

## Chocolate and Gratitude



It's October and we celebrate International Day of Older Persons 2020 on the 1st. Declared by the United Nations 30 years ago this day recognizes the contribution seniors make to our communities. This year the UN also acknowledges the impact COVID-19 has had on older persons around the world and we can all attest to that. Since we can't gather like we have in the past we have found some small, and hopefully meaningful ways to celebrate the occasion. For our friends on the More than Meals and Living Life to the Full Programs we are sending our thoughts and a chocolate cupcake to help you celebrate. Chocolate is a celebratory food if there ever was one.

This month is also Thanksgiving and we have been cautioned by our Health Officials to limit family gatherings to avoid future spikes in COVID-19. Depending on your family situation, this might be greatly missed or be a great relief. Whichever way it is for you; I hope you can take comfort as well as gratitude for the other good in your life however big or small. I take comfort in the hope that by limiting our contacts now we are working toward Christmas and maybe then we can have modest gatherings during the holiday season. I am grateful that we are in BC (and the island) with relatively low COVID numbers, have good guidance from our Health Officials to help us through the pandemic,

oh and I am grateful for Chocolate. Chocolate is a comfort food if there ever was one.

Halloween is sure going to be different this year as well. Kids may not be able to Trick or Treat and that is too bad. As adults though I would highly recommend you just go and buy your own treats. I personally think that working your way through a bag of fun-sized chocolate bars is a perfectly acceptable way to celebrate the scary season. I especially enjoy **OH** thank you Dr. Bonnie **HENRY** bars (see page 2). Which combines the comfort of chocolate with gratitude for Dr. Bonnie. Next month we'll focus on the health benefits of wearing elastic waist pants. I hope October is a sweet month for you all. Stay well.

*"There's nothing better than a good friend, except a good friend with Chocolate."*

Tracy Ryan, Executive Director

L. Grayson

The 2020 British Columbia general election will be held on **October 24, 2020**

Information on how to vote will be included on your "Where to Vote" card.

**Vote in advance:** From October 16<sup>th</sup> to 21<sup>st</sup>, 8:00am to 8:00pm

**Vote at a District Electoral Office:** And day from September 21<sup>st</sup> to 4:00pm on October 24<sup>th</sup>.

**Vote by mail, by telephone or on the day.** Contact Elections BC 1-800-661-8683

Or by email [electionsbc@elections.bc.ca](mailto:electionsbc@elections.bc.ca)



**ELECTIONS BC**  
A non-partisan Office of the Legislature

## 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.

## September Highlights

### International Day of the Older Person

Celebrating in small ways!



**Cindy was so pleased to be recognized and loved the thought.**



Thank you Ooh La La Cupcakes for the delicious chocolate cupcakes and the lovely presentation.

Our great volunteers delivered the treats to folks on the More than Meals Program.

### Revera Retirement Living

Thank you to Revera for the gifts we were able to deliver to some special seniors on October 1st for International Day of the Older Persons. Folks enjoyed some nice treats and we appreciate Revera for reaching out to those in the community.

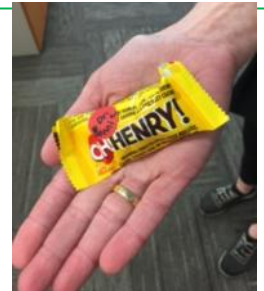


**Kathy Ajas from Revera presents Silver Threads with gifts for special seniors in Victoria.**



**OH** thank you Dr. Bonnie **HENRY** bars Get it? Oh Henry. Dr. Bonnie Henry. We redesigned the wrapper and shared

these fun-sized treats with our friends this month!



### Hearts for Seniors

The Random Crafts of Kindness group of avid Knitters at the Victoria Centre has been busy creating hundreds of cheerful knitted hearts and we have been mailing them out to folks to let them know we are thinking of them. It is always nice to receive a little pick me up in the mail. The little gifts can be used as coasters, bookmarks or as decoration. If you know a senior who might really appreciate a hand-crafted

heart, please call our Victoria Centre at 250 388-4268.

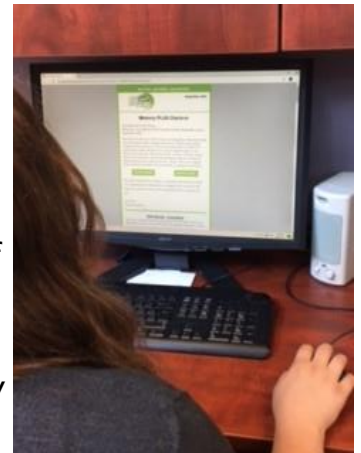
The crafters meets on Friday from 10:00am to 11:30am call 250 388-4268 for more information.



