

## Marching on.....



As we keep Marching towards spring and celebrate St Patrick's Day this month - *may your pockets be heavy and your heart be light. May good luck pursue you each and every night.*

With some luck and good planning we keep taking steps to get through the pandemic. Like most of you we are keeping an eye on the information being provided by the Provincial Government related to COVID-19. We continue to follow the guidelines, which continues to limit our program offerings and our participation numbers. We know that until there is a robust roll out of vaccines we are going to be this way for some time.

Of great interest to all of us is the Vaccination availability, as of March BC is in Phase 2 and the priority group is for people over the age of 80 who were not immunized in Phase 1. For information on the process

we suggest you keep checking the Provincial website on how to register and pre-register for a vaccination clinic once they start this month. For anyone who doesn't have access to a computer we will have printed copies available at the centres for pick up.

Frequently check this site for updates: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/vaccines#register>

At Silver Threads this month we begin our Income Tax Program in earnest – and hope that March brings each of you a wee pot of gold in the form of a refund! A reminder too, that if you haven't applied for your BC Recovery Benefit you have until June 2021, and we can help with the process. More information on both these programs is available in this newsletter.

At the end of the month we will have some fun with our Hop-By Easter Dinner. Join us on March 31<sup>st</sup> and pick up your Easter Dinner. Every bunny will be there.

Irish you a prosperous month!

Tracy Ryan,  
Executive Director

*"May good luck be with you wherever you go, and your blessings outnumber the shamrocks that grow."*

## Hop-By Easter Dinner

Wednesday, March 31<sup>st</sup>



Following our successful Curbside Christmas Dinner we are holding a **Hop-By Easter Dinner**. Pick up a scrumptious frozen complete ham meal as well as some surprise extra goodies on Wednesday March 31<sup>st</sup> at the Saanich Centre. The Easter Bunny will safely deliver the meals to you curbside at your car, bike, scooter or on foot..

To reserve your Easter meal call the Saanich Centre at 250 382-3151.  
Cost: \$10 members \$15 non-members.

## 2021-22 Membership Renewal

Even though our Centres are not fully operating due to COVID-19 you can show your continued support to Silver Threads Service this year by renewing your membership!

Our membership runs from **April 1st to March 31st** and you can sign up NOW!



**Membership is \$55 (GST included) and you will receive:**

Access to Silver Threads Service programs offered at both Saanich and Victoria Centres.

Preferential (reduced) members program fees for centre activities.

Courtesy calls for program changes or cancellations.

A sense of community belonging.

Knowing that you are helping to ensure we are here to serve you after we get through the pandemic.

## Support Programs

### Income Tax Preparation

Between March 1<sup>st</sup> and April 30<sup>th</sup>, Income Taxes for 2020 can be filed at Silver Threads, through the Canada Revenue Agency's Community Volunteer Income Tax Program (CVITP). Eligibility for Seniors 55+ includes having a moderate income (up to \$35,000 for a single person or \$45,000 for a couple) and a simple tax situation. Due to COVID-19, this year our volunteers will be e-filing all returns and appointments will be by phone only. The service is free of charge, and you can book an appointment once you have received your relevant tax forms in the mail through our Victoria Centre 250 388-4268.

### 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.

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

Book your appointments now at the Victoria Centre. You must have filed your 2019 return.

Call 250 388-4268 for more information.

## 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.

### Missing Letter

There is one empty square for each of the letters listed on the left hand side.

Fill in each open square with its corresponding letter to form a word that is at least 5 letters long, reading across only (left to right). Not all of the letters in each row will be used, it is up to you to decipher which ones will form a word with the missing letters.

