



Our beautiful Diwali Celebration

Another Celebration at the Centre

In October, we celebrated Diwali here at the Centre. We were fortunate to have one of our very own seniors lead this day for us. She even brought in some beautiful pieces to show off as featured here on the staff! Thank you Kamaljeet for sharing your knowledge with us about this cultural occasion!



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

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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, Joon, Christina, Carol, Wai Yee, Faith, Carmen, Maricris, Cassandra, Rose, Barbara, & Mary

Editorial:

Donna, Christina, & Carmen

Hours:

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

Tuesday
8:00 AM - 5:00 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

Renfrew Collingwood Seniors Society November 2017 Newsletter

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Toque, Mittens, and Sock Drive

Thank you to everyone for supporting the towel drive we had in October as a part of our ongoing intergenerational Homeless Awareness Project with the students in our neighbourhood. Last month, we had the Nootka Elementary students visit us to help us decorate some gift bags that were later filled with toiletries for those living at Kingsway Continental.

In November, we will be collecting socks, toques, and mittens. If you have any of these items to donate, we will have a box ready! We also have lots of yarn if you would like to take some to knit. Thank you again to everyone for supporting these projects in our centre for the community!

Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



Joon Kim



Rose Smith



Cassandra Ly



Jessilyn Wong

A WORD FROM DONNA

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Written by Donna

Well the AGM is behind us and I would like to thank all of you that managed to get out to support us. For those of you who were not able to attend, you should know that the consensus was, we are doing extremely well as a non-profit organization. We have continuous financial support from all levels of government; we have a long-term lease with Three Links; and, we are leaders and advocates in the sector. We are accountable and credible in every aspect including our achievement of 100% occupancy in the Adult Day Program. It is so awesome to be part of this thriving organization.

The Caregiver Corner section is introduced in our newsletter this month. Nancy Falcone (a dedicated caregiver who came on our Board last year) is keen to get some caregiver support systems in place for us at the Centre. Please contact her with your suggestions and we will make every attempt to get this off the ground. This is a priority for our Strategic Planning and it will be so satisfying to tackle this very complex issue. All caregivers deserve our support – we just need to know how we can help. In the past we covered topics of interest including respite beds, disability tax credit, power of attorney, and etcetera but there is a whole range of topics ready for us to explore. We will be sending another survey out in the new year asking for your feedback and input – we'll take our direction from the results. Thanks for participating in the past and we look forward to hearing what you think will be beneficial.

Daylight Savings time is coming to an end on Sunday, November 5th at 2:00am. That translates into the days getting shorter and nights setting in earlier. I personally despise going through this process, but supporters say it reduces traffic accidents in winter, saves energy, boosts tourism, and encourages more people to exercise outdoors. The golf industry in the UK says one extra month of Daylight Savings Time can generate up to £246.6 million (equivalent to 419 million dollars Canadian) a year in extra sales and fees. Anyhow, prepare for a few awkward days after next weekend. Please make sure you set your clocks back, enjoy the extra hour to laze around, and wait for your HandyDart ride. I know it is hard to get motivated to come to the Centre when it is dark outside but the only way through this is through this. March will be here before you know it and then we will have to adjust to losing an hour. Such is life.

Speaking of HandyDart, we are blessed to have this service as getting affordable, accessible transportation for our participants is almost impossible. Recently, there has been a spike in complaints from you about the service and I can assure you we follow up with their customer service on your behalf. Most of the complaints are about taxi drivers and I have witnessed their lack of attentiveness many times. Please be aware that if HandyDart sends a cab for you, you never give the drivers money. For you to get door to door service, they must come inside the Centre to get the HandyDart ticket. If they are not courteous, have a look for the cab number on the side of the car and we will call to report the issue. Obviously, we appreciate all the wonderful drivers but there will be occasions where a taxi is substituted as they are behind schedule. That does not mean service should be sacrificed!

