

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

August 2018

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Starting our day right with exercise

Stay cool this summer

We have been blessed with gorgeous weather - the sky's clear, the sun is shining, and everyone is eager to enjoy the outdoors! Check in on your loved ones, your friends, and your neighbours. Prolonged heat exposure can be detrimental. Most importantly, stay hydrated by drinking plenty of water.



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

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
August 2018 Newsletter

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Come in for a Walker Assessment!
Wednesday, August 15th at 1:00 PM

We've invited a technician from Self Care Home Health Products to assess the safety and overall condition of your walker. They will check your brakes/wheels and offer a written quote on the cost to repair it, if needed.

Please let us know if you're interested in coming by calling us at 604-430-1441.



Board of Directors



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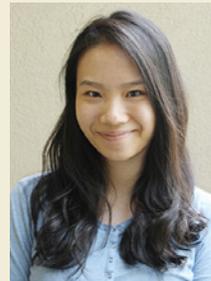
Joon Kim



Rose Smith



Cassandra Ly



Donna Zhu

Written by Donna



Another beautiful summer. Around here, safety is our key concern, so please drink lots of non-alcoholic beverages and stay out of the sun unless you have a hat and sunscreen splashed all over your exposed skin.

Walker Safety Assessments will take place on Wednesday, August 15th at 1:00. We have arranged a technician from Self Care Home Health Products to come in and check your brakes, wheels and overall condition of your walkers. There are so many walkers being used here by clients that would not pass a "road test". To make it easier

on all of you, this seemed like the best way to deal with this chronic problem. After the technician assesses your walker, they will give you a written quote on the cost to repair it. There is no obligation to get it repaired, but at least you will know if it is cheaper to repair or replace. Let us know if you are interested. Thank you for welcoming all the students here over the last few months.

We had several, I know, but it is so important for them to get some practical experience. The care aides, nurses and recreation workers were all so grateful for their time here and especially appreciated how open and helpful you were to them. I love that we are a teaching facility and I am always amazed how supportive you are to these young adults.

"The Seniors Pod" is nearing completion. Our local carpenter, Robert and assistant Angus did an awesome job with putting a few posts and cedar planks together to create a lovely sitting area for the seniors in our neighbourhood. Robert mentored a few young lads from Windermere High School; Conrad, Marcello and Mitchell who worked so hard to meet the deadlines. I suspect they learned a few skills along the way. Good work on everyone's part!

Next up is the artist's installation and we are brainstorming ideas with Yoko, our long-time friend and local artist. It'll be exciting to see what we come up with, but I am certain it will be impactful.

Over the next couple of weeks while the weather is nice, we will have some programs outside in the Senior's Pod. It's all for you, so enjoy!

We had an exciting project approved by SMART Fund. We will be working with the Kingsway Continental to offer similar programs to ours, but at their site. A little expansion to our services and the hope is once the six-month pilot project is complete, they will start coming here. We also received the Homeless Awareness Grant to work with Windermere High School to do the usual yearly projects like clothing drives, Christmas socks and communal meals.

We are doing all this community work because it makes a difference in all our lives. Sometimes we give and sometimes we receive. Apparently, that is why we have two hands, I was told by a wise old man. Our organization is in a very healthy position and who better to receive our support than other seniors and people who are transitioning from being homeless.

All is well!
Donna



Pu Rong, Henry & May enjoying a game of Keep



Enjoying great music with friends



A creative session with Pui Ling & Elouise



RCSS Green Thumbs, Margherita & Ciro

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: She was a sewer/dressmaker for most of her life.

Clue #2: To this day, she is an avid churchgoer with her family.

Clue #3: She enjoys coming to the centre in her very fashionable outfits!

COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)	Tuesday (3PM-6PM)	Saturday (10AM-2PM)
CALENDAR	AM – Bean Bag Toss PM - Bingo	MENU	Fish Cakes Potatoes Veggies Smoothie
PM – Seated Bocci	AM – Jewelry-Making PM - Bingo	Beef Meatballs "Rainbow" Quiche Salad Fresh Fruit	Paprika Chicken Rice Salad Cake
PM – Family Feud	AM – Cancer Awareness/ Shuffleboard PM – Bingo	Tuna Casserole Salad Zucchini Loaf	Beef & Cabbage Casserole Salad Fresh Fruit
PM – Name That Taste	AM – Coin Toss PM – Bingo	Moroccan Chicken Quinoa Salad Fresh Fruit	Cauliflower Soup Piroshky Salad Banana Bread
PM – Newsletter Quotes		Chef's Special	



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	3
		AM – Sit Fit & Stand Fit Scattergories PM – Shuffleboard Centrepieces Crazy 8's	AM – Sit Fit & Stand Fit Roll an Ice Cream PM – Carpet Toss Puzzles Paper Mache	AM – Sit Fit & Stand Fit Card Challenge PM – Croquet Make Ten
6	7	8	9	10
BC Day Centre Closed	AM – Sit Fit & Stand Fit Memory Game PM – Carpet Darts Table Bowling	AM – Gentle Yoga/Stand Fit Hangman PM – Marble Challenge Thank You Cards Bump It	AM – Sit Fit & Stand Fit Health Talk - Eyes PM – Basketball iPads Card Games	AM – Sit Fit & Stand Fit Connect 4 PM – Evergreen Trio
13	14	15	16	17
AM – Sit Fit & Stand Fit Threesies PM – Seated Bowling Carpet Toss	AM – Sit Fit & Stand Fit Languages PM – Ladderball Dice Game/Jenga Summer Sorting	AM – Sit Fit & Stand Fit 4 in a Row PM – Checkers Rainbow Cloud Craft Twister Bean Bags	AM – Gentle Yoga/Stand Fit Charades PM – Minute to Win It Mad Libs Calligraphy	AM – Sit Fit & Stand Fit Picture Match PM – Target Bocci Bird Houses Yahtzee
20	21	22	23	24
AM – Sit Fit & Stand Fit Library Talk PM – Tic Tac Toe Qwirkle Snakes and Ladders	AM – Tai Chi & Stand Fit Charades PM – Request That Tune Seated Darts Art Fun	AM – Sit Fit & Stand Fit Dress Up Differences PM – Carpet Darts Shake Loose a Memory Memory Game	AM – Sit Fit & Stand Fit Scattergories PM – Seated Bocci Scrabble Scrapbooking	AM – Gentle Yoga/Stand Fit Guess that Pizza PM – Card Bingo Language Art Dominoes
27	28	29	30	31
AM – Gentle Yoga/Stand Fit Brain Game PM – Coin Toss Fabric Flowers Connect Four	AM – Sit Fit & Stand Fit Sensory Words PM – Bean Bag Toss Tetris Mandalas	AM – Sit Fit & Stand Fit Picture Differences PM – Tenzi Word Search Armchair Travel	Step Out to TROLLS	AM – Sit Fit & Stand Fit High/Low PM – Sing-a-Long Creative Expression Animal Bingo

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>Hoisin Pork Rice Stir Fried Veggies</p> <p>Crisp</p>	<p>2</p> <p>Spaghetti Beef Meatballs Salad</p> <p>Cake</p>	<p>3</p> <p>Fish Cakes Potatoes Veggies</p> <p>Smoothie</p>
<p>6</p> <p>BC Day</p> <p>CENTRE CLOSED</p>	<p>7</p> <p>Beef Meatballs "Rainbow" Quiche Salad</p> <p>Fresh Fruit</p>	<p>8</p> <p>Sweet 'n Sour Pork Rice Steamed Veggies</p> <p>Jello</p>	<p>9</p> <p>Lentil & Smoked Sausage Soup Egg Salad Sandwich Salad</p> <p>Smoothie</p>	<p>10</p> <p>Paprika Chicken Rice Salad</p> <p>Cake</p>
<p>13</p> <p>Tuna Casserole Salad</p> <p>Zucchini Loaf</p>	<p>14</p> <p>BBQ Chicken Thighs Scalloped Potatoes Salad</p> <p>Smoothie</p>	<p>15</p> <p>Budapest Veggie Soup Scones Salad</p> <p>Fresh Fruit</p>	<p>16</p> <p>Caribbean-Style Fish Rice Steamed Veggies</p> <p>Jello</p>	<p>17</p> <p>Beef & Cabbage Casserole Salad</p> <p>Fresh Fruit</p>
<p>20</p> <p>Moroccan Chicken Quinoa Salad</p> <p>Fresh Fruit</p>	<p>21</p> <p>Veggie Lasagna Salad</p> <p>Jello</p>	<p>22</p> <p>Baked Fish with Leeks Rice Steamed Veggies</p> <p>Pie</p>	<p>23</p> <p>Beef Stew Mashed Potatoes Steamed Veggies</p> <p>Smoothie</p>	<p>24</p> <p>Cauliflower Soup Piroshky Salad</p> <p>Banana Bread</p>
<p>27</p> <p>Chef's Special</p>	<p>28</p> <p>Chef's Special</p>	<p>29</p> <p>Chef's Special</p>	<p>30</p> <p>Chef's Special</p>	<p>31</p> <p>Chef's Special</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

