



Happy Father's Day!



We want to wish all fathers, grandfathers, great grandfathers, great great grandfathers, and fatherly figures out there an amazing Father's Day! Nobody can ever thank you enough for all you have done and continue to do in your roles!



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 of 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

# TABLE OF CONTENTS

3



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, Joon, & 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

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## Renfrew Collingwood Seniors Society June 2017 Newsletter

About Renfrew Collingwood Seniors Society .....	2
Board Members and Staff .....	4
Words from Donna .....	5
RCSS Memories & Guess Who .....	6
Community Day Program Calendar & Menu .....	7
Adult Day Program Calendar .....	8
Adult Day Program Menu .....	9
Programs & Events .....	10
A Word from Carol .....	11
Mary's Muses & Introducing Emily .....	12
Member Profile .....	13
RCSS Memories .....	14
Rose's Recipe & Birthdays .....	15
More Memories .....	16



Happy Aboriginal Day from Doris & Rena!

## Board of Directors



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# A WORD FROM DONNA

5



Written by Donna

Happy Father's Day to all you wonderful men who bestow your fatherly love on us every time you are here at the Centre. For those of us who do not have our Dads anymore, you are the next best thing. I am so grateful to have so many of you in your senior years, as there is so much history that you hold in your heart and soul. We share so many stories but the ones that bring a twinkle to your eyes are always the ones about your children. To tie in with Mary's article this month about writing your memoirs and leaving your children a snapshot of your lives, I would strongly encourage you to leave your documented legacies. We are fortunate to have lots of information about you in biographies, pictures, or sharing a laugh; but, don't assume your family members know everything about you.

Write them a letter; jot down specific family history or family tree information; and, most importantly talk to them about the good times. Reflection and reminiscing will bring you lots of joy and if your children are left with those thoughts of you, your memories will go on for generations. Have an exceptional day and remember to tell your children how much they mean to you after they shower you with their love and admiration on Father's Day. Aboriginal Day is coming up on June 21st. We plan a big celebration as usual and will again honour Doris, Rena, and Madeleine. This event is one of my favourites as it gives us the opportunity to understand the Indigenous cultures and celebrate the history of our country. As Canada celebrates our 150th Anniversary this year it seems fitting that the work done through Canada's Truth and Reconciliation Commission be front and foremost in our celebrations. This reconciliation and renewing of relationships between Indigenous peoples and all Canadians will hopefully bridge the differences brought about by intolerance, lack of understanding, and racism.

After Rena started in our program many years ago, our organization committed to educating our staff about Indigenous People. Hearing firsthand about the negative impact of residential schools from Rena was the emotional charge we needed to find learning opportunities. Back then all our staff participated in courses around Aboriginal Competencies and we all pledged to foster healing, respect culture, and be part of the shift to educate on one of the great wrongs of Canadian history. Every year since then we have focused on making our Aboriginal celebration one of the year's highlights. When Doris started, we learned more about the cultures as Doris and her daughter Madeleine are Metis. Last year we broadened our entertainment to include a fiddler, which is dear to the Metis culture. It was so much fun to stomp our feet and dance along. The smile on Doris' face was worth a thousand words.

We can only improve on our understanding and our contribution to the reconciliation process will continue long after our current elders, staff, and board members because it will be ingrained in organization's culture that we shall never forget the importance and significance of forgiveness and healing.

We honour Doris, Rena, and Madeleine; and, appreciate all the knowledge and experience they have shared with us. I personally believe that having them part of our Centre has heightened our compassion for injustices and enhanced our abilities to embrace our differences.





Hello from Alice &amp; Isa!



Rena &amp; Hans having a good laugh



Chiu Yuk &amp; You Hao at Trolls



Gardening with Joan



Sau planting flowers

## GUESS WHO

Written by Faith



It's time again for our Guess who game! The photo above is of one of our dear friends here at the centre. If the beautiful photo doesn't give it away read the three clues below to help you guess who this might be! We will reveal the answer in next month's newsletter as this senior will be featured in the Member Profile section.

**Clue #1:** She speaks Portuguese.

**Clue #2:** She came to Canada in 1975.

**Clue #3:** She enjoys playing dominoes.

# COMMUNITY DAY PROGRAM CALENDAR & MENU

7

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
	3 AM – Flower Arrangement Sit Fit  PM - Bingo
6 PM – Health Talk: Vegetarian Protein Carpet Darts	10 AM – Lemonade Making Ball Hockey  PM - Bingo
13 PM – Health Talk: Exercise Benefits Jewelry Making	17 AM – Health Talk: G.E.R.D. Sit Fit  PM - Bingo
20 PM – Health Talk: Water Basketball	24 AM – Spa Day Sit Fit  PM - Bingo
27 PM – <b>Canada Day Celebration</b>	<b>CALENDAR</b>



