RENFREW COLLINGWOOD SENIORS SOCIETY
Since 1976
Taking Seniors To Heart

ALICE FRITH CENTRE
蘭菲高靈活耆英會
NEWSLETTER

July 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 of the Society's goals is to support seniors so they can continue to 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

CITY OF VANCOUVER
Vancouver Coastal Health
SMART FUND THE SHARON MARTIN COMMUNITY HEALTH FUND
Service Canada

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

July 2020 Newsletter

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Canada Day & Multicultural

"Canadians come from every corner of the world, speak two official languages and hundreds more, practice many faiths, and represent many cultures. Multiculturalism is at the heart of Canada's heritage and identity – and as Canadians, we recognize that our differences make us strong"

Board of Directors

Tara Abraham

Nancy Falcone

Alice Frith

Poonam Kaila

Madeleine MacIvor

Kamaljeet Kler

Olga Smirnova

Paul Hucul

Staff

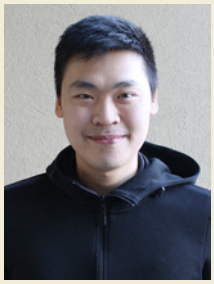
Donna Clarke

Carol Yi

Wai Yee Chou

Christina Webster

Faith Malakoff

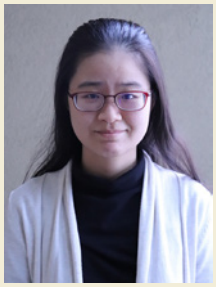

Jerry Liu

Maricris Negrana

Joon Kim

Rose Smith

Svea Vogt


Anyao Huang

Manu Hayre

Happy Canada Day to all. Our diversity is our strength! The Alice Frith Center boasts about the twenty-six languages being spoken on a weekly basis and of course with the different voices comes different lived experiences. We pride ourselves on being multicultural and we look forward to representing more ethnicities. As always, tell us about your cultures and we will celebrate in true Canadian fashion.

Reopening the Centre is proving to be a very complex issue and to be honest, I do not want to be the first one out the gate. We are preparing our Safety Plan for WorkSafe BC and will forward it to everyone once it is approved. It will also be on our website in the next couple of weeks for you to review. Our staff members are back in the office doing regular hours and the Center is rearranged to ensure we have workstations that are six feet apart. All the kinks are being worked out in our new space before bringing back our beloved participants and ensuring that everyone feels protected at all times is our priority.

It has become abundantly clear that we will have to wear protective equipment like masks, goggles, and face shields along with gowns and gloves. This may be intimidating for some of the seniors we serve, and it is a huge concern for all of us. First of all, many of the seniors have hearing impairments and often read our lips. The muffled sounds behind two layers of protective gear will add to those challenges. The bigger concern for me though is our seniors with advanced dementia and how they will react to our new environment. It will no doubt be a big adjustment.

After having said that, all our hearts are broken for the caregivers who must be wearing thin without having any respite for three plus months. We are painfully aware that caring for a loved one who needs physical, mental, and/or cognitive support can take its' toll on the best of us. We want to hear from you and know how the stress is affecting you.

I am proposing that our staff members conduct a survey in the next week and document how you are feeling about your health and gauge if/when you are ready to send your loved one back to the center for programs. As I indicated before, the days may change as we will only be able to bring back one third of our participants at a time because of the rules around distancing.

HandyDart consultations have taken place over the last couple of months and I have been involved with that working group to discuss transportation issues. They will only be taking 2-3 passengers at a time (depending on the size of the bus) and obviously safety concerns are their utmost challenge as well. We will probably coordinate a staggered pick up time with other senior's day programs to ensure we find efficiencies in the system. So again, there will be modifications on the horizon for arrivals and departures.

I wish I could be more definitive in my responses, but this is new to all of us and we are all worried about a resurgence of the virus and trying to balance that with the devastating affects of social isolation. Please take comfort in knowing that I am representing you on several committees in the City of Vancouver and under no circumstances am I going to compromise safety and put any of you at risk.

We will continue to support you remotely until we are back to running programs at the Centre again. We have a full team of staff members on the other end of the phone just waiting to comfort you. I know all too well how devastating it has been on the staff as they often call me because they are worried about you. We too have mixed emotions, adjusting to working and delivering programs in ways that we never imagined. We are doing everything we can to make this work! In the meantime, please stay safe, know you are loved and call us when you need some support. We will get through this!

Love Always,

Donna

Chun Yang peeking through the railings

William looking good with his nice shirt

Frank is happy to receive the package

Thank you Elouise for the beautiful card!

