

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

March 2018

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Hello from Ginger and Steve!

Spring is here...

It's been a chilly few months! We are excited to welcome spring and everything the season has to offer - the sunshine, animals, and budding flowers and vegetables in the garden. What are you looking forward to?



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





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

Editorial:

Donna, Christina, Cassandra, & Carmen

Hours:

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

Tuesday
8:00 AM - 5:00 PM

Saturday
9:00AM - 2:30PM

Visit our seniors centre at
2970 East 22nd Avenue
Vancouver, BC, V5M 2Y4

Telephone: 604.430.1441
Fax: 604.437.1443

Renfrew Collingwood Seniors Society
March 2018 Newsletter

About Renfrew Collingwood Seniors Society 2

Board Members & Staff 4

A Word 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 the Nurse 11

Food for Thought 12

Easter Memories with CDP Friends & Caregiver Corner 13

RCSS Moments 14

Rose's Recipe & Birthdays 15

More Memories 16

Kingsway Continental

The Kingsway Continental is located at 3484 Kingsway at the former Ramada Inn Hotel. In 2012, the City of Vancouver purchased the Ramada to convert the building into non-market housing. It is now home to 123 tenants from the Old Continental. We are fortunate to have built a strong relationship with our friends at the Kingsway Continental and look forward to collaborating more in the future!

For the month of February, we ran a drive and collected canned protein goods. Our Adult Day and Community Day Seniors packaged the goods along with other essentials, including laundry pods for the tenants. Your support in our community outreach efforts means a lot to us! Please do let us know if you have any questions or ideas about our work.

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

**Updates and Goals**

Written by Donna

Before I get into the updates, I would like to wish everyone a Happy Easter. It's early this year with Good Friday on March 30th. Our Easter lunches will be later this year due to scheduling issues. Turkey dinner will be served at noon on Thursday to Saturday, April 5th – 7th.

Seniors Pod (space to sit and chat): Vancouver Parks Board has funded a sitting area outside the complex. Three Links and RCSS has worked hard to get this in place and we look forward to offering activities outdoors. Please participate in the planning phase as your perspective is most important to us. This is part of our ambition to create a Senior-Friendly Block.

Newsletter Contributions: Would you consider writing an article, poem or sharing a meaningful life experience with us? We so much want to make this a model publication "by the seniors – for the seniors." If you would like to contribute, a staff member can interview you or type up your article. All we need is an indication that you are interested, and we'll take it from there.

Program Leaders: Seniors leading programs is another ongoing goal for our organization. If you have a collection you'd like to share, a passion for something or a skill to teach us – we are so open to exploring those possibilities. Again, just let us know and we will assist you in any way we can.

Community Outreach is a big priority for us and we are dedicating staff resources in that area to make sure it is a successful venture. We need to increase the number of participants in our Community Day Program and we want to make sure every senior in our neighbourhood is aware of the support we can offer them to stay living in their home as long as possible. If you know someone who would benefit from our programs, please let me know and I will follow up.

Caregiver Support: It is crucial that we look after the people who are supporting you and ensure that they get some time to themselves. Ask your loved one if they would like to be part of setting up a Caregiver Support Program at our Centre. If they are stressed, we may be able to assist them in finding resources.

Strategic Planning: Our two-year plan is coming to an end and I am pleased to say that we accomplished 95% of the objectives on our list. The other 5% will hopefully be achieved by the end of March. We will be working on our goals for the coming two years in the spring. If you would like to be part of that process, your ideas are valuable to us.

Practicum Students: We will have many students around in the next couple of months. Nursing, Recreation Therapy students, Community Service Workers, and Physiotherapists will be here getting some practical experience working with seniors. They learn so much from these placements – a lot more than they will ever get from reading books. As usual, your acceptance and cooperation will be invaluable to their learning. Thank you for contributing to their education.

All is well here at the Alice Frith Centre. You are an amazing group of citizens to serve.



You Hao, Frank & Margherita



Nina shares her love for music with Faith



Enjoying music with Nelly & Lillian



Friendly competition with Modesto & Eunice

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: He speaks Cantonese and can understand English.

Clue #2: Spot him rocking his warm hat with earflaps when it's cold outside.

Clue #3: He loves the centre so much he would come everyday if he could!

COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-5PM)	Saturday (10AM-2PM)
CALENDAR	3 AM – Sit Fit PM - Bingo
6 PM – Bump It	10 AM – Jewelry-Making PM - Bingo
13 PM – Shamrock Cupcakes	17 AM – Bean Bag Toss PM – Bingo
20 PM – Table Bowling	24 AM – Sit Fit PM – Bingo
27 PM – Coin Toss	31 AM – Ladderball PM – Bingo



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
MENU	3 Chicken Shepard's Pie Salad Fresh Fruit
6 Sweet & Sour Pork Balls Rice Steamed Veggies Jello	10 Breaded Fish Salsa Rice Pilaf Salad Pudding
13 White Bean & Kale Soup Egg Salad Sandwich Salad Cake	17 Beef Shepard's Pie Salad Jello
20 Chicken Chow Mein Asian Greens Pudding	24 Fish Chowder Scones Salad Lemon Tart
27 Baked Fish Alfredo Pasta Salad Fresh Fruit	31 Vegetarian Moussaka Cake

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	2
			AM – Sit Fit & Stand Fit Connect Four	AM – Gentle Yoga/Stand Fit Spot the Difference
			PM – Bean Bag Toss Centerpieces IPads	PM – Seated Bowling Trouble Card Games
5	6	7	8	9
AM – Sit Fit & Stand Fit First to Fifty	AM – Tai Chi & Stand Fit Mental Aerobics	AM – Sit Fit & Stand Fit Scattergories	AM – Sit Fit & Stand Fit Riddles	AM – Sit Fit & Stand Fit Pictionary
PM – Seated Bocci I-Spy Bump It	PM – Marble Challenge Famous Paintings Shake Loose a Memory	PM – Tic Tac Toe Dice Game Tea Party	PM – Mandalas Ping Pong Challenge High School Days	PM – Chinese Checkers Spa Day Window Art
12	13	14	15	16
AM – Sit Fit & Stand Fit Brain Game	AM – Gentle Yoga/Stand Fit Roll a Rainbow	AM – Sit Fit & Stand Fit Number Patterns	AM – Sit Fit & Stand Fit WODB	AM – Sit Fit & Stand Fit High/Low
PM – John Cronin	PM – Irish Jig Sun Craft Table Bowling	PM – Carpet Toss Add Your Dice St. Patrick's Craft	PM – Crow City Singers	PM – Coin Toss Tetris Painting
19	20	21	22	23
AM – Sit Fit & Stand Fit Math Game	AM – Sit Fit & Stand Fit Animal Offspring	AM – Gentle Yoga/Stand Fit Word in a Word	AM – Sit Fit & Stand Fit Bump It	AM – Sit Fit & Stand Fit Spring Poem
PM – Shuffleboard Animal Bingo Mosaics	PM – Poker Crosswords Minute to Win It	PM – Croquet Dominoes Snakes & Ladders	PM – Carpet Toss Qwirkle Spring Craft	PM – Card Bingo Request that Tune Table Games
26	27	28	29	30
AM – Sit Fit & Stand Fit Spring Activities	AM – Sit Fit & Stand Fit Sport Figures	AM – Sit Fit & Stand Fit High/Low	AM – Gentle Yoga/Stand Fit Poetry	GOOD FRIDAY
PM – Target Bocci Spring Planting Connect Four	PM – Trivia Ladderball Flower Pots	PM – Performers: Eva Toncheva & Austin Cullen	PM – Basketball Sing-a-long Word Search	CENTRE CLOSED

