

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

# NEWSLETTER

January 2018

2970 East 22nd Avenue, Vancouver, BC

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



Happy New Year!

### **Afternoon Tea Time**

We welcome 2018 with good energy, positivity, and hope for another wonderful year ahead here at the centre. We are getting through this chilly winter with warm cups of tea, great company, and fun conversations. Looking forward to seeing you again soon!



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





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  
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Renfrew Collingwood Seniors Society  
**January 2018 Newsletter**

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**Be Mindful of the "Winter" Roads and Sidewalks!**

Winter is finally upon us and other than the beautiful scenic landscape it brings, we are also graced with slippery roads and sidewalks. Please take extra caution and follow these tips to ensure your safety at home and when traveling outdoors:

1. Use hand railings of all stairways
2. Walk slowly and keep your eyes out for "black ice," thin layers of ice on the ground that is difficult to see
3. Ask a family member, neighbour or friend to help salt your walkways
4. Allow HandyDart Drivers to assist you to and from your door
5. Don't be afraid to dress warmly - layers are essential!

### 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

Written by Donna



Happy New Year to all! Let's make 2018 a year to remember; one that is filled with love and support. Here at the Alice Frith Centre, our cherished home away from home, we strive to be a place where positive vibes and interactions lift your spirits. You may chuckle at that comment, but I would like to remind you what we all do for our extended family and friends.

1. Everyone is welcomed with a smiling face and warm embrace by loving staff and friends
2. We encourage each other to be better (even if it is in a game or activity)
3. We share laughs and stories that bring us closer together
4. We advocate for the best support possible for our seniors, so you can remain in your home
5. We form friendships that are binding

So, in other words, we are there for each other. We can resolve to come together to achieve goodness and protect ourselves from all the negativity that looms around us. Imagine a world where there is peace and harmony; a world that focuses on positive thinking and visions; one where there are no wars, no hunger, no discrimination and we are all equal. Each one of us is part of the universal energy and we can be a positive force that overcomes all the injustices just by pushing ourselves to see the goodness in everyone. I know we can move mountains if we all come together for the common good. It is really summarized by mutual respect and understanding and accepting our differences.

Let's talk about goals for 2018. The dedicated staff members at RCSS meet every Wednesday to discuss care planning for our participants. In those care plans, we discuss your goals, your caregiver's goals and our goals. On a quarterly basis, we do your TUGS assessments (Timed Up and Go) to ensure you are maintaining your fitness and balance levels and semi-annually, we do reviews for all of you. If you want to revisit your goals, make sure to point that out to the staff person responsible for your care plan when you meet with them.

Regarding the programs and activities that we offer, your input is valued. If you have ideas for the coming months, please pass these on to our recreation team. Our planning process is ongoing, but remember we have to stay a month ahead of schedule. If there are events that are important to you or if it is an opportunity for us to learn more about your culture, please bring it to our attention. Ideally, you will lead the discussion, but if that is outside of your comfort zone, maybe do a write-up for our newsletter.

Speaking of the newsletter, my personal goal is to make it more senior-driven. I would like to challenge you to take the time to write an article, poem or share a laugh with a (tasteful) joke. So, goals for the coming year is to keep you physically active which will hopefully reduce falls, challenge you mentally, so your brain functions optimally and to keep everyone in a good frame of mind. If any aspect of your wellbeing is distressed, make sure to let us know, so we can give you some extra loving care.

For those that were born in January – Happy Birthday! Your birthstone is garnet which symbolizes friendship and trust. I think that's a good theme for the beginning of our new year. We look forward to supporting you in our 42nd year of serving this amazing community!



Faith & Dora decorating our tree



Lam & Sau, two of our wonderful crafters!



Teammates You Hao, Muriel & Teresita



Fab artwork by Marguerite, Joan & Myrtle

## GUESS WHO



### Clues by Faith

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 speaks French.