All is well at the Centre. Here's to another successful year!



Frank being silly with Wing, & Hans



Nelly, Eunice, & You Hao styling in their vests!



Teresita wished a happy birthday by Nina



Teammates Henry, Marguerite, & Lillian

GUESS WHO



Clues by Maricris

Here is another photo of one of our dear friends here at the Centre. Can you guess who it is by just looking at the photo? If the beautiful photo doesn't give it away, read the clues below to help you guess who this might be! We will reveal who it is in next month's newsletter in the Member Profile section.

Clue #1: She is a very sociable person with a sense of humour.

Clue #2: She speaks 3 languages – mainly English, Polish, and German.

Clue #3: She comes to the Centre once a week on Thursdays.

COMMUNITY DAY PROGRAM CALENDAR & MENU

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| Tuesday (3PM-5PM) | Saturday (10AM-2PM) |
|-----------------------------|--|
| | 4 AM – Basketball PM - Bingo |
| 7 PM – Request that Tune | 11 REMEMBRANCE DAY CENTRE CLOSED |
| 14 PM – Bead Painting | 18 AM – Jewelry Making PM – Bingo |
| 21 PM – Coin Toss | 25 AM – Armchair Travel to Istanbul, Turkey PM – Bingo |
| 28 PM – Make A Meal | |



| Tuesday (3PM-6PM) | Saturday (10AM-2PM) |
|-------------------|---|
| | 4 Chicken Chow Mein Asian Greens Apple Crisp |
| | 7 Vegetarian Lasagna Salad Fresh Fruit |
| | 11 Yellow Pea Soup Tuna Sandwich Fresh Fruit |
| | 14 Teriyaki Salmon Rice Pilaf Steamed Veggies Fresh Fruit |
| | 18 Fish, Spinach, & Egg Casserole Steamed Veggies Cake |
| | 21 Smooth Squash Soup Cheesy Scones Veggies Banana Pie |
| | 25 Sweet & Sour Chicken Rice Steamed Veggies Pudding |
| | 28 Beef Stew Mashed Potatoes Steamed Veggies Smoothie |

Drop-Ins Welcome!

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

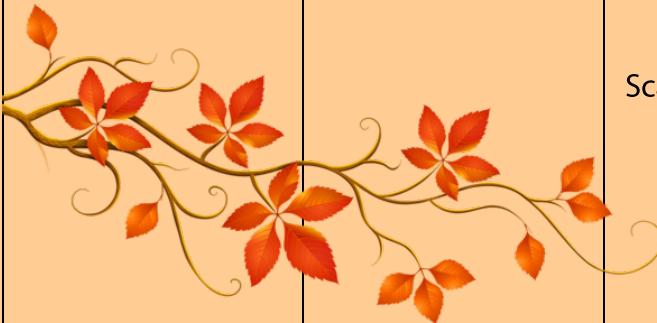
ADULT DAY PROGRAM CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| | | 1 AM - Sit Fit & Stand Fit Memory Game PM - Marble Challenge Centrepieces Table Bowling | 2 AM – Gentle Yoga/Stand Fit Charades PM – Hockey Five in a Row Wreath Craft | 3 AM – Sit Fit & Stand Fit Mad Libs PM – Song Yun & Zhongxi Wu |
| 6 AM – Sit Fit & Stand Fit Remembrance Day PM – Bocci Card Games I-Spy | 7 AM – Sit Fit & Stand Fit Remembrance Day PM – Shuffleboard Poppy Craft Headbandz | 8 AM – Sit Fit & Stand Fit Remembrance Day PM – Coin Toss Crosswords Pottery | 9 AM – Sit Fit & Stand Fit Remembrance Day PM – Mike's Critters | 10 AM – Gentle Yoga/Stand Fit Remembrance Day PM – Ladderball Mandalas Snakes & Ladders |
| 13 REMEMBRANCE DAY CENTRE CLOSED | 14 AM – Sit Fit & Stand Fit Look & Listen PM – Window Craft Card Bingo Taboo | 15 AM – Sit Fit & Stand Fit Zoom In PM – Tic Tac Toe Musical Match Painting | 16 AM – Sit Fit & Stand Fit Name That Place PM – Crow City Singers | 17 AM – Sit Fit & Stand Fit Scattergories PM – Dominoes Carpet Toss Mosaic Craft |
| 20 AM – Gentle Yoga/Stand Fit Hangman PM – Musical Bean Bag Toss Make Ten TED Talk | 21 AM – Sit Fit & Stand Fit What's It? PM – Ping Pong Challenge Sing-a-Long Recycling Art | 22 AM – Sit Fit & Stand Fit WODB PM – Bowling Request That Tune Add the Dice | 23 AM – Sit Fit & Stand Fit What Am I? PM – Knock 'Em Down Famous Faces I-Pads | 24 AM – Sit Fit & Stand Fit High/Low PM – Carpet Darts Dice Game Name That Tune |
| 27 AM – Sit Fit & Stand Fit Spot the Difference PM – Croquet Qwirkle Creative Expression | 28 AM – Sit Fit & Stand Fit Make a Picasso PM – Basketball Tetris Fall Craft | 29 AM – Gentle Yoga/Stand Fit Charades PM – Minute to Win It What's That? Word Search | 30 AM – Sit Fit & Stand Fit Would You Rather? PM – Target Bocci Armchair Travel Connect Four | |

