

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**



**Food Bank Hamper
Delivery**



Friendship Calls



Minor Home Repairs



Garden & Yard Work



New Website Design!

Please visit our NEW website:

www.saanichvolunteers.org

[Become a Client](#)
[\(250\) 595-8008](tel:(250)595-8008)
[Volunteer Log Form](#)
[Enter Hours](#)

[Home](#)
[What We Do](#)
[Who We Are](#)
[Get Involved](#)
[Community](#)
[Contact](#)
[DONATE](#)

Empowering Our Neighbours

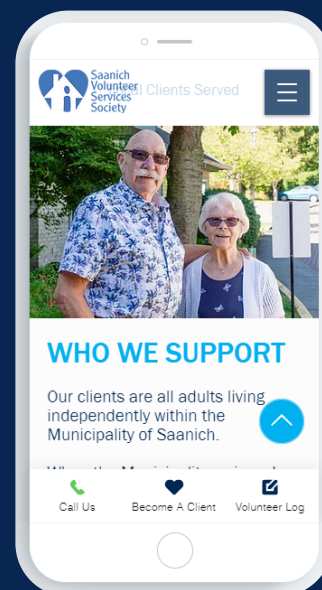
We provide everyday support for a variety of tasks, helping Saanich residents live healthy, happy, independent lives

[Services & Programs](#)

Same website address, new look and design

In June we launched our new refreshed website. We are excited to share with you this project we have been working on the last few months and hope that the new design can better reflect the vibrancy of what we do here at SVSS.

It is filled with the familiar faces and real stories of our volunteers and clients as well as streamlined with convenient links so that it is easier to sign up and learn about the different services and programs we have going on.



Summer Reads for Seniors

The Greater Victoria Public Library has extended their hours at all of their branches!



GVPL Customer Service Line 250 940-4875

The GVPL is committed to providing a healthy and safe space for staff and patrons. Branches in Saanich: Nellie McClung, Emily Carr, and Saanich Centennial. Open Monday to Saturday.

Library services currently available:

- Borrow items from a vast collection.
- Browse a selection of popular items and borrow on the spot.
- Public computers available at most branches.
- Upgrade an online library cards for full library access.
- Return items everyday, any time at all branch locations.
- Join online for programming that inspires and informs.

Please note that as of June 9, 2021, GVPL's cloudLibrary account has been retired. The transition from cloudLibrary to OverDrive/Libby will happen over several weeks. Check out OverDrive and Libby for the newest ebooks and e-audiobooks. GVPL staff are available to assist you with any technical problems.

6 MUST-READ BOOKS FOR SUMMER

The Nightingale

By Kristin Hannah

A Man Called Ove

By Fredrik Backman

The Immortal Life of Henrietta Lacks

By Rebecca Skloot

The Sweetness at the Bottom of the Pie

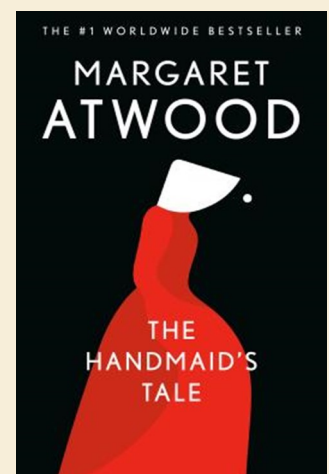
By Alan Bradley

The Help

By Kathryn Stockett

The Handmaid's Tale

By Margaret Atwood





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.

250 595-8008

529 Bike Registry Program


In 2013, Project 529 set out to create a sustainable program to help reduce bike theft, promote cycling, and make cities and campuses more bike-friendly. The Saanich Police Department has joined a growing number of police agencies in British Columbia and the Capital Regional District to partner with Project 529, a bicycle registration and recovery system. Project 529 makes it easy for citizens to register a bike and flag it stolen if a theft occurs.

Anyone can register a bike on Project 529 for free in less than five minutes, either online or in person at a registration station that is listed on the Project 529 website. Only an email address is required - no other personal information. Tamper resistant 529 Shields can be purchased from a local bike shop and they act as a deterrent, warning would-be thieves that your bike is registered.

