

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

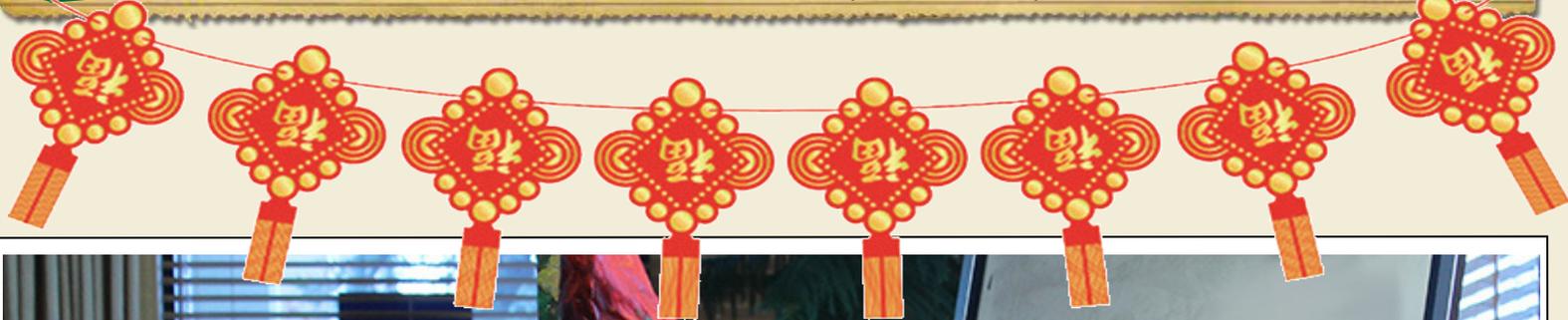
蘭菲高靈活耆英會

NEWSLETTER

February 2019

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Lunar New Year and Valentine!

Happy Lunar New Year everyone! Hope the days ahead are filled with immense joy and prosperity.

We at the centre look forward to spending this special occasion with you.

Be sure to say Hello to our dragon, Renny!



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, Rose, Jerry

Editorial:

Donna, Christina & Wai Yee

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

Website: rencollseniors.ca

Renfrew Collingwood Seniors Society
February 2019 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

Carol's Advice 11

Caregiver Corner..... 12

Member Profile 13

Game Faces! 14

Birthdays 15

More Memories 16

Year of the Pig!

1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019

Pigs might not stand out in a crowd. But they are very realistic. Others may be all talk and no action. Pigs are the opposite.

Though not wasteful spenders, they will let themselves enjoy life. They love entertainment and will occasionally treat themselves. They are a bit materialistic, but this is motivation for them to work hard. Being able to hold solid objects in their hands gives them security.

They are energetic and are always enthusiastic, even for boring jobs. If given the chance, they will take positions of power and status. They believe that only those people have the right to speak, and that's what they want.

Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

Staff



Donna Clarke



Carol Yi



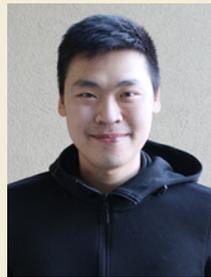
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Ryan Churchill



Happy New Year: 春节愉快 (chūn jiē yú kuài), 新年快乐 (xīn nián kuài lè), 恭喜发财 (gōng xǐ fā tài), chúc mừng năm mới, 새해 복 많이 받으세요. It's the year of the pig

May the year ahead be filled with good health, good luck and much prosperity! We look forward to celebrating this special occasion with you. Our dragon will be awakened soon.

Farewell to Cassandra

I would like to take this opportunity to wish our dear Cassandra pleasant journeys. Although I will miss her terribly, I am so excited that she is following her heart and returning to her family's country of origin. Cassandra has been an incredible asset to our organization and I always had the utmost confidence in her abilities to take on any project I sent her way.

Cassandra is a natural when it comes to writing grants, implementing challenging guidelines, public speaking but her real forte is in community development. She has charisma, charm and compassion and can relate to anyone. Cassandra always finds common ground and delicately navigates the most sensitive situations.

Cassandra has fulfilled our vision of providing programs to some of the most vulnerable residents in our community. She spearheaded our work at Kingsway Continental and represented us on a committee for the Temporary Modular Housing. I knew she was the right person for the job, and she did us proud.

On a personal note I have grown to love this young woman. She possesses everything I would want in a friend/worker. Our relationship has grown closer over the years of working together and I cherish the time we have spent together. Watching her blossom from a teenager to a strong confident woman has been such a joy. I will try to take all her positivity and incorporate it into my personal life.

Cassandra, from all of us here at the Centre, enjoy your discoveries and may your desire to explore your family roots be fruitful. You will always hold a place in our hearts and are always welcomed to pop in for a visit or lunch. Bon Voyage and take care of yourself. I know our paths will cross again and I look forward to it.

