

# TideLines

## News from SHOAL Centre

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www.facebook.com/SOALCentreBeaconCommunityServices/



### September/October 2020

Find the TideLines newsletter on our website at [www.beaconcs.ca](http://www.beaconcs.ca)

### Thank You...

... to all the participants at SHOAL Centre who have so graciously followed all the new procedures and protocols as they return to the centre. It is so great to see and hear you back at SHOAL!

... to our summer student, Emma, who stepped in to help out in one of the most unique summers we have had. Your hard work and positive outlook did not go unnoticed. We are excited to have you stay on as staff part time while you resume your studies in the fall.

...to our volunteers—a repeat—as we cannot thank you enough for all you do in the community. Your dedication to Beacon, helping to ease some of the burdens people have experienced through this time of COVID, is so very appreciated.

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## What's Happening at the SHOAL Centre

With a successful limited opening at the SHOAL Centre, we will be continuing our fitness programs into the fall and expanding to a few more services. Currently, we have two foot care nurses operating out of the centre and starting in September, we will again be hosting the legal clinic (pg. 4) and running an art class (below).

If you are in need of support, we will be welcoming a limited number of people to come into the SHOAL Centre. Please be patient as we must closely monitor the number of people in the centre. Call us at 250-656-5537 for more information.

### Art Classes

#### “Hummingbird & Flowers”

**Date/Time:** Mon Sept 14, 1:30 - 4:00 pm

#### “Panda”

**Date/Time:** Mon Oct 5, 1:30 - 4:00 pm

**Cost:** \$50.00 **Min/Max:** 6/12

We welcome Richard back for a watercolour on Japanese art paper workshop as we slowly and safely open up art classes. Art relaxes and it is more important now than ever before to gather safely and enjoy some painting with others. Join us and learn how to create a beautiful “Hummingbird & Flowers” or “Panda” painting. All levels are welcome, with beginners especially encouraged.



#### “Acrylic Pouring Workshop”

**Date/Time:** Tuesday, Sept 15, 1:30 - 3:30 pm

**Cost:** \$47.25+ \$20 supply fee to instructor **Min/Max:** 6/12

Join us for an afternoon of making spectacular acrylic pour technique paintings. The effects created are stunningly beautiful with absolutely no ability to paint or draw required. All supplies included except canvas board. Bring two canvases not exceeding 12” x 12”.



#### “Alcohol Ink Landscapes”

**Date/Time:** Monday, September 21, 1:30 - 4:00 pm

**Cost:** \$47.25+ \$20 supply fee payable to instructor **Min/Max:** 6/12

Back by popular demand, in this workshop you will create beautiful works of art with vibrant alcohol ink. Magical alcohol inks inherent properties allow you to create stunning works of art without any ability to paint or draw.

Art is an important part to a healthy community. It relaxes us and brings us together to share a common passion and activity. It is now more important than ever to gather safely and enjoy some painting with others. BC Public Health guidelines will be followed at the SHOAL Centre to keep everyone safe.



## From the Director's Desk

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

778-426-8766  
gcavers@beaconcs.ca

As we move into the fall season, we are excited to be able to continue welcoming people into SHOAL Centre. And we are able to expand our programs to include some art classes in September and October. Thank you so much to everyone for working with us and returning to take part in activities and fitness classes at SHOAL. Thank you for following the protocols and procedures in place to keep this community safe. Seeing everyone work together has been such a blessing.

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.

Stay tuned to this newsletter as well the Beacon Community Services website ([www.beaconcs.ca](http://www.beaconcs.ca)) to keep up to date on any changes throughout the fall season. Please take care, stay safe, and see you soon!

## Notices

### Holiday Hours

SHOAL Centre will be closed on Monday, September 7th for Labour Day and Monday, October 12th for Thanksgiving. We hope you enjoy the holidays while having a safe physically distanced get together with friends and family.

### SHOAL Centre Fall Hours

We will be open Monday to Friday 9 am - 4:30 pm. The doors are open, but people will be welcomed in on a limited basis. If someone is already inside at the table, please wait until they leave before entering. Please call between these hours or leave a message after hours. These protocols and procedures are subject to change.

### UVIC Self-Management Programs

Self Management BC is running their six week program, *Active Living with Chronic Conditions*. As a participant, you will receive the toolkit and be involved in six weekly group conference calls with a program leader.