**Bill gets a kick out of a surprise heart in the mail.**

### Memory PLUS Communication

We want to stay connected to everyone who was involved in Memory PLUS. In September we sent out our first edition newsletter with things to keep your brains active and engaged. Fun, research and new ideas from Amaiah and Kim will provide a bit of entertainment. We will put these out every 6 weeks.



## New Programs

### TIME Together in Movement & Exercise Victoria Centre

TIME is designed by physiotherapists for people with conditions such as stroke, MS, or weakness after hospital stay. Join kinesiologist Kim, who is newly certified to instruct



the class. Offered on Wednesdays from 2:00 to 3:00pm. Starts October 7th and is \$52.50 for 5 classes. Small class of 4 participants.

### Ukulele: Experienced Ukulele Saanich Centre

Players who have been playing for a year will be given the opportunity to extend and strengthen their ukulele techniques with Patrick Alexander. Strumming patterns and picking patterns will be explored. Participants will learn how to strum songs, with a variety of chord progressions. Students must provide their own instrument, tuner, 3-hole binder and pencil.

Offered Wednesdays from 10:30 to 11:30am. Starts November 4th for 6 sessions and is \$56.70 (members), \$81.90 (non-members), + \$5 for music package, includes GST

### Flu Clinic

Influenza vaccines protect against viruses that cause influenza. We are being strongly encouraged to get our flu shots early. Rexall Drugstore will be running Flu Clinics, in partnership with Silver Threads with Clinics in October and November. Space is limited so please call for more information.

#### Clinic Guidelines:

- Free for seniors
- Book an appointment (NO drop-ins)
- Present BC Care Card
- Wear a mask
- Do NOT attend if ill

### Saanich Centre

Date: Friday Oct 16th

Call: 250-382-3151

### Victoria Centre

Date: Tuesday Oct 20th

Call: 250-388-4268

### Upcoming Clinics

Victoria: Wednesday November 18th

Saanich: Friday November 20th

## 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.

**Word Ladders:** Work your way down the ladder from “corn” to “husk” by only changing one letter at a time. Follow the clues and fill in each rung. On the right try to build your own word ladder, you can use our suggested starting/ending words or create your own. Once you’re done see if you can think up some clues and test your friends!

Corn		Dark
	Used to seal wine bottles	
	Meat from a pig	
	To regain energy	
	Trim and stylish	
	A nuisance	
	To relax	
	Oxidized iron	
	Small particles	
	When it gets dark outside	
Husk		Bean

## 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: Cybersecurity

Now that our lives have changed with COVID-19, we are at home more, using our computers, tablets and smartphones to stay connected with family and friends, to learn, and possibly to work.

October is Cyber Security Month - time to ensure that

- your devices are up to date,
- virus/malware programs are working as they should,
- you have an inventory of your digital equipment,
- you changed and secured your passwords, and
- you are not falling for all the scams and fake emails.

The VictoriaComputerClub.org website and the Government of Canada website [getcybersafe.gc.ca](http://getcybersafe.gc.ca) both offer advice on securing your devices.

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](http://VictoriaComputerClub.org) or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com)

## Seniors Serving Seniors



seniors *servings* 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

Happy October to You! This month our focus is on our Senior Link Telephone Line. Our volunteers and staff answer the phones Monday to Friday 9:00 to 4:00pm. We can help with information and referral and connections to helpful resources.

Often we may be on other calls or working remotely so please leave a clear and detailed message and a number you can be reached at so we can help you. We will return your calls as quick as we can. The cast of characters whom you'll be speaking with could be one of four: Mondays you'll be assisted by Charlotte; Tuesdays will be our newest volunteer Wendy; Wednesdays Gwen, a Director on our Board and Education Coordinator; and last but not least, Thursdays and Fridays Vicki, the Executive Director.

Other **BIG NEWS!** The new Blue Book 2021-2022 (our Directory of Services for Seniors) is hot off the presses! Feel free to pick one up here at Silver Threads or other various agencies in town. We'd love to help in any way we can. Call 250 413-3211 for more information.

### Thanksgiving Day

Our Centres will be closed on Monday, October 12th for Thanksgiving Day - and will reopen on Tuesday, October 13th.

Enjoy the long weekend and give thanks for all our blessings, even in these challenging times take a moment, a deep breathe and practice gratitude. Practice makes perfect!



### 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

For general inquiries please email:

[inquiries@silverthreads.ca](mailto: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*