Love Always from your Renfrew Collingwood Family

All is well.

Donna



Greetings from Steve and Gerry!



May & You Hao



Card making with Xiao Xian and Jerry



Request that tune was a success!

GUESS WHO



Clues by Christina

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 loves to dance

Clue #2: She is originally from the Philippines

Clue #3: She worked as a nurse when she was younger

COMMUNITY DAY PROGRAM CALENDAR & MENU

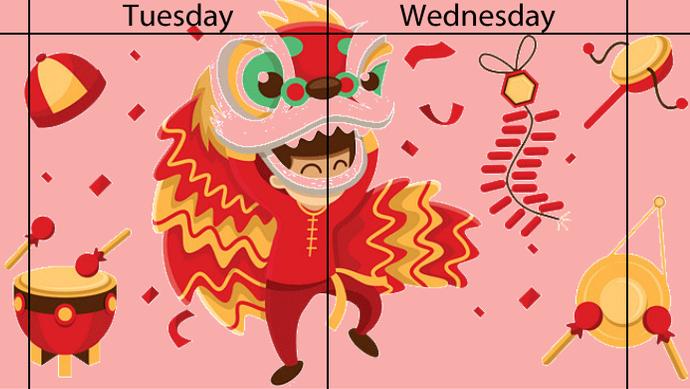
Tuesday (3PM-6PM)	Saturday (10AM-2PM)
CALENDAR	2 AM – Knock'em Down PM – Bingo
5 PM – Cupid's Arrow	9 AM – Canadian Food Guide Twister Beanbag Toss PM - Bingo
12 PM – Cookie Decorating	16 AM – Armchair Travel PM - Bingo
19 PM – Ladderball	23 AM – Carnival Target Toss PM – Bingo
26 PM – Carpet Toss	



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
MENU	2 Vegetarian Potato and Cheese Casserole Lentils Steamed Veggies Jello
8 Chinese Pork Balls Stir Fried Rice & Veg Egg Tart	12 Greek Chicken Lemon Potatoes Steamed Veggies Pudding
15 Najia's Chicken Delight	19 Shepard's Pie Salad Surprise Dessert
22 Butter Chicken Rice Veggies Jello	26 Roasted Beef Potatoes Veggies Fresh Fruits
29 Beef & Veggie Soup Grilled Cheese Salad Pudding	

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 Groundhog Day PM – Bean Bag Toss Centrepieces Make Ten
4	5	6	7	8
AM – Sit Fit & Stand Fit Zoom In PM – Lunar New Year Celebration	AM – Tai Chi & Stand Fit Battleship PM – Croquet Shake Loosen a Memory Cupid Craft	AM – Gentle Yoga/Stand Fit Spot the Difference PM – Cookie Making Carpet Toss Tenzi	AM – Sit Fit & Stand Fit Balloon Bonanza PM – Seated Bocci Bananagrams Connect 4	AM – Sit Fit & Stand Fit Picture Memory PM – Dominoes Request That Tune Jenga/Dice Game
11	12	13	14	15
AM – Sit Fit & Stand Fit Library Talk PM – Seated Bowling Yahtzee Tetris	AM – Sit Fit & Stand Fit Memory Match PM – Card Bingo Language Game Centre Decorations	AM – Sit Fit & Stand Fit Math Strategy PM – Checkers Cookie Decorating Tic Tac Toe	AM – Gentle Yoga/Stand Fit Love Match PM – Heart Toss Valentine's Headbandz Valentine's Poster	AM – Sit Fit & Stand Fit Connect Four PM – Target Bocci Trouble Target Making
18	19	20	21	22
Family Day Centre Closed	AM – Sit Fit & Stand Fit Name That Place PM – Ladderball Sing-a-Long Creative Expression	AM – Gentle Yoga/Stand Fit Memory Game PM – John Cronin	AM – Sit Fit & Stand Fit High/Low PM – Crow City Singers	AM – Gentle Yoga/Stand Fit Charades PM – Board Games Table Bowling Card Making
25	26	27	28	
AM – Gentle Yoga/Stand Fit Pictionary PM – Basketball Crosswords Uno	AM – Sit Fit & Stand Fit WODB PM – Louise Southwood Guitarist	AM – Sit Fit & Stand Fit Pink Shirt Day PM – Shuffleboard Qwirkle Word Search	AM – Sit Fit & Stand Fit Jackpot PM – Community Connection	 Pig / 猪 (zhū)

