

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

June 2018

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Happy Father's Day! 父親節快樂!

Thank you to all the great men and fatherly figures for all the love, support, and lessons you share with us and the community. We are very lucky and grateful to have you here at our centre! We look forward to celebrating with you and the arrival of summer.



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, Carmen

Editorial:

Donna, Christina, Cassandra, & Carmen

Hours:

Monday, Wednesday - Friday
8:30AM - 4:00PM

Tuesday
8:30 AM - 5:00 PM

Saturday
9:30AM - 2:30PM

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
June 2018 Newsletter

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Upcoming Workshops & Events

Join us in these upcoming workshops and events! Please confirm your attendance with us via email, phone or in-person.

1. Seniors Services Presentation - Tuesday, June 12th (2-4 PM)
Seniors, caregivers and family members are welcome to participate.
Get all your questions answered about Home Support, Respite Care, Assisted Living, and Long-Term Care.

2. Queer Competency Workshop - Wednesday, June 20th (3-5 PM)
Queer Competency Trainings are experiential workshops to help you understand diversity and make organizations more inclusive for queer, trans, Two-Spirit clients, staff, and senior community members.

Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



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Paul Hucul

Staff



Donna Clarke



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Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



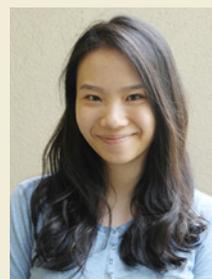
Joon Kim



Rose Smith



Cassandra Ly



Donna Zhu



Written by Donna

Happy Father's Day to all the wonderful men here at the Centre. It is an honour to serve such gentlemen and a privilege to have you take part in our program. I hope you are showered with the love and admiration that you deserve on this special day.

We are fortunate to also celebrate Aboriginal Day this month. Our long term elder, Rena will be highlighted at the ceremony and our beloved friend Doris will hopefully be able to make a special appearance with her daughter, Madeleine (our board chairperson). If she is not feeling up to it, we wish them both a lovely day too.

A warm welcome is in order for our summer student, Donna (I didn't think one of us was enough). As always, we look forward to the extra helping hands, but also giving another university student room to explore career opportunities and grow as an individual. There is no better place to learn about Adult Day Programs as we have the best participants, staff and volunteers. I am in France as I am writing this message enjoying a long-awaited trip back to the Riviera. I have been gone for two weeks now and believe me...I am starting to miss all of you. I look forward to seeing you again soon. Stay healthy and happy!

P.S. I hope "The Boys" have been behaving themselves. You all know who I am talking about. All is well.

SPECIAL ANNOUNCEMENTS

Step Out Lunch Outings

We are planning to organize three lunch outings to Trolls in Horseshoe Bay this summer, but due to rising costs, we can no longer subsidize last minute cancellations. If you are booked on a Step Out, we will require 48 hours notice for cancellation otherwise the cost of the outing will be charged to your monthly bill. The cost for the bus and lunch including dessert and beverage will remain \$18.00. If you have any questions or concerns, please speak to Donna.

New Payment Method – Interac E-Transfer

We are pleased to announce that we have implemented a new payment method for online banking users. If you are familiar with E-Transfer methods already, *please send the payments to rcss@rencollseniors.ca* and let us know of the password either through phone or a separate email. Please refer to the following steps below to send money through Interac E-Transfer:

1. Log in to your financial institution's online or mobile banking and navigate to Interac e-Transfer Send Money.
2. Select the account you would like funds transferred from.
3. Add or select a contact and fill out the name and e-mail address (rcss@rencollseniors.ca) or mobile phone number of the person you wish to send money to.
4. Type in the specified amount you are sending, along with a personalized message. Enter a security question and answer.
5. The recipient will receive a notification and can deposit the funds to their account through their online or mobile banking.



Xiao Xian & Chieu are royal wedding ready!



Henry, Rose & Rena celebrate Mother's Day!



Our friend, Lee and Faith serenades the crowd



Lovely High Tea Desserts with Hilda & Eunice

GUESS WHO



Clues by Cassandra

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's been participating in our program for more than 5 years!

Clue #2: His daily routine consists of a walk around the neighbourhood.

Clue #3: He's an avid gardener and kindly shares his beautiful flowers and produce with the centre.

