

SEASHELL ECHO

AUGUST 2024

SECHLT SENIORS ACTIVITY CENTRE NEWS

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Such A Cool Place!

BY RICHARD WARD

There continues to be lots of joy and laughter in our corridors, especially when members delight in describing the holiday trip they just completed or are about to embark on. Despite revenues being historically lower in the summer months, as many members tend to travel more, Treasurer Alison Kowalewski reported a strongly positive profit/loss statement at the last Board meeting. This speaks to the large number of members that we are still servicing with activities and the meal program.

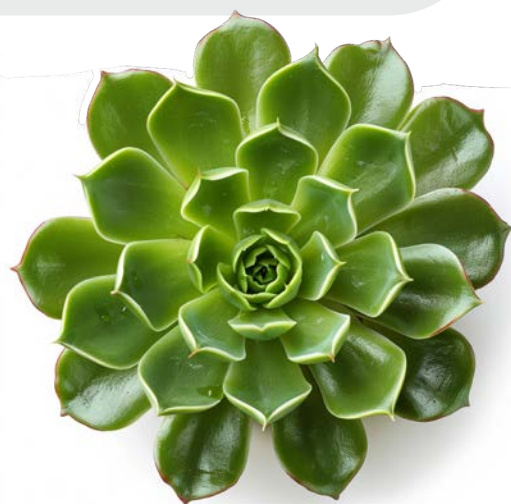
At top of our minds always is the health and safety of our members. To that end, our Health and Safety committee carries out monthly inspections highlighting any issues that need to be addressed. We are also in the early stages of commissioning a comprehensive building inspection of the Centre. We want to be proactive in identifying possible issues and our maintenance needs, rather than just reacting to any issue as it arises.

Safety is also addressed in another article in this issue reporting on the recent grant we have received from the Sunshine Coast Foundation for a new AED, first aid kits and training for staff and volunteers at the SSAC.

CONTINUED ON PAGE 2



THE CENTRE IS CLOSED ON MONDAY, AUGUST 5 FOR BC DAY



5604 Trail Avenue, Sechelt, BC
PO Box 564, V0N 3A0

Reception: 604.885.3513
Office: 604.885.8910

Office Hours:
Mon–Fri, 9 am–3 pm

info@myssac.com
www.myssac.com

CENTRE INFORMATION

2023-2024 Board Members

President: Richard Ward

Vice President: Bert Carswell

Treasurer: Alison Kowalewski

Secretary: Valerie Galat

2023-2024 Directors at Large

Jay Alexov Karen Madsen

Lisa Brown Gail Riddell

Susan Grenville Christine Twaits

Manager of Operations & Engagement: Gillian Smith

Office Manager: Pam Demers

Chefs: Emily McPherson, Liz Mathews

Custodian: Jim Coffin

USEFUL PHONE NUMBERS

Emergency	911
Sechelt Hospital	604.885.2224
SC Community Services	604.885.5881
Senior's Advocate (www.seniorsadvocatebc.ca)	877.952.3181
Seniors Crisis Line	604.872.1234
Seniors Abuse and Information Line	1.866.437.1940
Community Information and Help Line	211
Healthlink BC	811
Community Resource Centre	604.885.4088
Sunshine Coast Transit	604.885.6899
HandyDART	604.885.6897
VCH - Adult Mental Health	604.924.8370

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for contributing to our weekly ad in the
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consumer vote, it is always good to be aware of
those businesses that help our community to
remain strong and vibrant.



Such A Cool Place . . .

CONTINUED FROM PAGE 1



In recent weeks we have experienced some high outdoor temperatures. Heat can be a tremendous threat to seniors, especially when they have poor control over cooling in their residences. We are fortunate at the SSAC to have excellent air-conditioning. If you are struggling with the heat, please know that you are always welcome to come in and cool down. We are open on weekdays from 9 am to 3 pm. There is no need to partake in an activity or buy a meal. Feel free to come and relax in the lounge.

