

Seashell Echo

MAY 2015

SSAC WILL BE CLOSED!

The SSAC will be closed on Monday, May 18th for Victoria Day.

ORIENTATION SESSIONS FOR NEW VOLUNTEERS

Heritage Room 2:00 pm. - 3:00 pm

Tuesday, May 26

If you are interested in being an SSAC volunteer, or if you have recently begun to volunteer, you are invited to attend a welcome and introduction to the Centre, meet some of the current volunteers, and have an opportunity to tell us how we can improve your experience.

Refreshments will be served.

SPOTLIGHT ON SENIORS HOUSING

Saturday May 23, 2015, 10:30 am – 3:00 pm,

Sechelt Seniors Activity Centre Auditorium.

FEATURED SPEAKER: ISOBEL MACKENZIE, BC's SENIORS ADVOCATE.

The advocate will present her new report on seniors housing and answer questions about the larger picture of housing and residential care for BC's seniors. Admission is free, and the event is open to the public.

IT'S DANCE TIME!!

JIM TAYLOR

Is Providing The Music.

WHEN: Saturday, May 30, 2015

WHERE: Sechelt Activity Centre
5604 Trail Avenue

TIME: 7:00 pm to 10:30 pm

TICKETS: \$10.00 for Members
\$15:00 for Non-members

Centre Information

Executive

President	Joanne Rykers
Past President	Barbara Lightfoot
Vice President	Wilma Lorimer
Treasurer	Donna Marsh
Secretary	Gillian Smith
Maintenance	Ron Atkinson

Board Of Directors 2015 - 2016

Margaret Boyd	Dorothy Fraser
Maureen Heaven	David Marsh
Barry Pruden	Linda Stroud

All directors may be reached by e-mail at directorsdesk1993@gmail.com. Please indicate to which Director you would like the mail sent.

Janitor	Jim Coffin
Cook	Emily McPherson
Rental Co-Ordinator	Kassie Ranchie

BUS TRIPS

- Thur. May 7 – Grand Villa Casino
 Leave at 7:15
 Return 3:30 ferry
- Thur. May 21 - Park Royal / Capilano Malls
 Leave 9:15 am
 Return 3:30 pm ferry

No matter where you go, there you are.



Miscellaneous Phone Numbers

Sechelt Hospital 604-885-2224
 Community Information and Help Line 211
 Senior's One-stop Information Line 604-741-0726
 Sunshine Coast Community Services 604-885-5881
 Senior's Advocate: 877-952-3181 or www.seniorsadvocatebc.ca
 Sunshine Coast Transit 604-885-3234 (Transit buses and Handi-Dart)

Sechelt Activity Centre

Office Hours - 9:00 am to 3:00 pm

5604 Trail Avenue,

Sechelt, BC

PO Box 564, V0N 3A0

604-885-3513: - Reception / Information Desk

604-885-8910: - Office

Website www.secheltactivitycentre.com

E-Mail ssac@dccnet.com

The Seashell Echo is published by LeRoy Pattison and can be found on the Sechelt Activity Centre website www.secheltactivitycentre.com

This issue of the Seashell Echo has been compiled using Microsoft Office Word 2010 and Microsoft Office Publisher 2010.



PLEASE RECYCLE!

The Sechelt Seniors Activity Centre now has a recycling program in place for the Centre. Please put paper products in the marked blue bins, available in most rooms. Newspapers are recycled in their own blue box at the reception desk.

Presidents Message

May 2015

April has been a month filled with losses and challenges for the Centre. We were all saddened by the sudden death of Brigitte Horn. Brigitte was in her fifth year as Treasurer for the Centre, and she served all these years with integrity, dedication and honor. She was available to anyone who needed her assistance, which she always gave with a smile. I will remember Brigitte for her pleasure in life, her kindness, and her love of animals. In her memory, the SSAC Board has made a donation to the BCSPCA.

