

# Capital Citizen



The Newsletter of Capital City Volunteers

Victoria, BC

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[www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

## ***My Experience with Supportive Living Housing***

by Wilma Johannesma

This is about the pros and cons of living at an assisted living residence. Actually, I cannot see any cons. I know it feels like you are giving up your freedom, but that is a misconception. I know because I used to feel that way too, but I was wrong.

When I was ill, the doctor asked me what I was going to do when I left the hospital. I had been there for five and half months, I said I would move back to my daughter and son-in-law's place or an apartment. He asked me "what if that was not a good idea." The doctor was going on vacation and asked me to think about what I needed. Meanwhile, my daughter had also gone into hospital and was diagnosed with Systemic Lupus. My doctor is very good and really helped me so I took his advice and made a list of what is important to me. Later, a young women came to show me a book with information about different places that offer senior people housing.

For me, it was important to have lots of people around me. Since most of my relatives and friends live out of the Province and even out of this country. It was also important to have accommodation available for them when they visited.

I eventually decided to take a lovely one bedroom suite, with lots of windows and light for my plants. I choose to live at Ross Place where I have been for the past 3 years. Ross Place offers a suite for guests at \$100 a night per person, including 3 meals. I did not look around a lot, I came from the hospital, there was not much choice at that time and finances was an issue. My rent is charged based on

a percentage of my income, according to my income tax return from the previous year. And, I think living here is a privilege!

I can come and go when I want, day and night. I have my own kitchenette, with a full sized frig and cupboards, but I bought the microwave and toaster oven myself. I believe that if I got healthy again tomorrow or suddenly became young, I would still stay here. We have our ups and downs like any where in life, but generally its pretty good. I think the meals are very good – better than what I would

make for myself and more variety.



My suite gets cleaned once a week with clean sheets and towels supplied and put on the bed, and I don't ever have to do the dishes! We have earned that freedom. There is a lot of different kinds of entertainment offered here daily and outings as well. I would not be able to do as much if I lived in a regular

condo. I also find it easier to live a happy and healthy life if I have *an attitude of gratitude*.

I can also buy more care if I wanted to or had the finances, but I do just fine right now and have everything I need. My neighbour has one of the home care staff take her back and forth to the dining room for meals and help with medication, as well as bathing.

....more next page...

## ***My Experience with Supportive Living Housing ...continued***

I use **Capital City Volunteers** for help with getting to my medical appointments. They have very nice volunteers who consider it an honour to help seniors like me. You can also use HandyDart and Taxi-saver coupons to get around town.

If you are thinking of living at an assisted living place, I would recommend that you start looking for a place while you are still in good shape – it takes energy to shop and look around. You will probably have to cut back on your belongings, but I think this is a good thing – less is more – it is very freeing to get rid of all the clutter you have collected in your life. Capital City Volunteers have volunteers who will help you downsize too ...it's a great service!

I would gladly give you a private tour, plus tea or coffee if anyone wants an opinion from someone who actually lives in an assisted living residence. Or, phone Ross Place (250.381.8666) and Kathy Ajas will give you a tour – tell her Wilma sent you! Start now while you still have lots of choices and can enjoy the place. Remember that three quarters of the people in the world would do anything to just live in our world.

Sending you greetings and love,  
Wilma Johannesma



Wilma with her daughter Diana and best friend Miep

## ***New Volunteers to the agency***

***Jessica Sullivan  
Kathryn Oraas  
Jennifer Newstead  
Dori Duek  
Tara Parker  
Laurie Renwick  
Jaron Easterbrock  
Heather Lejeune***

**Thank you** volunteers for joining our team!

## ***Thank you Thrifty Foods***

Capital City Volunteers would like to thank Thrifty Foods for their **Smile Card** program. This program has helped with our fundraising to replace some of our old office equipment. So far we have been able to purchase a new laptop computer, a new photocopy machine and our next purchase will be a great new database for our Client/Volunteer services that has been specifically designed for our type of agency and will be a great benefit to everyone.



If you would like to participate in our **Smile Card** program, it's very easy. Everytime you shop at Thrifty Foods and use the Capital City Volunteers Smile Card, we get 5% of the worth of your groceries donated to us. At the grocery store you just put as much money on the card as you want to pay for your groceries (can be done through your debit card if you like) and then use the card to pay for your groceries. That's it!

