

TideLines

News from SHOAL Centre

10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30 – 4:30
Phone: 250-656-5537 Web: www.beaconcs.ca



February 2014

Find the Tidelines newsletter on our website at www.beaconcs.ca

BOUQUETS

A huge thank you to all of our SHOAL Volunteers for their patience during all the changes and office renovations these past weeks. We are seeing the light, and enjoying the new experience of more space and more efficiency as we continue on into 2014.

Many thanks for all those who nominated deserving Volunteers for the Hearts of the Community Awards. The Peninsula News Review will be listing all the winners after the event February 25.

Appreciation goes out to those who continue to drop off current books and puzzles. Not only are these added to our second floor library, and used by residents and members, they also are sold at our Annual Christmas Craft Fair every November, helping to support Centre programs.

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Coming Events

Hearts of the Community Awards

Date: Tuesday, February 25 **Time:** 11am **Cost:** Free

Beacon Community Services and the Peninsula News Review will once again be sponsoring the Hearts of the Community Volunteer Awards. This heartwarming event honours volunteers who contribute so much to the Saanich Peninsula Community. Plan to attend this event, featuring live performances by the Stelly's Secondary School Students, a complimentary luncheon with the help of students from Parkland Secondary, and special guests. Pick up your complimentary ticket today at the SHOAL Activity Centre, Peninsula News Review office, one of our Peninsula Thrift Shops, or the Beacon Community Services office at 9860 Third St.

Valentine's Day Tea with Marcelina Stanton

Date: Friday, February 14 **Time:** 2pm **Cost:** \$10

Valentine's Day is a wonderful time to treat yourself as well as someone else. Come join us for this afternoon of yummy sweets (see the Chef's page), and guitar and vocals by Marcelina. The price is a steal, so don't pass this up! Call or drop by the Centre for tickets.

Heart Health Month

Don't forget that, in the spirit of Valentine's Day, it's also Heart Health Month, which is a good time to think about our own hearts. Think about doing some good things to keep your heart healthy and happy this year. Sign up for a Fitness class, eat a healthy lunch in our Dining Room, or come by on a Monday to have your blood pressure taken at the Be Well Clinic.

2014 Year of the Horse

Goodbye, year of the water snake, and hello, year of the wooden horse. The Chinese New Year was celebrated January 31, the first day of the first month of the Chinese calendar. In Canada, with its population of over 1.5 million people of Chinese heritage, celebrations were held in numerous Chinatowns across the country. To all our neighbours of Chinese heritage on the Peninsula, we say Gong Hey Fat Choy!

Happy Family Day!

Take the time on this BC statutory holiday to enjoy time with family.



From the Manager's Desk

Glenys Cavers, Acting Director of SHOAL Activity Centre

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February is a short but action-packed month at the SHOAL Activity Centre. Our drop in programs continue each week – why not try a new activity this month such as table tennis or Chair Fit.

We are making some changes to our Tuck Shop in February by introducing mini muffins to our Tuck Shop with a special combo price of \$1.50 for a coffee/tea/hot chocolate/apple cider and mini muffin.

We are very excited to have a new Scooter Parking area for Assisted Living and Activity Centre users in the parking garage. Individuals can take the elevator down to the parking garage and plug their scooter in during their visit to SHOAL.

Please drop by the Activity Centre office area to take a look at our renovated area. We are now able to process Meal Cards, Fitness Cards, Coffee Cards, Memberships, Registrations for Programs, Disability Parking Permits in a new streamlined area. Our reception volunteers are always willing to help and answer any questions about SHOAL Activities and local services.

Due to the rising postage rates, current SHOAL members and BCS volunteers will be receiving a phone call from a SHOAL volunteer asking for their email address. We realize that not everyone has access to a computer, however, those who do will be asked if they would like to receive correspondence by email instead of mail. We will continue sending correspondence by mail to those individuals who request it.

Notices

BC Family Day Hours

The SHOAL Activity Centre Reception Office, Volunteer Services, Youth Employment Program and Tuck Shop will be closed Monday, February 10. The Activity Centre will be closed at 7pm.

My Help Book! 2014

This mini directory for Greater Victoria and Metro Vancouver is available free of charge at the SHOAL through the generosity of Salvador Davis & Company, notary public in Sidney. The directory lists 900 key community resources, most non-profit, for both Victoria and Vancouver. We greatly appreciate Salvador Davis & Co. for their contribution of 40 directories. Copies are also available for \$5 each at Tanner's Books or can be ordered online from the publisher at www.MyHelpBook.me.