Kassie Ranchie has resigned from her position as Rental/Activity Coordinator, effective mid-May. Kassie and Charles have decided that it is time to move on to other priorities in their lives. It will be hard to fill Kassie's shoes. (No pun intended – she does have many pairs!) She has been a key person in office coordination, especially with regard to ensuring the smooth running of activities and rentals. Kassie has assured us she will continue to be involved with the Centre as a volunteer, and we will definitely hold her to that promise! A very large thank you also to Charles Ranchie, who has given us the benefit of his technical skills in computer/A-V maintenance and teaching, has served on the Board as Vice-President, and has done the lawn/garden maintenance.

The Centre will also miss the services of Phil Green, who has served for many years as head of computer services, and as a Board member. The Thursday activity groups will remember Phil's helpfulness, as will those of us who, shall we say, have some technological challenges! Phil was always ready to help with these, and I myself have benefitted. Good Luck, Phil, with the many other community projects in which you are involved, and many thanks for your years of dedication to the SSAC.

Good-bye to Judi Wilson, who has taught Duplicate Bridge on Monday mornings for several years. I understand Judi will be devoting more time to her second love, quilting, and to the Quilters Guild. Our loss is their gain, but don't be a stranger to the Centre, Judi. Your contribution is much appreciated.

A very big welcome to our new Treasurer, Donna Marsh. You already knew her as in two other roles, kitchen volunteer, and front desk reception. Then Donna disclosed that her career was in accounting and book keeping, and that she was keen to do even more volunteer work, with longer hours and more responsibility! With the very much appreciated training provided by Christa Haas, and the support of Maureen Heaven and Mike McCarthy, Donna was able to move almost seamlessly into her new role.

We finish the month of April with some very sad good-byes, and some welcome beginnings. We can look forward to celebrating all of our volunteers, past and current, at this year's Volunteer Appreciation Lunch, on Monday June, 22nd.

Joanne Rykers
SSAC President

Grocery Receipts

The Sechelt Activity Centre can use your grocery receipt tapes. Clayton's Grocery as well as IGA Marketplace will give the Centre a credit that can be used to help offset some of the cost of providing the delicious lunches to the members every day. Tapes can be dropped off at the entrance of the Centre in a box .



IN MEMORY OF

Brigitte Horn

Jack Rundle

Please inform us of members that have passed on. We will then be able to let others know.



Book Faire

Sechelt Public Library

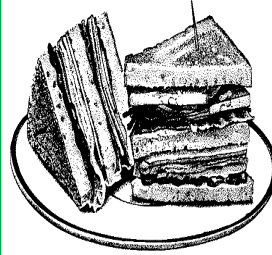
May 16th – 10am-3pm

A great assortment of fiction and non-fiction books at very reasonable prices.



EXCITING NEWS FROM THE KITCHEN

We still have single serving frozen entrees available to take home. The selection will vary so check in regularly. Frozen entrees will be sold during lunch only. You may purchase them from the cashier at a price of \$5.00 each.



MAY LUNCH MENU

11:30 am to 1:00 pm

Everything Is Made From Scratch!

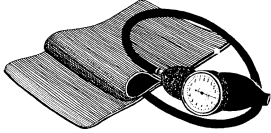
Fri. May 1	Fish & Chips
Mon. May 4	Hot Rueben Sandwiches
Tues May 5	Lasagna
Wed. May 6	Chicken Cordon Bleu
Thur. May 7	Sweet & Sour Meatballs
Fri. May 8	Fish & Chips
Mon. May 11	Baked Chicken
Tue. May 12	Meat Loaf with Mac & Cheese
Wed. May 13	Roast Ham
Thur. May 14	Quiche & Salad
Fri. May 15	Fish & Chips
Mon. May 18	Closed—Victoria Day
Tues. May 19	Butter Chicken
Wed. May 20	Roast Beef
Thur. May 21	Bangers & Mash
Fri. May 22	Fish & Chips
Mon. May 25	Baked Salmon
Tue. May 26	Cabbage Rolls
Wed. May 27	Roast Pork
Thur. May 28	Turkey & Yam Shepherd's Pie
Fri. May 29	Fish & Chips

We also serve soup, sandwiches and salads every day. Desserts will vary. Everything is home made including the bread that is baked every morning for sandwiches as is the Succulent Soups, Delectable Desserts and Exquisite Entrees. For a reasonable price, we can provide container(s) if you're planning to take food home.



