

Since  
1976

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

ALICE FRITH CENTRE

蘭菲高靈活耆英會

# NEWSLETTER

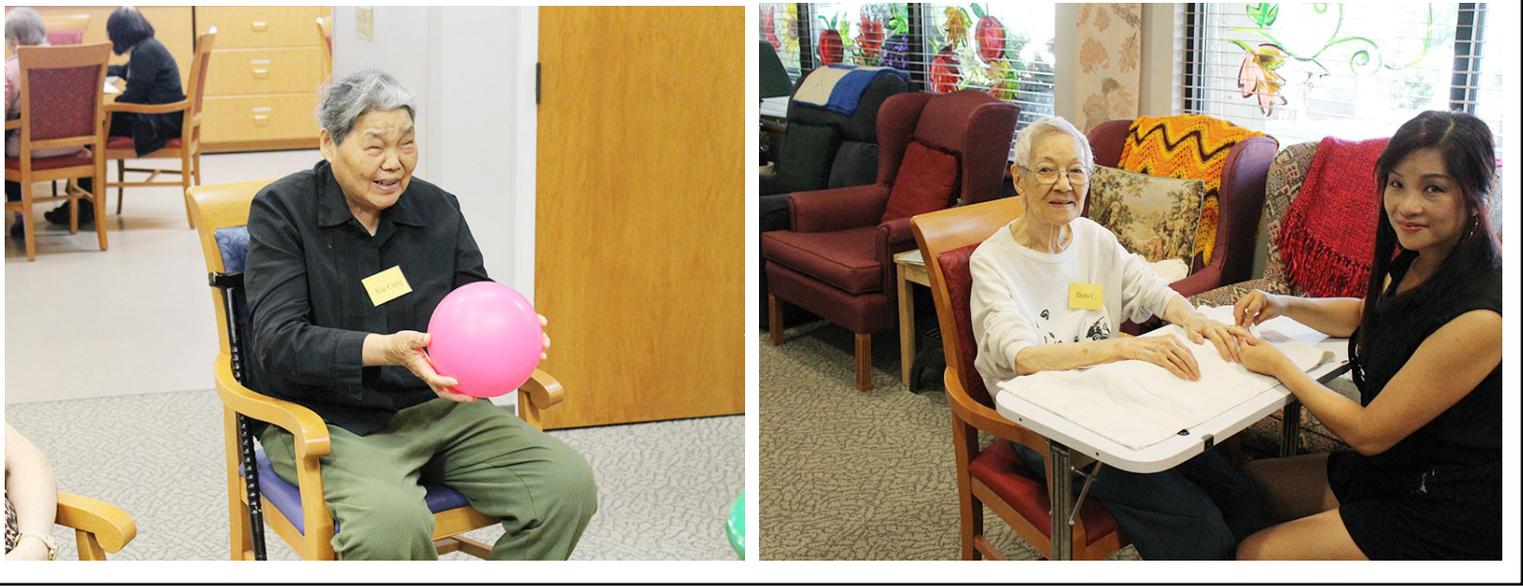
September 2019

2970 East 22nd Avenue, Vancouver, BC [www.rencollseniors.ca](http://www.rencollseniors.ca)



## The Season of Fall

Summer is coming to an end, we hope that you enjoyed all of our summer activities! However, it is not over yet. We have an exciting new event in September so be ready!



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, Ryan

**Editorial:**

Donna, Christina, Jerry & Faith

**Hours:**

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

**Tuesday**

8:30 AM - 5:00 PM

**Saturday**

9:30AM - 4:30PM

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**

**September 2019 Newsletter**

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**Eyeglasses Donations**

Did you know your old eyeglasses can be recycled to donate to those in need?

Here at RCSS we would like to ask you to bring in any old eyeglasses you no longer use to be donated to the Third World Eye Care Society. This non-profit organization collects and distributes eyeglasses to people in developing countries who have no access to eye care or prescription eyeglasses.

We would like to ask for your help in supporting this great cause.