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

ADULT DAY PROGRAM MENU

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
|  | | 1 Crispy Fish Scalloped Potatoes Veggies Jello | 2 Winter Turkey Soup Grilled Cheese Sandwich Salad Fresh Fruit | 3 Chicken Chow Mein Asian Greens Apple Crisp |
| 6 Vegetarian Lasagna Salad Fresh Fruit | 7 Baked Fish Mashed Potatoes Cabbage Cheese Cake | 8 Borscht Soup Egg Salad Sandwich Ice Cream with Sauce | 9 Pasta & Meatballs Vegetables Jello | 10 Yellow Pea Soup Tuna Sandwich Fresh Fruit |
| REMEMBRANCE DAY (IN LIEU) CENTERE CLOSED | 13 Teriyaki Salmon Rice Pilaf Steamed Veggies Fresh Fruit | 14 Roast Pork Rice Steamed Veggies Fresh Fruit | 15 Chicken with Mushrooms Pasta Salad Fruit Crisp | 16 17 Fish, Spinach, & Egg Casserole Steamed Veggies Cake |
| 20 Smooth Squash Soup Cheesy Scones Vegetables Banana Pie | 21 Spaghetti & Meatballs Salad Cake | 22 Shepherd's Pie Salad Jello | 23 Hungarian Goulash Noodles Steamed Veggies Fresh Fruit | 24 Sweet & Sour Chicken Rice Steamed Veggies Pudding |
| 27 Beef Stew Mashed Potatoes Steamed Veggies Smoothie | 28 Butter Chicken Rice Steamed Veggies Crisp | 29 Spanish Potato Omelette Veggie Burgers Salad Cake | 30 Fish Chowder Scones 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-5pm 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。



Happy birthday Rose!

Event Highlights

Mike's Critters

Thursday, November 9

Health Arts Society: Song Yun & Zhongxi Wu

Friday, November 3

Remembrance Day (In Lieu), Centre Closed

Monday, November 13

Crow City Singers

Thursday, November 16



**Suites available
\$2375⁰⁰/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
- Activities and recreation programs
- Bus Trips
- On-site hair salon
- Community Centre one block away
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- 1 bedroom - \$1900⁰⁰/mo.
- 2 bedroom suite faces Trout Lake



All suites have balconies

CHELSEA PARK
Inspired Lifestyles for Seniors



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Written by Carol

It's that time of year again- the flu season. "The flu" is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. During flu season, there are more outbreaks of the flu. Anyone can get the flu and serious problems related to the flu can happen at any age but seniors are at high risk due to their weakened immune systems and many other chronic medical conditions.

