

TideLines

News from SHOAL Centre

Beacon
Community
Services

10030 Resthaven Drive, Sidney, BC V8L 3G4
Monday – Friday: 8:30 – 4:30, Saturday: 9:30 – 4:00
Phone: 250-656-5537 Web: www.beaconcs.ca

February 2012

Subscribe to the TideLines at www.beaconcs.ca
and receive it in your email inbox each month.

Daytime Computer Programs

Computers Don't Byte (Level 1)

Tuesday, Feb 7 9am-12pm \$54

Computers Don't Byte (Level 2)

Tuesday, Feb 28 9am-12pm \$54

Fun with Photos #1 – BASICS

Tuesday, Feb 7 1-3:30pm \$54

Fun with Photos #2 – CREATE

Tuesday, Feb 28 1-3:30pm \$54

Fun with Photos #3 – MORE

Tuesday, Mar 20 1-3:30pm \$54

Computer Club Drop-in

Every Friday 1:30-3:30pm
Members \$1.75/Non-Members \$5

Mac Computer Classes

Pick up a flyer from SHOAL Activity Centre Reception for information on our Mac Computer Classes! These courses will cover Mac basics, the iPad and the iPhone!



Coming Events

An Evening At The SHOAL presents:

A Night at the Oscars!

Date: Thursday, February 23 **Time:** 5:30pm **Cost:** \$25

You cannot miss this one. Students from Stelly's Secondary School music program will be entertaining with Oscar winning songs. We'll have the red carpet rolled out, so come dressed to walk the runway. You might even want to come as your favorite movie star! Tickets \$25, on sale February 1st while quantities last. Wine for sale by the glass. Purchase tickets by phone with VISA/MasterCard. Check out the menu for the evening on page 4.

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Hearts of the Community Volunteer Awards 2012

Date: Thursday, February 16 **Time:** 11am **Cost:** Free

Beacon Community Services and the Peninsula News Review will once again be sponsoring the Hearts of the Community Volunteer Awards. This heartwarming event honours volunteers who contribute so much to the Saanich Peninsula Community. Plan to attend the event, featuring live music, special guests and a complimentary luncheon. Pick up your free ticket at SHOAL Activity Centre today.



From the Manager's Desk

Judy Wiggins, SHOAL Activity Centre Manager

Phone: 250-656-5537 ext. 102

E-mail: jwiggins@beaconcs.ca



As we enter the second month of 2012, our thoughts turn to hearts. On February 16th at the Mary Winspear Centre we will be celebrating the 14th Annual Hearts of the Community Event. This event recognizes outstanding Peninsula Community Volunteers. No one has bigger hearts than them! We urge you to attend this free, 'heart'warming afternoon event. You can pick up your complimentary tickets at the SHOAL Reception Desk, while quantities last. Stay young at heart, and keep your heart healthy, by participating in SHOAL activities during this, heart month. Please be "Our Valentine".

Notices

New 2012 SHOAL Centre Membership Cards

As you renew your membership in 2012 we will be exchanging your peach coloured 2011 membership card for a new yellow one for 2012. We appreciate you renewing your membership promptly when it expires. The membership is valid for one year from the date of purchase.

BINGO

Bingo is held each Tuesday, commencing at 6:30pm sharp! Why not try your luck? BINGO Volunteers needed. If you can spare some time on a Tuesday evening, please call Judy at 250-656-5537 Ext. 102.

New! Tuck Shop Coffee Cards

Coffee Cards are now available for the Tuck Shop. Pay \$12.50 for 10 cups and get your 11th cup for free! Coffee at the Tuck Shop is now priced at \$1.25 per cup.

Alzheimer Resource Centre Family Caregivers Series

Watch for this five-session series for family members who are caring for a person with dementia, coming in February. Learn about dementia, practical coping strategies, and early planning. Participants are encouraged to attend all five sessions as the knowledge builds for the next session. The Family Caregiver Series covers the following topics:

- Tuesday, February 7 – Understanding Dementia
- Tuesday, February 14 – Understanding Communication
- Tuesday, February 21 – Understanding Behaviour
- Tuesday, February 28 – Planning for the Future
- Tuesday, March 6 – Self-Care for Caregivers

The time for all sessions is 10am-12:30pm. Admission is by donation. To register, please call 250-656-5537.

