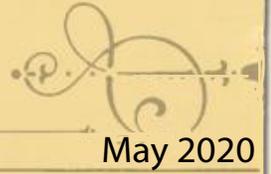




ALICE FRITH CENTRE  
蘭菲高靈活耆英會

# NEWSLETTER



2970 East 22nd Avenue, Vancouver, BC

[www.rencollseniors.ca](http://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](mailto:rcss@rencollseniors.ca) if you require any assistance.

We miss you all!!!

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](mailto: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

**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**

**May 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



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

## Staff



Donna Clarke



Carol Yi



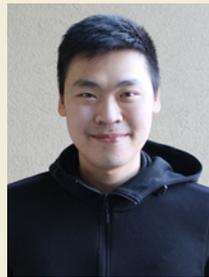
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang



Ryan Churchill



Happy Mother's Day to all you extraordinary women. I cannot stress enough how important our Mothers and Motherly figures have been in our development, and the lives that we made for ourselves. We thank you immensely for all the guidance and love that you bestowed on us over the years.

I feel so blessed to have gotten my Mom, as she is the kindest, loving person that I have ever met. She raised us to be compassionate and caring; but more importantly never to judge other people as they all have their own stories and struggles. Of all her beautiful traits, the one that I adore the most is her trustworthy nature. I always felt that I could talk to my Mom about absolutely everything. We have a relationship where there are no secrets and no lies. I learned at a very young age that she knew when I was not being totally forthright and the pain in her eyes when she thought I was not telling her everything, discouraged me from ever doing it. She always made us feel safe even when we made mistakes. My Mom has the ability to forgive and move on. Those plentiful, positive characteristics are what I aspired to acquire in my journey.

Our Mother's Day Celebrations will be a little different this year due to the pandemic. We will not be having the family gatherings, restaurant outings or probably gifts that we are used to receiving. Simply put, it is just not safe to get together during a pandemic. Instead of going to restaurants, maybe your family members can send you takeout. Regarding gifts, your children should not be going out shopping but again maybe sending you a gift will have to suffice or we can all chose to celebrate at a later date. We have to go with the flow and be super aware of keeping each other out of harms way. Do not worry, soon enough we will be receiving hugs and kisses from our beloved children and friends.

I know it is difficult to refrain from embracing your children and grandchildren, but we must be conscious of how easily the virus is transmitted. Seniors are the group that is most effected by this outbreak and the best gift that your family can give you this year, is physical space. What helps me in this situation; I act as if I have the virus and do not want to give it to someone else. If we all act that way, we will probably be more conscious of embracing and touching each other. It is painful for me to not hug and kiss my son when he comes to see me. Our visits consist of him in the garden talking to me and his Dad at a safe distance. He calls and says he is coming, and we chat through the window or on the front step.

Hopefully, this will all pass soon, and we will be together just like old times. We miss you all so much but please know that you are thought of often. The calls that you receive from the staff members are all circulated, and we read the comments faithfully. Our main concern is how the isolation will impact your mental being so please do not hesitate to call any of us for a chat if you are feeling down. Over the next month we will try to help you with your physical condition by providing some tips for light exercises around the house. In the meantime, enjoy the bundle of activities that the recreation team has put together for you.

Stay safe! Know you are loved, and we look forward to seeing your warm smiling faces.

Love Always, Donna

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



May giving us a thumbs up!



Joan about to hit a strike



Lam working hard on the craft



Min, Eunice and Asako saying hello!

## GUESS WHO



Clues by Jerry

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 can often see him doing sudoku.