## 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



## A Message from Donna

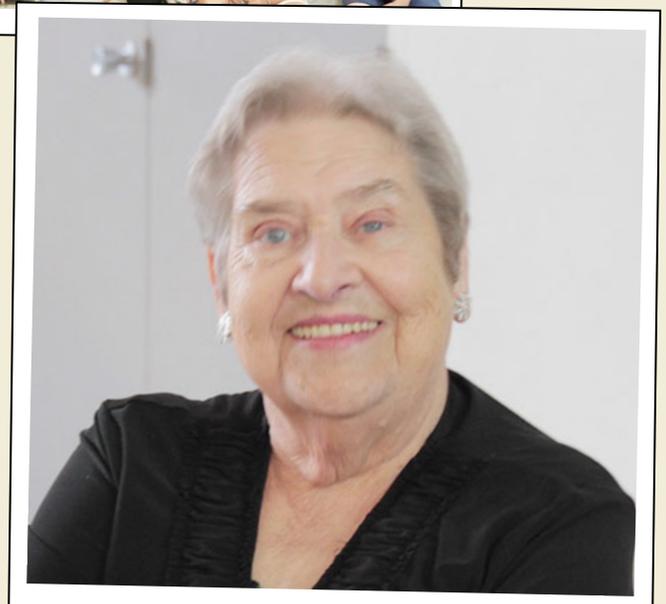
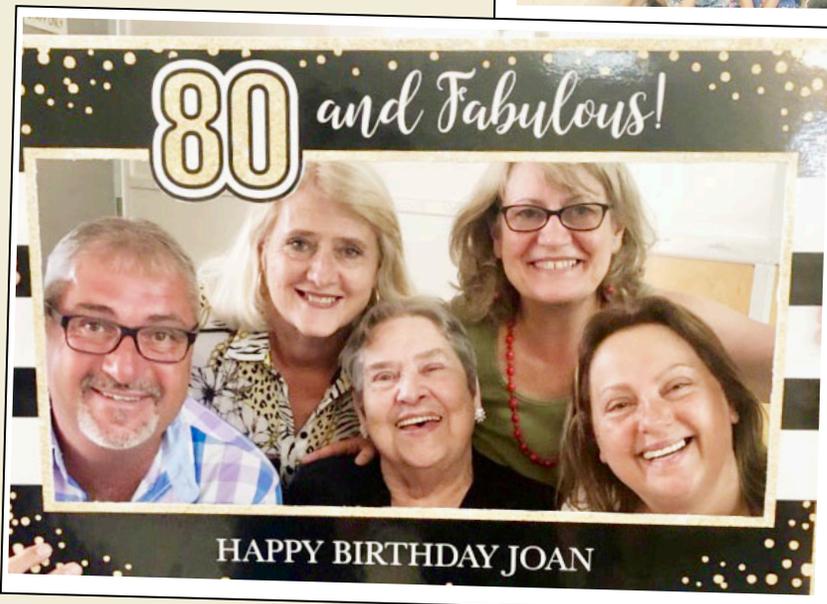
Annual Satisfaction Survey is circulating so please take a few minutes to give us your thoughts and feedback as to how we are doing. It is important to us, our funders and all stakeholders in our organization. For those who completed theirs – thank you for your responses.

September always feels like the beginning of a new year to me. Maybe it's because we are all refreshed after our summer breaks from school or work. Speaking of school, a couple of our staff members will be returning to their student life again. Jerry and Ryan will be hitting the leave you, the Centre and all their newfound friends. So, to lessen the burden, I have agreed to them working one or two days per week. That way they can stay connected to their field of study while learning as they go with practical application. The two of these young men are a pleasure to have around and we wish them well in school.

My trip back to Newfoundland was awesome. Usually I make the trek back alone as my sons have been in school or working and could not coordinate the time off and my husband stays back to look after our three pets. I like to go back every year to celebrate my Mother's birthday with her at the beginning of August. This year was a very special one with her turning 80 so we all made the effort to be at the family reunion in her honour. We had the big event at our Community Centre, and I got to see the extended family, school mates from grade one upward and my best buddies while growing up. It was so much fun. See pictures below of my Mom, siblings and all the grandchildren that adore their Nan.

