

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

October 2019

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Happy Fall!

Fall is officially here! The weather will start to cool down so please keep warm!

We look forward to spooking all of you with our Halloween event.

In addition, we wish you all a happy Thanksgiving!



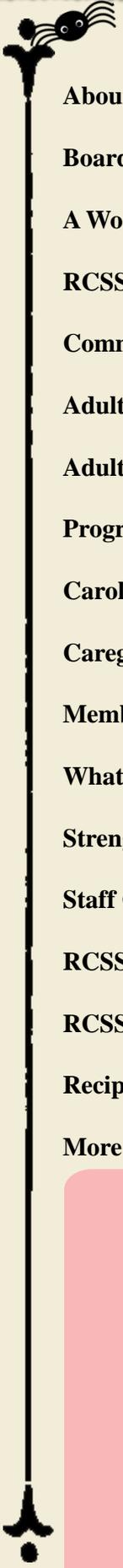
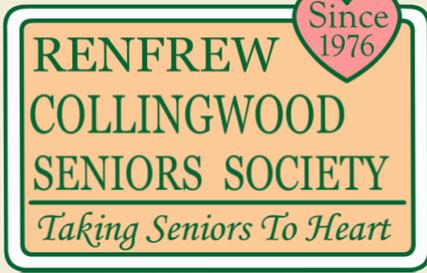
Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 42 years. We have a volunteer Board of Directors elected from the membership and they ensure that the Society runs efficiently. Our team of dedicated staff, many of whom have been 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 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





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September 2019 Newsletter**

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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

Attention: Society Members

The 42nd Annual General Meeting of
Renfrew Collingwood Seniors' Society
will be held on

**Saturday, November 16th, 2019 at 11:00 a.m.
at Renfrew Collingwood Seniors' Centre
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 Madeleine MacIvor 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



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Ryan Churchill



Svea Vgot



A Message from Donna

Happy Thanksgiving Everyone! Let us reflect on all the goodness in the world, country, province, city or at our Centre. It would be a pleasant change from all the horrific news that we read or hear on a daily basis. Let's try and shift our thinking to a positive mode so we can feel the joy of giving and receiving.

I am grateful to so many people. As most of you know, I grew up in a small community on the outskirts of the capital city of St. John's, Newfoundland. It had its challenges, we had inadequate housing with no running water or toilets, no central heating, food security etc.- but that was the norm. We pooled our resources, and everyone looked out for each other. If one family had an abundance of fish or moose – we all ate it. If someone needed extra support of any kind, the community came together. I would like to thank all the members of our close-knit community for supporting us through our tumultuous times. It feels good to say that out loud and feel the warmth I have in my heart for our neighbours past and present. I encourage you to do the same.

Our Centre is very similar to the small community where I grew up. We have an abundance of wonderful, helpful people who are more than willing to lend a hand. Everyday I witness many acts of loving kindness. The staff are obviously here to help but they go beyond the call of duty.

Our extremely devoted volunteers, whether they are on our Board of Directors or pouring your coffee – they too are here to give back and, in many ways, add to the supports that we have in place for you. But do you know who helps you the most? Your friends (peers). I see all of you looking out for each other. It is so awesome to see how you care for each other.

So, spend a moment to reflect on how well we are doing. We have a purpose build centre that is fully accessible, clean, safe and welcoming. The staff members have been hand-selected, and they all have big hearts. The volunteers give of their time so freely and they too get just as much from giving as taking. Remember, there are hundreds of seniors waiting to get into such a program. We all know why! Tell your friends how grateful you are to be spending your time with them.

Our Annual General Meeting is coming up next month. Please write down the date as I have so much to share with you around our successful expansion. The date is Saturday, November 16th at 11:00 am and the event will be followed with a lovely free, communal lunch. Please see notice about running for the Board and consider being part of this outstanding organization.

Thank you to those who completed the annual surveys. We had a great response this year with 57 surveys completed. Mostly positive comments (great to hear) and please be assured that your recommendations will be acted upon wherever possible.

