

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

# NEWSLETTER

April 2018

2970 East 22nd Avenue, Vancouver, BC

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



Neda, Antonio & Ciro - Bringing sunshine to the centre

### **April Showers bring...**

May flowers and sunshine and we couldn't be happier. Here at the centre, we are looking forward to gardening and all the other exciting recreation activities we have planned for this month.

Happy Easter to you all!



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

**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  
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Renfrew Collingwood Seniors Society  
**April 2018 Newsletter**

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**Volunteer Appreciation**

Did you know our volunteers have dedicated over *thousands* of hours to making our centre a more welcoming and inclusive place? April 15th-21st is National Volunteer Week! We are celebrating our spectacular volunteers on April 19th for all the strengths and gifts they generously offer to our seniors and centre.

**Surveys**

Our staff, board members, and funders would like to know how we're doing and how we can improve our work. ***Satisfaction Surveys for seniors and caregivers are now available.*** If we could kindly ask you to complete the survey individually or with your loved one and return it to us by **Friday, April 6th**, that would be greatly appreciated! Caregivers, feel free to just complete the "Caregiver Survey" if it poses any barriers for your loved one.

# 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

It's **Volunteer Appreciation** time again! Please join me in offering the biggest **Thank You** to our dedicated Volunteers. We are blessed to have all these wonderful people who give their time so freely: Our Board, Students, Singers, Yoga Teacher, Antique Car Owners, Esthetician, Retirees and Family Members; they all contribute. They either oversee the operation of the centre, enhance our programs or assist with daily tasks. We would not be as productive as we are without your support. **We appreciate all you do for us!**

**Satisfaction surveys** for participants and their caregivers were sent out mid-March. If you did not receive it, please let us know so we can make sure to send one to you. It is a requirement by our funders and we need at least 40-50 back, so please make the time to complete it with your loved one or on their behalf. We are grateful for your feedback as always and would like to know how we can improve.

**Caregiver support** is one of our top priorities this year. We are aware of how time consuming it is to care for our loved ones, so our aim is to make time to care for you even if it's a day/evening a month. Let's try and lighten the load a little. All we need to know is what caregiver support means to you. We have been considering a support group for a while, but we've been waiting to hear how you would like to proceed. Please complete the Annual Caregiver Support Survey. Our Board Member, Nancy Falcone is spearheading the project for caregiver support and she would welcome a conversation about setting up a support network.

Part of caregiver support in the healthcare system is respite care. Did you know that seniors in our program can access overnight care of up to 30 days per year? That means you can plan a vacation or a weekend getaway without worrying about the people you care for daily. All you need to do is book it in advance as they fill up quickly. Your loved one would get 24-hour care in a long-term care facility that has an Adult Day Program. There is little disruption in the schedule; the only difference is they sleep there safe and sound. It's located close to here on East 49th Avenue. Let us know if you need additional information on that service. Other ways to relieve some of the stress associated with caregiving is home support to help with bathing. Most seniors here at the Centre receive assistance 1-2 times a week for showers or baths. Again, let us know if you need more details.

**Educational Opportunities** coming soon (book early as there are only a few spots available for both workshops): Stroke Rehab on Wednesday, April 18th from 3:00 to 4:00 is a workshop for staff, family members or seniors. The Queer Competency Workshop on Wednesday, June 20th from 3:00 to 5:00 is for anyone interested in learning more about the LGBTQ community.

**Neighbourhood Matching Fund** will be in full swing soon, so keep an eye out for our **Windermere** students who will be doing some digging and carpentry work for us. Our local carpenter, Robert will lead the construction team. Robert made the benches for us last time and he did a wonderful job. **We look forward to your ideas and suggestions**, so we can incorporate them in the plan. It'll be so nice to have a space for outdoor activities and to sit and chat with folks from our neighbourhood who pass by.

Remember we're here to help in any way we can. All is well!



The "Tic Tac Toe" Team Spirit!



Alice is always willing to lend a hand



Lillian & Muriel in a "serious" game of Tenzi



Hello from May & Addie!

## GUESS WHO

Clues by Wai Yee



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:** This friend is from Portugal. She is quiet, but very observant.