In last month's report, I solicited for new Board members to fill the vacant Maintenance Director position, and a Director-at-large position. We are extremely happy to announce that Karen Madsen expressed interest and was ratified at the last Board meeting as the replacement Director-at-large. She is already the Chair of the Bus Committee, but it is exciting that she comes to us with a wealth of experience in special events planning on the Lower Mainland and Sunshine Coast. She is very excited to start planning, so look for announcements of events such as wine tastings in the near future.

We are now planning to start implementing the online MyActiveCenter portal to MySeniorCenter in September. We will be starting with pickleball and other after-hours activities. Instruction packages will be sent out to affected members during August. This will allow members to register into activities and add money to their personal WALLETS online. For pickleball, there will be a size limit for each session, as is done currently. Once this is working well for these groups it will be expanded and opened to all members and activities, who will receive instruction packages as we make the full use of the facilities of the system.

It has been a very warm summer so far and we are pleased that so many of our members are coming to the SSAC and hopefully do regard it as their "home away from home," as they participate in activities, social events, have lunch, pick up enticing frozen meals, or just socialize and cool down. ●

Making You Even Safer

We are very pleased to announce that we were successful in competing for a Sunshine Coast Foundation 2024 Responsive Community Grant. We were awarded \$4,550 for “Enhancing Cardiac Support for High-Risk members of Sechelt Seniors Activity Centre”. This will allow us to purchase an additional SleepEh Lifeline View AED (automated external defibrillator) to be placed in the main corridor and two WorkSafe BC Level 1 First Aid kits. We will then have an AED plus first-aid kit installed on either side of the dividing door to the Auditorium. This will allow the dividing door to be locked when needed. In addition, the grant provides funds to pay the instruction fees for CPR (Cardiopulmonary Resuscitation) and first aid training.

All the courses will be taught by Clive Barnbrook, an experienced Primary Care Paramedic. Five staff and Board members will be chosen to take an accredited Emergency First Aid course, which includes CPR and use of the AED. Forty SSAC volunteers and activity leaders will have the opportunity to take the non-accredited CPR workshop.

Sudden cardiac arrest is when the heart stops beating suddenly. With the lack of blood flow to the brain and other organs, the victim can lose consciousness, become disabled or die, if not treated immediately. There were 8200 out-of-hospital cardiac arrests in BC in 2022. The median age of the victims was 66 years for males, and 71 years for females (BC Emergency Health Services 2019/2020 Annual Report). The risk of cardiac arrest increases with age and can occur in asymptomatic individuals. Of our 1800 active members at SSAC, the median ages of men and women are about 70 and 79 years respectively, placing the population at higher risk for cardiac events. Many of the Centre members are physically active and partake in exercise classes or play pickleball, a sport rising in popularity, but with well-known risks of fractures, sprains, and internal organ injuries, particularly for older participants.

With the acquisition of the equipment and the training of our volunteers we will be best prepared should any critical cardiac events occur at the Centre. In addition, skills and expertise in the community will be strengthened by having volunteers trained at the Centre who will use their knowledge of CPR and first-aid to come to the aid of members of SSAC, and, also to respond to situations which may occur in the Sunshine Coast community or elsewhere. We want to have the ability to save a life. •



Say Hello to Daisy!

Meet friendly Daisy every Wednesday at 12:30, pictured here with her lovely mom Val.

DON'T MISS THIS RARE SUNSHINE COAST APPEARANCE!  **THE 101 BREW HOUSE DISTILLERY**

ZACHARY STEVENSON'S
Tribute to **BUDDY HOLLY**



with **THE INTERSTELLAR RIDERS**



FRIDAY, AUGUST 9, 2024 7 PM

TICKETS AVAILABLE AT **Strait Music - SECHELT, EarthFair - MADIERA PARK**
AND **MELOmania Music - ROBERTS CREEK.**

ROCKWOOD LODGE SECHELT

Advance Care Planning Workshop



Friday, September 27, 2024
2:00-4:00pm

An accident or medical crisis can happen to anyone, of any age, at any time. In this workshop, presenters from **Sunshine Coast Hospice** will introduce you to the **Sunshine Coast Green Sleeve** and explore the steps involved in making an advance care plan. Limited seating - sign up for this free workshop at the front desk or call 604-885-3513.

