

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE  
蘭菲高靈活耆英會

# NEWSLETTER



February 2020

2970 East 22nd Avenue, Vancouver, BC

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



### Happy Valentine & Happy Family Day!

All of us here at the centre would like to wish you lots of love this month and always!  
We also want to wish you plenty of time with your family and loved ones!



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 43 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, Maricris, Rose, Jerry, Svea

**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](mailto:rcss@rencollseniors.ca)

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

**Renfrew Collingwood Seniors Society**

**February 2020 Newsletter**

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**RCSS Protein Drive**

In support of our Homelessness Awareness campaign, Renfrew Collingwood Seniors' Society would like to request donations for our annual protein drive. Canned goods such as tuna, salmon, beans or packaged nuts, seeds, granola bars would be much appreciated. All donations will be packaged with care by seniors and student volunteers and distributed to residents at the Kingsway Continental

# Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

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Donna Clarke



Carol Yi



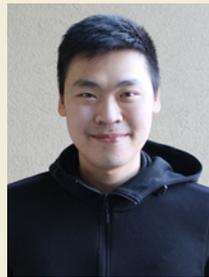
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang



Happy Valentine's Day to all you hopeless romantics. I am sure there will be a lineup around the block of secret admirers with chocolate hearts and roses in hand for you. Whatever way affection is expressed, it is important to **feel the love and enjoy the special feelings of those who love and care deeply for us.**

I really enjoy hearing stories about a special Valentine's Day event in your life or a secret admirer who puzzled you for months. One year, I heard about one of the seniors going on a double date and discovering that they liked their friend's date more. Turns out that he liked her more as well. They started dating secretly, eloped and were happily married for 57 years.

My grandparents wrote letters back and forth for two years before meeting. They knew everything there was to know about each other so when they finally met, they decided to get married immediately. I guess it is like dating websites that we now have on the internet except they did not see each other until they met in person. I remember my Nan telling me the story that she fell in love with Pop by how he expressed himself on paper not for physical reasons. Now mind you they went on to have a dozen or so babies so there was some physical attraction.

When I was growing up, we brought valentines to school and the teacher distributed them at the end of the day. It was always stressful because one worried that no one was going to be their valentine. My Mom in her wisdom would always make sure that nobody was left out as she would make me give a valentine to everyone – even if I did not want anything to do with them.

After receiving the valentines from our school mates, we anxiously waited for more to be delivered at our home. Once darkness set in, we would go around to our friend's houses and knock on the door, leave our valentines and run. After all, it was supposed to be about secret admirers. We would often see our friends coming but played along pretending we did not know who they were from. Believe it or not I still have those valentines from years ago. They bring back a lot of fond memories. Get ready to share your experiences with us.

Speaking of your loved ones; a reminder to update all contact info, especially emergency contacts. Lots of people change phones or jobs and will not have the same number that you gave us months or years ago. So, write down all your emergency contacts and ask them if any contact info changed and let the staff know so we can update our systems. At the same time, if there have been any changes to your medication, it is always beneficial to keep us in the loop in case we see any indicators that you are experiencing side effects. It is also a good plan to have these on file in case you need to go to hospital from the Centre. We usually copy your meds for the ambulance drivers and that may save valuable moments in an emergency.

On another note, I will be away for most of February on medical leave. I will be having surgery but expect to be back in full force in early March. While I am away, the staff will be keeping everything afloat and a couple of Board members will be available to the staff if needed. I will continue to check my emails but if you need anything urgent, speak to Joon and he will know who to contact.

All is well!



Isa cutting up flower petals!



Chair dancing group loves the Macarena!



"that one is... Romance!"



Muriel playing Bocci

## GUESS WHO



### Clues by Faith

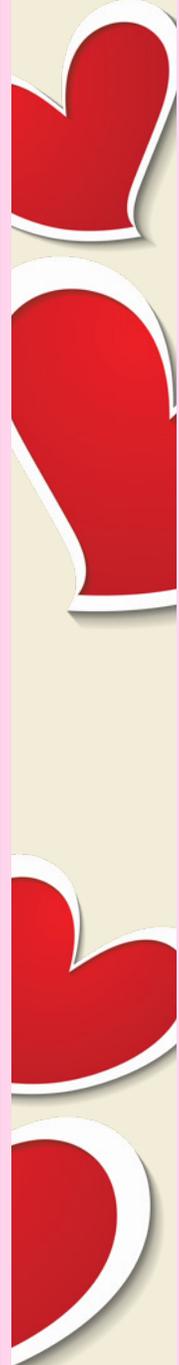
Here is another photo of one of our dear friends here at the Centre. Can you guess who it is by just looking at the photo? If the beautiful photo doesn't give it away, read the clues below to help you guess who this might be! We will reveal who it is in next month's newsletter in the Member Profile section.