All is well - We have each other!

Donna





Kamaljeet, Sau Di & Lam enjoying relay race



Friends John S. and Marian!



Hans and Chun Yang playing Jenga



Teamwork from Elouise and Ling

## GUESS WHO



### Clues by Faith

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 born in Germany.

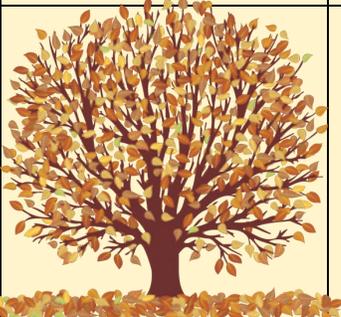
**Clue #2:** She likes coloring mandalas in her free time and have brought some of her artwork to display in the centre.

**Clue #3:** She loves her short hair!

# COMMUNITY DAY PROGRAM CALENDAR & MENU

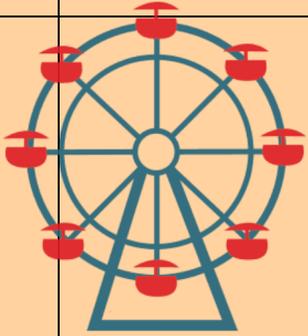
Tuesday (3PM-6PM)	Saturday (10AM-2PM)
3 PM – Rummikub	7 AM – Loopity Loop  PM – Bingo
10 PM – Knock'em Down	14 AM – Language Arts  PM - Bingo
17 PM – Language Headbands	21 AM – Ladder Ball  PM - Bingo
24 PM – Carnival Fun	28 AM – Jewelry  PM – Bingo
	<b>CALENDAR</b>



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
3 Beef Meatballs Pasta Salad  Pudding	7 Cheese & Broccoli Soup Scones Salad  Jello
10 Baked Chicken with Gravy Mashed Potatoes Salad  Fresh Fruit	14 Oven Fried Fish Roasted Potatoes Cole Slaw  Fresh Fruit + Jello
17 BBQ Chicken Potatoes Salad  Pudding	21 Turkey Shepard's Pie Salad  Tart
24 Sweet n sour Pork Rice Steamed Greens  Fresh Fruit	28 Chicken with Pasta Vegetables  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>Labour Day</b>  <b>Centre Closed</b>	3  AM – Sit Fit & Stand Fit High/Low  PM – Bean Bag Toss Connect Four Make Ten Banner Craft	4  AM – Gentle Yoga/Stand Fit Events of the Month  PM – Leap Ball Chinese Music Qwirkle Uno	5  AM – Sit Fit & Stand Fit Hangman  PM – Card Bingo Carnival Crafts Carpet Toss Trouble	6  AM – Sit Fit & Stand Fit Draw It  PM – Rollers Creative Expression Poker Friday Tunes
9  AM – Sit Fit & Stand Fit Pictionary  PM – Basketball Snakes and Ladders Card Games Treasure Box	10  AM – Sit Fit & Stand Fit Charades  PM – Table Hopscotch The Price is Right Carousel Horses Coin Toss	11  AM – Sit Fit & Stand Fit Word Search  PM – Ring Toss Treasure Hunt Uno Tiles Shuffleboard	12  AM – Gentle Yoga/Stand Fit First to Fifty  PM – Bucket Toss Dice Game/Jenga Crosswords Mobile Making	13  AM – Sit Fit & Active Fit I-Spy  PM – Floor Shuffleboard Dominoes Table Bowling Mandalas
16  AM – Sit Fit & Stand Fit Library Talk  PM – Musical Carpet Toss Roulette Animal Bingo Ceramic Painting	17  AM – Sit Fit & Stand Fit Photo Booth  PM – <b>Evergreen Trio</b>	18  AM – Sit Fit & Stand Fit Photo Booth  PM – Ladderball Aromatherapy Spa Yahtzee Connect Four	19  AM – Sit Fit & Stand Fit Photo Booth  PM – <b>Crow City Singers</b>	20  AM – Sit Fit & Stand Fit Photo Booth  PM – <b>PNE Day</b>
23  AM – Sit Fit & Stand Fit Photo Booth  PM – Name That Taste Request that Tune Rummikub Marble Challenge	24  AM – Sit Fit & Stand Fit Name It  PM – Relay Race Sing-a-Long Shake Loose a Memory Let Go	25  AM – Sit Fit & Stand Fit Pictionary  PM – <b>Sergei Saratovsky</b>	26  AM – Sit Fit & Stand Fit Bump It  PM – Afternoon Activities & <b>Step Out to Trolls</b>	27  AM – Sit Fit & Stand Fit Poetry  PM – Croquet Number Game Language Art Tetris
30  AM – Sit Fit & Stand Fit Fall Alphabet PM – Seated Bowling Chinese Checkers Centrepieces Tenzi				