All is well!

Donna



Beautiful ladies enjoying the program



Chun Yang & Pu Rong loves chinese chess



Everyone loves stand fit!



Yue sum and Nancy smiling for the camera

GUESS WHO



Clues by Maricris

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 has a dog and loves to talk about him.

Clue #2: She loves to garden during spring time.

Clue #3: She is always wearing new clothes at the centre.

COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
1 PM – Memory Match	5 AM – Croquet Nutrition Talk PM – Bingo
8 PM – Wheel of Fortune	12 AM – Thanksgiving Party PM - Bingo
15 PM – Scarecrow Toss	19 AM – Boo Bowling PM - Bingo
22 PM – Trick Or Treat	26 AM – Roulette PM – Bingo
29 PM – Murder Mystery Halloween Bash	CALENDAR

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
1 Baked Fish Rice Steamed Veggies Cake	5 Squash Vegetarian Soup Egg Salad Salad Cake
8 Beef Stew Potatoes Salad Fresh Fruit	12 Thanksgiving Lunch
15 Najia's Special	19 Najia's Special
22 Najia's Special	26 Najia's Special
29 Baked fish Potatoes Steamed Veggies Pudding	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 Pictionary PM – Community Connection with Nootka Elementary	2 AM – Sit Fit & Stand Fit Flag Game PM – Rollers Poke a Pumpkin Dominoes Card Games	3 AM – Sit Fit & Stand Fit Charades PM – Bean Bag Toss Turkey Craft Uno Tiles I-Pads	4 AM – Sit Fit & Stand Fit Cover 21 PM – Leap Ball Leaf Mobile Rummikub Uno
7 AM – Sit Fit & Stand Fit Thanksgiving Alphabet PM – Floor Shuffleboard Treasure Hunt Conversation Corner Nametag Design	8 AM – Sit Fit & Stand Fit Treasure Hunt PM – Relay Race Sing-a-Long Thanksgiving Art Word Search	9 AM – Sit Fit & Stand Fit Fall Activities PM – Bucket Toss Checkers Table Bowling Bobbles and Beads	10 AM – Sit Fit & Stand Fit Scattergories PM – Thanksgiving Lunch with Alastair McMurray	11 AM – Sit Fit & Active Fit Word Search PM – Thanksgiving Lunch with Linda Lujan
14 Thanksgiving Centre Closed	15 AM – Sit Fit & Stand Fit Guess Who PM – Minute to Win It Pumpkin Mache Card Bingo Tenzi	16 AM – Sit Fit & Stand Fit What's Your Name? PM – Seated Bocci Table Hopscotch Card Making Crosswords	17 AM – Sit Fit & Stand Fit 3 Letter Words PM – Crow City Singers	18 AM – Gentle Yoga/Stand Fit High/Low PM – Boo Spoons Scarecrow Toss Let Go I-Spy
21 AM – Gentle Yoga/Stand Fit Library Talk PM – Price is Right Target Spin Halloween Craft Connect Four	22 AM – Sit Fit & Stand Fit Finish My Phrase PM – Community Connection with Windermere SS	23 AM – Sit Fit & Stand Fit Matching Game PM – Ring Toss Chinese Music Creative Expression Qwirkle	24 AM – Sit Fit & Stand Fit Pictionary PM – Janelle Nadeau Harpist	25 AM – Sit Fit & Stand Fit Halloween Words PM – Ladderball Mummy Masks Shake Loose a Memory Dice Game
28 AM – Sit Fit & Stand Fit Halloween Charades PM – Evergreen Trio	29 AM – Sit Fit & Stand Fit Word Scramble PM – Seated Bowling Trouble Pumpkin Art Tetris	30 AM – Sit Fit & Stand Fit First to Fifty PM – Croquet Pine Cone Painting Halloween Memory Yahtzee	31 AM – Sit Fit & Stand Fit Bump It PM – Centrepieces Halloween Treats Dominoes Marble Challenge	

