

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

September 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





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

September 2020 Newsletter

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In life, we plant seeds everywhere we go.
Some fall on fertile ground needing very little to grow.
Some fall on rocky soil requiring a tad bit more loving care.
While others fall in seemingly barren land and no matter what you do; it appears the seed is dead.
Nevertheless, every seed planted will have a ripple effect.
You could see it in the present or a time not seen yet.
So be wise about where you plant your seeds.
Be very mindful of your actions & deeds.
Negativity grows just as fast if not faster than positivity.
Plant seeds of kindness, love and peace
And your harvest will be abundant living.
- Sanjo Jendayi

Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

Staff



Donna Clarke



Carol Yi



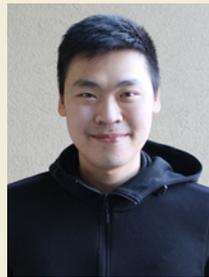
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang



Well our safety plan is in awaiting approval. We are meeting with Vancouver Coastal Health several times in the coming weeks to discuss our opening schedule.

The agreement is to have three Centres open early September and two weeks later three more and two weeks later three more. Because we are connected to a long-term care facility and airing on the side of caution, we will be in round three. I am estimating around October 1st opening if everything runs smoothly. We will be watching the progress and challenges faced by the Centres that open before us and taking copious notes to ensure we get this right.

As I indicated in previous newsletter articles, you will only be coming back one day a week to start and Soriented to all the safety precautions that we have now implemented. We will be starting with the seniors who can be transported by family members or are in walking distance. All family members must be available throughout the day to come pick you up if you are not feeling well. This will eliminate taking public transit or taxis and reducing chances of infection.

HandyDart, and all public transportation for that matter, are now requiring that masks be worn during the ride. If you cannot wear a mask, you will not be able to get on the bus. Maybe start practicing wearing your mask at home as the sooner you are used to wearing it, the sooner you will be back to some normalcy (as wearing a mask is now normal).

We will be reviewing our participant list and trying to get you back with your regular table crowd but remember there will only be one friend and one staff sitting with you at any given time. At this point we will not be offering exercise classes as you know them, but more relaxation type activities as we do not want you to overexert yourself sending droplets all over the Centre. The same applies to singing, that activity will be reserved for telephone conferencing.

As an extra precaution, there will be no sharing of equipment. Everyone will have their own craft box, dice, cards etc. The hope is for you to take them home, work on projects or play games on video or telephone until we can increase your time back to what it was before. The staff are working out the details of which games we can modify to work with the new safety plan.

It has been a rough six months for all of us. Trust me when I say how much you are missed. Even though we have been staying in touch, there is nothing that compensates for the wonderful energy you bring here. There is evidence however, that you are thinking of each other. Our participant Rose donated all her harvested apples to us this year so our cook Rose could make the lovely apple sauce that was delivered to you this month. Thank you Roses! Enjoy some on your toast or with some yogurt.

Hang in there everyone! We will be back together soon and bringing life back to our beautiful Centre. We can not wait to see you all again. Until then, continue to stay positive and know you are loved. We talk about you all everyday and are making sure that you are getting everything you need.

