

A helping hand

Every year leading into the holiday season Silver Threads Services reaches out to those who are closest to us to ask for support for our Annual Fundraising Campaign. This year is unlike any we have had in our 64-year history due to COVID-19 and I ask anyone who has enjoyed our programs and services to make a donation to help us sustain the organization through these challenging times. Not surprisingly, the Charitable sector has been impacted by the pandemic. Specifically, for Silver Threads we were in shut down for close to 4 months, and although we opened in July are facing a 70% drop in membership and an 88% reduction in our Program Operating revenue.

While our Centres are open, we are only able to offer half of our usual programs. In order to keep those who are attending safe and maintain physical distancing class sizes are reduced to half of what we had before COVID-19. We will need to continue to manage this for the foreseeable future.

While this may seem dire, I must say we are a resilient organization. The positive initiatives during the last 9 months have been: relocating our Victoria Centre and welcoming the community to the newly renovated space; starting the More than Meals Program to help seniors access good food; and for starting up programs safely under COVID protocols. The relationships we have with partners and funders like the City of Victoria, Seniors Serving Seniors, James Bay New Horizons, United Way Greater Victoria, Victoria Foundation and others have been invaluable as we work together in new ways to face the challenges and try to address the needs of seniors. Importantly, the dedication of our staff team together with the support of the Board of Directors have been the foundation upon which we are rebuilding.

Please consider making a donation to support our good work. You may receive information in the mail on how to donate. As well, donations can be made at our centres, or online, using the secure Canada Helps page <http://silverthreads.ca/support-us/>. Donations will be issued a tax receipt to be used in your 2020 Tax Return.

Thank you for your consideration.

Tracy Ryan,
Executive Director

“When I was a boy and I would see scary things in the news, my Mother would say to me, “Look for the Helpers. You will always find people who are helping’ To this day, especially in times of ‘disaster.’ I remember my Mother’s words and I am always comforted by realizing that there are still so many helpers-so many caring people in this world.”
Fred Rogers



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.

Walking in a Winter Wonderland

Silver Threads will be hosting a COVID-safe walk through Christmas Dinner at the Saanich Centre for you to pick up a takeaway Turkey Dinner and all the trimmings to enjoy at home. You will take a physically distance stroll through the festive Centre, wave at Santa from afar, hear some music and see some dancing, and maybe win a prize. Face masks will be required for this event and Santa hats are optional.

Date: Friday, December 18th

Time: Your 30-minute visit and dinner pick up will be scheduled with a timed entry starting at 1:00pm

Cost: \$10 members \$15 non-members.

To book your spot and make payment please call 250 382-3151.

Thankful for Books and sharing a love of reading!

Lending Library

Did you know that both of our centres have fantastic libraries full of books, including large print versions of various genres, literature, popular novels and best-selling authors. We also have puzzles to borrow, from 500 to 1500 pieces of various scenes and subjects. Getting lost in a good book or keeping yourself occupied with a puzzle can be one of the best ways to relax during COVID.

Being a Bookworm Can Boost Your Brainpower – Here's Why:

- Brain scans are revealing what happens in our heads when we read a detailed description, an evocative metaphor or an emotional exchange between characters.
- Narratives involving characters, tension and descriptive words can light up many regions of the brain: as reported in the journal *NeuroImage*, researchers in Spain found when subjects looked at the Spanish words for “perfume” and “coffee” their primary olfactory cortex lit up; when they saw words that mean chair and key, this region remained dark.
- Researchers have also found that unique metaphors like “the singer had a velvet voice” or “he had leathery hands” roused the sensory cortex whereas other, more plain metaphors e.g. “he had strong hands” did not. (“Your Brain on Fiction” by Annie Paul, 2012 New York Times).
- Reading books and magazines, writing and participating in other mentally stimulating activities, no matter your age, can help to keep memory and thinking skills intact, a 2013 study at Rush University Medical Centre suggests.



Some of the titles available at the Victoria Centre

Book Club - Victoria Centre

Do you love the written word and want stay socially connected? Join our small group and discuss your favourite books and, if you like to pencil poems, stories and narratives, you can even come share some of your writing strategies and content. Offered on Tuesdays from 10:00 am to 11:00 am. \$2 (members), \$5 (non-members).

