

*Together we transform lives*



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# Saanich Volunteer Services

## Phone: (250) 595-8008



**Medical Appointment Drives**



**Income Tax Service**



**Grocery Shopping & Delivery**



**Prepared Meal Delivery**

Our volunteer drivers are taking every precaution to ensure your safety



**Food Bank Hamper Delivery**



**Friendship Calls**



**Minor Exterior Home Repairs**



**Garden & Yard Work**



# UVic Pro Bono Student's Project: Patient's Rights

*This winter UVIC students Gillian Haggett and Scott Hanson partnered with UVIC Pro Bono Students Canada and SVSS to research and produce a brochure entitled, "Patient's Rights: Frequently Asked Questions."*



Gillian Haggett

Gillian is a first year law student originally from Edmonton, Alberta. Gillian enjoys travelling, the outdoors and is looking forward to the day she can retire on Vancouver Island.



Scott Hanson

Scott is a first year law student originally from the Okanagan. Scott enjoys exploring the mountains of British Columbia and would love to retire on Vancouver Island but is too attached to the snowy winters of the interior.



## MEDICAL ASSISTANCE IN DYING (MAID)

- THE M.A.I.D. PROGRAM OFFERS CERTAIN PATIENTS THE OPTION TO END THEIR LIFE WITH THE ASSISTANCE OF A DOCTOR OR NURSE PRACTITIONER
- PERSONS SUFFERING FROM SERIOUS, INCURABLE CONDITIONS THAT CANNOT BE REVERSED MAY BE ELIGIBLE



## RIGHT TO CONSENT TO OR REFUSE TREATMENT

- AS A PATIENT, YOU HAVE THE RIGHT TO BE GIVEN ALL NECESSARY INFORMATION BEFORE CONSENTING TO ANY MEDICAL TREATMENT
- YOU HAVE THE RIGHT TO REFUSE ANY TREATMENT, EVEN IF REFUSAL GOES AGAINST YOUR DOCTOR'S ADVICE



## RIGHT TO A SECOND OPINION

- YOU HAVE THE RIGHT TO GET A SECOND MEDICAL OPINION.
- YOUR DOCTOR IS REQUIRED TO GIVE YOU A REFERRAL TO ANOTHER DOCTOR IF YOU ASK FOR A SECOND OPINION

*The final brochure will be available to SVSS volunteers and clients at our office*



## President’s Appeal: Update

*Because of you, SVSS will be able to connect with and support over 500 seniors within our community*

Dear Friends and Neighbours,

Thank you so much for your generous donations in support of the SVSS 2020 President’s Appeal Campaign. Because of you we raised over \$18,000!

Through your donations SVSS will be able to continue to promote independent living and enhance quality of life for seniors by offering our volunteer services—medical drives, income tax services, friendship calls, prepared meal and food bank hamper delivery, grocery shopping and delivery, minor exterior home repairs, and garden and yard work.

Because of you, SVSS will be able to connect with and support over 500 seniors within our community. Thank you for making a positive difference.

Best of health to you, your family, and friends.

With all my gratitude,

**Brenda Lynn**  
**Executive Director, SVSS**



## Need a lift to a vaccine or medical appointment?

Our friendly receptionists are working Mon-Fri to take your requests for medical drives.

*Our volunteer drivers are taking every precaution to ensure your safety. Please give us at least 7 days notice to book a drive if possible.*

*We look forward to hearing from you.*



SVSS offers virtual income tax clinics by telephone or video conference for eligible residents of Saanich.

If you need to get your income tax filed call the SVSS office at (250) 595-8008.

## *Do you have a recipe that you would like to share?*

Exciting times! As a fundraiser, Saanich Volunteers are putting together a Cookbook. The name of the Cookbook is *Covid Comfort Food featuring Soups, Stews and Quick Breads*. We look forward to our clients participation sending in all their wonderful family recipes to make up the Cookbook.

*Call our office at (250) 595-8008 or email [bethea@saanichvolunteers.org](mailto:bethea@saanichvolunteers.org) to submit your recipe!*

# Maintaining Positive Mental Health

*By Linda Dawson Reid*

*In the long, dark days of winter and isolated during this pandemic, it can be challenging to keep our spirits up*

## Here is a suggested daily routine for positive mental and physical health:

1. **Sleep** – good sleep hygiene is very important for our overall health and can be so elusive for so many. Going to bed and getting up at the same time is a good start toward positive sleep habits. A cool, dark room with few distractions can also help.
2. **Stretch** – getting the body to move. You do not need any special equipment and you can do it from a chair if you prefer.
3. **Sun** – this can be tricky in our Westcoast winter. If you can, get outside for even 15 minutes. Bundle up and go out on your balcony or deck. If you cannot get outside sit in the brightest window you have. This will also help you sleep well.
4. **Shower** – if you suffer from dry skin, showering every day may not be good for you, but having a cleansing routine that you do every day is positive for your mental well being.
5. **Specific** – have something specific to accomplish each day – this can be something very small or part of a larger project.