## 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

### Labour Day (Centre Closed)

Monday, September 2nd

### Evergreen Trio

Tuesday, September 17th

### Crow City Singers

Thursday, September 19th

### PNE Day

Friday, September 20th

### Sergei Saratovsky (Pianist)

Wednesday, September 25th

### Step Out

Thursday, September 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



Helen and Neville in Relay Race



# 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



## Creating Wellness When It Seems Impossible

Wendy Johnstone



Family Caregivers  
of British Columbia

When I'm working with a caregiver over the phone and I hear them struggling to prioritize their needs or find the time and energy to keep well, it's incredibly difficult for me to respond with: "Put your own oxygen mask on first before helping the person you are caring for."

It's one thing for caregivers to understand that if they run out of oxygen, they can't help anyone else with their oxygen mask; it's another for caregivers to imagine this small act is even possible when they feel stretched to their limit.

Self-compassion is essential to overall wellbeing. Being kind to yourself the way you'd be kind to a friend is the foundation to self-care. Self-compassion is "on-the-job" self-care and doesn't require a break from caregiving like other suggested forms of self-care (i.e. exercise, time alone, etc.).

Self-compassion is the ability to notice when you're struggling – to see and hear yourself – and to feel tenderness for yourself in difficult moments. The demands of caregiving are such that, at some point, all of us will fall short of our own and others' expectations, so the ability to meet the imperfections of caregiving with self-compassion makes caregiving more sustainable.

Research suggests finding one or two activities that fit in with your unique lifestyle and interests. Whether it's a physical activity, creative or intellectual exercise or relaxation, when we involve ourselves in something we enjoy, it creates momentum to take care of ourselves in other ways. When faced with a challenging schedule and the often-emotional role of caregiving, we rarely have time to do as much as we'd like to keep us well, so making time for this one activity can impact all areas of our lives.

Wellbeing also includes connecting with others, asking for help and sharing the care. Caregivers often feel the need to be very independent. While being independent and resilient are both strengths, the blind spots include feelings of isolation and possible caregiver burnout. Reach out to a friend, to a peer or to a support line or group for caregivers.

Starting small with being well can create opportunity to see the benefits of self-care. Small amounts of self-care along the way are a much better plan for living well than a crash course in wellness that lasts for a day. Wellness does not mean you won't ever feel stressed or tired – or that you'll find time for it every day. There will be peaks and valleys. It's a shift in mindset. It is about embracing the idea that "I am a priority" and my wellbeing is just as important as the person I'm caring for. It's also seeing wellness and self-care as part of a lifestyle. You may get off track, but that doesn't mean you can't get back on track and ensure you spend even a small amount of time on the one thing that makes you well.

Finally, finding time for wellness or self-care doesn't need to mean self-improvement (although don't be surprised if you see some benefits – big or small!). Calling a friend who lifts you up, saying no, finding five minutes to have a cup of tea in silence or closing your eyes are all acts of self-care and being well.



