

TideLines

News from SHOAL Centre

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www.facebook.com/SHOALCentreBeaconCommunityServices/



July/August 2020

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

Thank You...

... to those who have purchased the Dr. Bonnie Henry "Be Kind, Be Calm, Be Safe" shirts. Monies raised from the sale of these shirts support our Beacon Mobile Meals program. The goal has been raising enough money to continue this program for people in our community.

... to various donations from community donors in support of Beacon's meal program and other programs that help vulnerable people improve their lives. We cannot thank you enough!

...to our volunteers who continue to go over and above, helping out and stepping in when we put a call out for help! Your dedication to Beacon, helping to ease some of the burdens people have experienced through this time of COVID has not gone unnoticed.

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What's Happening at the SHOAL Centre

SHOAL Centre is finally starting some programs. 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.

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 SHOAL Centre. Please ring the doorbell at the main entrance and one of our staff will assist you.



Office dog, Pedro, waits for his treat.

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!**

BC has done such a good job at keeping our numbers low. Now is not the time to become too relaxed. SHOAL staff will be working hard to ensure all visitors to SHOAL are following proper protocol and keeping up with disinfecting procedures. Thank you in advance for your patience and understanding.



From the Director's Desk

Glenys Cavers, Director of Volunteer and Seniors' Services
Beacon Community Services

778-426-8766
gcavers@beaconcs.ca

Thank you all for your patience over the last four months; it's hard to believe that the SHOAL Centre has been closed this long. We are looking forward to opening with the new protocols we've put in place. Our limited re-opening begins July 6th with a few fitness classes and activities running over the summer. Stay tuned to this newsletter as well the the Beacon Community Services website (www.beaconcs.ca) to keep up to date on any changes throughout the summer.

We will continue to be the hub agency for BC 211's Safe Seniors, Strong Communities program including grocery shopping, wellness checks, and meal delivery. If anyone is in need of support, please contact us (250-656-5537). There is more information on available services on page 4 of this newsletter.

I hope that everyone has a wonderful summer. Please take care, stay safe, and see you soon!

Notices

Holiday Hours

Happy Canada Day! SHOAL Centre will remain closed on Canada Day, Wednesday, July 1st and Monday, August 3rd for BC Day. We hope you have good celebrations on these days with a family get together or BBQ! Being outside is a great way to get together with a small group of friends and family while remaining physically distant from each other. Bring your own burger and snacks and meet for a picnic! Finding new ways to connect with others while remaining safe just takes a little thinking outside of the box.

Blooming Patio

The patio at the back of SHOAL once is blooming beautifully once again. A big thanks to the Independent Living residents for planting and caring for the patio for all to enjoy. We hope you can stop by for a physically distant visit with a friend and enjoy them as well. **Please note:** the patio will not be open during lunch and dinner hours as the Assisted Living residents may be seated outside for their meals.

What's Happening with my SHOAL Membership?

All SHOAL Memberships will be extended at a later date. Over the next few months, we will be in contact to let you know what the membership extension will look like. Please be patient with us: we will not be extending membership expiry dates until the centre is fully open again. Please call SHOAL Centre reception with any questions or concerns at 250-656-5537.

Sidney Street Market

One thing we always look forward to every summer is the Sidney Street Market. Normally, we have a booth, manned by staff and volunteers to inform the public about what we have to offer at SHOAL. We will miss being part of it this year! Interested in purchasing some of the items that are usually available at the market? Go to sidneystreetmarket.com for more information.



SHOAL Centre's Independent Living residents continue to water the garden beds and spend time together outside.

News from the Activity Office



Jennifer Van Es, Activities and Rental Coordinator

778-426-8771
jvanes@beaconcs.ca

Call 250-656-5537 to register.

We are happy to have the opportunity to have a few activities available for the months of July and August. Please note:

- All activities require registration and a schedule. We cannot allow any drop-ins at this time.
- All sessions start the week of July 6th. No sessions on BC Day civic holiday on August 3rd.
- Only current SHOAL Centre members are able to attend activities at this time. It will be re-visited in September.

We have developed protocol for the programs we have started at SHOAL. When you arrive for your classes, please:

1. Wash or sanitize your hands upon arrival.
2. Sign in with your instructor.
3. Each class will have its own procedure for the use of equipment and the space you will be in for the class.
4. Wear a mask if required by your instructor.
5. Do not come if you have travelled or been around someone who has travelled in the last 14 days.
6. **DO NOT COME IF YOU ARE UNWELL.**
7. **DO NOT COME IF YOU HAVE A TEMPERATURE OF 37.5C OR HIGHER. TEMPERATURE CHECKS MAY BE MANDATORY.**

Dementia Caregivers Support Group

Date: Wednesday July 8 & August 12

Time: 1:30 – 3pm

This group is for those who are caring for someone with a diagnosis of dementia or Alzheimer's disease. Participants must connect with facilitator before attending. Call 778-426-8771 for more information.

