcoming the BC Seniors Advocate

We are excited to start the New Year off by welcoming Isobel Mackenzie, BC Seniors Advocate to the Guess Who's Coming to Dinner on Wednesday, January 20<sup>th</sup>, 2016. The Office of the Seniors Advocate monitors and analyzes seniors' services and issues in BC. The first for BC and Canada, the Advocate ensures a strong voice to the more than 700,000 seniors in the province.

In the past year the Office of the Seniors Advocate has established a 1-800 Information and Referral number, website and social media as a way to connect with seniors and understand their concerns. In the first year 10,000 seniors took the

opportunity to connect. Isobel Mackenzie will provide a welcome address prior to the dinner. Please join us for the opportunity to hear about the work and future plans of the Office of the Seniors Advocate and how we can help make changes in BC for seniors.

The services which the Office monitors are in five key areas: health care, housing, income supports, personal supports and transportation. The Office collaborates with service providers, government and health authorities to improve effectiveness, efficiency and outcomes. A council of advisers, made up of B.C. seniors, provides the Seniors Advocate with advice and feedback from the perspective of seniors with diverse backgrounds, ages, geographical areas and cultures.

Each year, the Seniors Advocate must report to the Minister of Health on the Office's activities, and reports whenever possible on issues and matters arising from the Office's work. To read more about the work of the Seniors' advocate please visit [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

The Dinner will be Pineapple Glazed Ham, Cheddar Mashed Potatoes, Mixed Vegetables, Strawberry Ice Cream and sauce. With entertainment provided by: The Victoria Accordion Club. The cost is \$12.00

**Reserve by 4:00 pm the Monday before.** Doors open for the dinner at 4:30 pm



## Farewell Julie!

After 11 years of service to Silver Threads Service Julie McGaghey will be leaving. December 31<sup>st</sup> will be her last day, and we will celebrate at the New Year's Eve Party starting at 11:00 AM at the Saanich Centre.

Julie has been the Assistant Director at the Saanich Centre. One of Julie's favorite duties, among her many, was facilitating the Enjoying my Community group. They, along with all of us, will miss her.

We wish her all the best in her future endeavours!

## Saanich Volunteer Donene



Donene has been volunteering at Silver Threads Saanich Centre since October 2013. She started as one of our Senior Mentoring volunteers then moved to helping out with our Guess Who's Coming to Dinner evenings, wearing many hats in that program: telephone reservations, serving, kitchen assistance, decorating and driving. Donene has literally

spoken to all of our dinner guests, as she phones over 100 people every other week taking reservations for our bi-monthly dinners.

Donene was born in Montreal and lived there until she was in her mid 30's. She has many talents and has worked in a variety of capacities including a ballet teacher, a trained fitness instructor and a pastry chef. The profession that brought her the most joy was that of "mother" to her daughter. Donene had always wanted to have a baby girl, but thought she would follow in the footsteps of her sisters, who all had boys. Now she has a whole host of females - a daughter, a step daughter and two granddaughters.

Donene found it a challenge not being bilingual in Montreal, so she and her daughter decided to move to Victoria where Donene's brother owned a café in Fernwood.

What Donene likes to do most is to help others. Her grandmother, who had arthritis and used a wheelchair, was an inspiration for Donene to help others get out into the community, be social and get moving. Donene's husband has also been a big influence on her as, in Donene's words, "He will help anyone with anything." Helping out with Guess Who's Coming to Dinner fits Donene's desires perfectly as she loves seeing people coming to Silver Threads, getting out and enjoying themselves.

We are so thankful for all that Donene brings to us here at Silver Threads.

## Upcoming Events

### Chinese New Year Celebration

Join us for our Chinese New Year Celebration! We will have traditional Chinese snacks and authentic Chinese dancing performed by the Chinese Seniors Association! Come bring in the new year with us!

**Date:** Wednesday, January 27<sup>th</sup>

**Time:** 11:00 to 1:00 pm

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

**Cost:** By Donation.

Sponsored by Chartwell Retirement Residence, Ross Place. Please call 250-388-4268 to RSVP.

### Speaker Series

#### SAFER: Shelter Aid for Elderly Renters

The Shelter Aid for Elderly Renters (SAFER) program helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60 or over and who pay rent for their homes. Come in and learn about how this program can be of help to you.

