



RENFREW COLLINGWOOD SENIORS SOCIETY

蘭菲高靈活耆英會

# NEWSLETTER

December 2016

2970 East 22nd Avenue, Vancouver, BC

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



*Happy Holidays from RCSS!*

### **Holiday Cheer**

From all of us at RCSS, we want to wish you a safe and happy holiday!





Celebrating our 40th 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, Carol, Christina, Wai Yee, Faith, Carmen, Maricris, Rose, Barbara, & Mary

**Editorial:**

Donna & Carmen

**Hours:**

Monday, Wednesday - Friday  
8:00AM - 4:00PM

Tuesday  
8:00 AM - 6:00 PM

Saturday  
9:00AM - 3:30PM

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

Telephone: 604.430.1441  
Fax: 604.437.1443

Email: [rcss@rencollseniors.ca](mailto:rcss@rencollseniors.ca)  
Or visit our website at  
[www.rencollseniors.ca](http://www.rencollseniors.ca)

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### Hat & Mitts Drive

Throughout the month of December, we will be collecting hats and mitts for our friends transitioning into affordable housing at Kingsway Continental.

If you, your friends, or family members have any hats and mitts to donate, we will gladly accept your kind donations on behalf of the new members of our community. The items collected will be delivered to our friends on **December 23rd** so we can spread some good cheer and help them keep warm over the holidays.



## Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

## Staff



Donna Clarke



Christina Webster



Carol Yi



Wai Yee Chou



Faith Malakoff



Carmen Giang



Maricris Negrana



Rose Smith



Samuel Iwama



Marilee Sinlao



Cassandra Ly



Merry Christmas Everyone. May the joys of the season fill your hearts with fond memories of years gone by. Remembering the traditions that you experienced as a child and passing them on to the next generation is so important to our cultures. Your children will always remember the stories you shared with them and those stories will live on in their children and grand children.

I'm sure many of you did the cookies and milk for Santa and the hanging of stockings or a precious ornament that hangs in a special place on the tree. Do you remember where you used to hide the treasures that you found for the children or any funny stories about getting their list of requested items into the house without them being suspicious?

The tradition of hanging stockings goes back a long time. Legend has it that a poor man had three very beautiful daughters but no money to get his daughters married. The father was worried what would happen to his daughters after his death. Apparently, Saint Nicolas was passing through when he heard the villagers talking about the girls. Saint. Nicholas wanted to help, but knew that the old man would not accept charity. He decided to help in secret. After dark, he threw three bags of gold through an open window, which landed directly into the stockings which were hung by the fireplace to dry. When the girls and their father woke up the next morning they found the bags of gold and were overjoyed. The girls could now get married and live happily ever after.

Although this custom of hanging stockings began in a European country, we have certainly adopted the custom here in Canada. Growing up we used our everyday socks and we were always on the look out for long knee socks (not because we wanted to keep warm) because it would hold more goodies. Nowadays special Christmas stockings replace regular socks and they are so much bigger. I can remember when my boys were younger I would spend more money on their stocking stuffers than their main gifts. We've come a long way from an apple, orange, few grapes and nuts to todays standards that's for sure.

Speaking of warm clothing, I would like to remind everyone that our Hats & Mitts Drive for the homeless is happening again this year. Please bring in extras you may have lying around the house as someone less fortunate can certainly use them. We'll also collect toys for the children and will ensure The Kettle receives them.

We have lots of activities planned in December and for New Years Eve so make sure you are here to help us celebrate. Santa visits, entertainment and our Christmas lunches will take place on December 13th and 14th for the adult day program and the 17th for the drop-in program.

Thank you for being part of our wonderful programs this year and making the Alice Frith Centre the heart of the community. All the best in the coming year!





### Say hello to Quoc Binh!

He is originally from the city of Hai Phong in Vietnam. Although he is from Vietnam, Quoc Binh is not only fluent in Vietnamese, he also speaks Cantonese. He worked as a machine technician in a factory in Vietnam for 18 years. Quoc Binh first met his wife working in that very factory and that is where their love story began. They married before moving to Canada in 1981.

Quoc Binh and his wife worked hard to raise their three children. He has two sons – his older son lives in Vancouver and his younger son lives in Calgary. His younger son has two children, which are both boys. He also has a daughter that has two boys. Quoc

Binh and his wife now live with their older son.