After thoughtful consideration and planning, we are pleased to offer:

Sr Fit Bootcamp

Date: Mon/Wed/Fri **Time:** 8 - 9am **Class Max:** 12 **Cost:** \$55/11 classes

An advanced class that alternates between standing, low impact choreography and standing upper - body strength work. This class is suited for advanced levels.

Sr Fit Level 1

Date: Mon/Wed/Fri **Time:** 9:30 - 10:15am **Class Max:** 12 **Cost:** \$45/11 classes

This circuit formatted class will increase muscle strength and range of movement, and improve activities for daily living. Your instructor can modify the exercises for your fitness level. This class is suitable for those that can get down and up from the floor.

Sr Level 2

Date: Mon/Wed/Fri **Time:** 10:45 - 11:30am **Class Max:** 12 **Cost:** \$45/11 classes

This circuit formatted class will increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Floorwork will occur. However, your instructor can modify the exercises for your fitness level.

Balance Booster

Date: Tues/Thurs; July 7 - August 13 & Aug 18 - September 24

Time: 9 - 10am **Class Max:** 12 **Cost:** \$110/12 classes

This slow paced class targets balance by using safe and effective exercises to increase strength, mobility and balance; engaging all muscles while freeing your joints and increasing mobility. This easy to follow full body technique works to make you feel more energetic.

Chair Fit

Date: Tues/Thurs **Time:** 10:30 - 11:30am **Class Max:** 12 **Cost:** \$45/11 classes

This class is designed to improve strength and mobility while being seated on a chair, with some exercises off the chair. Learn strategies that you can do at your own pace and transfer to real life needs.

Gentle Fit Flow Yoga

Date: Thursdays **Time:** 1:45 – 2:45pm **Class Max:** 12

Cost: \$50.40/month or \$12.60 per class

This class will stretch and strengthen your body as you flow through a series of poses, using your breath to guide you.

Gentle Chair Yoga

Date: Fridays, July 10 - August 28 **Time:** 1:30 - 2:30pm

Class Max: 15 **Cost:** \$90/8 classes or \$12 per class.

This popular class helps to improve breathing, strengthens your inner core and give you an overall sense of vitality and well being, while you stay seated on a chair.

Our Incredible Community

We are ready to help! If you or someone you know could benefit from any of our services, please call 250-656-5537.

Grocery Shopping

We are coordinating grocery shopping at Thrifty Foods and Save-On-Foods for seniors across Sidney and the Saanich Peninsula. If you would like to set up an account, please call SHOAL reception at 250-656-5537.

Phone Check-Ins

Beacon staff and our amazing volunteers are available to make check-in phone calls and wellness checks to anyone wanting support. If you are wanting daily or weekly communication, please reach out to us at SHOAL.

****Extended** Beacon Mobile Meal Delivery**

We launched this new program to a rousing success! Continuing through the summer, this at home program provides weekly meals for vulnerable seniors. See page 5 for more information.

Tax Services

This will continue throughout the year. This year we are offering a drop-off only tax service. Bring your tax documents to the centre and fill out the forms.

Meal Pickup

Don't want to cook tonight and want a hot meal? You can pick up lunch or dinner at the SHOAL for a reasonable price. We have lunch & dinner available seven days a week. Delivery may be available. More details are on Page 5.

Foot Care Service

We have two foot care nurses operating out of SHOAL every week. For Soul to Sole Foot Care contact Glynis Miller at 250-858-7729. For Your FootCare Matters, please contact Lisa Anderson at 250-516-9154.

PROFILE ON

The Tides at SHOAL Dining Room



When the Covid-19 crisis arrived, it changed the role of our Tides kitchen and dining room. Suddenly, the dining room could only hold our Assisted Living residents with the new social distancing guidelines. Independent Living residents could only order delivered meals. And the public was no longer allowed to visit.

Then, Beacon Mobile Meals presented a new challenge: making hundreds of meals a week to be delivered into the community. And the kitchen crew rose to the occasion beautifully. Head Chef Karen Taylor worked with the office staff to develop a four-week rotating menu of hot and frozen options. Our other chefs, Lee Greenaway and Heather Graham, have stepped up to help prepare the mobile meals while still providing lunch and dinner for SHOAL Centre residents. To sign up for Beacon Mobile Meals, please contact SHOAL reception at 250-656-5537.

Tides at SHOAL Dining Room

Until the SHOAL Centre re-opens, dining room services are open for meal pickup only. Please call SHOAL reception at 250-656-5537 to order lunch or dinner or buy a meal card. Menus for the next week are released every Friday at noon. Please drop by to pick one up or call us for more information. Delivery may be available.