**Clue #2:** He often writes in Chinese to other clients.

**Clue #3:** He has a wonderful contagious smile.

For this month's calendar, we decided to provide you with a daily activity.  
 Once you have completed it, put a check mark at the bottom in the check box!  
 Take a few pictures and send it back to us by e-mail at [jliu@rencollseniors.ca](mailto:jliu@rencollseniors.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
Special Days:  Mother's Day is Sunday May 10 <sup>th</sup>  Every Day is Hand Washing Day <input type="checkbox"/>	 <p><b>HAPPY MOTHER'S DAY</b></p>			1  <b>JOKE DAY!</b>  Q: Why did the baby strawberry cry? A: Because his mom was in a jam!
4 Put on your lipstick and jewelry OR Wear odd socks and a hat <input type="checkbox"/>	5 Call a Friend Day  Who did you chat with today? <input type="checkbox"/>	6 Get Strong!  Do 10 ankle rolls on each foot – both directions <input type="checkbox"/>	7 Make a Card or a Drawing  Be Creative! <input type="checkbox"/>	8 Dress Up Friday  Wear your best outfit! <input type="checkbox"/>
11 Bonus Brushing  Brush your teeth 3 times today! <input type="checkbox"/>	12 TV Party  Watch Family Feud Canada at 7:30pm on CBC Channel We play this game at the centre too!!! <input type="checkbox"/>	13 Tidying Day  Clean out a cupboard or drawer <input type="checkbox"/>	14 Get Strong!  Do 10 Shoulder Shrugs – forwards and backwards <input type="checkbox"/>	15 Tea Party  Set the table and put out your best china <input type="checkbox"/>
18 Photo Day  Get out the photo albums and take a trip down memory lane <input type="checkbox"/>	19 Music Day  Play your favourite songs and do a dance in your chair <input type="checkbox"/>	20 Visualization  Imagine a calm and peaceful scene – spend 10 minutes in your imagination <input type="checkbox"/>	21 Appreciate Mother Nature  Open a door or window and let the sunshine in <input type="checkbox"/>	22 Get Strong!  Do 10 Leg Extensions – both sides <input type="checkbox"/>
25 Favourites  Find your 3 most precious possessions and put them on display! <input type="checkbox"/>	26 Get Strong!  Do some finger exercises Touch your thumb to your fingers, 10 times per finger. <input type="checkbox"/>	27 Healthy Eating  List 3 fruits or vegetable you had today <input type="checkbox"/>	28 Tend to your garden  Or Appreciate your home <input type="checkbox"/>	29 Think about 5 things you enjoyed this month <input type="checkbox"/>

这个月我们有一个娱乐日记  
做完了之后你们可以在日记上写一个 x  
你也可以照几张相发给我们!

星期一	Tuesday 星期二	星期三	星期四	星期五
特别日:  五月十日星期日是母亲节  每天都是勤洗手日  <input type="checkbox"/>				1  母亲节笑话  “请妈妈们五月十号都涂好防晒霜，以准备子女们那天晒妈妈”
4  涂上唇膏，戴上珠宝 或 穿戴怪异的袜子和帽子  <input type="checkbox"/>	5  联系朋友日  今天有和那位朋友聊天？今天有和那位朋友聊天？  <input type="checkbox"/>	6  强壮起来！  双脚踝向各方向旋转 10 次  <input type="checkbox"/>	7  做张卡片或画幅画  具有创意性！  <input type="checkbox"/>	8  穿着打扮日  穿上您最漂亮的服装！  <input type="checkbox"/>
11  奖励  今天刷牙 3 次奖励 2 分！  <input type="checkbox"/>	12  电视派对  跟家人看电视  <input type="checkbox"/>	13  清洁日  清洁一个橱柜和抽屉  <input type="checkbox"/>	14  强壮起来！  做 10 次前后耸肩运动  <input type="checkbox"/>	15  茶派对  摆好茶桌，拿出最好的茶具  <input type="checkbox"/>
18  照片日  拿出相册，回忆过去  <input type="checkbox"/>	19  音乐日  欣赏您最喜爱的歌曲并坐椅上舞动  <input type="checkbox"/>	20  视觉想象  花 10 分钟想象一片平和美妙的田园风光  <input type="checkbox"/>	21  欣赏大自然欣赏大自然  打开门窗享受阳光普照  <input type="checkbox"/>	22  强壮起来！  做 10 次双腿伸展运动  <input type="checkbox"/>
25  个人爱好  找出并展示 3 件您最珍贵的收藏品！  <input type="checkbox"/>	26  强壮起来！  活动每个手指 10 次  <input type="checkbox"/>	27  健康饮食  列出 3 种您今天所吃的水果 List  <input type="checkbox"/>	28  看你的花园  <input type="checkbox"/>	29  想想五个你这个月喜欢的事情  <input type="checkbox"/>



Faith playing the ukulele



Maricris doing arts and crafts!



