

This too shall pass



NOTE: This is **NOT** Physical Distancing.
One day we may gather like this. Just not today.

Silver Threads Service Centres will remain closed until the COVID-19 Pandemic no longer poses a risk to all of us. We will follow the guidelines from the Ministry of Health, Provincial and Federal Governments in making decisions on the timing of reopening.

On Thursday, March 26th Isobel MacKenzie, BC Seniors Advocate announced that Provincial support for Seniors will include utilizing the Better at Home Program and BC21 I and that seniors needing support and those in the community who can help will be matched up for services that include picking up groceries, prescriptions and check in phone calls. Silver Threads Service and James Bay New Horizons will be helping coordinate efforts for Greater Victoria in partnership with Beacon Community Services. More information will be available soon. Please check page 2 of this newsletter for our Food Program to help those in need.

In the meantime, staff are monitoring our phones during the week, if you have anything you want to discuss or need help please leave a message and we will get back to you. You can also email us at inquiries@silverthreads.ca

Also in this edition, some worthwhile websites that might be of interest to you that will offer some valuable information and support.

"So far you have survived 100% of your worst days. This too shall pass"

Guess Who's **NOT** Coming to Dinner

Please note that the Dinner planned for Wednesday, April 8th will be cancelled.
We hope to hold the May 27th Dinner and will provide regular updates.

Food Program

Silver Threads Service will be providing assistance to seniors who require support during COVID-19 to access food. We ask that you consider your own situation and that this service be reserved for those who truly are in need. If you are not able to get to the grocery stores, have limited support from others and have financial challenges we want to help. In the spirit of neighbours helping our neighbours this is essential to help those in need.

We will be starting the week of March 30th, and continuing for as long as we can. We ask that the following guidelines be followed:

Ordering

Call the Saanich Centre 250 382-3151 by Wednesday (starting April 1st) by 12:00 noon and leave your name and phone number only.

We will call you back to take your order.

Orders will be limited to 2 frozen meals and 2 soups per household. We will also try and provide a bag of produce from Food Share and Cobbs breads with each order as supply allows.

In some cases substitutions may be required.

Orders will be delivered or available for pick up on Thursday between 11:00am to 2:00pm.

Payment

You will receive an invoice with your order that can be paid by cheque through the mail.

Pick up – Thursday 11:00am to 1:00pm

For those who are able to come to the Saanich Centre by car:

Pull into the driveway, call us if you have a cell phone or honk your horn and staff will place the order in your trunk.

We expect everyone to practice physical distancing and ask that you do not get out of your car and do not come into the centre.

Deliveries – Thursdays between 11:00am to 1:00pm

Home drop offs will be available to those in Victoria and Saanich.

Again, practicing physical distancing orders will be left at your door and our staff will call you to let you know it is there.

Some of the options available are:

Frozen Meals

Spaghetti & Meatballs

Beef Stew

Chicken Salisbury

Liver & Onions

Frozen Soup

Carrot Ginger

Tomato Barley

Beef & Barley

Meatball

Chicken Noodle

Carrot Bacon—Gluten Free

Chicken Rice—Gluten Free

Connections during Self-Isolation

Here are a few websites you may want to check out that will provide more information (or distractions from) COVID-19

BC Government

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

Canada Federal Government

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

BC 211 <http://www.bc211.ca/> BC Seniors Advocate <https://www.seniorsadvocatebc.ca/>

Spiritual Support - for on line Worship Services

BC Muslim Association: <https://thebcma.com/>

Glad Tidings Church <https://www.gt.church/>

The Victoria Hindu Parishad and Cultural Centre <http://www.victoriahindutemple.ca/>

Saanich Baptist Church <https://www.saanichbaptist.org/>

The Roman Catholic Diocese of Victoria <https://www.rcdvictoria.org/>

Physical Health & Exercise for Seniors

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/physical-activity>

Filing your 2019 Income Tax

The social distance protocols for COVID -19 have resulted in the suspension of most Community Volunteer Income Tax clinics included the programs offered at both of our centres. The federal government is aware of this service interruption and has extended the filing season from April 30 to **June 1, 2020**.

The Together Against Poverty Society (TAPS) is currently continuing their income tax filing service by phone. Give them a call to explore this option at 250-361-3521 and ask for Sharifa.

Other ways you can file include:

NETFILE: If you can access a computer, you can file online using CRA certified tax-filing software. There are a variety of software products to meet their needs, some of which are free!

File my Return: File my Return is a free, secure, and easy to use telephone service for eligible people with low income or a fixed income whose situations remain unchanged from year to year. Those who are eligible have received an invitation letter in the mail or in their T1 income tax and benefit package. The service makes it easy and lets you file your income tax and benefit through an automated phone service 1-800-959-8281

Paper filing: You can still file your income tax return on paper. If you filed on paper last year and your address information with the CRA was up-to-date, you should have received your paper tax package in the mail by February 17, 2020.

You can view, download and order forms at canada.ca/taxes-general-package or call the CRA at 1-855-330-3305 to order a copy.



Important Note: There are numerous CRA and COVID-19 scams and frauds right now. Know that the CRA will never contact you by phone. Nor will the Federal Government text you to give you a refund or benefit. Do not respond. Ignore it and delete it.

