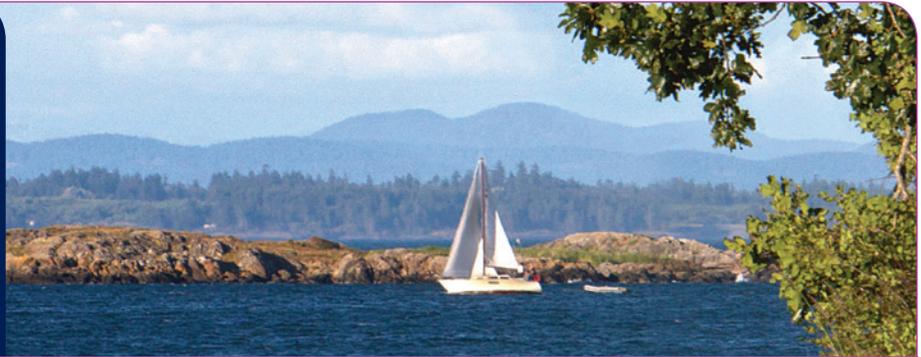




OAK BAY VOLUNTEER SERVICES



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ANNUAL GENERAL MEETING: Thursday, May 29th at 2:30 pm

We would be happy for you to attend our Annual General Meeting! The purpose of the meeting is to receive annual reports, elect Directors to the board, and honour long volunteer service. This is a great way to meet volunteers, clients, staff and board members and hear about all the generous work OBVS does! Mayor Nils Jensen will be presenting recognition pins to volunteers.

The 2014 AGM of Oak Bay Volunteer Services will be held Thursday, May 29th in the Sports View Lounge, Oak Bay Recreation Centre at 1975 Bee Street, commencing at 2:30 pm.

If you wish to attend, please contact the office by May 22nd. Email obvs@oakbayvolunteers.bc.ca or phone 250-595-1034.



Dawn Bailey and Shirley Christian at 2013 AGM

DRIVE YOUR Community

Give your neighbour a lift



BE A VOLUNTEER DRIVER

Help your neighbour, Make a difference

Volunteer driving is

- Rewarding
- Fulfilling
- Flexible

For more
information about
volunteer opportunities visit

www.driveyourcommunity.org

DRIVE YOUR COMMUNITY

OBVS has teamed together with other agencies to recruit volunteer drivers. A grant from The Victoria Foundation to the Direct Volunteer Services Committee of which OBVS is a member has allowed for a group project in the Capital Regional District.

The Direct Volunteer Services Committee is a collaboration of six local non-profit agencies in different geographic locations that provide direct one-to-one services to people who have a variety of needs. At www.driveyourcommunity.org, one is directed to the agency in one's community. The agencies include Beacon Community Services, Capital City Volunteers, Esquimalt Neighbourhood House, James Bay Community Project, Oak Bay Volunteer Services, and Saanich Volunteer Services Society.

People who receive drives may have challenges with mobility, eyesight, memory, transportation costs, etc.

Volunteer drivers have the satisfaction of contributing both to the community and directly to individuals. Drivers at OBVS often comment on the enjoyment they receive in meeting and helping others. Scheduling is flexible according to the availability of the volunteer. Many of our drivers are away at various time of the year. Some volunteers drive several times per week, but even one drive per month would help.

If you know of anyone who would be interested in joining OBVS as a driver, please encourage them to contact us and find out more.



Oak Bay Profiles Garth Mayhew

By Bronwyn Taylor

Garth began volunteering with OBVS in September 1999. He has often suffered from bouts of acute depression that can be debilitating. That said he is committed to being involved in his community and making contributions when and where he can.

When Garth started volunteering here it was as a visitor, but since he is introverted by nature and has days when going out of the house seems impossible, he decided delivering our brochures to various locations in the community would be a better contribution to the organization as it could be done when it suited him. During a phone conversation we had, Garth said that a favourite among many jobs he has held in his lifetime was delivering papers and flyers while living in Toronto. What a perfect segue to delivering OBVS brochures!

Garth lived most of his formative years in and around Estevan Village. His father was lost in a plane crash in WW2. His mother was "a free spirit" whom he felt could be very controlling and often critical of him. "She didn't have time to be a 'soccer mom' due to her interests in Philanthropic Education Organization (P.E.O.), the Symphony Board, and later art." Garth also said he had everything given to him, which made him feel spoiled.

Chronic depression started seeping into Garth's life the end of his senior year in high school. He attended Victoria College for two years, studying hard but not producing good grades because he was "a dreamer." Periods of depression came and went, and he "lost his feeling for the joy in life." During the summer of 1961 he worked for the Forest Service near Smithers and felt more like himself. That fall, back for his 2nd year at Victoria College, Garth "got the fever again" and dropped two courses.