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
	3 Beef Stroganoff Egg Noodles Steamed Vegetables  Fresh Fruit
6 Honey Garlic Pork Rice Steamed Vegetables  Strawberry Rhubarb Pie	10 Fish Pie Salad  Jello
13 Mushroom Tortellini Soup Scone  Fruit Shake	17 Teriyaki Chicken Rice Salad  Lemon Tart
20 Beef Souvlaki Lemon Potatoes Steamed Veg  Fresh Fruit and Yogurt	24 Egg & Lemon Soup Hummus Pita Bread Salad  Greek Honey Cookies
27 Butter Chicken Rice Steamed Veggies  Jello	<b>MENU</b>

**Drop-Ins Welcome!**

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

## ADULT DAY PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM - Sit Fit & Stand Fit Word in a Word  PM - Ball Hockey Card Games Centerpieces	2 AM - Sit Fit & Stand Fit Brain Game  PM - Bowling Jenga Music Medley
5 AM - Sit Fit & Stand Fit Spot the Difference  PM - <b>Health Arts Society: Alan Matheson (Jazz)</b>	6 AM - Sit Fit & Stand Fit What's It?  PM - Target Bocci Gardening Road Trip Craft	7 AM - Sit Fit & Stand Fit Word Boxes  PM - Bean Bag Toss Shake Loose a Memory Scrapbooking	8 AM - Gentle Yoga & Stand Fit Pictionary  PM - <b>Nootka Elementary Choir</b>	9 AM - Sit Fit & Stand Fit Feel It  PM - Card Bingo Table Games Mandalas
12 AM - Gentle Yoga & Stand Fit Dad's Words  PM - Coin Toss Word Search Request that Tune	13 AM - Sit Fit & Stand Fit Patterns  PM - Croquet Make Ten Father's Day Craft	14 AM - Sit Fit & Stand Fit Library Quiz  PM - <b>Vintage Cars Day</b>	15 AM - Sit Fit & Stand Fit Taboo  PM - <b>Crow City Singers</b>	16 AM - Gentle Yoga & Stand Fit Word Play  PM - Mini Golf Dice Game Maple Leaves
19 AM - Sit Fit & Stand Fit Word Find  PM - <b>Step Out to Swiss Chalet</b>	20 AM - Sit Fit & Stand Fit Mental Aerobics  PM - Tic Tac Toe Tuesday Tunes Mosaic Craft	21 AM - Sit Fit & Stand Fit What Shall We Play?  PM - <b>Aboriginal Day Celebration</b>	22 AM - Sit Fit & Stand Fit Charades  PM - Shuffleboard Poker Canada Day Craft	23 AM - Sit Fit & Stand Fit Connect Four  PM - Carpet Toss Dominoes Crosswords
26 AM - Sit Fit & Stand Fit Finish the Phrase  PM - Ping Pong Challenge Connect Four Walking Club	27 AM - Tai Chi & Stand Fit Oi Words  PM - Bocci Uno Sing-a-Long	28 AM - Gentle Yoga & Stand Fit Summer Fun  PM - Minute to Win It Armchair Travel Qwirkle	29 AM - Sit Fit & Stand Fit Memory Match  PM - Basketball Scrabble Summer Craft	30 AM - Sit Fit & Stand Fit Flag Game  PM - <b>Canada Day Celebration</b>

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

# ADULT DAY PROGRAM MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Silky Butternut Squash Soup Chicken Sandwich Salad  Fresh Fruit Smoothie	2 Beef Stroganoff Egg Noodles Steamed Vegetables  Fresh Fruit
5 Honey Garlic Pork Rice Steamed Vegetables  Strawberry Rhubarb Pie	6 Spaghetti Meatballs Salad  Tiramisu	7 Dijon Chicken Mashed potatoes Salad  Fresh Fruit	8 Vegetarian Stuffed Peppers Pasta Salad Small Roll  Cake	9 Fish Pie Salad  Jello
12 Mushroom Tortellini Soup Scone  Fruit Shake	13 Fish, Spinach, & Egg Casserole  Fresh Fruit	14 Turkey Burgers Quinoa Salad Roll  Strawberry Shortcake	15 Beef Lasagna Salad  Jello	16 Teriyaki Chicken Rice Salad  Lemon Tart
19 Beef Souvlaki Lemon Potatoes Steamed Veg  Fresh Fruit and Yogurt	20 BBQ Chicken Potato Salad Steamed Veg  Cake	21 Tyee Salmon Wild Rice Steamed Veg  Blueberry Crisp	22 Sausage and bean Casserole Spinach Salad  Pudding	23 Egg & Lemon Soup Hummus Pita Bread Salad  Greek Honey Cookies
26 Butter Chicken Rice Steamed Veggies  Jello	27 Mexican Casserole Avocado Salad  Sundae	28 Grandmas Pea Soup Homemade Roll Salad  Cake	29 Pasta with Chicken Caesar Salad  Fresh Fruit & Yogurt	30 Peaches & Pork Rice Spinach Watermelon Salad  Fresh Fruit Tart



## 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。



Muriel & Marguerite are attached at the hips!

