



July 10, 2020

AND IN OTHER NEWS...

(please click links for more info)

If you've always wanted to try out a new volunteer role, or have been considering an additional role, we're looking for volunteer cashiers, sorters and pricers at all [Thrift Shop locations](#). We have put safety protocols in place and provide PPE for our volunteers. Let us know if you are interested or if you know someone who might be. This is a great way to get involved and meet new people, and help out in the community. A great way to get out and socialize after self-isolation! Email volunteer@beaconcs.ca or fill out the [online application](#) on the Beacon website to get involved.



At Beacon's AGM on June 24, Beacon elected a new volunteer [Board of Directors](#). We also prepared our [2020 Annual Report](#). It provides a great snapshot into what we've been up to this past year. Enjoy!

CONTACT VOLUNTEER SERVICES

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Thanks for keeping In Touch

We look forward to seeing you again!

It's hard to believe it's been 16 weeks since we've been able to see each other in person! It's been a long while but, because British Columbians have done well keeping up with provincial health and safety orders, it's been wonderful to see many things opening up again – including SHOAL Centre, with a plan for a gradual re-opening of some classes, programs and services (see page 2) and Beacon's 7 Thrift Shops.

While several Beacon programs remain on hold for the time being, we're so excited to welcome back some of our dedicated Thrift Shop and SHOAL Centre volunteers! We're grateful for all of their hard work and support as we work towards what our new normal looks like – and thank you all for your patience and understanding as we figure out the best ways to keep everyone as safe as possible.

We brought you this more frequent edition of [In Touch](#) so we could keep in touch with all of you when we couldn't be together. However, we're now going to take the summer to plan what our fall will look like and how we can eventually bring the Beacon volunteer family together once again.

In the meantime, please keep up with physical distancing, wash your hands, stay home if you're sick – Be Calm, Be Kind, Be Safe – and we will be in touch again in the fall! Just call us at 250-656-5537 if you need anything – we're here for you. *Have a wonderful summer!*



Thrift Shop staff and volunteers are ready to welcome you back once again!

www.beaconcs.ca

[beaconcommunityservices/](https://www.facebook.com/beaconcommunityservices/)

SHOAL Centre starts a gradual re-opening

SHOAL Centre is finally starting some programs again! We are excited to have folks coming back into the centre. As a soft start, we are running fitness classes, support programs, and foot care in July and August for current members who register. Please see the [July/August issue of SHOAL's newsletter TideLines](#) for the latest information, or call SHOAL at 250-656-5537.

We hope to be able to expand our programming in September. We will follow the mandate of the Provincial Health Officer and the Town of Sidney Emergency Operations Centre. For the summer our doors will remain locked. However, if you are in need of support, we will be accepting a limited number of people to come into the centre during our modified operating hours. Please ring the doorbell at the main entrance and one of our staff will assist you.

Please follow these guidelines when entering the building:

- Practice physical distancing by keeping at least 2 metres away from others.
- Wash your hands or use hand sanitizer when entering the building.
- Avoid touching your face.
- Cough or sneeze into your elbow or a tissue.
- Don't share equipment or food and beverage items.
- Do not come to the centre if you have travelled or been around someone who has travelled in the last 14 days.
- STAY HOME IF YOU ARE UNWELL OR YOU HAVE A TEMPERATURE OVER 37.5C!

Thank you for your patience! We can't wait to see you again!

T-SHIRT FUNDS SUPPORT BEACON



What was started as a short-term effort is now ongoing! The fundraising initiative coordinated by Sidney Town Crier and Beacon medical drive volunteer Kenny Podmore to support Beacon Community Services' programs for vulnerable seniors will now be available year-round. The t-shirts sport Dr. Bonnie Henry's well-known "be calm, be kind, be safe" message, and a heart as a symbol of recognition for frontline workers. T-shirts are available at SHOAL Centre for \$25 – call 250-656-5537 to place your order.

NEW!

SENIOR PEER 1-1 SUPPORT

We are saying goodbye to the title of the Senior Peer Counselling program and hello to Senior Peer 1-1 Support!

This will be a revitalization of a pre-existing program which supports older adults throughout Greater Victoria. We have a new coordinator with extensive experience and she has brought us a fresh look and vision for this program.

This is a great volunteer opportunity for anyone interested in providing a listening ear to seniors experiencing loneliness, isolation, caregiver challenges, health problems or other aging concerns. If you are 55 plus, have previous experience supporting others, been a caregiver, or have a passion for helping others, we are interested in hearing from you.

A 12-week training program will be provided to all volunteers who are accepted. A one-year commitment is required upon completion of the training.

The Senior Peer 1-1 Support Program will also include an option to get involved in 1 to 1 support for caregivers. If you have had experience as a caregiver this may be for you. Additional one day training will be offered.

Email volunteer@beaconcs.ca to learn more.