He enjoys walking and watching TV when he is not spending his day here at RCSS. He sure gives our other friends a challenge in the active games. Perhaps it's his skills from when he played basketball and ping pong with his coworkers in his younger days. We love having him at the Centre. Join us in welcoming him at the Centre!

### RCSS Memories

Here are a few memories we shared at RCSS recently: Richard showing us his skills in bean bag toss, Mary celebrating another birthday with us, and Joan meeting a flying friend of ours. There's always something interesting and fun happening at the Centre.



# COMMUNITY DAY PROGRAM CALENDAR & MENU

7

| Tuesday (3PM-6PM)               | Saturday (10AM-2PM)  |
|---------------------------------|--|
| <b>CALENDAR</b>                 | 3<br>AM –<br>Spa Day<br>Sit Fit<br><br>PM -<br>Bingo                                   |
| 6<br>PM –<br>Jewellery Making   | 10<br>AM –<br>Cooking Fun: Holiday<br>Soup<br>Sit Fit<br><br>PM -<br>Bingo             |
| 13<br>PM –<br>Donation Knitting | 17<br>AM –<br>Holiday Celebrations<br>around the World<br>Sit Fit<br><br>PM -<br>Bingo |
| 20<br>PM –<br>Keep              | 24<br><b>CHRISTMAS EVE</b><br><b>CENTRE CLOSED</b>                                     |
| 27<br><b>CENTRE CLOSED</b>      | 31<br>AM –<br>New Year Celebration<br>Sit Fit<br><br>PM –<br>Bingo                     |

| Tuesday (3PM-6PM)   | Saturday (10AM-2PM)   |
|---|---|
| <b>MENU</b>   | 3<br>Sweet Soy Chicken<br>Brown Rice<br>Garlic Broccoli<br><br>Bread Pudding                          |
| 6<br>Chicken Chow Mein<br>Asian Greens<br><br>Lemon Tart    | 10<br>Pork Tenderloin<br>Honey Glazed Yams<br>Garden Salad<br><br>Sponge Cake & Fruit                 |
| 13<br>Vegetarian Main<br>Salad<br><br>Cake                  | 17<br>Turkey<br>Mashed Potatoes<br>Brussels Sprouts<br><br>Apple Pear Crumble                         |
| 20<br>Ham<br>Scalloped Potatoes<br>Salad<br><br>Fresh Fruit | 24<br><b>CHRISTMAS EVE</b><br><b>CENTRE CLOSED</b>  |
| 27<br><b>CENTRE CLOSED</b>                                  | 31<br>Salmon Bowtie Pasta<br>Garlic Cauliflower<br>Dinner Roll<br><br>Ice Cream with Berry<br>Compote |

## Drop-Ins Welcome

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

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   |   |  | 1<br>AM -<br>Sit Fit & Stand Fit<br>Memory Game<br><br>PM -<br>Ornament Creation<br>Dice Game<br>Christmas Craft  | 2<br>AM -<br>Sit Fit & Stand Fit<br>Mental Aerobics<br><br>PM -<br>Bingo<br>Music Fun<br>Trouble                       |
| 5<br>AM -<br>Sit Fit & Stand Fit<br>Movie Trivia<br><br>PM -<br>Bocci<br>Make Ten<br>Spa Day                    | 6<br>AM -<br>Sit Fit & Stand Fit<br>Christmas Alphabet<br><br>PM -<br>Bowling<br>Door Decoration<br>Table Games | 7<br>AM -<br>Sit Fit & Stand Fit<br>Hangman<br><br>PM -<br>Christmas Tree<br>Decorating                        | 8<br>AM -<br>Sit Fit & Stand Fit<br>Spot the Difference<br><br>PM -<br>Basketball<br>Wreath Making<br>Bananagrams | 9<br>AM -<br>Gentle Yoga &<br>Stand Fit<br><br>PM -<br>Windermere<br>Secondary<br>Choir                                |
| 12<br>AM -<br>Gentle Yoga &<br>Stand Fit<br><br>PM -<br>Carpet Toss<br>Christmas Cards<br>Headbanz              | 13<br>AM -<br>Sit Fit & Stand Fit<br>Surprise Guest<br><br>PM -<br><b>Christmas Party<br/>with Lory White</b>   | 14<br>AM -<br>Sit Fit & Stand Fit<br>Surprise Guest<br><br>PM -<br><b>Christmas Party<br/>with John Cronin</b> | 15<br>AM -<br>Sit Fit & Stand Fit<br>Brain Game<br><br>PM -<br><b>Crow City Singers</b>                           | 16<br>AM -<br>Sit Fit & Stand Fit<br>Winter Sports<br><br>PM -<br>Windermere<br>Community<br>Connection                |
| 19<br>AM -<br>Sit Fit & Stand Fit<br>Pin It<br><br>PM -<br>Request that Tune<br>Bean Bag Toss<br>Holiday Trivia | 20<br>AM -<br>Sit Fit & Stand Fit<br>Roll a Snowman<br><br>PM -<br>Ball Toss<br>Cookie Decoration<br>Card Bingo | 21<br>AM -<br>Gentle Yoga &<br>Stand Fit<br><br>PM -<br>ESL<br>Marble Challenge<br>Crosswords                  | 22<br>AM -<br>Sit Fit & Stand Fit<br>Christmas Match<br><br>PM -<br>Mini Golf<br>Seasonal Sing-A-Long<br>Painting | 23<br>AM -<br>Sit Fit & Stand Fit<br>Holiday Greetings<br><br>PM -<br>Minute to Win It<br>Dominoes<br>Snakes & Ladders |
| 26<br><b>BOXING DAY<br/>CENTRE CLOSED</b>   | 27<br><b>CENTRE CLOSED</b>  | 28<br>AM -<br>Sit Fit & Stand Fit<br>Word Play<br><br>PM -<br>Coin Toss<br>iPads<br>Centrepieces               | 29<br>AM -<br>Gentle Yoga &<br>Stand Fit<br><br>PM -<br>Shuffleboard<br>Armchair Travel<br>Word Search            | 30<br>AM -<br>Sit Fit & Stand Fit<br>New Years Resolution<br><br>PM -<br>Ping Pong Challenge<br>Puzzles<br>Qwirkle     |

