

Happy New Year! Thank goodness....



It is with relief we all say good-bye to 2020. What a year we have all had! While we have a way to go, 2021 should bring positive developments for all of us. With the Provincial Health Orders announced January 7th that extends current PHOs Events and Gatherings to February, our centres will be resuming a modest program schedule with all necessary safety protocols in place. At the Saanich Centre we will take full advantage of our large auditorium to hold group low intensity exercise programs in keeping with the guidelines. New offerings include Beginners Line Dance, Fusion Fitness and Zumba Gold. Check out the Victoria Centre for Brain Games and Living Life to the Full Programs. We'll help keep your body and mind healthy. We ask you continue to follow all protocols and guidance from staff when visiting the centres for your activities. See page

3 for complete information.

Important information for BC residents on the BC Recovery Program that was announced in December that will provide \$500 for Individuals and \$1,000 for couples – **you must apply for this benefit** – it is not automatic. See below for the details and know that if you need support to apply online volunteers at the Victoria Centre are able to help if you don't have access to a computer. After the holidays a few extra dollars in your pocket is a good shot in the arm for the new year – almost as good as a vaccine!

Speaking of vaccines, it does appear that we are making progress in BC on that front. At the time of writing this, over 41,000 people have received the COVID-19 vaccine in our province. Some good news and hopefully motivation to keep up the protocols for the next few months.

Each year at this time I think about resolution or intentions for the year, often including some information in our January newsletter. When I look back to this time last year and setting goals of being healthier or watching less television seems so naïve! Kind of like a passenger on the Titanic making plans to have a restful holiday. Maybe 2021 is the year to just resolve to get through, one day at a time. Be kind to yourself, we will

“At 12:01 am on January 1st, for the first time ever, Hind Sight really will be 2020..”

Said someone on internet

BC Recovery Benefit

The Provincial Government is providing the BC Recovery Benefit that will give a one-time, tax free benefit of up to \$1,000 for families and \$500 for individuals (annual income of less than \$62,500)

Applications will be accepted up to June 30th, 2021.

You can apply online <https://www2.gov.bc.ca/gov/content/economic-recovery/recovery-benefit>

Or by phone [1-833-882-0020](tel:1-833-882-0020) Monday to Friday, 7:30 am to 5:00 pm, excluding statutory holidays.

What you need to apply

- Your net income from your 2019 tax return. This is Line 23600 on your income tax return.
- Your social insurance number, individual tax number or temporary tax number.
- Driver's license number, if you have one.
- Direct deposit information, (this information is found on your personal cheque).

If you would like to apply online and need assistance, one on one appointments will be available to help you.

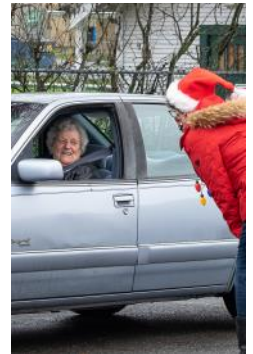
Appointments will begin after January 4th at the Victoria Centre. You must have filed your 2019 return.

Curbside Christmas

December 18th was our Curbside Christmas at the Saanich Centre. What a change this year, this was our COVID-safe way of getting 100 Turkey Dinners out to a few of our most favourite people! It was so good to see some faces we haven't seen for awhile. People came by car, by bike, by foot and Santa maintained his distance and packed the bag of goodies safely in for the ride home. The gratitude and smiles are a highlight for all of us.



Thank you everyone who helped make the Christmas deliveries special.
 Volunteer Margo for the Santa napkins and decorations.
 Revera Parkwood Court for the donation of the beautifully made cookies.
 Unique, hand made cards made by Jean and Sheila.
 The Weavers who sewed over 100 cloth masks in a variety of styles and materials.
 Mike for playing Santa. Chris for assisting.
 Photographer Carol for the great photos.
 Marcus for helping in the kitchen and at curbside.
 Thank you everyone for making it a fun and safe afternoon!



Amica Helping Hands Program

On December 24th we delivered holiday turkey and ham dinners to everyone on the More than Meals Program and lovely baskets from the Amica Helping Hands Program. Our volunteer drivers were pleased to play Santa and we are so grateful to be able to give these gifts. The recipients were more than thrilled to receive everything from fancy to practical treats. Says one of the seniors, "WOW, what a beautiful, wonderful basket of goodies. Thanks for making my holiday so much more special. I'll be cuddling that beautiful blanket for years to come and think of how fortunate we seniors are."



