

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

March 2020

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



International Women's Day and Spring

March 8th is International Women's Day and we would like to thank all the women in our lives who have influenced us to become better.

Spring is just around the corner so look out for exciting events at the centre!



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

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

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Renfrew Collingwood Seniors Society

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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



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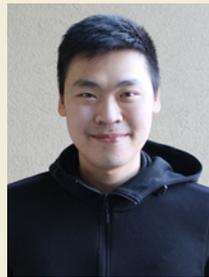
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang



Ryan Churchill



Spring is in the air and as I write this article, I am looking out at all the beautiful birds in my garden flying effortlessly around gathering debris to repair their nests. Soon we will have some new additions as many of the wild birds will be laying their eggs soon. I am also enthralled with the spring flowers that are already bursting from the frozen soil. Our trees have an extensive amount of buds this year which makes me think fruit and flowers will be abundant. What an amazing city we live in!

Yesterday was the first time I went to investigate what was coming to life in this year's cycle. It always brings me so much joy to see the babies that I planted many moons ago resurface and beat the odds of surviving from a cold winter or avoiding the slugs that seem to be waiting for their next meal. It always calls for a celebration in my world. The simplicity of a perennial coming back to grace the slopes of my secret garden or the hummingbirds that return to drink from the red feeder on my deck is what makes me smile.

You may be wondering where I am these days (hopefully you are). I mentioned in my last month's article that I would be having surgery. I am pleased to inform you that everything went very well, as expected. Although neurosurgery sounds scary, I had total faith in the team of doctors and nurses who fixed my rare condition. My stay in VGH was very short and I am back on my feet but unfortunately the recovery time will be a little longer than I want it to be. No words can explain how deeply grateful I am that we live in a country where we are all looked after with free medical care. The quality of care from these angels that devote their lives to making other people feel better, is nothing short of extraordinary.

I miss all of you so much. I am the luckiest woman alive as I love what I do for a career and the fact that all of you benefit from the work we do makes me beam with pride. Now that I am away from the Centre, I appreciate all that much more, the fulfillment I get from ensuring that the quality of your lives is enhanced by everything we do. Please take a moment to acknowledge all these wonderful participants that have so much in common with you and know that your struggles are shared and understood. Give thanks to the staff members and volunteers who work tirelessly (it seems) to make your day enjoyable. Most of all be grateful to be alive and thriving. There is so much in life that we take for granted. I for one am a changed woman after this ordeal and despite being on the receiving end of care this time, I look forward to turning that around real soon.

I am staying on top of everything by receiving updates and emails from the staff. I have no doubt that they are looking after you and everyone is contented. Please stay well and once I return I'll fill you in on all the minor details.

Love to all of you. I'll be back soon. All is well!

Donna



Beautiful Faith and Alice!



Xiu Cong and Sveal!



Oh no! Joan hits a split!



Lie playing our new game!

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: He is father of 2 children.

Clue #2: He has travelled the world.

Clue #3: He is one of the tallest member of our centre!

COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
3 PM – Dice Mania	7 AM – Tetris OPEN HOUSE PM – Bingo
10 PM – Floor Shuffle board	14 AM – Bocci PM - Bingo
17 PM – Saint Patty’s Day (Painting)	21 AM – Card Bingo PM – Bingo
24 PM – Target Spin	28 AM – Shuffleboard PM – Bingo
31 PM – Wheel of Fortune/Family Feud	CALENDAR