**Clue #2:** She loves to play table games like dominoes.

**Clue #3:** She took care of her grandchildren when they were young. They now spend time with her every evening.

# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
3 PM – Shuffleboard	7 AM – Music with Jessilyn & Brooke  PM - Bingo
10 PM – Dream Catchers	14 AM – Sit Fit  PM - Bingo
17 PM – Ladder Ball	21 AM – Tenzi  PM – Bingo
24 PM – High Tea (cold tea edition)	28 AM – Armchair Travel to Italy  PM – Bingo
	<b>CALENDAR</b>



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
3 Sweet & Sour Chicken Rice Steamed Veggies  Fresh Fruit & Yogurt	7 <b>Special Easter Meal</b>
10 Lentil + Smoked Sausage Soup Egg Salad Sandwich Salad  Cake	14 Fish Fingers Rice Pilaf Steamed Veggies  Apple Crisp
17 Beef Shepard's Pie Salad  Fresh Fruit & Yogurt	21 Vegetarian Pasta Bake Salad  Fresh Fruit & Yogurt
24 Cordon Bleu Casserole (Ham & Turkey) Salad  Jello	28 Beef Meatloaf Mashed Potatoes Steamed Veggies  Cake
	<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
2 <b>EASTER MONDAY</b>  <b>CENTRE CLOSED</b>	3 AM – Tai Chi & Stand Fit Hangman  PM- Centrepieces Shuffleboard Tenzi	4 AM – Sit Fit & Stand Fit Colour of Words  PM - Memory Match Seated Bowling Paper Craft	5 AM – Sit Fit & Stand Fit Scattergories  PM- Sequence Game Puzzles Tic Tac Toe	6 AM – Gentle Yoga/Stand Fit Pictionary  PM – Egg Painting Marble Challenge Table Bowling
9 AM – Sit Fit & Stand Fit Library Talk  PM – Chinese Calligraphy Bean Bag Toss Qwirkle	10 AM – Gentle Yoga/Stand Fit Word Find  PM – Seated Bocci Hats Off Connect Four	11 AM – Sit Fit & Stand Fit Number Patterns  PM – Potpourri Sachet Ping Pong Challenge Language Art Game	12 AM – Sit Fit & Stand Fit Word Couples  PM – Spring Windchimes Scrabble Carpet Toss	13 AM – Sit Fit & Stand Fit Colour Dice  PM – Croquet Poker Tetris
16 AM – Sit Fit & Stand Fit First to Fifty  PM – Coin Toss Trivia Checkers	17 AM – Sit Fit & Stand Fit Charades  PM – Ceramic Craft Tic Tac Toe Crosswords	18 AM – Gentle Yoga/Stand Fit Logic in Numbers  PM – <b>Mike's Critters</b>	19 AM – Sit Fit & Stand Fit Volunteer Appreciation  PM – <b>Crow City Singers</b>	20 AM – Sit Fit & Stand Fit Brain Game  PM – Target Bocci Sing-a-Long Spa Day
23 AM – Sit Fit & Stand Fit How to Say...  PM – Ladderball Card Bingo IPads	24 AM – Sit Fit & Stand Fit Mental Aerobics  PM – Target Bocci Shake Loose a Memory Dice Game/Jenga	25 AM – Sit Fit & Stand Fit 5 in a Row  PM – Sockhop Songs Make Ten Word Search	26 AM – Gentle Yoga/Stand Fit Vegetable Alphabet  PM – <b>Sergei Saratovsky Pianist</b>	27 AM – Sit Fit & Stand Fit Object Match  PM – Carpet Darts Request that Tune Animal Bingo
30 AM – Sit Fit & Stand Fit Math Game  PM – Basketball Dominoes Spring Craft				