NEW STAFF!

Manu

Hi everyone, my name is Manu and I am the newest member of the Renfrew Collingwood Seniors Society. I am currently a student at BCIT for Nursing, and have a background in Sport Science and Kinesiology. I am experienced in working with children and youth but am excited to work with the seniors!!! When I am not working or studying, I love drinking my coffee, reading a good ol' book, and kayaking! I hope we can all mingle and see each other soon"

We welcome Manu to our centre!

Monday	Tuesday	Wednesday	Thursday	Friday
	Programs are open to all members of the centre. If there is a program that interests you outside of your regular schedule, please call us at 604-430-1441	1 **Canada Day** **Centre Closed**	2 AM – Morning Exercise: Arm Extensions Up 10 times each side PM – Sing-a-Long – Grp 1 Guess Who City, Country, River	3 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Cars, Planes, Trains Rhyming Game Reminiscing
6 AM – Morning Exercise: Shoulder Shrugs 10 times PM – Word Games Summer Memories 20 Questions	7 AM – Morning Exercise: Wrist Rotations 10 each direction PM – Short Stories Word Match What's That?	8 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Jeopardy Travel Stories Mental Aerobics	9 AM – Morning Exercise: Ankle Rotations 10 each direction PM – Shake Loose a Memory Math Games True or False	10 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – Mental Aerobics Yes or No Request That Tune
13 AM – Morning Exercise: Shoulder Rolls 10 each direction PM – Would You Rather? Trivia Memory Lane	14 AM – Morning Exercise: Arm Extensions Side 10 times each side PM – Current Events Bingo Riddles & Jokes	15 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – Number Games Guess Who Scattergories	16 AM – Morning Exercise: Arm Extensions Up 10 times each side PM – Price is Right You be the Judge Matching Pairs	17 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Family Feud Kiss or Cry? Current Events
20 AM – Morning Exercise: Shoulder Shrugs 10 times PM – Brain Games Finish that Phrase Who Said It?	21 AM – Morning Exercise: Wrist Rotations 10 each direction PM – Word Games Scattergories Name It	22 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Mental Aerobics Fun or Flop Colour Categories	23 AM – Morning Exercise: Ankle Rotations 10 each direction PM – Trivia Reminiscing Number Games	24 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – Shake Loose a Memory Favourites Bingo
27 AM – Morning Exercise: Shoulder Rolls 10 each direction PM – Missing Number Favourites Bingo	28 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – Missing Number Math Games Current Events	29 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Scattergories Cooking Challenge Favourites	30 AM – Morning Exercise: Shoulder Shrugs 10 times PM – Garden Talk Famous Figures Sing-a-Long – Grp 2	31 AM – Morning Exercise: Wrist Rotations 10 each direction PM – Fun Facts Guess What? This or That

If you have any questions regarding the program calendar, please call the centre at 604-430-1441.

Kamaljeet Kler Profile

Written by: Maricris Negrana

"We are a multicultural country- always have been, and to our credit, always will be. It is something that we should be very proud of and embrace". A quote that resounds Kamaljeet life journey.

Kamaljeet was originally from India and is the eldest of 2 children. Kamaljeet has finished and earned her master's degree in education at Punjabi University in India. She worked as a Principal in a school district for a year before joining her husband in Canada, way back in 1967.

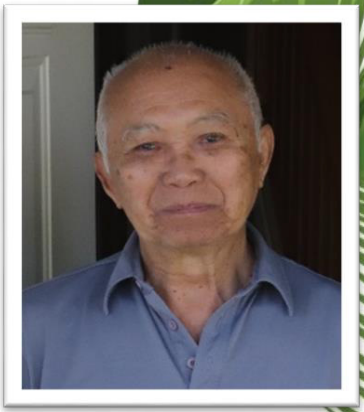
Kamaljeet proudly shared how she met her husband in India when he was vacationing. Even though they only met for a short span of time, it did not hinder their romance to move to deeper commitment and then by getting married. After their marriage Kamaljeet's husband decided to stay in India for two and half years and tried to run his own business but the business ventures did not work well. Kamaljeet husband went back to Canada permanently and after a few years of waiting Kamaljeet and her two sons came to Canada through her husband's sponsorship.

