



ALICE FRITH CENTRE  
蘭菲高靈活耆英會

# NEWSLETTER



April 2017

2970 East 22nd Avenue, Vancouver, BC

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



HAPPY EASTER!

### APRIL SHOWERS BRING MAY FLOWERS

With April upon us, we hope that the April showers will bring us May flowers. Hopefully we will get some sunshine as well! Also, we want to wish everyone a Happy Easter!



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 40 years. We have a volunteer Board of Directors elected from the membership and they ensure that the Society runs efficiently. Our team of dedicated staff, many of whom have been part of the organization for several 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 cozy, home-like environment for the seniors in our community to spend time at while socializing; sharing healthy home cooked meals; engaging in meaningful activities; and of course, volunteering their time and skills. One the Society's goals is to support seniors so they can continue stay in their homes for 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 you are interested in donating, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors Society  
2970 East 22nd Avenue  
Vancouver, B.C. V5M 2Y4





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The Renfrew Collingwood Seniors Society's Newsletter is produced by the staff and seniors 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, & Mary

**Editorial:**

Donna, Christina, & 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)  
Website: [www.rencollseniors.ca](http://www.rencollseniors.ca)

### Thank You to our Seniors and Students!

We want to thank all our seniors for helping complete our Protein Goodie Bags for our friends at Kingsway Continental in March. A special thank you to the students at Windermere Secondary School. The young gentlemen are always so courteous and helpful when they visit.

In April, we will continue to prepare our Easter Goodie Bags to deliver with ham and pea soup that Rose will prepare to wish our friends at Kingsway Continental a Happy Easter!



# Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

# Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



Cassandra Ly



Rose Smith



Samuel Iwama



Marilee Sinlao



This month we celebrate National Volunteer Week from April 23rd to 29th. We have been blessed with exceptional volunteers over the years and every one of them has contributed positively to our Centre. Allow me to mention a few volunteers who represent your best interests behind the scenes.

Our Board of Directors; eight very talented individuals who are aligned with our values and cares greatly for the seniors that we serve. They ALL bring special skills. Our Board members give their time so freely by serving on five active committees at the Centre. They are my mentors and are a pleasure to work with.

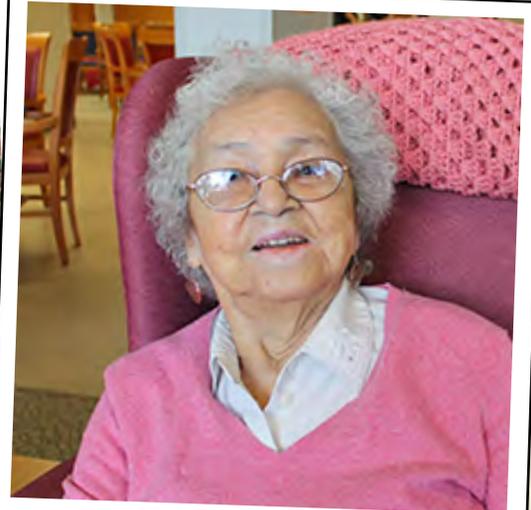
1. We have the Amazing Alice, retired Bookkeeper, who has served on our Board for almost twenty years (one of the reasons we named the Centre after her). Alice is one of the Senior Liaisons.
2. Kamaljeet who was a school principal before retiring has been on the Board for nine years. Kamaljeet is an active volunteer with other organizations. Kamaljeet is another Senior Liaison.
3. Tara works as a Health Inspector for Fraser Health has given nine years of service to the Centre. She is currently our Vice Chair after serving as Chairperson for several years.
4. Poonam is a paralegal and although elected to the Board in 2011, she has volunteered here since 2008. Poonam is Secretary of our Board. By the way, she was our summer student in 2010.
5. Charlotte is an accountant from the Renfrew Collingwood area who was elected in 2011 and is diligent in overseeing our books. Charlotte is our Treasurer for the Board.
6. Madeleine, Doctor of Education, worked at UBC for most of her career. Madeleine was elected to our Board in 2012. She is currently our Board Chairperson; and, daughter of our elder, Doris.
7. Paul, a retired Police Officer, is our Human Resource Specialist. Paul was appointed to the Board in 2014. He currently works at Vancouver Aboriginal Child & Family Services Society.
8. Nancy, a special needs Teacher, is the newest addition to our team. Nancy's mom, Dora, attends our program so her caregiver experience gives us lots of prospective on that issue.