Lunch: Between noon and 12:30 pm, ring the front doorbell to pick up your meal.

Lunch Cost: \$8 per meal or save \$1 per meal and buy a Meal Card (15 meals): \$105

Dinner: At 4:30 pm, ring the doorbell at the front door to pick up your meal.

Dinner Cost: \$11 per meal or save \$1 per meal and buy a Meal Card (15 meals): \$150

All prices include tax. Gratuities are gratefully declined.

We regret that we are unable to issue refunds for meals remaining on unused cards.



Karen Taylor, Chef

250-656-5537 ext. 107

chef@beaconcs.ca

Beacon Mobile Meals

Due to the overwhelming success of the program as well as generous contributions from our community and non-profit grants, Beacon Mobile Meals will continue through the rest of the summer and hopefully into the fall season.

Thank you to everyone who bought the **"Be Kind, Be Calm, Be Safe" t-shirts**. The proceeds from every t-shirt sold go directly to supporting this program and other programs for vulnerable seniors.

We've been so excited to see Beacon Mobile Meals grow from eighteen clients the first week to now over a hundred clients receiving three meals a week. That is 300 meals a week (and nearly 1400 meals overall) being delivered to vulnerable seniors across the Saanich Peninsula.

Each Thursday Beacon volunteer drivers pick up the meals from the SHOAL Centre, deliver these meals into the community and check in with the seniors as they drop them off. Both the seniors and volunteers enjoy connecting so much during these physically distant visits.

If you know anyone who would benefit from this program, please call SHOAL Centre reception at 250-656-5537.

Left: Volunteers Jonathan and Katelyn deliver one hot meal, two frozen meals, and some snacks to a senior on June 11th.





Volunteer & YEP News

Sara Lawton, Volunteer Services & YEP Coordinator

778-426-8767
slawton@beaconcs.ca

Volunteer Update

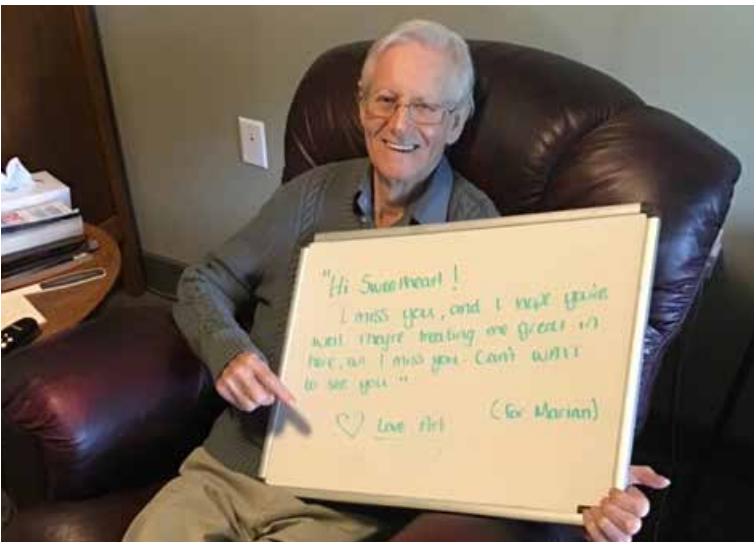
We are so lucky at Beacon to have such loyal and dedicated volunteers. Despite the recent shut down we have managed to keep our existing volunteers engaged and had new volunteers join the team. We have had successful Zoom meetings with volunteers to plan the new normal and how to provide programs in this new reality.

Sidney Single Seniors

Until we get the "all clear" from the authorities, all our activities are suspended. However, if you are interested in learning more about our group, please phone: Gail Smith 250-893-9764 or Gillian Else 250-656-3971. Once we get going again, you are welcome to attend one meeting and one social function before having to join. Annual membership fee is \$20.00.

If you are you 55 or older and single (or a caregiver of a partner who is housebound or in long term care) and wish to start meeting people and socializing more, the "Sidney Single Seniors 55+" might be just the perfect thing for you. There are presently about 120 members, both men and women, from the Saanich Peninsula. We have been operating since 2003, under the umbrella of Beacon Community Services.

Our activities include monthly meetings (usually with a guest speaker), meals at local restaurants, cruises, ferry trips, picnics and BBQs, tours of places of interest, drop-in coffee sessions, morning walks, 5-pin bowling, putting at "The Ridge", trips to the Chemainus Theatre Festival etc.



Some of our care home residents with the signs they created. It is one of the ways to send messages to loved ones during physical distancing.