In her first few years in Canada, she felt she did not belong here as she struggled to find a job that she really enjoys. Kamaljeet even thought of going back to India but as days went by, Kamaljeet realized that Canada has a lot of opportunity to offer to her children, from then on Kamaljeet appreciated the beauty of living in diverse country like Canada. She started to work in restaurant for more than a year and with seniors for several years, and later landed a job at Vancouver General Hospital. She worked at the food services department (VGH) for 28 years along with friends from different ethnicity. Kamaljeet made good connections to people with diverse cultural background and used her influence to advocate for people who could not speak for themselves.

During her retirement period, Kamaljeet still continues her advocacy in life by being active in the community. She volunteered for woman's organizations (Sahara sister and Sanja Behra) and her function is to help raise funds for the breast cancer patient and at Cancer Society where she is often invited as guest speaker. Kamaljeet is presently working as a volunteer at RCSS on the Board of Directors. She is also part of the Adult Day Program where she loves to help people and often advocates for seniors at the center. Kamaljeet is open and active to share her creativity and ideas in celebrating one of their well-known events of the year called" Diwali". She often takes the pride in leading the program by sharing facts and the significance of Diwali. Kamaljeet also loves to write poems and short stories where in some occasion she was asked to contribute to the newsletter.

From your RCSS family, we would like to thank you for all your hard work contribution.

Our Friend Edward



From school to work in Fiji and Canada

Edward grew up in Fiji in a large family. He was the second eldest of nine children. “After I completed grade five dad pulled me out to look for work so that the younger siblings could go to school.” He got his first job as a young boy working with a mechanic. He would sweep the floors and clean car parts. The mechanic would teach him how to repair things as he worked on them. “There was no school in Fiji for mechanic work at that time, so I learned from him.”

Edward and his wife came to Canada in 1970. He went to night school at Vancouver Tech to do a refresher course and get his mechanics license. Because he began work so young, he had a long career in both Fiji and Canada as a mechanic. Even now Edward says one of his hobbies is to play around with the car “if anything goes wrong I try to repair it and make it work or fabricate a piece of a part to put on.”

Love is in the air

Edward met his wife in a dance hall, he said they danced together all night, then began talking for a while and he started taking her out on dates to the movies. Something he really liked about his wife was that she was cute and wore a horse tail hairstyle. They got married early in the 1960’s and together they raised 3 children, 2 boys and a girl. Edward worked as a mechanic and his wife worked at a cigarette factory “I admit we were both smokers in our younger days” Edward bashfully shared.

Hobbies Then and Now

When Edward was younger, he liked playing sports, his favorite being soccer and basketball. He continues to be active at the center joining the active games and exercises, he also likes to chat with the members at RCSS. While at home he says that he walks on the treadmill every day to keep him active.

Edward has always been a big fan of music “My favorites are country and western, island music, Everly brothers, Elvis and Buddy Holly.” He also used to play the guitar, but unfortunately had an accident at work that injured his fingers, so he no longer plays. Though he does not play anymore you will always see Edward in all the music programs the center offers, if you are ever looking for a good song suggestion Edward is the one to ask.

Words of Wisdom

Some words of wisdom Edward would like to pass on is “When you are doing anything, always think twice before you start something.”

Written By: Faith “ Thank you Edward for sharing a part of your story with us.”

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。

Nancy with her beautiful smile

Happy birthday Willy!

Suites available $2375.00/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
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All suites have balconies

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The Myths of Mindfulness

Kate Landreth, Education and Learnig Lead with FCBC

Family Caregivers of British Columbia

In the past year I completed an 8-week training in Mindfulness Self Compassion, and initially I was hesitant and skeptical about participating. While I practice and teach yoga and mindfulness daily, my concern with exploring mindfulness self-compassion was that it might erode my inner taskmaster that keeps me ambitious and helps me to achieve my goals. If I indulged in being soft and kind to myself, then wouldn't that mean I would continuously let myself off the hook? But what my instructors introduced right from the first session is that research shows the opposite is true: the practice of mindfulness self-compassion contributes to resilience, wisdom and a greater understanding of the common humanity of life. The truth of the matter is that being self-flagellating is also self-limiting, and that if we cannot be kind and forgive ourselves, we are less likely to move on or to try again. This is well supported by research, which shows that self-compassion is a far more effective force for personal motivation than self-punishment.

I am grateful that I followed through with the training as I had many self-revelations that were personally life changing, but it also opened my eyes to see that many of the common perceptions of mindfulness are myth and not reality. Related to the above-noted myth of softening standards is that mindfulness is really just an escape from reality; a way to run away from problems by daydreaming. But again, the opposite is true: mindfulness is honesty. It is a way of confronting what is real with acceptance and without judgment. Mindfulness is not an escape but a compassionate confronting. The goal is not to become a blissful Buddha or to empty the vessel of the mind, but instead to become attuned to our passing thoughts, emotions and physical sensations.