### Checklist for Preventing Falls at Home

Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 and older. Those who fall once are 2 to 3 times more likely to fall again. Hip fractures are especially serious, and most of them are caused by falling.

Falls are often caused by hazards that are easy to overlook. But these hazards can also be easy to fix. This checklist helps you find hazards in each room of your home, and it gives tips on how to fix the problem.

#### Rooms and Areas to Check for Preventing Falls at Home

##### Floors

\_\_\_ Move furniture so that your path through a room is clear.

\_\_\_ Remove throw rugs on floors. Or use double-sided tape or a special backing so the rugs won't slip.

\_\_\_ Pick up papers, books, shoes, boxes or other things that are on the floor. Always keep objects off the floor.

\_\_\_ Coil or tape wires (such as extension cords or lamp or phone cords) next to the wall so you can't trip over them. If you need another power outlet, have an electrician install one.

#### 预防在家跌倒的措施

每年都有成千上万的老年人跌倒而伤害自己。跌倒是65岁及以上人群受伤和残疾的主要原因之一。那些跌倒的人再次跌倒的可能性增致2到3倍。髋关节骨折是比较严重的情况，其中大多数由跌倒引起的。

跌倒通常是由于忽视一些容易导致跌倒的危险因素引起的，如果注意去除这些因素则可避免其发生。下面

#### 家里需要检查的各个区域

##### 地面

\_\_\_ 移动家具，确保通往房间的路径清晰无障碍。

\_\_\_ 移除小块地毯或使用双面胶带或特殊背衬，使地毯固定于地面不会滑动。

\_\_\_ 清除地面上的报纸，书籍，鞋子，盒子或其他物品，切记不要将物品放在地面上。

\_\_\_ 将电线（如延长线和电灯电话线）缠绕或用胶带固定在墙边以防绊到它们。如果您需要另一个电源插座，可以请电工安装。



Written by Wai Yee

**Member Profile: Pu Rong, Yu**

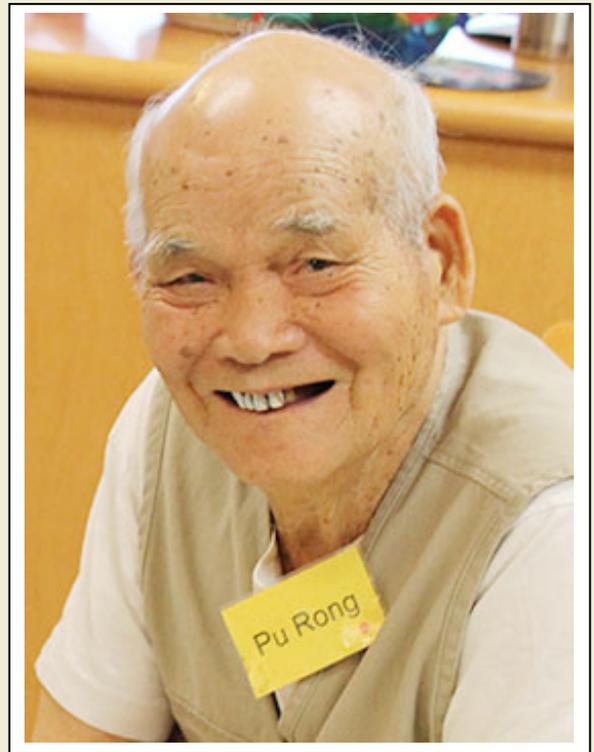
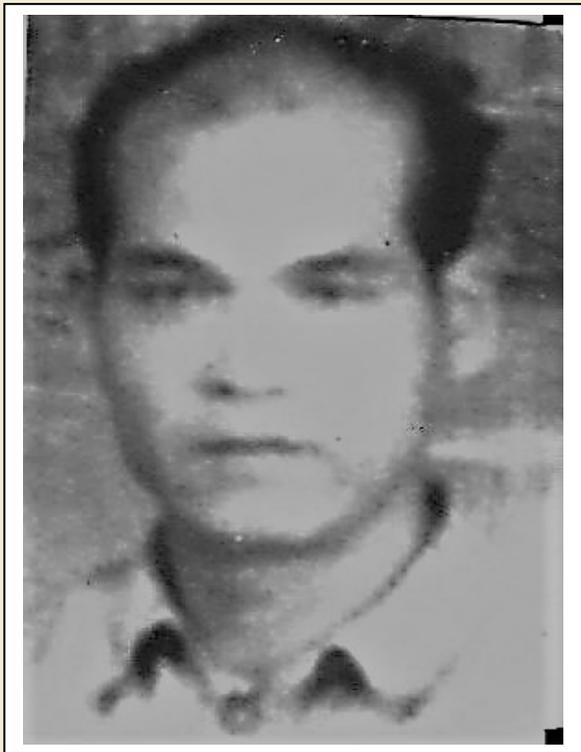
If you concluded that Pu Rong was the senior profiled in our last month's "Guess Who" section of our newsletter, you were correct.