BCAA Mature Drivers Workshop

Date: Wednesday, March 7th

Time: 1:30-3:30

Cost: Free for SHOAL Members / \$3 at the door for Non-Members

This Living Well, Driving Well Workshop is offered by the BCAA Traffic Safety Foundation. Learn how you can continue to drive safely by identifying areas that may need improving. Pre-register at 250-656-5537.

We Value Your Feedback

During the month of February we will be distributing program evaluation forms to each of the activity groups and classes. We welcome your feedback on how we might improve the programs and services offered at SHOAL Activity Centre, and your suggestions for new programs. Please return completed forms to the Reception Office. Additional copies of the evaluation form will be available at the Reception Desk should you require one. Thank you for your help.

New! Dining Room Menu Board

The new Dining Room Menu Board has arrived. Each day the menu will be posted; including, the "Soup of the Day", "Sandwich of the Day", "Dessert of the Day", "Salad of the Day" and the Entree choices. Bon Appétit!



News from the Activity Office

Anna Hudson, Activities and Rental Coordinator

Phone: 250-656-5537 ext. 117
E-mail: ahudson@beaconcs.ca

February really picks up the pace here at the Activity Centre. We are on the go with preparations for the Hearts of the Community Awards (February 16 at Mary Winspear), a jam-packed line-up of courses and classes at SHOAL, and our big finale on February 23rd with our Night At The Oscars Evening at the SHOAL featuring entertainment by talented Stelly's School students. We've got something to please everyone!

FallProof

Date: Mondays & Fridays (8 sessions) Feb 3, 6, 10, 13, 17, 20, 24, 27
Time: 1:30-2:30pm **Cost:** \$99 plus HST

Afraid of falling? The FallProof program is designed to teach strategies for improved standing posture, better walking ability, and improved ability to recover from a loss of balance. Taught by registered FallProof Instructors who offer individual attention in a small group setting.



Sketching Series

Date: Mondays, February 6, 13, 20, 27 **Time:** 1-3 pm
Cost: \$45 SHOAL Members; \$54 Non-Members

Instructor Wendy Franklin returns, bringing her creativity to teach the basic techniques of perspective, shading and drawing in both black and colour. You will be surprised at how quickly you gain confidence in this enjoyable art form. Register early.

Aging to Sage-ing Series

Date: Mondays, Feb 6, 13, 20, 27 March 5, 12 **Time:** 1:30-3:30pm
Cost: \$80 SHOAL Members; \$90 Non-Members

Are we just living longer or living better? In this six-week course we will explore a profound new vision of growing older. Using contemplative techniques and the latest breakthroughs in brain/mind research, learn how to review your life, reflect and come to terms with your mortality, and harvest the wisdom of your years. We will discover how to embrace the aging process with confidence and curiosity rather than fear and regret.

*Find an activity you enjoy
and you'll always be in love!*



All program fees include HST except where noted.

Genealogy for Beginners

Date: Mondays, February 20, 27 March 5 **Time:** 10:30-11:30am

Cost: \$35 SHOAL Members \$50 Non-members

Genealogy expert Michael Kellogg returns, offering this interesting course in researching family history using available resources. Michael is the past president of the Victoria Genealogical Society.

March Preview

Clay Basics - Beads, Pendants and Other Small Things

Date: Tuesdays, March 6, 13, 20, 27 **Time:** 10am - 12 noon

Cost: \$67.50 SHOAL Members; \$73 Non-Members

These four classes with **Janet Remmer** will be both fun and creative. Working with clay, you will learn the basics to design, glaze and fire clay pieces. Make beads for everything from bracelets to pendants, as well as many other creative ideas. No experience required.