Perhaps the biggest myth that was busted for me as I participated in the training was that, while it may seem it, mindfulness is not a selfish practice. I was initially unsure if committing to spending three hours per week for two months was going to be too much navel-gazing, at the expense of contributing to being with and helping my friends, family and community. But what I learned is that compassion for yourself allows you to show up more fully and kindly for others. It's like the airplane safety demonstrations that advise placing the oxygen mask on yourself before assisting your children or fellow travelers; you are better able to lend help when you first have what you need to survive and thrive. Mindfulness allows you to be aware of your own needs, which can then translate to being aware of what others may need.

And while I long ago learned this hard lesson, the 8 weeks of training reminded me that the biggest "myth" surrounding mindfulness is that it is a panacea or an immediate solution. What I have learned after years of learning about and practicing mindfulness is that it is very much like training the body through exercise; consistency of time and effort is the most powerful tool for creating lasting change, rather than going "all-in" on a single training retreat. More important than seeking out the best-selling books and most revered gurus is making mindfulness a habitual part of your life.

Benefits of Staying Socially Connected for Elderly

We all know that staying physically active offers a variety of health benefits, like lessening chronic pain, delaying and preventing certain diseases, and helping us recover faster from an illness or injury. And, while exercise is extremely important for a high quality of life, the connections we make with others and the relationships we continue to build also have a major impact on our overall wellness.

The benefits of staying socially active including:

- **Better cognitive function.** Social activities keep us sharp and mentally engaged, and this is important to prevent the onset of dementia or Alzheimer's disease.
- **Maintaining good emotional health.** Connecting with others helps keep us in a positive mood, which in turn wards off depression.
- **Boosted immune system and Improving physical health.** Studies show that seniors who stay engaged with others, and life around them, have higher levels of immune-system functioning.
- **Enjoying restful sleep.** If you have difficulty sleeping at night, it could be that you are feeling isolated and lonely. Research shows that people who have more fulfilling relationships in their lives tend to sleep better than those who do not.
- **Increased longevity.** Live a longer, happier life by keeping your social circle strong. Friends and loved ones help you deal with life's daily stresses and are often key to encouraging you to live a healthier lifestyle, too.

Unfortunately, social interaction becomes more difficult during the current outbreak of COVID 19. However, there are still many options for us to connect to each other such as by calling each other and participating in our conference programs. Let us continue to connect to each other and stay both physically and mentally healthy.

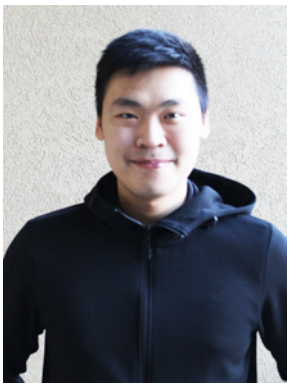
积极社交对老年人的益处

我们都知道，坚持体育锻炼对健康具有很多益处，如减轻慢性疼痛，延缓和预防某些疾病的发生，以及帮助我们更快地从疾病或创伤中康复。运动对于提高生活质量至关重要，同时我们也应该不要忽视保持和继续建立新的社交联系，其我们的全面健康也会产生重大的影响。

积极社交的益处包括：

- **保持更好的认知功能。**社交活动使我们保持思维敏锐和精神投入，其对于预防痴呆或阿尔茨海默氏病非常重要。
- **保持良好的情绪。**经常与人保持联系有助于我们保持积极向上的情绪而避免抑郁。
- **增强免疫力而改善身体健康。**研究表明，经常参与社交活动的老人的免疫系统功能通常高于独处老人。
- **有助于睡眠。**孤独感可影响使我们晚上难以入睡。研究表明，社交活动充实的老人睡眠更佳。
- **延年益寿。**保持良好的社交圈可使我们感觉生活更幸福。朋友和家人可以帮助我们应对日常生活中的压力并鼓励我们保持更健康的生活方式以利健康长寿。

COVID 19 的暴发使我们的社交活动变得更加困难。但是，我们仍然可以通过各种不同的方式保持联系，例如大家可以互相打电话聊天或通过电话参与我们的小组活动。让我们继续保持密切联系以利于我们大家身心的全面健康。



Written by Jerry

Jerry

This one was a trick question! If you guessed Jerry (Me), you are correct!