Love Always,

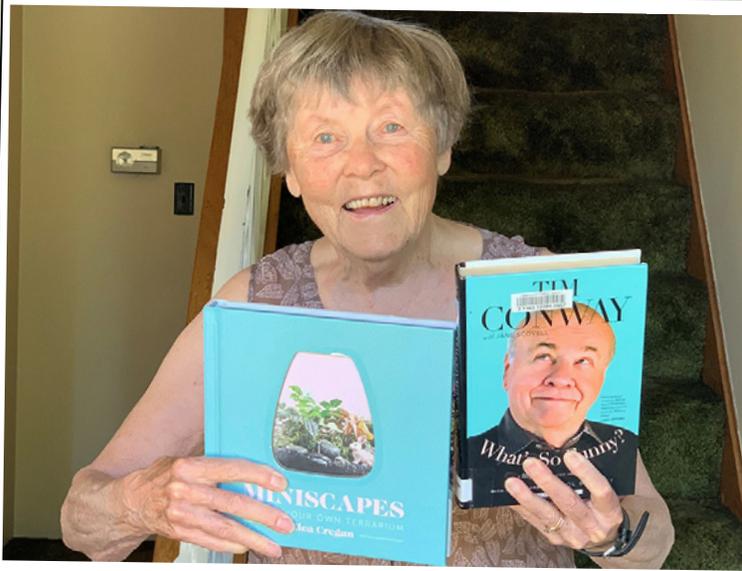
Donna



Alice with her granddaughter and great-grandson 1 year ago!



Alice's great grandson has grown so much!

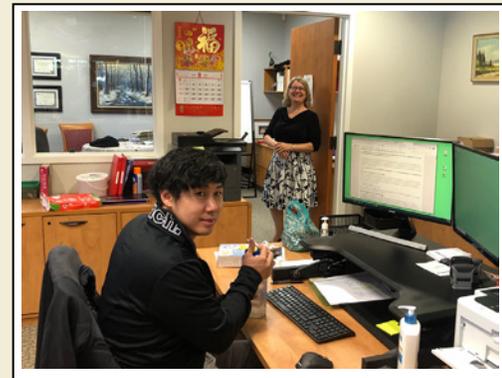
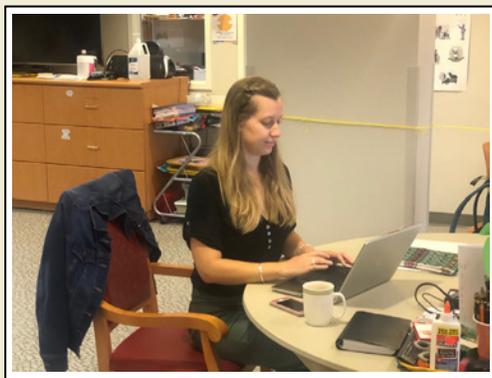


Muriel holding up the books she got!



Nancy showing us all the arts she did!

STAFF



PROGRAM SCHEDULE

7

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM – Morning Exercise: Arm Extensions Up 10 times each side PM – What Would You Do? Letter Games Food Trivia	2 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – 1:1 Travel Stories Brain Games	3 AM – Morning Exercise: Arm Extensions Up 10 times each side PM – Dice Games Jeopardy Sing-a-Long	4 AM – Morning Exercise: Seated Leg Lift 10 times each side PM –
7 Labour Day Centre Closed	8 AM – Morning Exercise: Wrist Rotations 10 each direction PM – Would You Rather? Trivia Quiz What Am I?	9 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – 1:1 This or That Mental Aerobics	10 AM – Morning Exercise: Ankle Rotations 10 each direction PM – If I Could... Request That Tune 1:1	11 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – Bingo Number Game Colour Game
14 AM – Morning Exercise: Shoulder Rolls 10 each direction PM – 1:1 Request That Tune Shake Loose a Memory	15 AM – Morning Exercise: Arm Extensions Side 10 times each side PM – Bingo Math Challenge Yes or No	16 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – 1:1 Letter Games Jokes and Riddles	17 AM – Morning Exercise: Arm Extensions Up 10 times each side PM – You Be The Judge Dice Games 1:1	18 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Brain Games Math Games Current Events
21 AM – Morning Exercise: Shoulder Shrugs 10 times PM – 1:1 Be a Cook Favourites	22 AM – Morning Exercise: Wrist Rotations 10 each direction PM – Fame or Fortune Request That Tune Bingo	23 AM – Morning Exercise: Seated Leg Lift 10 times each side PM – Sing-a-Long Scattergories Dice Game	24 AM – Morning Exercise: Ankle Rotations 10 each direction PM – Garden Talk Guess Who 1:1	25 AM – Morning Exercise: Seated Knee Lift 10 times each side PM – Fun Facts Remember Me Musical Memories
28 AM – Morning Exercise: Arm Extensions Up 10 times each side PM – 1:1 Geography Quiz Bingo	29 AM – Morning Exercise: Wrist Rotations 10 each direction PM – Cooking Challenge Dice Games Letter Games	30 AM – Morning Exercise: Wrist Rotations 10 each direction PM – 1:1 Would You Rather? Request That Tune		