**Clue #2:** She is part of the Tuesday Knitting Club.

**Clue #3:** She always brings her own newspaper to read.

# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-5PM)	Saturday (10AM-2PM)	Tuesday (3PM-6PM)	Saturday (10AM-2PM)
2 PM – <b>High Tea Party</b>	6 AM – Coin Toss  PM - Bingo	2 Vegetarian Moussaka Salad  Jello	6 Pasta with Beef Sauce Salad  Cake
9 PM – Keep	13 AM – Ladderball  PM - Bingo	9 Sweet and Sour Chicken Rice Asian Greens  Lemon Tart	13 Chili Blanco Cornbread Salad  Cake
16 PM – Shuffleboard	20 AM – Jewelry-Making  PM – Bingo	16 Ham Scalloped Potatoes Salad  Fresh Fruit	20 Vegetarian Patties Yam Fries Steamed Veggies  Banana Crème Pie
23 PM – Beanbag Toss	27 AM – Shuffleboard  PM – Bingo	23 Beef Shepard’s Pie Salad  Cake	27 Mushroom Chicken Pasta Steamed Veggies  Fresh Fruit
30 PM – Family Feud	<b>CALENDAR</b>	30 Vegetarian Lasagne Salad  Pudding	<b>MENU</b>



**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 <b>New Years Day</b> <b>Centre Closed</b>	2 AM – Sit Fit & Stand Fit Tri Bonds  PM- Tic Tac Toe Birthday Cards Animal Bingo	3 AM – Sit Fit & Stand Fit New Year Plans  PM- Bean Bag Toss Western Wednesday Scrabble	4 AM – Sit Fit & Stand Fit Poetry  PM- Table Bowling Make 21 Bananagrams	5 AM – Gentle Yoga/Stand Fit Word Scramble  PM – Bocci Request That Tune Card Games
8 AM – Gentle Yoga/Stand Fit Winter Activities  PM – Carpet Toss Centrepieces Scrapbooking	9 AM – Tai Chi & Stand Fit Mental Aerobics  PM – Dance Party Dice Game Crosswords	10 AM – Sit Fit & Stand Fit Finish That Phrase  PM – Croquet Shake Loose a Memory Riddle Me This	11 AM – Sit Fit & Stand Fit Puzzles  PM – Marble Challenge Jeopardy Add the Dice	12 AM – Sit Fit & Stand Fit Pictionary  PM – Seated Bowling Make Ten Spa Day
15 AM – Sit Fit & Stand Fit High/Low  PM – Marble Challenge Mad Libs Winter Craft	16 AM – Sit Fit & Stand Fit Show & Tell  PM – Shuffleboard Famous Paintings Picture Frame Craft	17 AM – Sit Fit & Stand Fit Word in a Word  PM – Target Bocci Dominoes Creative Expression	18 AM – Gentle Yoga/Stand Fit Mindfulness  PM – <b>Crow City Singers</b>	19 AM – Sit Fit & Stand Fit Name that Place  PM – Qwirkle Painting Animal Friends
22 AM – Sit Fit & Stand Fit Spot the Difference  PM – <b>Kodiak Brass Quintet</b>	23 AM – Sit Fit & Stand Fit What's It  PM – Basketball Paper Weaving Tuesday Tunes	24 AM – Sit Fit & Stand Fit Health Talk  PM – Ladderball Snakes & Ladders Knitting	25 AM – Gentle Yoga/Stand Fit First to Fifty  PM – I-Spy Treasure Hunt Word Search	26 AM – Sit Fit & Stand Fit Charades  PM – Coin Toss Connect Four Trouble
29 AM – Sit Fit & Stand Fit Memory Game  PM – Card Bingo Sing-a-Long Chinese Checkers	30 AM – Sit Fit & Stand Fit High/Low  PM – <b>PYJAMA DAY</b>	31 AM – Sit Fit & Stand Fit Spot the Difference  PM – Tetris Carpet Darts Picture Collage		