I would like to shine a light on the Crow City Singers as they have been singing their hearts out for us since 2009. Robert, Jan, Susan, Lise and Peggy drop by every month for a sing-a-long. I hear so many seniors saying that they love when they come. It's the old-fashioned playlist that gets them every time.

Our precious Fanny goes way back. Fanny started volunteering here in 2006 (I believe). Fanny is a loyal volunteer and diligently shows up here every Monday to help before the seniors arrive. Then there is Jocelyn, our volunteer extraordinaire. Jo has been coming on Wednesdays since 2008. Jo is a hard worker and takes pride in all the tasks she does for the seniors. Did I mention her dance moves? Tracy our volunteer esthetician has kept the seniors' nails clipped, polished, and buffed for several years. She has great stories to share about her travels – it's the unofficial Armchair Travel program. Rudi and Oreo are well-loved. Oreo is the cutest dog that we have ever had in our Pet Therapy Program. Despite being protective of her ball, she loves it when the seniors nab and toss it to her. Virginia is the newest volunteer; but the way she works, you would say she has been here for years. Mieko, a valuable contributor to our Saturday program is always willing to do any task.

Lastly, to all the seniors who help with programs, write articles for our newsletter, keep our garden looking great, and make decorations or centerpieces – a big thank you to you!

As they say it takes a village to create "The Best Centre Ever". We salute all you wonderful people Past and Present and want you to know that we APPRECIATE your big hearts and all tender loving care you provide to our Society!



Frank being his silly self

Photogenic Faith & Chieu

Rena rocking a new hair do



Gardening Craft

Jeanne catching up with Addie & Mary

# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>CALENDAR</b>	1 AM – Food & Kitchen Talk with Sami Sit Fit  PM - Bingo
4 PM – National Walk Day: Community Walk	8 AM – Baking: Chinese Almond Cookies Sit Fit  PM - Bingo
11 PM – Pet Therapy Talk Jewelry Making	15 AM – Taxes & Benefits: Tips & Tricks Sit Fit  PM - Bingo
18 PM – National Animal Crackers Day: Homemade Crackers	22 AM – Earth Day: Gardening Sit Fit  PM - Bingo
25 PM – National Zucchini Bread Day Family Feud	29 AM – Spa Day: Hair Care Sit Fit  PM - Bingo



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>MENU</b>	1 Roast Beef Mashed Potatoes Roasted Veggies  Lemon Bar
4 Vegetable Soup Egg Salad Sandwich Salad  Cake	8 Minestrone Soup Garlic Toast Salad  Apple Crumble
11 Spaghetti Meatballs Salad  Jello	15 Miso Baked Fish Garlic Broccoli Sesame Roast Potato  Fruit & Ice Cream
18 Creamy Tuna Casserole Salad  Fresh Fruit Salad	22 Chicken Parm Pasta Dinner Roll Salad  Pear Tartlet
25 Vegetarian Main Salad  Cake	29 Pork Tenderloin Roasted Veggies Brown Rice  Citrus Bar

## 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
3 AM - Sit Fit & Stand Fit Word Chains  PM - Request That Tune Make Ten Qwirkle	4 AM - Tai Chi Word in A Word  PM - Bowling Trouble Birthday Cards	5 AM - Sit Fit & Stand Fit Word Play  PM - Card Bingo Table Games Centre Pieces	6 AM - Gentle Yoga & Stand Fit The Dating Game  PM - <b>Health Arts Society:</b> <b>UBC Guitar Studio</b>	7 AM - Sit Fit & Stand Fit Pictionary  PM - Bean Bag Toss Dominoes Spa Day
10 AM - Gentle Yoga & Stand Fit Meditation  PM - <b>Mike's Critters</b>	11 AM - Sit Fit & Stand Fit Daily Snoop  PM - Mini Golf Jeopardy Dice Game	12 AM - Sit Fit & Stand Fit Finish the Sentence  PM - Coin Toss Snakes & Ladders Culture Craft	13 AM - Sit Fit & Stand Fit Scrabble Day  PM - Bocci Connect Four Easter Craft	14 <b>GOOD FRIDAY</b>  <b>CENTRE CLOSED</b>
17 <b>EASTER MONDAY</b>  <b>CENTRE CLOSED</b>	18 AM - Sit Fit & Stand Fit What Am I?  PM - Carpet Toss Shake Loose a Memory Paper Crafts	19 AM - Sit Fit & Stand Fit Word Scramble  PM - Shuffleboard Western Wednesday Word Search	20 AM - Sit Fit & Stand Fit Dream Book  PM - Ball Toss Gardening Creative Expression	21 AM - Gentle Yoga & Stand Fit Rhymes  PM - Ping pong Challenge Armchair Travel Bird House Painting
24 AM - Sit Fit & Stand Fit Laughter as Medicine  PM - Minute to Win It Sing-a-Long Crosswords	25 AM - Sit Fit & Stand Fit Taboo  PM - Centerpieces Target Bocci Card Games	26 AM - Gentle Yoga & Stand Fit Spring Preparation  PM - <b>Linda Lujan</b>	27 AM - Sit Fit & Stand Fit Mental Aerobics  PM - Basektball Bananagrams Jenga	28 AM - Sit Fit & Stand Fit Optical Illusions  PM - Marble Challenge Forties Friday Walker Tags