Acrylic Painting - Basics and Beyond

Date: Fridays, March 9, 16, 23, 30 **Time:** 9:30am - 12:30pm

Cost: \$70 SHOAL Members; \$84 Non-members (plus supplies)

Janet Remmer's classes are a popular feature at SHOAL. Anyone can learn to enjoy acrylic painting. From the first lesson, you will learn to make a good start and a great finish. Sign-up early.

Basic Calligraphy - Foundational Hand

Date: Wednesdays, March 7, 14, 21, April 4, 11, 18 (No class March 28)

Time: 1-3:30pm

Cost: \$95 SHOAL Members; \$115 Non-Members (plus supplies)

Connie Furgason teaches this alphabet as a great place to begin learning calligraphy with the broad edged pen. For those with experience, this is another form which is very suitable for a wide variety of projects, and will provide variations on style if you have already studied this art form. If you don't already have supplies, they will be available for purchase on the first day for approximately \$25.

Watercolour Florals with Connie Furgason

Date: Mondays, March 12, 19, 26 (No class March 26, April 2)

Time: 1:30-3:30pm

Cost: \$45 SHOAL Members; \$54 Non-Members (plus supplies)

Connie Furgason will teach you to use one brush to create a variety of very loose floral images suitable for greeting cards, journals or paintings. The goal is to capture the "essence" of the flowers with soft lines and colour. All levels are welcome!

February Preview:

March Evening At The SHOAL presents: An Irish Pub Night!

Date: Thursday, March 22 **Time:** 5:30pm **Cost:** \$25

Featuring the four member band Cookeilidh from Victoria playing Celtic and Irish tunes including jigs, reels and aires and lots of toe-tapping tunes. Come and enjoy a great buffet and the music of this feel-good high energy group. Get your tickets early, they will be on sale from March 1st through 19th.



Members' Birthday Party and New Members Meet 'n' Greet

Date: Wednesday, February 15 **Time:** 2pm **Cost:** Free

Happy Birthday to all our members celebrating their birthday in February! Please come celebrate with us and enjoy some easy listening music with Michael Preece at the piano. Birthday cake and coffee or tea are served. This is a great time for new members to have a great "taste" of SHOAL Centre.



Chef's Corner

Chef Don Bottcher

Phone: 250-656-5537 ext. 107

E-mail: chef@beaconcs.ca

Tip from the Chef - Storage Tips

Storing and preparing foods properly is essential for food safety and helps retain vitamins and minerals as well as eye appeal.

- Store foods at the correct temperature:
 - Freezer – never warmer than 18°C (0°F)
 - Refrigerator – never warmer than 4°C (40°F)
 - Dry Storage – between 10–20°C (50–70°F)
- Keep well ventilated, dry and away from direct light.
- Avoid storing foods for long periods.
- Avoid bruising vegetables and fruit.
- Avoid overloading refrigerators and freezers.
- Store open packages in tight fitting containers.
- Rotate stock by using older items first.
- Store raw foods below cooked/ready to eat foods.
- Store leftovers in airtight containers or wrap in moisture proof containers.
- Label and date leftovers and use as soon as possible; preferably within 24 hours.

New! Tuck Shop Coffee Cards

Coffee cards are now available for the Tuck Shop. Pay \$12.50 for 10 and get your 11th cup for free! Coffee at the Tuck Shop is now priced at \$1.25 per cup.

An Evening At The SHOAL presents: A Night at the Oscars!

Buffet Menu

Hollywood Roasted Pork Loin with Mushrooms

Pork loin stuffed with mushrooms
in a cream white wine sauce



Red Carpet Vegetable Rice Casserole

Roasted vegetables in rice with tomatoes



George Clooney Brenoise Roast Potato

with butter and herbs



Star-studded Lemon Glazed Carrots



Best Dressed Caesar Salad



Dessert of the Year

Individual Blueberry Cheesecake

New! Dining Room Menu Board

The new Dining Room Menu Board has arrived. Each day the menu will be posted; including, the "Soup of the Day", "Sandwich of the Day", "Dessert of the Day", "Salad of the Day" and the Entree choices.