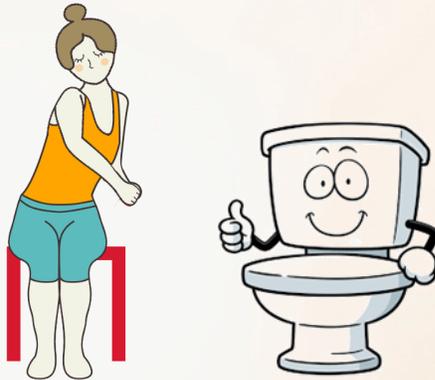
*Feeling a little blue? Try this quick brain trick to change your mood in less than 5 minutes:*

*Close your eyes for a moment and think about a happy event or one of your happiest memories and really fill in the details: colours, sounds, smells, textures and most importantly how this memory makes you feel – happy, light. Breathe in.*

*Open your eyes and check in to see how you are feeling. It really is quite amazing!*

# Chair Yoga

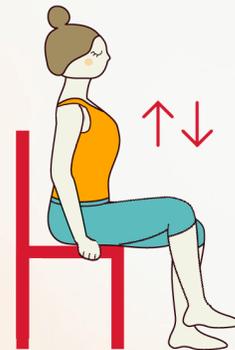
Easy home exercises curated by Moira Tait



## Paddle Your Canoe

*Good for the muscles along your ribs and “taking care of business”*

- Both hands to left side, tilt right shoulder forward and down and make paddling motion
- Repeat on the other side



## Knee Raises

*Good for abdominals and posture*

- Sit tall and hold on to sides of chair- keep both sit bones on seat (no tilting)
- Engage abdominals
- Lift knee on the count of 1 and lower to the count of 4



## PSOAS Stretch

*Improves your posture & breathing*

- Start sitting tall
- On exhale, bring elbows towards each other making fists and rounding back- look down
- On inhale, rotate hands out opening elbows (no higher than shoulders), open fists and lift heart

Can you guess these 3 weather-themed word puzzles?

**Temperature**

**THE WEATHER**  
**A BIT**

Heat heat heat heat heat

Answers: "A rise in temperature", "A bit under the weather", "A heat wave"

## THE "IMPOSSIBLE" QUIZ

*For people who think they know it all*

*There are only nine questions. These are not trick questions; they are straight questions with straight answers:*

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

Answers: 1. Boxing 2. Niagara Falls ... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute 3. Asparagus and rhubarb 4. Strawberry 5. It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems. 6. Dwarf, dwell and dwindle... 7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parentheses, braces, and ellipses 8. Lettuce 9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

# 1950's Trivia

*THE DECADE OF SODA FOUNTAINS, POODLE SHIRTS, SIDEBURNS & THE HULA HOOP!*

1. The movie "Love Me Tender" premiered in Nov. 1956. What celebrity was the main star of the movie?
2. Which American television sitcom, starring Lucille Ball & Desi Arnaz, was released on Oct. 15, 1951?
3. Who was elected Prime Minister of Britain in 1951?
4. In 1959, a veritable icon for youngsters first appeared at a New York toy show. Which product, devoted to fashion, was this?
5. Who was the Prime Minister of Canada in the 1950's?
6. What year did Disneyland open?
7. What major Canadian Theatre Festival opened for the first time on July 13, 1953?
8. What Canadian singer had his first real top hit in 1958 with "Diana"?
9. What was the cost of a McDonalds' cheeseburger in 1955?

Answers:

1. Elvis Presley 2. I love Lucy 3. Winston Churchill 4. Barbie
5. Pierre Trudeau 6. July 17, 1955 7. Stratford Festival 8. Paul Anka
9. 12 cents 10. 19 cents

# Featuring: Martin Bache

*Volunteer “Handyman” & Volunteer Advisory Council member*



*When not volunteering with SVSS, Martin does home renovations for family members and enjoys cycling, car mechanics, and carpentry as retirement hobbies.*

*Call SVSS at (250) 585-8008 if you need some light work done on your house or yard*

Martin Bache volunteers with SVSS doing minor home repairs, yard work, and is a member of our Volunteer Advisory Council. With a background in Mechanical Engineering, he used to work in project management for the construction industry. In 2015 he retired and moved from Vancouver to Victoria.