Christina is clipping a tree!



Jerry doing pushups!



Rose and her dog Monty!



Gardening with Haley!

## 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。



Sidney and Carol!



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



Juanita opening our advent calendar



**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

## Tips for supporting your mental health through the COVID-19 pandemic

BC Mental Health and Substance Use Services

"When we feel frightened, our body's natural responses try to keep us safe by heightening our response to danger. This includes releasing stress hormones into our body, which increase heart rate, blood pressure, and overall alertness – making us feel panicky and afraid," says Dr. Vijay Seetapathy, Medical Director, Complex Mental Health and Substance Use Services

"To avoid spiralling into feelings of fear and anxiety, I encourage people to think about what usually helps them when they are in a difficult and stressful period in their life and try and apply it here as much as possible. This can be as simple as enjoying food you enjoy or taking time to talk to your friends and family."

Here are some more strategies to help you manage your mental health and increase your resilience as we navigate through this difficult time:

### 1. Continue to make social connection a priority

You don't have to be face-to-face to check in on a friend or loved one, and keeping up social connection is particularly important during stressful times. Phone calls and social networks are a great stress-busting, mood-boosting way to spend time with the people you love.

### 2. Stay active

Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.

If you're self-isolating or the usual place you exercise is closed, there are many ways you can keep fit at home such as climbing the stairs or following free tutorials through Youtube.

If you are not self-isolating, it is still recommended to stretch your legs outside while maintaining a safe social distance of two metres from others.

### 3. Take up a relaxation practice

Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress. The Breathr App from Kelty Mental Health is a good resource to get started on mindfulness meditation.

### 4. Eat a brain-healthy diet to support strong mental health

Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts), avocados, beans, leafy greens (spinach, kale and Brussels sprouts), and fresh fruit such as blueberries.

Caregivers and seniors can connect with additional help by calling 211, 1-877-520-3267, or visiting the Family Caregivers of British Columbia website.



## Stay Healthy during COVID 19 Outbreak

The COVID-19 pandemic is impacting the global population in drastic ways. Although all age groups are at risk of contracting COVID-19, older people face significant risk of developing severe illness if they contract the disease due to physiological changes that come with ageing and potential underlying health conditions.

As the pandemic progresses, social distancing has emerged as an effective measure to restrain the spread of infections. It's about giving us room to avoid catching/spreading the disease. It's important to: avoid physical contact with people outside your living space; keep at least two meters (about six feet) of space between yourself and others in public; stay home as much as possible. During this difficult time, it is totally understandable you may be feeling a range of emotions such as stress, fear, anxiety and loneliness, but you can find comfort in knowing you are not alone – we are all going through this together. There are always some easy things we can do to ensure our health and well-being:

1. To keep following a routine to help the days still feel “normal”
2. To maintain good health, try to eat healthy food and avoid junk food
3. To move a little to stay healthy: for example, walking around the house a few times a day and avoid the temptation to sleep in or sit on the couch all day.
4. To keep in touch with loved ones and friends via phone, or email, Skype, FaceTime or social media if possible. Social distancing does not mean social isolation, and even a potentially deadly virus should not force us to be alone.

Please remember that although things may feel really stressful right now, the pandemic won't last forever. So, try to keep the big picture in mind and we will see each other soon.