BC Day (Centre Closed)
Monday, August 6th

Evergreen Trio
Friday, August 10th

Step Out to Trolls
Thursday, August 30th



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



Thank you for your donation, Frank!



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





2 True 1 False

Program coordinated by Faith

Here's an opportunity to learn more about our seniors! Can you guess which two statements are true and which is false? Stayed tuned for next month's newsletter to find out if you got them right or wrong! If you have any suggestions for programs you would like to see happen or if you're interested in leading them, please be sure to let us know.

Frank:

1. Broke his arm trying out for gymnastics
2. Came in 4th place during Olympic Biathlon tryouts
3. Loves Tomatoes

John:

1. He has a twin sister
2. In his youth, he swam from Kowloon to Hong Kong
3. Worked on a submarine

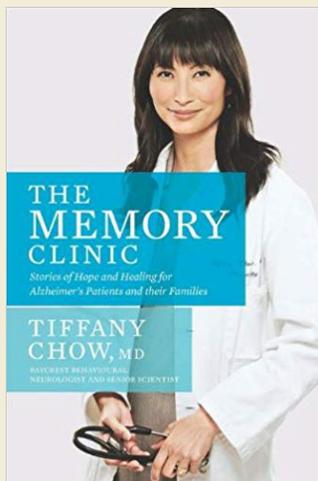
Edward:

1. Was a sailor in his youth
2. Speaks English, Fijian, Hindu, Chinese and some German
3. Was a Mechanic

THANK YOU, CARMEN!

Our friend and colleague, Carmen has been part of the RCSS Staff Team for 2.5 years. She first started off as a casual activity worker and transitioned into a full-time position not long after. Since then, she's been leading the Saturday Community Day Program. Carmen is moving on to another role and although she will be dearly missed, we are incredibly proud of her and excited to see what the future holds! On the behalf of everyone here at RCSS, thank you for all that you have done for us, Carmen. We love you dearly and wish you the best of luck!

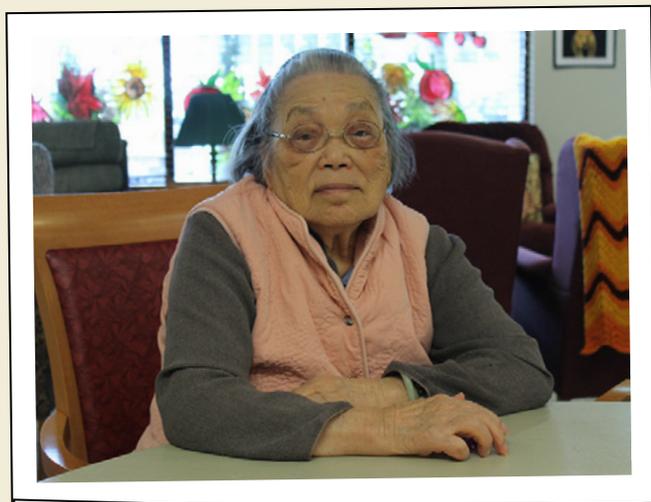




Here at the Renfrew-Collingwood Seniors' Society, it is very important for us to provide caregivers with helpful resources and ongoing support. If you have any questions or thoughts as to how we can better support you, your loved ones or a friend who you know is in a caregiving role, please do not hesitate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

