

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

June 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.

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



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

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Father's Day

A father means so many things...
An understanding heart, a source of strength and support
A constant readiness to help
With encouragement and forgiveness
No matter what comes your way
A special generosity and affection too
A father means so many things.

Thank you to all the father's out there!

Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



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Maricris Negrana



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Anyao Huang



Ryan Churchill



Happy Father's Day Gentlemen! I hope you are showered with love and you receive all the blessings and gratitude that you deserve on this special day. It is a pleasure to be in your company and feel the fatherly love that you so naturally possess. Thank you for being part of our program and bringing your gentle-loving personalities to our Centre.

I think of all of you often and worry about the toll this pandemic is taking on you and your family. The pictures that our staff members brought back after delivering the newsletter and inserts were reassuring that you are looking after yourself. Please stay well.

The word from VCH in mid-May was we are looking at reopening in 6-8 weeks, so that would put us around the end of June – early July. However, there are a lot of ducks to line up in order for that to come to fruition. For example, HandyDart restrictions and requirements will obviously affect the participation levels greatly if they are reducing service. I will have some clarity by the time you read this article but one thing for certain, they will not have full buses. Physical distancing is here to stay for awhile.

We are not sure at this point if you will be able to maintain the days of the week that you had before as we are looking at a hybrid model for programs; some at the Centre and some done over the phone or computer. The tables in our dining room which at times had seven people, will now only have three. The result of those restrictions will be half of the seniors returning to the Centre on any given day. However, where there is a will there is a way.

My proposal for you to keep your 2-3 days a week, is to open seven days instead of five, with smaller groups. There will have to be consultation with the applicable unions and for sure some flexibility, but that option may give us more leeway. In the coming weeks, we will collaborate with our stakeholders to see how we can make this work. In the meantime, please consider if coming on a Saturday or Sunday could be an option for you.

Other considerations are requirements from WorkSafe BC. Our staff members may have to wear masks and other protective equipment until this virus is defeated. This would be for everyone's safety and we would recommend all participants wear them too. Our nurse will be in touch with you and your care givers in the next week or so, to discuss the work plan for our return if it is approved by Vancouver Coastal Health. Please let us know if you have any concerns.

We will attempt to bring back groups that have established good connections. So, if you have been friends for years with a person, we will schedule you both on the same day. The exercise classes will all be in sit fit format until we reassess your abilities because you must be feeling the effects of not being physically active. I am also looking into having someone with counselling experience to be available to debrief from this ordeal. As the saying goes, "the only thing certain in life, is change".

Everything will be alright. We just have to adapt and find our groove. We will be together again soon. Please know that you are loved and missed terribly.

Donna



Kamaljeet smiling with her beautiful hat!



Sau Tien and her completed art!



Rosemary with her beautiful roses



Hans in his comfy chair!

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: He has been at the centre for almost 2 years.

