



March 2021

# Support Programs

Silver Threads Service provides a variety of support programs for Seniors and is providing information and booking appointments for the programs listed below.

Silver Threads is also dedicated to helping Seniors with barriers to Food Security.

Please call **250 388-4268** or **250 382-3151** for more information.

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

**BC Recovery Benefit** - The BC Recovery Benefit is a one-time, tax free benefit up to \$1,000 for families and \$500 for individuals. For more information, or assistance to apply, please call the Victoria Centre at 250 388-4268.

**Income Tax Preparation** - Beginning March 1st 2020 Income Tax returns can be filed at Silver Threads, through the Community Volunteer Income Tax Program (CVITP), free of charge. Eligibility for Seniors includes having a moderate income and a simple tax situation.



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

**LIFE Program** - The Leisure Involvement for Everyone Program (LIFE) allows eligible low income residents in Victoria to have access to City of Victoria recreation facilities, and eligible Saanich residents have access to Saanich Recreation facilities. Lower income seniors from either municipality may use the LIFE program to access free Membership at Silver Threads. Please call for more information and to apply.

**Senior Mentoring** - We can arrange one on one appointments with skilled volunteers who will provide assistance with on line applications, searching for information, and applying for programs such as Shelter Aid for Elderly Renters (SAFER), the BC Bus Pass Program and Federal programs such as Fair Pharmacare.

**Telephone Reassurance Program** - This is a no charge community service offered by Silver Threads Service providing daily phone contact to seniors living alone in the Victoria area. Trained and screened volunteers offer a friendly check-in phone call on weekdays to ensure the participating client is safe and well.

**More Than Meals Program and Food Share** - During COVID-19 Silver Threads is providing a Meal Delivery Program to eligible seniors who require support. *\*Currently at capacity\** **Food Share** - Days and times to pick-up bread, produce and dry goods at both of our Centres are listed in the *Program Schedule*.

[www.silverthreads.ca](http://www.silverthreads.ca)