It does not cost you anything and it is easy to use, just phone us at 250.380.0660 and talk to Karina about getting a card.

## ***Other organizations that have helped us this year***

For the last 20 years the Provincial Employees Community Fund has been giving us a grant every year to run our one to one volunteer outreach program. Thank you to all of those government employees who contribute money out of their paycheck every year to the Fund. The money in the fund gets distributed amongst many social service agencies in the community to run their programs.

The Victoria Foundation has given **Capital City Volunteers** a grant this year for our driving program and also is helping us buy some much needed computer software. They are a great institution that also funds some wonderful programs in the community.

**Capital City Volunteers** would like to set up a Trust Fund with the Victoria Foundation. We hope one day that a person/s in the community will leave us an annuity or money from a will to start a Trust Fund that can be used by the agency to become more independent of public money.

The money will be kept in Trust and the agency would get a cheque each year from the interest of the capital in the trust fund. The Trust Fund would be managed by the Victoria Foundation in perpetuation.

## **An Important Reminder for Winter Driving...**



Never drive with cruise control on when the streets are icy or very wet!  
Your car could hydroplane!

## ***Live Listening, Reading Club*** ***Gail Simpson*** ***~ Reader Extraordinaire***



It's Monday afternoon in a cozy, quiet room at JBCP. Coffee is being poured and freshly baked nut loaf (complements of a talented volunteer) is being deliciously consumed. Bel is reading aloud everyone's horoscope from the day's newspaper.

All this, a social preamble to reading and discussing editorials and letters from a current local or national newspaper. Rather, this lively eclectic group of 8 low vision seniors is listening as I read aloud.

We have been meeting weekly for the past few months from 1:30 – 2:30(ish .... We often forget the time, especially if we are engaged in a 'hot' topic!) Never dull, our discussions are intelligent, thought provoking, and always fun,. Irene says "... they springboard into other interesting discussions," "This keeps us in touch with what's going on" Joan offers.

Muriel adds "... we have a very intellectually stimulating group as a result of listening to and discussing editorials, etc."

I too am stimulated, not only from the content but from engaging with these lovely, sensible, fun, intelligent individuals. I come away with much more than just the facts. The last word goes to Jean. "We come once a week, it's very social."

## Charitable Bequests

Many people support charitable organizations through gifts from their estates. There are many benefits to giving to charities through your will. A charitable bequest in your will reduces the taxes owing upon death, thereby increasing the inheritances to your loved ones. Your Will allows you to make a significant donation upon your death that you may not have been able to make during your lifetime.

### Benefits:

- Tax Relief – A bequest is an effective method to reduce estate taxes.
- Tax Planning – The charity will issue a tax receipt for the full value of your bequest. This receipt will be used to reduce the tax payable on your final tax return. If your bequest exceeds 100 percent of your net income, the excess may be carried back to the previous tax year.
- Cost Effective – There are no extra out-of-pocket costs to include a charity in your will.
- Convenient – A charitable bequest can be made – on matter how old you are – and can be for any amount you want!
- Flexible – Your bequest can be a specific amount, a percentage of your estate or the residue of your estate that is a gift after your debts have been paid and other bequests made.
- Simple – A bequest is easy to arrange. Simply ask your lawyer to include a bequest in your charity of choice in your will.

- Control – You retain the use of the charitable gift for the duration of your lifetime.
- Peace of Mind – You can make changes in your Will at any time.
- Memorialize – Your bequest can symbolize a lasting memorial for you, your family or anyone you may wish to honour.

If you do not have a Will, or if your Will has not been updated recently, perhaps it is time to meet with a lawyer and get the job done. Take the first step; call **Capital City Volunteers** and ask about your options and advantages of a planned gift to the Society. Call Karina at 250.380.0660 or email us at ccvol@shaw.ca. You will be leaving a lasting legacy to seniors in our community who need our support.