Project 529 can be accessed through the “Garage 529” app and online at project529.com, where you can register your bike or search the registry if you find a bike. If your bike is stolen, file a police report and set an “alert” in your Project 529 account. Remember to always lock your bike with a u-lock, even if you’re only gone a few minutes. Ride safe!!

-Saanich Police Constable Erin Wagg





Summer Safety Tips for Seniors

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions are not taken. Here are some great tips that seniors can use to make sure they have a fun, safe summer.

1. **Avoid Sunburns** – Sunshine is the best natural source of vitamin D and can provide plenty of great health benefits for seniors. Sunscreen is the best way to protect fragile skin from sunburn and sun poisoning. Seniors should apply sunscreen with an SPF of 30 to 50 every two to four hours while they are outdoors.
2. **Dress Right** – Another important element of summer safety is proper clothing. To protect your skin from the harmful rays, make sure the right attire is worn. Choose wide brimmed hats that cover the face and neck, as well as sunglasses with protection from both UVA and UVB rays. Clothing should be light-colored and loose to prevent chafing.
3. **Prevent Dehydration** – Loss of fluids through sweating, and certain medications can put you at risk for dehydration. It is important to know the signs of dehydration. Make sure to avoid sugary soft drinks or caffeinated beverages like coffee and tea, as these can dehydrate you further.
4. **Stay Cool** – On particularly hot days, seniors should stay in an air-conditioned environment and limit their time outdoors. If your home does not have air conditioning, open windows at opposite ends of the house to create a cool draft. It is also a good idea to spend some time in air-conditioned buildings such as shopping malls, grocery stores, and libraries.
5. **Wear Sunglasses** – Sunglasses play a key role in sun safety and in protecting eyesight. Researchers say that faithfully wearing a quality pair of sunglasses can help protect the eyes from cancerous growths and from cataracts, a condition that occurs more frequently with age. Make sure your sunglasses block 100% of both UVA and UVB rays.

Irish Soda Bread

*Recipe provided by
SVSS Volunteer Louise*

4 C. All purpose flour
Pinch of salt
2 Tbsp. sugar
2 tsp. baking soda
1 tsp. cream of tartar
1 C. seedless raisins
1 C. Currents
1 Tbsp. caraway seeds (optional)
2 C. milk
1 egg

Mix first 5 ingredients together. Add raisins, currents and seeds to coat. Mix milk and egg. Add dry ingredients. Fill greased loaf pan 3/4 full. Bake @ 400 degrees F. for 40 - 45 minutes or until lightly brown.

Can you guess these 3 word puzzles?

Writing
Wall

~~LEAST~~

|R|e|a|d|i|n|g|

Answers: "Handwriting on the wall" "Last, but not least" "Reading between the lines"

FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt -----	Verti Gogh
The brother who ate prunes -----	Gotta Gogh
The brother who worked at a convenience store -----	Stop N Gogh
The grandfather from Yugoslavia -----	U Gogh
His magician uncle -----	Where-diddy Gogh
His Mexican cousin -----	A Mee Gogh
The Mexican cousin's American half-brother -----	Gring Gogh
The nephew who drove a stage coach -----	Wells-far Gogh
The constipated uncle -----	--Can't Gogh
The ballroom dancing aunt -----	Tang Gogh
The bird lover uncle -----	Flamin Gogh
An aunt who taught positive thinking -----	Way-to-Gogh
The little bouncy nephew -----	Poe Gogh
A sister who loved disco -----	Go Gogh
The brother with low back pain-----	Lum Bay Gogh
And his niece who travels the country in an RV ---	Winnie Bay Gogh
I saw you smiling . . . there ya Gogh	

CANADIAN TRIVIA

1. Which Canadian city is considered "Hollywood North?"
2. How many points does the maple leaf on the Canadian flag have?
3. Which city is home to North America's largest shopping mall?
4. What is Canada's national sport?
5. Which city has the most restaurants per capita in Canada?
6. Which Canadian city ranks as the most educated in the country?
7. What is the most purchased grocery item in Canada?
8. Canada is the largest exporter of what sweet little fruit?
9. What is Canada's oldest city?
10. How many time zones does Canada have?
11. Which Canadian city has the most tourists per year?
12. 80% of the world's supply of what comes from Canada?