Garth Mayhew

In 1962 Garth's mother took a teaching post at the University of Oregon. In 1963 Garth joined her, taking and auditing easy courses. Because of bronchitis, Garth moved to Arizona the following year. "I wanted to get on a horse and ride out my depression," he explained, but the feeling passed. While in Arizona Garth took up pottery and "made some quite nice pieces that people liked." This pleased his mother, a sculptor, as she felt her son didn't fit in social settings, hence his previous work in the Forest Service.

Garth said, "I drifted from art courses to business courses to working a few months at a time during my twenties, as work was easy to come by in those days." He also attended Kootenay School of Art in Nelson, where he became interested in heritage houses.

Garth wanted to move a heritage house from Admirals Road to the Songhees Reserve, but was discouraged from doing so by family. In the early '70s Garth bought three turn-of-the-century homes on Fernwood Road by Johnson Street and designated them heritage. He was involved briefly on the Executive of the Hallmark Society at the time Victoria Mayor Peter Pollen's Council saved the landmark home on the corner of Yates and Fernwood. He also designated his mother's James Bay home and studio in order to preserve it as a single property.

Grandfather Robert W. Mayhew, a seemingly shy man, had trouble addressing the Rotary Club but went on to become Reeve of Oak Bay from 1933-

35, MP for Victoria, Federal Minister of Fisheries, and the first Canadian Ambassador to Japan after the war. Garth, his mother, and his sister spent a year living with him at the Embassy. "He was a quiet man, almost an enigma to me. I spent a lot of time with him; we attended church together." The grandfather was a successful local industrialist, manufacturing asphalt shingles. When he died, Garth received an inheritance of \$250 per month (a princely sum to one in his 20s), as well as the house he lives in today.

Besides OBVS and the Hallmark Society, Garth has volunteered at the View Royal Library doing minor book repairs and as a gardener with the James Bay Community Project. Among his personal interests he lists stamp collecting, sketching, reading, current affairs, and being a silent partner in a rural business. "I have had contradictory interests all my life. When I was young I thought it was important to have outdoor interests that reflected a healthy lifestyle, but that isn't really who I am," he said.

"A large part of my life is Christianity. Because of my motivational issues, having the weekday Morning Prayer group at St. Philip's Church helps me to focus on the things I'd like to see done that day. I don't worry about anything because I know I'll come out of it; having faith is a big part of that." When Garth is having a good day he will often take the bus to the Cathedral Church of St. John the Evangelist. "After the service, the downstairs [fellowship] is so warm and friendly."

After our interview, Garth saw me to the door and commented on my nice little car, to which I replied it was considerably older than it looked. This introduced a completely new conversation; would I be interested in seeing his Mini? He then showed me an old Mini, as well as a van, a Buick station wagon, and a Rambler Ambassador. He claims to have no real interest in cars, but the Mini and Rambler could be treasures to one who has such interests.

Thank you, Garth, for allowing your story to be told. It illustrates how people with personal challenges can contribute to the community. OBVS appreciates all of your volunteer work!

OAK BAY VOLUNTEER SERVICES: A SUMMARY OF SERVICES PROVIDED

Driving

Volunteers provide personal assistance with drives for medical, surgery, and therapy appointments, as well as for shopping, errands, financial, legal, and recreational purposes. Drives are for those who cannot manage by bus or taxi.

Visiting, Walking, Reading, Writing, Wheelchair Pushes

Volunteers are matched one-to-one to assist anyone requiring these services. They are typically provided on a once per week basis.

Reassurance Phone Calls

Phone calls are provided daily or periodically for socialization and/or as a reassurance that a person will receive attention in the event of a fall, illness, or injury. Calls can also be made when relatives or friends go on vacation and are concerned about someone being left alone.

Income Tax Returns

Trained tax volunteers prepare income tax returns for low income individuals who have simple tax situations.

Minor Repairs and Gardening

These services are provided when a job is too small to call a paid worker, when advice is needed or when paid help cannot be afforded.

Miscellaneous

Volunteers assist people individually with a variety of other services including mending, sewing, tutoring, swimming, emergency child care, packing, sorting, organizing, and moving small furniture.



Volunteer Karen Wilson and Office Coordinator Ruth Platts at work in the office

FIRST EVER GIFT OF SECURITIES

A gift of securities has been received by OBVS. This is the first time a gift of this nature has been given to OBVS.

We are grateful to the donor who wishes to remain anonymous.

The process was easy to complete with the assistance of The Victoria Foundation in handling the transfer of shares. Advantages for the donor included that there was no payment for capital gains on the stocks and there was the charitable tax receipt. As the donor stated, "My income tax was reduced!"

With gifts to OBVS there is the satisfaction of helping others and contributing to the community. The financial support goes to the provision of one-to-one volunteer services for residents of Oak Bay.

The donor reflected, "What people do through their volunteering is to be admired and encouraged. There are a lot of people who in many ways do help out in volunteering. It makes a difference for both the givers and the receivers."

If anyone would like more information or would like to consider making a gift of publicly listed securities such as stocks, bonds or mutual funds please contact OBVS Executive Director, Joan Halvorsen.