Local Author Book Club



Starting in September, first Wednesday of every month.
Drop in to start \$4 - Craft Room.

A great opportunity to meet other book lovers and discuss books by local authors. Some authors may even attend!

September - L.R. Wright - any book by this famous mystery author. New tv series based on her novels, *Murder in a Small Town* is due to start in September.

October - *Old Stones*, A.S. Penne

November - *A Theory of Expanded Love*, Caitlin Hicks

December - *Losing Us*, Rosella Leslie

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Emeritus Professors Lecture Series



Food for thought! Everyone is welcome to a new and exciting event at the SSAC. Amazing former professors will give their favorite lectures to members on four Wednesdays this Fall. The first one is on September 25th at 2:30 pm (admission by donation):

Elizabeth Dean, PhD, PT, UBC Faculty of Medicine, Department of Physical Therapy - "Getting Healthier as you Get Older . . . What you Haven't Heard Before"

There is considerable new evidence that supports a healthy and disease/disability-free long lifespan, and it relates to your eating patterns.

See you there!

Policies & Procedures

Activities

BY BERT CARSWELL

POLICY 9 - ACTIVITIES

According to its constitution one of the main purposes of the Centre is the provision of activities for the benefit of seniors of all abilities. To achieve this there will need to be a focus on physical and financial accessibility and quality leadership by activity chairs. Activities at the Centre are generally member driven and led. They are designed and implemented on the basis of member interest. They should generally operate at no net financial loss to the Centre unless the benefit warrants a financial loss.

PROCEDURES

The Manager shall oversee the Centre's activities.

1. New Activities: Activities at the SSAC are generally member driven and led. Activities are designed and implemented on the basis of member interest. Members can propose new activities they would like to see and possibly lead to the Manager.

2. Responsibilities of Activity Chairs:

Collection of activity fees, maintaining attendance records, and monitoring membership for after-hours activities.

Maintaining contact with the Manager over scheduling.

Providing an activity report for the Annual Report when required.

Open and close Centre as required.

3. Activity Fees:

Activities are for members only. Non-members are welcome to attend an activity once, on a trial basis. User fees apply.

User fees are currently \$4.00 per activity led by volunteers.

Activities led by paid instructors charge a higher fee to cover instructor expenses, which is currently \$6.00.

Some activities may collect an extra fee at the beginning of the activity which will be used strictly for prize money for that activity on that particular day. This extra fee will be collected by the group at the start of the activity. All money collected will be disbursed for prizes at the end of the activity, or given back to the Centre, and will not be used for any other purpose.

Activities wishing to hold social events, tournaments, etc. will submit a description of the event, an estimate of budget and expenses (if applicable) for the approval of the Manager, before proceeding with the collection of any monies.

4. Friendship Tea: This monthly event is an outreach event for the community at large, and no membership is required, and no activity fee is charged.



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BOOK FAIRE

August 2-4 August 16-18

**Friday 12-5 · Saturday 10-4
Sunday 12-3**

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Dancing the Night Away!

On July 20th, we had Creek Big Band with Lynne Dickson as vocalist back again as many members requested and we were not disappointed.

It was a great evening of dancing in SSAC's air-conditioned auditorium. I saw many regulars, as well as people who are on the Sunshine Coast on holiday who came to cool down and dance to a live group that you can't see anywhere else in BC. How lucky we are!

I would like to congratulate the following winners:

50/50 draw - \$75 - Heather Dore

Spot Dance - 2 free tickets to British Invasion Dance - Trevor & Janice Jones

Door Prize - 2 free tickets - Doreen Dall

Now, get ready for our British Invasion Dance on August 24th featuring Eddy Edrik, guitar and vocals; Bruce Mortimer, bass; Bill Barclay, keyboard; and Mitch Lazer, drums.