Answers:
 1. Vancouver, British Columbia 2. Eleven points 3. Edmonton, Alberta 4. Canada has two: Hockey and Lacrosse 5. Montreal, Quebec 6. Ottawa, Ontario 7. "Kraft Dinner" 8. Blueberries 9. St. John's, Newfoundland 10. Six 11. Toronto (25 million visitors per year) 12. Maple Syrup

Featuring: Barbara & Steve

Client and Volunteer from our Friendship Calling program



BARBARA, FRIENDSHIP CALL CLIENT & AVID HOCKEY FAN

Over forty years ago Barbara left Ontario to settle in Victoria. To say she is an avid hockey fan is an understatement.

When she moved west Barbara abandoned the Toronto Maple Leafs in favour of becoming an Edmonton Oilers fan. Years of support have left her with plenty of memories and an impressive collection of Oilers memorabilia.

Barbara's love of hockey began with the opportunity as a child to play hockey with anyone who would stay after public skating to play the game. It was the best of times where all were welcome regardless of age or gender to grab their stick and join a side for rousing ad hoc games.

Barbara has been a client of Saanich Volunteer Services for the past two years. Barbara is a very accomplished and independent lady but like a lot of us, found it hard to make connections during our Covid restrictions and we offered to find her a Friendship caller to lift her spirits.

Barbara describes herself as a hockey nut, political junkie, and concert groupie. She thoroughly enjoys her chats with her Friendship Caller, Steve, as they discuss the Oilers woes and triumphs throughout the hockey season and branch off into political discussion of how best to run the world or at least Canada. Barbara says that she really looks forward to these calls. While they have never met in person Barbara feels she has a good friend in Steve. Throughout Covid Barbara has greatly appreciated the Friendship Calls program through Saanich Volunteers and says that talking to Steve is the highlight of her week.

Although the Oilers were ousted from this year's hockey finals, hope springs eternal in Barbara's belief that the Oilers will succeed in bringing home the Stanley Cup sometime soon. In the meantime, as the weather warms, Barbara has retired her team jersey until the games start in the fall. Telephone calls with Steve will continue as they discuss how to better run the world.

Featuring: Barbara & Steve, Friendly Callers

*“When life throws you lemons,
you make lemonade.”*

This is exactly what Steve did when an accident required him to change course. Steve was not sure about volunteering at first but says that since he became a committed member of Saanich Volunteer Services in 2019 it has been ‘a joy’ and helped him with his confidence and he has found a different way to approach things. Steve loves talking to Barbara and says that she brightens his day, and he always looks forward to their conversations – ‘it feels good to give back’.

Steve sees that talking with Barbara enriches both of their lives. They discuss their favourite hockey teams and there is a lot of fun, teasing and camaraderie as they dissect the plays and the teams. Steve admits that Barbara is better informed on the political news as she follows it quite closely, but they still have engaging conversations. Steve looks forward to meeting Barbara in person one day and to introduce her to his best new puppy friend.



STEVE, FRIENDSHIP CALL VOLUNTEER

*At Saanich Volunteer Services we do our best to match people
with similar interests and Steve and Barbara are one example
of how this process can work well for everyone’s benefit.*

*If you are interested in exploring this program, please contact
us at 250-595-8008 and ask to speak to Linda or Peggy.*

Summer Word Search

This word search is a contribution from Mind X Magazine. For more information, please email info@mindxmagazine.ca

APRICOT	GREEN
BEAUTY	DREAM
AROMA	SEASON
BOUNTIFUL	PLANT
BLOOM	PERENNIAL
APRIL	HYACINTH
DASIES	SMELL
FLY	PRISM



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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.