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
				1 Vegetarian Potato & Cheese Casserole Lentils & Steamed Veggies Jello
4 Chinese Pork Balls Stir Fried Rice Veggies Egg Tart	5 Thai Fish Cakes Coconut Rice Cole Slaw Jello	6 Turkey Chili Cornbread Salad Lemon Tart	7 Vegetarian Pea Soup Tuna Sandwich Salad Jello	8 Greek Chicken Lemon Potatoes Steamed Veggies Cake
11 Naji's Chicken Delight Surprise Dessert	12 Tuna Casserole Salad Banana Bread	13 Spaghetti Meatballs Salad Surprise Dessert	14 Veggie Soup Sandwich Fruit Salad	15 Shepard's Pie Salad Surprise Dessert
18 Family Day Centre Closed	19 Butter Chicken Rice Veggies Jello	20 Fish Chowder Cheddar Scone Coleslaw Cake	21 Honey Garlic Pork Rice Steamed Veggies Pudding	22 Roasted Beef Potatoes Veggies Fresh Fruit
25 Chicken Chow Mein Steamed Greens Jello	26 Beef and Veggie Soup Grilled Cheese Salad Pudding	27 Vegetarian Frittata Roasted Veggies Salad Apple Crisps	28 Baked Fish Scalloped Potatoes Veggies Fresh Fruit	

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 Ruby!

Event Highlights

Lunar New Year Celebration
Monday, February 4th

Family Day (Centre Closed)
Monday, February 18th

John Cronin
Wednesday, February 20th

Crow City Singers
Thursday, February 21st

Louise Southwood Guitarist
Tuesday, February 26th

Community Connection
Thursday, February 28th



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



FCBC's Caregiver Support Line



Family Caregivers
of British Columbia

By Lacie White, Caregiver Support and Engagement, Family Caregivers of BC

"Family Caregivers of BC, this is the Caregiver Support Line, Lacie speaking."

My main role at Family Caregivers of BC is to answer the phone Monday to Friday, 8:30am-4:00pm. Over 1 million unpaid family and friend caregivers across the province of B.C. have access to our free Caregiver Support Line services. I would like to take this opportunity to introduce myself, share experience of answering caregiver calls, and remind people we are only a phone call away.

Who is on the other end of the line?

I have seen family caregiving from many sides, personally, as a family and friend caregiver, professionally, as a nurse, and as a nurse researcher interviewing family members who are alongside people living with limiting chronic conditions. When I answer support calls my goal is to listen with compassion, remembering that while there may be common themes each experience is different and so are the needs.

Who is calling in and why?

Parents, adult children, siblings, spouses, neighbours, friends, and friends of friends, and the list goes on. . . Some call in together, conference style; some call for the first time unsure what to expect. Others use the call line throughout their caring journey, pausing at different moments and remembering they can call us again, because talking things through can be helpful. Sometimes there are no questions or supports one is clearly seeking. This is okay too. Having a place to talk through the layers of what is happening in the moment is enough.

What can we offer?

We can take some time to listen to you which distinguishes us from the busy health care providers you may be encountering. We are then able to offer emotional support, help navigating the health system, and guidance toward information and resources that will help you move with and through what you are experiencing. If the situation is very complex, we might recommend a solution focused caregiver coaching session to develop a short-term action plan. For many caregivers, the support they find is in simply knowing they are not alone in their experience.

The calls leave me truly awe struck. Remarkable and resilient people are taking care of one another. Caregivers are a courageous group seeking out supports to extend the ways in which they can go on doing what they do. I use the word courage because it is not easy to ask for help, yet they do it anyway.

Please know we are here for you, we welcome your call. We are interested in what you are going through and want to be among the resources you think of for support.



Grapefruit and medication

Grapefruit is a delicious citrus fruit with many health benefits. It's rich in important vitamins, minerals and antioxidants. However, it can be dangerous if you are taking certain medications. Many medications (such as some medications lowering blood pressure and cholesterol) are broken down with the help of a vital enzyme called CYP3A4 in the small intestine. Grapefruit contains a class of chemicals called furanocoumarins. The chemicals can inhibit the enzyme. If a medication that is normally broken down by the enzyme is taken at the same time as grapefruit product, more 'active' drug will be absorbed by the body, as less will have been inactivated by the enzyme. Blood levels of the medication may rise to a toxic level, which can result in serious or life-threatening adverse reactions.

To minimize your risk, it is important to check for potential medication interactions and consult with your doctor or pharmacist when you start new medications. Please remember: Do not take any medication with grapefruit juice until you have talked to your doctor or pharmacist; If grapefruit interact with the medications you are taking, read the labels on foods and natural health products to make sure they do not contain grapefruit or its products; Always report any adverse drug reaction to your doctor or pharmacist immediately.