A
B
C
D
E
F
G
H

M	O	U	R	N		R	O	U	N	D
I	G	D	R	I		T	W	O	O	D
S	F	M	E	M		E	R	O	T	L
M	S	T	R	E		T	U	R	T	A
A	H	S	U	S		U	T	T	L	E
O	L	E	M	O		H	A	N	S	G
P	A	R	A	K		E	T	I	U	T
G	D	W	I	L		F	I	R	E	R

Answers: 1 Ground, 2 Driftwood, 3 Member, 4 Treat, 5 Shuttle, 6 Mocha, 7 Parakeet, 8

## February Highlight

### Cupid Calls



Our two volunteer “Cupids,” Bev (below) and Adele (left), came through on a cold and frosty Friday before Valentine’s Day and rang some of our participants and members, to receive a special message from all of us at Silver Threads. Our volunteers shared funny poems, anecdotes and

friendly chit chat. Calls were met with laughter and appreciation, and a few tears were shed, some joyful and some with the sadness of being apart from friends and loved ones.

*Roses are red  
Violets are blue  
This is Silver Threads  
And we miss you*

*My eyes are full of tears  
That they can no longer see  
I wish you were here  
To chop these onions for me*



### Marketing and Rebranding Surveys

Our Meals Program funder First West Foundation provides a grant through the Community Response Fund this year and

which we are very pleased to received.

In addition First West, in partnership with Douglas College supports student learning through hands-on projects with local charities and selected Silver Threads to be one of three organization for students to develop marketing, and rebranding research and plans.

During the month of March we will be reaching out to our members and stakeholders to gather feedback to include in the final report. Expect to receive survey information this month, we look forward to hearing from you.

## COVID Safety Plan

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 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.

## Enjoying my Community - Later Life Learning

**Chronic Pain Requires Pain Management** Learn how pain management plays a part in our quality of life.

Saanich Centre 1:00 to 2:30pm Tuesday, March 9th

**Hey What’s the News?** Current Events discussion.

Saanich Centre 1:00 to 2:30pm Tuesday, March 23rd

**What is Polypharmacy & How to Prevent it?** Find balance in managing potential overuse of medications.

Victoria Centre 1:00 to 2:30pm Tuesday, March 2nd

**Hey What’s the News?** Current Events discussion.

Victoria Centre 1:00 to 2:30pm Tuesday, March 16th

## Victoria Computer Club

riding the technology wave

since 1983

### Tip of the month: Digital Declutter

The Victoria Computer Club usually meets at the Saanich Centre of Silver Threads Service, but are now meeting online due to COVID – 19.

We know most people are getting tired and may not want to be on their devices all the time as the months wear on. Perhaps this is a good time to review some of your paperwork for your family to have regarding all of your digital assets. We recently had a wonderful presentation from one of our California clubs on Digital Legacy. This is preparing all of your digital devices, passwords, accounts, social media accounts, hardware, external drives, SD cards, as well as many other items and information for your Estate/Executor. We were given checklists and it was an eye opener. If you are interested in this type of information, it's one more learning event you can participate in with the computer club.

The virtual room we meet in is private, but you are welcome to join us if you are interested in learning about our club. Check out our website at <https://victoriacomputerclub.org/> or email us at [VictoriaComputerClub@gmail.com](mailto:VictoriaComputerClub@gmail.com)

### Easter Long Weekend

Good Friday is April 2nd and Easter Monday is April 5th. Our Centres will be closed during the long weekend and will reopen Tuesday, April 6th. Have a safe celebration, may it be egg-xactly what you need!



## 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

### Staff Changes

We are pleased to announce and welcome Lane Sherman as the new Education Coordinator for Seniors Serving Seniors. Lane is an experienced leader, has an MA from Royal Roads University, and has been working as an educator and facilitator for over 20 years. He is excited to be joining our team and is looking forward to supporting the great community work of Seniors Serving Seniors.

We are as well very grateful to our outgoing Education Coordinator, Gwen Gaddes. With a passionate commitment Gwen has successfully supported our Volunteers as Education Coordinator since January 2019 and has decided it is time to pass the baton. Besides being a Board Member of Seniors Serving Seniors, Gwen will remain a valued contributor in her roles as Return to Health Committee Chair, Directory Committee Chair and assisting with our Senior Link telephone resource and referral program.

### Cuteness Alert

We are also happy to announce another new member of the SSS family. This is Zoey, our Return to Health Coordinator's new furry helper. Vicki Pilot, Executive Director  
Call 250 413-3211 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](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