**Clue #1:** She was a Doctor in her career.

**Clue #2:** She is soft spoken, and can speak 3 languages: Cantonese, Mandarin, English.

**Clue #3:** She is very patient and helpful towards her friends at the centre and will explain rules and translate instructions so others will understand.

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>CALENDAR</b>	1 AM – Jenga  PM – Bingo
4  PM – Dice Mania Environmental Safety & Transportation Talk	8 AM – Ladder Ball  PM - Bingo
11  PM – Valentines Connect 4	15 AM – Calligraphy  PM – Bingo
18  PM – Roller	22 AM – Bead Sorting  PM – Bingo
25  PM – Bean Bag Toss	29 AM – Croquet  PM – Bingo



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>Menu</b>	1 Roasted Chicken Salad Potatoes Steamed Veggies  Jello
1 Vegetarian Lentil soup Tossed Salad Rolled Pita Sandwich  Brownie	7 Surprise Soup Sandwich Salad  Surprise Dessert
11 Pork Greek Roast Lemon Potatoes Greek Salad  Stewed Fruits	15 Beef Stew Mashed Potatoes Steamed Veggies  Valentines dessert
18 Braised Pork w/ Sauerkraut Boiled Potatoes Salad  Jello	22 Turkey soup Grilled Cheese Salad  Apple Crisps
25 Beef Swiss Steak Mashed Potatoes Steamed Veggies  Fresh Fruit	29 Chicken Tagine with Chickpeas Rice Steamed Veggies  Fresh Fruit

## 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
3 AM – Sit Fit & Stand Fit 3 Clues PM – Rollers Dice Mania I-Spy Set Game	4 AM – Sit Fit & Stand Fit Spot the Difference PM – Sing-a-Long Butterfly Craft Centrepieces Treasure Hunt	5 AM – Gentle Yoga/Stand Fit Tic Tac Toe PM – Floor Shuffleboard Creative Expression Make Ten Ring Toss	6 AM – Sit Fit & Stand Fit Pictionary PM –  <b>Community Connection Nootka Elementary</b>	7 AM – Gentle Yoga/Stand Fit High/Low PM – Relay Race Heart Toss Snakes and Ladders Memory Match
10 AM – Gentle Yoga/Stand Fit Couples PM – Croquet Sudoku Heart Animals Rummikub	11 AM – Sit Fit & Stand Fit Mental Aerobics PM – Valentine Connect 4 Target Spin Bean Bag Toss Uno	12 AM – Sit Fit & Stand Fit Valentine Scattergories PM – Fruit Bouquets Language Hearts Valentine Poster Request That Tune	13 AM – Sit Fit & Stand Fit Draw a Picasso PM – Cupid's Arrow City, Country, River Puzzles Sequence Game	14 AM – Sit Fit & Active Fit Jackpot PM –  <b>Alastair McMurray</b>
17 <b>Family Day</b>  <b>Centre Closed</b>	18 AM – Gentle Yoga/Stand Fit Charades PM – Bucket Toss Qwirkle Table Bowling Bead Sorting	19 AM – Sit Fit & Stand Fit Circle the 24's PM – Leap Ball Ping Pong Challenge Dominoes I-Pads	20 AM – Sit Fit & Stand Fit Finish the Phrase PM – Marble Challenge Wheel of Fortune Animal Bingo Tetris	21 AM – Sit Fit & Stand Fit I-Spy PM – Connect the Dots Favourite Love Songs Canvas Painting String Art
24 AM – Sit Fit & Stand Fit Library Talk PM – Bookmarks Pottery Craft Suncatchers Music Play	25 AM – Sit Fit & Stand Fit Brain Game PM –  <b>Artemisia Duo</b>	26 AM – Sit Fit & Stand Fit Double Trouble PM – Basketball Pink Shirt Art Checkers Numbers	27 AM – Gentle Yoga/Stand Fit History PM – Seated Bowling Ladderball Marble Slots Word Search	28 AM – Sit Fit & Stand Fit Memory Game PM – Card Bingo Table Tennis Fumble Tumble Shake Loose a Memory
				