Clue #2: He often speaks Mandarin with other clients

Clue #3: He often wears a hat

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM – Morning Exercise: Shoulder Rolls 10 each direction</p> <p>PM – True or False Word Games Finish that Phrase</p>	<p>2</p> <p>AM – Morning Exercise: Arm Extensions Side 10 times each side</p> <p>PM – Shut the Box Short Stories Word Match</p>	<p>3</p> <p>AM – Morning Exercise: Seated Knee Lift 10 times each side</p> <p>PM – Trivia Guess What? Scattergories</p>	<p>4</p> <p>AM – Morning Exercise: Arm Extensions Up 10 times each side</p> <p>PM – Missing Number Math Games Current Events</p>	<p>5</p> <p>AM – Morning Exercise: Seated Leg Lift 10 times each side</p> <p>PM – Shake Loose a Memory Guess Who City Country River</p>
<p>8</p> <p>AM – Morning Exercise: Shoulder Shrugs 10 times</p> <p>PM – Cars, Planes & Trains Rhyming Game Reminiscing</p>	<p>9</p> <p>AM – Morning Exercise: Wrist Rotations 10 each direction</p> <p>PM – Shut the Box What's That? 20 questions</p>	<p>10</p> <p>AM – Morning Exercise: Seated Leg Lift 10 times each side</p> <p>PM – Summer Memories Guess What? Geography Trivia</p>	<p>11</p> <p>AM – Morning Exercise: Ankle Rotations 10 each direction</p> <p>PM – Jeopardy Travel Stories Mental Aerobics</p>	<p>12</p> <p>AM – Morning Exercise: Seated Knee Lift 10 times each side</p> <p>PM – Sing-a-Long Math Games True or False</p>
<p>15</p> <p>AM – Morning Exercise: Shoulder Rolls 10 each direction</p> <p>PM – Word Match Yes or No Request that Tune</p>	<p>16</p> <p>AM – Morning Exercise: Arm Extensions Side 10 times each side</p> <p>PM – Would you Rather? Price is Right Memory Lane</p>	<p>17</p> <p>AM – Morning Exercise: Seated Knee Lift 10 times each side</p> <p>PM – Current Events Bingo Riddles & Jokes</p>	<p>18</p> <p>AM – Morning Exercise: Arm Extensions Up 10 times each side</p> <p>PM – Number Games Guess Who Scattergories</p>	<p>19</p> <p>AM – Morning Exercise: Seated Leg Lift 10 times each side</p> <p>PM – You Be the Judge Health Talk Matching Pairs</p>
<p>22</p> <p>AM – Morning Exercise: Shoulder Shrugs 10 times</p> <p>PM – Current Events Kiss or Cry? Mental Aerobics</p>	<p>23</p> <p>AM – Morning Exercise: Wrist Rotations 10 each direction</p> <p>PM – Brain Games Cooking Challenge Who Said it?</p>	<p>24</p> <p>AM – Morning Exercise: Seated Leg Lift 10 times each side</p> <p>PM – Word Games Watch Party Name It</p>	<p>25</p> <p>AM – Morning Exercise: Ankle Rotations 10 each direction</p> <p>PM – Colour Categories Mental Aerobics Fun or Flop</p>	<p>26</p> <p>AM – Morning Exercise: Seated Knee Lift 10 times each side</p> <p>PM – Trivia Reminiscing Number Games</p>
<p>29</p> <p>AM – Morning Exercise: Shoulder Rolls 10 each direction</p> <p>PM – Shake Loose a Memory Favourites Family Feud</p>	<p>30</p> <p>AM – Morning Exercise: Seated Knee Lift 10 times each side</p> <p>PM – Missing Number Oh Canada! Sing-a-Long</p>	<p>HAPPY FATHER'S DAY</p>		

Hi, My name is Henry and I am 11 years old. I hope you are doing well.
 I hope that all of your friends can visit you after all of this
 Hope your doing well

BE SAFE

From: Henry



Dear Grandfriend, I hope your doing well,
 thinking of you guys everyday
 from clara age 9



Dear grand friend I hope your having fun.

Thinking about you



Here is a picture of Donna and Haley together

However, we made some changes and edits to the picture on the right.

Can you spot the differences in the two pictures?

There are a total of four differences.

Feel free to draw circles where the differences are!

**The answers are below.
Flip your newsletter upside to see!**

Her pants colour, flower on the fence, pot beside Donna's head, and the squirrel



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 with her granddaughter and great-granddaughter



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



John S saying hello to our staff!



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



Five Common Questions Caregivers are Wondering During COVID-19

FCBC COMMUNICATIONS

COVID-19 has been a time of uncertainty, change, and unknowns. Caregiver Support line is available to offer guidance, resources, and a listening ear.

Call the Caregiver Support Line at 1-877-520-3267 from Monday to Friday, 8:30 am – 7:00 pm PST.

Here are Five Common Questions from Caregivers During COVID-19:

1. What is the Caregiver Tax Credit and am I eligible to receive it?

The Caregiver Tax Credit is for those who support a spouse or common-law partner, or a dependent with a physical or mental impairment. The Canada caregiver credit (CCC) is a non-refundable tax credit that may be available to those who fall under this category.

- You or your spouse's or common-law partner's child or grandchild
- You or your spouse's or common-law partner's parent, grandparent, brother, sister, uncle, aunt, niece, or nephew (if resident in Canada at any time in the year)

The amount you can claim depends on your relationship to the person for whom you are claiming the CCC, your circumstances, the person's net income, and whether other credits are being claimed for that person. Please visit the CRA website for more information and to apply for the Caregiver Credit. Call the Caregiver Support line can for clarity and guidance in navigating the application.

2. I am now providing increased care due to COVID. It is difficult to keep up with everything that needs to be done. Where can I receive support?

Consider applying to BC211, a program that matches seniors who need support with non-medical essentials, to volunteers in their community who are willing to help. This includes safe pickup and delivery of groceries and prescriptions.

Ask for and accept support from your own circle of support.

3. Due to CV19 I can't get away for a break. Do you have any suggestions?

FCBC has many online and virtual resources to build resiliency and prevent burnout, especially during this time.

And if you know a caregiver who doesn't have a computer or who isn't comfortable online – consider giving them a call and refer them to our Toll-Free Caregiver Support Line. If they agree, you can refer them to us and we will initiate a call.

4. The uncertainty of this time can be overwhelming. What do I do with this increased anxiety, fear and uncertainty?

Please know you are not alone. These feelings are very common in the caregiving experience. With COVID 19 we are hearing from more caregivers that they are feeling this way.

