



# Community Action

## *Together We Transform Lives*

*We are Thankful  
for YOU*



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## Showcasing SVSS Reception Volunteers



**Marie**

14 YEARS VOLUNTEERING

*"Retirement meant it was time for me to offer my services to organizations where I could make a difference in other people's lives. Little did I realize how good it made me feel to help others live a better life because we CARED."*



**Danielle**

13 YEARS VOLUNTEERING

*"Never more than now, have I been so pleased to be of help, even if my contribution is very small. I think SVSS has given me much more than I have given it in the last 12-13 years! I also feel privileged to be working with such a wonderful and dedicated team."*

Showcasing Marie, Danielle, Gulvinder & Lorna, four of SVSS's friendly, professional reception volunteers.

They work Monday to Friday from 10AM to 2PM answering your phone calls and scheduling your appointments.

SVSS is grateful for our volunteers. Their excellence drives our success!

Services SVSS Provides:

1. Medical Drives
2. Grocery Shopping
3. Meal Delivery
4. Friendship Calls
5. Income Tax
6. Yard Work

Call (250) 595-8008 today!



**Gulvinder**

1 YEAR VOLUNTEERING

*"Supporting the community is what I enjoy about being with SVSS"*



**Lorna**

1 YEAR VOLUNTEERING

*"I enjoy giving back and helping out others in need. I enjoy the social interaction on the days I work and meeting other receptionists."*

# UVic Pro Bono Student's Project: Wills & Estates



Hannah van Mook



Laura Bullock

This summer UVIC students Hannah van Mook and Laura Bullock partnered with UVIC Pro Bono Students Canada and SVSS to research and produce a brochure entitled, "Wills & Estates: Frequently Asked Questions."

Supervised by board member Nicole Hamilton, the final brochure is available to SVSS volunteers and clients at our office.



## WILLS & ESTATES

Frequently Asked  
Questions



Saanich  
Volunteer  
Services  
Society

<http://www.saanichvolunteers.org/>

## GENERAL INFO

### HOW MUCH DOES IT COST TO CREATE A WILL?

In BC, will-making kits can be purchased for as little as \$35. Notaries and lawyers typically charge between \$300 - \$2,000, depending on the circumstances of your will. There are also free will-making resources available online, such as through MyLawBC.

### CAN MY WILL BE CHANGED AFTER I DIE?

If your will does not properly provide for your spouse or children, they can ask a court to vary it. The outcome of this claim will depend on a number of things, including evidence of your relationship with the person who is challenging the will.

# Good Reads for Seniors



The Greater Victoria Public Library has adapted its services during the pandemic. You can pick up items you have put on hold and browse a small selection of available books in-person.

For those who self-identify as senior or immuno-compromised the library is open from **11:00 am-12:00 pm, Monday—Saturday**. Everyone else can visit the library from 12-4PM.

You can also access books digitally anytime via CloudLibrary, and the Digital Resources, and EBooks section of their website at [www.gvpl.ca](http://www.gvpl.ca).

*Have a good read that you would like to share?*

Send the book title and author to SVSS or  
give us a call at 250-5959-8008

## BOOKS WE RECOMMEND



**The Musical Comedy  
Murders of 1940**  
by John Bishop

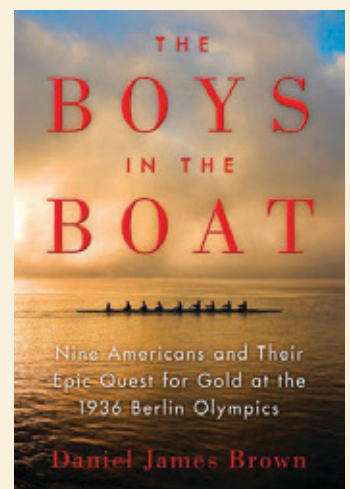
**I'm Too Young to be  
Seventy**  
by Judy Viorst

**A Man Called Ove**  
by Frederick Backman

**Ivy Malone  
Mystery Series**  
by Lorena McCartney

**The Blossom Sisters**  
by Fern Michaels

**The Boys in the Boat**  
by James Brown





This year Flu Shot appointments must be made either by calling or booking online. This is due to COVID-19 transmission prevention practices and physical distancing measures.

Walk-ins will not be accepted. Call your pharmacy today to schedule an appointment.

## The 2021-22 Seniors Services Directory

A community resource handbook for the capital region

Available by calling 250 595-8008



## Senior Peer 1 to 1 Support Program

If you, or someone you know is 55+ and experiencing:

- Loneliness and isolation
- Loss & grief
- Health related challenges and aging concerns
- A need to connect to their community
- Isolation from friends and family
- Life transitions

**We can help.** The Senior Peer 1 to 1 Support Program provides confidential, no-cost, one-to-one support in Victoria and Saanich. Trained volunteers offer a listening, non-judgmental ear, and assistance with coping skills and strategies.

*For more information call  
Linda at 250-595-8008 ext. 126  
or Peggy at 250-595-8008 ext. 128  
SVSS Client Services*



# Boredom

## Did You Know?

On October 31 the moon will be located on the opposite side of the earth as the sun, and its face will be fully illuminated. This phase occurs at 14:51 (Coordinated Universal Time). Since this is the second full moon in the same month, it is sometimes referred to as a "blue moon". This rare calendar event occurs every few months, giving rise to the term, "once in a blue moon."



## The Lighter Side


A grasshopper walks into a bar. The bartender says, "Hey, did you know we have a drink named after you?"

The grasshopper looks at the bartender and says, "You have a drink named Jasper?"