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 Turkey Shepard's Pie Salad Fresh Fruit	2 Greek Baked Chicken Lemon Potatoes Steamed Veggies Jello	3 Beef Meatloaf Scalloped Potatoes Salad Pudding	4 Squash Vegetarian Soup Egg Salad Salad Cake
7 Beef Stew Potatoes Salad Fresh Fruits	8 Butter Chicken Rice Mixed Veggies Jello	9 Fish chowder Scones Salad Cake	10 Thanksgiving Lunch	11 Thanksgiving Lunch
14 Thanksgiving Centre Closed	15 Najia's Special	16 Najia's Special	17 Najia's Special	18 Najia's Special
21 Najia's Special	22 Najia's Special	23 Najia's Special	24 Najia's Special	25 Najia's Special
28 Baked Fish Potatoes Steamed Veggies Pudding	29 Turkey Pasta Sauce Rotini Salad Cake	30 Vegetarian Frittata Yams Salad Fresh Fruit	31 Oktober Fest Halloween Meal Surprise Dessert	MENU

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。



Angie playing Treasure Hunt

Event Highlights

Community Connection with Nootka Elementary
Tuesday, October 1st

Thanksgiving Lunch with Alastair McMurray
Thursday, October 10th

Thanksgiving Lunch with Linda Lujan
Friday, October 11th

Thanksgiving (Centre Closed)
Monday, October 14th

Crow City Singers
Thursday, October 17th

Community Connection with Windemere Secondary
Tuesday, October 22nd

Janelle Nadeau (Harpist)
Thursday, October 24th

Evergreen Trio
Monday, October 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



Creating Connections in the Community



Wendy Johnstone

INSPIRED
55+ lifestyle magazine

Family Caregivers
of British Columbia

Many caregivers feel alone in their role and responsibility. In the research, social isolation is identified as one of the highest risk factors experienced by family caregivers. It's also what friends, family and professionals frequently observe. Yet, it can also be the hardest area to change or improve.

Connections with others can start to wane as a family deals with a worsening condition, chronic disease or terminal illness. Or when symptoms become more apparent and challenging, sometimes people don't know how to help or what to say. Creating or sustaining personal connections can fall by the wayside for caregivers; it's easy to put one's emotional and social needs aside when caring for someone else. Gradually, as the role of caregiving lengthens or intensifies, it can harm quality of life and makes caregiving less sustainable.

Before we talk about the benefits of staying connected, it's important to acknowledge the energy required to nourish or develop our social circle. There can feel like a hundred good reasons to not invest the time or energy required. Sometimes caregivers don't have others locally to support them or time devoted to caregiving can cause caregivers to feel isolated from friends, family and a social life.

Sometimes they are simply too tired to go out. Or the care recipient's health may prevent the caregiver from leaving them alone or no respite care is available. And many caregivers don't ask for help. They believe they should be able to do everything themselves. They may believe people are too busy or they will burden others with their needs.

All of us, in different degrees, need stable and satisfying relationships in our lives and within our community. These relationships go both ways: giving and receiving social support. Meeting social needs gives way to participating in activities that we enjoy and socializing with friends or like-minded people. It results in feelings of being supported and creates opportunities to spark joy and laughter. In other acceptable circles, such as support groups, it gives a safe and trusting place to express frustration, anger and feelings of guilt.

Some places to start:

- Think about who you have in your inner circle of support. Try reaching out and talking about or asking for one thing that could support you in your caregiving role. The more specific you are, the easier it is for someone to help.
- Share your experiences with others at a support group. It can help alleviate the feeling that you are alone in your caregiving. With online support chat forums and workshops, there is always someone to connect with 24-7.
- If you haven't already, reach out to local community and health organizations that provide respite care and services for family caregivers. It doesn't work in every case, but when it does, it provides both you and the care recipient with opportunities to interact with other people. It can also provide a break, so you can connect with others.