### 新冠病毒流行期间保持健康

新冠病毒正在流行于几乎世界各地并影响着全球人口。尽管所有年龄段的人都有感染的风险，但是老年人由于其生理功能和潜在健康状况的变化，如果感染则病情易发展得非常严重。

随着此次流行的进展，保持社交距离已证明是控感染传播的有效措施，社交距离即人与人需保持一定的距离以免接触或传播病毒：避免与外人有身体接触；在公共场所与人保持至少两米（约六英尺）的空间；尽量待在家里。在此艰难时期，感受各种各样的情绪如精神压力，恐惧，焦虑和孤独是完全可以理解的，但如果想一想我们大家都在和您一起经历着这一切您或许会有一丝安慰。为了我们的身心健康，请大家继续每天仍然坚持下列健康有益的切简单的活动：

1. 继续每日作息规律，以保持“正常”生活。
2. 进食健康食品，避免垃圾食品
3. 坚持锻炼：例如，经常在房子里走动走动，避免长坐和久睡。
4. 尽可能经常打电话和亲人和朋友联系，如有条件可用电子邮件，Skype，FaceTime或社交媒体联系。保持社交距离并不意味着我们要我们孤独生活。我们

尽管现在情况令人感到压力重重，但这种大流行不会永远持续下去，我们大家一定会很快见到彼此。

Written by Svea

**Alice F.**



Alice was born in Regina, Saskatchewan in the early 1920's.

The late 20's and 30's were challenging times for Canada, the prairies suffered from plagues and droughts which hit Saskatchewan especially hard. So, in 1933 Alice's family packed up their belongings in their 1926 Essex car, an impressive automobile with swooping fenders, and left Regina heading west to the coast.

They were accompanied by two Navy men who they took along to help with the expenses of the long journey. Alice recalls driving through Alberta and being dazzled by the lakes and mountains so foreign to the flat Prairie landscape she knew. Their journey took them along windy, one way roads which snaked up and down mountain sides. Alice remembers how special it was to finally arrive in Vancouver and see the Pacific Ocean for the first time!

Alice finished high school in Vancouver and after a year off she started working as a bookkeeper. She stayed in that first job for 12 years. Alice met her future husband on Georgia Street while waiting in line with her cousin to use a payphone. Her cousin was chatting with a group of 3 airforce men standing behind them. Alice did not initially approve of the conversation but her cousin persisted and as it turned out one of these men would become Alice's husband! They all ended up going out for dinner together and Jack took an interest in Alice and asked to walk her home. After marrying, Alice and Jack had 3 children together, 1 boy and 2 girls. Alice is now not only a great grandmother but a great, great grandmother.

Alice has been involved with the Renfrew Collingwood Seniors Society for many years and has witnessed its many transformations. Her husband attended the center regularly for several years and Alice has been on the board of directors for over 23 years.

Alice feels extremely honored and humbled to have the center's current location named after her. In her words "The center is a life saver for many people" RCSS is very fortunate to have had Alice's expertise and commitment over the years and we thank her for her kindness and generous spirit.

We love you Alice!



The car Alice took!







Dancing is also exercise!



Stand fit exercises!



John M. and Edward



Saturday Exercise Group!



May, Lam and Teresita working on their core!

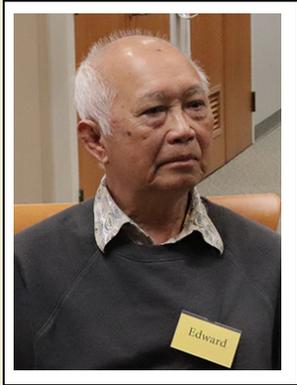


Cactus pose!

**Happy Mother's day to all the Mothers and Mother figures out there, be it a parent, a friend, or a neighbour our lives are much sweeter with you in them! Below are a few quotes and Mother's day wishes from some of the members of RCSS.**

**Muriel:**

"I had just the best mom in the world, she loved her three children very much. I also I had just the most wonderful mother-in-law who became just as close as my own mother was to me."



**Edward:**

"My wife would do a lot of quilting for the family, she liked quilting and sewing. She was a good mother to our three children, and we can't complain about that."

**Addie:**

"My kids never missed a mothers day. There was a time I was very sick and in bed for three years and my boys tried to make me meals with the help of their dad, it was very sweet."