I was born a long long time ago in 1996, February 6 in the city of Harbin, China. Harbin is a cold city, located in the north eastern part of China, right below Russia. You may have heard of the Harbin International Ice and Snow Sculpture Festival, it is the largest ice and snow festival in the world!
Growing up, I lived with my grandparents who were livestock veterinarians. My grandma was actually the first woman to graduate from the Harbin Veterinary Research Institute! We had a little veterinarians store/clinic and I remember local farmers bringing in chickens and other livestocks for my grandma to look at and she would always show me the different organs inside.

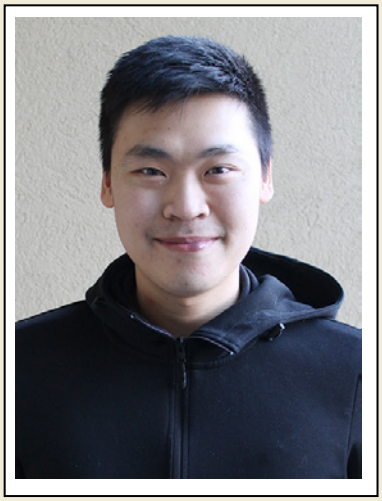
My parents were both in Vancouver as my father had studied abroad and immigrated to Canada. I said bye to my grandparents in 2004 and immigrated here with my parents. It was hard for me in the beginning as I attended Queen Alexandra Elementary and did not speak a single word of English. However, through ESL (English as a Second Language) and interaction with others I was able to learn and speak English fluently.

After graduation from elementary, I attended Vancouver Technical Secondary School where I met most of my friends that I still have today. During high school, I volunteered for tons of different organizations and I got my first job in 2010 at the Pacific National Exhibition, more well-known as the PNE. I was in charge of delivering stock such as cotton candy, candy apples, popcorn and pop to various stands all across the park. Of course that means I ate a lot of cotton candy and popcorn...

My favourite subject in school was of course Physical Education (PE). Not only because I love sports, but also because of the teachers. Because of this, my dream job was a PE teacher. I received a Diploma in Sports Science at Douglas College in 2017. However, I realized that I wanted to pursue something else. I volunteered at Haro Park Centre and there, one of the Recreation Therapists told me about the Therapeutic Recreation program at Douglas College. Now I am going into my fourth year, hoping to become a Certified Therapeutic Recreation Specialist.

I hope to see all of you soon!

Harbin International Ice and Snow Sculpture Festival



Alice Simoes

Alice set forth alone from Campinas international airport in Brazil to Vancouver to meet her husband Fernando in the spring of 1970.

Fernando and Alice's connection stretched across the Atlantic Ocean. After they had met in Brazil, Fernando went to live in South Africa for four years. During these years Alice and Fernando stayed in contact writing letters to one another.

Finally, after so many years being apart there was a new future for them together in Canada. Fernando and Alice married in 1969 and soon after Fernando left for Canada. Alice was under the impression that they would only stay for 5 years. Alice has now called Vancouver home for around 50 years!

Alice remembers her journey from Brazil to Vancouver. She had a layover in Lima, Peru as well as in Mexico. Her flight to Mexico was full of football fans who were going to the 1970 FIFA World Cup that was being held in Mexico. The Cup ended up being won by Brazil!

Initially Alice had trouble finding work with no English skills. The first phrase she learned in English was "I am looking for work" Alice did eventually find work as a cleaner. Although Alice did take a few language classes most of her English she learned through work and with the help of Fernando.

It took Alice awhile to acclimatize to the weather. Adapting to the subtropical climate in southern Brazil to the long dark cold winters of the West Coast was an immense change. Alice once left a pair of Fernando's wet jeans outside drying overnight to find them frozen solid in the morning!

Alice found it hard to leave her mother behind in Brazil. As an only child, she and her mother had been very close. Although over the years Alice returned to São Paulo to visit her mother, she always missed her. Alice and Fernando made a new life for themselves in Canada and before their son was born, they would go to the Portuguese Cultural center on Saturday nights where a dinner was held with music and dancing afterwards.

Alice has been happy to live these many years in Canada, raise her son here and be part of the community.

By Svea Vogt

This month, we are celebrating multiculturalism!
The seniors had shared good memories while living in Canada

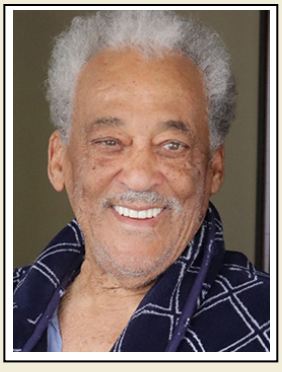
Kamaljeet:
"Canada is a country like "Heaven" a place of great opportunity to move forward, land of happiness, and land of people that love each other, it is a place of living in unity and harmony".