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

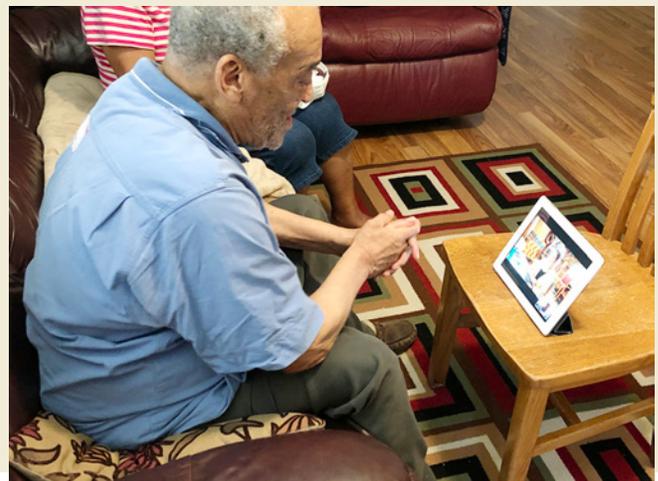
Welcome to Zoom!

Hello Seniors and Families! We are very excited to offer you a new opportunity to connect with friends here at the centre. Beginning in September we will have a Zoom Calendar for our music programs so you can tune in to enjoy Request That Tune and Sing-a-Long each week.

Zoom is an online service which allows groups to participate in activities together using either a phone, tablet, or computer. This service shares video and audio so we can all see and talk to each other from the comfort of our chairs! Zoom has very good security in place so we have no concerns about privacy and these sessions will not be recorded. All you need to join is a device and internet service. Instructions on how to use Zoom are included inside this newsletter.

September Zoom Music Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Sing-a-Long 2:00 pm	4
7	8	9	10 Request That Tune 1:00 pm	11
14 Request That Tune 1:00 pm	15	16	17	18
21	22 Request That Tune 1:00 pm	23 Sing-a-Long 11:00 am	24	25
28	29	30 Request That Tune 2:00 pm		





TERESITA

Our long-time friend Teresita will take us on a journey to the beautiful country of the Philippines, where remarkable memories are made. The Philippines is located in Southeast Asia beside the South China Sea. In 1900 Spanish Colonization ended and the country became independent. One of the natural beauties Teresita is proud of is the many islands. There are 7641 islands in the Philippines in Luzon,

Visayas and Mindanao. The Philippines is surrounded with beautiful beaches and historical landmarks as well, it is one of the most popular in the country to visit. Some popular tourist locations include: Intramuros, Fort Santiago, Taal Volcano, lakes Tagaytay and Batangas, Nacpan Beach, El Nido, Mayon Volcano, and lastly Kawasan Falls.

Teresita recalls visiting the Kawasan Falls where her late husband came from. It is in the south of the island of Cebu in the Philippines. This series of beautiful waterfalls has mystical blue and turquoise coloured water and should be on your list to visit if you ever go to the Philippines. What makes the water so blue at Kawasan Falls is the high amount of limestone deposits in the area making it one of the bluest waterfalls in Asia.

A historical place that Teresita often enjoyed visiting was Rizal Park, previously called Bagumbayan Field. Rizal Park or Luneta Park was built as a tribute to Philippines' greatest national hero Jose Rizal. During the weekends or public holidays, the park is usually full as families come together for a picnic or sightseeing. Many of these historical sites and natural beauties of the country are part of the tourism which contribute to the rising economy of the country.

Teresita launched a successful food business in the Philippines and was passionate to share her expertise in cooking popular Filipino food. Some of her favourite delicacies are, kare-kare, pakbet, and milkfish. Street food is also very popular and you might consider trying fish ball, kwek-kwek, chicken feet and balut if you are visiting.