# ADULT DAY PROGRAM MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Vegetarian Lentil Soup Tossed Salad Rolled Pita Sandwich</p> <p>Brownie</p>	<p style="text-align: right;">4</p> <p>Chicken teriyaki Chicken legs Fried Rice Steamed Greens</p> <p>Apple Sauce</p>	<p style="text-align: right;">5</p> <p>Turkey Shepherds Pie Salad</p> <p>Panna Cotta</p>	<p style="text-align: right;">6</p> <p>Beef Liver and Onions Mashed Potatoes Steamed Veggies</p> <p>Fresh Orange Compote</p>	<p style="text-align: right;">7</p> <p>Pan Fried Tilapia Thai Noodle Salad</p> <p>Lemon Loaf</p>
<p style="text-align: right;">10</p> <p>Pork Greek Roast Lemon Potatoes Greek Salad</p> <p>Stewed Fruit</p>	<p style="text-align: right;">11</p> <p>Turkey meatballs w/ Pasta Salad</p> <p>Maple Nut Tart</p>	<p style="text-align: right;">12</p> <p>Soup Chicken Mulligatawny Egg Salad Sandwiches Salad</p> <p>Apple Charlotte</p>	<p style="text-align: right;">13</p> <p>Vegetarian Peanut Spaghetti Roasted Root vegetables Shredded Spinach Salad</p> <p>Jello</p>	<p style="text-align: right;">14</p> <p>Beef Stew Mashed Potatoes Steamed Veg</p> <p>Valentine Dessert</p>
<p><b>Family Day Centre Closed</b></p>	<p style="text-align: right;">18</p> <p>Braised Pork With sauerkraut Boiled Potatoes Salad</p> <p>Jello</p>	<p style="text-align: right;">19</p> <p>Vegetarian Pasta Primavera Salad</p> <p>Cake</p>	<p style="text-align: right;">20</p> <p>Chicken Fricassee Boiled Potatoes Steamed Veggies</p> <p>Fresh Fruit</p>	<p style="text-align: right;">21</p> <p>Turkey Soup Grilled Cheese Salad</p> <p>Apple Crisps</p>
<p style="text-align: right;">24</p> <p>Beef Swiss Steak Mashed Potatoes Steamed Veggies</p> <p>Fresh Fruit</p>	<p style="text-align: right;">25</p> <p>Vegetarian Chili Blanco Cornbread Side salad</p> <p>Cake</p>	<p style="text-align: right;">26</p> <p>Pork + Beef Meatloaf Scalloped Potatoes Salad</p> <p>Jello</p>	<p style="text-align: right;">27</p> <p>Oven Baked Fish Russian Potato Salad Steamed Veggies</p> <p>Lime Tart</p>	<p style="text-align: right;">28</p> <p>Chicken Tagine with Chickpeas Rice Steamed Veggies</p> <p>Fresh Fruit</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-3pm. 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三時!)

### 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。



Muriel and Addie chatting

## Event Highlights

**Community Connection Nootka Elementary**  
Thursday, February 6th

**Alastair McMurray**  
Friday, February 14th

**Family Day (Centre Closed)**  
Monday, February 17th

**Artemisia Duo**  
Tuesday, February 25th



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](http://www.chelseaparkbc.com)  
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver

## Strategies for Spousal Caregivers



Family Caregivers  
of British Columbia

FCBC COMMUNICATIONS

Lisa has been living with Multiple Sclerosis (MS) for over five years. She and her partner, Michael, just celebrated 20 years together. Each have children from their previous relationships, and both are still working part-time. As Lisa's symptoms worsen, she requires more assistance. Michael is struggling to balance the demands of being a partner and caregiver to Lisa.