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
<p>3</p> <p>Vegetable Soup Egg Salad Sandwich Salad</p> <p>Cake</p>	<p>4</p> <p>Meatloaf Potatoes Salad</p> <p>Jello</p>	<p>5</p> <p>Chicken Chow Mein Asian Greens</p> <p>Fresh Fruit Smoothie</p>	<p>6</p> <p>Roast Beef Potatoes Salad</p> <p>Fruit Compote</p>	<p>7</p> <p>Fish Rice Steamed Veggies</p> <p>Crisp</p>
<p>10</p> <p>Spaghetti Meatballs Salad</p> <p>Jello</p>	<p>11</p> <p><b>EASTER MEAL</b></p>	<p>12</p> <p><b>EASTER MEAL</b></p>	<p>13</p> <p>Baked Fish Yam Mash Steamed Veggies</p> <p>Cake</p>	<p>14</p> <p><b>GOOD FRIDAY</b></p> <p><b>CENTRE CLOSED</b></p>
<p>17</p> <p><b>EASTER MONDAY</b></p> <p><b>CENTRE CLOSED</b></p>	<p>18</p> <p>Creamy Tuna Casserole Salad</p> <p>Fresh Fruit Smoothie</p>	<p>19</p> <p>Ham Scalloped Potatoes Salad</p> <p>Jello</p>	<p>20</p> <p>Borscht Pierogis Salad</p> <p>Fruit Sundae</p>	<p>21</p> <p>Bangers Mash Steamed Veggies</p> <p>Cake</p>
<p>24</p> <p>Sweet &amp; Sour Chicken Rice Veggies</p> <p>Fresh Fruit Smoothie</p>	<p>25</p> <p>Vegetarian Main Salad</p> <p>Cake</p>	<p>26</p> <p>Minestrone Soup Grilled Cheese Salad</p> <p>Tart</p>	<p>27</p> <p>Hoisin Pork Rice Veggies</p> <p>Jello</p>	<p>28</p> <p>Pasta Meatballs Salad</p> <p>Pudding</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)

(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。



Who is ready for Bingo?



Lam, Nga, & Hanh



Hello from our CDP ladies

## Event Highlights

### Health Arts Society: UBC Guitar Studio

Thursday, April 6

### Mike's Critters

Monday, April 10

### Good Friday, Centre Closed

Friday, April 14

### Easter Monday, Centre Closed

Monday, April 17

### Linda Lujan

Wednesday, April 26



### Oral Health

The mouth is a window to the rest of our body. The aging process can be as hard on our mouths, teeth, and gums as it is on other parts of our bodies. As we get older, we are more susceptible to the buildup of plaque; and, the weakening and cracking of older fillings. In addition, there is a tendency for our teeth to become brittle; and many seniors suffer from diminished muscular control, which can make chewing or wearing dentures more difficult. Additionally, the older we get, the more vigilant we need to be against developing gum disease.

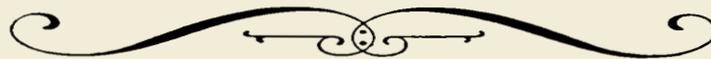
Diet and exercise play an important part in keeping us healthy; and, the health of our mouth is important for our overall health as well. Oral pain, missing teeth, or oral

infections can influence the way we speak, eat, and socialize. These oral health problems can reduce the quality of life by affecting our physical, mental, and social well-being.

Research has shown there is an association between oral disease and other health problems such as diabetes, heart disease and stroke, respiratory illness in older adults. Therefore, maintaining good oral health is one of the smartest things we can do for our body.