Glow and Go - Reflective Arm Bands

Nights continue to be dark and often wet, so once again Town Councillor Kenny Podmore has organized distribution of reflective arm bands throughout the Sidney area. We have a limited supply now at SHOAL – just ask for one if you didn't get one last year. Stay safe in your community while out walking or cycling.

New 2014 SHOAL Centre Membership Cards

Once again we remind you that as you are renewing your membership, we will be exchanging your old pink card for a blue one for 2014. We appreciate your renewing your membership promptly when it expires. The membership is valid for one year from the date of purchase, and the cost continues to be the same at \$46 per year. We look forward to increasing our Membership numbers.

New Members and Members Birthday Announcement!

On your actual birthday, bring your current Membership card to SHOAL Reception Desk, and receive a free mini muffin and coffee from our Tuck Shop. If you are a New Member, you will receive a gift card for a free coffee and mini muffin at the Tuck Shop at the time you join the SHOAL Activity Centre.



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

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Be Well Clinic

Date: Every Monday **Time:** 1-2pm **Cost:** By donation

This blood pressure clinic has been running successfully at SHOAL every week for many years, and is operated by retired nurses. Beacon Community Services also runs the Take The Pressure Down clinics at the Sidney/North Sanich Library (See Wellness Programs section for more details).

Biological Aging – Predicting Age-Related Cognitive Decline

Date: Thursday, February 20 **Time:** 1:30pm

Cost: Members Free; Non-Members \$3.25

Correne DeCarlo, from the University of Victoria Speaker's Bureau, will be speaking on aspects of how we age, risk factors that contribute to dementia and loss of brain function, prospects for early detection and major steps you can do now to help minimize your risks. She will also discuss current ongoing research initiatives, including The PREVENT Study, presently being conducted at UVic. Please call to register.

Ukulele For Beginners

Date: Fridays, February 28 - April 4 (6 sessions)

Time: 1pm **Cost:** \$95 (\$10 Ukulele rental included)

For adult beginners who would like to play ukulele with others, learn chords, strum patterns and songs. Learn to play as an accompaniment to sing popular songs together in a group setting, learn a variety of accompaniment techniques and chords. Focus is on learning songs with an introduction to music fundamentals.

March Preview

OSTEOFIT

Date: Tuesdays and Thursdays, March 4 – April 10 (12 sessions)

Time: 10-11am **Cost:** \$95

This is a specialized education and exercise program, developed by BC Women's Hospital, as a fall-prevention program for those who are regularly active but osteoporosis or are at risk of falling. Provides safe and gentle strength, balance and coordination exercises by a qualified OSTEOFIT Instructor. Maximum of 10 participants per class. Forms to be completed can be picked up when you register.

The Next Step – More Bridge

Date: Thursdays, March 6 - April 24 (8 sessions)

Time: 1-4pm **Cost:** \$45 (8 weeks)

For those who want to enhance and build on basic skills acquired previously.

Morning Yoga on a Mat

Date: Thursdays, March 6 - April 24 (8 sessions)

Time: 9-10am **Cost:** \$90

Now a regular feature - get your day started with an energizing yet gentle yoga class for strengthening body, mind and spirit. Instructor Kathleen Fournier.

Yoga in a Chair

Date: Fridays, March 7 – May 2 (no class April 18) (8 sessions)

Time: 12:30-1:30pm **Cost:** \$90

Spring is in the air and with it an urge to embrace new growth. If you have not tried this class before, helps to improve breathing, strengthen your inner core, and give you an over-all sense of vitality and aliveness.

Evening Yoga on a Mat

Date: Mondays, March 10 - May 5 (no class April 21) (8 sessions)

Time: 5-6pm **Cost:** \$90

Back once more, this end of the day yoga class will provide relaxation and energy while improving balance, flexibility and over-all well-being. Instructor Kathleen Fournier.

Minds In Motion

Date: Thursdays, March 20 – May 22 (no session March 27)

Time: 1:30-3pm **Cost:** \$50.40 (includes 2 people)

Alzheimer's Society of BC operates this program at SHOAL for anyone who is experiencing memory loss or has been diagnosed with Alzheimer's. A family friend, spouse or caregiver is invited to attend the session. Light refreshments served.

How Food Affects Your Health – "You are what you eat!"

Date: Monday, March 31 **Time:** 10- 11:30am

Cost: Free for Members; \$3.25 for Non-Members

This holistic health seminar is presented by nutritionist Angela Cuscianna, RHN, who will talk about how what you eat either feeds your cells and promotes health or is toxic to them and allows disease to take up residence in your body. Call to register.