Symptoms of flu include sore throat, fever, headache, muscle aches, and soreness, congestion, and cough. A common complication of the flu is pneumonia. If you do end up catching the flu, it's important to see your doctor as soon as you notice the signs of flu symptoms. Don't wait until your symptoms worsen.

Influenza spreads easily from person to person through coughing, sneezing, or having face-to-face contact. The virus can also spread when a person touches tiny droplets from a cough or sneeze on another person or object; and then, touches their eyes, mouth, or nose before washing their hands.

Getting the flu vaccine is your best defense, please check with your doctor or pharmacist to book your flu shot if you haven't done it. In addition to getting the flu vaccine, you can help stop the spread of the flu by:

- Washing your hands often with soap and water
- Covering your nose and mouth with a tissue when you sneeze and cough
- Promptly disposing of used tissues in the waste basket or garbage
- Avoiding touching your eyes, nose, and mouth to avoid spreading germs
- Avoid contact with people that are sick
- Keeping common surface areas, such as doorknobs, light switches, and keyboards, clean and disinfected
- Eating healthy foods and staying physically active to keep your immune system strong
- Stay home if you are sick.

又是一年一度的流感季。"流感"是流感病毒引起具传染性的呼吸道疾病。流感的症状可轻可重。在流感季通常有更多的病例。虽然任何人都可以感染流感并生重流感相关的并发症，但老年人因其免疫系统功能减弱且多患有其他慢性疾病而易于高风险中。流感症状包括咽喉疼痛，头痛，肌肉酸痛，鼻塞流涕和咳嗽。流感的常见并发症是肺炎。当你有流感症状的迹象时，尽早看医生很重要，不要等到症状恶化。病毒通常由咳嗽，打喷嚏和说话产生的飞沫传播，近距离接触时尤其容易传播。此外，病毒也可藉由接触到受染的物体表面、再碰触口，眼睛或鼻子后传播。

流感疫苗是预防流感的最好方式。如果您没有流感疫苗，请联系您的医生或尽快注射流感疫苗。除了得流感疫苗，您可以通过以下方式帮助预防流行性感冒：

1. 常洗手
2. 打喷嚏和咳嗽时，用纸巾覆盖鼻子和口腔
3. 立刻将纸巾在垃圾桶内
4. 尽量不要触摸眼鼻和口腔，以免传播细菌
5. 避免接触患有症状的病人。
6. 清洁和消毒常触摸区域以保持干燥，如门的把手，灯开关和等
7. 食健康食物并极以保持健康的免疫系统
8. 如有感冒症状尽量呆在家里



Written by Mary

I have been involved with a group of seniors in the community for several years. We started with one or two of us then expanded to eight; and, over the years we have decreased to five since one passed away and another one or two have gone into senior homes.

We meet every Monday and Friday at a local coffee shop and spend several hours just chatting, exchanging stories, or discussing the politics of the day. However, the most popular subject, of course, is the "good old days" when we bring up stories and occurrences that happened while we were growing up, attending school, and working. We match stories and remembrances of the days before the "skytrain", the busy highways, when we procured our driving license; and, now, when we will lose our license due to age and health.

It is a most fulfilling time each week when we get together and enjoy each other's company, especially when a big birthday comes up, another grandchild is added to a family, or funny stories about our pets. Another favourite discussion is about the number of horses in the area that were used for delivery of milk products, fruit, vegetables, and even coal for our stoves and furnaces. Several of the seniors were quite attached to the horses that were housed in our local backyards. Anyone could visit them and even bring an apple or two. We attended a senior's 90th birthday party one evening where we met many of her family members.

It is a pleasant time for all of us who participate in this social activity each week while keeping up friendships.