For more information, please call 1-866-902-3767 or go to [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

### Movin' On

Movin' On is a group of ladies who meet together on the last Thursday of the month from 1:30 - 4 pm to support one another in the transitions of life. They listen, do crafts and help each other along the way. Maintaining confidentiality is essential. For more information call June (250-544-0003) or Bettie (778-351-1929). Next meeting is September 24.



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

**\*\*\*Although many of our classes are at capacity, we are able to offer a second class if there is enough interest.**

**If you would like to join one of these classes, please contact SHOAL reception (250-656-5537) to add your name to the wait list.\*\*\***

**We are happy to have the opportunity to have a few activities available for the fall season. Please note:**

- All activities are registered programs and require payment at registration. We are not allowing drop in so we can maintain the same “bubbles” for each activity.
- No sessions on Labour Day on September 7th or Thanksgiving, October 12th.

**We have developed protocols 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. Stay physically distanced from others.
7. DO NOT COME IF YOU ARE UNWELL.
8. DO NOT COME IF YOU HAVE A TEMPERATURE OF 37.5C OR HIGHER.

## Dementia Caregivers Support Group

**Date:** Wednesday, September 9 & October 14 **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 the facilitator before attending. Call 778-351-1446 for more information.

## Sr Fit Bootcamp

**Date:** Mon/Wed/Fri **Time:** 8 - 9 am **Class Max :** 12 **Cost:** \$60/month

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 - 10:15 am **Class Max :** 12 **Cost:** \$54/month

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 for those who can get down and up from the floor.

## Sr Fit Level 2

**Date:** Mon/Wed/Fri **Time:** 10:45 - 11:30 am **Class Max :** 12 **Cost:** \$54/month

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.

## Sr Fit

**Date:** Tues/Thurs **Time:** 11:30 am - 12:15 pm **Class Max :** 12

**Cost:** \$31.50/7 classes in Sept & \$40.50/9 classes in October

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; Aug 18 - September 24 & September 29 - November 5

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

This slow paced class uses 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 - 11:30 am **Class Max:** 15 **Cost:** \$40.50/9 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 – 2:45 pm **Class Max:** 12

**Cost:** \$50.40/Sept; \$63/Oct 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.

## Let’s Do Yoga!

**Date:** Thursdays **Time:** 3:15 – 4:15 pm **Class Max:** 12

**Cost:** \$50.40/Sept; \$63/Oct or \$12.60 per class

Yoga poses will be done standing or sitting in a chair to stretch, build strength and improve balance rooted in good alignment, body awareness and breath. We will focus on breathing techniques, postural alignment and how to be more present in mind, body and spirit. \*There will be no floor poses done in this class.

## Gentle Chair Yoga

**Date:** Fridays, September 18 - October 30 **Time:** 1:30 - 2:30 pm

**Class Max:** 15 **Cost:** \$78.75/7 classes or \$12 per class.

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

# Community News

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

## Grocery Shopping

We are coordinating volunteer 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 into the fall, this at home program provides weekly meals for vulnerable seniors.

## Other Services at SHOAL

You can drop in at the centre to renew your disability parking pass or apply for handyDART. Just make sure you have the correct forms filled out by your health care provider. We also offer advocacy on a limited basis; please call SHOAL reception if you need assistance.

## 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.



**Deb Greenaway, Community Services Coordinator**

778-426-8768  
dgreenaway@beaconcs.ca

## Meal Pickup

Don't want to cook tonight but 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 also be available.

## 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.

## Free Legal Clinic is back!

The clinic resumes Thursday, September 24th and October 29th from 1:30 - 4 pm. Please register for the 30-minute session by calling 250-656-5537. The service is provided by Gordon Benn and David A. Busch of Pearlman, Lindholm, Barristers and Solicitors.

## Good Food Box

### *Saanich Peninsula's affordable produce box*

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.





## Volunteer & YEP News

**Sara Lawton, Volunteer Services  
& YEP Coordinator**

778-426-8767  
slawton@beaconcs.ca

## Grocery Shoppers Needed

This is an opportunity to ensure food security and to connect with someone in the community. As part of BC 211 COVID response we are offering a free grocery shopping service for those who may not be able to shop for themselves. We are currently in need of more volunteers to shop.

Let us know if you would like to help! Email us at [volunteer@beaconcs.ca](mailto:volunteer@beaconcs.ca) or call the SHOAL Centre at 250-507-5680.

# PROFILE ON: Team Heart Apparel

The Bonnie Henry themed “Be Kind, Be Calm, Be Safe” t-shirt & polo fundraiser has been such a fun and exciting thing to be a part of.