Bon Appétit!



SHOAL Assisted Living

**Deborah Carney,
Manager
SHOAL Assisted Living**

Phone: 250-656-5537 ext. 111
E-mail: dcarney@beaconcs.ca



**Wendy Hall,
Activities Coordinator
SHOAL Assisted Living**
Phone: 250-656-5537 ext. 119
E-mail: whall@beaconcs.ca

Happy Valentines Day to you all. Tell someone you love them this month!

We are anticipating some exciting changes in our Activities with a focus on adding some Resident Facilitated groups/hobbies. Keep bringing your ideas to Wendy so that your wishes can be accommodated. Look out for those changes on your weekly calendars.

Music

Our Music Activities continue to be a rich source of enjoyment. Classical Music with Graham in “Sunday Concert Hour” with a video of Andre Rieu was enjoyed in January. Graham also comes to play his “Show Tunes” on the piano, once a month. Residents always enjoy our guitar sing-a-long with Michael Majocho. Allan Slade’s (from the Conservatory of Music) “Music Exploration” classes, are a firm favourite and we are excited to have Barbara Lichty, once a month, to lead music appreciation and singing.

Activities

Heart Month is a perfect time to try out a new activity, like Chair Fit! Chair Fit exercise sessions are held on Monday and Thursday mornings, followed by “Mental Aerobics”. Once a month residents test their skills at Carpet Bowling, assisted by Jaci, Riley and Payton.

Our monthly dog visits from PATS are greatly appreciated. SHOAL Member Birthdays are celebrated in the Dining Room on the 3rd Wednesday of the month which is always a fun event.

Our hearts go out to all our volunteers who give so much of themselves to make life brighter for our Residents. Thank You!

Heart Month Health Tip: 5 Warning Signs of Stroke

Stroke is a medical emergency, you need to know the five signs to watch for so you can recognize and respond immediately. Calling 9-1-1 or your local emergency number immediately can significantly improve survival and recovery. If a person is diagnosed with a stroke caused by a blood clot, doctors can administer a clot-busting drug available only at a hospital, and only within a few crucial hours after symptoms begin.



Weakness - Sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.



Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems - Sudden trouble with vision, even if temporary.



Headache - Sudden onset of severe and unusual headache.



Dizziness - Sudden loss of balance, especially with any of the above signs.

We are always grateful for donations of:

- Simple Musical Instruments are always welcome
- Are you a musician? We are looking for volunteers with musical talent, especially piano players.
- Looking for a rewarding volunteer opportunity? We would love you to assist in our Activities program. Call Deborah or Wendy anytime.

Beacon Community Services is a community-based, non-profit, social, employment, health, recreational, housing and volunteer services agency, offering a wide range of programs and services to thousands of clients in the CRD. Since 1974, we have been promoting independence and self-sufficiency with dignity, respect and compassion. The generosity of our volunteers – their willingness to make a contribution – plays a vital role in improving the quality of life for many people in our community. If you would like to offer thanks for Volunteer Services through a donation to Beacon Community Services, an Income Tax Receipt will be issued. Please make cheques payable to Beacon Community Services or click ‘Donate Now’ on our website at www.beaconcs.ca.



Volunteer Services News

Kathryn Mason, Volunteer Services Coordinator

Phone: 250-656-5537 ext. 106
E-mail: kmason@beaconcs.ca

Lucy: I'm intrigued by this view you have on the purpose of life, Charlie Brown. You say we're put on this earth to make others happy? What are the others put here for?



People choose to volunteer for many reasons - often it's simply to make others happy. In the process, most people find much happiness themselves. If you haven't tried it, I encourage you to consider it. I am fortunate enough to work with volunteers and every day I see first hand the difference it can make in people's lives.

Beacon Community Services offers many volunteer opportunities. We are looking for volunteers to drive others to their medical appointments. We will reimburse you for your mileage and if you enjoy driving, you can make a difference for someone needing the drive. A couple of hours a week can go a long way in making others happy. So, what do you think? If this volunteer position, or any others, interest you, please give me a call. I'd really like to meet you.