1. *The Memory Clinic: Stories of Hope And Healing For Alzheimer's Patients And Their Families* by Dr. Tiffany Chow - Dr. Tiffany Chow offers knowledge and hope for an illness where there is, as yet, no cure. "This book is a summary of what I've learned through my research or from my colleagues about prevention and management of dementia," says the empathetic doctor. "Even where there is a family history of Alzheimer's disease, people at risk can do things to prevent its

Tonset or progression." Through her grandmother Ah Quan, born in 1906 in Hawaii of Chinese ancestry, Chow has a genetic legacy of Alzheimer's disease. Comparing her life with her grandmother's, she probes what she and other women can do to mitigate the impact of genetics through nutrition, exercise, and through the concepts of cerebral reserve and brain plasticity. But it is in her front-line role managing the suffering caused by dementia and aiding caregivers where Chow's compassionate voice is most inspiring. *The Memory Clinic* is instructive and reassuring, and is a fascinating guide through the mysterious twists of the brain.



Written by LT Le, BCIT Nursing Student

Member Profile: Edward Fong

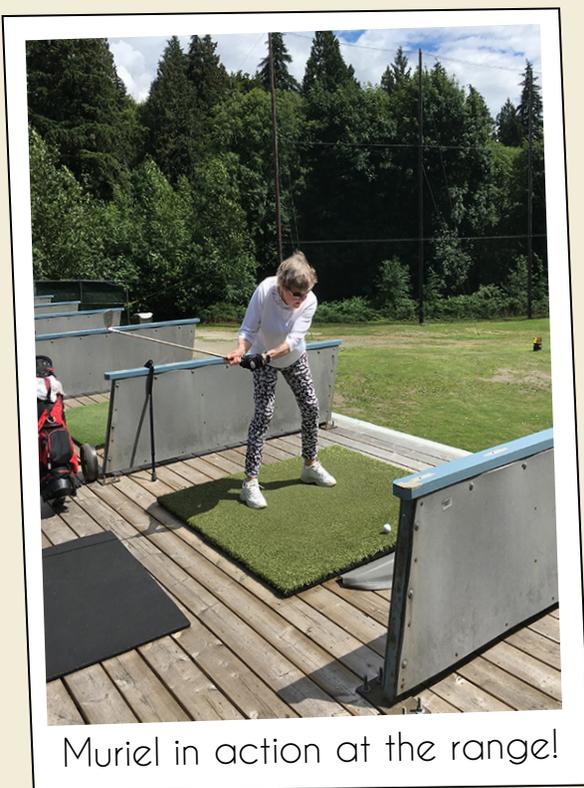
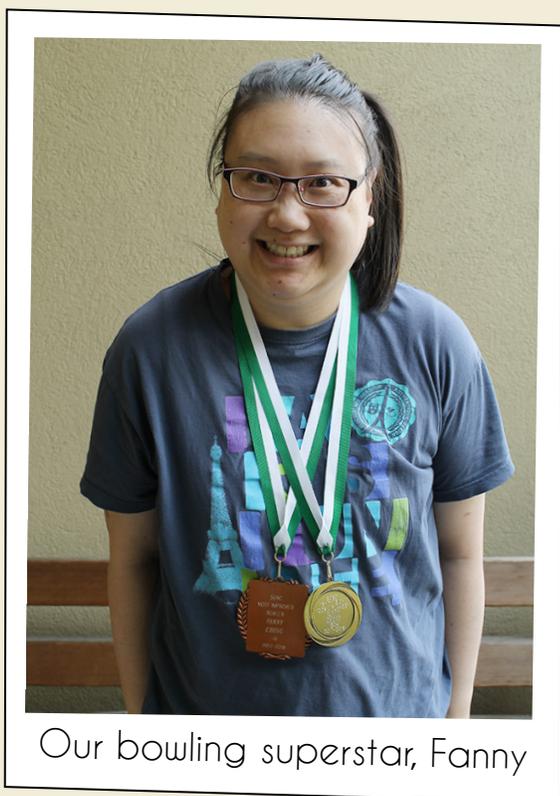
Bula! Is “hello” in Fijian.