**We wanted to give a shout out to Anna Savage from Cotton and Blues as well as Rhonda Todrick & Kenny Podmore from Team Heart for their generous donations. Thank you all so much for your contribution to this fundraiser for vulnerable seniors.**



Almost 650 shirts have been sold through the SHOAL Centre, raising over \$6000 for our vulnerable seniors programs such as Beacon Mobile Meals.

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, S - 3XL, in white and black. T-shirts \$25 and polos \$35. Call 250-656-5537 or email [bkindbcalmbsafe@gmail.com](mailto: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.**

## Tides at SHOAL Dining Room

Until the SHOAL Centre fully 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, knock on the front door 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, knock on 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](mailto:chef@beaconcs.ca)

# FROM ALL OF US AT BEACON, THANK YOU

Beacon is so lucky to have over 600 dedicated volunteers who given so many years to helping people and improving lives. Sadly this year's recognition event and banquet held every April for the past 40+ years had to be cancelled due to COVID. We would now like to take this opportunity to recognize these volunteers for having reached these benchmark years of service.

## 5 YEARS

Lesley Addis  
Brooke Baille  
Gwen Bell  
Howard Brunt  
Helen Buck  
Lori Campbell  
Kathleen Clark  
Joan Collins  
Ellie Crowell  
Mary Cully

Sandra Cumming  
Denise Currie  
Syd Dunning  
Yvonne Evans  
Guy Forest  
Doreen Gibson  
Gayle Gordon  
Rita Goudie  
Maureen Grant  
Marjorie Johnson

Marlene Kaufman  
Sally Lang  
Sara Lohman  
Jennifer MacVicar  
Hilary Marks  
Sharon Miller  
Bob Mortimer  
Catherine Naismith  
Karen Olsen  
Bob Orchard

Linda Rick  
Karen Rodd  
Robin Roeker  
Sandra Strickland  
David Topping  
Carol Watkins  
Henry Welter  
Rebecca White  
Donna Williams  
Donald Wilson

## 10 YEARS

Margaret Rapatz  
Elizabeth McCurdy  
Frank MacDonald

Penny Mayo  
Helena Buchanan  
Carole Butler

Heather Andrews  
Susan Geddes  
Roberta Boyd

Frank MacDonald

## 15 YEARS

Audrey Woodget  
Daphne Macnaughton

Gail Latta  
Anna Hudson

Colin Hood  
Anna Ilott

Jane Oglesby  
William Orrick

## 20 YEARS

Sally Palmer  
Lorraine Borstad

Mervyn Lougher-Goodey  
Susan Langlois

Sita Pillay  
Sylvia Gamble

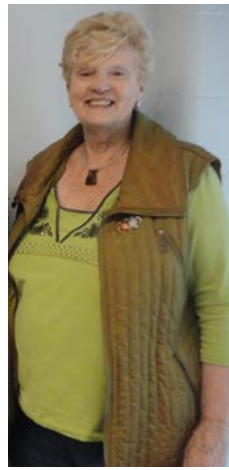
## 21+ YEARS

Bryan Critchison (21)  
Terry White (21)  
Corrine Porter (21)  
Isabelle Yoxall (21)  
Patricia Beck (22)

John Anderson (22)  
Peter Binkert (22)  
Jean Clarke (22)  
Fern Watson (22)  
Ruth Elvey (23)

Gwen Isomaa (23)  
Bobbie Miller (23)  
Betty Parrott (23)  
Ann Rogers (24)  
Margaret Frew (26)

Jill Harrison (28)  
Marilyn Ball (31)



*Top left (3 photos): Senior Peer 1 to 1 Support Program (Victoria Volunteers). Top right: Pricing and sorting donations after quarantine. Bottom left: Furniture sales are brisk at Sidney's 4th St shop. Bottom middle: A Beacon Mobile Meals Volunteer Driver. Bottom right: Welcoming customers at our flagship shop on Sidney's 3rd Street.*

# ***SPOTLIGHT ON: Volunteers***

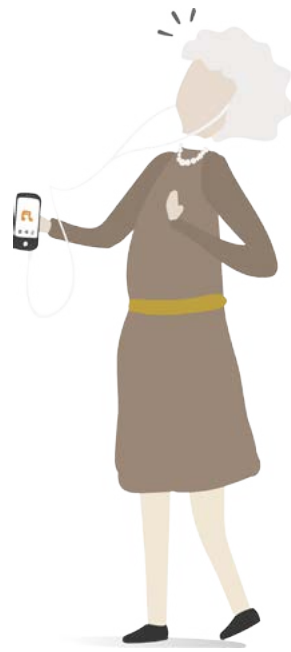
**When most were closing down and staying home, these people were opening their arms and reaching out!**

We would like to thank the many volunteers who have helped support the community in so many ways during the COVID-19 pandemic. We feel fortunate to be a part of such a kind and supportive community that continues to help people and improve lives through this difficult time. These have definitely been challenging times and we rose to the challenge with great enthusiasm and grace. As they say, behind every cloud there is a silver lining and our volunteers are proof of that.

