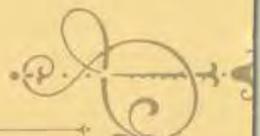




RENFREW COLLINGWOOD SENIORS' SOCIETY
蘭菲高靈活耆英會

NEWSLETTER



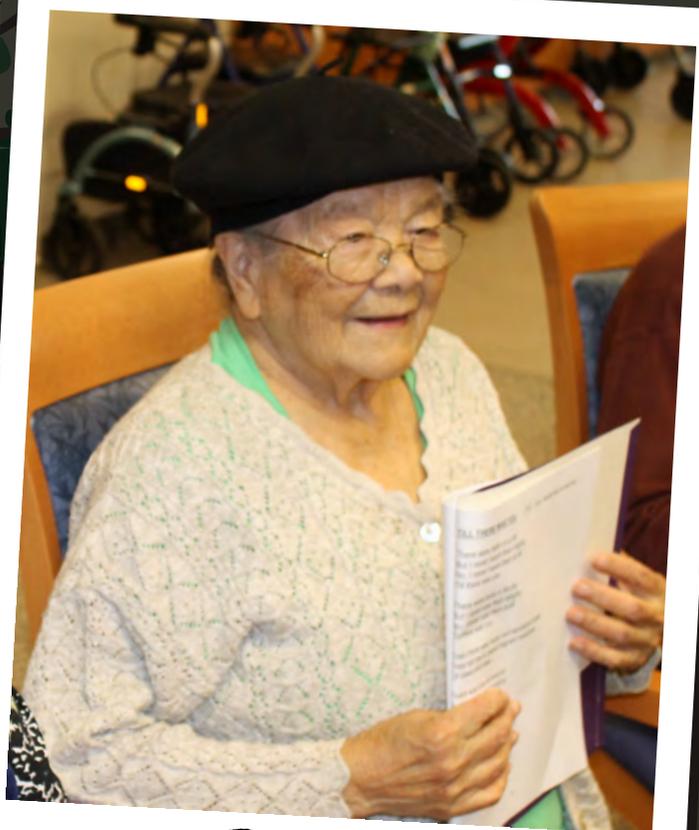
June 2016

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Rena



Doris



Let's Celebrate Aboriginal Day!

ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating our 39th Anniversary this year, the Renfrew- Collingwood Seniors' Society is a non-profit organization with charitable status. We have a volunteer Board of Directors elected from the membership and they ensure the Society runs efficiently. Our team of dedicated staff, many of whom have been part of the organization for a number of years, are skilled, compassionate and committed to their roles in the organization. Volunteers and students play a fundamental role in the care provided to the seniors by assisting us in the delivery of our programs.

Our Centre has a home-like, cozy environment for the seniors in our community to hang out, socialize, share healthy home cooked meals, engage in meaningful activities and of course volunteer their time and skills. One of the goals of the Society is to support seniors so they can stay in their homes as long as possible.

The Society welcomes donations, bequests, and gifts which would enhance our services and allow for expansion. 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,
Chris, Micheli, Wai Yee, & Faith

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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

Renfrew Collingwood Seniors' Society June 2016 Newsletter

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Daniel Meszaros



May is always an interesting time for me. It brings a sigh of relief as the fiscal year end (March 31st) reports are in to funders, a new budget is approved for the coming year, and grant application deadlines have come and gone. Our summer student is hired; our new Activity Coordinator has found her groove so staffing is settled in the Adult Day Program and the strategic plan is ready to implement. I feel it in my bones; it going to be an exciting year.

We are gearing up for the annual general meeting in the fall and will need a couple of new board members so please consider running as it is essential we have representation from the people we serve. If your son or daughter has recently retired, they too would be ideal candidates. It would be wonderful to have more caregivers serving since one of our goals is to offer them more support. Having an effective Board is crucial to our operations and I encourage you all of you to take an active role in recruiting for the cause.

