

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE  
蘭菲高靈活耆英會

# NEWSLETTER



October 2018

2970 East 22nd Avenue, Vancouver, BC

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



### Happy Fall!

The brisk, chilly weather of Fall is back and we couldn't be more excited for what's to come. We love celebrating Halloween and we'll be ready to "spook your socks off." How many of these spider friends can you find in the newsletter? A very Happy Thanksgiving to you and your loved ones! 



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 42 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, Maricris, Cassandra, Rose, Kate

**Editorial:**

Donna, Christina, & Cassandra, Faith

**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  
**October 2018 Newsletter**

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**Attention: Society Members**

The 41st Annual General Meeting of Renfrew Collingwood Seniors' Society will be held on:

**Saturday, November 17th, 2018 at 11:00 AM**  
at Renfrew Collingwood Seniors' Society  
(2970 East 22nd Avenue, Vancouver, BC)

If anyone with a Caregiver background is interested in running for the Board of Directors, please contact Nominating Committee Chairperson Tara Abraham at rcssboard@gmail.com or call 604-430-1441.



# 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



Kate Olivares



Maricris Negrana



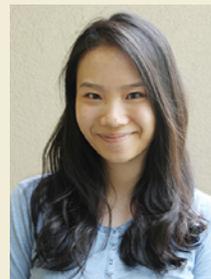
Joon Kim



Rose Smith



Cassandra Ly



Donna Zhu



Thanksgiving is just around the corner. We are taking the time to reflect and count our blessings as we all have a lot to be grateful for. "Thank you" is a simple statement, but can carry such great power and impact many people on a deep level. Other than words, we can express our gratitude in many ways including spending quality time with our loved ones and offering positive affirmations to friends and even strangers. What about you? Is there anything you are thankful for today?

Thank you ~ Merci ~ 謝謝 (Xie xie) ~ Gracias ~ Grazie ~ Cảm On ~ Salamat ~ Obrigado ~ Danke ~ Terima kasih ~ 고맙습니다 ~ ε υ χ α ρ ι σ τ ώ ~ Спасибо ~ Dhanyavaad ~ Arigato

*"I am so grateful for all the people in my life and the love and laughter they bring to me each day. It is a constant reminder that every moment is precious." - Christina*

*"I am deeply grateful for the unwavering love and support my family, friends, colleagues, and community generously show to me. I learn about strength, respect, compassion, and funny jokes from them everyday!" - Cassandra*

*"Every year, it's difficult to narrow down the things I am grateful for into a few items. I'm so thankful for my family, friends, safe environment, and of course, working here and knowing everyone at Renfrew-Collingwood!" - Kate*



*"I'm grateful with my life as I have supportive and loving parents. They understand and celebrate how far I have come and never judge me on how far I still have to go. I'm also grateful with my RCSS family where in one way or another they are behind me during my lowest moments." - Maricris*

*"I am grateful to be a part of the Renfrew-Collingwood family." - Faith*

*"I am grateful for good health and the existence of chocolate." - Joon*

*"I am grateful for my mother." - Rose*

*"I am grateful for the moments I've been able to share with the seniors all these years!" - Wai Yee*

*"I am grateful for my loving, supportive family and friends in my personal life and at work. Having a meaningful career that allows me to give back to community is so important to my being. I am blessed to have a job I love and look forward to everyday. Thank you for giving me a purpose and fulfilling my aspirations." - Donna*





Fab ladies enjoying fish & chips at Trolls



Language Art with Min, John & Chieu



Annabelle & Ken are ready for fall



Wing is always getting creative!