COMMUNITY DAY PROGRAM CALENDAR & MENU

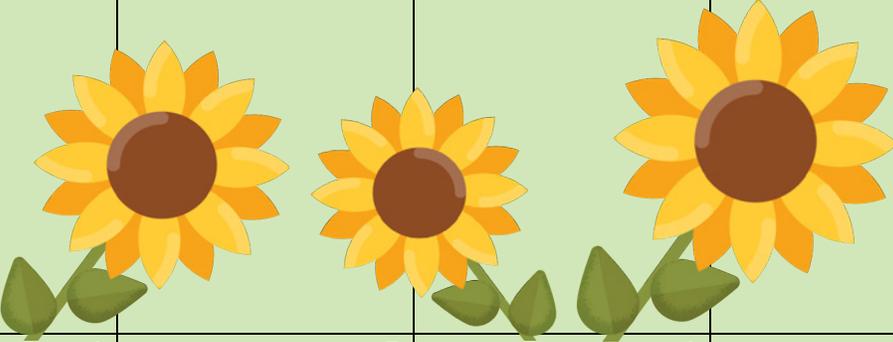
Tuesday (3PM-6PM)	Saturday (10AM-2PM)
CALENDAR	2 AM – Summer Safety (Hydration & Heat Management) PM - Bingo
5 PM – Target Darts	9 AM – Beaded Garden Art PM - Bingo
12 PM – Tenzie	16 AM – Memory Match PM – Bingo
19 PM – Coin Toss	23 AM – Hawaiian Luau (Pineapple/Coconut Bowling) PM – Bingo
26 PM – Name That Taste	30 PM – Canada Day Celebration PM – Bingo



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
MENU	2 Hawaiian Pork Meatballs Rice Asian Veggies Pina Colada Smoothie
5 Veggie Lasagne Salad Strawberry Sundae	9 Thai Fish Cakes Asian Noodle Salad Broccoli Jello
12 BBQ Chicken Warm Veggie Salad Smoothie	16 Ham & Pea Soup Scone Salad Cake
19 Butter Chicken Rice Steamed Greens Smoothie	23 Vegetarian Lentil Burger Potato Salad Fresh Fruit
26 Baked Fish Coconut Rice Steamed Greens Jello	30 Turkey Meatball Pasta Salad Smoothie

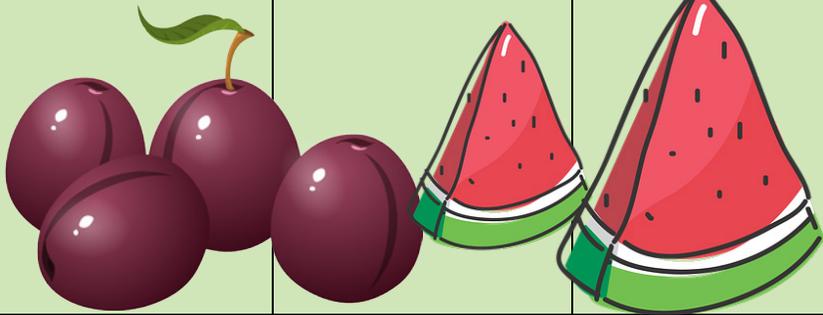
Drop-Ins Welcome!

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				AM – Gentle Yoga/Stand Fit Summertime PM – Marble Challenge Centrepieces Puzzles
4	5	6	7	8
AM – Gentle Yoga/Stand Fit Shape Patterns PM – Bean Bag Toss Window Painting Table Bowling	AM – Sit Fit & Stand Fit First to Fifty PM – Seated Bocci Checkers Shake Loose a Memory	AM – Sit Fit & Stand Fit Dress Up Memories PM – Request That Tune Tetris Crosswords	AM – Sit Fit & Stand Fit Television Trivia PM – Evergreen Trio	AM – Sit Fit & Stand Fit Connect Four PM – Dominoes Vision Boards Creative Expression
11	12	13	14	15
AM – Sit Fit & Stand Fit Library Talk PM – Shuffleboard Superhero Craft Qwirkle	AM – Sit Fit & Stand Fit Word Chains PM – Card bingo Word Search I-Spy	AM – Sit Fit & Stand Fit More or Less PM – Vintage Car Day	AM – Sit Fit & Stand Fit High/Low PM – Carpet Toss Tenzi Walker Tags	AM – Sit Fit & Stand Fit Bump It PM – Carpet Darts Clay Craft Dice Game
18	19	20	21	22
AM – Sit Fit & Stand Fit Numero Balloono PM – Community Connection Windermere SS	AM – Sit Fit & Stand Fit Memory Game PM – Tic Tac Toe Flower Pot Craft Connect Four	AM – Sit Fit & Stand Fit Patterns PM – Basketball Language Art Card Games	AM – Sit Fit & Stand Fit Coast Salish Stories PM – Aboriginal Day Celebration	AM – Sit Fit & Stand Fit Name That Tune PM – Nootka Choir Performance
25	26	27	28	29
AM – Sit Fit & Stand Fit 2 True 1 False PM – Adrian Verdejo Guitarist	AM – Tai Chi & Stand Fit Scattergories PM – Step Out To Trolls	AM – Sit Fit & Stand Fit How Many Are There? PM – Ladderball Spa Day I-Pads	AM – Sit Fit & Stand Fit Word Couples PM – Crow City Singers	AM – Gentle Yoga/Stand Fit Oh Canada PM – Canada Day Celebration

