



June 2016

# NEWSLETTER

## 2015-16 Annual General Meeting

Silver Threads Service will hold the 2015-16 Annual General Meeting on Wednesday, June 15<sup>th</sup> at 4:30pm as part of the **Guess Who's Coming to Dinner** at the Saanich Centre. The business meeting will be conducted from 4:30pm to 5:00pm and guests are welcome and encouraged to attend. You can learn more about the organization and meet the Board of Directors. Our 2015-2016 Annual Report will be presented and shared as we celebrate the past year and prepare for the next one! Dinner will be roast beef with a mushroom red wine sauce, sour cream mashed potatoes, vegetables, and strawberry short cake for desert. Entertainment will be provided by Shenanigans. The winner of our Annual Membership Drive will be announced. The dinner is \$12 for members and \$15 for non-members. To reserve your space please contact the Saanich Centre at 250 382-3151.

### Lisa's Letter of Thanks



Thank you friends, I am missing you already! Leaving my position as Program Coordinator was a very hard decision for me as I was not planning on departing Silver Threads for many years, but I have been offered an opportunity I did not expect. My job as Program Coordinator with Silver Threads has truly been a dream job in so many ways. I was fortunate to get to know a myriad of interesting people and have learned so much from their stories. I have been extremely fortunate to work alongside an amazing staff team that truly cares and continually strives to make Silver Threads a better place every day. I welcome Toby Schnoor to Silver Threads and can confidently say that she will be very happy she chose to join this organization as the new Program Coordinator. Silver Threads will always have a special place in my heart. I thank you so very much for the opportunity I have had to learn and grow during my time working with all of you!

### Guess Who's Coming to Dinner in June

Wednesday June 1st

Menu: Chicken with a Cranberry Glaze, Apple Sauce, Stuffing, Mashed Potatoes, Mixed Vegetables and Ice Cream

Entertainment: Gypsy Rovers

Wednesday, June 15th (see above 2015-16 Annual General Meeting for more information)

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

## Just Ducky (A true Story)

Us, the cooks of Peg's Deli and Banquets (Shelbourne Plaza), were working to prepare a hot meal for 140 people at a wedding we were to cater that day at the Cedar Hill Rec Centre. It was noon on a warm Saturday. The three pizza ovens had been loaded with a pair each of 20 lb inside-round beef roasts, the deep fryer was turning out batches of chicken for the front sales. The door to the Plaza parking lot stood open for the midday traffic of hungry casuals. The back door too was open, not to receive deliveries, but to relieve the heat that started to build in the kitchen. So far so good, but what do you think should make its way through the busy kitchen, not noticed at first?

Right you are, six little ducklings and a fearless mother mallard leading them from the paved back alley and marching them quaack, quaak, peep, peep, peep toward the open deli door in front. Of course, there had been no rehearsal, this was the first trip for all of them through the legs and noise of kitchen staff, around hot stoves, prep tables, a box of lettuce, a pail of mayo, pans of seasoned and oiled potatoes ready for the oven, past sausage roll customers and by Rosa punching up 649 tickets, who was even calmer than the speckled bird as their glances met. Unerringly, the all-knowing, determined mother duck with her fluffy band reached the bright open door before we had fully grasped the situation. Though some of us were smart enough to realize that the most difficult part of the duck walk still lay ahead. So Doug and Denise dashed out, escorted them, went ahead of them and made sure that parking cars were kept back. In flowing white and blue aprons, those two, as well as a couple of alert passers-by managed to herd the unstoppable procession across Shelbourne Street which in May 1985 was as busy a road as it is now, only worse. This therefore was no small feat, if you consider that ducks ignore sidewalks and never read signs.

We could only speculate afterwards that the trek might have started from a duck nest in the parklands surrounding the fancy apartment building on the corner of Poplar and Richmond which also featured a fountain and a pool. Where the trek ended is anybody's guess, but we knew that the quick-thinking people of Saanich would have helped them get to a spot that's good for dunking and dabbling and other ducky things, and growing up. **By Member Peter Z.**

## Upcoming Events and Programs

### Mobile Devices Workshop

Confused or frustrated with all these new phones? In this class you will learn how to get the most out of your mobile devices and keep your monthly cost low. Learn how to keep your information secure and find apps that match your interests. Come and see how you can improve your life and enhance your communications with family and friends by using your mobile device.

**Date:** Monday, June 13th

**Time:** 1:00 pm—3:00 pm

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

**Cost:** \$5.00 for members, \$10.00 for non-members

### Speaker Series: Is There a Right or Wrong Time to Move?

Education and discussion around your options, the risks, the benefits, and what's involved to remain in your own home or to seek other living arrangements.