**Volunteers plant seeds of love  
that help countless hearts grow.**



# Boosting Your Mental Health as COVID-19 continues...



Feeling like this pandemic is dragging down your spirits, especially your mental health?

Saanich Peninsula Community Response Network (SPCRN) offers suggestions to stay healthy and keep your equilibrium:

**1. Acknowledge your feelings and be kind to yourself.** Considering the level of attention and seriousness being paid to this ongoing pandemic, it's normal to feel anxious.

**2. Take a break from the news** TV, newspapers and social media. Information overload can lead to psychological overload.

**3. Walk or sit outdoors if you feel safe.** Breathe in fresh air by the ocean and think calm thoughts.

**4. Cuddle with a pet.** Animals make great companions if you feel lonely or upset.

**5. Remember to relax.** Don't lose sight of routines that help you to relax and influence good sleep.

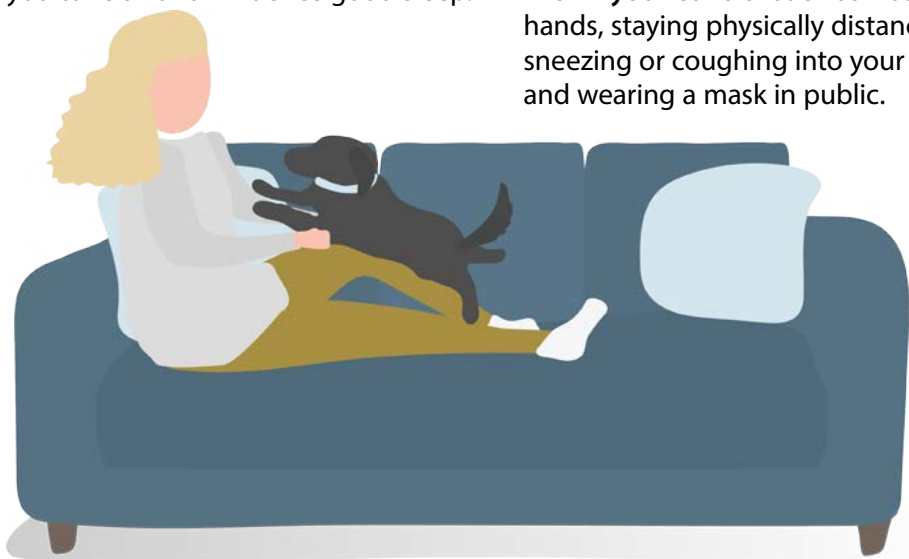
A warm bath, great book or meditative music can make a world of difference.

**6. Maintain perspective and a sense of humour.** Laughter is a great way to relieve anxiety. And try listening to music which uplifts your spirit and energizes you.

**7. Stay connected to friends and family.** Zoom, phone or meet for coffee if you feel comfortable to do so.

**8. Lean on social supports** if you need to talk to someone, 310Mental Health Support has phone-in-counsellors to help with mental health. Call 310-6789 (no area code needed).

**9. Remain focused on things that are within your control** such as washing hands, staying physically distanced, sneezing or coughing into your elbow and wearing a mask in public.



## WHAT'S NEW FOR SPCRN THIS FALL

SPCRN is launching a Facebook Page this fall, providing a wider audience with information about programs that help keep seniors safe in our community. Plus, we are getting ready to celebrate...

### International Day of Older Persons Thursday, October 1

This is an occasion for all of us to appreciate and celebrate older adults in Canada, acknowledging the contribution they make to the economy - a contribution that is valuable and ongoing.

SPCRN offers free workshops and resources to prevent and stop senior abuse, neglect and self - neglect.

Questions? Concerns?

Email

[ammhudson@shaw.ca](mailto:ammhudson@shaw.ca)

SPCRN is supported by Beacon Community Services.