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>1</p> <p><b>New Years Day</b></p> <p><b>Centre Closed</b></p>	<p>2</p> <p>Vegetarian Moussaka Salad</p> <p>Jello</p>	<p>3</p> <p>Butter Chicken Rice Steamed Veggies</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>4</p> <p>Pasta with Beef Sauce Salad</p> <p>Cake</p>	<p>5</p> <p>Baked Fish Rice Steamed Veggies</p> <p>Apple Sauce Sundae</p>
<p>8</p> <p>Sweet and Sour Chicken Rice Asian Greens</p> <p>Lemon Tart</p>	<p>9</p> <p>Pork Meat Balls Potatoes Cabbage</p> <p>Apple Crisp</p>	<p>10</p> <p>Chili Blanco Cornbread Salad</p> <p>Cake</p>	<p>11</p> <p>Tuna Casserole Salad</p> <p>Jello</p>	<p>12</p> <p>Beef Stew Potatoes Steamed Veggies</p> <p>Fresh Fruit &amp; Yogurt</p>
<p>15</p> <p>Ham Scalloped Potatoes Salad</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>16</p> <p>Chicken Soup Egg Salad Sandwiches Salad</p> <p>Cake</p>	<p>17</p> <p>Turkey Meatballs Pasta Steamed Veggies</p> <p>Pudding</p>	<p>18</p> <p>Roast Pork Potatoes Salad</p> <p>Fresh Fruit &amp; Yogurt</p>	<p>19</p> <p>Vegetarian Patties Yam Fries Steamed Veggies</p> <p>Banana Crème Pie</p>
<p>22</p> <p>Beef Shepard's Pie Salad</p> <p>Cake</p>	<p>23</p> <p>Baked Fish Rice Steamed Veggies</p> <p>Jello</p>	<p>24</p> <p>Hoisin Pork Asian Veggies Steamed Noodles</p> <p>Almond Cookie</p>	<p>25</p> <p>Vegetarian Soup Tuna Sandwiches Salad</p> <p>Fruit Crisp</p>	<p>26</p> <p>Mushroom Chicken Pasta Steamed Veggies</p> <p>Fresh Fruit</p>
<p>29</p> <p>Vegetarian Lasagne Salad</p> <p>Pudding</p>	<p>30</p> <p>Pancakes Sausages Hash Browns</p> <p>Fresh Fruit</p>	<p>31</p> <p>Beef and Barley Soup Scones Salad</p> <p>Cake</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-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。

## Event Highlights

### New Year's Day, Centre Closed

Monday, January 1st

### Centre Open

Tuesday, January 2nd

### Crow City Singers

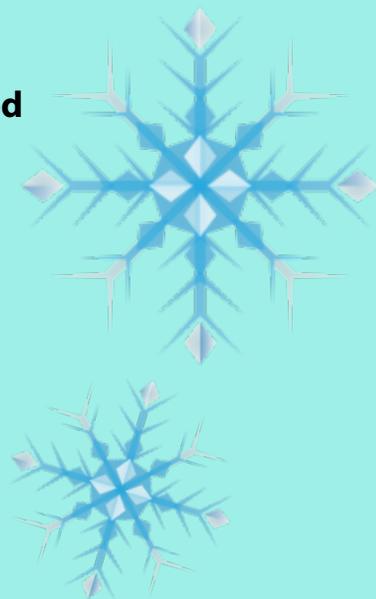
Thursday, January 18th

### Kodiak Brass Quintet

Monday, January 22nd

### Pyjama Day

Tuesday, January 30th



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
- Activities and recreation programs
- Bus Trips
- On-site hair salon
- Community Centre one block away
- 1 and 2 bedroom suites available
- 1 bedroom - \$1900<sup>00</sup>/mo.
- 2 bedroom suite faces Trout Lake



All suites have balconies



Heinz is in a decorating mood!



# CHELSEA PARK

Inspired Lifestyles for Seniors

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

For a personal visit today, contact Karen Dupont at 604.789.7132 • www.chelseaparkbc.com  
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver





Written by Carol

Parkinson's Disease is a progressive disorder of the nervous system which greatly impacts the body's movement. It occurs when nerve cells in the brain cannot produce enough of a chemical called dopamine. When dopamine levels decrease, the result is abnormal brain activity, leading to various signs and symptoms of Parkinson's Disease.

It develops gradually, sometimes starting with a barely noticeable tremor in one hand which may eventually affect both sides of the body. While a tremor may be the most well-known sign of Parkinson's Disease, the disorder also commonly causes stiffness and greatly limits the body's ability to move. As symptoms worsen, people living with the disease may have trouble walking, talking, or doing simple tasks. They may also experience additional challenges including depression, insomnia, or have trouble chewing, swallowing, or speaking.

