

Senior Support Services

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



Deb Greenaway, Manager,
Community Services
778-426-8768
dgreenaway@beaconcs.ca



Linda Lightbody, Coordinator
Community Services & Income Tax
778-351-1993
llightbody@beaconcs.ca

Better at Home helps seniors with simple day-to-day tasks so they can continue to live in their home independently, and remain connected to their communities.

The program offers specific non-medical services to seniors who are 65+ and living independently on the Saanich Peninsula.

Advocacy Service for Seniors

Volunteer advocates provide guidance, information and assistance navigating the health care system, senior's housing options, unexpected financial hardship, completing and submitting forms and correspondence. **Contact 250-656-5537 to book an appt.**

Beacon Bus Trips

Beacon bus trips take seniors to shop at various shopping centre locations. The bus leaves from the SHOAL Centre and the library at Brentwood Bay.

Time: 11:30 - 3:30pm (Check in: 11:15am)

Cost: \$5

***Limit of one trip per month unless there is extra space on the bus.*

FROM SHOAL CENTRE

Mar 13 & April 10th: Mayfair Mall

Mar 27 & April 24th: Hillside Mall

**NEW FROM BRENTWOOD BAY LIBRARY

March 20: Mayfair Mall

April 17th: Hillside Mall

Medical Drives

Need to go to the doctor or dentist? We can assist with drives to medical appointments. Contact us at 778-426-8770 for more information and to book a drive.

Parking Permits

Parking permits for people with ongoing or temporary disabilities can be purchased at SHOAL. A completed application form filled out by both you and your doctor is required. Please bring your old permit or application to reception at the SHOAL Centre.

Grocery Shopping

Volunteers will shop and deliver groceries from Thrifty Foods or Save-On-Foods. Purchase a Thrifty or Save-On card from us and then we take orders every Monday afternoon.

Call 250-656-5537 for more information and to order.

More Than Meals

Wanting frozen meals delivered by a volunteer each week? See **page 14** or contact Lori Campbell at 778-426-8766 for more information.

**NOW OPEN Income Tax Services

Tax Clinic is running March 1st through April 30th. Pick up forms at the SHOAL Centre reception and we will have a volunteer E-File your return, free of charge.

More information on page 11.

Words on Wheels

Are you needing a way to get library books delivered to you? If so, call us at 250-656-5537 and we will connect you with a volunteer to deliver your pre-selected books right to you!

Housekeeping

If you're needing help with keeping your kitchen and bathroom clean, we can help! Contact us at 250-656-5537 for more information about getting help with housekeeping.

Foot Care Service

Debbie Roper from Coastal Footcare Health will be taking over the foot care clinic operating out of the SHOAL Centre. Contact her to book an appt: 250-888-7758 or coastalfoothealth@gmail.com.

Phone Check-Ins

Would you like a regular check-in, a friendly hello? We have a team of volunteers available to make check-in phone calls and wellness checks to anyone needing support. If you are wanting daily or weekly communication, please reach out to us at SHOAL at 250-656-5537.

SHOAL Wellness Programs & Support Groups



Jane McIntosh & Margo McIntosh

Support Programs Coordinators

778-351-1446

jmcintosh@beaconcs.ca or

mmcintosh@beaconcs.ca

Please contact SHOAL Centre 250-656-5537 to pre-register for all programs unless stated otherwise.

Bereavement & Loss

For those who have experienced the death of a loved one. Facilitated by Oceanna Hall & Jean Atkinson, you will find compassionate, caring hearts who will walk alongside you...through one of life's most difficult experiences. You don't have to grieve alone.

2nd & 4th Friday of the month:

2:00 - 3:00 pm **No meeting March 29th*

Register: 250-656-5537

Family & Friend Caregivers

Are you looking after a spouse, family member or friend with a chronic or life-threatening illness? Do you need coping strategies and support? You will discover new friends who understand your journey... and who care.