### Event Highlights

**Health Arts Society: Alan Matheson (Jazz)**  
Monday, June 5

**Nootka Elementary Choir**  
Thursday, June 8

**Vintage Cars**  
Wednesday, June 14

**Crow City Singers**  
Thursday, June 15

**Step Out to Swiss Chalet**  
Monday, June 19

**Aboriginal Day Celebration**  
Wednesday, June 21



Meet Chee Wah, Ha, & Nuong!



## Stroke

Written by Carol

A stroke is when blood stops flowing to any part of the brain causing damage to the brain cells. The brain is the control centre of the body. It controls how people think, feel, communicate, and move. The effects of the stroke depend on the type of stroke, the part of the brain that was damaged, and the amount of damage.

There are two main types of stroke: ischemic (due to lack of blood flow) and hemorrhagic (due to bleeding). They result in part of the brain not functioning properly. Signs and symptoms of a stroke may include an inability to move or feel one side of the body, problems understanding or speaking, or loss of vision on one side. Symptoms often appear soon after the stroke has occurred. If symptoms last less than 24 hours it is known as a transient ischemic attack (TIA) or mini-stroke. A hemorrhagic stroke may also be associated with a severe headache.

The main risk factor for stroke is high blood pressure. Other risk factors include tobacco smoking, obesity, high blood cholesterol, diabetes mellitus, previous TIA, and atrial fibrillation.

A stroke is a medical emergency. From onset of symptoms, there is only a 3 to 4 1/2 hour window to use clot-busting drugs (thrombolytics) to try to restore blood supply to the affected part of the brain. The sooner treatment is given, the more likely it is that damage can be minimized. In the event of a possible stroke, use FAST to help remember warning signs.

**Face.** Does the face droop on one side while trying to smile?

**Arms.** Is one arm lower when trying to raise both arms?

**Speech.** Can a simple sentence be repeated? Is speech slurred or strange?

**Time.** During a stroke, every minute counts. If you observe any of these signs, call 911 or your local emergency number immediately.



中风是指由于缺血造成的细胞死亡。大脑是身体的控制中心，它控制着思维、语言沟通、身体的感觉和运动等功能。中风的严重程度取决于中风的类型、部位及大小。中风分为两种类型：缺血性是由血管阻塞导致；出血性是由出血所造成。两者都会造成功能异常。常见的中风症状包括一侧肢体的感觉和运动障碍、面部表情障碍及语言障碍等。症状通常在中风后很快出现，如果症状在二十四小时内消失，称为其短暂性缺血发作或小中风。出血性中风的患者可能会伴随着突发而严重的头痛。中风的主要危险因素是高血压。其他危险因素包括吸烟、肥胖、高血脂、糖尿病，以前的TIA和房颤。

中风是一种急症。在发病后的3到4个半小时内若及时使用溶栓药物可能恢复受影响部位的血液供应避免细胞的死亡。治疗越早，效果越好。因此如果看到有人一侧面部下垂和肢体无力，言语困难，疑似有中风的可能，应立即拨打911或当地的急救电话。



### Written by Mary

Did you ever have a small personal diary with lock and key when you were young? It was always a problem to keep it hidden from family members, especially from brothers and sisters. This brought to mind my idea that one day I would write my memoirs as a legacy from my kids. I started the process in 2002 and just finished this past month in 2017. It was a slow painstaking effort to get in more than 80 years' worth of my life into one small package.

I started by putting my life into decades and how these years transpired. It was not an easy task at first, but slowly I was able to put together a history of my life in short form.

Everyone in the family wanted to read my story as I progressed, but I kept my thoughts to myself. They will have access to my manuscript when the right time comes.

I am inviting you at this time to attempt the same thing. I started out with scanning all my old pictures as I mentioned in one of my articles some months ago. It helps bring back memories when you identify a special time or event in the pictures. It is also important to go through the albums with a family member. Sometimes that person will question a picture and the memories will start to come back then there is plenty of laughter that comes with the process.

We don't anticipate that these memoirs will become a best seller in the book world but it can be a wonderful legacy for your family members. I found that by writing down the events of my life it helped me recall more than I had expected during the process. Researchers suggest that we recall events just before bedtime, the memories are consolidated and stabilized during the sleep that follows. Even at our advanced age, we can continue to keep a written record each day to increase the chance of remembering our past. Good luck on your efforts!