Looking forward to seeing you there.

Many thanks to all who come and help decorate the auditorium before the dance. Thanks to Ann and Chris for setting up and serving you with smiles at the bar. Thanks to the committee members who make all the preparations to make each dance fun, and thanks to Helmut for baking and donating delicious pretzels. Special thanks to all who stayed after dance to help us clean up, you make it much easier for us.

The Dance Committee would like to wish the best to Ian McDonald and Anna Mae Sawyer in their new place at Creston. Thank you for your support with organizing and helping every month with our dance. You will be missed.

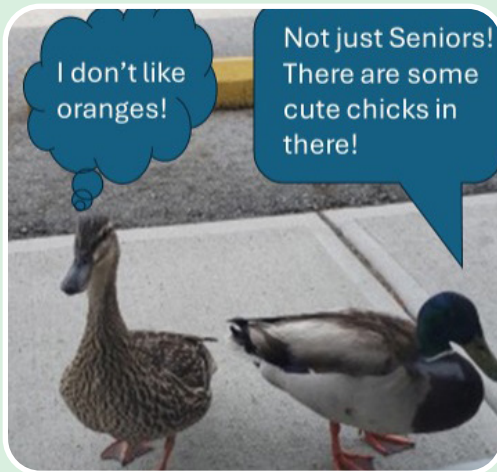
Have a wonderful summer and we'll see you on August 24th. •

Jay Alexov



Canard-ly Believe Who Came To Visit

by Gill Poulton



At approximately 10:30 on the morning of Friday, May 31st, two mallard ducks approached the front door of the Senior Centre. They were quite curious and wanted to come inside. The female was tapping her beak against the glass door quite insistently! I went to the outer door to see what they wanted. They would have waddled right in if I hadn't stopped them. Perhaps they wanted to renew their membership? Perhaps they could smell the fish frying in the kitchen and wanted to get an early start on lunch? They acted as if they had been ushered in before! They didn't have their key tags to scan in and just needed someone to let them in. I refused them a couple of times and they finally quacked off down the sidewalk . . . with a parting word from me. "If you don't leave now, there might be duck a l'orange on Mondays lunch menu." They were definitely the cutest things I have seen as a greeter at the Centre's front door.



BINGO RESUMES ON **SEPTEMBER 3!**

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FABIANA KATZ mezzo
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Music Arising!
St. Hilda's Recital Series
Saturday, August 24 4:00 pm
5838 Barnacle St, Sechelt
Suggested donation \$20
www.sthilda.ca music@sthilda.ca

SSAC AUDITORIUM Saturday Aug 24th
5604 Trail Ave, Sechelt

BRITISH INVASION DANCE

with *Lazer* 7 – 10pm
doors open 6:30pm

Quartet Featuring from UK
Bruce Mortimer Bass Eddy Edrik
Bill Barclay Keyboards Guitar and Vocals
Mitch Lazer Drums

50/50 draw Beer, Wine & Cider Bar

\$15 in advance, \$20 at the door
Available at: SSAC Front Desk, or A Little Brit of Heaven

In Memoriam



Michael Watson

March 21, 1933 - June 19, 2024

The planet has lost a kind-hearted and gentle human who quietly injected humour, curiosity, and deep knowledge into everything he did. A lover of books, crosswords, and good food and wine, Michael was often the family member you would go to when you had a question, regardless of its topic area.

Arriving in Canada from the UK as a young engineer and in search of a new life, he met Sally, whom he fell for right away and married soon after. The couple moved to California, where Michael worked at Stanford before settling back in Montreal and starting a family.

In the late 1970s, the Watsons moved to West Vancouver and lived there until Michael retired in Sechelt.

Michael and Sally travelled all over the world, exploring and learning about different cultures.

At home in Sechelt, their life, though quiet, included long talks over the dinner table, concerts, and Sunday dinners with the "JackWats" family. He loved to walk - especially on the seawall in Sechelt, and often stopped just to sit to watch wildlife on the ocean.