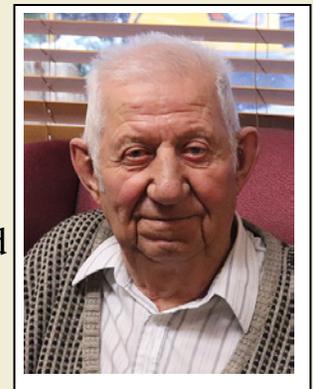


**Ingrid:**

"Happy mothers day to all the mothers at the centre! I wish you all the best and a good and happy mother's day with lots of sunshine! I hope we can see each other again soon"

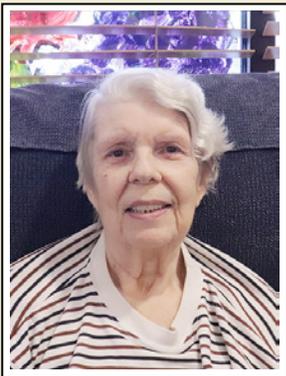
**John S:**

"My mother lived till she was 95, and she was always there for us growing up. My wife was a good lady, she SPOILED the kids, she would cook one meal for me and her and a different meal for them every day! We miss her."



**Fred:**

"I wish all the Mothers a good Mother's day and a good life!"





Addie focusing hard!



Jerry is cheating!!



Kay and Mrs. Fong!



Who is the real santa here?



Open house day!



Addie, Auntie, Grandma and Angie!



Lie putting away the extras



John S. making sure everything is in our essentials bag!



Joan working hard on colouring



Muriel is helping sort the almonds!



Rose and Circo with our friends from Windermere



Willy is cutting the gift wraps



## Easy Apple Pie

This dessert can be made in an oven proof coffee mug!

### Ingredients:

- 2 Slices of old bread with crusts cut off (white or brown bread)
- 2 Tart Apples
- 3 Tablespoons of soft butter
- 3 Tablespoons of brown sugar
- 1/2 Teaspoon of cinnamon

### Method:

1. Preheat toaster oven or oven to 375 degrees F
2. Spread 1 tablespoon of butter on each slice of bread covering both sides
3. Place bread into a cup so it lines the cup with space in the middle
4. Chop and peel the apples into bite size chunks
5. Place apple chunks into small bowl and mix with the brown sugar and cinnamon
6. Place the mixed apple chunks into the middle space of the cup lined with bread, then dot with the remaining 1 tablespoon of butter
7. Bake for 30 minutes at 375 degrees F until it is lightly browned
8. After it is done baking, top it off with some ice cream, yogurt or a slice of cheddar cheese!

## May Birthdays

- Sidney ~ 2nd
- Marian ~ 3rd
- Hung Shing ~ 10th
- Pui King ~ 25th



**Birthstones:**  
Emerald

**Zodiac Signs:** Taurus & Gemini

**Flowers:** Hawthorn & Lily of the Valley



Chun Yang making a wish



Roberta laughing with Svea



Maria looking good!



Lie lining up the shot



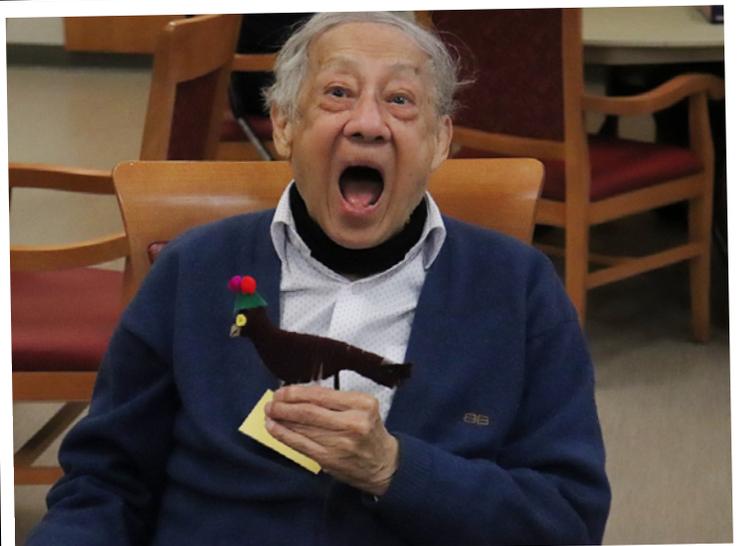
Eunice focusing on cutting along the lines



Larry looking at our gift!



Beautiful Teresita!



John M. making a funny face