## Brain Teasers...



### DORMITORY:

When you rearrange the letters  
DIRTY ROOM

### ASTRONOMER:

When you rearrange the letters  
MOON STARER

### THE EYES:

When you rearrange the letters  
THEY SEE

### THE MORSE CODE:

When you rearrange the letters  
HERE COME DOTS

### SLOT MACHINES:

When you rearrange the letters  
CASH LOST IN ME

### ELECTION RESULTS:

When you rearrange the letters  
LIES - LET'S RECOUNT

### SNOOZE ALARMS:

When you rearrange the letters  
ALAS! NO MORE Z 'S

### A DECIMAL POINT:

When you rearrange the letters  
I'M A DOT IN PLACE

### THE EARTHQUAKES:

When you rearrange the letters  
THAT QUEER SHAKE

### AND FOR THE GRAND FINALE...

#### MOTHER-IN-LAW:

When you rearrange the letters  
WOMAN HITLER

## ***S'Agging Groups for Seniors***

by Lisa Gleinzer

The hum of friendly conversation and activity, the smell of homemade soup simmering, wide smiles greeting one another – these are the images of **Seniors S'Agging Groups**. As the food is served, friends come together, and a true sense of support and caring is evident.

Currently there are two **S'Agging** groups: North Park Manor and Burnside Gorge Community Centre. Formed to create socializing opportunities with peers, **S'Agging** also provides information about programs and services for seniors along with a nutritious meal. The participants and facilitators direct the activities and presentations, which change with current needs and interests. Feedback, participation and ideas are integral to the group. Here's what some of the group members have to say about **S'Agging**:

*"It has helped me get out of myself."*

*"I have enjoyed being with other people, and the lunch."*

*"We have visited other places in Victoria we wouldn't have access too, such as the visit to the cottage on Prospect Lake for a picnic."*

*"The HandyDART has been great for the group to get out and about together".*

A unique facet of the **S'Agging** groups is that they are almost entirely volunteer run. Trained peer facilitators oversee the group, make wellness phone calls in between sessions, and secure speakers and presentations. Other volunteers make soup, prepare the lunchrooms, and transport supplies.



S'Agging members enjoying a fun summer outing!

New participants are currently being accepted and volunteers are welcome. Please let us know if you think your apartment building may be a good site for the next **S'Agging** group.

The **S'Agging** groups are part of a program run jointly with **Capital City Volunteers** and *James Bay Community Project*. For information contact Nansi Ives-Blenkiron at 250.380.0660.

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### ***More About CAPITAL CITY VOLUNTEERS***

The purpose of our Society is to enhance the quality of life for citizens of Victoria by providing services to the elderly, adults with disabilities, and others who are experiencing difficulty coping with their daily activities. The Society recruits and provides training to staff and volunteers to meet this objective.

**Volunteer Today ~ call 250.380.0660**



***Live Simply, Love  
Generously, Care Deeply,  
Speak Kindly and Leave the  
Rest to God.***

## ***Pandemic Influenza***

A pandemic is a worldwide epidemic. When a disease spreads easily and rapidly through many countries and causes serious disease in a large percentage of the population it is called a pandemic.

**What is the difference between ordinary flu and pandemic flu?** Pandemic flu can appear similar to a seasonal (ordinary) flu. But because people have little or no immunity to the pandemic flu, it can spread very rapidly.

Symptoms are the same: fever, headache, stuffy nose, aches, pains sneezing, sore throat and cough. However the symptoms can be more severe with a pandemic flu and affect people who do not normally suffer as much from seasonal flu, such as young, healthy adults. Seasonal flu tends to affect the very young and the elderly more.

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## ***Thoughts to Ponder...***

Laughter is the closest distance  
between two people.



The protester who has survived  
mustard gas and pepper spray  
is a seasoned veteran.

Drive-thru banks were established  
so cars could see their real owners.

I always say beauty is only sin deep.



Both ordinary flue and pandemic flu are spread the same way. When someone with the flu coughs or sneezes, droplets containing the virus can come into contact with the nose, eyes or mouth of another person. The virus can also be spread when people with the flu cough or sneeze into their hands and then touch objects such as door knobs. Other people can become infected if they touch the same object and then touch their face.

You can reduce your risk of getting pandemic flu by doing the same thing you would do to protect yourself from seasonal flu:

1. Get your annual flu shot.
2. Wash your hands with soap and water thoroughly and often.
3. Cover your nose and mouth with a disposable tissue when you cough or sneeze.
4. Stay home when you are sick and reduce your contact with others as much possible.