Have you got a warm heart and an hour a week to spare?

Volunteer Services will be offering a six part training course in March (12 hours total), at no cost, to those interested in becoming a Volunteer Visitor. One hour of your time a week can make such a difference to someone else. On completion of this 'Active Listening' training, you will have a chance to meet someone in the Peninsula area who could benefit from a friendly face and a warm heart. For information, call Kathryn Mason at 250-656-5537 ext 106.



BCS Volunteer Drivers Mark Your Calendars

On Wednesday, March 28th we will be holding an annual Roadmasters 55 Alive driver refresher workshop. If you are a BCS Volunteer Driver or Friendly Visitor who sometimes takes clients on drives, please mark this date down in your calendar. The workshop will be offered free of charge. More information will be mailed out, closer to the date.

In Memory ✨ We were sad to hear that Alex Humphreys, a Pandora Thrift Shop Volunteer, recently died. Our sincere condolences to each of Alex's coworkers and friends.



Volunteer Profile: Yolande Krasevich

Yolande began volunteering in the SHOAL Tuck Shop in February 2011. She is such a friendly woman and when things are a little quiet in the Shop, she loves nothing better than to sit and talk.

Yolande was one of 5 children born in Saguenay, Quebec. When her school years were finished, she began work as a nurse's aid in the local hospital. However, she eventually moved to Toronto and worked at Eaton's, where she says with a smile she was "learning English".

In Toronto, Yolande met a man from Michigan who worked for the Ford Motor Company. The couple were married in Dearborn, Michigan, and Yolande spent the next 16 years there, working as an activity director in a nursing home. The couple was blessed with a son and a daughter, but sadly Yolande's husband died when the children were young. So Yolande and her kids moved back to Canada. The children had been schooled in English, so she moved to Ottawa rather than return to Quebec.

Yolande remained in the Ottawa area for the next 30 years. For 18 of those years, Yolande cared for the children of a local physician and to this day refers to them as 'my children too'. They still keep in touch. Yolande also worked for 10 years assisting a priest with his duties in the chapel of an Ottawa nursing home.

In 2010 Yolande moved to BC to be closer to her son, who was living in Sidney. Her daughter lives in California, and mother and daughter visit back and forth whenever possible. Yolande has enjoyed travelling during her life throughout Europe and beyond. She says her favourite trip was to the Holy Land.

Yolande also loves camping and one year she drove solo from Ottawa to Whistler, BC, camping along the way. She also loves to read and in younger years she loved to skate. But more than anything she loves to connect with people. So when you see Yolande next, stop and say hello. You will be sure to receive a friendly greeting from this lovely woman with the soft French accent. Thank you, Yolande, for all that you do for us here at SHOAL Centre.

Tax Time - Just Around the Corner

Once again the Community Volunteer Income Tax Program will soon be underway. If you or anyone you know fits our criteria, you may be eligible to have your return prepared and filed at no charge by a BCS Volunteer. If you are single your income must be \$25,000 or less, if you are a couple your income must be \$35,000 or less and if you are a single parent with one child your income must be \$30,000 or less (add \$2,000 per child). You must have a simple return with no rental or business income. For more information, please call Kathryn at 250-656-5537. We will not be accepting applications until March 6, 2012.



Youth Employment Program News

Sarah Cameron, YEP Coordinator

Phone: 250-656-5537 ext. 118
E-mail: scameron@beaconcs.ca

I hope everyone had a great start to the New Year and that all of our students did well on their recent exams. It will be a busy few months for the Youth Employment Program as we gear up for new training opportunities, our Annual Youth Job Fair and numerous volunteer opportunities!

Need volunteer hours? Sign up with YEP!

Sign up with YEP to have access to a number of different volunteer opportunities throughout the community. Whether you want to volunteer at SHOAL Centre, a community event or our BCS Thrift Store, we have a volunteer job for you! YEP can help you get your 30 hours of volunteer work for graduation and if you've already met that requirement, can find you additional volunteer opportunities to get more experience.