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
3 Roasted Chicken Mashed Potatoes Steamed Veggies Fresh Fruit	7 Beef Sauce w/ Spaghetti Salad Dessert Bar
10 Veggie Casserole 3 Bean Salad Chocolate Raspberry Cake	14 Roasted Turkey Mashed Potatoes Steamed Veggies Fresh Fruit + Yogurt
17 Roasted Pork Loin Apple Sauce Potatoes Veggies Grape Jello	21 Veggie Soup Egg Salad Sandwiches Bean Salad Blueberry Coffee Cake
24 Meatloaf Beef Scalloped Potatoes Salad Fresh Fruit	28 Mushrooms w/ Pork Chops Potatoes Salad Butterscotch Pudding
31 Fish Stew Rice Steamed Veggies Lemon 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
2 AM – Sit Fit & Stand Fit Bump It PM – Relay Race Centrepieces Minute to Win It Checkers	3 AM – Sit Fit & Stand Fit PM – Community Connection Windermere Secondary	4 AM – Sit Fit & Stand Fit Tic Tac Toe PM – Women's Day Craft Mosaics Shamrock Garland Sing-a-Long	5 AM – Sit Fit & Stand Fit Famous Women PM – Bean Bag Toss Women's Day Poster Trivia Table Hopscotch	6 AM – Gentle Yoga/Stand Fit Name It PM – Croquet Leprechaun Masks Sequence Game Rummikub
9 AM – Gentle Yoga/Stand Fit Riddles PM – Seated Bocci Ring Toss Snakes & Ladders Uno Tiles	10 AM – Sit Fit & Stand Fit PM – Target Spin St Patrick's Painting Spa Day Puzzles	11 AM – Sit Fit & Stand Fit St Pat's Scattergories PM – Carpet Darts Table Bowling Card Games Yahtzee	12 AM – Sit Fit & Stand Fit Food Matching PM – Leprechaun Craft Sensory Paint Radio & TV Jingles Spring Reminiscing	13 AM – Sit Fit & Active Fit Superstitions PM – Leap Ball Shuffleboard Canvas Painting Numbers
16 AM – Sit Fit & Stand Fit Library Talk PM – John Cronin	17 AM – Gentle Yoga/Stand Fit PM – Floor Shuffleboard Word Search Yarn Rainbow Marble Slots	18 AM – Sit Fit & Stand Fit Double Trouble PM – Twister Be a Builder Card Bingo Qwirkle	19 AM – Sit Fit & Stand Fit 2,3,4 Letter Words PM – Rollers The Price is Right I-Pads Dice Mania	20 AM – Sit Fit & Stand Fit Spot the Difference PM – Request That Tune Creative Expression Calligraphy Kandinsky Art
23 AM – Sit Fit & Stand Fit Mental Aerobics PM – Ladderball Wheel of Fortune Polka Dot Art Connect Four	24 AM – Sit Fit & Stand Fit PM – Fruit Bouquets Seed Gardening Treasure Hunt Music & Movies	25 AM – Gentle Yoga/Stand Fit Circle 24's PM – Vitara Duo	26 AM – Sit Fit & Stand Fit Vocabulary Roll PM – Bucket Toss Dominoes Set Game Memory Match	27 AM – Sit Fit & Stand Fit Scattergories PM – Seated Bowling Sudoku Ring Around Marbles Yarn Art
30 AM – Sit Fit & Stand Fit Balloon Bump PM – Clay Imprints Spring Craft Shake Loose a Memory Musical Bean Bag Toss	31 AM – Sit Fit & Stand Fit PM – Basketball Target Drop Maze Daze Trouble		CALENDAR	

ADULT DAY PROGRAM MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roasted Chicken Mashed Potatoes Steamed Veggies Fresh Fruit	3 Lentil Veggie Stew, Potatoes Salad Cake	4 Pork Chowmein, Asian greens Black Currant Jello	5 Fish Chowder Scones Salads Apple Crisps	6 Beef Sauces w/ Spaghetti Salad Dessert Bar
9 Veggie Casserole 3 bean Salad Chocolate Raspberry Cake	10 Pork Ball Soup w/ Asian Noodles Steamed Veggies Scones Fresh Fruit Jello	11 Baked Fish Scalloped Potatoes Salad Vanilla Pudding	12 Beef stew Roasted Potatoes Steamed Veggie Walnut Tart	13 Roasted Turkey Mashed Potatoes Steamed Veggie Fresh Fruit Yogurt
16 Roasted Pork Loin Apple sauce Potatoes Veggies Grape Jello	17 St Patrick's day Meal Fluffy Lime Pie	18 Butter Chicken Rice Steamed Veggies Fresh fruit	19 Turkey Meatballs Baked Potatoes Salsa Banana Pudding	20 Veggie Soup Egg Salad Sandwiches Blueberry Coffee Cake
23 Meatloaf Beef Scalloped Potatoes Salad Fresh Fruit	24 Fish Pie Salad Apple Crisps w/cream	25 Soup Veggies Grilled Cheese Salad Old Fashioned Oatmeal Cake	26 Sweet n sour chicken Rice Asian Greens Cherry Jello	27 Mushroom with Pork Chops Potatoes Salad Butterscotch Pudding
30 Fish Stew Rice Steamed Veggies Lemon Pudding Tarts	31 Chicken Chow Mein Steamed Veggies Fresh Fruit		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-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。



Hing Face enjoying music!

Event Highlights

Community Connection Windermere Secondary

Tuesday, March 3rd

John Cronin

Monday, March 16th

Vitara Duo

Wednesday, March 25th



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.