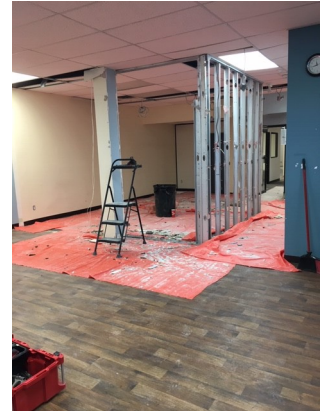
If it sounds too good to be true—it probably is a scam!

Renovations at the Victoria Centre

Renovations are continuing at the site of our new Victoria Centre. Thank you to Jake, John and the staff and contractors of Grayscale Development for managing the project for us.

Our hope is still to open in May but given the uncertainty in our world right now—the best laid plans of mice and men often go awry!

For now the photo to the right is of our lobby area. We will have comfortable seating, a coffee bar, books and games to create a place for members to hang out.



In addition to the large lobby we will have 6 different program spaces. To the left is the Multipurpose Room, that will be used for programs like Memory PLUS.

We can't wait to see how many ping pong tables the Sunday Chinese Seniors fit into this space!

The new centre will be located at the corner of Quadra and Caledonia across the street from the Victoria Police Station.

National Volunteer Week April 19 - 25, 2020

National Volunteer Week is a time to celebrate and thank Canada's 12.7 million volunteers. This year's theme is: "It's time to applaud this country's volunteers!!"

From coast to coast to coast, Canada's volunteers work tirelessly to spur progress in their community, city and country. They give their time in support of causes and programs they believe in and ask for nothing in return. And for that, we owe them our thanks. Let's roll out the red carpet and cheer them on!

(Volunteer Canada: <https://volunteer.ca/nvw2014>)

Victoria Computer Club

Tip of the month: Keeping up to date

It's the end of the 3rd month of the year... have you been keeping your devices up to date with the Microsoft updates on a regular basis? Are all your Android/Apple devices updated and backed up? Do you know how to check to see if your devices need updates?

It doesn't matter if you have a laptop, desktop PC, tablet, phone - learning how to update your devices on a regular basis is good practice both for the device and for your safety. The second most important thing to do is to know how to back up your precious files and pictures, either using an external hard drive, thumb drives, cloud services, etc. We hope once the COVID-19 Pandemic is over to welcome you to visit. Until then visit the website at <https://victoriacomputerclub.org> for more information.

Memory PLUS

(Practice, Laughter, Useful Strategies)

Our Word Scramble for the month of April.

Hint: It has nothing to do with COVID-19.

- | | |
|---------------|--------------|
| 1. olobm | 6. sasrg |
| 2. eelsnlaybj | 7. gegs |
| 3. kicbh | 8. retase |
| 4. kesabt | 9. dsilfofda |
| 5. nirgpb | 10. enusnihs |

- Answers:**
- | | |
|----------------|-----------|
| 1. Bloom | 5. Spring |
| 2. Jelly Beans | 4. Basket |
| 3. Chick | 3. Chick |
| 4. Easter | 2. Eggs |
| 5. Sunshine | 1. Grass |

Memory PLUS Programs

(Practice, Laughter, Useful Strategies)

Rebus Puzzles are a favourite for many who come to Memory PLUS classes. Rebus puzzles engage parts of the brain associated with language, creative thinking, spatial and visual abilities. They also can be fun and rewarding -- once you get the hang of how to do them! Each box below contains a "word picture" that represents either a common word or phrase. Hint: Notice how the letters and numbers are placed in the box, how many repetitions of a word there are, or what may be missing. See how many you can figure out below ...

1. ban ana	2. jobinjob	3. ZERO MD PHD	4. THINK
5. Give Get Give Get Give Get Give Get	6. ICE ³	7. TAILR RIALT AIRTL TLRIA	8. <u>Man</u> Board
9. ecnalg	10. FIT FIT FIT FIT	11. Oh, XQQQME!	12. History History History
13. C A L M	14. STANDING MISS	15. S O C I A L	16. abcdefghi jklmnopqr stvwxyz!

- Answers:** 1. Banana split 2. In between jobs 3. Two degrees below zero 4. Think Big 5. Forgive and Forget 6. Ice cube 7. Trail mix 8. Man overboard 9. Backwards glance 10. Forget 11. Oh, excuse me! 12. History repeats itself 13. Calm down 14. Misunderstanding 15. Social Distancing 16. Missing you!

Silver Threads Service Staff

- Tracy Ryan** Executive Director
Anne Nelson Saanich Centre Director
Ro Fife Saanich Centre Assistant
Christine Hagen Victoria Centre Coordinator
Amaiah Paradine Program Coordinator
Sandy Firth Bookkeeper
Donene Eve Food Services Coordinator
Susan Bauer Programmer/Outreach Worker
Sophie Nielsen Outreach Worker
Becah Burrage Activity Outreach Worker
Kim Davidson Reception/Instructor

Silver Threads Service 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 |
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For general inquiries please email:

inquiries@silverthreads.ca

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