The best way to have a healthy mouth is to prevent oral diseases. Even if you do not enjoy perfect oral health in your later years, there's a lot you can do to maintain and even improve your oral health:

- Brush teeth twice a day with fluoride toothpaste.
- Floss once a day to clean between teeth.
- Limit intake of starchy snacks, sugared candy, and sugary drinks. When you do snack, remember to brush your teeth afterward. Simply rinsing your mouth with water after snacks can reduce the risk of decay.
- Manage dry mouth symptoms. Some health conditions and many medications can cause a dry mouth. Drink extra water; or, talk to the pharmacist or dentist about other options.
- If you have diabetes, pay extra attention to your oral health. People with diabetes may have more gum problems, which can make it harder to control their blood sugar.
- Check your mouth regularly for sores. If you notice any unusual lumps, bumps, or sores that are not resolved within two weeks, see your doctor or dentist.
- Do not use tobacco.
- Get regular dental checkups, even if you have dentures.



口腔是我身体的一个窗口。随着年长，我的口腔，牙龈和牙齿也象身体的其他部分一样发生变化：牙龈的更脆且累牙斑；肌肉控制力的减弱使得咀嚼或佩戴假牙更加困难；牙齿疾病更易发生。

我们都知道饮食和运动保持健康是非常重要的，其口腔健康我的整体健康也相当重要。研究表明口腔疾病与其他健康问题如糖尿病，心脏病和中风，老年人呼吸系疾病之存在关系。因此我需要注意保持良好的口腔健康，其最好的方法就是预防口腔疾病的发生：

- 每天最好刷两次牙（早晚）并用牙刷清洁牙龈之一次。
- 限制含糖高的零食和饮料。食零食后最好刷牙或漱口。
- 治疗口干症状。多饮水和某些疾病可导致口干。注意多喝水并咨询医生或牙医。



How do you feel about being a part of the Renfrew Collingwood Seniors Centre? I attend only once a week but it has become a part of my social life. I have made friends, some of them very close; and, I have an enjoyable time participating in the activities that are presented to us. Most of all, I enjoy the delectable lunch provided with all the snacks and drinks. I feel so privileged to be able to have this day each week as part of my life. The staff are kind; caring; and, extremely talented and skilled at all they do.

Volunteers are also involved; but, we feel sad when their time is over and they move on to school, a job, or even to travel. We get to know them very well and they feel like family. I am happy that they can volunteer here and get to know us, especially since they learn about seniors and all their idiosyncrasies. I am sure that they take away a great deal of

information, which they can apply to their own lives.

You can poke your head in the centre during the day and hear a roar of laughter when someone is winning a game; or, at times when it is quiet, you can hear slow, quiet, and soothing music from our younger days. That includes the big bands that make your toes dance or the crooners who sing and tell great stories in their songs.

I have made some close friends here and hope to make many more. Often, we keep in touch by telephone when someone is ill or is unable to attend on their regular day. We are concerned for each other and sometimes even we meet someone from our past, which does happen occasionally. I am in awe at the talents of the seniors; some speak several languages, love to sing and dance, and get very involved in the "brain games." The staff can draw out the talents of the seniors when they deliver craft projects and jewelry workshops as an afternoon activity. These are then displayed as decorations around the Centre.

The staff also keep close contact with families who are part of the program. I feel comfortable and secure in their hands and hope that this program will continue to be well received by those who are involved.



Antonio smiling with Teresita



Hans and Kathy going head to head



### Say Hello to Elouise!

In the April Newsletter, we featured a childhood photo of Elouise in the Guess Who section. Did you guess correctly? Well this month, we are going to share a little more about our lovely friend Elouise.

She is fluent in speaking Cantonese and English. You will often see her wearing her favourite colours red and black. Perhaps you may even see her wearing some of the clothes she made when she was working at her mom's clothing store. Not only did she make clothes for herself but she also did so for her own customers! Elouise has shown a talent for working with her hands at a young age and she continues to do so at the Centre by creating beautiful pieces of work for us to display.

She was born in Victoria, British Columbia where she met her husband and lived until 1964 before moving to Vancouver. He worked for an engineering and electric company at the time while she worked in the office at The Hudson's Bay Company. Although she feels there is more to do in Vancouver, she still enjoys visiting Victoria so she will go at least once a year.

Elouise comes from a very large family. She has 10 siblings – 5 brothers and 5 sisters. Most of her siblings live in B.C. in the Lower Mainland or Victoria, 9 to be specific. However, she has one sister living in Seattle, Washington. As for her own family, she has 2 children of her own – a son and a daughter.

