

A September to Remember.....

For many of us September feels like the beginning of the year, often more than it does in January. At Silver Threads it has always been a new start – new programs, events and welcoming everyone back to a routine, with exercise, learning and connecting with others.

As your Master of the Obvious – I need to tell you it is different this year.

Our good news is starting September 8th both Centres will be open 5 days a week, with programs being offered each day at Victoria and Saanich. Our schedule is not as robust as it was prior to COVID-19, where we offered 60 recreation and social programs weekly, now we have 27. Our capacity has been reduced for all the important safety protocols and physical distancing. Less classes and less people in the Silver Threads bubble is the safest way to go for now.

Unfortunately, we are not able to start the popular Outreach Programs like Memory PLUS this fall, but staff are going to keep in touch and connect with those who have been involved. Expect some homework to challenge you to keep your brains active until we can gather again.

Regrettably, our many community partners and user groups are being impacted by COVID-19 and we are unable to bring these groups back in the Fall and they are greatly missed.

May this month bring some nice weather so we all can continue to take advantage of the benefits of being in the outdoors. Your state of mind and overall health is important and the usual ways we use to manage may not be the same but hopefully the sunshine is! If you want to learn new ways to cope consider signing up for the Living Life to the Full program offered in partnership with the Canadian Mental Health Association. We have held this in the past and now, more than ever we can all benefit from learning new strategies and Cognitive Behavioral Principles to deal with feelings and COVID stress. The weekly program is offered at the Victoria Centre for 8 sessions starting September 24th. More details are in this newsletter.

Since the pandemic started, we have been delivering meals – over 2,000 now. We thought you might like to see behind the scenes to make this happen – see our Anatomy of a Meal Program for a glimpse behind the scenes.

While we can't accommodate everyone back in the Centres just yet, we are still open to connecting with you by phone, or to give tours of the new Victoria Centre. Call us to book a time at 250 388-4268. Stay well!

Tracy Ryan, Executive Director



There cannot be a stressful crisis this month. My schedule is already full.

COVID-19 Safety Plan

Silver Threads Service reopened our centres this summer and we follow our Safety Plan that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association. Copies of the Plan are posted in our Centres. Know that the experience at Silver Threads will be different.

A limited number of programs will be offered in order to manage group size in the Centres. Activities have been assessed to ensure they are conducive to all health protocols of physical distancing requirements and are scheduled to allow adequate cleaning of rooms and equipment between classes. We will not be holding special events, Food Services or Treasure Trove for the foreseeable future. Further information is following in this edition.

Anatomy of a Meal Delivery Program

With the pandemic in March and our centres closing, staff started a new program to support seniors and address food insecurity to get meals to those who need it. In five months we have delivered **2067 meals to 717 clients, and another 327 clients** have received produce and product to supplement their diets. There is much community support and behind the scenes work that goes into a Meal Delivery Program.



1. Thanks to the Food Share Network—produce and product is picked up from their warehouse and transported to our commercial kitchen.

2. Produce is cleaned and sorted.



3. Donene makes home made soup, then packages, labels and freezes for delivery.

4. Proper storage is critical, meals are frozen, eggs are a favourite and are (carefully) placed in the fridges.



5. We prepare the orders and pack the individual hampers, that includes dry goods, bread, produce and frozen goods. Even hygiene kits are included.

6. Delivery day! After staff have called to confirm orders, they and our volunteers load up and do COVID safe contact-less door to door delivery! Thank you to our incredible team for making it happen!

Thank you to the Rapid Relief Fund initiated by the Jawl Foundation, Times Colonist and the Victoria Foundation, United Way Greater Victoria, First West Credit Union, Cobs Bread, Soap for Hope, & Food Share Network for helping us serve the community during COVID-19. We are grateful!

Support Programs

Silver Threads Service provides support programs and is taking an interest list for appointments for the following programs. Please call the Victoria Centre at 250 388-4268 for more information.

All appointments will adhere to COVID - 19 safety protocols and are 15 to 45 minutes long.

Senior Mentoring - is there something you could use help with like completing on line applications, searching for information, applying for Federal programs? We can arrange one on one appointments with skilled volunteers who will provide assistance.

Legal - do you have a question that some legal advice would be best to provide an answer? Appointments are 15 minutes with a lawyer. (Wills are not included in this service)

Computer Assistance - need help with your smart phone or tablet? One on one appointments are available to help sort through the technology stumbling blocks.

Annual General Meeting Monday, September 28th 3:00pm

Our 2019-20 Annual General Meeting will be held at the Victoria Centre with an option to attend virtually. Our Financials will be reviewed, the Directors nominated and progress discussed. For more information call 250 388-4268 or email inquiries@silverthreads.ca

All the best to Sophie!

