

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

April 2020

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



We Are All In This Together!

Renfrew Collingwood Seniors Society is available to support seniors in the community during this difficult time. Please call 604-430-1441 or e-mail to rcss@rencollseniors.ca if you require any assistance

Renfrew Collingwood 老人活动中心在此困难时期将尽可能地帮助我们社区的老年人

如您有需要， 请拨打6044301441 或发邮件到rcss@rencollseniors.ca



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 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

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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

April 2020 Newsletter

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Hand Washing

1. **Wet** your hands with clean, running water (warm) and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Board of Directors



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Anyao Huang



Ryan Churchill



It is with great sadness that I inform you that all programs at the Centre must be suspended until we conquer the horrible virus that has reeked havoc on the world. I want you to know that despite all of you not being here in person, your spirit lingers in the chairs and spaces that you have claimed as your own.

The brilliant and dedicated staff members will be on-site checking in with you regularly, delivering meals to the most vulnerable (those with no family support) and compiling kits for you to ease the boredom that is bound to set in if we do not occupy ourselves.

We are ahead of the curve with our planning and strategies and will be there for you during this difficult time. If you need someone to talk to call us at 604 430-1441. One of our team members will spend as much time as you need to comfort you and we will attempt to get whatever support that you need.

When we call you to check in, we will be asking if you want to be part of a peer phone support group. This will allow you to call each other for a chat and in doing so, keep your mind off things but more importantly reduce social isolation. We will ask you who you would like to connect with specifically and check to see if they are available and open to the idea. Some seniors may be at their children's home so don't take offence if they do not feel comfortable tying up their phone lines. You can change your mind at any point, just let us know.

One strategy that is working for me, turning of the American cable news! It is distressing to see how they are handling the situation and it is all so negative. If you want to keep updated, stick to the local news channels and listen to Dr. Bonnie Henry or the Minister of Health, Adrian Dix. It's more relevant to our everyday lives. The National on CBC is also an invaluable resource. It is not politized and is more factual and helpful. Our leaders in health care and the Minister of Health is doing a fabulous job of keeping us updated and they are being honest and forthright.

I have direct access to our very competent Board of Directors, Health Care Professionals and City Planners so if you need anything please do not hesitate to call. Like our Board, Vancouver Coastal Health and the City of Vancouver has been there to support us every step of the way and I commend them for their efforts.

In closing please find comfort in knowing that as soon as we can get you back here safely – we will! We are committed to your well-being and will do everything in our power to ensure you feel at ease. We love you all dearly and miss you terribly. As I said many times, we need each other to feel like our lives are fulfilled.

Love Always, Donna

We are in this together and we will keep you safe, fed and comforted!

Call us when you need a friend – 604 430-1441



Nino and Circo with their pink shirts!



Everyone loving the Artemisia Duo



Fernando and William working together



Alice F. and Mureil enjoying our new game!

GUESS WHO



Clues by Svea

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: You will see her name on the wall as you walk into the center.

Clue #2: She is always being asked for her autograph .

Clue #3: She is on the Board of Directors at RCSS.



The CDP ladies and Maricris posing!



Wendy and Helen playing dominoes!



Our new friends Frank and Lee-Inn



Bingo at the Open house was a success!



Dorothy and Susan enjoying the snacks!



Auntie winning the door prize!



Hing Face, Ciro and Neville playing our new game



Willy loves the music program



Asako and Min racing!



Eunice playing the triangle!



Lie enjoying the clay activity



Mo Yen and Margherita looking beautiful



Svea and Lilian laughing



Faith and Liz!



Wai Yee is surprised



Donna the Reindeer!



Your RCSS STAFF!



Did Carol dye her hair?!

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。



Close shot Muriel!



Joan with a bucket!



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

STRATEGIES AND RESOURCES FOR DECISION-MAKING: TAKING STOCK FIRST IN A THREE-PART SERIES



Family Caregivers
of British Columbia

Wendy Johnstone

Betty, 80, was diagnosed with Alzheimer's Disease five years ago. She is on the highest dosage of a "memory pill" and is well supported at home by her spouse. She is very functional and maintains a high level of independence and quality of life. But some cracks are starting to show. About three months ago, Betty fell and hit her head resulting in a concussion and a decline in her memory. Her physician felt it would be important to monitor her over a few months to see how well she "bounced back." Betty presents very well and most times when people meet her, they don't understand just how affected she is by her memory loss. At her latest doctor's appointment, her cognition and memory were reassessed. The physician had to deliver the news on her cognitive decline. Betty was devastated and grief stricken by the news of her advancing loss, and her husband was concerned about what this means for their future.