西柚和药

西柚是一种对健康有益且美味的柑橘类水果。其含有丰富的维生素，矿物质和抗氧化剂。但是，如果在服用某些药物同时进食西柚或其果汁，则可能不仅无益且会很危险。因为许多药物(例如有些降血压和降血脂药)在小肠中会被称为CYP3A4的酶分解。而西柚含有一类叫做呋喃香豆素的化学物质可以阻止此酶的作用。如果在服用需要此酶分解的药物同时进食西柚产品，则使较少的药物失活，导致更多的活性药物将被机体吸收。药物的血浓度可能升至毒性水平而可能导致严重或危及生命的不良反应。

为了最大限度地降低风险，在开始服用一种新药时一定要咨询您的医生或药剂师。且记：和医生或药剂师确定安全之前，不要用西柚汁服用任何药物；如有药物禁忌，阅读有关食品和天然保健品的标签，确保它们不含西柚或其果汁成份；如有任何不良药物反应，立即向您的医生或药剂师报告。





Written by Wai yee

Member Profile: Hilda Wright

Good Day Everyone! You are correct if you guessed the “Guess Who” clues from January’s newsletter to be our friend Hilda! For the newcomers I would like to formally introduce her as one of the longest attending clients at our center. She has been with us right from the very beginning, from the year 2004!

Hilda is originally from Nova Scotia and still considers it her “home”. She has lived in almost every province but settled in the north of British Columbia in Prince Rupert.

She worked in the Personnel Department of a large company for many years and was great at her job. Although she loved it, she eventually moved to Vancouver, B.C. and settled down permanently.

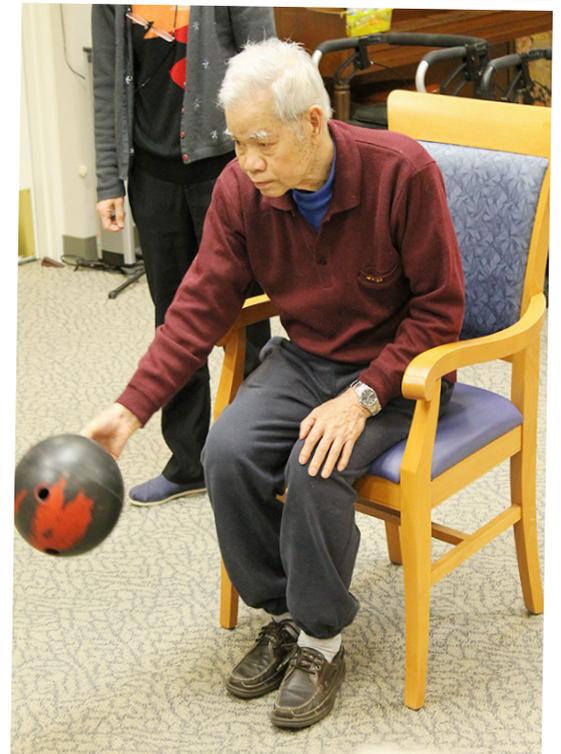
Hilda has five children, 16 grandchildren and many great-grandchildren! She is also known to love everything to do with cats. She is truly a “Cat Lady”! If you are still not sure who this kind and gentle lady is, watch for the different pair of earrings she sports every time she comes to our center!

Cheers to Hilda for being part of our family in RCSS. We made so many fond memories with you throughout the years!





Joe needs to roll a 5!



Quoc Binh showing us how its done!



Eunice having a great time with bowling!



Maria showing us her winning hand!



Great focus from Dora!





Rice Pudding

This recipe was requested. It's very easy to do. Can also be made in the microwave.

Ingredients

- 2 cups cooked rice (Jasmin)
- 1 cup coconut milk
- 1 cup regular milk, or water, or any other milk.
- 1 teaspoon of vanilla
- 1 1/2 table spoon of honey, maple syrup, agave or sugar

If you have a double boiler, now is a good time to use it

Cooking Directions

1. Mix together rice + milks + Liquids over in a double boiler or 1 heavy bottom pot on low.
2. Cook + stir constantly till rice has absorbed all the liquid and it is thick + creamy.
3. Stir in your sweetener of choice + vanilla
4. Spoon into serving bowl, sprinkle with cinnamon

Cheers,

Rose



February Birthdays

January 31st : Ciro

Ju ~ 2nd

Dominic ~ 3rd

Jeanne ~ 5th

Daniel ~ 9th

Yue Sum ~ 12th

Joan ~ 16th

CDP Friends:

Sharon ~ 4th

Lily ~ 7th

Angie ~ 16th

Angelina ~ 28th

Birthstones:

Amethyst

Zodiac Signs: Aquarius & Pisces

Flowers: Violet & Primrose





Happy birthday Marguerite



Greetings from our beautiful ladies!



Cassandra and Hans



Min and May enjoying the game!



Watch out Stevell!



Thank you John and Pu Rong