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**News 'n Views  
OCTOBER 2022**

**SALT SPRING SENIORS SERVICES SOCIETY  
SALT SPRING SENIORS CENTRE  
379 LOWER GANGES ROAD  
SALT SPRING ISLAND, B.C., V8K 2V4**

**250-527-4604**

**saltspringseiors@shaw.ca**

**Drivers desk 250-537-4635**

**[www.saltspringseiorscentre.ca](http://www.saltspringseiorscentre.ca)**

**MISSION STATEMENT**

**TO PROVIDE THE MEANS BY  
WHICH SENIORS MAY JOIN  
TOGETHER TO ENHANCE THE  
LIVES OF THOSE LIVING ON SALT  
SPRING ISLAND**



Many generous words of thank you for Donna Smith who found us a painter when no painters were available on island, a painter who turned out both efficient and generous. The side of the building had been quietly rotting in the strong sunshine and the whole of the building needed help. Donna consulted her brother-in-law for advice as he was knowledgeable about construction. He, apparently as generous as his sister-in-law, assessed the problems, recommended the siding be replaced, and, for want of tradesman, arranged with Windsor for a lumber discount, and then-- fixed the boards himself! The generous and efficient painter has painted the exterior (three times over on the damaged part) and painted most of the interior, adding a third coat at no cost for his labour.

Donna has also found an efficient and generous young man to try to bring the plants in front under some kind of control. For some time, the poor irises along the side of the building have looked desperately for sunshine and water. They have found a new home at Croftonbrook, where we hope to see them with sunshine and water enough to flourish.

We are still so far, no closer to improvements in the parking -- So far Donna has not been able to move mountains. But she may yet think of a way!

# VOLUNTEER



Queen Elizabeth II  
1926-2022



Chattanooga Times Free Press Bennett

It's never been true, not anywhere at any time, that the value of a soul, of a human spirit, is dependent on a number on a scale. We are unrepeatable beings of light and space and water who need these physical vehicles to get around. When we start defining ourselves by that which can be measured or weighed, something deep within us rebels.



Do you know about Seniors Services Rides Program?

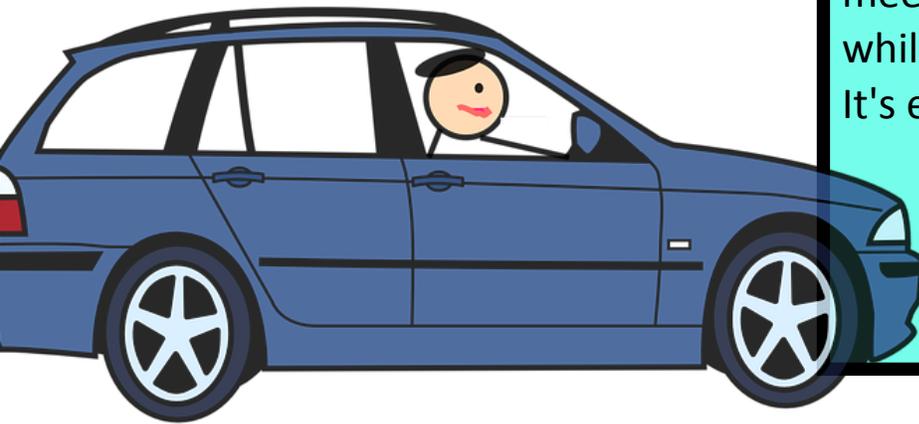
Volunteer drivers take people to medical appointments on Salt Spring and Vancouver Island. We always need new people to volunteer to do the driving. Please consider signing up.

You will drive only when you choose to do so and you will be reimbursed for your expenses. And you will meet new and interesting people while helping in your community.

It's easy to sign up - just call the

Rides Program Office at

250-537-4635 between 10 and 12 noon Mon to Fri for more information



## FRIDAY COFFEE GROUP

Peter, Paul, and Mary coordinate a coffee group on Friday mornings. Everyone is welcome to join. Come for coffee plus from 10 to 11 on Fridays.

p.s. bring your own song sheets



Thank you to everyone who donates their Country Grocer receipts to the Seniors Centre. As you may know,

Country Grocer gives community organizations 1% of receipts collected. In 2021 our total earned was \$592.14. So far, this year we have earned \$307.87.

We have one of the boxes at Country Grocer, where tapes can be dropped off. We also have a basket on the table, as you come in at Seniors. When you have lunch here, or come for bridge, coffee, the art group, etc, please feel free to drop

## **HELP NEEDED**

Are you a numbers person? Do you know how to use Excel? Do you have experience working with mailing lists?

If your answer is yes, we need you.

The mailing list is at the heart of Salt Spring Seniors and our nearly 400 members. Communication is essential for us.

This could be a volunteer position or a position carrying some compensation. You can work at home or in the Seniors office.

If you are interested, please reply to the email that brought you this newsletter.

Thanks

Janet Smith.

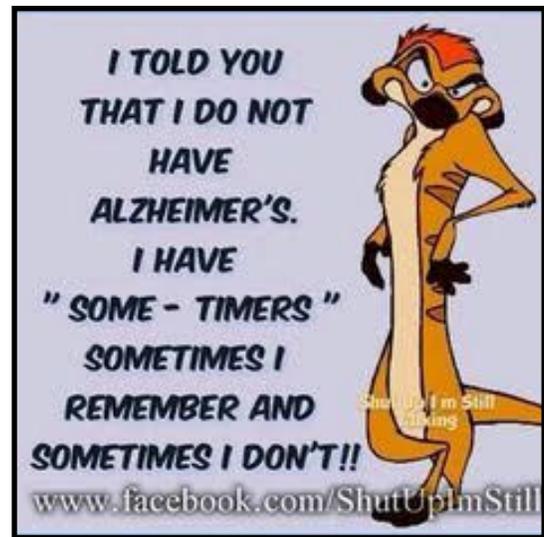


The health effects of prolonged social isolation have been found to be equivalent to smoking 15 cigarettes a day, and adults aged 50 and over experiencing social isolation or loneliness are at a 45 per cent greater risk of premature death.

*Understanding Social Isolation and Loneliness Among Older Canadians and How to Address*

Report from the National Institute on Aging.

Some call it multi-tasking, I call it doing something else while I try to remember what I was doing in the first place



"Old age comes at a bad time." – San Banducci

"Inside every older person is a younger person wondering what happened." - Jennifer Yane

"Old age is like a plane flying through a storm. Once you are aboard there is nothing you can do about it." - Golda Meir

## **LUNCHEES ON THURSDAY**

**Everyone welcome to our Thursday lunches. come for coffee at 11:30 - lunch is served ar12. \$10.00 please It the office know you are coming so the cooks know how much to cook.**

### **BOARD OF DIRECTORS**

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CAROLYN EVANS, TREASURER. JANET SMITH, NEWSLETTER

