

Senior Support Services



Better at Home helps seniors with simple day-to-day tasks so they can 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

Volunteer advocates provide guidance, information and assistance navigating the health care system, unexpected financial hardship, submitting forms and correspondence.

Wednesdays: 9:00 am - 12:00 pm
Appointment: 250-656-5537

Computer Support

If you are wondering how to successfully use your smart phone, tablet or laptop, one of our volunteers can help you navigate this with more confidence in these one-on-one sessions.

\$3 Member; \$5 Non-Member

DROP IN

Tuesdays: 9:30 am - 12:00 pm

APPOINTMENT ONLY

Wednesdays: 9:00 am - 12:00 pm

Disability Parking Permits

Visit SHOAL to purchase parking permits for people with ongoing or temporary disabilities. Please bring your expired permanent permit or completed application (signed by your doctor) to SHOAL or the Central Saanich Office.

Grocery Shopping

If you are unable to shop for yourself, 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.

Register/Order: 250-656-5537

SHOAL Satellite Office

Central Saanich Community Resource Office

Resources & Services, Referrals, Income Taxes, Disability Parking Permits, Wellness Programs
Central Saanich Cultural Centre, 1209 Clarke Road, Brentwood Bay,
centralsaanich@beaconcs.ca
Monday / Wednesday / Friday 10:00 am - 2:00 pm

Spring Income Tax Clinic

Monday, March 3rd - Wednesday, April 30th

Drop in. No appts. Low to moderate income. Simple taxes.

SHOAL Centre

Monday - Friday: 9:00 - 4:00 pm
Saturday: 10:00 - 2:00 pm

Central Saanich Office

Tuesday & Thursday
10:00 am - 2:00 pm

Housekeeping

If you're needing support with keeping your kitchen and bathroom clean, we can help! Contact us at 250-656-5537 for more information. There is a waitlist; contact us to join.

Income Tax Services

Tax Services are available year round. Pick up forms at the SHOAL Centre reception and we will have a volunteer E-File your return, free of charge. Note: Must have low-moderate income and simple tax situation.

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. *Min one week notice and max two drives per week.

Seniors Housing Support

SHINE is a collaborative province-wide initiative that supports older adults aged 60+ at risk of homelessness to navigate housing, mental health, and addiction services. SHINE housing navigators can assist seniors with housing needs such as advising on tenant rights, applying for housing, and filling out forms, and mediation and conflict resolution with landlords. Contact Jessica Cochrane: 250-514-3057 or jcochrane@beaconcs.ca

Words on Wheels

Do you need library books delivered to you? If so, call us at 250-656-5537 and we will connect you with a volunteer!

Introducing our new Community Connector

Community Connectors are available at SHOAL to help our community of older seniors to find the resources and support that they need to thrive.

Helen Wale is the new Community Connector covering part of the maternity leave of Amelie Pumphrey.

Originally from the UK, Helen now lives on the Peninsula and brings a background in health services, human resources, and coaching. Helen loves the outdoors and spends as much time as possible hiking, skiing, and kayaking across Vancouver Island. On colder days, you'll find her researching her family history and playing the ukulele.

With a passion for supporting older adults and helping them thrive through connections and referrals, Helen is committed to reducing social isolation and improving overall well-being. Bringing her coaching skills, particularly her active listening abilities, to the role, Helen uses a social prescribing approach to make a difference in the lives of older adults.

What is Social Prescribing?

Social prescribing is a holistic, person-centred, non-medical approach to health and well-being that bridges the gap



between clinical healthcare services and social support.

The SHOAL Centre uses social prescribing to assist older adults who are largely independent and self-motivated but may be experiencing isolation, challenges with well-being, or disconnection from the community.

Social prescribing works as an early intervention tool that empowers individuals to maintain their health, age in place, and retain their independence. This program has been made possible through the United Way of BC.

Helen Wale
Community Connector
hwale@beaconcs.ca



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Helen Wale
Community
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Lori Campbell
Meals
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Jessica Cochrane
Seniors Housing
Navigator
250-514-3057
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Wellness Programs & Support Groups

Caregivers

Family & Friend Caregivers Support

Are you looking after a family member or friend with a chronic or life-threatening illness? Do you need coping strategies and support? Discover new friends who care and understand your journey. 1-1 support and Caregiver groups.

Time: Various Times

Register: 778-351-1446

Family Caregivers of BC

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

4th Wednesday: 1:30 - 3:30 pm

Register: 1-877-520-3267 or cgsupport@familycaregiversbc.ca

Central Saanich Caregivers Support Group

A trained facilitator will connect you to like-minded caregivers for tips, support, and information.

Location: Centre for Active Living, 1229 Clarke Rd., Brentwood Bay.

3rd Monday: 2:30 - 4:00 pm

Register: 778-351-1446

Movement for Caregivers

Caregiving is stressful, physically and emotionally. Movement is a proven natural mood booster and stress reducer. A mindful Pilates based workout that will work



Jane McIntosh & Margo James
Wellness Programs Coordinators
778-351-1446

jmcintosh@beaconcs.ca or
mjames@beaconcs.ca

the body from head to toe and use breath work to calm yourself. Wear loose clothes and socks.

1st & 3rd Thursday: 1:30 to 2:30 pm

Nel Horth Room, Sidney Library

Register: 250-656-5537

Emotional Support

Senior's Mental Health Wellness

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 and intake interview. Confidentiality will be maintained.

Mondays / Thursdays: 1 - 2:30pm

Register: 250-656-5537

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.

1st Wednesday: 1:00 - 2:00 pm

Register: 250-656-5537

Phone Check-Ins

Would you like a regular check-in, a friendly hello? We have volunteers available for check-in phone calls and wellness checks to anyone needing support. If you are wanting daily or weekly connection, please reach out.

More Information: 778-351-1446

Friendly Visitor Program

Are you a senior who is isolated, lonely, and/or would like some social interaction? Volunteers visit regularly to provide companionship and support for such seniors.

More Information: 778-351-1446

Senior Peer 1 - 1 Support

Are you 55 or older experiencing: loneliness, loss, sadness, grief, a life transition, health challenge or loss of connection to community? A trained listener can provide confidential, 1 to 1, no cost support, as you navigate these challenges.

Register: 778-351-1446

Grief & Loss

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.

Must commit to all 8 sessions.

Tuesdays: April 8- May 27th

Time: 10:30 am-12:00 pm

Register: 778-351-1446

Bereavement & Loss

Don't grieve alone. For those who have experienced the death of a loved one. The compassionate facilitators will walk alongside you through one of life's most difficult experiences. Drop-in

2nd & 4th Friday: 2:00 - 3:00 pm

Death Cafe

Talking about end-of-life matters and death can be an enriching conversation. Death Café provides a safe space to have an open, honest and at times hilarious discussion about death and dying. Facilitated by Oceanna Hall (*Clinical End of Life Specialist*)

March 7th & May 2nd.

Time: 2:00-3:00 pm.

Register: 250-656-5537