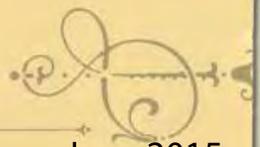




RENFREW COLLINGWOOD SENIORS' SOCIETY  
蘭菲高靈活耆英會

# NEWSLETTER



June 2015

2970 East 22nd Avenue, Vancouver BC

[www.rencollseniors.ca](http://www.rencollseniors.ca)



*Kathy, Hilda & Heinz*



# ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating its 39th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non-profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently and a team of dedicated staff, many of whom have been part of the organization for a number of years. Volunteers also play a fundamental role in the care and support provided to by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing healthy meals, and at the same time maintaining their independence.

The Society welcomes donations, bequests, and gifts as it receives minimal governmental assistance. Our official tax receipt number is 11911 5558 RR0001. If interested in making a donation, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors' Society  
2970 East 22nd Avenue, Vancouver BC, V5M 2Y4





The Renfrew Collingwood Seniors' Society's Newsletter is produced by the staff and volunteers with the help and support of all seniors and distributed to a wide number of people in the community.

To advertise in this newsletter, please contact Donna Clarke (contact info below).

**Contributors:**  
Donna, Olga, Carol,  
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Donna, Olga,  
& Stephanie

Visit our Seniors' Centre at 2970  
East 22nd Avenue  
Vancouver BC, V5M 2Y4

**Hours**  
9:00 AM - 4:00 PM  
Monday & Wednesday - Saturday  
9:00 AM - 6:00 PM  
Tuesday

Telephone: 604.430.1441  
Fax: 604.437.1443  
Email: rcss@shawbiz.ca  
Or visit our website at:  
rencollseniors.ca

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Happy Father's Day to all you wonderful gentlemen here at the Centre and may you be honoured, respected, and loved on your special day. It is a pleasure to be in your presence and have all you fine father figures among us. It does my heart the world of good to see you with your children or to hear you tell stories about when they were growing up. Thank you for sharing your joy with us. I keep reflecting on positive exchanges that I had with my dad. I particularly recall his support for me in sports. I was a pitcher on the softball team and he proudly came to see his daughter strike out all the batters (alright, that was some exaggeration). It wasn't until my father passed away

that I found all the clippings from the newspaper that he proudly kept for years. Anytime we had visitors he would always bring them to the trophy case and explain all the awards that I had received. He had difficulty showing his love and telling me how proud he was, which was unfortunate because I always felt that I could never please him. I realized how wrong I was after he was gone; too late to share in our joys. If there is anything to be learned from this, it is to give your children your love and praise now, not when you are gone; express your gratitude while you have the chance. For those of you who do not have children, you are an inspiration to all of us here at the Centre, your adopted family.

Aboriginal Day is being celebrated this month on Wednesday, June 24th. This year we will be keeping it close to home and focusing on the three wonderful women who grace our Centre on a regular basis. Doris, Rene and Madeleine are proud of their culture and we are honoured to have them as clients and a member of the board. As I mentioned previously most of the staff has had training in "Indigenous Competencies." We all learned of the richness of aboriginal cultures and their commitment to respect all living things. Aboriginal people define their relationship as belonging to the land, and they see themselves as one element of the environment. In the words of Dene Elder George Blondin, "We are people of the land; we see ourselves as no different than the trees, the caribou, and the raven, except we are more complicated" (Blondin, 1997: 18). How true is this?

One of the things I admire most about the aboriginal values is the holistic approach to healing practices that are based on beliefs related to the Medicine Wheel. Using this approach, treatment of an individual includes a focus on the person's emotional, mental, spiritual and physical health. Four key aspects of healthy Aboriginal communities are the need to find balance as shown in the Medicine Wheel, the spiritual connection to nature, the mutual value of elders and youth where elders provide guidance and wisdom, and the importance of community. I think we would all agree that the sooner we get back to these values the sooner we will see some harmony in our society. Community is particularly important; we can attest to that because where would we be without each other? Here at the Centre we appreciate the value of intergenerational connections which is evident in our mutual respect for each other. We also make efforts to bring in the youth to learn from their elders and vice versa.

One of my favorite activities is listening to drumming and I believe the beating of the drum subconsciously reminds me of my mother's beating heart. I often go to this place when I feel overwhelmed because my mother or Mother Nature always consoles me. Neither one of my Mothers have ever let me down. Try it sometime. You will not be disappointed.