One of the students with Ciro



Celebrating Heinz's 103rd birthday!



Getting to Know May

Written by Carmen

Last month we featured a photo of May from her younger days. Now that she has been with us at the Centre for several months I would like to share a bit more about her. May joined us at the Centre at the beginning of the summer and it's been an absolute pleasure having her company here. She speaks a dialect of Chinese known as Toisan, which is the major dialect spoken in her hometown. May was originally born in the city of Taishan in the southwestern part of Guangdong, China. She lived there during her younger years before moving to Canada. She has lived in Vancouver for over 50 years now.

Back when she was in Taishan, match makers introduced her to a man who later became her husband. They got married and had 4 children – 1 son and 3 daughters. Fortunately, all of her children live in the Vancouver area, so they are close by to stay in touch. Now that her children are grown up, they have become parents as well, blessing her with 2 grandchildren.

During her working days, she made all sorts of beautiful clothing items for a living. You will often see her come to the Centre in matching tops and bottoms that she made herself! Have you seen her stylish denim vest and jeans with polka dots? She knew the trends then and she's still in style now as denim is the item of this fall season! I think it's safe to say she is an expert when it comes to fabrics, sewing, and clothing! We are so happy to have May with us!

CAREGIVER CORNER



Written by Nancy

No matter how much love is between a caregiver and an individual, caregiving isn't an easy job – it can be exhausting and can cause burnout. My role as a secondary caregiver has been rather challenging as I try and manage the needs and wants of my parents while considering their emotional well being. The challenge is great, but I know that finding support in the family and in the community can lead to a more satisfying experience. As a member of the board, one of my goals is to create a support network here at Renfrew Collingwood Senior's Center. I hope that members and their caregivers will communicate through surveys, in person, or by email what will help make their caregiving experiences more balanced and rewarding. Please feel free to reach out to me at nfalcone@telus.net with your thoughts, ideas or concerns.

Yours in care,
Nancy Falcone
Mother, daughter, wife, life-long learner



Joan & Muriel with their beautiful gift bags



Marguerite sharing stories with the boys



Betty working with a few of the students



Another successful intergenerational project



Nancy & Rena packing some of the gift bags



Thank you for your help Joe & Min!



Rose's Recipe

Written by Rose

Now that Autumn is officially here... pumpkin recipes are everywhere. You can have this for breakfast or a snack with coffee or tea. This is one of our favorite muffin recipes!

Pumpkin Muffins

Makes 6-8 muffins

Ingredients

8 oz. (194 ml) canned plain pumpkin (not pumpkin pie filling)
2 large eggs
 $\frac{3}{4}$ cup regular sugar
 $\frac{3}{4}$ cup vegetable oil
1 $\frac{1}{2}$ cups all -purpose flour
1 $\frac{1}{2}$ teaspoons cinnamon
1 teaspoon baking soda
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup raisins

Method

1. Preheat oven to 400 F or 200 C.
2. Grease muffin tin.
3. In a bowl, combine pumpkin and eggs. Add sugar and oil then mix well.
4. In another bowl, combine flour, cinnamon, baking soda, baking powder, salt, and raisins. Add this to pumpkin mixture, stirring just until blended.
5. Spoon batter into prepared muffin tin filling to the top.
6. Bake in preheated oven for 18-20 minutes.

Enjoy!



November Birthdays

Antonia ~ 4th

Mary B. ~ 7th

Min ~ 16th

Modesto ~ 19th

Leokardia ~ 26th

You Hao ~ 28th

Dora M. ~ 29th

Pu Rong ~ 30th



Hilda's little gift to Margherita!



What beautiful pumpkin mosaics ladies!



May & Lam smiling away



Thank you ladies for all your hard work!



Dominoes is always a favourite on Fridays



Sau & Hau enjoying a game of Dominoes



Jessilyn & Antonia sharing a magazine