Thank you Amica for the awesome baskets!



Thank you Volunteers for connecting with seniors and delivering with care!



One of many happy faces this Christmas!

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.

9 Letter Word Puzzle

Try to make as many words as you can using the letters in the grid. You must use the middle letter. There is at least one nine letter word for each puzzle. Names may be used toward your word count.

O	C	O	_____
L	A	H	_____
T	C	E	_____

Answers:
9 Letter word: Chocolate, there are over 50 possible words

Random Crafts of Kindness

One way Silver Threads participants, members, and volunteers have decided to cope with this pandemic is by helping others. One volunteer expressed that service to others helps her “get through the day and remember what is important!” The latest project our group of knitters and crocheters has taken on is making blankets for babies, children and youth at Artemis House Society. In total, our group of 7 crafters plus friends have made 29 cozy comfort blankets to go out into the community. Other crafts projects also happened - Phyllis made some beautiful and ornate Christmas balls for the Royal Jubilee Hospital Auxiliary Gift Shop, and Pat made some tiny angels which were sent out to a Seniors Care Residence with a cheerful card.

Crafters of Kindness:
Phyllis, Margaret,
Anna, Wendy.
Absent:
Pat, Shirley, Delores



COVID Safety Plan

As of November 27th, 2020

Silver Threads Service has a Safety Plan in place that follows guidelines from Worksafe BC, Ministry of Health, local Health Authorities and BC Recreation and Parks Association.

In keeping with Provincial Guidelines face coverings or masks are now mandatory at our Centres. If you do not have one check in with us at the Reception Desk and we will provide you with a disposable mask.

- 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, safety and are scheduled to allow adequate cleaning of rooms and equipment between classes.
 - 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) and wear your face covering or mask.
 - 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.
 - While in programs we encourage wearing a mask.
 - Your name and contact information will be kept on a daily log for 30 days 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 or refusal to wear a face covering or mask.
- Thank you for your cooperation and understanding..

Victoria Computer Club

riding the technology wave

since 1983

Tip of the month: Safe New Year

It's a new year and we are all hoping for the continued roll out of the vaccine. By now we know what we need to do to stay healthy and safe. A new year means to assess the technology you currently have.

Take an inventory of all the devices you have

Make sure they are all up to date and getting the proper security updates as old technology at some point will stop updating

Make backups of your precious pictures and documents

Review your passwords and change those that are not strong/complex

Ensure your family know where these passwords are for the future

You are still welcome to join the Victoria Computer club for help and learning online in these trying times using Zoom.

Check out our website at VictoriaComputerClub.org/ or email us at VictoriaComputerClub@gmail.com

Remembering Lily

On December 1st we honoured our friend and longtime Silver Threads Member Lily Chu who passed away June 4th, 2020.

It was her love of table tennis that inspired a legacy gift, we appreciate Lily's family for providing a new, state of art table tennis table in her memory. Thank you to her children, Dawn, Derek, Laura, Leslie, Lisa, & Norine. The table was unveiled, a rally was played and thoughts were shared by small, physically distanced group of friends. We miss her and remember her fondly, our thoughts are with her family.

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

2021 Programs at a glance

Well, I'm not sorry to see the last day of 2020 and I'm sure I speak for us all!

This year, 2021 will be business as usual while maintaining all COVID-19 safety protocols and assisting seniors by:

Senior Link telephone line (250-413-3211). This service is to assist anyone with referrals or resources for things such as:

If you need a house cleaner, grocery shopper, handyperson, computer assistance, errands run and we can provide information on many, many topics.

As we are mostly working remotely these days, please leave us your name and number and you will hear back from us within a couple of hours.

Return to Health Program: This program is for seniors who have been released from the hospital and need assistance in their home during recovery.

Seniors Directory: Our handy dandy "Blue Book" is available for free at many pharmacies, volunteer agencies and seniors' centres in Victoria. Please call us and we can point you to the right address in your area to pick one up.

May the new year be a happy and healthy one for all of us.

Vicki Pilot,
Executive Director

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

Silver Threads Service Staff

Tracy Ryan Executive Director

Anne Nelson Saanich Centre Director

Ro Fife Saanich Centre Assistant

Amaiah Paradine Program Coordinator

Sandy Firth Bookkeeper

Donene Eve Food Services Coordinator

Kim Davidson Program Assistant

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