Enjoy and appreciate our aboriginal cultures. We have a lot to learn from them.

## A MESSAGE FROM CHRIS

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I hope you are all enjoying the fantastic weather we've been having this spring. June 21st is when Spring officially turns in to Summer, but we've been having summer-like weather for a while now. It's a good idea to get some sun and fresh air regularly as this assists in good health, but always be mindful to not spend too much time in the sun in case you get burned. 10-15 minutes for fair-skinned people is usually a safe amount of time and it's not a bad idea to wear a hat with a brim to protect the skin of the face. Some people think the sun is dangerous and bad, but it actually stimulates Vitamin E production in the body, so exposure for short amounts of time is beneficial.

We have lots of special activities for you in June. Father's Day is June 21 so all of us at RCSS extend warm wishes to all the fathers out there! We will be celebrating Father's Day at the centre on Thursday, June 18th and on Friday, June 19th. We'll be having our annual "vintage cars" program. Local car enthusiasts bring a variety of cars produced in the early to mid-1900 for display outside the centre and photos are taken of our seniors posing with the cars.

Another day of note is June 17th, where we'll be having Aboriginal Day at the centre. It's important to honour those of First Nations descent here at RCSS, specifically Rena and Doris who have been members for several years, and Doris' daughter Madeleine who serves on our board. We'll be honouring Aboriginal Culture and hear stories that are sure to educate and entertain.

For those who are attending the centre Wednesday June 10th, it's Pajama Day so feel free to wear your pajamas (the staff will be). To top it all off, we will be having a step-out trip for lunch on Thursday June 25th; maybe to Swiss Chalet if they will take our booking.

June is a busy month at the centre and we're looking forward to all the fun we'll have together. It's the beginning of summer so enjoy the weather and stay safe! Remember to drink more water in the hotter weather to stay hydrated.

## A WELCOME TO LEVANA



My name is Levana - which originates from Latin and is the ancient Roman goddess of newborns. I was born in Vancouver and lived in the Renfrew- Collingwood area my whole life. I attended Renfrew Preschool, and flashing forward to 15 years later - I am now at the end of my second year at the University of British Columbia studying Political Sciences.

The two things I love the most is volunteering and travelling. Volunteering always gives me a sense of pride and has the ability to bring communities together.

A few places where I have volunteered at are Battered Women Support Services, Canadian Cancer Society, Canadian Blood Services, The Kidney Foundation of Canada and Kids Help Phone.

Travelling allows me to experience new cultures, and of course, try out new foods! The first time I travelled was when I was 3 years old to Las Vegas. Since then, I have travelled all throughout Canada, the United States, Europe, and parts of Asia. The next trip planned is for Hawaii at the end June. At the moment, Sydney is the top of my bucket list to travel to!

Looking forward to meet you all!



# COMMUNITY DAY PROGRAM JUNE CALENDAR

Tuesday (3-6 PM)	Saturday
2 PM- Day at the Spa	6 AM- Table Games PM- Bingo
9 PM- Game Show	13 AM- Armchair Travel to Taiwan Tai Chi PM- Bingo
16 PM- Do It Yourself Crafts	20 AM- First Nations Literacy Workshop PM- Bingo
23 PM- Summer Parfaits	27 AM- Fathers Around the World
30 PM- Game Show	



## Drop-Ins Welcome

If you have any questions regarding the program calendar please call the Centre at 604-430-1441.