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

Monday	Tuesday	Wednesday	Thursday	Friday	
2 <b>EASTER MONDAY</b>  <b>CENTRE CLOSED</b>	3 Sweet & Sour Chicken Rice Steamed Veggies  Fresh Fruit & Yogurt	4 Breaded Fish Yam & Potato Hash Steamed Veggies  Jello	5 <b>Special Easter Meal</b>	6 <b>Special Easter Meal</b>	
9 Lentil + Smoked Sausage Soup Egg Salad Sandwich Salad  Cake	10 Beef Stew Mashed Potatoes Steamed Veggies  Jello	11 Roasted Pork Lemon Potatoes Steamed Veggies  Fresh Fruit & Yogurt	12 Baked Chicken Pasta Salad  Tart	13 Fish Fingers Rice Pilaf Steamed Veggies  Apple Crisp	
16 Beef Shepard's Pie Salad  Fresh Fruit & Yogurt	17 Hawaiian Pork Stew Rice Steamed Veggies  Pudding	18 Chicken Jambalaya Steamed Veggies  Cake	19 Fish Pie Salad  Pear Crisp	20 Vegetarian Pasta Bake Salad  Fresh Fruit & Yogurt	
23 Cordon Bleu Casserole (Ham & Turkey) Salad  Jello	24 Butter Chicken Rice Steamed Veggies  Tart	25 Baked Salmon Mashed Potatoes Steamed Veggies  Pudding	26 Vegetarian Chowder Grilled Cheese Salad  Fresh Fruit & Yogurt	27 Beef Meatloaf Mashed Potatoes Steamed Veggies  Cake	
30 Teriyaki Chicken Drumsticks Rice Pilaf Steamed Veggies  Fruit Crisp					

## 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 John

## Event Highlights

**Easter Monday, Centre Closed**  
Monday, April 2nd

**Seniors' Health & Wellness Fair  
(Renfrew Community Centre)**  
Wednesday, April 4th (10-2 PM)

**Mike's Critters**  
Wednesday, April 18th

**Crow City Singers**  
Thursday, April 19th

**Sergei Saratovsky Pianist**  
Thursday, April 26th



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



# 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](http://www.chelseaparkbc.com)  
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver





## Shingles

Written by Carol

Shingles is a painful skin rash with blisters. It is caused by the *varicella zoster virus*, the same virus that causes chickenpox. For those who have had chickenpox, the virus can become active again later in life and cause shingles. Approximately 1 in 3 people will experience this skin rash in their lifetime. It is more common in people over 50 years of age and in those who have immune systems weakened by medication or disease.

Shingles usually appears as a rash on one side of the face or body lasting for about 2-4 weeks. Before the rash appears, some people may experience pain, itching or tingling of the skin. Other early symptoms include fever, headache, nausea, and chills. Unfortunately, the most common symptom is pain; 1 in 5 people experience severe pain that lasts months to years after the rash has cleared. This is known as Postherpetic Neuralgia. Rare complications of shingles include pneumonia, loss of hearing or vision, scarring, inflammation of the brain (Encephalitis) or in severe cases, death.

Shingles cannot be passed on from one person to another. However, it is possible for someone who has not had chickenpox or the vaccine to contract it from someone with shingles. This is uncommon though as it is only possible with direct contact of the fluid from the blisters.

帶狀疱疹患者會出現異常疼痛的皮疹和水泡。它是由水痘帶狀疱疹病毒引起的，這種病毒也會引發水痘。對於某些曾患水痘的人來說，這種病毒會在多年後再度活躍並引發帶狀疱疹。每3人中就有1人會在一生中患上帶狀疱疹。帶狀疱疹較常見於50歲以上、或因服藥或疾病而導致免疫系統功能減退的人士。帶狀疱疹患者通常在臉部或身體的一側出現皮疹。皮疹可持續2至4周。部分患者會在出疹之前感到皮膚疼痛、發癢或刺痛。其它早期症狀包括發熱、頭痛、噁心和畏寒。帶狀疱疹最普遍的症狀是疼痛，甚至可能是痠痛。每5名帶狀疱疹患者中，約有1名會在皮疹消退後數月甚至數年內仍可能感到痠痛。這種現象稱為帶狀疱疹後神經痛。帶狀疱疹的罕見併發症包括肺炎、失聰或失明、結疤、腦炎甚至死亡。您不會因為接觸帶狀疱疹患者而感染這一疾病。然而，如果您未曾患過水痘或未接種過水痘疫苗，便有可能因接觸帶狀疱疹患者而感染水痘。但這種情況並不普遍，且只有在直接接觸帶狀疱疹水泡內的液體後才有可能發生。





Program facilitated by Hilda

It was a lovely afternoon to reminisce on our favourite memories! Hilda led a stimulating conversation where seniors had the opportunity to reflect on a variety of topics including family, friends, past world events, occupations, and everyday life. We are always excited to have our seniors share their leadership skills, talents, and facilitate programs. If you have an idea for a program that you would like to share or lead, please let any of our staff know - we'd love to add it to the calendar and make it happen!