Staying connected and socializing bring positivity to the demands of caregiving.

Caregivers who feel supported and can find small breaks to stay socially connected are able to continue caregiving and have an increased quality of life.



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

Stairs and steps

- ___ Pick up papers, shoes, books, or other things on stairs. Always keep objects off stairs.
- ___ Fix loose, broken, or uneven steps.
- ___ Make sure you have plenty of light in stairways. Have an electrician put in an overhead light at the top and bottom of the stairs. You can get light switches that glow.
- ___ If you have burned-out lights in the stairway, have a friend or family member change the bulbs.
- ___ Make sure that the carpet is firmly attached to every step. Or you can remove the carpet and attach rubber treads to the stairs to prevent slips.
- ___ Fix loose handrails or put in new ones. Make sure handrails are on both sides of the stairs and span the full length of the stairs.

Kitchen

- ___ Move items in your cabinets so that the things you use a lot are on the lower shelves (about waist level).
- ___ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool

楼梯和台阶

- ___ 收起楼梯上的纸张，鞋子，书籍或其他东西。保持楼梯上没有任何杂物。
- ___ 修复不结实，破损或不平的楼梯台阶。
- ___ 确保楼梯间有足够的光线。请电工在楼梯间安装顶灯并在底部也安装电灯。选用可以发光的开关。
- ___ 如果楼梯间的灯不工作了，请让朋友或家人帮忙更换灯泡。
- ___ 确保楼梯每一个台阶的地毯牢固结实，或者移除地毯并放置防滑橡胶垫在每个台阶以防止滑倒。
- ___ 修复松动不结实的扶手并确保整个楼梯的两侧都安装有扶手

厨房

- ___ 放置经常使用的物品在较低的架子上（大约腰部水平）。
- ___ 如果你需要使用带有扶手的脚踏凳。切勿使用椅子作为脚踏凳。

Written by Faith

Member Profile: Ingrid Henderson

If you guessed that Ingrid was that adorable little girl with a bow in her hair you are correct!

That was a photo of our dear friend Ingrid on her first day of school. Ingrid shared that every year on her first day of school her mom would always dress her up and she would get a cone full of sweets and goodies, if that's not a good incentive to go to school after summer holiday I don't know what is!

Ingrid was born in Germany Berlin; she was the middle child with a brother 7 years older and a sister 7 years younger. Ingrid Enjoyed going to school in her youth and after graduation found herself a career building car-batteries in a factory for 18 years.

She moved to Canada in 1957 and worked in Ontario for 1 year as a live-in housekeeper/Nanny. After this she moved to Vancouver and has lived here ever since. When asked what it is, she likes about Vancouver she simple said "Everything! I Love the scenery, the mountains, the people, everything."

In her retirement Ingrid said she has found her second home here at the centre where she enjoys gathering with her friends.

Ingrid it is a pleasure having a friend like you at RCSS.



I'm Grateful for being part of the community. -**Hans**



"I'm Thankful for having many years of friendship and meeting new people from the beginning when the center was still located in the church." -**Alice F.**

"I'm grateful for my friend Barbara who gave me her old phone & go to lunch with every month & my daughter and nephew who are helping me find an apartment." - **Angie S.**

"I'm Thankful for the people and family who helped me when I arrived in Canada." -**Imelda**

"I'm Thankful for waking up in the morning and the good time I have at our center." -**Ingrid**

"I am grateful for my lovely friend: Janice, Sharon, Wendy & Mavis. Although they are far away, I treasure their love and support. Thank you to my sister Laurie who calls at 2:20pm each day. A final thank you to the Tuesday ladies- Addie, Angie, Kay & faith P.S thank you to me for being me." - **Barbara L.**