A WELCOME TO BETTY



Today I'm very pleased to introduce, Betty, one of our new members to Renfrew Collingwood Centre. Born in Legaspi City, Philippines, Betty is the third of six children. Her parents had three girls in a row, and then three boys. Betty did not marry or have children, but proudly boasts of having sixteen grandchildren from her siblings.

As a young girl Betty dreamed of traveling abroad. She attended pre-medical school, but her family moved to Manila, the capital of the Phillipines and one of the biggest cities in the country. With family transitions and relocation, she did not complete a medical degree as planned. Betty's interest turned to Business Administration at the University of the East in the Philippines. After graduation she got a job with a Chinese business firm in the accounting department and worked there for eight years. As an administrator she carried out bookkeeping, accounting, marketing, sales, and management duties. In 1967 Betty moved to Canada to work for a federal government office in Vancouver. She assisted people with Canada Pension and Old Age Pension Plans. She dedicated 23 years to this work.

Betty has been able to create many travel opportunities. She has been to Singapore, Malaysia, Thailand, Australia, New Zealand, and visited Europe three times. Some of her favorite scenery is in Europe, particularly the Scandinavian countries and Hungary. She firmly believes that it is important for young people to pursue their dreams while in their youth while they are able and adventurous. Betty still dreams of traveling places that she hasn't seen.

Betty describes herself as simple, quiet, and smart. Some activities Betty enjoys for recreation or leisure are scenic drives with her siblings, socializing with friends, and attending parties. Her hobbies are walking in the park if it's a good day and reading pocket books at home. She enjoys coming to the centre to participate in programs we offer such as card bingo, stand-fit exercise, and puzzles. She admires the Executive Director of RCSS Center, Donna, for her pleasing manner in her management of the Centre and its various programs.

Thank you Betty for sharing your life story with us. We are looking forward to seeing you at the next bingo game.



Hi everyone,

Summer is not officially here until June 21st, but we've been seeing record high temperatures in our city already. I hope you're enjoying the hot weather safely and getting active as much as possible. Exercise brings lifelong benefits, and I would like to share the excellent outcomes of the SteadyFeet® exercise program here at our Centre.

Specially designed by health professionals, SteadyFeet® is a partnership program between Vancouver Coastal Health and the Community Seniors Centres. This balance and mobility exercise program for older adults will help to improve your functional mobility, increase lower body strength, improve balance, and reduce fall risk.

Since the implementation of this pilot program in our Centre the staff have been working hard, getting trained, and collecting data. We've had significant success; roughly 75% of seniors showed excellent improvements in range of motion, balance, muscle strength, functional capacity, and overall quality of health. This essentially means that the program has helped you to maintain a healthy and independent life as long as possible. Quality of life matters, and we are all very happy with the results. I would like to thank the professionals at Vancouver Coastal Health for their support, the staff here who have worked so hard to run this wonderful program, and of course, all of you for your engagement and participation.

"It's never too late," is an old proverb, and we are so pleased it proven in our own lives. It's undeniably true that we have to keep moving for life, so let's enjoy the summer and keep active!



Dear RCSS Members,

The RCSS Board is making plans for our upcoming Annual General Meeting (AGM) in the fall. Each year at our AGM, elections are held for the RCSS Board of Directors. This is a great volunteer opportunity for members to be involved in ensuring that the society stays on track with its mission. The current board is made up of people with a range of different professional backgrounds as well as a range of ages. We believe it is important to have representation on the board from attending seniors, as well as their family and caregivers, and we are really hoping to have a few caregivers stand for election this year.

That's where you come in. Our centre has been doing some great work over the years and strives to do better. If you want to be a part of ensuring that our seniors receive the best programs at our Centre and if you have a bit of time to spare, don't give up this opportunity of joining the board. If you would like more information on what the position involves please contact us via email at rcssboard@gmail.com or give me a call at 604-215-9148. I will be happy to answer any questions you might have about running for the board and to share with you my experience being a board member.