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>Roast Beef Mashed Potatoes Steamed Veggies</p> <p>Fresh Fruit & Yogurt</p>	<p>2</p> <p>Moussaka Salad</p> <p>Cake</p>
<p>5</p> <p>Sweet & Sour Pork Balls Rice Steamed Veggies</p> <p>Jello</p>	<p>6</p> <p>Vegetarian Lasagne Salad</p> <p>Cake</p>	<p>7</p> <p>Beef Stew Potatoes Roasted Veggies</p> <p>Fresh Fruit</p>	<p>8</p> <p>Moroccan Chicken Stew Quinoa Salad</p> <p>Apple Crisp</p>	<p>9</p> <p>Breaded Fish Salsa Rice Pilaf Salad</p> <p>Pudding</p>
<p>12</p> <p>White Bean & Kale Soup Egg Salad Sandwich</p> <p>Cake</p>	<p>13</p> <p>Greek Chicken Souvlaki Lemon Potatoes</p> <p>Pudding</p>	<p>14</p> <p>Fish Rice & Spinach Casserole</p> <p>Pecan Tart</p>	<p>15</p> <p>Pork Chops With Apples Potatoes Steamed Veggies</p> <p>Fresh Fruit</p>	<p>16</p> <p>Beef Shepard's Pie Salad</p> <p>Jello</p>
<p>19</p> <p>Chicken Chow Mein Asian Greens</p> <p>Pudding</p>	<p>20</p> <p>Beef Meatloaf Scalloped Potatoes</p> <p>Fresh Fruit</p>	<p>21</p> <p>Vegetarian Meatloaf Scalloped Potatoes Steamed Veggies</p> <p>Cake</p>	<p>22</p> <p>Fish Chowder Scones Salad</p> <p>Lemon Tart</p>	<p>23</p> <p>Ham Fried Rice Steamed Veggies</p> <p>Fresh Fruit</p>
<p>26</p> <p>Baked Fish Alfredo Pasta Salad</p> <p>Fresh Fruit & Yogurt</p>	<p>27</p> <p>Creamy Cauliflower Soup Grilled Cheese Sandwich Salad Jello</p>	<p>28</p> <p>Butter Chicken Rice Steamed Veggies</p> <p>Pudding</p>	<p>29</p> <p>Vegetarian Moussaka</p> <p>Cake</p>	<p>30</p> <p>GOOD FRIDAY</p> <p>CENTRE CLOSED</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。



Crafting fun with Xiao Xian

Event Highlights

John Cronin

Monday, March 12th

Crow City Singers

Thursday, March 15th

Health Arts Performers:

Eva Toncheva & Austin Cullen

Wednesday, March 28th

Good Friday, Centre Closed

Friday, March 30th

Easter Monday, Centre Closed

Monday, April 2nd



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
- 1 and 2 bedroom suites available
- 1 bedroom - \$1900⁰⁰/mo.
- 2 bedroom suite faces Trout Lake



All suites have balconies



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





Glaucoma

Written by Carol

Glaucoma is one of the leading causes of irreversible blindness in the world. In an effort to raise awareness about this disease and the importance of regular eye check-ups, March 11th to the 18th is World Glaucoma Week.

Glaucoma starts off as a condition that damages the optic nerve and worsens over time. People over 60 years of age are at increased risk of getting the disease as it is often associated with the build-up of pressure inside the eye. However, the true cause of glaucoma is still unknown. It involves the mechanical compression and/or reduced blood flow of the optic nerve. It is important to note that people with normal eye pressure can also be at risk. Signs and symptoms include the gradual loss of peripheral vision in one or both eyes, eye pain sometimes accompanied by nausea, blurry vision, and tunnel vision during the advanced stages.

Glaucoma can lead to vision loss, but if the condition is detected early, it can be reversible. Early detection and careful, lifelong treatment can help many in preserving their vision. The sooner glaucoma is diagnosed, the faster preventative measures could be put in place to prevent further damage. As most types of glaucoma do not present visible symptoms, it's essential for all aging adults and seniors to book regular eye examinations to prevent any type of visual impairment.

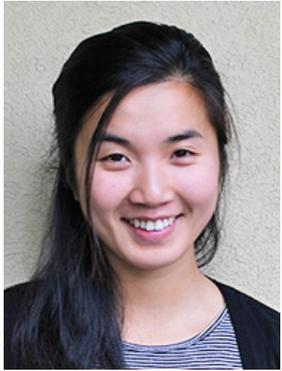
Please take note: To maintain optimum vision health, be sure to visit your eye doctor regularly!

青光眼是导致失明的主要致盲眼病之一。为了提高人们对青光眼的认识，今年3月11日至18日被定为世界青光眼周，希望以此能够激励人们重视眼睛健康状况的检查。

青光眼是一种导致视神经损害并随时间进行性恶化的一种病症。60岁以上的人群患病风险明显增加。它通常与眼内压力的积聚有关。但其确切的发病原因尚不清楚，它与视神经的机械压缩和/或血流量的减少有关。通常是由高眼压引起的，但眼压正常的人也可患有此病。其症状包括：单眼或双眼周边视力逐渐丧失，眼部疼痛有时伴有恶心，视力模糊，在晚期可出现管状视野。

青光眼可导致视力丧失，但视觉的丧失是可以预防的。早期发现和及时治疗可以使大多数病人的视力得以保留。如果已经有一些视力下降，早期治疗有助于防止视力的进一步丧失。青光眼越早被诊断，其伤害就越小。由于大多数类型的青光眼早期症状不明显，因此定期检查视力和早期发现对于防止视力障碍和失明的发生至关重要。

为了保持良好的视力，请记得定期拜访您的眼科医生！



Written by Cassandra

Food is such an integral part of who we are. Not only does it nourish our minds and bodies, it can be used as a tool to exchange cultural knowledge, build understanding, and foster social change in our communities. We can even use food as a universal language to connect and communicate with others - it transcends borders, race, ethnicity, sexuality, age, ability, and class. Here at the centre, we are blessed with wonderful food and are always eager to share stories about food with our friends. We asked our seniors what their favourite dishes are or what they enjoyed most as a child.