TONY AND MIGNON FENTON TRUST

Oak Bay Volunteer Services has received a generous grant for the fifth year in a row from the Tony and Mignon Fenton Trust. This perpetual charitable trust was established for the purpose of providing assistance to the infirm elderly in Oak Bay, who without home care would not be able to remain in their homes. The Fentons recognized the importance of this as they were fortunate enough to spend their own senior years in their Oak Bay home.

The Trustees of Scotiastrust, of Scotia Private Client Group, the Wealth Management division of Scotiabank who administer the Tony and Mignon Fenton Trust, are pleased to offer this grant once again to OBVS, a worthy organization that provides assistance to the elderly in Oak Bay. OBVS greatly appreciates their continued support!

EMAIL ADDRESSES

If you received this newsletter by hard copy and prefer to receive newsletters by email, please send your email address to obvs@oakbayvolunteers.bc.ca. Thank you. Sending newsletters by email instead of mail helps to reduce costs and is environmentally friendly. However, if you prefer to continue to have a hard copy, we are quite happy to continue to send it to you by mail.

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FREE INFORMATION WORKSHOPS

Lots of topics are covered at the free sessions at Yachimovich Wellness Centre at the Hillside Seniors Health Centre (located at 1454 Hillside Avenue). To register, call 250-370-5641, press '2' or email WellnessCentreRegistration@viha.ca

MAY 2ND, FRIDAY 2:00-3:30 pm **CONVERSATION CAFÉ: BEING POSITIVE**

Cafés are for adults who are looking to make connections and have meaningful conversations. Please come on your own or invite a friend to come with you – we look forward to seeing you and having vibrant conversations.

MAY 7TH, WEDNESDAY 1:30-3:30 pm **ADVANCE CARE PLANNING**

When a capable adult thinks and talks about their wishes for future health care with close family and their health care providers, they are doing advance care planning. Advance Care Planning allows people to have a say in the health care they will receive if they are too sick to speak for themselves.

Topics covered in this session are:

- What is Advance Care Planning?
- What are the changes in the Ministry of Health legislation as of September 2011 in regards to Advance Care Planning?
- Where do *living wills* fit in terms of the new legislation?
- What are Representation Agreements, Advance Directives, and Temporary Substitute Decision Makers?
- What is involved in creating an Advance Care Plan?
- What does giving consent to health care mean?

By discussing and documenting your wishes with your loved ones, health care team and family physician, they will be better able to act on your behalf.

MAY 13TH, TUESDAY 2:00-3:30 pm **HEALTHY EATING TO PREVENT FALLS**

There is a lot of new research in the area of nutrition and fall prevention! You can expect to hear about the importance of good nutrition, protein, and vitamin D. This session will also cover how dehydration and anemia (low iron and B12 levels) influence your risk of falling. Come get the latest on how diet and supplements can help keep you on your feet!

MAY 14TH, WEDNESDAY 2:00-3:30 pm **THE BASICS OF HEALTHY FOOD PREPARATION**

With so many diet trends and special diets for different health conditions, it is easy to get bogged down! Get back to the basics of healthy eating and have an interactive discussion about how to plan healthy meals.

MAY 15TH, THURSDAY 10:00-11:30 am **Q & A REGARDING ADVANCE CARE PLANNING**

For those people who have taken an advance care planning workshop and still have some questions.

MAY 20TH, TUESDAY 1:30-3:30 pm **YOUR VOICE MATTERS: ADVOCACY TIPS FOR FAMILY CAREGIVERS**

When we need support, it helps if we have an understanding of how to speak up and ask for what we need in the most effective way. Participants will learn how to become more successful advocates for themselves and the person they are caring for, with a particular focus on residential care advocacy.

For family members who are caring for a person with dementia.

MAY 21ST, WEDNESDAY 2:00-4:00 pm **THE NEW WILLS, ESTATES AND SUCCESSION ACT (WESA)**

Learn about the new laws regarding the Wills, Estates and Succession Act. Come to this interactive session to find out if you need to make any changes to your will and questions you need to ask of your lawyer.

MAY 22ND, THURSDAY 6:30-8:30 pm **CHRONIC PAIN MANAGEMENT WORKSHOP**

Improve your understanding of the principles of pain management and its treatments, introduce different methods to cope with chronic pain, and show how to take an active role in your own pain management. Participants have the chance to learn new information and skills that will complement conventional treatments and programs, discuss ideas and share experiences with others that have chronic pain such as arthritis.

MAY 29TH, THURSDAY 10:00-11:30 am **SUPPLEMENTS... WHAT YOU NEED TO KNOW**

Should seniors take supplements? Do you sometimes worry your diet is not giving you everything you need? Have you heard that certain nutrients are good for seniors? Come get an update on current evidence in this area. The focus of this session will be on nutrition supplements (such as fibre, protein powder, vitamins and minerals) – discussing herbal remedies and other natural supplements will not be discussed.