Volunteer Profile - Jackie Heaslip

Jackie Heaslip is a very busy grandmother-to be. As a Beacon Community Services Friendly Volunteer Visitor and Volunteer Medical Driver, she also volunteers with the Restorative Justice Program and recently registered her dog with the PATS (Pacific Animal Therapy Society) program, bringing her Jack Russell terrier to visit residents in the SHOAL Assisted Living area.



“It’s my way to give back” says Jackie, an inspiration for anyone wanting to spend time with those who are homebound or who wish to have what’s known as a friendly visitor. She trained to be a Volunteer Visitor several years ago and continues to offer her time and energy with the BCS Volunteer Visitor program. Her very first client was 92 and asked Jackie to help her learn computer skills, visit the Library, and go for walks along the water. “We were a great match since we were both retired teachers,” recalls Jackie.

And being a former teacher, Jackie is very familiar with a life style that keeps her healthy and involved. She hikes every day for at least an hour (a good way to walk the dog), keeps in touch with her large family, spends time with her husband, having just celebrated their 36th wedding anniversary, and still manages to stay consistent with all of her volunteer commitments.

“Family is what made my values, and what makes my life,” explains this actively aging senior. Born into a family of seven children in Exeter, Ontario, she knows the value of hard work. After graduating from high school, Jackie entered teachers’ college - it seems teaching was in the blood since both a brother and sister were teachers - and it was the career she dearly wanted. One highlight of those years was volunteer teaching in Africa in 1978 when her husband was posted there on a year-long contract.

It was her interest and love for children that lead her into opening a daycare in Alberta in the early 80’s after the couple moved to Edmonton where teaching jobs were scarce. With 3 children of her own, running a daycare was a good fit. Jackie operated the daycare for 25 years, overseeing 10 staff and 66 kids. Even after she moved to the island, she still stayed on for another five years as long-distance director.

This quiet, behind the scenes woman shows no sign of slowing down. She is already thinking about ways to expand her involvement in PATS, and is anticipating the birth in June of that first grandchild. Life continues to be full of what makes life happy – family, good friends, pets, and lots of giving back.

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 – 2pm. Admission by donation.

Better Breathers Program, for those with breathing difficulties, is held the 4th Monday of each month in Auditorium B. Next meeting is Monday, February 24 , 1:30pm. For information please call Kelly Ablog-Morrant 1-800-665-5864 at BC Lung Association.

Family Caregivers’ Support Network meets on the 3rd. Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, February 18.

Take The Pressure Down Blood Pressure Clinic is offered Friday, February 14, 10am – 1pm at the Sidney/North Saanich Library. Check the website at takethepressuredown.ca for times and dates in other locations.



Chef's Corner

Chef, Karen Taylor

Phone: 250-656-5537 ext. 107

E-mail: chef@beacons.ca

February is known for cold weather, but brightened by Valentine's day. Whether you are romantic or not, we are surrounded by red red red...

In England, Valentine's was meant for someone you admired, and you sent the person a card filled with little poems that you never signed. In Canada Valentine's is for young and old, be it school teacher or your pet. Regardless, it's a fun day so at note here is a recipe inspired by Valentine's Day:

Red Velvet Cake

- 1 ½ cups cooking oil
- 1 ½ cups of sugar
- 2 ½ cups of plain flour
- 1 cup of butter milk
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. vinegar
- 1 tsp. cocoa
- 1 tsp. baking soda
- Small bottle of red colouring

Combine all ingredients together on medium speed until batter is smooth. Pour into 3 greased and floured pans and bake for 30-35 minutes on 325f.

Red Velvet Frosting

- 1lb icing sugar
- 1 8oz cream cheese
- 1 stick butter
- 1 cup pecans, chopped
- 1 tsp. vanilla

Combine all ingredients, mixing until smooth. Spread on top and between layers of cake. Sprinkle chopped nuts on top. Don't forget to wear something red!

-Chef Karen

Dining Room Meal Card Prices

	Single Meal	Cards for 15 Meals	Two Cards for 30 Meals
Full Lunch	\$9.50	\$135	\$255
Small Portion Lunch	\$6.75	\$101.25	\$202.50
Full Dinner	\$14.50	\$202.50	\$375
Small Portion Dinner	\$9.50	\$142.50	\$285

All prices include tax and gratuities are gratefully declined.

A Valentine's Day Tea!