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 style="text-align: right;">1</p> <p>Hawaiian Pork Meatballs Rice Asian Veggies</p> <p>Pina Colada Smoothie</p>
<p style="text-align: right;">4</p> <p>Veggie Lasagne Salad</p> <p>Strawberry Sundae</p>	<p style="text-align: right;">5</p> <p>Italian Wedding Soup Grilled Cheese Salad</p> <p>Pudding</p>	<p style="text-align: right;">6</p> <p>Chicken Chow Mein Asian Greens</p> <p>Smoothie</p>	<p style="text-align: right;">7</p> <p>Beef Spaghetti Kale Caesar Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">8</p> <p>Thai Fish Cakes Asian Noodle Salad Broccoli</p> <p>Jello</p>
<p style="text-align: right;">11</p> <p>BBQ Chicken Warm Veggie Salad</p> <p>Smoothie</p>	<p style="text-align: right;">12</p> <p>Veggie Meatloaf Mashed Potatoes Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">13</p> <p>Fish Fingers Pasta Salad Steamed Veggies</p> <p>Jello</p>	<p style="text-align: right;">14</p> <p>BBQ Pork Ribs Coleslaw Potatoes</p> <p>Strawberry Shortcake</p>	<p style="text-align: right;">15</p> <p>Ham & Pea Soup Scone Salad</p> <p>Cake</p>
<p style="text-align: right;">18</p> <p>Beef & Vegetable Soup Scone Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">19</p> <p>Butter Chicken Rice Steamed Greens</p> <p>Smoothie</p>	<p style="text-align: right;">20</p> <p>Turkey Burger Lemon Potatoes Steamed Veggies</p> <p>Cake</p>	<p style="text-align: right;">21</p> <p>BBQ Salmon Wild Rice Steamed Veggies</p> <p>Blueberry Pie</p>	<p style="text-align: right;">22</p> <p>Veggie Lentil Burger Potato Salad</p> <p>Fresh Fruit</p>
<p style="text-align: right;">25</p> <p>Baked Fish Coconut Rice Steamed Greens</p> <p>Crisp</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Step Out To Trolls</p>	<p style="text-align: right;">27</p> <p>Vegetarian Soup Egg Salad Sandwich Salad</p> <p>Fresh Fruit</p>	<p style="text-align: right;">28</p> <p>Turkey Meatball Pasta Salad</p> <p>Smoothie</p>	<p style="text-align: right;">29</p> <p>Chicken Stir Fry Noodles Steamed Veggies</p> <p>Cake</p>

Programs We Run 我們提供的服務

Adult Day Program 成人日間活動

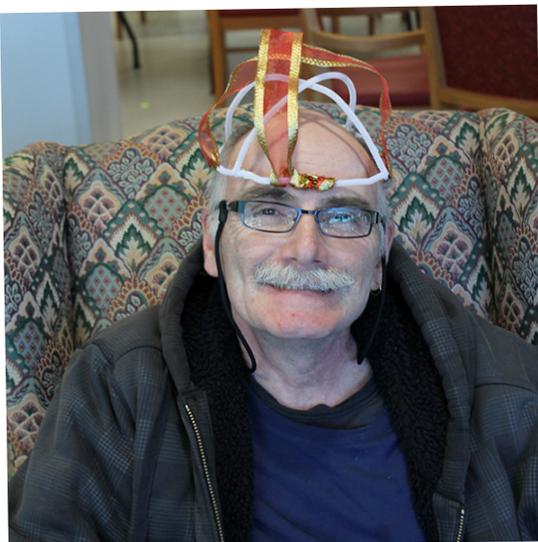
Assisting seniors who require support because of health related issues. 協助那些因健康問題而需要支助的長者。
(Every Monday through Friday)
(星期一到星期五。)

