



Saanich Volunteer Services Society

# The Friendly Visitor

Spring 2010

**McRae House 1445 Ocean View Road Victoria V8P 1J8 250.595.8008**

In an effort to save printing and mailing costs this is our first newsletter since 2009. As a result, we're a bit late in publicly acknowledging our appreciation for our many helpers. Our belated thanks to . . . Sharon, Jean and Sheila for once again decorating McRae house in glorious fashion for Christmas; to Pam for playing piano at our Christmas Party; to Fairway market for donations of sweets; to Janine Innes of Lifeline for sandwiches. Thanks to Ruth & Madeline for gardening clean up and to the golf course employees for cleaning out our compost bin.



- SVSS participated in the Volunteer Fair at Hillside Mall
- Volunteers assisted at the Seniors Fair
- Income tax volunteers were busy filing tax returns
- Guess which of the staff had a "big" birthday? (hint - turn to page 5)
- Bob Ashforth has stepped down as the creative design strength behind our newsletter and annual reports. Thanks for seven years of help, Bob. We'll miss you.

## What's Happening at McRae House?

- Paul is again busy cutting the lawn
- Ruth transplanted an Arbutus tree – with assistance and thanks to Ian for preparing the hole and mulching
- The swallows have returned to nest
- Arnie completed some interior paint touch ups
- Staff has a reduction in paid hours due to VIHA cuts



Ruth out spring cleaning garden

## "How are we doing?"

- The good news is...we received our annual Gaming Direct Access grant in the amount of \$20,000. We were relieved to know that we could count on this crucial revenue for funding our program costs. The bad news is, the Vancouver Island Health Authority cut 25% of our funding. The loss of \$15,406 meant the Board of Directors had to make the difficult decision to reduce staff paid time in order to avoid a deficit. New sources of income and fundraising initiatives are being actively pursued.
- We achieved our Thrifty Smile Card fundraising goal of \$2000 and received an additional \$500 from the good folks at Thrifty Foods. A new program application is underway, so hold on to those Smile Cards! We anticipate a new program will be in place by May. If you haven't got your Thrifty Smile card yet, pop into the office and pick one up soon. This is a great way to support our work every time you grocery shop!
- Help us out every time you "gas up". SVSS is a proud member of Peninsula Co-Op. All you need to do is give our membership number - 52823 - to the attendant and SVSS will receive a year end rebate. This is another example of a great partnership between the agency and an area retailer.



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### Welcome to our new Volunteers

Norm Baker	Shelley Henuset
Kristin Bamford	Karin Hertel
Ian Barclay	Joanne Hicks
Henry Bertrand	Rebecca Hummell
Rhonda Brown	Howard Jones
Linda Carter	Gail Logan
Brenda Clayton	Cathy Mara
Wilf Cotton	Fleur Marsden
George Dann	Meliah Motchman
Barb Duncan	Waleed Rabmayi
Barbara Dunmore	Tom Ralph
Ross Eddy	Lucia Salazar
Bob Garside	Helen Spangelo
Rosemary Gibson	Glen Standen
Madeleine Gogniat	Michiko Stephens
Dorothy Griffin	Louise Taylor
Chris Halton	Nelson Tran
Peggy Hancyk	

## Heather's Hasty Notes

by Heather Fetherston,  
Coordinator of Volunteers

Welcome to early summer and we hope you're enjoying both it and your volunteer work with SVSS. We've had a very busy spring and we look forward to more of the same over the summer months. As you know, National Volunteer Week was in April and we want to reiterate how much we appreciate having each and every one of you on our team and how grateful we are that you choose to spend some of your free time volunteering for SVSS.

Although we don't offer workshops or sessions in July and August we do have a couple of upcoming events before then that you might want to attend. On Thursday, May 27<sup>th</sup> from 12:30 p.m. – 3:30 p.m. we're having a sharing session entitled 'HOW Do We Visit?' where we'll offer some suggestions of activities you can engage in on your visits with your client. Watch for my email with more info.

Thursday, June 17<sup>th</sup> from 4:00 – 5:30 is our 18th AGM here at McRae House. Mayor Leonard will present 5, 10 and 15 year awards to our volunteers. Support your fellow volunteers and enjoy refreshments and socializing after a brief AGM welcoming our 2010-2011 Board of Directors.

Once we 'fall into fall' we usually hold our 'Orientation to the Agency' session for our volunteers who joined us this year. It's scheduled for Saturday, September 25<sup>th</sup>. I'll send out more information at a later date.

Just another reminder to give me your email address so you can stay informed about our activities all year round and I can recruit you for special events by email as well. I can also receive information from you that way too, including your stats if you want to send them to me. Regarding your stats, I remind you again that each time you do a job for us you should be listing it separately - rather than just saying you drove a total of 75 km. last month and your time was five hours with nothing else mentioned. We need the date, the client's name, their address, the code for the job you did, how long it took and the km. you drove just as its set out on your stat sheet. The information is vital as we use it for funding purposes and you know that we always need money to continue helping the residents of Saanich.