## 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:** She's an avid reader of The Province.

**Clue #2:** Catch her at the centre with her beautiful floral dresses.

**Clue #3:** She enjoys arts and crafts and is a great helper to other seniors!

# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)		Tuesday (3PM-6PM)	Saturday (10AM-2PM)
2 PM – Table Bowling	6 AM – Stuff the Turkey  PM – Bingo		2 Autumn Squash Casserole Baked Beans Salad  Fresh Fruit	6 Turkey Stuffing Mashed Potatoes Veggies & Salad  Pumpkin Pie
9 PM – Make a Meal: Wrap & Roll	13 AM – Sit Fit & Tenzie  PM – Bingo		9 Beef Stew Mashed Potatoes Steamed Veggies  Fresh Fruit	13 White Bean Soup Grilled Cheese Salad  Cake
16 PM – Boo Bump	20 AM – Sit Fit & Spa Day  PM – Bingo		16 Butter Chicken Rice Steamed Veggies  Jello	20 Greek Pork Greek Potatoes Greek Salad  Lemon Tart
23 PM – Trick or Treat: Cookies & Goodie Bags	27 AM – Halloween Fun  PM – Bingo		23 Roast Beef Mashed Potatoes Steamed Veggies  Cake	27 Fish Cakes Scalloped Potatoes Steamed Veggies  Jello
30 AM – Murder Mystery	CALENDAR		30 Pork Shepard's Pie Salad  Fresh Fruit	MENU

**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 – Sit Fit & Stand Fit Roll-a-Cake  PM – Marble Challenge Animal Bingo Uno	2 AM – Sit Fit & Stand Fit Word Game  PM – Centrepieces Bird Houses Coin Toss	3 AM – Gentle Yoga/Stand Fit Brain Game  PM – Stuff the Turkey Pumpkin Craft Connect Four	4 AM – Sit Fit & Stand Fit 2 Truth 1 Lie  PM – Seated Bowling Leaf Turkeys Shake Loose a Memory	5 AM – Sit Fit & Stand Fit Pumpkin Faces  PM – Croquet Bean Mosaics 21
8 <b>THANKSGIVING</b>  <b>CENTRE CLOSED</b>	9 AM – Sit Fit & Stand Fit Memory Game  PM – Ladderball Halloween Lanterns Guess Ghoul	10 AM – Sit Fit & Stand Fit Mind Fit  PM – Shuffleboard Checkers Fall Craft	11 AM – Sit Fit & Stand Fit Mental Aerobics  PM – Seated Bocci Halloween Crosswords Tetris	12 AM – Sit Fit & Stand Fit Matching Game  PM – Creative Expression Card Games Dominoes
15 AM – Sit Fit & Stand Fit Scrambled Words  PM – Tic Tac Toe Tenzi iPads	16 AM – Tai Chi & Stand Fit Bump It  PM – <b>Community Connection</b>	17 AM – Sit Fit & Stand Fit Health Talk  PM – Dominoes Spa Day Seated Darts	18 AM – Sit Fit & Stand Fit Shake Out BC  PM – <b>Crow City Singers</b>	19 AM – Sit Fit & Stand Fit Hangman  PM – Carpet Darts Snakes & Ladders Language Art
22 AM – Gentle Yoga/Stand Fit Health Talk: Lungs  PM – Basketball Card Bingo Door Decorating	23 AM – Sit Fit & Stand Fit Build a Jack o' Lantern  PM – Trick or Treat Table Games Pumpkin Toss	24 AM – Sit Fit & Stand Fit Fall Flavours  PM – Targets & Tricks Qwirkle Word Search	25 AM – Sit Fit & Stand Fit Superstitions  PM – <b>Janelle Nadeau Harpist</b>	26 AM – Sit Fit & Stand Fit Word Chain  PM – Request That Tune Connect Four Halloween Decor
29 AM – Sit Fit & Stand Fit Halloween Around the World  PM – <b>Evergreen Trio</b>	30 AM – Sit Fit & Stand Fit Jackpot  PM – Deck the Howls Sing-a-Long Dice Game/Jenga	31 AM – Sit Fit & Stand Fit Halloween Game  PM – Spooky Jeopardy Boo Bowling Creepy Craft		