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by Capital City Volunteers

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**Submissions welcome! Please be in touch.**



## Nostalgia Night

Back on May 23rd we had our first **Nostalgia Night** at the Movies at Cinecenta at UVic. **Capital City Volunteers** sponsored the event as a profile-raiser and fund-raiser for the agency. The old-time classic movie, **Casablanca** was shown in all of its cinematic glory. A large crowd of about two hundred people showed up for the first screening and a much smaller crowd for the late show at 9.00 pm. For many people, this was the first time they had seen the whole movie and comments ranged from "Wow, I didn't realize how engaging this story is" to "it was great to hear all those famous quotes from the movie". It seems that everyone had a good time and we also raised \$1,500 on our raffle and tickets sold at the event.

We had some great Raffle prizes donated by businesses in the community.

The first prize was donated by **Delta Hotel Ocean Point** for a Romance Package of one nights stay and a coupon for the Spa or Lure Restaurant. Winner ~ Zoe Currelly

The second prize was a gift certificate for an evening at **Bon Rouge Restaurant** for two people. Winner ~ Grace Yuen

Third place was a one hour massage by **Elora Selby from Chiropractic and Massage for Life**. Winner ~ Francis van Loon

**Thank you** for to those businesses that donated prizes!

We would also like to thank **Cinecenta at the University of Victoria, and manager Michael Ryan** for donating the use of the facility, advertising, and part of the ticket proceeds.



## On-Line Auction Here Again

**October 5th to 18th**  
[www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

Once again, all of our supporters and the general public will be treated to our 11th on-line auction event in October. It has been 1 and a half years since our last auction as we wanted to change the date back to the Fall from the Spring. This lets people buy some great gifts for friends and family for Christmas early enough so they have lots of time to plan and buy items in a stress-free manner as it is not in the really busy time just before Christmas. If you would like to see some of the art up for auction, we have many of them hung on our office walls for people to view, and we can also show you the other art that is not displayed the walls. Of course, there will be lots of other items up for auction, like coffee and restaurant gift certificates, whale watching, theater tickets and much more.

On October 5th, just go into our website address and then click the auction button. You will be amazed how much fun it is to play!

Here is one of the original works of art by **Eleanor Pain** called "Winter Sport" that will be featured on the auction.



**VISIT** [www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

## Crabby Old Man

When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska, it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital.

One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on his simple, but eloquent poem.

And this little old man, with nothing left to give to the world, is now the author of this 'anonymous' poem being shared across the Internet called **Crabby Old Man**.

What do you see nurses? ... What do you see?  
What are you thinking ...when you're looking at me?  
A crabby old man, ... not very wise,  
Uncertain of habit ...with faraway eyes?

Who dribbles his food ... and makes no reply.  
When you say in a loud voice ... 'I do wish you'd try!' Who seems not to notice ... the things that you do . And forever is losing .... A sock or shoe?

Who, resisting or not ...lets you do as you will,  
With bathing and feeding The long day to fill?  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse ... you're not looking at me .

I'll tell you who I am. As I sit here so still,  
As I do at your bidding ... as I eat at your will.  
I'm a small child of ten ... with a father and mother,  
brothers and sisters ... who love one another.

A young boy of sixteen ... with wings on his feet  
Dreaming that soon now... a lover he'll meet.  
A groom soon at twenty ... my heart gives a leap.  
Remembering, the vows... that I promised to keep.

At twenty-five, now ... I have young of my own.  
Who need me to guide ... and a secure happy home.  
A man of thirty ... my young now grown fast ...  
Bound to each other ... With ties that should last.

At forty, my young sons ... have grown and are gone,  
but my woman's beside me ... to see I don't mourn.  
At fifty, once more, babies play 'round my knee,  
Again, we know children ... my loved one and me.

Dark days are upon me . . my wife is now dead.  
I look at the future ... shudder with dread.  
For my young are all rearing ... young of their own.  
And I think of the years ... and the love that I've known.

I'm now an old man ... and nature is cruel.  
Tis jest to make old age . . . look like a fool.  
The body, it crumbles ... grace and vigor, depart.  
There is now a stone ... where I once had a heart.

But inside this old carcass ... a young guy still dwells,  
And now and again ... my battered heart swells.  
I remember the joys ... I remember the pain.  
And I'm loving and living ... life over again.

I think of the years, all too few ... gone too fast.  
And accept the stark fact ... that nothing can last.  
So open your eyes, people ... open and see.  
Not a crabby old man. **Look closer ... see ME!!**

*Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within... we will all, one day be there, too! Please share this poem with others. The best and most beautiful things of this world can't be seen or touched. They must be felt by the heart.*  
~ Helen Keller