Come and enjoy a wee selection of Valentine's Day treats while enjoying great live music and some history about this favourite day of the year. Here's what we are offering:

Red Velvet Mini Cupcakes

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Cranberry Mini Scones with Strawberry Jam

§

Heart's Desire Valentine Cookies

§

Tea or coffee

Tickets \$10. Call to order by phone or buy at the Centre.

New Surprises at the Tuck Shop!

Effective this month, we are changing things up at our little shop. We will be offering a great special: a hot beverage (a choice of tea, coffee, hot chocolate, apple cider) and delicious mini-muffin for \$1.50.

We will be discontinuing the sale of scones, but if we hear you want them back, we will begin producing an English-style scone produced by our Chef Karen. So let us know. You will notice the bright yellow price board will be gone (temporarily) while we make these changes, but we hope to keep our prices intact for the regular pops, juices and snacks that we offer.

Dogs for St. Paddy

Date: Monday, March 17 **Time:** 11:30am – 1pm **Cost:** \$2.75

Enjoy a hot dog with friend onions and all the trimmings at our Tuck Shop on St. Patrick's Day. Wear green and receive a dessert treat.

New Catering Features at SHOAL

Our Food Services department has introduced some new features to our Catering Menu. We now offer platters based on various sizes: Small (serving 8 -10) Medium (serving 15 - 20) Large (serving 20 - 28) with sandwiches, cheese and crackers, devilled eggs, fruit, and pastries. Check them out on line or stop by for a flyer.

SHOAL has flexible facilities to provide for Memorials, Weddings, Business Meetings, Family Gatherings and Receptions. Our Activities and Rental Coordinator would be happy to help you plan your event at the SHOAL Activity Centre. Give us a call.





Volunteer & YEP News

Deb Greenaway, YEP & Acting Volunteer Services Coordinator

Phone: 250-656-5537 ext. 118

E-mail: dgreenaway@beaconcs.ca

The YEP are jumping right into the new year with lots of requests from community groups to support some of the wonderful events that we have happening on the Peninsula. Once again they will be supporting Sidney Family Day on February 10th and students from Stellys and Parkland School will be supporting The Hearts of the Community event at Mary Winspear Centre, on February 25th.

Upcoming YEP Opportunities:

The Retail Training Program Certificate Course

This is popular free training course is available to YEP students offering an opportunity to add valuable experience to their resume. The skills and training acquired on this 28 hour course is recognized and respected by potential employers. Our thanks to Wendy Stone and Peggy Dash for mentoring our YEP students.

Gardening Basics

This 9 hour free certificate course will offer all areas in basic gardening: composting, planting containers, annuals, cutting in the garden, weed/plant identification, safe work practices/techniques, effective & conservative watering, selecting & maintaining tools. This is a great course for anyone thinking about garden work as Spring approaches.

Japanese Student Buddies

The YEP will once again have the opportunity to buddy visiting Japanese students who are here to study English and learn about Canadian culture. For more information on any of these opportunities call Deb Greenaway at SHOAL Centre.

Hire a Youth Worker

If your yard or home is starting to need some of that spring cleaning attention, our YEP are ready and willing to help. Jobs can be one off or as regular ongoing commitments throughout the year.



Thank you
to all our
AMAZING
volunteers!

Sidney Single Seniors

Open to men and women. You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital or in a care home. Members may choose to take part in a variety of activities such as morning walks, coffee meetings, bowling, golf, meals out, ferry trips, picnics and barbecues. Next meeting is Wednesday, February 19, 2 - 4pm at SHOAL Centre. For more information, please call us at 250 656-5537.

Disabled Parking Permits

Volunteer Services are pleased to continue this valuable service of providing parking permits on behalf of the Disability Resource Centre in Victoria. Applications forms can be printed off from the DRC website www.drcvictoria.com or picked up from the SHOAL Centre. Once your form has been signed by your doctor please call in to SHOAL and pick up your permit. Each permit costs \$22.



Do you have a little time to make a big difference?

Active Listening Course:

Volunteer Services will once again offer a six part Active Listening course (12 hours in total), to those interested in becoming a Volunteer Visitor. One hour a week could make a tremendous difference to someone who is



looking to meet a friendly with a listening ear. Jean Atkinson will once again facilitate this course. The session dates are:

Week 1: Monday February 24th 1pm – 3pm; and Wednesday February 26th 1pm – 3pm.

Week 2: Monday March 3rd 1pm – 3pm; and Wednesday March 5th 1pm – 3pm.