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>Autumn Squash Casserole Baked Beans Salad</p> <p>Fresh Fruit</p>	<p>2</p> <p>Baked Fish Mashed Potatoes Salad</p> <p>Jello</p>	<p>3</p> <p>Chicken Soup Egg Salad Sandwiches Salad</p> <p>Cake</p>	<p>4</p> <p>Turkey Stuffing Mashed Potatoes Veggies &amp; Salad</p> <p>Pumpkin Pie</p>	<p>5</p> <p>Turkey Stuffing Mashed Potatoes Veggies &amp; Salad</p> <p>Pumpkin Pie</p>
<p>8</p> <p><b>Thanksgiving</b></p> <p><b>CENTRE CLOSED</b></p>	<p>9</p> <p>Beef Stew Mashed Potatoes Steamed Veggies</p> <p>Fresh Fruit</p>	<p>10</p> <p>Baked Fish with Leeks Rice Steamed Veggies</p> <p>Jello</p>	<p>11</p> <p>Chicken Chow Mein Asian Greens</p> <p>Pudding</p>	<p>12</p> <p>White Bean Soup Grilled Cheese Salad</p> <p>Cake</p>
<p>15</p> <p>Butter Chicken Rice Steamed Veggies</p> <p>Jello</p>	<p>16</p> <p>Chili Blanco Corn Bread Salad</p> <p>Pumpkin Pie</p>	<p>17</p> <p>Spaghetti &amp; Meat Balls Salad</p> <p>Crème Brulee</p>	<p>18</p> <p>Turkey a la King Rice Steamed Veggies</p> <p>Fresh Fruit</p>	<p>19</p> <p>Greek Pork Greek Potatoes Greek Salad</p> <p>Lemon Tart</p>
<p>22</p> <p>Roast Beef Mashed Potatoes Steamed Veggies</p> <p>Cake</p>	<p>23</p> <p>Moroccan Chicken Rice Steamed Veggies</p> <p>Pudding</p>	<p>24</p> <p>Pork with Mushrooms Pasta Salad</p> <p>Fresh Fruit</p>	<p>25</p> <p>Creamy Squash Soup Tuna Sandwich Salad</p> <p>Chocolate Sundae</p>	<p>26</p> <p>Fish Cakes Scalloped Potatoes Steamed Veggies</p> <p>Jello</p>
<p>29</p> <p>Pork Shepard's Pie Salad</p> <p>Fresh Fruit</p>	<p>30</p> <p>Lasagne Garlic Bread Salad</p> <p>Cake</p>	<p>31</p> <p>Mulligatawny Soup Egg Salad Sandwiches Salad</p> <p>Pecan Tart</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。



Greetings from Andy!

## Event Highlights

### Thanksgiving (Centre Closed)

Monday, October 8th

### Community Connection

Tuesday, October 16th

### Crow City Singers

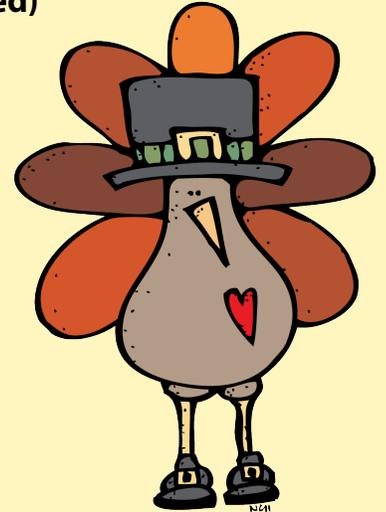
Thursday, October 18th

### Janelle Nadeau Harpist

Thursday, October 25th

### Evergreen Trio

Monday, October 29th



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  
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver





"Comradery." - Hans  
 "Good lunch!" - Eunice  
 "Friends & RCSS as my second family." - Frank  
 "My children". - Hilda  
 "Friendship". - May  
 "RCSS because it's a warm place to be." - Guo Hao  
 "Anything and everything!" - Lam  
 "I have a house to live in and food to eat." - Yue Sum  
 "Good health." - John  
 "Friendship." - Teresita  
 "My house, family, and friends." - Joe  
 "Making friends and time to socialize with everyone." - Pu Rong

