

Who's Who?



Please meet Barbara Stoeckel. She is a retired nurse and has been with SSS for 10 years. Currently she sits on our board of directors. Barbara also runs a soup and sandwich for Victoria's homeless through her kitchen. Most recently Barbara delivered this Potato Soup to over 40 people in downtown Victoria.

5 slices bacon, diced
 3 tablespoons (reserved) bacon grease or butter
 1 cup diced white or yellow onion
 4 cloves garlic, peeled and minced
 1/4 cup all-purpose flour
 2 cups chicken stock or vegetable stock
 2 cups milk, warmed
 1.5 pounds Yukon gold potatoes, diced
 1 cup shredded sharp cheddar cheese
 1/2 cup plain Greek yogurt or sour cream
 1 teaspoon sea salt, or more to taste
 1/2 teaspoon freshly-cracked black pepper
 optional toppings: thinly-sliced green onions or chives, extra shredded cheese, extra bacon, sour cream

Instructions:

<https://www.gimmesomeoven.com/potato-soup-recipe/>

SSS Volunteer Vibes

Welcome to our first edition of the Seniors Serving Seniors Volunteer Newsletter. We plan on publishing this quarterly and would love to hear your feedback on what you enjoyed and ideas of what you'd like to see in it.

Karin's Corner

What activities do you do weekly for wellness? Each Volunteer Vibes issue will include an example of leisure activities we as a team in the RTH Program individually engage in weekly. These of course change with the weather the seasons and changing interests. Please share in a short blurb for upcoming issues your activity of choice to my email rth@sssbc.org

Talking Tips

Ask your client if they garden, inquire about their favorite plants or flowers. Share information on parks that you favor and learn more about client preferences through reminiscing. Adaptations for gardening are becoming more common and can be found at many stores like Lee Valley. [Pots, Planters & Baskets - Lee Valley Tools](#)

Karin's Activities for Spring

I have recently moved to a townhouse that has a small garden space and I am looking forward to getting my hands in the soil. No gloves required, the rich pungent aroma of dark earth, that stubborn grit that clings under my nails helps me feel connected to nature. No matter the space, spring has me starting seeds indoors, planning floral pots for the outdoor seating area's and dreaming of a personal oasis on summer days to relax. To all the gardeners, please share you're your favorite gardening tips.

Let's Celebrate National Volunteers Week!



We want to celebrate you, our volunteers in the RTH Program, by meeting at Beacon Hill Park for a visit together.

When: Tuesday April 26 @11:00-12:30

Where: Parking Lot near the petting zoo.

What: Bring your folding chair, a favorite mug of coffee or tea and comfortable shoes for a walk if you like to enjoy the gardens, we will provide a treat to share. If raining, we will be meeting at the office location 2723 Quadra Street.

Education Excerpts

Save the DATE!

Lane has organized our next Volunteer Support Education Session. On Thursday, April 21st at 11am (on Zoom) Janet Flynn will present to us how the Wayfinder Benefits Program can assist us and our clients. Watch your emails for the Zoom link!

Did you know currently,

ED Expressions

Would you like to support us by becoming a member of SSS? Without members our organization cannot keep doing what we do. For \$20 you can attend our Annual General Meeting in June and have voting rights. The meeting is 1-1.5 hour long usually; we have an interesting speaker lined up and this year we will be having a Tea and Entertainment! As well you receive our latest updated Directory delivered to your door. Please connect with Vicki ed@sssbc.org if you'd like to support us this way.