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。



Prince Steven graces us with his presence

Event Highlights

Evergreen Trio

Thursday, June 7th

Vintage Car Day

Wednesday, June 13th

Community Connection Windermere SS

Monday, June 18th

Aboriginal Day Celebration

Thursday, June 21st

Nootka Choir Performance

Friday, June 22nd

Adrian Verdejo Guitarist

Monday, June 25th

Step Out To Trolls

Tuesday, June 26th

Crow City Singers

Thursday, June 28th

Canada Day Celebration

Friday, June 29th

HAPPY
FATHER'S
DAY



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





Stay Healthy During the Summer

Written by Carol

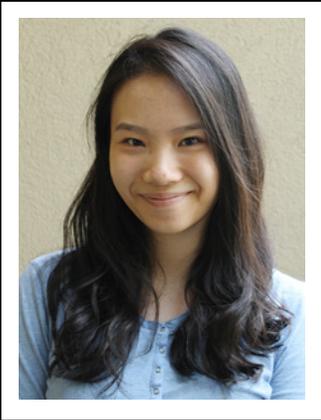
With summer almost upon us the days are longer, the weather is warmer and there are plenty of outdoor activities to choose from. However, with higher temperatures, this can pose some serious health threats if the proper precautionary measures aren't taken. This is even more important when it comes to aging adults. Seniors are more sensitive to environmental changes because their defenses are not as strong as they used to be and their bodies can't adjust to high temperatures as well and as quickly as before. Also, seniors are more likely to

become dehydrated. Dehydration may increase the risk of a serious cardiovascular event like a heart attack, stroke, or even kidney failure. As a result, it is extremely important to consider the following tips to ensure you stay safe and healthy in the midst of this upcoming summer heat:

1. Stay hydrated. Drink plenty of water, clear juices, and other liquids that don't contain alcohol or caffeine. All forms of alcohol and coffee are diuretics, flushing much-needed water from the body, and causing mild dehydration in the process.
2. Dress right. Whenever you can, try wearing loose, light-colored clothes (dark-colored clothes absorb heat) and natural fabrics such as cotton (which are cooler than synthetic fibers).
3. Rub on sunscreen and wear hats when outdoors. Always make sure that your exposed skin is protected from the harmful, cancer-causing effects of the sun. Also, make sure that your sunscreen hasn't expired since last summer.
4. Protect your eyes. Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
5. Plan outdoor activities for the cool parts of the day. If possible, wait to go out until the sun starts to set or until early the next morning. It's usually easier to stay cool than to cool down again after getting overheated. When it's hot, use a fan or air conditioner. Have a healthy and enjoyable summer!

一年一度的夏季即将到来，白天变得更长，天气也越来越热，并有许多户外活动可供选择。但如果不采取适当的预防措施，高温和强光也有可能对身体健康造成威胁。这一点对于老年人更为重要。随着年龄的增长，老年人机体的防御和适应高温能力也远不如以前了，因此他们对环境和温度的变化更为敏感且更易发生机体脱水。脱水又可能会增加中风，肾功能衰竭和心脏病等严重疾病发作的风险。因此，为确保度过一个健康，安全且有趣的夏季，请大家尽量坚持下列健康的夏季生活方式：

1. 补充足够的水分。喝大量的水，果汁和其他不含酒精或咖啡因的液体。避免酒精和咖啡，因其利尿作用可致体内所需的水分丢失而引起轻微脱水。
2. 正确穿衣。无论何时，尽量穿宽松浅色衣服（深色衣服吸收热量）和天然织物如棉，麻和绸（其比合成纤维更凉爽）。
3. 外出要涂防晒霜并戴帽子。保护暴露的皮肤免受太阳有害致癌的影响。另外注意防晒霜不要过期。
4. 保护眼睛。老年人的眼睛大部分都会出现一些眼疾，视力减退是普遍的现象。太多的太阳照射会刺激眼睛并导致进一步的损伤。戴太阳镜可以保护眼睛免受有害的紫外线的过度照射并保护视力。
5. 合理安排户外活动时间。如果可能的话，尽量等太阳开始降落或者早晨太阳升起之前外出。天气炎热时，可短时使用风扇或空调。祝大家度过一个健康愉快的夏季！