When Elouise is not at the Centre, she enjoys cooking, cleaning, exercising, and going out for a walk to get fresh air. Also, she enjoys a good game of magnetic darts, which she is quite good at! She is very happy to be living close to RCSS so it is convenient for her to walk to with the company of her daughter. What a joy it is to have Elouise with us!



Alice & Ciro



Joan x 2!



Micheli & Nina

## QUOTE OF THE MONTH

Welcome to the latest quote of the month. Featured below is a quote heard here at the Centre in the previous month. Each month's quote will be funny, insightful, sweet, or memorable quotes from our fellow seniors.

During the week of Saint Patrick's Day, we had a short program about the Irish occasion. The staff shared all sorts of information and shared some jokes too. Here's one of the guesses from our friend Frank.

**Faith:** "What do you get when you kiss the Blarney Stone?"

**Frank:** "Dirty lips!"

Every year in the month of April we celebrate our lovely and dedicated volunteers. We are so thankful and appreciative to have them spend time with our seniors socializing and helping around the Centre. Additionally, we cannot forget our amazing Board of Directors who volunteer their time to ensure everything is running smoothly here at the Centre.

From everyone at Renfrew Collingwood Seniors Society, we want to send out a BIG thank you to all the volunteers that have supported us in the past year and will be with us in the years to come! Below are just some of the valuable volunteers we have that support all we do.



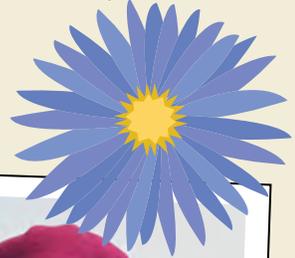
Mieko



Virginia



Oreo &amp; Rudi



Fanny



Jocelyn



Crow City Singers



## Rose's Recepte

This Muffin Recipe is one of our favorites. It has the goodness of Oat Bran and the flavour of Strawberries. When you make this recipe, you will discover the secret of the Jam inside.

### Strawberry Tea Muffins

Makes 6

#### Ingredients

2/3 cup all-purpose flour  
 1/3 cup oat bran  
 3/4 teaspoon baking powder  
 1/4 teaspoon baking soda  
 1/4 cup sugar  
 1 egg  
 2 tablespoons melted butter  
 1/2 cup butter milk  
 1/4 cup strawberry jam or jelly  
 Sliced almonds on top (optional)

#### Method

1. Preheat your oven to 400°F.
2. Spray oil in a 6-muffin tin.
3. In a medium bowl combine flour, oat bran, baking powder, baking soda and sugar.
4. In another bowl, whisk the eggs, butter, and butter milk. (I melt the butter in a measuring cup in the microwave then add the butter milk and egg)
5. Add to flour mixture and stir until just moistened.
6. Using a heaping tablespoon to spoon mixture into the muffin tin. (Keep in mind to reserve some batter for the top)
7. Add 1 teaspoon of strawberry preserves then top with remaining batter. Sprinkle the sliced almonds on top.
8. Bake for 15-20 minutes or until golden brown.

**ENJOY!**

## April Birthdays

Ha ~ 1st  
 Hans ~ 7th  
 Rina ~ 7th  
 Muriel ~ 7th  
 Maria F. ~ 9th  
 Maria A. ~ 10th  
 Rosa ~ 12th  
 Henry L. ~ 15th  
 Chieu ~ 15th  
 Doris ~ 20th  
 Sau Kwen ~ 21st



## 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



Nelly catching up with Erika



Charlie, Wai Yee, & Luisa dancing

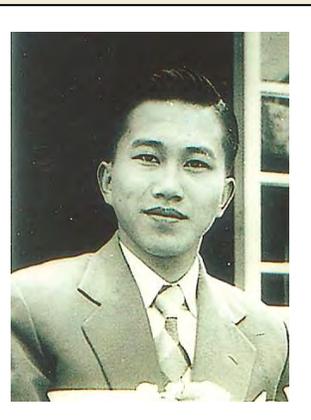


Irish for a day: John, Eunice, Faith, & Dora



Mary matching in style with Betty

GUESS WHO



Every month a photo of one of our seniors from their younger days will be featured 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 as this senior will be featured in the Member Profile section.

Chat with the other seniors and see if you can guess who this is!

**Clue # 1:** He loves music and dancing.

**Clue # 2:** He is an expert in accounting.

**Clue # 3:** He has travelled to Rio, Argentina, Russia, Finland, New Zealand, Austria, and all of Asia!