# Busters

## 1960's Trivia

- 
- |                                                                   |                                                                  |
|-------------------------------------------------------------------|------------------------------------------------------------------|
| 1. Who was assassinated in Nov. 1963?                             | 5. Which famous American penitentiary closed in 1963?            |
| 2. What new type of telephone was invented in 1963?               | 6. In 1965, which famous fashion item made its first appearance? |
| 3. Which film won the Oscar for best picture in 1960?             | 7. What was the new dance craze in 1960?                         |
| 4. What famous band arrived from England to the USA in Feb. 1964? | 8. What was the cost of a gallon of gasoline in 1960?            |

*Questions from the era of Beatlemania,  
barbie dolls and bell bottoms*

1. John F Kennedy 2. Tone Dialing Phones 3. Ben-Hur  
4. The Beatles 5. Alcatraz Island 6. Mini Dress 7. The Twist 8. \$0.31

Answers:

# Grocery Shopping Bus Program

*“The shopping bus is a way to help seniors with their shopping and make new friends”*



JANET, DRIVER

I am Janet Kirkpatrick, the owner/operator of Coastal Companion and my 20 passenger wheelchair accessible bus. My little company primarily takes seniors in care homes and other facilities on scenic tours around Greater Victoria. In addition to this, I pick up seniors from their homes, or another meeting place, and take them to shopping centres. I enjoy the friendships that develop out of my business as we tour around and share this beautiful area we are fortunate to live in.



SUE, VOLUNTEER

*I have been part of the shopping bus since the beginning and meeting these folks has so wonderfully enriched my life. The friendships made and the stories shared over coffee after shopping have been a highlight for everyone involved.*

*—Sue, Volunteer*



MARY, VOLUNTEER



ANTOINETTE, VOLUNTEER

*The shopping bus gives back to seniors and is a joy to everyone!*  
— Antoinette, volunteer

I have been a volunteer with Saanich Volunteers for 15 years. One day they asked me if I would like to join the Shopping Bus and help the seniors with whatever they need. Around 2017 I had my first ride on the bus and what a wonderful experience. I have met so many clients as well as two other volunteers [Sue & Antoinette].

We pick up the clients on a bus run and then to Walmart where Sue, Antoinette and I assist the clients. After our shopping is done, we meet at McDonalds in the store. This is the time to chat with these wonderful people. This Christmas we went on a run to see all the wonderful decorations and then stop for a coffee or whatever they like. Oh yes, I got them singing Christmas carols. We have created long friendships with all, and I love it.

When the day is over, I go home with a big smile and I wish we could do it more often.

—Mary, Volunteer



SVEN ERIK, CLIENT

*"The SVSS shopping bus excursion is the highlight of the week for us. Not only do we get the weekly shopping done, with all the help we need, we also get to know like-minded people. To meet others is extremely important for every one's mental well-being. We look forward to our weekly adventure, combining pleasure with the necessities of life." - Sven Erik, Client*

## Celebrating Seniors

*October 1 was National Senior's Day, so we take the time to reflect upon how grateful we are for each and every one of the seniors in our lives. You are the wisdom keepers of our community. Thank you.*



# Celebrating Volunteers



In the old days we used to go on home visits to do the taxes. It's a joy now they've got all the stuff online.

- Leigh, tax volunteer

25  
years

*This year we created a calendar of portraits to celebrate our milestone volunteers, like Leigh, who has been volunteering with SVSS for 25 years! Copies of the 2021 calendar can be purchased by donation to SVSS.*

*Leigh does income tax. If you need to get your income tax done call (250) 595 8008*

## About The Editor

Hi! I'm Bethea. I have been working with Saanich Volunteers since the spring and I absolutely love everybody here. When I'm not with SVSS I'm surfing, climbing, creating music, or working on freelance marketing projects: making videos, taking pictures, doing graphic design, and setting up social media campaigns ([www.baetli.com](http://www.baetli.com)).

One of my favourite projects this year was taking portraits of the milestone volunteers for the SVSS calendar. It was a joy to meet everybody and capture so many warm faces. As a shy-ish person I cannot tell you how rewarding it is to have the opportunity to get to know people one-on-one and create something beautiful from that interaction. Some of the stories had me in tears.

I am extremely grateful to SVSS, not only for employing me through the pandemic, but also for creating a positive work environment that I look forward to coming to. I really believe in the good work that everyone at SVSS does and can see the difference it makes in our community. It is an honour to be part of it and I thank you for welcoming me.





**Saanich  
Volunteer  
Services  
Society**

**(250) 595 8008**

1445 Ocean View Road  
Victoria, BC V8P 1J8  
[www.saanichvolunteers.org](http://www.saanichvolunteers.org)



## ***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.



### **AUTUMN WORDSEARCH**

**ACORNS**

**APPLES**

**BOOTS**

**COAT**

**COLD**

**COLOURFUL**

**CRISPY**

**EQUINOX**

**FIRE PLACE**

**GOLDEN**

**LEAVES**

**LOGS**

**ORANGE**

**RAKE**

**SUNSET**

**TREES**

**WIND**

S	A	C	O	R	N	S	E	F	P	X
E	C	A	L	P	E	R	I	F	O	T
L	O	N	K	V	E	T	G	N	L	R
P	L	D	A	G	E	L	I	D	F	E
P	D	E	N	S	O	U	I	P	F	E
A	L	A	N	G	Q	B	O	O	T	S
C	R	U	S	E	Y	P	S	I	R	C
O	S	M	K	K	J	A	U	T	U	M
A	F	A	V	S	N	E	D	L	O	G
T	R	L	U	F	R	U	O	L	O	C
J	Q	V	F	D	N	I	W	K	W	C

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