We wish Sophie all the best as she moves to Campbell River and a new position with Island Health! Sophie has been an Outreach Worker on the project that operated in partnership with Silver Threads and James Bay New Horizons.

She connected with so many in the community, ran programs at our centres and Housing sites, supported the out trips and bus program and was an asset to our organizations. We will miss you!



Living Life to the Full

In this 8-week program offered in partnership with the Canadian Mental Health Association, you will be taught strategies to deal with feelings when you feel fed up, worried or hopeless. Using Cognitive Behavioural Principles, participants will learn how to reverse negative habits and develop new processes to rebuild happiness - important skills to practice and build in these uncertain times.

Please call 250 388-4268 to register.

Date: Thursdays, September 24th to November 12th

Time: 10:00 am to 11:30 am

Location: Victoria Centre
1911 Quadra Street

Cost: 8 sessions: \$30 (includes resource materials and snacks)



Enjoying My Community

On Tuesdays from 1:00pm to 2:00pm the usually raucous EMC program is back but in a COVID friendly (and still raucous) format. Join Wendy Campbell at the Saanich Centre Auditorium for this popular program. The seating will be different to maintain physical distancing - but the topics and discussions will be as lively as ever! Please call to reserve your spot, 250 382-3151.

September 8th: AAA Rating of Aging

September 22nd: What's the News

COVID Safety Plan (continued from page 1)

All programs must be pre-booked by phoning in advance to reserve your spot. We ask you to arrive close to the designated time to avoid congregating. We encourage advance payment by phone—purchasing a punch card avoids cash handling. When you arrive at the Centres please use the hand sanitizer provided upon entering (and exiting). If you are bringing in your own equipment, please sanitize it as well. Check in with the Reception Desk. You will be signed in for your program.

When you are in the centre and your program area please follow all directional signage and maintain 2 metre physical distance. Wherever possible we encourage wearing a mask. Kits that contain a disposable mask, sterilizing wipe and gloves are available for purchase at the desks. Your name and contact information will be kept on a daily log in case we need to get in contact if there is a COVID related illness reported. As well, we will ask you COVID-19 related Health questions prior to admission to the centres. Entrance to the facilities will be denied if anyone has symptoms that are related to COVID-19.

Victoria Computer Club Tip of the month: “Back to School” organizing

As Fall approaches we start to think about getting organized. With your laptop and PC's you can review and delete files you no longer need, or perhaps accidentally downloaded to the hard drive and have no need for them. Review your pictures and delete the blurry ones, delete those 1,000's of emails you never get around to reading in your InBox, Sent Mail and Trash, or take time to read and then delete them.

Other decluttering tips are to get rid of electronics you no longer use in a safe manner. Ensure no data remains on hard drives, tablets or phones - factory reset or format the hard drives. When you have done that, take an inventory of what you have and write down the Serial Numbers, Models, what year you purchased, etc., keeping all of this in a safe place. You may be surprised if you have more than 1 person in the household the amount of equipment you have. Repurpose, Recycle and Donate. Sometimes a friend who isn't as fortunate to have electronics may be overjoyed at receiving something you are getting rid of. Many local computer shops can assist with this if you are unsure.

Check out our website at <http://victoriacomputerclub.org/> or email us at victoriacomputerclub@gmail.com



Our Centres will be closed on Monday, September 7th for Labour Day - but we will be starting our 5 day a week opening on Tuesday, September 8th.



Memory PLUS Programs

(Practice, Laughter, Useful Strategies)


We hope one day soon we will be able to offer the Memory PLUS Program, for now here is a little puzzle to get you thinking.

Letter Logic

Find the correct letter for each clue then unscramble them to find the answer to the joke.

___ Find a letter that is in **both**  and 

___ Find a letter that is in  but **not** 

___ Find a letter that is in **both**  and 

___ Find a letter that is in  but **not** 

___ Find a letter that is in  but **not** 

What do you call a lazy kangaroo? A _ _ _ _ _ Potato!

Answers: O,P,U,H,C—A Pouch Potato!

Seniors Serving Seniors Wants You!

If you offer private-pay as a house-cleaner, handy-man, companion or cook and enjoy working with seniors, please consider a listing in the Senior Serving Seniors database. We receive over 1,000 calls from elders each year seeking services. A current Police Information Check is required. Please submit your resume and three letters of reference to sl@seniorsservingseniors.bc.ca

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
Kim Davidson Reception/Instructor

For general inquiries please email:

inquiries@silverthreads.ca

Silver Threads Service Locations

Saanich Centre
286 Hampton Road
Victoria, BC V8Z 1H1
Phone: 250 382-3151

Victoria Centre
1911 Quadra Street
Victoria, BC V8T 4C1
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