# ADULT DAY PROGRAM JUNE CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM- Stand Fit Gentle Yoga</p> <p>PM- Craft Bocci Request That Tune</p>	<p>2</p> <p>AM- Stand Fit Tai Chi with Wayne Word Play</p> <p>PM- Drawing Fun Gardening Shuffleboard</p>	<p>3</p> <p>AM- Stand Fit Sit Fit Pictionary</p> <p>PM- Dominoes Card Bingo Totem Pole Art</p>	<p>4</p> <p>AM- Stand Fit Sit Fit Charades</p> <p>PM- Comic Strip Fathers Day Craft Marble Challenge</p>	<p>5</p> <p>AM- Stand Fit Sit Fit I Love Lucy</p> <p>PM- Minute to Win it Armchair Travel Dominoes</p>
<p>8</p> <p>AM- Sit Fit Stand Fit Word Games</p> <p>PM- Warm Hands Bowling Dreamcatchers Creative Writing</p>	<p>9</p> <p>AM- Sit Fit Stand Fit Pictionary</p> <p>PM- Card Bingo Arts &amp; Crafts Dance Group</p>	<p>10</p> <p>AM- Sit Fit Stand Fit</p> <p>PM- <b>Pajama Party</b></p>	<p>11</p> <p>AM- Sit Fit Stand Fit Finish That Phrase</p> <p>PM- Ravioli Toss Animal Art Request That Tune</p>	<p>12</p> <p>AM- Sit Fit Stand Fit Health Talk</p> <p>PM- <b>Entertain- ment with Linda Lujan</b></p>
<p>15</p> <p>AM- Stand Fit Sit Fit I Love Lucy</p> <p>PM- Music Colour Board Games Minute to Win It</p>	<p>16</p> <p>AM- Sit Fit Stand Fit Memory Game</p> <p>PM- Beanbag Toss iPad Exploration Senses Alive</p>	<p>17</p> <p>AM- Sit Fit Stand Fit Memory Game</p> <p>PM- History of Film Table Games Ukulele Sing-a-long</p>	<p>18</p> <p>AM- Sit Fit Stand Fit Honouring Dads</p> <p>PM- <b>Fathers Day Celebration with Crow City Singers</b></p>	<p>19</p> <p>AM- Sit Fit Stand Fit Fathers Day Word Play</p> <p>PM- <b>Vintage Car Show Dance Party</b></p>
<p>22</p> <p>AM- Stand Fit Sit Fit Hangman</p> <p>PM- Word Origins Sound Effects Golf</p>	<p>23</p> <p>AM- Stand Fit Sit Fit Rhyme Time</p> <p>PM- Puzzles Mosaics Bowling</p>	<p>24</p> <p>AM- Stand Fit Gentle Yoga Totem Pole Discovery</p> <p>PM- <b>Aboriginal Day Celebration</b></p>	<p>25</p> <p>Step Out</p>	<p>26</p> <p>AM- Stand Fit Gentle Yoga</p> <p>PM- Funny Faces Country Roads Card Bingo</p>
<p>29</p> <p>AM- Stand Fit Sit Fit Charades</p> <p>PM- Armchair Travel Frame Art</p>	<p>30</p> <p>AM- Stand Fit Tai Chi Riddle Me This</p> <p>PM- Collage Carpet Toss Request That Tune</p>			

If you have any questions regarding the program calendar please call the Centre at 604-430-1441.



# ADULT DAY PROGRAM MONTHLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Greek Chicken Potatoes Tzaziki Greek Salad</p> <p>Fresh Fruit</p>	<p>Turkey Soup Veggie Pastry Salad</p> <p>Crisp</p>	<p>Pork Stew Quinoa Salad</p> <p>Cake</p>	<p>Braised Beef Potatoes Veggies</p> <p>Fruit &amp; Yogurt</p>	<p>Fish Pie Salad</p> <p> pudding</p>
<p>Salad Nicoise (Tuna) Potatoes Light Soup</p> <p> pudding</p>	<p>Chicken Casserole Steamed Veggies</p> <p>Fruit &amp; Yogurt</p>	<p>Pancakes with Blueberry Sauce Hashbrowns Turkey Sausage</p> <p>Fresh Fruit</p>	<p>Pork Pies Veggie Soup Salad</p> <p>Jello</p>	<p>Beef Burgers Tossed Salad Potatoes</p> <p>Cake</p>
<p>Beef Meatloaf Potatoes Salad</p> <p>Cake</p>	<p>Pork Goulash Rice Veggie Stir-fry</p> <p>Fresh Fruit</p>	<p>Chicken &amp; Pasta Steamed Veggies</p> <p>Jello</p>	<p>Pulled Pork Sarnies Rainbow Coleslaw English Chips</p> <p>Crisp</p>	<p>Vegetarian Shepherd's Pie Salad</p> <p>Fruit</p>
<p>Pork Dumplings Potatoes Veggies</p> <p> pudding</p>	<p>Beef Meatloaf Potatoes Salad</p> <p>Cake</p>	<p>Salmon Potatoes Bannock Creamed Corn</p> <p>Berries &amp; Yogurt</p>	<p><b>Step Out</b> <b>No Lunch at</b> <b>Centre</b></p>	<p>Chicken Chop Suey Rice</p> <p>Crisp</p>
<p>Vegetarian Shepherd's Pie Salad</p> <p>Cake</p>	<p>Chicken &amp; Mushrooms Pasta Salad</p> <p>Fresh Fruit</p>			



### Programs We Run 我們提供的服務

#### Adult Day Program 成人日間活動

Assisting seniors who require support because of health related issues.