Written by Donna Zhu

Hello! My name is Donna and I am an Arts Co-op student at UBC! I have a huge love for figure skating, greek mythology, and comic books, so if given the occasion, I will speak your ear off on these topics! Intersectionality and diversity work is also very important to me, so being able to work at Renfrew-Collingwood Seniors' Society and being able to meet you all is truly an amazing opportunity!! :) I am excited to learn and to grow alongside you all! Thank you!

CAREGIVER CORNER



Family Caregivers of British Columbia

Here at the Renfrew-Collingwood Seniors' Society, 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:

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. CBC Article - Online project highlights needs of B.C.'s 1 million caregivers - *"More than one million British Columbians are caregivers to a friend or family member in need — and many end up sacrificing their own health looking after a loved one. A recent report from B.C.'s Office of the Seniors Advocate found that more than 30 per cent of caregivers are feeling distressed in their role and unable to keep up."* Continue reading at: www.cbc.ca/news/canada/british-columbia/stories-for-caregivers-website-1.4532375

3. Stories for Caregivers - Hear from others and share your story: www.storiesforcaregivers.com





Written by Wai Yee
Member Profile: You Hao

If you guessed You Hao as our client in last month's "Guess Who" activity, you are correct!

Let's get to know You Hao a little better. She came from a hard working and humble family in China. She is an elder sister to a brother who is still living in China with his own family. You Hao grew up working on a farm and came to Canada in 1986 with her husband and sons. You Hao's daughter came to Canada before the rest of the family and wanted the whole family to be together. After arriving in Canada, Yao Hao and her husband continued to work in a Chinese restaurant for a few years before retiring and caring for their grandchildren.

You Hao is an expert in growing vegetables and still has a garden at her home in Vancouver. Her extended family now includes 11 grandchildren with the youngest granddaughter who is 21 years old. You Hao did Tai Chi for many years and loves to exercise. It is her favourite program here at the centre. You Hao, thank you for being part of our RCSS family!





Hello from You Hao, Ruby & Wing!



All smiles with Alice & Antonia



Afternoon tea with Lily, Kim & Chee Wah



Wanda & Modesto enjoying a game of Tenzi



Elouise is rocking a royal colour!



Table game fun with Joan & Neda



Rose's Recpe

Written by Rose

Smoothies are a great way to get one's daily dose of fruit and vegetables. They're a fun way to play with flavours. If you are trying to boost the nutritional value, go ahead and add a leaf of kale or a

handful of spinach - you will hardly know it's there! The method is the same for both smoothies.

Peach Mango Smoothie

Ingredients

- 1/2 cup water
- 1/2 mango, peeled and pitted
- 1 medium peach, halved and pitted
- 2 pitted dates or 1 tbsp honey
- 1 cup ice cubes (omit if using frozen fruit)

All Green Smoothie

Ingredients

- 1/2 cup water
- 1/2 cup pineapple juice
- 1 1/2 cups green grapes
- 1/4 bartlet pear
- 1/4-1/2 avocado
- 1 broccoli floret
- 1/2 cup fresh spinach
- 1 cup ice cubes

Method

1. Place all the ingredients into a blender in the order given.
2. Start the blender on low then slowly increase the speed to high.
3. Blend on high until the ingredients are very well blended and evenly smooth.

Cheers,
Rose

June Birthdays

- Beatriz ~ 3
- Alice ~ 11
- Peggy ~ 17
- George ~ 19
- Nuong ~ 19
- Wing ~ 22
- John P. ~ 24
- Joe ~ 25



Birthstone: Pearl, Moonstone & Alexandrite

Zodiac Sign: Gemini

Flower: Rose





Maria & Joe are RCSS Royalty!



100% concentration with Neda & Betty



Happy Summer from Nuong, Ha & Kay!



Good pals, Hilda & Mae



Edward strategizes with Nancy



John & May "shaking" loose some memories