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

# ADULT DAY PROGRAM MENU

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
|   |   |   | 1<br>Vegetarian Lasagne<br>Salad<br><br>Cake                    | 2<br>Beef Stew<br>Potatoes<br>Steamed Veggies<br><br>Fresh Fruit |
| 5<br>Chicken Chow Mein<br>Asian Greens<br><br>Lemon Tart    | 6<br>Vegetarian Macaroni<br>Cheese Casserole<br>Beet Salad<br><br>Cake  | 7<br>Beef Meatloaf<br>Potatoes<br>Salad<br><br>Jello    | 8<br>Turkey<br>Pasta<br>Salad<br><br>Fresh Fruit                | 9<br>Fish Chowder<br>Scone<br>Salad<br><br>Pudding               |
| 12<br>Vegetarian Main<br>Salad<br><br>Cake                  | 13<br><b>Traditional<br/>Christmas<br/>Dinner</b>                       | 14<br><b>Traditional<br/>Christmas<br/>Dinner</b>       | 15<br>Beef Soup<br>Sandwich<br>Salad<br><br>Fruit & Yogurt      | 16<br>Mushroom Chicken<br>Rice<br>Veggies<br><br>Crisp           |
| 19<br>Ham<br>Scalloped Potatoes<br>Salad<br><br>Fresh Fruit | 20<br>Sweet & Sour Chicken<br>Rice<br>Asian Greens<br><br>Dessert Scone | 21<br>Beef Goulash<br>Noodles<br>Veggies<br><br>Pudding | 22<br>Sausage Pork Balls<br>Pasta Casserole<br><br>Stewed Pears | 23<br>Vegetarian Main<br>Salad<br><br>Cake                       |
| 26<br><b>BOXING DAY<br/>CENTRE CLOSED</b>                   | 27<br><b>CENTRE CLOSED</b>  | 28<br>Turkey Soup<br>Scone<br>Salad<br><br>Cake         | 29<br>Baked Fish<br>Rice<br>Veggies<br><br>Crisp                | 30<br>Beef Meatballs<br>Pasta<br>Salad<br><br>Jello              |



## 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)

(星期一到星期五。)

### 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 from 3pm-6pm and Saturday 10am-2pm - Drop-Ins Welcome!)

(每個星期二下午三時至下午六時, 和星期六早上十時至下午二時!)