To know Michael was to love him, and his lucky family was able to have him close right up until his final moments. He will be deeply missed by his daughters Jenny and Lydia, his "bonus" son Gary, granddaughter Talus, and wife Sally. We will continue to cherish his memory, spending time by and on the water in Porpoise Bay, watching the herons and the seals, and raising a glass as a toast to keeping him in our hearts forever.

The family would like to thank the VCH palliative nurses and the home care team for their unwavering and compassionate care.

Please join us to celebrate his life at Lydia and Gary's house on Marmot Road on August 24th from 2:00 pm to 4:00 pm.



Louise Nichol

August 30, 1934 - June 17, 2024

It is with heavy hearts that we announce the passing of Louise Nichol. She was always a loving and giving wife, mother, grandmother, great-grandmother and auntie.

A long time member of the Seniors Centre - amazing at yoga and poker and a community volunteer with the Book Faires for so many years.

You will be missed Louise!



Friendship Tea

August 15 - 2 pm

Thanks to **Sharon Blanchette** and her team, the Friendship Tea is held every month on the third Thursday from 2 to 4 pm. Lots of fun and the price is amazing. It's free!



In Honour of **STARR INDUS DE LA GALAXIA**
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WILDFIRE PRESENTATION

**Thursday
August 22 - 2 pm**

Preventing wildfires is even more important than putting them out! Don't miss this timely & valuable presentation.



INFORMATION SESSION

BC HOUSING REBATE HOME ADAPTATIONS (RAHA) PROGRAM

**Saturday
August 24 - 1 pm**

Information session in the Lunch Room by Marilyn Lees of Greystone Bath & Home Services.



FREE LEGAL AID CLINIC

**Every Thursday
at noon**

Lawyer Robert Hart provides FREE weekly 30-minute legal aid consultations (not criminal matters). Book your appointment at the front desk.



FREE HEARING AID CLEANING

**Friday, August 23
12:30 to 2pm**

Anchor Hearing provides hearing aid cleaning at the lounge



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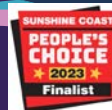
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AUGUST MENU

Weekdays 11:30 am to 1:00 pm. Everything is made from scratch!
We also serve soup, sandwiches and salads. Desserts vary.
Frozen entrées are available from 9 am to 3 pm and vary in price \$6 or \$8.
Members are welcome to bring guests to dine for a surcharge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Quesadillas ¹	Fish & Chips ²
CLOSED FOR BC DAY ⁵	Meatloaf w/ Mac & Cheese ⁶	Nicoise Salad (vegan or tuna) ⁷	Chicken Souvlaki ⁸	Fish & Chips ⁹
German Potato Salad w/ Bratwurst ¹²	Quiche & Salad ¹³	Quinoa Crunch Salad (salmon or vegan) ¹⁴	Pulled Pork Sandwiches ¹⁵	Fish & Chips ¹⁶
Shawarma or Falafel Salad Plate ¹⁹	Sole ²⁰	Pasta Salad ²¹	Taco Casserole ²²	Fish & Chips ²³
Spinach & Summer Fruit Salad ²⁶	Hot Reuben Sandwiches ²⁷	Greek Orzo Salad ²⁸	Chicken Wings ²⁸	Fish & Chips ³⁰

AUGUST 2024 | SSAC PICKLEBALL SCHEDULE

Beginners and new-to-us players wanting to join, please contact ssacpickleball@gmail.com

MON	TUE	WED	THU	FRI	SAT	SUN
			7:30-9:30 Social Play 2.0-3.5+	7:30-9:30 3.0-3.5+		
	1:30-3:00 3.5-3.5+ Coaching sessions					
3:00-4:30 3.0-3.5	3:00-4:30 Assessments	3:00-4:30 1.0-2.0 w/ Coach	3:00-4:30 3.0-3.25	3:30-5:30 2.5-3.0		1:00-3:00 3.0-3.5
4:30-6:00 2.0-3.25	4:30-6:00 2.5-3.25	4:30-6:00 2.5-3.5+	4:30-6:00 2.5-3.25	5:30-7:30 Social Play All Levels		3:30-5:00 Social Play All Levels
6:00-8:00 Competitive Play 3.5+	6:00-8:00 Competitive Play 3.25-3.5+	6:00-8:00 3.0-3.5+	6:00-8:00 Competitive Play 3.5-3.5+			5:00-7:00 3.25-3.5+