*"When you move out, you learn that you have to share; the world works by everyone getting along."*

**Hilda**

*"The best thing I can remember is when my grandparents would send a package from England during the 'dirty thirties.' Candies, books, and clothes from a store were a rare treat."*

**Muriel**

*"I thought that maybe I was the only one with that experience, but I realize I am not alone."*

**Henry**

*"I went to church every Sunday and I taught Sunday School from the age of 14. I learned to sit still for hours and that wasn't so easy to do."*

**Hilda**

## VOLUNTEER APPRECIATION

The work we do here at Renfrew-Collingwood Seniors' Society is driven by several forces: our staff, board members, seniors, and funders. However, our volunteers are truly the heart of the centre and this month, we would like to celebrate each and every one of them!

To our volunteers, we are deeply grateful for all that you do for us and the community. We are fortunate to have you here with us! **Thank you to our Board Members, Maryanne, Virginia, Jocelyn, Tracy, Aeden, Mia, Brooke, Fanny, Lund, Simarjot, Dominique, Mieko, Desmond, the Crow City Singers, Nootka Elementary Students, Windermere Secondary Students, and our Vintage Car Day Volunteers.**





Written by Cassandra

Did you guess **Wing Chan** for last month's "Guess Who" activity? Our dear friend doesn't seem to have aged much at all! Wing was born in Hong Kong and was the youngest of two. At the early age of 6, he and his family were forced to leave their home to flee from the political turmoil of the Japanese occupation. They made their way to Guangdong, China and eventually over to his father's village, Yan Ping. He recalls the journey to be a difficult one; economic and political hardships took a toll on countless families. He vividly described the fishing boats and shallow waters of the villages. Wing remembers the house that his dad built that is fortunately still standing to this day. He also remembers attending elementary school.

By 21, he was married. I asked Wing how he met his wife and he shyly responded that they were introduced by family and friends. Together, they had 2 sons and 2 daughters. They eventually returned to Hong Kong where he worked in the Air Conditioning Industry for 15 years. In 1973, Wing and his family immigrated to Vancouver. They visited Toronto for a short period of time as his father conducted business there long before they arrived.

Wing is now a grandfather of 6 grandsons and 1 granddaughter. He beamed with pride when he mentioned that the eldest has since graduated and is now working at UBC. On top of being a dedicated family man, he was a devoted Tai Chi practitioner. During the early 90s, his daily 8:00 AM morning routine consisted of a trip to Queen Elizabeth Park with his friends where they practiced Tai Chi. He was also an avid traveller! He took time to travel with his wife and friends across Europe, Australia and China. He brought a few photos of his travels to share with us and noted that photography was an important part of the journey for memory sake.

His happiest memories are now made here with his friends at the seniors' centre. Thank you for sharing your story with us, Wing! We are so glad to have you here. 我們很高興有你在這裡!



Yin, Nelly & You Hao enjoying the music



Nancy can sure brighten up any room!



A warm hello from Dora & Xiao Xian



Strategizing with Wing, Quoc Binh & Maricris



Helping hands - Henry, Elouise & Chun Yang



Eunice & Cui Ying relaxing in the afternoon



"Do I have the biggest score?!"



St. Patrick's Celebration with our CDP friends!



## Rose's Recpe

Written by Rose

Try out these tasty little treats!  
They're a great way to use up  
your mashed potato leftovers.

### Mashed Potato Muffins

Makes 6 servings

#### Ingredients

- 1 cup mashed potato leftovers
- 1 egg, beaten
- 1 tbsp olive oil
- 1 tsp dried onion flakes
- 1/4 tsp. salt
- Pinch of pepper (omit salt and pepper if you've already salted your potatoes)

#### Method

1. In a medium bowl, blend your mashed potatoes with all the ingredients. Mix really well.
2. The secret is in the baking! Preheat oven and your muffin tin. When it's ready and hot, spray oil or brush tin with oil. Divide batter evenly between 6 muffin tins.
3. Bake for 20-25 minutes.

Cheers,  
Rose



## April Birthdays

- Hans ~ 7
- Rina ~ 7
- Muriel ~ 7
- Henry ~ 15
- Sau ~ 21
- Chieu ~ 15





Long-time friends, Mary & Nina



Cool, calm, collected - Heinz, Betty & Margherita



We can always count on Hans & Modesto



Wanda is a Tetris Champion!



Maria & Rena enjoying a game of Dominoes



Playing "Keep" with Xiao Xian & Joan