Michael is finding himself feeling sad about the debilitating effect MS is having on Lisa. It's hard to watch the person he loves no longer able to be the person she once was, and he feels guilty for feeling like he's losing the partner he once had. Michael is also physically more tired. He's not sleeping well and his morning exercise routine is being impacted. Both Michael and Lisa are finding themselves socially isolated. They were involved in several community programs and had a healthy social network. Now, they are struggling to figure out a new "normal" for themselves.

Here are a few strategies from spousal caregivers:

### **Nurture the Bond**

Nancy, who cares for her husband, Bruce, suggests, "It can be hard to maintain a healthy relationship amidst doctor's appointments, fatigue, changes in physical abilities that can impact sexual intimacy and a range of emotions. Find small but important ways to stay physically and emotionally connected. For us, we both realized our relationship was changing and we had to adapt. We like to snuggle and watch movies and shows together. I also read a novel out loud to Bruce in bed and it's been one of best ways for us to stay engaged with each other emotionally."

One thing they are both working on: showing appreciation for each other and avoiding making assumptions. Both Bruce and Nancy agree communication is essential (even when it gets sticky and tricky!)

### **Lighten the Load**

Sam, who is caring for his wife, Sarah, with early onset dementia, speaks about the importance of allowing his wife to do as much as she can. "It might be easier for me to do everything, but she wants to help as much as she can because it keeps her feeling purposeful. I want her to stay as independent as possible, so we lighten the load for each other." Sam also prioritizes having someone clean their home to free up time for other activities. He and Sarah have already discussed Sam's need for respite down the road.

### **Find Your Tribe**

In Sam's case, it turned out that a work colleague was going through a similar situation. They've created a regular system of support in a safe way to express and process the wide range of emotions that are surfacing. For Nancy, her primary support is her siblings with whom she is very close. They stay in touch regularly by phone and text and once a month she meets with her sister to connect in person. Some spousal caregivers

seek out support groups to connect with other spousal caregivers. It provides a place to find comfort and understanding, as well as inspiration and tips from others' experiences.

### **Create Opportunities for Well-Being**

Prioritize your well-being through physical exercise and emotional and spiritual support – one of the keys to cleansing your mind of stress and maintaining stamina. Research shows feelings of overall well-being are linked to better mood, improved cognition, better self-regulation of emotional responses and improved immunity. Staying well might feel like "just one more thing" when you're faced with caregiving. Try seeing it as a welcome reprieve and a way to keep yourself a priority.



## Middle-Stage Dementia

As early dementia progresses, the symptoms will get worse and comes to the middle stage. Each stage has its own challenges, and the middle stage is no exception. There are differences between how people will progress through dementia, but symptoms generally follow a similar route. Here are some of the possible changes you might see as your loved one moves through the middle stages of dementia:

1. Changes in memory: While in the early stages of dementia, your loved one might be upset by and notice his or her poor short-term memory. In the middle stages, however, people are often less aware of this decline, even though the decline is greater as dementia progresses.
2. Decreased and sometimes inappropriate social interactions: As dementia progresses, people often withdraw and interact with others less frequently. They may also display some inappropriate social behaviors such as decreased inhibitions that can make others uncomfortable.
3. Restlessness, including agitation and wandering.
4. Paranoia and delusions: They may become suspicious and accuse you of stealing their money or trying to hurt them.
5. Personal grooming may decline: Your loved one might display poor grooming such as not showering frequently or wearing mismatched or soiled clothes.
6. Appetite and sleeping changes: Decrease in appetite and/or weight loss can develop as dementia progresses. Sleeping patterns may also be altered as well, varying from dozing off frequently in the day to an inability to fall or stay asleep overnight.

### 中期痴呆症

随着早期痴呆症病情的进展，症状会逐渐加重而进入中期痴呆。虽然每个痴呆患者进展的方式有所不同，但通常症状都是类似的。以下是中期痴呆症可能的变化：

1. 记忆障碍：在痴呆症的早期阶段，患者可能会意识到对自己的短期记忆力减退并为此而感到沮丧。而痴呆症中期阶段，尽管记忆力减退加重，患者反而不太意识到自己的记忆障碍问题。
2. 社交活动减少甚至出现行为异常：随着痴呆症的发展，患者逐渐减少及退出社交活动。有时由于控制行为能力下降而出现一些异常行为而影响他人。
3. 坐立不安：包括躁动和来回走动。
4. 猜疑和错觉：患者会爱猜疑并指责别人窃取他们的钱或试图伤害他们。
5. 个人卫生自理能力下降：例如不经常洗澡或穿着不合适或不干净的衣服。
6. 食欲和睡眠变化：随着痴呆的发展，可能会食欲下降和/或体重减轻。睡眠方式也可能发生变化，白天经常打瞌睡，晚间入睡困难或整夜无法入睡。

Written by Wai Yee

### **Guo Ming**

Have you guessed who is the young man in our “Guess Who” section in the January newsletter? It is our friend Guo Ming who has been with us since April 2019.