Regards,

Madeleine Maclvor
Nominating Committee Chair

COMMUNITY DAY PROGRAM JUNE CALENDAR

Tuesday (3-6 PM)	Saturday
	<p>4</p> <p>AM- Crafting with Yarn Sit & Stand Fit</p> <p>Lunch- Chicken Chow Mein Asian Greens Jello</p> <p>PM- Bingo</p>
<p>7</p> <p>PM- Yahtzee</p>	<p>11</p> <p>AM- Armchair Travel to New York Sit & Stand Fit</p> <p>Lunch- Pork Sausage Mashed Potatoes & Salad Pudding</p> <p>PM- Bingo</p>
<p>14</p> <p>PM- iPad Exploration</p>	<p>18</p> <p>AM- Spa Day Sit & Stand Fit</p> <p>Lunch- BBQ Ribs Fried Rice & Greens Brownies</p> <p>PM- Bingo</p>
<p>21</p> <p>PM- Mosaic Garden Pots</p>	<p>25</p> <p>AM- Table Games Sit & Stand Fit</p> <p>Lunch- Veggie Casserole Salad Pie</p> <p>PM- Bingo</p>
<p>28</p> <p>PM- Mosaic Garden Pots</p>	



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1. AM- Sit & Stand Fit Synonyms PM- Music Trivia Minute to Win It iPads	2. AM- Sit & Stand Fit Word Play PM- Word Search Paper Airplanes Community Walk	3. AM- Gentle Yoga Stand Fit PM- Qwirkle Request That Tune Fathers Day Craft
6 AM- Sit & Stand Fit Brain Teasers PM- Music with Linda Lujan	7 AM- Sit & Stand Fit Define This Word PM- Scrapbooking Target Bocci Grandma's Attic	8. AM- Sit & Stand Fit Word Find PM- World Music Bean Bag Toss Fruit Bouquet	9 AM- Gentle Yoga & Stand Fit Trivia PM- Vintage Car Day	10 AM- Sit & Stand Fit Hangman PM- Jenga Bowling Conversation Corner
13 AM- Sit & Stand Fit STEP OUT TO TROLLS PM- Ceramic Painting Music	14 AM- Sit & Stand Fit Who Said It? PM- Marble Challenge Sound Effects You Be The Judge	15 AM- Gentle Yoga & Stand Fit Languages PM- Card Bingo Gardening Collages	16 AM- Sit & Stand Fit Facial Expressions PM- Crow City Singers	17 AM- Sit & Stand Fit Pictionary PM- Dominoes Senses Alive Music in Motion
20 AM- Gentle Yoga & Stand Fit Health Talk PM- Shake Loose a Memory Spa Day Ping Pong Challenge	21 AM- Sit & Stand Fit Mental Aerobics PM- Mosaic Garden Pots Memory Game Travel Stories	22 AM- Sit & Stand Fit What's Missing? PM- Aboriginal Day Celebration	23 AM- Sit & Stand Fit Word Meanings PM- Centre Decorations Animal Bingo Community Walk	24 AM- Sit & Stand Fit Spot The Difference PM- Bingo Step-By-Step Drawing iPads
27 AM- Sit & Stand Fit Riddles PM- Music with Lory White	28 AM- Tai Chi & Stand Fit Finish That Rhyme PM- Mosaic Garden Pots Uno Sing-Along	29 AM- Sit & Stand Fit Memory Game PM- Mini-Golf Snakes & Ladders Poker	30 AM- Sit & Stand Fit Guessing Game PM- Shuffleboard Crossword Puzzles Headbandz	