Community News

Deb Greenaway, Community Services Coordinator

778-426-8768
dgreenaway@beaconcs.ca

Good Food Box

Saanich Peninsula's affordable produce box

****NOTE: This service runs every other Wednesday. The deadline for ordering is one week before delivery. ****

Quality, fresh, local, seasonal, organic and conventional produce available to all Saanich Peninsula residents for reasonable prices! Orders will be delivered to SHOAL every other Wednesday. Home delivery may be available. Deadline for orders is the Wednesday prior to delivery. Call SHOAL reception (250-656-5537) for more information and to order.

****Now at SHOAL** Team Heart Apparel**

Since moving the fundraiser to SHOAL, we've sold nearly 300 shirts. Thank you all so much for your contribution to this fundraiser for vulnerable seniors.

Get your "Be Kind Be Calm Be Safe" Heart t-shirts and polos through the SHOAL Centre. All proceeds go in support of our programs for isolated seniors.

Available sizes are S-3XL, in white or black. T-shirts are \$25 and polos are \$35; all proceeds go to supporting local vulnerable seniors. Call 250-656-5537 or email bkindbcalmbsafe@gmail.com to order.



Sidney Town Crier Kenny Podmore and SHOAL Centre staff show off the "Be Kind, Be Calm, Be Safe" t-shirts and polos now available.



SPOTLIGHT ON

Cybercrime, Scams, and Fraud during COVID-19

As COVID-19 continues to spread, criminals are exploiting the health crisis to facilitate fraud and cybercrime. They are trying to profit from people's fear and reliance on technology. Seniors should be cautious of potential COVID-19 scams and other cyber threats involving websites, emails, texts and calls.

The Saanich Peninsula Community Response Network (SPCRN) wants you to know the following information from the Canadian Anti-Fraud Centre about fraudsters posing as:

- Cleaning or heating companies offering duct cleaning of air filters to protect from COVID-19.
- Hydro/power companies threatening to disconnect power for non-payment.
- Public Health staff giving false results telling people they have tested positive for COVID-19; tricking people into giving their BC Services card (CareCard) and credit card numbers for a prescription.
- Red Cross or other charities, offering free PPE (Personal Protective Equipment) for a donation.
- Private companies offering fast COVID-19 tests for sale.
- Government departments sending out coronavirus themed phishing emails; tricking people into opening malicious attachments; revealing personal and financial details.
- CDC (Centre for Disease Control) or WHO (World Health Organization) staff offering fake lists for sale of infected people in your neighbourhood.
- Door-to-door sales people selling household decontamination services.
- Financial advisors pressuring people to invest in hot stocks related to the disease or offering financial aid and/or loans.

Protect Yourself

- ✓ Do not click on any suspicious links or attachments in emails or texts.
- ✓ Do not be pressured into providing personal information or money.



✓ Follow up with individuals, companies or charities using verified contact information that you find on their official website.

✓ Make sure you have anti-virus software installed and keep your operating system up to date.

If You Suspect You've been a Victim of a Scam or Fraud...

If you become aware of or have been the victim of fraud or cybercrime, including COVID-19 scams and cyber threats:

1. **Gather all documents**, messages, emails, receipts that relate to the fraud.
2. **Contact your local police:** Sidney/North Saanich RCMP (250-656-3931) or Central Saanich Police (250-652-4441)
3. **Communicate** with your financial institution, any other relevant government agency (Passport Canada, Service Canada, ICBC etc.) or service provider.
4. **Call the Canadian Anti-Fraud Centre** (1-888-495-8501, M-F from 7 am to 1:45 pm) or use their Fraud Reporting System (www.antifraudcentre.ca).

With all the safety protocols in place, six Beacon Thrift Shops re-opened June 16th. Beacon Thrift Shop hours are Monday – Saturday, 10 am – 4 pm (except Statutory Holidays).

Sidney

9756 Third Street, 250-656-3511
9781 Third Street, 250-655-6416
9760 Fourth Street, 250-656-6828

Brentwood Bay

7105 West Saanich Road, 250-652-0432 (Opening soon)
7060 West Saanich Road, 250-652-6707

Victoria

2676 Quadra Street, 250-479-8849
715 Pandora Avenue, 250-388-3500



Beacon Thrift Shops Are Open!



Donations

Please bring all donations in sealed cardboard boxes. We will be quarantining them for 5 days prior to processing them. All sales proceeds support Beacon Community Programs. We also are picking up furniture donations. Please call 250-656-6828 to arrange a pick up.

Donation Times and Locations:

Sidney

Monday to Saturday from 8:45 am – 4:45 pm at 9760 Fourth Street.

Brentwood Bay

Monday to Saturday from 10 am – 4 pm at 7060 West Saanich Road.

Victoria

Monday to Saturday from 10 am – 4 pm at 2676 Quadra St. and 715 Pandora St.