Currently, there is no cure, but various medications have shown to work. The following therapies can also help manage symptoms:

- Physical therapy helps with mobility, flexibility and balance
- Occupational therapy helps with daily activities
- Speech therapy helps with voice control
- Exercise helps relieve stiff muscles and joints and improves one's overall health and wellbeing

Exercise can significantly reduce muscle stiffness and improve mobility, posture, balance and gait. The Parkinson Foundation carried out a project that shows that people living with the disease who start exercising earlier at a young age experience a better quality of life. As a result, establishing early exercise habits is essential and beneficial to overall disease management.

帕金森病是一种主要影响运动的进行性发展的神经系统疾病。其主要的病理改变是大脑中的神经细胞不能产生足够的一种称为多巴胺的化学物质。多巴胺是正常运动必需的神经递质，当其水平降低时，会引起脑部活动异常而导致帕金森病的表现。

帕金森病起病隐袭，进展缓慢。首发症状有时仅是一侧手部的轻微震颤，进而可累及双侧肢体。虽然帕金森病最为人所知的征状是震颤，其通常也会导致肢体僵硬和运动迟缓。随着病情的加重，可致行走，语言及一般的日常活动功能障碍，也可能伴有抑郁，睡眠，咀嚼及吞咽等问题。

帕金森病目前尚无法治愈，但药物治疗可以显著改善症状。物理治疗有助于改善平衡、协调与行走等能力；职业治疗主要鼓励患者积极参加日常活动，提高生活自理能力；语言治疗有助于语音的控制；锻炼有助于肌肉和关节及改善整体的健康状态。

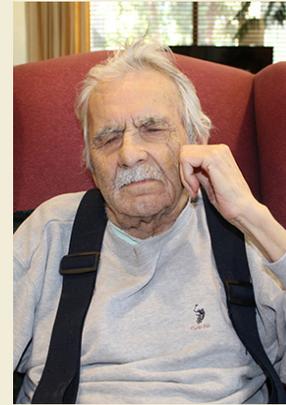
锻炼可以减轻肌肉僵硬，改善活动能力，保持平衡，姿势和步态。有研究显示，越早开始锻炼的患者的生活质量下降速度比晚开始锻炼的患者明显减慢。因此尽早开始运动锻炼对疾病的预后是非常重要的。

Written by Mary

A page in our book of memories is gently turned today. We are truly sad that several of our friends have left us this year. We offer condolences to their families, friends, and loved ones.



**Se Tak Vong**



**Lloyd Stewart**



**Maria Felix**



**Laura Park**

**“The ones that love us never really leave us.”**



Ciro gifting a special card to Doris



Chun Yang, Ciro, Dora, Hilda, Isa, Heinz & Rose

**Getting to Know Nancy**

Written by Maricris

In last month's "Guess Who" Game, we were pleased to feature a photo of Nancy in her younger years. Today though, we can get to know her a bit better by sharing a few interesting details about her life. Nancy faithfully visits the Centre every Wednesday and is a welcome participant in our Adult Day Program.

She was born in Fiji, a beautiful place very close to Hawaii. Nancy speaks both English and Hindi and is the youngest of 5 sisters and 2 brothers.

Due to various life challenges, Nancy did not have the opportunity to complete her schooling, but this certainly did not prevent her from pursuing her dream of immigrating to Canada with her wonderful husband and 5 children.

As a widow now, Nancy takes pride in having 5 beautifully grown-up children who have also enriched their own lives. She's a grandmother of 10 precious grandchildren! Nancy's husband was the first one to immigrate to Canada. A few years later, Nancy happily joined him. Once they settled in this great country and their family started to grow, their expectations of what this country would be able to offer to them grew as well.

Nancy describes herself as a hardworking lady. For quite a few years, Nancy worked for a janitorial company. Later, she also worked in the Health Care industry as a Care Provider at St. Paul's Hospital. Through their hard work and perseverance, they succeeded in providing their children with a good education.

Over the years, Nancy has also traveled quite a bit. Some of the places she has visited include several Canadian provinces, California, Hawaii, Las Vegas, Reno and New Zealand, where one of her daughters has now settled permanently. During her leisure time, she loves to go for walks or watch TV at home. Nancy also enjoys cooking curry dishes, especially with fish.

We were glad to hear that Nancy thinks of everyone at the Centre as her second family. She connects well with her friends and loves to socialize especially during lunchtime.

Nancy also enjoys participating in the Sit-Fit Exercise Program which helps her maintain her range of motion and muscle strength. Although she occasionally complains about her pain, she recognizes that with the exercises offered, she will still be able to reap the benefits.