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
		Veggie Burgers Potato Salad Crisp	Roast Beef Potatoes Salad Fresh Fruit	Chicken Chow Mein Asian Greens Jello
Fish Chowder Scones Salad Cake	Peanut Chicken Rice Veggies Fresh Fruit	Vegetarian Stew Jello	Pork Sausage Mashed Potatoes Salad Pudding	Beef Burgers Pasta Salad Crisp
Meatloaf Potatoes Salad Fruit	Panko Fish Scalloped Potatoes Veggies Cake	Chicken Soup Egg Salad Sandwiches Salad Pudding	BBQ Ribs Fried Rice Greens Brownies	Sweet & Sour Pork Dumplings Potato Salad Fruit
Chicken Pasta Salad Pudding	Beef Soup Pastry Salad Fruit	Aboriginal Day Lunch Salmon Bannock Blueberry Crisp	Chicken Chow Mein Asian Greens Fruit	Veggie Casserole Salad Pie
Pork Pies Rice Pilaf Greens Jello	Chicken Sausages Potatoes Salad Pudding	Beef Lasagne Salad Cake	Vegetarian Soup Piroshki Salad Smoothies	



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。



Event Highlights

Music with Linda Lujan
Monday, June 6

Vintage Car Day
Thursday, June 9

Step Out to Trolls
Monday, June 13

Crow City Singers
Thursday, June 16

Aboriginal Day Celebration
Wednesday, June 22

Music with Lory White
Monday, June 27



Hypercholesterolemia (High Cholesterol)

Cholesterol is a waxy, fat-like substance that is produced in the body and obtained from foods that come from animals. The body needs this substance to build cell membranes, make certain hormones, and produce compounds that aid in fat digestion. Cholesterol levels in the body are measured by blood testing. High cholesterol has no symptoms. Too much cholesterol, however, increases a person's risk of developing heart disease. When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases the risk of a heart attack. Decreased blood flow to your brain can cause a stroke.

High cholesterol that's caused by genetic factors can't be prevented, there are things you can do to help lower your cholesterol to a more desirable level or prevent it from ever becoming a serious problem:

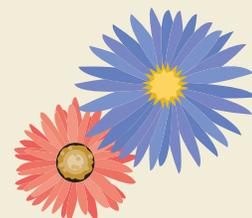
1. Eat a healthy diet low in animal fats and high in fiber
2. Eat baked, broiled, steamed, grilled and roasted foods instead of fried foods
3. Choose lean meat and low-fat or fat-free dairy products
4. Don't smoke and avoid excessive alcohol consumption
5. Exercise regularly and maintain a healthy weight

高胆固醇血症

胆固醇是一种脂肪物质，其部分由体内产生部分来自于摄入的脂肪类食物。人体需要这种物质来构建细胞膜，产生某些激素和有助于消化脂肪的化合物。体内胆固醇水平需通过血液化验得到。高胆固醇血症没有任何症状。但是，过多的胆固醇可增加一个人患心脏病的风险。当血胆固醇升高，可沉积于血管壁。最终，这些沉积物可阻碍足够的血液流经动脉。当心无法得到其需要的富含氧气的血液，即增加其患病的风险。大量的血流量不足会导致中风。

虽然我无法防止由遗传因素引起的高胆固醇血症，但我可以通过以下健康的生活方式来降低血胆固醇到更理想的水平从而防止其成为严重的健康问题：

1. 坚持低脂肪和高纤维的健康饮食
2. 吃蒸和烤的食物而不是油炸食品
3. 选择瘦肉和低脂或无脂乳制品
4. 不吸烟且避免过量饮酒
5. 坚持运动并保持健康的体重







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Sundays 2-4pm



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Hello, my name is Daniel Meszaros. I am the new summer student here at Renfrew-Collingwood and I will be here until the end of August. I am so excited to be here and get to know all of you! Thank you for already making me feel so welcome.

A little bit about me: I just finished my Psychology degree at Simon Fraser University and I plan to do my Master's degree in Counselling Psychology at Trinity Western University in the fall. I love musical theatre, good food, coffee shops, and long walks on the beach. I also love learning about new people. When you see me, please feel free to ask me anything! I am really looking forward to spending time with you this summer.



Birthdays

Alice F. ~ June 11

Nuong ~ June 19

George ~ June 19

Erika ~ June 24

Joe ~ June 25

Mercedes ~ June 30



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