If you guessed Edward as our last month’s “Guess Who” activity, you are correct! Our affable Edward was born in the Republic of Fiji (also known as the beautiful Fiji Islands) and is the second eldest of nine children – six boys and 3 girls. Edward describes his memory of Fiji as a “fun and beautiful place to live” and remembers how homes were made of grass huts. He recalls living through a lot of hurricanes as well. Life in Fiji was difficult back then as the main means of employment was fishing, harvesting coconuts, and working on sugarcane fields.

In 1969, Edward decided to move to to Vancouver with his wife to explore better career opportunities. Here, he obtained a job as a car mechanic and had two sons and one daughter. Can you believe that Edward was a mechanic for 40 years?! That is an amazing achievement Edward! Now, Edward spends his free time fixing cars along with any fixer upper projects around his house.

Unfortunately, Edward’s wife and son passed away but he is blessed with and extended family of three grandchildren. Edwards loves to travel and has been on cruises to the Caribbean, Mediterranean, and Panama. Although Edward is fairly new to the centre, he enjoys spending his time here exercising and making new friends.

Vinaka (thank you) Edward for sharing your story with us!





Hello from Ju & Nancy



Singing superstars, Lam & Jocelyn



Teamwork at its finest!



Social time with Alfreda & Betty



Andy, Marivic & Elouise are "busy bees!"



"Are you telling the truth or is it a lie?"



Rose's Recipe

Written by Rose

Summertime is BBQ Time! I love to cook outside and smell the grill. Most of us who are housebound will not partake in outdoor cooking; it's a lot of work. The following are a few tips on how you can get the BBQ flavour and smells in your meals.

BBQ Without a BBQ (recipes make 1 cup)

Tip #1: Consider purchasing a panini grill. This is a fabulous multi-use tool. The prices vary between \$50-\$200 based on size. These unique grills can cook almost everything really fast because they heat from both sides! You can cook potatoes, veggies, meat, even eggs.

Tip #2: Seasoning your food will give it a BBQ flavour. Marinate seasoned food in a plastic bag with oil. Make your own low-salt/low-sugar spice blend. Try this BBQ dry rub recipe.

- 2 tablespoon brown sugar
- 1/4 cup paprika
- 2 tablespoon chili powder
- 1 tablespoon cumin
- 2 tablespoon salt or less
- 2 tablespoon black pepper

Tip #3: Consider adding a few drops of natural liquid smoke. The mesquite flavour is my favourite. Add it to your food while marinating.

Tip #4: Use your oven and roast your marinated food slowly at a temperature of 275-325 degrees Fahrenheit. It may take longer, but it keeps the natural juices in your food and increases the flavour. Brush BBQ sauce on the last 10 minutes of roasting.

- 1/3 cup ketchup
- 1/4 cup cider vinegar
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1/4 cup brown sugar
- 1/2 tablespoon dry mustard
- 1 tablespoon chili powder
- 1/4 teaspoon ground ginger
- 1 garlic clove, minced
- 1 tablespoon vegetable oil
- 1 tablespoon lemon juice
- 1 teaspoon liquid smoke (optional)

Put all ingredients in a pot and simmer 5 minutes. This sauce will keep for 2 weeks in the fridge.

August Birthdays

Hilda ~ 8
 Alice T. ~ 14
 Quoc Binh ~ 16
 Frank ~ 17
 John M. ~ 19
 Juanita ~ 21
 May E. ~ 26

CDP Friends

Chee Wah ~ 27

Birthstones: Peridot & Sardonyx

Zodiac Signs: Leo & Virgo

Flowers: Gladiolus & Poppy





Dominic shares his experience with Marivic



Marian is hard at work!



Tracy takes great care of all our seniors



Ju, Lam & Maria are dominoes enthusiasts



Bookworms, Richard & Modesto



All smiles with Hilda & Joel!