Our good friend Pu Rong started coming to our Adult Day Program in 2017. Pu Rong is physically strong and loves to keep in shape by participating in our Stand Fit exercises. He has made many new friends with those who speak his language, but always has a smile for everyone.

Pu Rong was born in a small town in China where he worked for many years as an elementary school teacher. He had a big family which includes six daughters who then produced fourteen grandchildren. Luckily for Pu Rong, seven of his grandchildren were grandsons as he had lots of experience raising female children.

After coming to Canada in 1990, Pu Rong worked in a BBQ house for a few years. Pu Rong's other interests include gardening as he loves all vegetation. He always gives us great ideas as to how to care for our outdoor garden. Pu Rong also ensures that all the seniors who read the Chinese newspaper has access to one. First thing every morning he is here, he goes next door to get the paper before settling in for a day of fun activities the Centre.

Thank you, Pu Rong, it's great having you part of our RCSS family.



## It's Not Goodbye, It's See You Later

### A Word from Ryan

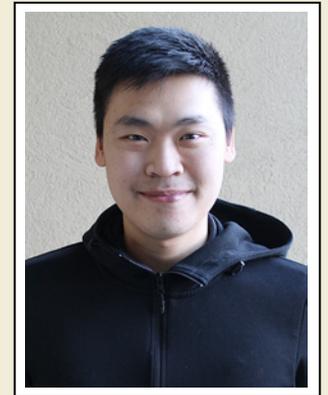


At the beginning of September, you will not see me at the centre as often as I will be beginning a new chapter of my life as a graduate student at Simon Fraser University. I will be studying gerontology – the study of aging – in the hopes of completing my Masters degree in the next few years. More specifically, I hope to gain new insights into the motivations and inner workings of the mind as we age. Aging affects all of us in different ways. The important part is how we deal with it each and every day. Continuing to smile and joke with each other would be the greatest gift I could receive. Thank you for all the great times in the past 9 months!

### A Word from Jerry

Hello everyone!

As you all know by now, I will be going back to school starting September. I will be continuing my education in Bachelor's of Therapeutic Recreation - the utilization and enhancement of leisure - which will address the needs of individuals with disabilities and to improve their leisure benefits. However I will still be working here at the centre on Mondays for the Day Program and Saturdays of the Community Day Program! Thank you everyone for the awesome moments we've had over the summer together. I will see you all again very soon!



For those of you who would like to get more exercise into your daily routine, check out our **Strength & Balance** section in the newsletter. Here we will provide some helpful tips on both seated and standing exercises that we do at the centre.

**Please do not attempt standing exercises if you use a mobility aid and always check with your doctor before starting an exercise program at home**



## Alternating Arm Extensions

### Sit Fit



Sitting tall with hands up to your chest. Feet flat on the ground Palm facing forward in front of you at chest level.