For more information, please contact ssacpickleball@gmail.com

AUGUST 2024 · SSAC ACTIVITY SCHEDULE

The Centre is closed on August 5,
some activities will continue.



Open to adults of all ages.
Please check our website for changes.
For Pickleball schedule, see below.

ACTIVITY	TIME		ROOM	CHAIR	COST
MONDAY					
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Chair Yoga for Arthritis	10:15–11:15	AM	Craft Room	Bobbie-Seale-Cobiskey	\$48
Line Dancing–experienced	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Carpet Bowling	1:00–3:00	AM	Auditorium	Katie Caple	\$4
Duplicate Bridge	12:00–4:00	PM	Craft Room	Karyn Burney/Andy Hopkinson	\$4
Social Bridge	1:00–3:30	PM	Farish Room	Isobel Gibson/Fran Engst	\$4
TUESDAY					
Fitness with Lisa	9:15–10:15	AM	Auditorium	Lisa Alexander	\$6
Stories of Our Lives Series	10:30–12:00	AM	Farish Room	Caitlin Hicks	\$48
Memory Café	10:30–12:30	AM/PM	Auditorium/Craft	Brian Smith/Rosella Leslie	\$6
Chair Yoga	12:00–1:00	PM	Auditorium	Tenaya Kivlichen	\$6
Craft Group	1:00–3:00	PM	Craft Room	Carol Maynard	\$4
WEDNESDAY					
Emergency HAM Radio	9:15–9:45	AM	Farish Room	Larry Peterson	
Hatha Flow Yoga	10:00–11:15	AM	Auditorium	John McDougall-Goulet	\$6
Line Dancing–Beginner/Intermediate	11:30–12:30	AM	Auditorium	Jay Alexov	\$4
Table Tennis	1:00–3:00	PM	Auditorium	Marilyn Heinrich	\$4
American Mahjong	1:30–3:30	PM	Lunch Room	Nicol Mentis	\$4
Bluegrass Jam	4:00–5:30	PM	Craft Room	Jay Keevil & Kim Carmichael	\$4
THURSDAY					
Tai Chi	10:00–11:30	AM	Auditorium	David Carson	\$6
Line Dancing for Beginners	11:30–12:30	AM/PM	Craft Room	Louise Parker	\$4
Mahjong	1:00–3:00	PM	FarishRoom	Katie Caple	\$4
Friendship Tea (3 rd Thursday)	2:00–4:00	PM	Lunch Room	Sharon Blanchette	\$4
FRIDAY					
Hatha Flow Yoga (1 st , 2 nd , and 3 rd Fridays)*	10:00–11:10	AM	Auditorium	John McDougall-Goulet	\$6
Yin Yoga (4 th Friday)	10:00–11:10	AM	Auditorium	Andre Casaubon	\$6
Badminton	11:30–1:00	AM/PM	Auditorium	Val Galat	\$4
Ukulele Jam	11:15–1:00	AM/PM	Craft Room	Mark Trevis	\$4
Poker	12:00–3:00	PM	Farish Room	Bob Hodgson	\$4
Chair Yoga	1:15–2:15	PM	Auditoriuam	Tenaya Kivlichen	\$6
SATURDAY					
Quilting	9:00–4:00	AM/PM	Lunch Room	2 nd Saturday of each month	\$4/\$8

* Note: these classes are not suitable for first-timers

Activities are subject to change, especially weekend activities. Check with the Centre or your activity chair if you have any questions. **For the Pickleball schedule, please refer to page 11.**