Presented by: Wendy Campbell, RN, CGN

**Date:** Tuesday, June 21<sup>st</sup>

**Time:** 1:00 pm—2:30 pm

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

**Cost:** Free

Please register at the office or call 250-388-4268

### Snooker Games: Golf and Skittles

We love having fun and learning new games. Come drop-in and try these variations on games on our Snooker Table here at the Saanich Centre!

**Date:** Tuesday Mornings

**Time:** 9:30 am—11:00 am

**Place:** Saanich Silver Threads, 286 Hampton Road

**Cost:** \$1.50 for members, \$4.50 for Non-Members

## Happy Retirement Dianne!



After 10 years of service, Dianne will be leaving her volunteer position in the Saanich Kitchen. She has been a tremendous help to the staff and our members and we will miss her very much.

Dianne hails originally from Toronto. She and her mother moved out to Victoria and initially lived together. Dianne moved into her own apartment as a part of the Supportive

Apartment Living (SAL) program through Community Living Victoria. Dianne enjoys the support of her many friends as well as her two sisters.

Dianne has volunteered and worked in many areas. In Toronto she worked for 27 years at Humber College where she worked with children with special needs and in the mail room. When she first came to Victoria she volunteered at the Royal Jubilee



Hospital. Later, her support worker suggested that she might like to volunteer in the kitchen at the Saanich Centre. We have been lucky to have her as part of Silver Threads.

Join us on **Thursday, May 26<sup>th</sup> at 10:30am** at the Saanich Centre for coffee and cake. We will give our thanks and good send off to Dianne, an extraordinary volunteer!

## Staff Changes

We are sorry to announce that **Lisa Coulson** will be leaving Silver Threads Service after eight years of coordinating our Memory PLUS and other programs. She has accepted a position with Amica in Sidney, and her last day at Silver Threads will be Tuesday, May 24<sup>th</sup>. Lisa was able to grow Memory PLUS, build a solid well respected program and relationships with all the clients, members and staff. We all appreciate her always positive attitude and innovation and creativity. She will be greatly missed and leaves a solid legacy.

**Toby Schnoor** will be assuming the position. Her educational background includes a diploma in Wellness & Lifestyle Management, CAPC designation for Counselling, life coaching as well as HR management. Her experience with seniors includes her recent employment at Chartwell Ross Place and Crossroads Hospice Society. Her strong group facilitation skills and professionalism will be an asset to Silver Threads Service and we are pleased to have her join our team!



## Memory PLUS

Practice, Laughter, and Useful Strategies Corner

Staying hydrated is important when it comes to memory. Over 70 percent of your body is composed of water and every function in the body is dependent on water including the activities of the brain and nervous system<sup>1</sup>.

As the weather gets warmer we need to be mindful that we are drinking enough water. Are you drinking enough? Dehydration causes numerous symptoms including problems with focus, memory, brain fatigue and brain fog, especially as we age. You can find out more about how dehydration can dangerously affect us as we age by coming to the Speaker Series on Wednesday June 22 at Saanich Silver Threads, presented by Wendy Campbell, RN, CGN. Silver Threads Speaker Series are free and open to everyone.

<sup>1</sup> Fact from [waterbenefitshealth.com](http://waterbenefitshealth.com)



## Volunteer: Meet Bruce

Every March and April Silver Threads participates in the Canadian Revenue Agency Community Volunteer Income Tax Program. Our dedicated volunteers at both centres prepare taxes for over 268 seniors each year. Bruce has just completed his 17<sup>th</sup> year volunteering with Silver Threads at the Victoria Centre.



After growing up in multiple northern rural communities, Bruce finally hit the big city in 1958 when he started at UBC in Vancouver. Bruce graduated with a Civil Engineering degree, joined IBM in Vancouver, and spent a number of years designing and installing data processing and telecommunications-based computer systems. His 30 year career with IBM included a 2 year assignment in Zurich, Switzerland and over 20 years in management in Toronto.

Over the years Bruce has participated in many volunteer activities, much of it related to coaching sports, organizing charity events and fundraising for charity golf tournaments, but doing taxes for seniors is his favorite volunteer experience. Bruce gets great satisfaction from assisting his tax clients at Silver

Threads: "I enjoy the chance to meet and get to know so many interesting people from many walks of life. Each year about 80% of the clients are repeats. So, over the years more and more of their life stories get shared. I particularly enjoy hearing where the clients are from, where else they have lived, and how they happened to end up in Victoria."

Bruce says that "I really enjoy being able to help people who are in need and appreciate receiving my help."

## Call For More Duplicate Bridge Players

Victoria Bridge Club and Silver Threads Service offer duplicate bridge on Monday and Thursday afternoons

12:00noon to 3:30pm

We are eager for more players particularly for Thursdays

For more details Contact Saanich Centre 250-382-3151



## Canada Day Cake!

Join as a day early this year to celebrate Canada Day on June 30<sup>th</sup>, from 10:00 am until 1:00pm at both the Victoria and Saanich centres for Canada Day Cake!

## 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

**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*