## INTRODUCING EMILY



### Written by Emily

Hi there! My name is Emily, and I am the new summer student here this summer. I just moved to Vancouver this year after completing my psychology degree from the University of Calgary. I grew up in West-Central Alberta in a small town called Rocky Mountain House, so I really appreciate all the amazing services large cities have to offer. This fall, I've applied to Simon Fraser University for my Masters in Gerontology. Needless to say, I love spending time getting to know the different members of my community, and learning more about the unique life stories of those around me.

In my spare time, I enjoy camping, reading, gardening, and travelling. A fun fact about me is that I lived in the Netherlands for a semester while I studied at the University of Amsterdam! I am really looking forward to my summer here at RCSS, and I can't wait to get to know all of you. Cheers!



## Hello to Addie

Written by Wai Yee

In the May newsletter, if you guessed the featured photo was our dear friend Addie, you are correct! In this month's newsletter, we would like to share a little more about Addie who is a good friend to many here at the Centre.

Addie was born in Regina, Saskatchewan. She lived on a farm until she was eleven years old, then moved to B.C. with her family. As a young lady working in the office, she met a gentleman who worked as a truck driver in the same company. Many times, this man would ask Addie for a date and he was refused many times. Who knew that this man

would later become her husband of 55 years and together they would have two sons and a daughter!

One of Addie's favorite pastimes is crocheting. During many afternoons at our Centre, we see Addie and her friends gathering in a corner, having a friendly chat while crocheting. She is now working on a table cover for one of her family members. We have seen many of her beautiful crochet projects throughout the years she's been with us. Let us all acknowledge her wonderful smile and contributions to our centre throughout the years and all the good memories we have made together!



Afternoon High Tea in the garden



Luisa & Quoc Binh camera ready



Meet 3 of our many Marias!



Chieu & Erika focused on the program



Henry with flowers from his garden



Kamaljeet looking happy as always!

At RCSS, we always have a good time here. From going on Step Out for lunch to just enjoying ourselves at the Centre, we are always making new memories.



Charlie & Richard ready for their fish and chips



Nelly, Elouise, & Betty at our Step Out to Troll's



Ciro & Rose keeping each other company over lunch



## Rose's Recipe

Written by Rose

It's Salad Time. We are heading into the warmer months of the year. Salads are a great healthy meal. We can put protein in our salads by using a can of beans or tuna, or a boiled egg, or even some leftover meat.

Salads are refreshing, creative, and easy to prepare. Below are 3 salad dressing recipes. Make the following in a jar and shake until the ingredients are blended. All of these dressings may also be used to marinate chicken, fish or beans. Enjoy!

### **Salad Dressing #1: Oil & Vinegar**

#### **Ingredients**

1/3 cup of your favorite vinegar (balsamic, raspberry)  
2/3 cup oil (canola, sunflower, olive) or to make it low calorie 1/3 oil and 1/3 water= 2/3cup

Pinch of salt

2 pinches of black pepper

1 teaspoon Dijon mustard.

1 tablespoon honey

### **Salad dressing #2: Ranch**

#### **Ingredients**

1/3 cup Mayonnaise

3/4 cup buttermilk

1 clove garlic minced with a pinch of salt

3 tablespoon fresh lime juice

1 tablespoon parsley chopped

1 tablespoon chopped chives or green onion

Salt and pepper to taste.

### **Salad dressing #3: Asian Salad Dressing**

#### **Ingredients**

2 tablespoons light soy sauce or Bragg seasoning

2 tablespoons honey or brown sugar

3T. rice vinegar (or white vinegar)

1/4 cup canola oil or make it low caloric use 1/2 oil & 1/2 water

1 tablespoon sesame oil

1 clove garlic minced

1 tablespoon freshly grated ginger or 1/2 teaspoon powder ginger

1/4 teaspoon black pepper

## June Birthdays

Alice F. ~ 11th

Peggy ~ 17th

Nuong ~ 19th

George ~ 19th

Erika ~ 24th

Joe ~ 25th

Po King ~ 26th

**CELEBRATE! CELEBRATE! CELEBRATE!**



Suites available  
\$2375<sup>00</sup>/mo.

1 BEDROOM  
SUITES  
NOW AVAILABLE

**Family and Fathers  
are here at Chelsea Park.**

Active Supportive Housing for Seniors

- Daily lunch and dinner
- Morning coffee club
- Weekly housekeeping
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- Bus Trips
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- Community Centre one block away
- 1 and 2 bedroom suites available
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- 2 bedroom suite faces Trout Lake



All suites have balconies

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Inspired Lifestyles for Seniors



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One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver



Dora & Modesto styling in spring colours



Gardening time has finally arrived!



Hanh & Hau relaxing in our comfy chairs



Afternoon chats with Lam & Eunice



Hello from Charlie & Teresita!



Ciro meets our senior liaison, Alice