Sunshine Coast
CREDIT UNION

~ 604-885-3255 ~



BLOOD PRESSURE-CHECK

Thursday, May 7th
Friday, May 15th
Friday, May 29rd

Ann Fitzau
Dorothy Fraser
Dorothy Fraser



We Have A Monthly Friendship Tea!

It's on the first Tuesday of the month from 2:00 pm to 3:00 pm. Everyone is welcome! The next one will be on May 5th.

LIVE WELL WITH

PHARMASAVE®

~ 604-885-9614 ~

Why is "abbreviated" such a long word?

KITCHEN VOLUNTEERS NEEDED!

Can you spare some time in lunch preparation? Great lunches begin with great people. Our cook and the members would greatly appreciate your help in any area that you feel comfortable doing. Perhaps you might wish to be a dishwasher.

Dishwashers are desperately needed.

Once a month? Once a week? You decide.

If you can assist in any way contact Barry Pruden at 604-885-8910



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"Interactive Map"

ROYAL LEPAGE

Sunshine Coast

INDEPENDENTLY OWNED AND OPERATED, BROKERAGE



We would like to thank the thoughtful members of the SSAC for their sympathy and support regarding the passing of our beloved wife and sister, Brigitte Horn.

Sincerely,

Helmut Horn & Christa Haas



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ACCREDITED BUSINESS
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Hello Tourees.

As predicted in my previous e-letter, the Okanagan Wine Getaway has sold out both May departures. Are you looking to get away for a few days in late spring? Both our Wild West Coast of Vancouver Island, June 28 – July 1; and BC Waterways & Rail Circle tour, July 2 – 8; have a few spaces available.

We also have a few spaces left on our Rockies, Vintage Rails & Hot Springs, July 10 – 16; Sooke, Port Renfrew & Salt Spring, July 10 – 16; and the Discovery Coast Passage, July 9 – 13.

Good News! Our Canadian dollar is improving, just in time to join us on one of our popular US tours such as: the Olympic Peninsula, June 9 – 12; San Juan Islands, July 19 – 21; and our National Park Lodges of Oregon, August 21 – 28. Fall US tours include: a new Chicago, Arts & Architecture tour, a Desert Canyons Adventure and another new tour: Birthplace of America which features: Washington, DC; Colonial Williamsburg; Gettysburg; and so much more.

Home Safety Tips for Seniors Bathroom Safety

Leave a light on in your bathroom at night

Mark cold and hot faucets clearly

If possible, bathe only when help is available.

Use door locks that can be opened from both sides

Skid-proof the tub and make sure the bath mat has a non-slip bottom.

To avoid scalds, turn water heater to 120 degrees Fahrenheit or below.

Use recommended bath aids, securely installed on the walls of the bath/shower stall and on the sides of the toilet

Kitchen Safety

Keep floors clean and uncluttered

Illuminate work areas

Store sharp knives in a rack

Use a kettle with an automatic shut off

Store heavier objects at waist level

Store hazardous items separate from food

Mark "on" and "off" positions on appliances clearly and with bright colors

Avoid wearing long, loose clothing when cooking over the stove

Make sure food is rotated regularly and check expiration dates

This is an unusual paragraph. How quickly can you find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph. How did you do?



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I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

Always take life with a grain of salt, ...plus a slice of lime, ...and a shot of tequila.

I like birthdays, but I think too many can kill you.



~ 604-885-3281 ~



**Sechelt Seniors
Activity Centre**
Proudly supports the



Fourth Annual Hike for Hospice

Sunday May 3, 2015 Porpoise Bay Provincial Park

This year the SSAC will be entering a team in the "Annual Hike for Hospice" event.

Please join us:

In Person, by registering to join for the Hike; or as a **"Virtual Hiker"** by donating to support our team.

Funds raised through Hike for Hospice Palliative Care stay in the community, allowing for a direct impact to local service. The Hike will continue – rain or shine.