協助那些因健康問題而需要支助的長者。

(Every Monday through Friday)  
(逢星期一, 星期三, 及星期四。)



#### Community Day Program 社區日活動

Providing isolated seniors an opportunity to socialize and get involved in the community. 提供孤立的長者一個機會來交流, 學新東西, 和參加社區活動。

(Every Tuesday (3-6) and Saturday -- Drop- Ins Welcome!)  
(逢星期二, 星期五 -- 無需預約!)

#### Caregiver Support Program 護理人員支援計劃

The program connects caregivers with other caregivers to share skills, ideas and resources. 這計劃是與其他護理人員交流意見和資源。



*Somewhere over the rainbow...*



### Event Highlights

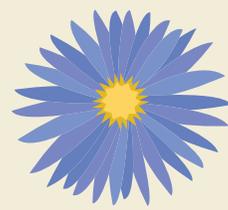
**Pajama Party**  
Wednesday, June 10

**Entertainment with Linda Lujan**  
Friday, June 12

**Fathers Day Celebration with the Crow City Singers**  
Thursday, June 18

**Dance Party & Vintage Car Show**  
Friday, June 19

**Aboriginal Day Celebration**  
Wednesday, June 24





### Folate & Folic Acid

Folate is another B vitamin. Folic acid is the form of folate found in vitamin supplements. If you do not get enough folate, you may not form enough red blood cells. This can lead to the blood condition called anemia, which will make you feel very tired. Folate may also help prevent some types of cancer. Seniors need 400 mcgs of folate a day. The best way to get that amount is to eat foods high in folate, such as beans, lentils, dark green leafy vegetables, fruits, nuts and seeds. If you do not eat these high-folate foods regularly, we recommend you take a multivitamin/mineral with folic acid.

#### 葉酸

葉酸是維生素B雜裡的其中一種營養素，常見於維生素補充品中。人體必須攝取足量的葉酸，否則可能無法製造足量的紅血球，進而導致貧血，令您感覺非常疲倦。此外，葉酸亦可預防某些癌症的發生。長者需要每天攝取400微克葉酸；要攝取這個建議分量，最佳的方法是食用豆類、扁豆、多葉的綠色蔬菜、水果、果仁和籽類，因為這些食物都含有豐富的葉酸。如果您平日裡不常食用這類含高葉酸的食物，我們建議您服用含葉酸的多種維生素／礦物質補充品。

## A WELCOME TO GEORGE



RCSS would like to extend a warm welcome to one of our newest members, George. He was born in the city of Brno, in former Czechoslovakia. In 1968, with changes and political reforms of his country, George came to Canada to start a new life. He arrived in Montreal and lived with his cousin for a while. He studied Mining Engineering at McGill University. George has one daughter, three grandchildren and one great-grandchild.

His passion about wilderness led him to dedicate many years of his life working in coalmines and mineral exploration throughout Canada. His passions also include photography and travel. He has traveled many places around the world including Europe and South America. His most special trip was a spiritual adventure to Machu Picchu, Peru. It was memorable because he met a wonderful woman named Yoco who would later become his wife.

Since arriving at RCSS, George has been active in all sort of activities, but specially enjoys the exercise classes and would like to let us know that he really appreciate our food here.

Thank you George for sharing a little bit of your interesting life with us. We are so pleased to have you here with us!





Open House  
Sundays 2-4pm



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The seniors and staff at RCSS would like to extend a special thank you to Troll's Restaurant in Horsehoe Bay for always being so accomodating, friendly, and all-around fantastic.

*Thank you Troll's!*



**Birthdays**

Alice ~ June 11

Kay ~ June 12

George ~ June 19

Nuong ~ June 19

Erika ~ June 24




## Location, Location, Location. Chelsea Park has it all!

This new Seniors Housing offers intimate, well designed, comfortable and affordable living for seniors. Located near Commercial Drive, near parks and recreation facilities, near public transportation and within a "walkable" community. You will not find a better setting for seniors who want to enjoy the benefits of the "total community". Right on our doorstep!



*The SkyTrain is on our doorstep!*

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



**OPEN HOUSE**  
7 Days a week  
9am-4pm

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# RCSS MOMENTS