New Course! Customer Service Training

Date: Saturday, February 11 **Time:** 9am-3pm

Cost: \$20 YEP Students; \$40 Non-YEP Students

Sharpen your customer service skills through this one day workshop offered by Service Essentials. The workshop will cover the following:

- How to build relationships with customers
- How to handle difficult situations
- How to market yourself as a service professional

FOODSAFE

Date: Friday, February 17 **Time:** 9am-5pm **Cost:** \$42 for YEP students

This course covers proper food handling processes. Become FOODSAFE Certified to help strengthen your resume!

Employment Prep Courses - Free!

Saturdays, February 18 to March 3 at SHOAL Centre

- February 18 - **Resume Writing** 12 - 3pm
- February 25 - **Interview Skills** 1-3pm
- March 3 - **Job Fair Prep** 1-3 pm



3rd Annual Youth Job Fair

Beacon Community Services, with the support of a United Way of Greater Victoria Youth Initiative Grant, will be hosting the 3rd Annual Youth Job Fair on Monday, March 5th from 11am-2pm at the SHOAL Activity Centre. Youth of all ages (13-29) are invited to attend this free event to get information on employment, volunteer and educational opportunities. If you are interested in attending this event, please register through the YEP office by emailing YEP@beaconcs.ca or call 250-656-5537 ext.118. The first 100 youth to register receive a free gift when they arrive at the Fair!

SHOAL Wellness Programs

Be Well Clinic checks blood pressure and glucose every Monday in Auditorium A, 1 – 2pm. Admission by donation.

Take the Pressure Down Blood Pressure Clinics continue. For free clinic locations and heart health information, please visit the SHOAL Reception Desk or check their website at www.takethepressuredown.ca.

Better Breathers Program for those with breathing difficulties, is held the 4th Monday of each month in Auditorium B. Next meeting is February 27 at 1:30pm. For information call Kelly Ablog-Morrant at the BC Lung Association: 1-800-665-5864.

Family Caregivers' Support Group meets on the 3rd Tuesday of each month, 10am – noon in the SHOAL Activity Centre Lounge. The next Support Group takes place Tuesday, February 21st.

New! Chair Massage Enjoy the healthful benefits of a seated massage. Special introductory rate and gift cards available. To learn more and book your private session at SHOAL Activity Centre, call Eric at 250-888-3400.

Panorama Partners

Panorama Recreation, in partnership with SHOAL Activity Centre, is offering the following programs starting in February. Stop by the SHOAL Reception Desk or call Panorama at 250-656-7271.



Dance Refresher Courses - Cha Cha

Fridays Feb 24 - Mar 23 8:15 - 9:30pm 5/\$47

Painting in Oils

Mondays Feb 6 - Mar 26 7 - 9pm 8/\$120

After the Click - Digital Cameras

Saturday February 11 9am - 12pm 1/\$60

Word 2010 Essentials

Saturday February 25 1 - 4pm 1/\$60

Picasa - Just Editing

Saturday Feb 18 10am-12pm 1/\$41

Picasa the Next Step

Saturday Apr 28 1 - 3:30pm 1/\$41

PowerPoint 2010 Essentials

Saturday Feb 25 9am - 12pm 1/\$60

Word 2010 Essentials

Saturday Feb 25 1 - 4pm 1/\$60

A Heart
that Loves
is always
Young

Sidney Single Seniors (55 years +)

You must be single to belong to this group, or be a caregiver of a loved one who is at home, in hospital or in a care home. Enjoy morning walks, coffee get-togethers, bowling (Miracle Lanes in Sidney at 3pm on the 2nd and 4th Monday of each month), playing darts, shooting pool, joining others for meals out, golfing, day trips and weather permitting, picnics and barbecues. Lunch: February 9, 2012 (restaurant to be determined).

Next Meeting: Wednesday, February 15, 2012 at 2 pm, SHOAL Activity Centre. *Please remember, no perfumes or after shave to be worn to meetings.*

For more information, please contact Kathryn Mason at 250-656-5537 #106.