A diagnosis of a complex or chronic illness delivers in its wake a difficult decision-making process. Few individuals make decisions entirely on their own. Usually family members are part of the picture and their interests are at stake, too. Most people are not aware of what community health services and supports are available. With the added complication of having to help with decision-making for a person who may be cognitively impaired, injured, very ill or frail, the process is even more important for the family caregiver.

In this three-part series, Family Caregivers of BC will share strategies and resources on decision-making and health care advocacy with care recipients with complex and chronic illnesses.

Before family caregivers can navigate the range of community services and the health care system, it is a good idea to have a sense of what the person they are caring for needs.

Often caregivers aren't sure; this is completely normal. Very few of us have health care training or case management skills. Many caregivers are thrown into their roles overnight.

Taking stock of the current situation of the care recipient is a good starting place and can include:

- What are the current health problems of the person being cared for and for the caregiver?
- Have any medical emergencies occurred recently?
- Are there cognitive challenges? For example, missed appointments, unopened mail, unpaid bills, scorched pots/pans, difficulty with driving, changes in ability to have conversations, recalling conversations.
- Has there been notable changes in behaviour or mood?
- Is the person being cared for still engaged in meaningful activities?
- How is the care recipient managing their daily activities?
- What kind of support does the care recipient already receive and who is providing it?
- What is the financial situation? Are there resources for additional services?
- Are the proper financial and legal documents in place?
- Is the caregiver feeling well-supported in their role? And do they feel they are getting enough time for respite?

Next month, we will provide tips and strategies on relationship building with health care providers.



Prevent Respiratory Infection

The respiratory tract is divided into two categories based on anatomy. The upper respiratory tract includes the mouth, nose, sinus and throat. The lower respiratory tract includes the trachea, bronchial tubes and the lungs. The two most common viruses causing upper respiratory infections are rhinovirus and coronavirus. The upper respiratory infections are contagious and are spread from person to person. Individuals are infected with the virus before symptoms arise and are therefore

potentially contagious even before they know they are ill. Thus, hygienic measures should be a routine habit practiced by everyone even when not ill.

In general, the following advice can help reduce the risk of infection:

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth especially with unwashed hands
- Covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance

预防呼吸道感染

根据解剖结构，呼吸系统分为上呼吸道和下呼吸道。上呼吸包括口，鼻，鼻窦，和咽喉；下呼吸道包括气管，支气管和肺。鼻病毒和冠状病毒最常见的引起上呼吸道感染的两种病毒。上呼吸道感染具有很强的传染性，可在人与人之间传播。经常病人在症状出现之前就已感染了病毒并可传染他人。因此，即使没有生病也应保持以下良好的卫生习惯以防感染的发生：

- 常用肥皂和水或含有酒精的清洁剂彻底清洁双手。
- 与有咳嗽或打喷嚏的人保持一定的距离，至少要1米（3英尺）以上。
- 避免用手（尤其未洗时）触摸口，鼻和眼睛。
- 当咳嗽或打喷嚏时，用弯曲的肘部或纸巾遮住口鼻，然后立即扔掉用过的纸巾。
- 如有感觉不适，请待在家里。如果发烧，咳嗽和呼吸困难，请打电话寻求医疗帮助。

Written by Marcris

John S.

John Sobat is the young fellow we featured in our “Guess Who Game” last month.

Our dear friend John is originally from the former Yugoslavia, which is in Southeastern and Central Europe. John has four sisters and is the youngest and only son in the family.

He served in the army for 18 months outside his country before immigrating to Canada in February 1954. His first year in Canada he worked as a chauffeur making 50 cents an hour but within two weeks, he received a raise of 10 cents more! John completed a trades course to upgrade his skills and obtained a job as boiler maker. He worked another part time job and still managed to start his own business in fishing industry, which lasted for 45 years.



John met his future wife back in Yugoslavia while playing bocce ball; she was picking up the balls that went out of bounds. He thought that would be the last time he would see her, but after he moved to Canada, his wife’s aunt facilitated a way for them to connect. From that point on, John never missed a chance to take her out. John was slow to pop the question, until finally he realized that she was the right girl for him. It was their destiny to be together. After dating for a while, they married and were blessed with two sons. John is a proud father, as both of his sons became very successful in their chosen careers.

John had travelled many places around the world, and two of his favourite places are Australia and, of course, Canada where John and his wife created many beautiful memories. He used to play golf every day and he loves nothing more than gardening in springtime.

Here at centre, John has been able to reunite with his long-time friend Neville. He also loves to meet and be around new friends. John enjoys the exercise we offer at the centre that maintains his strength and wellness.

On behalf of our RCSS family, we are glad you joined our program



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



Barb giving us a great presentation!



Everyone enjoying the open house!



Barb giving us a great presentation!



Wendy won our biggest flower!