**Date:** Wednesday, January 15<sup>th</sup>

**Time:** 2:00 to 3:00 pm

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

**Cost:** FREE, Please call 250-388-4268 to RSVP.

### Lap-Top Basics Course

This 4 session Course will teach you the basics of using your Lap Top to search the internet, send emails, and navigate through the system. Come and get your questions answered.

**Date:** Monday January 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, and February 1<sup>st</sup>,

**Time:** 1:00 to 3:00 pm

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

**Cost:** \$50 Members, \$75 Non-Members

**Must pre-register and bring your own lap top**  
**250-388-4268**

## December Highlights

### Christmas Concert



Johnny Vallis did not disappoint at the 2nd Annual Christmas Concert at the Victoria Centre! We got our Christmas groove on as Johnny's Music brightened

up what otherwise was a miserable rainy, windy day. There were sing-a-long special requests, delicious treats, and even a little dancing.

### Christmas Luncheon

We had a wonderful time at our Christmas lunch this year. The chefs prepared a delicious turkey dinner and our volunteers had decorated the auditorium in Christmas splendor. The Victoria Police Chorus gave us an amazing concert of Christmas songs ranging from the classics to the contemporary and we even got a visit from Santa. It was a wonderful way to kick off our Christmas season.



### Government House



Our Members were treated to a wonderful tea at Government House where they were honored to meet the Lieutenant Governor. It was a day of elegance where our seniors were treated like

royalty. Everyone felt special and were left with wonderful memories.

### IPAL Aerobics Class and Health Fair

The Intergenerational Physical Activity Leadership (IPAL) students came to the Saanich Centre this month to show us their leadership skills. The grade 5 students from Ecole Marigold, supported by the leadership students from Spectrum Community School, taught a chair aerobics class to a group of 18 seniors from Silver Threads. They did a wonderful job and left us all feeling happy and invigorated. IPAL also had a Health Fair this month at Ecole Marigold. A group of 7 seniors from Silver Threads facilitated 4 stations which included Healthy Eating, Pickleball, Heart Rate Monitoring and Chair Aerobics. Being involved with active seniors was wonderful modeling for the younger generation to see the benefits of lifelong physical activity.



### Outreach Tea



We have been doing outreach into the Jubilee neighborhoods and having information sessions and coffee socials with the aim of reaching seniors and providing information of interest to them. December marked the end of our outreach program (for now!) and we had 19 individuals that were reached through this program attend a Tea

Social at the Victoria Centre on December 4th. It was a very enjoyable afternoon, and we hope to see these new friends around our centres in the near future.

***"Life does not get better by chance. It gets better by change." Jim Rohn***



## Memory PLUS

### Practice, Laughter, and Useful Strategies Corner A Year in Review:

Take some time to review some of the memorable events that happened this past year. It is sometimes helpful to review your journal, calendar, or photo album to recall memorable events.

***In the end, it's not the years in your life that count.***

***It's the life in your years.***

*- Abraham Lincoln*

## Welcome to our Newest Staff Member



We are pleased to welcome on board our new Saanich Centre Assistant, Rosanne (Ro) Fife. Ro has over 20 years of experience with recreation and social service non-profits. She has a background in education as well as additional skills in administration, proficiencies in client and customer support, and extensive experience in facility and program management. Next

time you are at the Saanich Centre please drop by the front desk and say hello to Ro.

## Thank you We Care Home Health Services



Silver Threads Service was pleased to welcome We Care Home Health Services as the corporate sponsor of our Christmas Luncheon on December 2<sup>nd</sup>. Their support was very much appreciated. Thank you to Twyla Johnson, Director of Operations for attending. We Care's compassionate in-home caregivers understand the importance of family, and of living at home for as long as possible. We Care's Home Health Services provide the assistance and home support your loved ones need – everything from an occasional nursing care visit to live-in care. We Care also provides peace of mind. Because when families are better able to cope, it frees everyone to live their lives: More fully, more comfortably, more independently. We Care Health Services is fully accredited by Accreditation Canada, the same organization that accredits hospitals and other healthcare providers in Canada.

## Blood Pressure Monitoring and Health Education Clinics

We will be starting free clinics at both centres, the second week of each month from 10:00 am to 12:00 pm in 2016 (Saanich –Monday, Victoria – Friday). A registered nurse will provide: Blood Pressure readings, Sitting to Standing tests, and Individualized health and wellness information.



## 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  
**Lisa Coulson** - Program Coordinator  
**Brian Penner** - Saanich Centre Chef  
**Brian Peterson** - Saanich Centre Cook  
**Debi Stoness** - Bookkeeper

## 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*