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One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver

Memories Of Music Cannot Be Lost During Various Stages Of Alzheimer's Disease



Family Caregivers
of British Columbia

Debi Allison

Music is the frequency that drives us. It motivates us, and it moves us. And if you are worried about losing memories of music, if you were to ever get dementia and Alzheimer's, you can stop, because science says it won't happen.

The reason behind this is that of Autonomous Sensory Meridian Response (ASMR), or the tingling sensation that is provoked when we listen to music. In a study published by the Journal of Alzheimer's Disease in 2018, scientists showed the parts of the brain that were responsible for ASMR. This is important because apparently these parts of the brain are not affected by Alzheimer's or dementia.

They concluded that the part of the brain that is responsible for ASMR doesn't get lost during the various stages of Alzheimer's or dementia. While Alzheimer's does put the people who experience it through various stages of confusion, they actually believe that music can bring them back to lucidity. With the help of music, some people have actually been able to come back to normal even if just for a short moment. Music as a form of therapy is quite prominent in the world of those with these issues

Please do not get me wrong! Nobody is saying playing music will be a cure for Alzheimer's disease, but it might make the symptoms more manageable for some people. As time passes the more we learn about the ASMR response and Alzheimer's as a whole perhaps the easier it will be to use music therapy or other things of the sort more effectively. If you know someone who has been affected by a form of dementia then you know how heartbreaking it can be to see them lose themselves.

“People with dementia are confronted by a world that is unfamiliar to them, which causes disorientation and anxiety,” “We believe music will tap into the salience network of the brain that is still relatively functioning.”

Previous work demonstrated the effect of a personalized music program on mood for dementia patients. This study set out to examine a mechanism that activates the attentional network in the salience region of the brain. The results offer a new way to approach anxiety, depression, and agitation in patients with dementia. Activation of neighboring regions of the brain may also offer opportunities to delay the continued decline caused by the disease.

For three weeks, the researchers helped participants select meaningful songs and trained the patient and caregiver on how to use a portable media player loaded with the self-selected collection of music.

“When you put headphones on dementia patients and play familiar music, they come alive,” “Music is like an anchor, grounding the patient back in reality.”

The researchers found that music activates the brain, causing whole regions to communicate. **By listening to the personal soundtrack, the visual network, the salience network, the executive network and the cerebellar and corticocerebellar network pairs all showed significantly higher functional connectivity.**

“This is objective evidence from brain imaging that shows personally meaningful music is an alternative route for communicating with patients who have Alzheimer's disease,” said Norman Foster, MD, Director of the Center for Alzheimer's Care and Imaging Research at U of U Health and senior author on the paper. “Language and visual memory pathways are damaged early as the disease progresses, but personalized music programs can activate the brain, especially for patients who are losing contact with their environment.”

By playing music familiar to individuals living with dementia, it can improve mood and delay the decline caused by the disease



Late-Stages of Dementia

In the late stage of dementia, symptoms are severe. Individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement. They may still say words or phrases, but communicating pain becomes difficult. As memory and cognitive skills continue to worsen, significant personality changes may take place and individuals need extensive help with daily activities.

At this stage, individuals may

- Need round-the-clock assistance with daily activities and personal care
- Lose awareness of recent experiences as well as of their surroundings
- Experience changes in physical abilities, including the ability to walk, sit and, eventually, swallow
- Have increasing difficulty communicating
- Become vulnerable to infections, especially pneumonia

Since care needs are extensive during the late stage, they may exceed what you can provide at home, even with additional assistance. This may mean moving the person into a facility in order to get the care needed.

晚期痴呆症

在痴呆的晚期，症状会更加严重。病人会失去对周围环境做出反应，语言交流并最终失去控制运动的能力。他们虽然仍然可以说出单词或短语，但是难以表达其疼痛及不适。随着记忆和认知功能的不断恶化，其性格会发生明显的改变且个人的日常生活需要更多的帮助：

- 需要全天候的日常活动和个人护理，近乎完全依赖他人照顾
- 对最近的经历及其周围环境失去认识，无法感知最近的经历及周围环境
- 体力的变化影响包括行走，起坐和最终吞咽能力的障碍
- 语言沟通难度越来越大
- 容易并发感染，尤其是肺炎

晚期病人的护理需求非常大，即使得到其他的帮助，您在家里护理也是非常困难的。此期需要考虑将病人转入专业的机构以获得所需的护理。



Written by Faith

Duen Yeng

Our guess who answer for last month is none other than our sweet friend Duen Yeng!