Call our Caregiver Support Line, sometimes just talking through your experience to someone who can provide a supportive and listening ear helps.



Handwashing

Keeping hands clean is very important. It is a simple and effective way to help prevent diseases, such as colds, flu, and foodborne illness. During the COVID-19 pandemic, keeping hands clean is especially important to help prevent the virus from spreading. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer.

You can help yourself stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food and before eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- During the COVID-19 pandemic, you should also clean hands: After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc. Before touching your eyes, nose, or mouth

洗手

保持双手清洁是一种预防如感冒，流感和食源性疾病非常重要且简单有效的方法。在冠状病毒流行期间，其对于防止病毒传播尤为重要。通常情况下，用肥皂和水洗手是消除病菌的最好方法，如没有肥皂和水，可以使用酒精类的洗手液。

准备食物之前，之中和之后。进吃食物之前

- 在照顾生病的人之前后
- 处理伤口前后
- 上厕所后
- 擤鼻涕，咳嗽或打喷嚏后
- 接触动物，动物饲料或动物物排泻怕后
- 处理宠物食品或宠物零食后
- 碰垃圾后
- 在COVID-19大流行期间，在公共场所触摸了可能经常被他人触摸的物品或表面以及在触摸您的眼睛，鼻子或嘴巴之前也应该注意洗手以避免病菌进入体内。

Written by Jerry

Lie

If you guessed Lie on our last newsletter, you are correct!

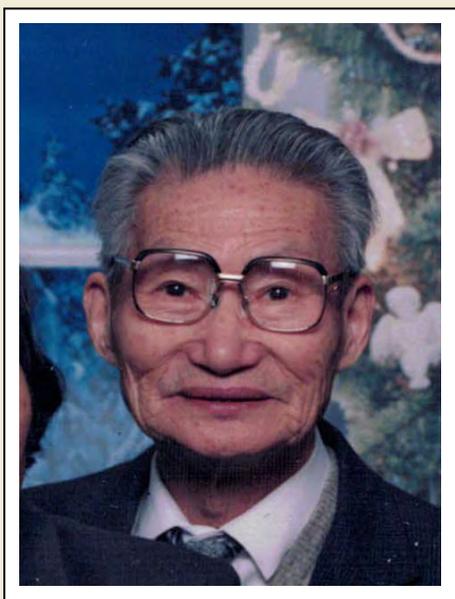
Lie was born in the early 1920's in the rural areas of Ningbo, a small town in the province of Zhe Jiang, China. (If you wonder where NingBo is located, it is right beside the mega city, Shang Hai). Lie is the second child in his family, he has two younger sisters and one older brother. Because Lie was born in the rural areas, his family were all farmers as it was very common back in the 1930s to be farmers. Lie however was able to attend elementary and after graduation he decided to joined the Chinese Military!

Lie loved the military, however he wanted to help his family in the farm. He decided to study accounting, a common field for the farmers in his village to study as it helped with keeping track of expenses and income. While being an accountant for the farm, he met his life long partner, Xiu Cong! Who is actually also part of our Adult Day Program! Lie and Xiu Cong were married on the farm around 1957, which was 63 years ago!

Lie and Xiu Cong had 4 children in total, three girls and one boy, two of them are here in Canada and the rest are back in china helping in the rural areas. They also currently have 4 grandchildren! 2 are in China and 2 are in Canada, one of them is actually studying bioengineering at University of California, Berkeley!

Lie retired in China when he was 60 years old however, coming to Canada in 1987. He decided to work again for another 10 years in a restaurant as a dishwasher until 70 where he retired once again. You can often find Lie reading the newspaper and doing sudoku in the morning, make sure to ask him for help if you need it! He is a professional!

We welcome Lie and his smile at the centre!





Henry is happy about the activity package!



Min said "I am keeping busy with my garden"



Neville greets us with a smile!



Guo Ming & his wife says Thank you to all the staff



Edward is keeping busy at home!



Rosemary loves the activity package!



Teresita showing us her beautiful drawings!



John M. with his garden!



Addie dressed in bright colours!



Margherita says she misses everyone!



Gino looking handsome!



Lil says hello to everyone!

Happy Father's day to all the Fathers and Father 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 Father's day wishes from some of the members of RCSS.