### 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

### Lory White & Christmas Party

Tuesday, December 13

### John Cronin & Christmas Party

Wednesday, December 14

### Crow City Singers

Thursday, December 15

### Community Connection with Winderemere Secondary

Friday, December 16

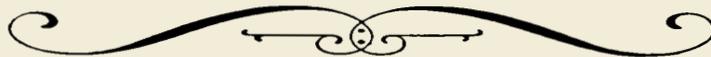
## Pneumonia



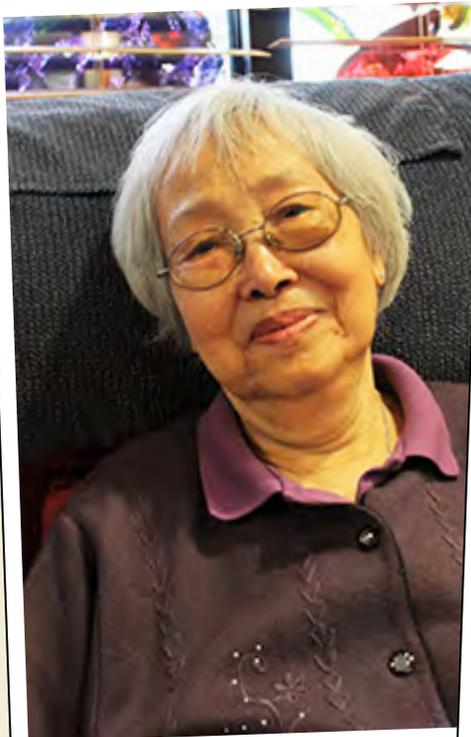
Pneumonia is an infection in one or both lungs. The three main causes of pneumonia are bacteria, fungi, or viruses. The viral pneumonia is a complication of the viruses that cause colds and the flu. During the winter months, seniors are at heightened risk for contracting cold and flu. If severe or improperly treated, the virus invades your lungs and the flu can quickly progress into pneumonia.

If you have pneumonia, the tiny sacs at the end of the breathing tubes in your lungs become inflamed and fill up with fluid or pus, making it difficult to breathe. The symptoms include coughing, fever, shortness of breath, chest pain, feeling lethargic, or

feeling worse after having had a recent cold or flu. Once a senior has this condition, recovery can be quite difficult and can take a long time; and, complications can easily arise. That is why preventing pneumonia in the elderly is vital. Let us continue to practice flu prevention strategies mentioned last month to prevent viral pneumonia and to keep our seniors healthy this time of year.



肺炎 肺炎是一种肺部感染性疾病。引起肺炎的三个主要原因是细菌、真菌或病毒。引起感冒和流感的病毒就可以致病毒性肺炎的滋生。冬季是老年人患感冒和流感的高峰季。如果患上重感冒且得不到及恰当的治，病毒侵入肺部，感冒可迅速展肺炎。肺炎，肺部呼吸管末端的小囊得炎且充液体而致使呼吸困。肺炎症状包括咳嗽，呼吸急促，胸痛，昏睡或在最近感冒后症状突然明加重。老年人一旦患病，恢复比困且需，又容易出并发症。因此防老年人肺炎至关重要。了使我老年人健康地度个冬季，大家要遵循我上月提到流感防措施以防病毒性肺炎的滋生。





## GUESS WHO



Each month we will feature a photo of one of our seniors from their younger days for you to guess who it is. From the photo and three clues, try and guess who this person is. We will reveal the answer in next month's newsletter.

Talk to your friends at the centre and put your heads together and see if you can guess who this is!

**Clue # 1:** She loves Chinese drawings

**Clue # 2:** She is a mother of 2 sons and 3 daughters

**Clue # 3:** She loves sweet desserts



## MARY'S HELPFUL HINTS



Some years ago, I read a book by author, Erma Bombeck, "Life Is Like A Bowl of Cherries", a very good and humorous story. And indeed, I found my own "bowl of cherries".

Recently, I accidentally found a real success to some of my health problems: swollen feet, wheezing, and difficulty breathing. A family member brought me a large basket of freshly picked cherries from the Okanagan in late May. They were delicious and inviting. I actually consumed them all over a short period of time. I continued to buy more during the next few months until the season for cherries was over. I felt so well and discovered the swelling and fluid build-up was completely gone in my body. I continue to buy the frozen product now and eat at least a half cup a day. Cherries are the #1 item on the list for gout and arthritis; and, it sure does work for me. Give it a try!



### Our Christmas Eve Mouse

For December, I was going to write about the 'Mystery of the x and the o', but I am going to save that story for February. The festive season is fast approaching and I find it more fitting to write about 'Our Christmas Eve Mouse'.