Duen Yeng was born in Canton China, the eldest of 9 children; 5 sons and 4 daughters. She was a diligent student and went to medical school where she met her future husband who was also studying to be a doctor. She was proud to say that this year will be their 67th anniversary.

She spent 28 years in china working as a doctor before moving to Canada. Together she moved with her whole family to Vancouver in 1980, 6 of her siblings staying in Vancouver and two went to the states. Her husband continued to work as a surgeon in Canada and she raised their two children, a boy and a girl. Later she became a grandparent to 3 grandchildren!

Duen Yeng says she enjoys coming to the centre because of all the friends that are here. She is always helpful and caring toward other members. Since she speaks Cantonese, Mandarin, and English she has been encouraging and supportive of staff who are learning these languages! We enjoy your company and compassion Duen Yeng!



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

Trunk Balancing

Model: Margherita



Sitting tall when feet flat on the ground, with your arms crossed in front. Back Straight



Keeping your feet flat on the ground, Lean forward keeping your back straight, chin up looking forward,



Keeping your feet flat on the ground, lean back, but make sure to not touch the back of the chair!



You can also lean to the left and to the right, keeping your shoulders straight and flat



International Women's Day

Who is a woman that has supported or inspired you

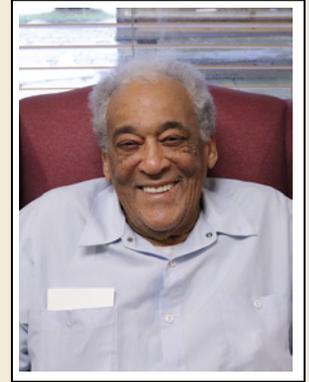
Imelda:

"I had some very good women teachers who were patient and I loved them very much"



Neville:

"My mother, she was a midwife and a beautiful seamstress. I didn't want to leave her"



Margherita:

"My best friend since 1958, I was close to her whole family. Her mother was very supportive and like a mother to me"



Beatriz:

"My two daughters, they come to my house and visit me and help me"



Joan:

"My sister, we went on a great trip together on the ferry to Victoria"



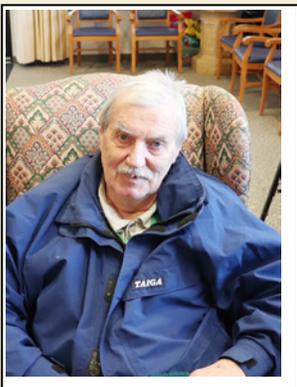
Addie:

"I would say my Grade 4 music teacher, my love of Opera and music comes from her influence"



Hans:

"Madame Curie, I am impressed by her contribution to mankind" (Polish French Physicist and Chemist. First women to win the Nobel Prize) Women rule the world from day one!"





Nancy and Shashank!



Nevile showing off his card!



Riley with Alice F.



Ingrid posing with our friends from Nootka!



Imelda and Alicia!



Ling & Yue Sum working hard!



Helen, Larry, Lam, and Dominic enjoying music



Clients enjoying classic chinese dancers!



Kem Ai loving our new game



Good toss Willy!



"We should put it here" Says Rose



Asako convincing the ladies to dance



Irish Soda Bread

Since its St' Patricks Day this month, here is a Irish recipe

Makes 1, 8-Inch round loaf



Ingredients:

- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 Teaspoon Salt
- 1 Cup raisin.
- 2/3 cup buttermilk

Method:

1. Preheat oven to 375° F and grease a large baking sheet or line with parchment paper
2. In a large bowl, whisk together the first 5 ingredients
3. Stir in the raisins
4. Whisk the buttermilk and pour over the dry ingredients.
5. Stir together just until moistened. the batter will be stiff but sticky.
6. Scrape the batter onto the baking sheet in a big mound. Shape it into a circle.
7. Take a large sharp knife and slash an X in the top
8. Bake 25-30 min till golden brown. cool compeltely before eating. Serve with stews or soups

Rose



March Birthdays

- Helen ~ 1st
- Hing Face ~ 3rd
- Chun Yang ~ 8th
- Kamaljeet ~ 17th
- Margherita ~ 22nd
- Nancy ~ 23rd
- Lillian ~ 29th



Birthstones:
Amethyst

Zodiac Signs: Aquarius & Aries
Flowers: Aquamarine & Bloodstone

We missed the February Birthdays on our last Newsletter

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



Everyone enjoying Music!



Happy Birthday Dora!



Isa spinning the wheel!



Ling, Juanita, Nancy and Nelly saying hello



Gerry loves to dance!



"that was easy..." says Lilian



Frank enjoying the crafts!