"Harmonious and happy times with friends." - Wing  
 "Spiritual life." - Richard  
 "All that I've been blessed with and RCSS becoming my second family." - Henry  
 "Everything around me." - Dora  
 "Comradery." - Mae  
 "Living in Canada and my friends and family." - Kamaljeet  
 "Being happy with friends and food to enjoy together." - You Hao  
 "Being able to share happiness with friends." - Xiao Xian  
 "Anything!" - Nelly  
 "To have been born!" - Anabelle  
 "The friends who are like family to me." - Ken  
 "My family and friends." - Lily  
 "Making new friends each day." - Nuong & Ha  
 "I'm glad I'm alive." - Addie  
 "All the friends I've met at the centre." - Angie  
 "Grateful for my legs are still working with the walker." - Sharon  
 "I like coming here, meeting lots of friends who are all friendly and nice." - Kay  
 "I'm glad I met these crazy people and I'm not as lonely." - Barbara  
 "Wine!" - Andy  
 "Nice people at the centre." - Lillian  
 "Music and prayer." - Alfreda  
 "Everything!" - Joan  
 "Being able to come here to the centre." - Elouise  
 "Life!" - Isa  
 "Meeting new friends and participating in programs at the centre." - Wen Fang  
 "Nice days." - Dominic  
 "Coming to the centre to make friends." - Pui Ling



"Good Health." - Beatriz  
 "I'm happy for everything!" - Antonia  
 "Everything!" - Ciro  
 "The staff at RCSS." - Min  
 "My cat, Shady; she loves butterflies!" - Steve  
 "My health and my family." - Maria  
 "My friends." - Modesto  
 "Fishing on the Sunshine Coast." - Mary



Written by Carol  
**Flu Season**

Summer is coming to an end and another, much less fun, season is right around the corner — flu season. Running from late fall to early spring, the flu is caused by the influenza virus. It can cause mild to severe illness. Pneumonia is a serious flu complication that can result from either a virus infection alone or from a co-infection of the flu virus and other bacteria. Everyone is susceptible to catching the flu, but seniors are at a greater risk due to their weakened immune systems and other chronic

medical conditions.

Symptoms include sore throat, fever, headache, muscle aches and soreness, congestion, and coughing. They typically appear 1 to 4 days after your body has been exposed to the virus. However, it is immediately contagious, so you can still catch it from someone who has not yet shown any symptoms. Influenza spreads easily from person-to-person through coughing, sneezing, or face-to-face contact. The virus can also spread when a person's eyes, mouth, or nose is exposed to tiny droplets from a cough or sneeze of an infected person.

The flu shot is your best defense. It is safe and free. It is essential to get a shot every fall as the make-up of the virus changes frequently. It is available at your doctor's office, participating pharmacies, and local public health centres. To stay healthy and protect yourself from the flu, be sure to get your shot as soon as it is available; it takes two weeks to take effect.

夏季即将结束，流感季节即将来临。流感季节从晚秋到早春。流感是由流感病毒引起的，其症状可轻可重，肺炎是流感的严重并发症之一，其由单独的流感病毒感染或流感病毒和细菌的共同感染引起。虽然任何人都可以感染流感并发生严重流感相关的并发症，但老年人因其免疫系统功能减弱且多患有许多其他慢性疾病而处于高风险中。

流感症状包括咽喉疼痛，发烧，头痛，肌肉酸痛，鼻塞流涕和咳嗽。症状通常在接触到病毒后1至4天出现，但一旦感染了病毒即刻有传染性。病毒通常由咳嗽，打喷嚏和说话产生的飞沫传播，近距离接触时尤其容易发生。此外，病毒也可藉由接触到受染污的物体表面而未洗的手碰触口，眼睛或鼻子后传播。