As many of you know I no longer work on Fridays but you can leave a message on my voicemail or send along an email and I'll get back to you. on Monday. Keep in touch, drop in anytime and have a great summer.

Number clients at March 31<sup>st</sup> = 950  
Number volunteers at March 31<sup>st</sup> = 260



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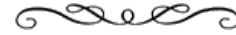
Anniversaries  
Sympathy  
Weddings

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## Mileage reimbursement

Volunteers who claim mileage – please note a change in policy. Effective April 1, 2010, we will no longer issue mileage reimbursement cheques for \$10 or less. This revision is consistent with our policy to issue tax receipts for donations of \$10 or more. Many of our volunteers take advantage of the opportunity to receive an income tax receipt instead of claiming mileage

reimbursement. If you aren't presently donating your mileage, you may be interested in donating a portion of your reimbursement entitlement. We are now able to offer flexible options for mileage claims and income tax deduction status on a quarterly basis. Please call Heather to make arrangements to change your current mileage reimbursement status.



Members Celebrate! The theme at the April meeting of the Age Related Macular Degeneration Support Group was, "Being Positive." Many stories were shared.

The Hon. Gary Lunn  
PC, MP, Saanich-Gulf Islands  
#1 9843 Second Street  
Sidney, B.C. V8L 3C7



Office Hours 8:30 am to 4:30 pm Mon. to Fri.  
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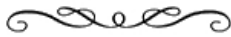
## Announcement

You're invited! Saanich Volunteer Services Society cordially invites you to attend our Annual General Meeting and Volunteer Recognition Awards. Thursday, June 17, 2010 4:00 p.m. – 5:30 p.m. at McRae House 1445 Ocean View Road. Light refreshments will be served and volunteers will receive their 5, 10, and 15 year awards following a brief business meeting.

Every time you donate to SVSS you help a neighbour get out of the house, enjoy the friendly companionship of a caring volunteer, and attend to personal errands – like going to the doctor, physiotherapist, a recreation program or a social event in our community. Last year, clients made 2014 trips to such appointments, which on average is about 40 kilometers to and from their home. Each of these drives have a direct cost of \$12.00, in eligible mileage costs, without considering any of the administrative overhead necessary to run the agency. So next time you

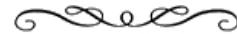


donate, you can think about how many neighbours you are helping get to treatments and events that improve their well-being!



Many Happy Returns, Lynn

In case you missed it, we had a great insert in the Saanich News in January. Thanks to the support from Black Press Group and sponsors that included Yes, We Do Windows, Grower Direct, Gaslight Heat Services Ltd., Pepper's, Oceania Cruises, Allison Piano, Saanich Recreation and Mattick's Farm this was a good opportunity to tell our story. Here's what one of our clients had to say about SVSS: "It's a service that's compassionate and understanding of the needs of the clients. Using the volunteer drive service gives me more freedom in what I can do. It has given me a greater sense of community, has lessened my feelings of isolation and provides me with a source of friendship."



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## Volunteer Profile

SVSS is pleased to recognize Laureen Matheson as this newsletter's exemplary volunteer who consistently goes above and beyond the call of duty in her work with SVSS and our clients.



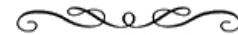
Laureen started with SVSS in January of 2007 when a friend suggested she might enjoy doing some volunteer work and recommended our agency. An early retiree, after 35 years working for the provincial government, Laureen wanted to give back to her home community of Saanich and when she came in for an interview was open to suggestions of how she could help SVSS. She decided to start with driving three times a week and three years later that's what she still enjoys doing the most.

Laureen states she likes working with the SVSS staff and driving has given her the opportunity to meet new people of varied backgrounds. She's heard lots of life stories on these trips and the ladies she takes to 'On the Go Again' meetings have commented how much they enjoy her personable and friendly attitude. Over the years she has participated in several of our workshops, helped out at special events and stepped in when needed to

take people to last-minute appointments or to get groceries. Laureen takes note of the problems the clients she drives may be having and lets us know so we can take action if necessary.

Laureen lives with her husband and daughter near Playfair Park in Saanich and loves being a Saanich resident. She times her volunteer drives to allow her to visit and assist her father who lives in Parkwood Court and likes the routine she's established so she can do both.

Thanks Laureen – we're glad you're on the SVSS team!



Members of "On the Go Again" at a recent gathering with James Bay Community Project's "S' Aging" and "Connection" groups for an afternoon of chatting, enjoying lunch, and being entertained by an old time radio show.

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