Week 3: Monday March 10th 1pm – 3pm; and Wednesday March 12th 1pm – 3pm.

For more information please call Deb Greenaway at 250-656-5537, ext: 106 or come by the Centre.

Spotlight on Volunteering - Jeneece Place

"I just want to let you know what a pleasure it is to come and contribute in some small way to people's comfort and well being, while they cope with stressful and trying conditions. The spirit at Jeneece Place is so positive and uplifting that I think it affects everyone who is involved regardless in what capacity. I look forward to my Fridays every week." - Anita

Did you know?

- Jeneece Place is a home away from home for families with a child needing medical attention
- The house is on the grounds of Victoria General Hospital, so for most families it is a three minute walk from their bed to their child's bed
- Jeneece Place is owned and operated by the Children's Health Foundation of Vancouver Island
- Jeneece Place is approaching its second anniversary
- Nearly 750 families have stayed at Jeneece Place
- There is a staff member on duty 24/7 to clean and do laundry, register, support, orient families and someone to welcome people coming in late at night
- There are many roles that are really important to families and are taken on by the hidden gem of Jeneece Place - its volunteer team
- At Jeneece Place, a team of about 30 volunteers of all ages, from 12 to 82, make amazing donations of their time and skills to help families and support the house
- Jeneece Place is located at 1 Hospital Way, View Royal, B.C.

Volunteers:

- Come in regularly to bake and cook hot meals for families
- Make cookies or knit teensy sweaters and booties and drop them off at the house
- Organize and maintain our pantry, storage areas and our library
- Drive families to appointments or to the grocery store
- Weed the garden and help maintain our vegetable garden
- Help families by taking care of siblings while mom and dad focus on their sick child
- Even offer free hair appointments, chair massages, manicures and pedicures!
- Get as much as they give when they volunteer at Jeneece Place



Two Jeneece Place volunteers preparing delicious food for families.



Interested in Painting?
 SHOAL has some great drop-in art programs such as Sidney SHOAL Portrait Painters on Wednesday afternoon, as well as an Oil/Acrylic Painting group on Monday mornings. Regular drop-in fees apply: \$1.75 for Members; \$3.25 for Non-Members.

SHOAL Activity Centre Weekly Drop-In Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Weekends
Balanced Strength - 9am Table Tennis - 9:30am Oil/Acrylic Painting - 9:00am Weaving - 10am Stretch & Strength - 10:15am	Faceting and Lapidary - 9am Chair Fit - 11:30am Family Caregivers Support Group - 3rd Tuesday at 10am	Balanced Strength - 9am Table Tennis - 9:30am Stretch & Strength - 10:15am Clay Works - 11am	Carving - 8:30am Silversmithing and Lapidary - 9am Chair Fit - 11:30am	Balanced Strength - 9am Table Tennis - 9:30am Ceramics - 10am Stretch & Strength - 10:15am	
Cribbage - 1pm Be Well Clinic - 1pm Mah Jong - 1pm Better Breathers - 1:30pm <i>4th Monday</i>	Pacific Palettes - 1pm <i>(by referral only)</i> Duplicate Bridge - 1pm Crafts - 1pm	Weaving - 1pm Contract Bridge - 1pm <i>Foursome Required</i> SHOAL Portrait Painters - 1pm Sidney Single Seniors 3rd Wednesday at 2pm	"Games & Social" -1st & 3rd Thursday at 1:30pm	Ceramics - 1pm Computer Club - 1pm Knitting - 1pm Progressive Contract Bridge - 1pm. <i>Singles Welcome</i>	Duplicate Bridge - 1pm <i>(Sundays) Partner Required</i>
Contract Bridge - 6:30pm <i>Singles Welcome</i>		Duplicate Bridge - 6:30pm <i>Partner Required</i> SWNAJ Music Group - 7pm		Duplicate Bridge - 6:30pm <i>Partner Required</i>	

The Billiards Room and the Woodworking Shop are open from 8:30am-4:30pm, Monday-Friday. The Tuck Shop is open from 9am-3pm Monday-Friday. Come for lunch in the Tides at SHOAL Dining Room from 11:30am-1pm or dinner from 4:30-6pm seven days per week.

SHOAL Activity Centre Annual Membership - \$46 per year (approx. 12¢ / day!)

- Reduced rates on drop-in programs and registered classes
- Includes a Beacon Community Services Membership
- Free seminars and workshops
- A 10% discount on facility rentals
- Use of Free Wireless Internet

Registered classes and special events are listed separately each month in the Tidelines newsletter.