"There were always sweet potatoes around at home and I still eat them. That's why I enjoy them so much.

- *Pu Rong*

"I enjoy eating cake. I like it plain with a strong egg flavour. I get them at different Chinese bakeries."

- *Ping*

"My mom's potato soup. We had a really big family. She made it so often for my siblings and I, but I loved the taste of it."

- *Joe*

"Back at home, my family would prepare a lot of fermented cabbage and other greens for dinner."

- *May*

PYJAMA DAY FUN

"Good night, sleep tight, don't let the bed bugs bite!"



Written by Faith



Kay - "My daughter and me go to visit my friend. We go to Victoria and go shopping."



Addie - "The flowers are out. I'm not a gardener, but I like looking at them."



Sharon - "I really like when the flowers start popping up. No more snow and ice!"



Barbara - "Our family was huge and it means going to church. We used to make eggs and nests with chocolates in them and deliver them to 40-50 people! And then we would come back to make a big dinner and the dessert would be bunny-shaped sugar cookies and fruit kebabs."



Jeanne - "Grew up in a convent with nuns. Easter was a religious day, so we would help decorate the church."

CAREGIVER CORNER

Here at the centre, it is very important for us to provide caregivers with helpful resources and ongoing support. If you have any questions or thoughts as to how we can better support you, your loved ones or a friend who you know is in a caregiving role, please do not hesitate to let us know. Be sure to check out the following resources for more information:

- 1. Family Caregivers of BC (www.familycaregiversbc.ca)** - Family Caregivers of British Columbia is a registered non-profit dedicated 100% to supporting family caregivers. Most of us have cared for aging, ailing or disabled loved ones and have experienced firsthand the stress, joy, confusion, and feelings of purpose that come with caregiving.
- 2. The Alzheimer Society of BC (www.alzheimer.ca/en/bc)** - In 1981, a group of caregivers gathered to discuss the challenges of caring for a person diagnosed with Alzheimer's disease. Out of their compassion and determination, the Society was ultimately founded. From those humble roots, the Society has blossomed into an organization active in communities across the province.
- 3. The Caregiver Network (www.thecaregivernetwork.ca)** - We host free educational events in partnership with associations across the country. Experts lead our events, sharing up to date information and responding to questions from participants. Our goal is simple: help you better navigate the care journey.



A warm hello from Antonio



Addie, Joe, Beatriz, Antonia & Eunice



Good friends, Pu Rong & May



RCSS' Lucky Dragon paid the seniors a visit



Maria & Betty's laser-sharp focus



Ciro wants to score big!



Rose's Recpe

Written by Rose

The "frittata" is known in Italy as a flat omelete. It's a good way to utilise leftovers or scraps of cooked veggies you may have laying around. Frittatas may be served hot or at room temperature.

Frittata

Makes 2 servings

Ingredients

4 eggs
 1 cup of ingredients of your choosing (diced cooked vegetables, cheese, chicken, ham or fish)
 Salt
 Pepper

Method

1. Prepare a 5-inch skillet that can go into the oven. Grease it well with oil or butter. Preheat oven to 350 degrees fahrenheit.
2. Beat all 4 eggs with a fork until well-blended.
3. Stir in your ingredients and salt and pepper to taste.
4. Heat your small greased skillet over medium heat. Pour in your egg mixture. Stir using a rubber spatula.
5. Allow the mixture to set then place into your oven to finish the baking for approximately 10 minutes until the top is cooked.

Please let me know if you liked it and tell me what you used for your filling!

Cheers,
 Rose



Teresita looking fab for a good sleep!



Thank you for your help, Chieu & Chun Yang!



Min, Isa, Hilda & Kardi - Singing Superstars



Mae & Ruby are skillful crafters



Beautiful ladies in red - Rena & Muriel



Lam, Nancy & Rena are ready for PJ Day



Active game fun with Antonio & Mary