To register for the SSAC Team, or to make a donation in support of the team sign-up forms are available at the SSAC Reception Desk in the lobby.

To Register On-line

Google: Sunshine Coast Hospice

Click : Register online

Click: Join an Existing Team

Enter "Sechelt Activity Centre" in the Team Name Box

Click: the green "Join" Box.

Select "Team Member" to register for the Hike.

Or Select "Virtual Hiker" to make a donation to the Team.

Our Team Captain is Linda Stroud, one of the Directors of the SSAC. Linda is in the office each Thursday from 9 to 3 pm. If you have any questions, please stop by and speak with Linda or call 604 885 8910.

Thank you for your support of Hospice Care on the Sunshine Coast.

FREE TO A GOOD HOME

The VHS tapes in the "library" are now free to a good home. Please help yourselves!

Hats Off to Our Chair Actors Group!

On April 17th, a special evening of "Sechelt Tales & Descendant Reflections" was hosted by the Men's Breakfast Group at St. John's United Church in Davis Bay. After being in the audience for one of the performances of the Chair Actors' play, "Restless Spirits" at the Sechelt Activity Centre last fall, one of the men from St. John's knew this "great evening of historical reflections, insights into our community and overall joyful entertainment" was something he wanted to see shared again.

The script consists of a series of verbal "snapshots" about Old Sechelt and some of its characters. Unfolding with humour and compassion, it is reinforced by photo projections using images from the Helen Dawe Collection in the Sechelt Archives. Eighteen Chair Actors from the group that meet regularly at the Centre play over 30 characters, most based on real people. Together, their stories weave the fabric of Sechelt's social history, from pre-colonial days to the outbreak of World War II.

A "verbatim" theatre format using stories drawn from the letters, notes, interviews and other historical records, the script was researched by Sechelt Archivist (and Chair Actor), Ann Watson and dramatized by Louise Phillips - with a lot of input from several cast members, who wrote their own material. Phillips, as Helen Dawe, and Willard Joe of the Sechelt Nation, act as narrators.

This recent evening of "Sechelt Tales & Descendant Reflections" sponsored by the Men's Breakfast Group at St. John's United Church was made even more memorable as it offered an opportunity to interact with the descendants of some of the characters portrayed in the script via an engaging Q and A session.

Approximately \$1500.00 was raised which will go towards St. John's final mortgage payment at the end of April. Additionally the Men's Breakfast Group was able to make a substantial donation to the Sechelt Residential School Commemorative Monument as a result of the evening's donations. Without the Chair Actors' collective efforts, this would not have been possible.

What great community spirit and collaboration shown by a group from our Centre! Hats off Chair Actors!

Nancy Smith

Mark Your Calendar! The Seniors Housing Study Group will present SPOTLIGHT ON SENIORS HOUSING

Saturday May 23, 2015, 10:30 am – 3:00 pm, at the Sechelt Seniors Activity Centre Auditorium.

There will be information on current housing options, home care, supportive products and services, and a chance to ask about new development proposals.

FEATURED SPEAKER: ISOBEL MACKENZIE, BC's SENIORS ADVOCATE.

The advocate will present her new report on seniors housing and answer questions about the larger picture of housing and residential care for BC's seniors.

Admission is free, and the event is open to the public. Watch for details on times and speakers, and bring your friends and family.

SUN SAFETY TIPS

You can protect yourself and your family and still have fun under the sun.

Cover up. Wear light-coloured, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays. **Use sunscreen.** Put sunscreen on when the UV index is 3 or more. **Drink plenty of cool liquids** (especially water) before you feel thirsty. If sunny days are also hot and humid, stay cool and hydrated to avoid heat illness.



Loves



our Volunteers!

Here at the SSAC we all know that our facility could not function without our volunteers.

Your Board of Directors is working hard to make the volunteer experience a great one for all of our volunteers.

Volunteers are particularly busy in the kitchen, on the front desk, leading activities, organizing bus trips and maintaining the building. Your President and Board of Directors are all volunteers and spend many hours working on your behalf.