December 24th is my favourite day of the season. It always has been. The day includes breakfast out, decorating the perfect tree; and, a simple but memorable meal, all in preparation for the magical night to come. How were we to know that December 24, 2000 was going to be more of an adventure? With the promise of shimmering snow, Christmas music, Prancer – the movie and delicious snacks, a relaxing time is what my

family needed.

Our candlelit dinner was over, dishes were done, the tree was finally decorated (always a last minute detail in our house) and it was time to enjoy Christmas Eve, but not for long. A very tiny mouse was spotted dashing across the kitchen floor into the dining room. My daughter, known to save flies and daddy long leg spiders, was yelling "mom open the back door; let it run out". I do believe that is where it came from. Let's call him Marvin. Well Marvin must have seen the glow of the tree and candles and was all by himself, a little lonely. Marvin needed somewhere to go that was nice, warm and hopefully friendly. That was not totally the case!

Lindsay is now yelling "don't hurt it" and Ryan has the broom and the top of the laundry basket in his hands yelling "get rid of it mom" or something to that effect. Picture this. Ryan is standing on a chair; Lindsay is on the ground running after it with some kind of container to catch it in; and, I am standing there doing nothing and I mean absolutely nothing. It's like I'm stuck to the floor. I hear Ryan say "Lindsay get the laundry; get the laundry; toss it on him". This is clean laundry and before I can stop her, she's tossed it on the mouse. Clothes didn't stop Marvin and he is last seen heading for a corner of the dining room. Then I spring into action, I grab another broom and chase him and I do get him. I will not say what happened, but Ryan is cheering and Lindsay isn't!

The rest of the evening is spent washing clothes, laughing, and eating scrumptious snacks. We never did watch Prancer. When all was said and done, it was after four in the morning; so we decided what most people would do at the end of a good mouse hunt, we opened presents and ate our Christmas orange found deep in our stockings. Then the children laid blankets by the beautiful tree with Elliott curled in between them. Did I mention I had a cat? I went into the kitchen and cooked our Christmas morning breakfast. If I remember correctly, I had to wake everyone up and that was some feat.

Here's to a beautiful holiday season filled with family, friends, fun and joy. Hang your stockings by the fire and enjoy a cup of hot cocoa. Don't forget to welcome Marvin, the mouse, just in case he peeks around the corner. Give him a piece of cheese and send him on his way. *Next month: 'Walking among the trees'.*

Cheers,  
Barbara

P.S. Elliott, our deaf white cat, was amused by Marvin, but had no intention of running after him.



December is a very sweet month. So many days of celebrations and fun events. The following recipe is for those who want to enjoy the sweets and must watch their sugar intake. This recipe will give you energy, some fiber and protein.

## 2 Ingredient Oatmeal Cookies

### Ingredients

- 2 large, very ripe Bananas (peel should have black spots)
- 1 cup rolled oats (quick or old fashioned, not instant)

### Optional flavor boosters: PICK 1 or 2, NOT ALL

- Pinch of sea salt
- 1 t vanilla
- ½ t cinnamon
- 1/3 cup chocolate chips
- 1/3 cup raisins
- 1/3 cup chopped nuts, flaked coconut
- 2T peanut butter

### Method

1. Preheat the oven to 350F and line a baking sheet with parchment paper, or lightly spray with oil.
2. In a medium bowl mash the bananas with a fork until no lumps appear. Make them liquid like. Use a blender if you can.
2. Stir in the oats until well blended. Let it rest for 5 minutes.
3. Stir in any additional optional flavor boosters
4. Drop with a tablespoon full 1 inch apart.
5. Bake for 12-15 min then let it cool completely.

These cookies are great soon after baking; however, the flavor is even better after sitting for a few hours. Store in an airtight container for 2 days at room temperature, or in the fridge up to a week.

I hope you like this recipe. I sure do. It's nice with a



## Birthdays

- Joan Q ~ Dec 2
- Amy L. ~ Dec 9
- Lloyd ~ Dec 19
- Mary S. ~ Dec 26
- Richard ~ Dec 28
- Charlie ~ Dec 28



## 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.



## CHELSEA PARK

Inspired Lifestyles for Seniors

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

*New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.*

**For a personal visit today, contact Joan Mitchell at 778.689.1422 • [www.chelseaparkbc.com](http://www.chelseaparkbc.com)**  
Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver



Dora & Kathy in complete matching outfits!



Muriel & Mary sharing a smile with us as always



Nelly & Henry also in matching vests!



Erika saying hello one of Mike's Critters



Our CDP clients crafting away at decorations



Betty chatting with our new friend Sau!