He has always enjoyed carpentry and gardening as hobbies and often helps out family member with house repairs, so it seemed a natural transition to volunteer doing the things he loves, and get to meet interesting people along the way.

“I have the bonus of meeting some wonderful people with decades of wisdom. Talking to them is amazing,” says Bache, when discussing his time with SVSS.

“Some of the ladies I’ve met have incredible stories of being in Europe during the war.”

He goes on to describe how much he appreciates the “depths of history” that SVSS clients have shared with him while he is on the job volunteering.



## SVSS is on YouTube

*Want to learn more about Martin? He is featured in two of our videos on our new YouTube channel.*



Go to YouTube.com and search for “Saanich Volunteer Services Society” then click on the heart with the house in it, or type in the following url to go there directly:  
[www.youtube.com/channel/UC91QIoNkRvaotQcmTJ\\_PvaQ](http://www.youtube.com/channel/UC91QIoNkRvaotQcmTJ_PvaQ)

*Featuring: Martin Bache, Volunteer “Handyman” & Volunteer Advisory Council member*

Martin has a small, fenced in garden, protected from the deer, and appreciates gardening and how it, along with carpentry, provides an opportunity for light exercise on a regular basis. In the fall, SVSS kept him busy helping clients manage their yards.

Some of the home repair projects he has enjoyed doing for SVSS include repairing the door framing of a tool shed, exterior house painting, and relinking a drainage down spout. Right now he is also working on a deck and tree management for his own family members in Victoria.

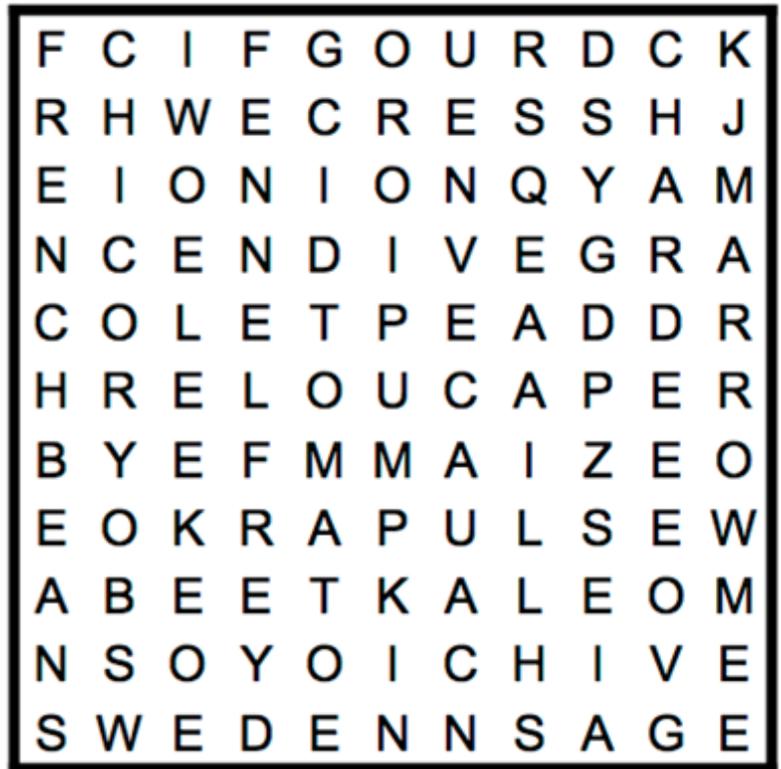
*SVSS is following all mandated protocols and doing our best to keep you safe. As such, our volunteers are currently only able to provide support for exterior and contactless services.*

*If you have the need for light exterior home repair or yardwork, let us know by calling (250) 595-8008 and we will put you in touch with a volunteer like Martin.*

# Spring Word Search

This word search is a contribution from Mind X Magazine. For more information, please email [info@mindxmagazine.ca](mailto:info@mindxmagazine.ca)

- BEE T
- CHIVE
- FENNEL
- LEEK
- ONION
- SAGE
- CAPER
- COLE
- FRENCH BEANS
- MAIZE
- PEA
- SOY
- CHARD
- CRESS
- GOURD
- MARRO
- PULSE
- SWEDE
- CHICORY
- ENDIVE
- KALE
- OKRA
- PUMPKIN
- TOMATO
- YAM



**Saanich  
Volunteer  
Services  
Society**

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## Donations Very Much Appreciated

While our organization runs on volunteers, we are always in need of cash donations to provide our programs and improve our services, ensuring access for all residents of Saanich.

If we can help you or you can help us, please reach out. All enquiries and donations can be sent to Saanich Volunteer Services Society.