New Programs

Saanich Centre

Zumba Gold

Zumba Gold is an exercise program using the rhythm and movements of Latin dance. It involves low-intensity, easy-to-follow choreography that focuses on balance, range of motion and coordination.

Date: Fridays, November 13th to December 4th

Time: 1:30 pm to 2:30 pm

Place: Saanich Centre, 286 Hampton Road

Cost: 4-sessions: \$37.80 (members), \$54.60 (non-members), includes GST

Instructor: Isabel Arias-Santos

Victoria Centre

Crafts and Connections

Let's bring back the tradition of sending Christmas Cards! Join us for a small group activity and make your own cards, there will be two styles - embossed and reindeer thumbprint to try and lots of opportunity for your own creativity.

Date: Wednesday, November 25th

Time: 1:00 to 2:15pm

Cost: 1 session \$4 (members) \$6 (non-members), includes GST

Thank you to our Partners

Living Life to the Full

Thank you to the Canadian Mental Health Association for running the Living Life to the Full Program at the Victoria Centre this fall. It was a great group of participants and great facilitation by Don and Kari! We look forward to running it again in January!

Rexall Flu Clinics

In October Silver Threads hosted Flu Clinics at our centres. Thank you to Pharmacist Gloria from Rexall for providing vaccines for

over 70 people. It was a quick, easy and safe process for everyone and we are glad so many got this protection.



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.

Find the Hidden Animals Quiz

Hidden in each sentence are letters spelling different types of animals.

How many of them can you find?

Example: Close the door **at** once! --- Answer: **Rat**

1 That will be a real help

6 He called Akiko a lazy boy

2 He came to America today

7 Was Pilar mad, ill, or glad?

3 Eric owes me ten cents

8 When I withdrew, Al rushed in

4 It's only a kilometer away

9 We're sending only one book

5 She came late every day

10 Your comb is on the table

Answers:
1. Bear, 2. Cat, 3. Cow, 4. Yak, 5. Camel, 6. Kodl, 7. Armadillo, 8. Walrus, 9. Dingo, 10. Bison

COVID Safety Plan (continued from page one)

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

riding the technology wave

since 1983

Tip of the month: Navigating Technology in a COVID World

When you depend on your computer, smartphone, or tablet more than ever to keep in touch during these times of COVID, keeping them running with current updates becomes critical. Recording your passwords and email addresses for your accounts is very important when you need to pay bills, do your banking online, send emails, etc. We are currently not doing in person classes or one on one help, but you are still welcome to join the Victoria Computer club for help and learning online in these trying times. Check out our website at VictoriaComputerClub.org or email us at VictoriaComputerClub@gmail.com

Computer Assistance

Is available at the Victoria Centre. If you need help with your smart phone, laptop or tablet we offer one on one appointments to help you sort through the technology stumbling blocks. COVID safety protocols are in place. Call 250 388-4268 to discuss your needs.

Seniors Serving Seniors

Seniors Serving Seniors is a charitable society that supports the well-being of seniors. The organization operates out of the Victoria Silver Threads Centre at 1911 Quadra Street

Seniors
Serving
Seniors

“This Month’s News Brought to You By the Letters K and M”

We’ve been having fun with projects over here at Seniors Serving Seniors. The K refers to our fortunate opportunity to have UVIC Political Science student Kamiya assist us on several projects; these shall be shared once completed. The K also refers to our high school student volunteer Katrina – she is responsible for developing our new fabulous logo (see above). Great thanks and appreciation goes out to both of these two! The M refers to our re-energizing of our website; we realized we needed to upgrade and bring in some fresh eyes; enter Pacific Design graduate Mario. It’s still a work in progress - keep your eyes on our cyber space for that launch (aiming for November/December).

Call 250 413-3211 for more information for more information on this or any of our services.

Remembrance Day

Our Centres will be closed on Wednesday, November 11th for Remembrance Day - and will reopen on Thursday, November 12th.

During COVID Remembrance Day needs to be acknowledged in a different way so we are all safe. Remember at home. The Royal Canadian Legion suggests having a moment of silence at the end of your driveway or sidewalk.



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 Program Assistant

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.

For general inquiries please email:

inquiries@silverthreads.ca

stay active • stay healthy • stay connected