Some Ideas For Decreasing Stress

1. Take a walk but keep your distance from others. Getting some fresh air is always a good idea. If it is raining bring your umbrella and raincoat along.

2. Call someone you care about, talking over the phone is a great way to stay connected to your friends and family when you may not be able to visit.



3. Do something creative, draw, doodle, paint.



4. Cook or bake.



5. Play a game or do a puzzle.

6. Meditate, find a quiet space to sit. It can be as simple as taking a few deep breaths.

7. Read or listen to an audio book .

8. Stretch and exercise.



9. Put on some good music

10. Drink some tea or your favorite hot beverage



减轻压力的一些方法

1. 外出散步呼吸些新鲜空气。 如果在下雨，请带上雨伞和雨衣

2. 给您关心的人打电话，通过电话交谈是您和无法见到的朋友和家人保持联系的一种好方法

3. 做一些有创意的东西，画画，涂鸦，染色

4. 做饭或烘烤

5. 玩游戏或做拼图

6. 在一个安静的地方静坐冥想。 它可以像深呼吸一样简单。

7. 阅读或听有声读物

8. 伸展四肢和运动

9. 听一些优美的好音乐

10. 喝杯茶或您最喜欢的热饮料





Spring Memories

**Roberta:**

“I lived on a hill and was fascinated with all the flowers and cherry trees that comes out in spring! I also love having new clothes for Easter.”

Muriel:

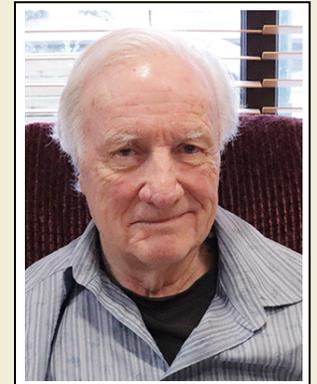
“I grew up on a farm, and I once saw the cow being born! Spring is also a time of renewal”

**Larry:**

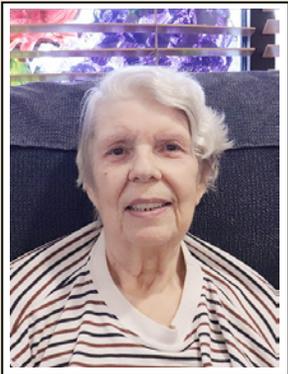
“I was in grade 10, everyone was upbeat and happy as spring is coming and winter is over”

**Peter:**

“I started to travel the world during spring time when I was 19 years old!”

**Ingrid:**

“Everything comes alive during spring, the flowers, trees, and friends!”

**Kamaljeet:**

“During the first spring in Canada, I was surprised as I had lots of opportunity to do activities compared to where I came from. I had so much freedom I felt like I was flying!!!”

**Lam:**

“All the different types flowers started to come out. The weather also gets warmer.”





Min making flowers during crafts!



John S. and Alice S. wrapping our gifts!



Isa playing cards!



Elouise having a good game in snakes and ladders



Rosemarie holding the craft she made!



Joan showing us her hand!



Sydney trying to hit Jerry who is taking the picture!



Muriel, Roberta & Addie with our Windermere students



Gerry in deep concentration



Rose, Kem Ai, Sydney and Teresita working hard!



Beatriz and May enjoying our game!



Our RCSS musicians!



Soup for Colds

I received this recipe from my Chinese Doctor. It is great to make a large pot of the recipe and freeze it in batches

It is a comforting and warm soup!

Ingredients:

- 1/2 Large green cabbage, cut into pieces
- 1/2 Chicken including bones (Can be cooked from safeway or Raw)
- 1 Carrot, Sliced
- 1 Stalk celery, sliced
- 1/2 Large onion, sliced
- 4 Cloves garlic Crushed
- 1 Inch of ginger, cut into slices
- Handful of parsley, chopped
- 2 bay leaves
- Touch of sea salt.

Method:

1. Please all the ingredients in a large pot with a good lid
2. Bring to a boil, then lower to simmer and cook slowly for 2 hours.
3. Remove bones if any and portion into containers for the freezer
4. When you want to drink the soup, heat up the frozen portions in a pot.

Rose

April Birthdays

Imelda ~ 4th
 Peter ~ 4th
 Hans ~ 7th
 Muriel ~ 7th
 William ~ 12th
 John S. ~ 15th
 Ling ~ 26th



Birthstones:
 Diamond

Zodiac Signs: Aries & Taurus

Flowers: Daisy & Sweet Pea



Ling, Alice F. and Muriel enjoy our game



Everyone enjoying Music!



May and Antonio enjoying our new game!



Maria loves dominoes!



Angie saying hi to Kay!



Nelly and Sau Di loves crafts!



Good roll Marian!



Hans playing the drums!