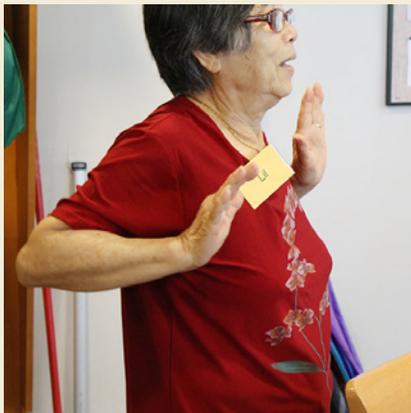


Push with one palm like you're pushing open a door. Extending the arm



Bring the forward arm back and push the opposite arm forward. Alternating

### Stand Fit



Stand tall finding your balance. (With chair in front) Bring both hands up to your chest height. Palms facing forward in front



Push one hand forward like you're pushing open a door. Keeping the palms facing forward



Bring the forward arm back and push with the opposite arm. Alternating





Maria and Muriel enjoying Trolls!



Mary giving a helping hand to Be, Lu



Great sessions of Guess the Celebrity!



Ciro working on the mosaic art



Sidney and Guo Ming in exercise



The food is here!



Rose and Juanita posing for a picture!



Everyone loves Sit Fit!



Beautiful smile from Wen Fang and Nancy



Kem Ai and Mo Yen enjoying the sunny weather



"I think I know what this is" says Neda and Nelly



Quoc Binh, Sau Tien & Maria playing basketball



Edward and Stand Fit focusing



Name that taste Ingrid!



Pui King surprised by her picture being taken



Eunice saying "What is that!?"



Kardi with a great ring toss!



### Old Fashioned Chocolate Pudding

This recipe has been requested  
Enjoy!

4 Servings. Have a few small cups ready  
**Combine In A Medium Heavy Saucepan:**

1 3/4 Cups Regular Milk  
1/2 Cup Sugar  
2oz Unsweetened Chocolate or Chips  
1/8 Teaspoon Salt

**Heat over Medium to Low Heat, Stirring occasionally,  
until the chocolate is melted. Mix together till smooth**

#### Add In

3 Tablespoons Cornstarch  
1/4 Cup Milk

**Slowly stir into the Hot Mixture- Keep Stirring all the  
time over medium heat until mixture comes to a simmer.**

**-Reduce Heat to low, stirring lots for 1 minute**

**-Remove from heat and stir in**

1 Teaspoon Vanilla

**Pour into molds and refrigerate for 2 hours**

**Enjoy!**

Rose

### September Birthdays

Xiao Xian ~ 2nd  
Mo Yen ~ 3rd  
Lil ~ 10th  
Kanwal ~ 20th  
Isa ~ 26th  
Kay ~ 29th

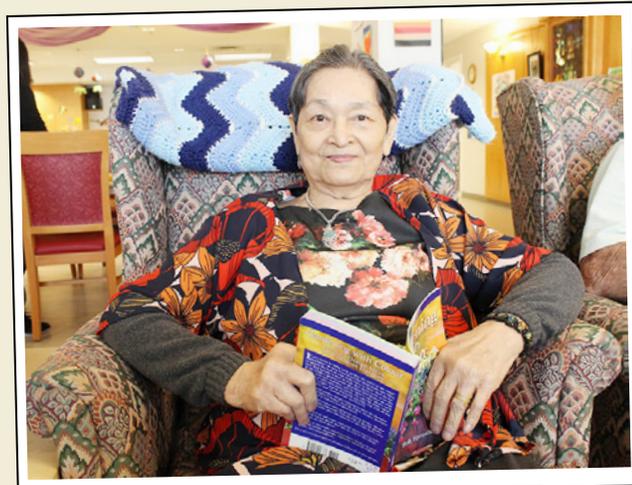


**Birthstones:**

Sapphire

**Zodiac Signs:** Virgo & Libra

**Flowers:** Morning Glory & Aster





Steve dancing with Faith



Henry's helpful creations



Friends Frank & Hans helping each other



May and Yuez Sum enjoying relay race



Old friends Soi Woon and Rose!



Mary, John M. & Duen Yeng at Step Out!