Time: Various Times

Register: 778-351-1446 or

jmcintosh@beaconcs.ca

Family Caregivers of BC (FCBC)

Run at SHOAL by Family Caregivers of BC. This drop-in group requires pre-registration.

4th Wednesday of the month: 1:30 - 3:30 pm

Register: 1-877-520-3267 or

cgsupport@familycaregiversbc.ca.

Senior Peer 1-1

Are you, or someone you know, 55+ and feeling challenged by: Loneliness and isolation, loss, grief and sadness, life transitions, connection to community, health challenges? A trained volunteer can listen and provide support as you navigate challenges.

Register: 778-351-1446 or

mmcintosh@beaconcs.ca.

Death Cafe International

Death is a normal part of life. End-of-life matters and death can be one of the most enriching and fascinating conversations one can have. Every café is different making for lively, open, often hilarious, judgment free discussions.

Wednesday, March 13th: 3:00 - 4:00 pm

Register: 250-656-5537

Good Grief! Peer to Peer Bereavement

Have you lost your spouse or partner through death? Are you challenged by trying to live your new life as a widowed person? This closed group helps you understand your grief, and learn how to move forward to find meaning and purpose.

Dates: 8 weeks (May 1 - June 19th)

Wednesdays: 10:30 - 12:00 pm

Register: 250-656-5537

SAVE THE DATE!

Caregiver Wellness Fair

Family and friend caregivers are invited to attend our Caregivers Fair in honour of Caregiver Awareness Month.

Meet local providers, connect with other caregivers and explore new ways to improve your overall well-being!

There is no charge to attend this event. Enjoy free refreshments, a light lunch, gifts and door prizes.

Saturday, May 11th: 10:00 am - 1:00 pm

Register: 1-877-520-3267

Senior's Mental Health Wellness

Call 250-656-5537 to pre-register.

Are you 65 or older and have been diagnosed with depression, anxiety or feel at risk because of isolation or loneliness? The facilitator will follow up with a phone call to arrange for an intake interview-either over the phone or in person. Confidentiality will be maintained.

Mondays & Thursdays: 1:00 - 2:30 pm

**No meeting April 1st*

Yes! We Can Cope with Depression

This drop-in support group for those with depression will give you lots of opportunities for education and interaction. Depression is manageable; learn ways to cope and thrive.

First Wednesday of the month: 1:00 - 2:00 pm

Register: 250-656-5537

White Cane Club

Drop in, no pre-registration required. For those with vision impairment. If you or someone you know would benefit from meeting with others sharing this same challenge, join us for this social time together. Guest speakers may be scheduled. The facilitator will let you know if this is the case with a phone call before each meeting.

2nd Thursday of the month: 2:00 - 3:30 pm

New! Caregiver Café

Kick back and relax in the company of fellow Caregivers...and enjoy a coffee, tea and sweet on us! Solange, your Facilitator will make you feel welcome and at home. We would love to have you join us!

Location: SHOAL Café

First Tuesday of every month:

1:30pm - 3:30pm

Register: Call Jane at 778-351-1446

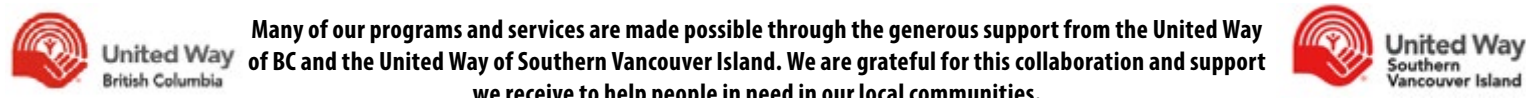
Wellness Wednesday

SHOAL What's in it for Me?

Are you intrigued about all the programs and services that are run out of SHOAL? Do you know someone who may benefit from learning about what we do?

This seminar will provide information about what we do here and in the community, there is always so much to learn about us!

Wednesday, March 27th
2:00 - 3:00 pm



Many of our programs and services are made possible through the generous support from the United Way of BC and the United Way of Southern Vancouver Island. We are grateful for this collaboration and support we receive to help people in need in our local communities.