Min:
"Everything is good here in Canada, everybody has the power of freedom, environment is good where you can enjoy fresh air, people are friendly.

Edward:
Quote he learned from his German friend
"If you need to do something, you have to think twice first"
Edward builds good friendship with others, consider Canada as one of best place to live due to good medical care, good education, environment and very comfortable to live in.

Juanita:
"Its is better to give than to receive"

Teresita:
"Im so happy to live in a beautiful country like Canada as I was given the opportunity to be part of RCSS family, getting to know and meet new friends from other nation".



Neville:
On the island of Nevis, I travelled to England to join the Air Force, after serving them for 10 years. I immigrated to Canada. BC is the best beautiful province. I also served in Royal Canadian Airforce.I met my wife Jean, also from island of Barbido We married in 1967.Canada has been good to us, we are grateful with our friends and family, also the wonderful support and caring from all the staff of RCSS. You are all awesome. We appreciate you. Happy Safe and wonderful Canada Day.

Jean (Neville's wife) "If you don't have a horse, you ride a cow"
Meaning you may make do with whatever you have"

Addie is happy to receive the package

Its good to see you Sidney!

Lily from our Community Day Program!

Muriel and her son George

Ling says she has been doing well!

Hans is happy to see the staff

Joon is working hard on admin tasks

Svea calling her clients

Wai Yee saying hello

Rose cooking up a delicious meal

Rose has trimmed out hedges, can you guess what it is?

Carol and Christina admiring the flowers Henry brought

Wai Yee getting readyto deliver to clients!

Min is happy about the activity package

Ingrid looking good in her blue robe!

Pu Rong is happy to see the staff

Kay walking by the centre to say hello!

Kem Ai enjoying the sun!

Chilled Cucumber Soup

Cool and refreshing Chilled Cucumber Soup! This only takes 15 minutes to make, no cooking, just blending.
If you don't have a blender, you may use a hand held puree stick or a food processor. OR a box grater and a fork if you dont mind the lumps.

Ingredients:

1 Large cucumber (3/4 lbs)
1/4 Cup buttermilk
1/4 Cup sourcream
1/2 Tablespoon rice veingar
1/2 Tablespoon olive oil
1 Tablespoon fresh chopped dill, or 1/2 teaspoon dry dill
1/4 Teaspoon salt
Pinch of black pepper

Method:
1. Prep, peel, seed, and roughly chop the cucumber.

2. Chop the onion and dill

3. Blend. Put all ingredients into the blender and pulse until completely smooth.

4. Adjust seasoning to your liking. Chill.

5. serve, pour into bowls. garnish with dill and a drizzle of Olive oil.

Enjoy!

Rose

July Birthdays

Addie~ 2nd
Nelly~ 12th
Sau Di ~ 22nd
Elouise ~ 25th

Birthstones:
Ruby
Zodiac Signs: Cancer & Leo
Flowers: Larkspur

Addie knitted these cute sweaters!

Margherita smiles after seeing the staff

WHICH DO YOU PREFER?

Last month in the newsletter, we asked for your input. Here are the results!

上一个环节里，我们问你喜欢什么！这是结果

Which Do You Like More?
你更喜欢哪一个

14 Chose Tea
十四人喜欢茶

27 Chose Coffee
二十七人喜欢咖啡

5 people selected both!
五个人都喜欢

25 Chose Physical
二十五人喜欢体育游戏

20 Chose Mind
二十个人喜欢心理游戏

2 people selected both!
两个人都喜欢

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25 Chose Rice
二十五人喜欢米饭

19 Chose Potatoes
十九人喜欢土豆

5 people selected both!
五个人都喜欢

19 Chose Guest Entertainers
十九人喜欢表演嘉宾

17 Chose Staff Sing Along
十七人喜欢员工合唱

9 people selected both!
九个人都喜欢

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25 Chose Painting
二十五人喜欢绘画

19 Chose Baking
十九人喜欢烤食品

2 people selected both!
两个人都喜欢

10 Chose Butter Chicken
十人喜欢咖喱黄油鸡

28 Chose Sweet N Sour
二十八人喜欢糖醋鸡

10 people selected both!
十个人都喜欢