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

Toe and Heel Taps

10 times

Toe tap



Sitting tall with feet flat on the ground, looking forward



Extend right leg forward and tap your toes on the ground and bring it back



Extend left leg forward and tap your toes on the ground and Bring it back

Heel Tap



Sitting tall with feet flat on the ground, looking forward



Extend right leg forward and tap your heels on the ground. Bring it back



Extend left leg forward and tap your heel on the ground. Bring it back

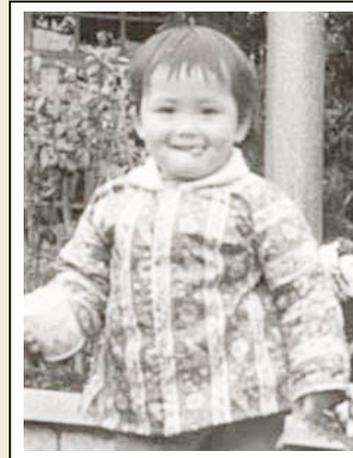
I've hidden 5 of these spiders throughout the newsletter. See if you can find them!

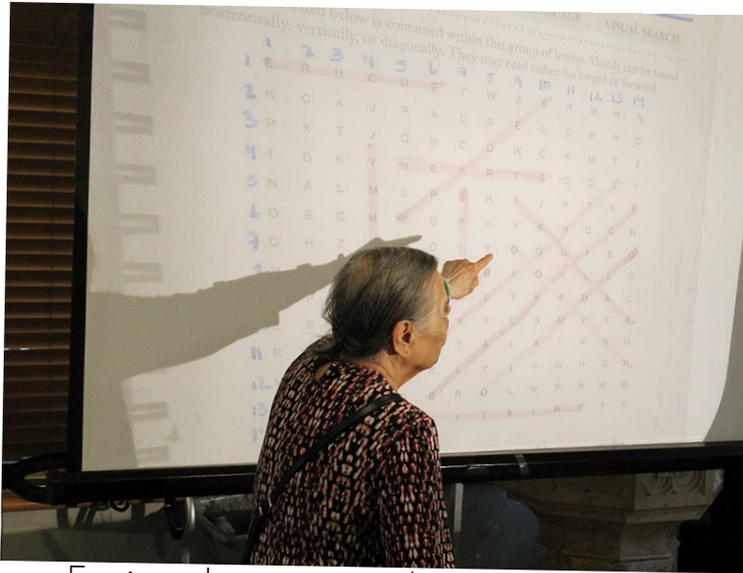


Guess Who Staff Edition

I'm sure you have all seen the "Guess who" section of our Newsletter, but this month we have a special Guess Who section. It is the staffs of RCSS! Below I have placed a younger photo of every RCSS staff member. See if you are able to guess all of them!

If you would like your picture featured in the newsletter, then please bring them in!





Eunice showing us where the word is!



Ciro and Ling enjoying Dominoes



Active Fit with Ryan!



Marian and Imelda playing Boccia



Asako about to make a hoop in basketball



Everyone laughing in Uno





No Bake Apple Peanut Butter Balls

This is an easy to make no bake bite!

Yor make a little one just for yourself!

Ingredients:

- 1 Apple peeled and grated
- 1 Cup rolled oats
- 1/2 Cup natural peanut butter
- 1/2 Cup of Honey
- 1 tsp Cinnamon
- 1 tsp Chia Seeds

Method:

1. Measure out all ingredients into a large bowl
2. Mix until all ingredients are well blended
3. Scoop a heaping table spoon full and roll into small balls
4. Place rolled balls in fridge for 15min to cool/firm
5. Ready to eat!

Faith

October Birthdays

Maria ~ 2nd
 Guo Ming ~ 4th
 Kem Ai ~ 8th
 Teresita ~ 9th
 Soi Woon ~ 11th
 Annabelle ~ 14th
 Rose ~ 19th
 Pu rong ~ 21st

Birthstones:

Tourmaline & Opal

Zodiac Signs: Libra & Scorpio

Flowers: Marigolds





Steve and Joan relaxing after a long day!



PNE carnival game!



Dora loving the face paint!



A butterfly landed on Henry's face.



Great hit Lam!