流感疫苗即安全又免费，是预防流感的最好方式。因为病毒每年都有改变，因此每年秋天都需要注射一次，通常注射后要两周时间才能生效。为了健康安全地度过今年的流感季节，请务必尽快联系您的医生或药剂师预约您的流感疫苗注射。





Written by Wai Yee

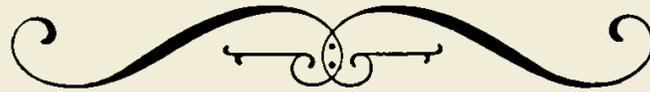
**Member Profile: Guo Hao He**



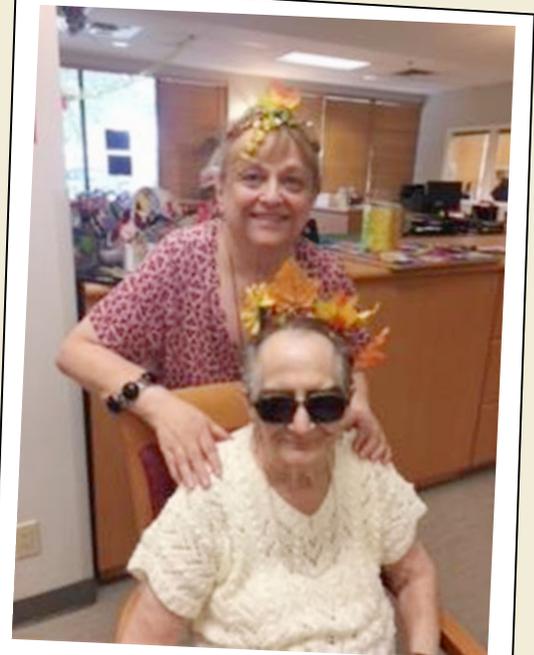
In last month's newsletter, if you guessed the photo to be Guo Hao in the "Guess Who" trivia, you are correct! Guo Hao was born in China and is the youngest son of many siblings. He is a father of two children and is also a grandfather. Guo Hao came to Vancouver from China in 1997 with his wife and children. Even though Vancouver has become home for him, he still loves to travel back to his hometown in China whenever he can.

With our centre's writing program, we discovered that Guo Hao has great penmanship and calligraphy skills in Chinese writing. This quiet and modest gentleman has a university degree in China and was an Analytical Engineer. He loved to play table games such as chess and bridge during his younger days. He especially loved playing basketball stemming back to his teenage years. During one of our afternoon programs at the centre, we saw how skillful he is in shooting the basketball and how much he loves the sport.

I cannot believe Guo Hao has been with us for almost 8 months! Let us have many more wonderful memories to make with Guo Hao. Guo Hao, we love having you here with us and thank you for being part of our centre.



Henry & Marian enjoying lunch at Trolls



Barbara & Addie



Is it going to make the mark?!



Strategizing with Pui Ling & Betty



Joan's birdhouse will be hung by the Senior's Pod



Radiant Ruby



Jo is a busy, busy bee!



Good pals, Zin Min & Frank



Happy Fall from Richard & Antonia!

**October Birthdays**

- Maria M. ~ 2nd
- Pui Ling ~ 7th
- Teresita ~ 9th
- Rose ~ 19th
- Eunice ~ 21st



**CDP Friends**

Annabelle ~ 14th

**Birthstones:** Tourmaline & Opal

**Zodiac Signs:** Libra & Scorpio

**Flowers:** Marigold



Steve's birdhouse will be hung by our Senior's Pod



Fall decorations with Faith & Rena





Chloe & Juanita are getting crafty



"Say Cheese!" - Cursimran & Joe



Hello from May, Xiao Xian & Mary



Glad to have you here with us, Beatriz!



Teamwork always gets the job done!



RCSS' very own Scarecrow Toss