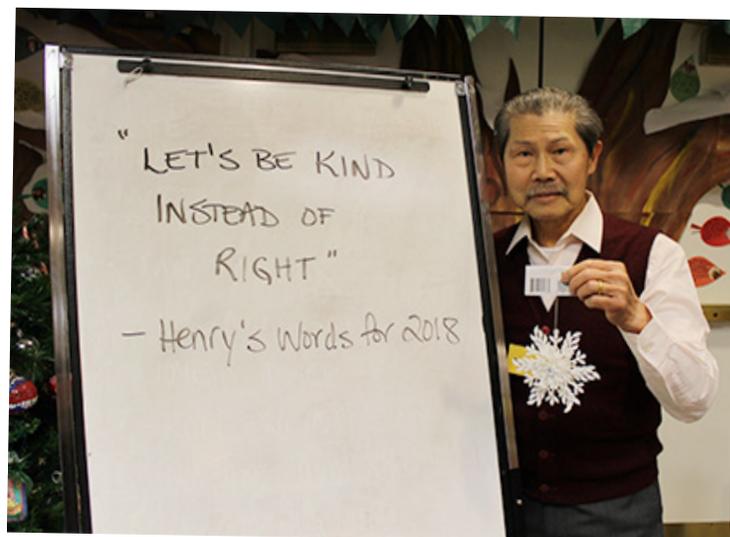
Other programs Nancy enjoys participating in at the Centre are active games such as Shuffle Board, Tic-Tac-Toe and the Marble Challenge, all of which help her maintain a good spirit of camaraderie with her friends. During her spa day, Nancy loves to pamper herself with different nail colours and enjoys the scent of various lotions.

Nancy, on behalf of the RCSS family, we heartily welcome you to our centre!





Happy New Year from our CDP friends!



Thank you, Henry for your words of wisdom!



Mae, Teresita, Hilda, Marcris & Kamaljeet



Joe & Antonia are great snowglobe-makers



Nelly, You Hao, Henry, Hans, Antonio & Rena



Myrtle, Ciro & Nina are all smiles



## Rose's Receptipe

Written by Rose

Happy New Year Everyone!!!  
It's time to clean out the fridge. If you are the type of person that buys frozen vegetables then this recipe is for you. It's a lovely, comforting soup packed full

of colourful vegetables. Give it a try - I think you'll like it!

### Just Veggin' Out Soup

Makes 4 Servings

#### Ingredients

- 1 tsp olive oil
- ½ cup each, chopped onion and celery
- ½ tsp. minced garlic or garlic powder.
- ½ tsp each, thyme and marjoram (or oregano)
- 2 cups sodium reduced broth, can be either beef, chicken or vegetable
- 1 cup of no salt added, canned diced tomatoes
- ¾ cups low sodium tomato juice or V8
- 1 ½ cups frozen "California Style" mixed vegetables (broccoli, cauliflower and carrots)
- 1 cup cubed potatoes
- 1 cup chopped cabbage
- ½ tsp Worcestershire sauce
- 1 bay leaf
- ¼ tsp salt
- ¼ tsp pepper

#### Method

1. Heat olive oil in a medium sauce pan over medium heat. Add celery, onion, and garlic. Cook and stir until vegetables begin to soften, about 5 minutes. Add thyme and marjoram and cook 1 minute more.
2. Add all the remaining ingredients. Stir well. Bring soup to a boil. Reduce heat to medium low. Cover and simmer for 25 minutes until potatoes and cabbage are tender. Remove bay leaf and serve hot.
3. Eat with a warm bun, scone or grilled cheese sandwich.

## January Birthdays

Antonio A. ~ 8th  
Henry H. ~ 9th  
Marguerite ~ 10th  
Margaret ~ 16th  
Ena ~ 22nd  
Nina ~ 27th  
Maria M. ~ 27th  
Lam ~ 27th  
Dora C. ~ 28th  
Loida ~ 31st



Modesto has a great eye for detail!



Seasons greetings from Ping and Santa!



Steve is cool, calm and collected with Santa



Frank is one of Santa's greatest elves!



Jeanne, Addie & Mary - "Kreative" Knitters!



Is Alice asking Santa for a White Christmas?



Wai Yee & Antonio on the dance floor