Guo Ming was born in Canton, China. He worked as a clerk in an herbal medicinal store in China for 12 years before going to Peru. Guo Ming lived in Peru until 1983 before coming to Vancouver in 1989. However, in 1991 Guo Ming decided to go to Powell River, B.C. This talented individual opened his own restaurant and lived there for 10 years. In 2002, realizing Vancouver is a better place to be, Guo Ming closed his restaurant and came back to Vancouver. He worked in a furniture factory until he retired in 2013.

During retirement Guo Ming was an active gardener, growing vegetables and flowers. He also enjoyed spending time with his children and grandchildren. Currently, Guo Ming enjoys chatting with old school friends online. They reminisce about the old days and enjoy having discussions about world politics.

At our center, we can see Guo Ming working hard in the morning SitFit exercise and wanting to keep physically active with the afternoon programs. For those who don't know Guo Ming, please say hello and you'll have the chance to have a lively chat!

Guo Ming, welcome to our center and being part of our RCSS family.



## New Horizon

As you know, New Horizons for Seniors Program has awarded us with funding to deliver an new exercise and social program on Saturdays.

Here are some moments from CDP and New Horizon Program



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**

## Leg Extension Heel Tap and Toe Tap



**Sitting tall when feet flat on the ground**



**Extend your leg forward, tapping the heel on the ground.**



**Bring the extended leg back and tap the toes on the ground**



## A Lunar New Years Resolution Shared by the Members of RCSS



**John M.:**

“Wishing for many new friends coming into our centre”.

**Lie:**

“Keeping healthy through the year”



**Min:**

“ To be healthy and fit”

**Bick Kum:**

“I want for all family members to be happy with each other”



**Pu Rong:**

“For the world to be free of wars and battles”

**Mary S. :**

“To increase in old age pension”



**Xiu Cong:**

“To find happiness in everyday and everything”





Jerry leading exercise



Kay loves the game "Shut the Box"



We love exercise here at the Centre



Nino getting 3 in a row!



Happy Birthday Mary S.!!



John S. and Liz!



"I'm going to eat it!" says Asako



The ladies enjoying the Scottish Dancers



Sidney telling William a story



Lam deciding where to place the puzzle



A message from Min to everyone!



May and Xiu Cong both doing well!



### Nutella Stuffed Strawberries

Nutella was invented by an Italian person during the war when there was a shortage of chocolate. It is a popular spread. This recipe is a fun way to prepare a dessert without baking!

#### Ingredients:

12 Large Fresh Strawberries  
 1/4 Cup of Nutella  
 1 Cup of milk chocolate chips, melted  
 1/4 cup chopped hazelnuts  
 Confectioner sugar

#### Method:

1. Remove stem from strawberries, use a paring knife, cut out centres, pipe Nutella into strawberries
2. Insert a toothpick into the side of each strawberry. One at a time, hold the toothpick and dip the stem end of the strawberry into the melted chocolate; allow the excess to drip off. Sprinkle with Hazelnuts
3. Place strawberries on a wax paper lined baking sheet. Remove toothpick, refrigerate until set. Just before serving dust with icing sugar.

Rose



## February Birthdays

Dominic ~ 3rd  
 Rosemarie ~ 8th  
 Yue Sum ~ 12th  
 Joan G. ~ 16th  
 Ingrid ~ 18th



**Birthstones:**  
 Amethyst

**Zodiac Signs:** Aquarius & Pisces

**Flowers:** Violet & Primrose



Fernando and Sidney playing Boccia



Duen Yeng and Dora helping each other



Mary completing the puzzles!



Eunice playing against Pu Rong!



Gerry putting in the last piece!



Sau Di deciding where the piece goes!



Only two left for Lam!



Maria laughing during the game