Maria:

"My father was a good man; he was a farmer. He worked in the vineyards on our property, I recall helping him out as a little girl"

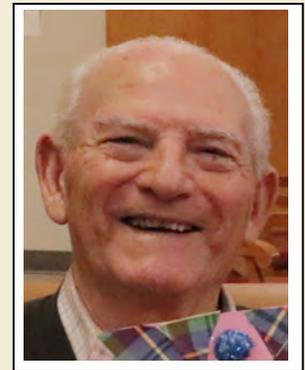


Juanita:

"I remember that my father brought me apples in a paper bag when I was six, I had never had apples before" He was a Merchant and a good man"

Nino:

"You have to do a good job as a father and be nice to your family. My father was a secretary at the City Hall, he worked there for fifty years! I never forget a beautiful smile he once gave me. I don't remember what it as for, but you don't forget a smile like that from your father"



Roberta:

"I remember my father making a snowbank one winter with a group of other men from the neighborhood. They built it up at the bottom of a hill and we would go sledding down the hill into the snowbank. I also remember that whenever he would be working on carpentry, he would give me all the wood curls, although I didn't need them, I already had enough!"



Gino:

"I remember saying goodbye to my father when I left Italy to come to Canada. I was 20 years old and went by myself. We said goodbye at the docks in Genoa, my father did not want me to go he said I was too young. It was two whole years before I saw my parents again



Kamaljeet:

"I was blessed to have a wonderful father. India was different when I was young, and my father was the first one to put me in school. He stood up against everyone in the family he wanted my sister and I to stand on our own two feet, he wanted us to be independent. He was a very modern man although he himself was uneducated. I was the first one in my family to get a higher education.

"I remember on his lunch breaks from work he would make my sister and I a warm lunch and bring it to us at school two miles away on his bicycle and then go back for his own lunch and to continue working."





Can anyone guess who this is?



Wai Yee with her cat!



Maricris says "Happy Fathers day!"



Rose walking her cat?!



Jerry with his dog Chico



Rose, Wai Yee and Christina keeping their distance

Frontline Hero – Our Wai Yee



By Donna

I am sure at first glance; you may have thought that this was a new version of our Guess Who Game. In fact, this is Wai Yee on the frontlines during the pandemic. She is back at the centre now after being tested and spending a couple of weeks in isolation. We are very relieved to have her home and in good health.

In late March, we had a call for help from Vancouver Coastal Health for any nurses that would be willing to go on the frontlines to face the crisis. Haro Park long term care facility experienced an outbreak as staff members that tested positive had to isolate. The staff shortages were dire, and the seniors needed all the help they could get. Without hesitation, Wai Yee stepped up to the plate, donned the protective gear and off she went, ensuring that her experience and abilities went to good use.

Wai Yee gave it her all and in doing so, made us all very proud. We are eternally grateful to her for being so brave and putting the health of our elders ahead of her own.

I would like to acknowledge the heroic act and as you hear the clapping and cheers for the workers on the front lines every evening at seven o'clock, remember, that our very own Wai Yee was there for weeks during the Covid-19 pandemic. She is deserving of our praises.

This is yet another example of the unwavering dedication of our staff and organization.



Refreshing Lime Honey Fruit Salad

This is a great when local fruits are available. This will even enhance the fruits that doesn't taste sweet!

Ingredients:

- 1/2 Teaspoon of cornstarch
- 1/8 Cup of fresh lime juice
- 1/8 Cup of Honey
- 4 Cups of any chopped fruits (e.g. Apples, Pears, Peaches, Grapes, Melons, etc.)

Method:

1. In a small microwavable bowl, combine cornstarch and lime juice until smooth for the dressing
2. Microwave the dressing uncovered on high for 20 seconds then stir in the honey.
3. In a medium sized bowl prepare your 4 cups of chopped fruits then pour the dressing over the fruit.
4. Gently toss the dressing to coat all the fruits
5. Cover the bowl of fruits and refrigerate overnight

Enjoy!

Rose



June Birthdays

Beatriz ~ 3rd
Duen Yeng ~ 4th
Alice F ~ 11th
Lie ~ 27th



Birthstones:

Pearl & Alexandrite

Zodiac Signs: Gemini & Cancer

Flowers: Rose & Honeysuckle



Muriel says thank you!



Joan enjoying a card game

For this section of the newsletter, we would like your input.

We would like to see which ones you would prefer!

Please put a check mark beside your preferred choice

Our staff will call you and ask about the answers!

在这个环节里，我们需要你的帮助

我们想知道你喜欢什么！

请在你喜欢的选项旁边打勾

我们的员工会打电话询问你的选项

Which Do You Like More?

你更喜欢哪一个

Tea

茶

Or

或者

Coffee

咖啡

Physical Games

体育游戏

Or

或者

Mind Games

心理游戏



Rice

米饭

Or

或者

Potatoes

土豆

Guest Entertainers

表演嘉宾

Or

或者

Staff Sing Along

员工合唱



Painting

绘画

Or

或者

Baking

烤食品

Butter Chicken

咖喱黄油鸡

Or

或者

Sweet N Sour Chicken

糖醋鸡