Now, people who are interested in volunteering at SSAC can attend an orientation meeting to learn more about the opportunities available. Over afternoon tea and cookies, new volunteers can meet with Board Members and volunteers already working at the Centre. This will give new volunteers a chance to learn about the SSAC and our philosophy as well as learning something about the positions available.

These meetings will take place once a month. The next one is on Tuesday, May 26th, in the Heritage Room 2:00pm. - 3:00 pm.

The meeting is also open to **all current volunteers**. Please drop in and share your experiences with the new volunteers and members of the Board. We want, need and value your feed-back and suggestions. What can we do to make your volunteer experience more enjoyable?

Also a "heads up" to all our volunteers. The **Annual Volunteer Appreciation Lunch** will be held on **Monday June 22nd**. We look forward to seeing you there.

**Our Volunteers are not paid – not because what they do is worthless,
but because what they do is priceless.**

Linda Stroud, Director; Volunteer Coordinator.

PROTECT YOURSELF FROM BUG BITES

Besides using an insect repellent, you can reduce bug-bite risk by taking the following steps: **Stay inside**. When possible, avoid being outdoors at dawn or dusk, when mosquitoes are most active.

Get rid of standing water. Mosquitoes develop in standing pools of water, so remove water from pool covers, saucers under flower pots, pet bowls, and wading pools on your property.

Wear long clothes. Wear long-sleeved shirts, full-length pants and closed shoes if you are outdoors when mosquitoes are active or where ticks might be found. To help keep ticks away from your bare skin, you should also tuck your shirt into your pants and pull socks up over your pant legs.

Wear light colours. Wear light-coloured clothing, which will help make you less attractive to mosquitoes and allow you to see ticks more easily.

SENIORS COMPUTE!

May 2015 Computer Skills Sessions - \$3.00

Computer Skills - one-on-one sessions will recommence on May 6th and will run every Wednesday throughout May. The time will be from 10:30 am to 12 Noon.

Please use the sign-up sheets to show your intention to attend.

Classes will only run if people sign up.

PAINLESS PASTA PRIMAVERA

Finding a dish that strikes a balance between being healthy, easy and tasty is tough. Until now — this recipe achieves the trifecta. Using a jarred pasta sauce and frozen vegetables cuts your prep time in half while providing all those important flavors and nutrients. A few fresh ingredients like zucchini and onion keep the dish bright and seasonal.

Ingredients:

2 tablespoons olive oil	1 small zucchini, cut into half moons
1 red onion, sliced	1 pound frozen grilled chicken strips, thawed and diced
2 cloves garlic, minced	1 jar premade tomato pasta sauce
1 cup frozen green peas	1 pound penne, rigatoni or ziti pasta
1/4 cup Parmesan, grated	salt and freshly ground black pepper
1 (16-ounce) bag frozen mixed vegetables, thawed, or 2 heads fresh broccoli cut into small florets	

Directions:

Fill a large pot with water. Add 2 tablespoons of salt and bring to a boil.

In a large saucepan or Dutch oven, add olive oil over medium-high heat. Cook zucchini until slightly browned.

Stir in the onion and garlic, and cook until onion softens slightly.

Add in vegetables and chicken. Cook until broccoli and chicken are warm, 2-3 minutes.

Add peas, and cook until warm.

Season ingredients with salt and pepper to taste. Add the jar of sauce, stir until warm and then take the pan off the heat.

Meanwhile, cook pasta until al dente — or for two minutes less than the box recommends.

Drain pasta and add to the pan with the sauce. Toss to combine.

Serve warm with garnish of Parmesan cheese.

HOME SAFETY TIPS FOR SENIORS

Drug Safety

Review your medicines frequently with your doctor or pharmacist and when you take new medication.

Make sure medicines are clearly labeled.

Read medicine labels in good light to ensure you have the right medicine and always take the correct dose.

Dispose of any old or used medicines.

Never borrow prescription drugs from others.

Check with your doctor or pharmacist before you mix alcohol and your drugs.

Have medication dispensed in a bubble pack or convenient dispenser.

Check with your doctor or pharmacist before mixing non-prescription drugs and prescription drugs.