One of Teresita's favorite things to do during her free time is to sew, so she does her shopping for clothing, shoes and her sewing hobby in Divisoria, Binondo Manila. It is a commercial center in the Philippines, known for its low-priced goods and diverse manufacturing. For your next trip, do not forget to consider visiting the Philippines.



Kawasan Falls

by: Maricris



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。



Margherita would like to thank Rose for the apple sauce



Rose enjoying the sunshine



Suites
available
\$2375⁰⁰/
mo.

1 BEDROOM
SUITES
NOW AVAILABLE

Family and Fathers are here at Chelsea Park.

Active Supportive Housing for Seniors

- Daily lunch and dinner
- Morning coffee club
- Weekly housekeeping
- Activities and recreation programs
- Bus Trips
- On-site hair salon
- Community Centre one block away
- 1 and 2 bedroom suites available
- 1 bedroom - \$1900⁰⁰/mo.
- 2 bedroom suite faces Trout Lake



All suites have balconies



CHELSEA PARK
Inspired Lifestyles for Seniors



New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

For a personal visit today, contact Karen Dupont at 604.789.7132 • www.chelseaparkbc.com
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver

Taking a Break: 7 Tips for a Caregiver Vacation

As we near the last bit of summer, the desire for family caregivers to take time for a vacation, staycation or break can be top of mind. Going from contemplation of a vacation to implementation can create a great deal of stress for both the caregiver and the people they care for.

Common concerns and questions include:

“Who will look after the person I’m caring for overnight?”

“It’s going to cost money, can I justify this?”

“What if person I care for doesn’t want anyone else to care for them but me?”



Family Caregivers
of British Columbia

Taking a break is essential for caregivers. Without enough time away from caregiving duties, feelings of resentment and burnout may present themselves more readily. It is key to trust someone to take care of the person being cared for, to let someone have clear insight into the situation at hand, and to reconnect with yourself. Taking a holiday can build your resilience in caregiving by decreasing the chances of caregiver burnout.

Here are seven tips to make a vacation as a caregiver accessible:

- 1. Find a Stand-In:** Choose a replacement caregiver or a network of support. It may be family, friends, or you may decide to hire someone. It depends on how much help and care the person you are caring for needs, the financial resources available, and the length of time away.
- 2. Schedule Time for the Caregiver to Meet the Care Recipient Beforehand:** By creating time before the vacation for the person you care for to meet the stand-in caregiver, there is an opportunity to increase comfort levels about you leaving, and gives the alternate caregiver additional comfort with the routines and processes.
- 3. Create Checklists:** It is better to be over-prepared. Having detailed instructions for the caregiver will help ease your mind while you are away. This can be co-created with yourself and the stand-in caregiver, so everyone feels prepared, supported, and thorough.
- 4. Attend to Financial Matters Before:** Ensure that all bills are pre-paid and have cash accessible for expenses and emergency expenditures.
- 5. Create an Emergency Contact List:** Create a list of emergency telephone numbers and places of where you are staying. Keep this list with both the caregiver and another trusted source. You may want to inform the care team (doctor, case manager, or relevant personnel) to let them know you will be travelling and how they can reach you in an emergency.
- 6. Create a Medical Emergency Plan:** Discuss what needs to be done in a medical emergency such as an allergic reaction, stroke, or broken hip. A signed health care proxy or representation agreement should be set up and accessible for reference.
- 7. Start Planning Early:** Vacations can sneak up on us quickly. We suggest giving as much time as possible to organize care so you and the stand-in caregiver can feel as supported and prepared as possible. You do not need to feel guilty about taking time away as a caregiver!

We encourage you to take comfort in knowing that the person you are caring for is in good hands, and that you are worthy of a vacation, staycation or break to recharge.



Protein

Proteins are the body's building blocks. They are used by numerous aspects of the body – from hair, skin and nails to cellular structure and function, enzyme reactions, and transporting oxygen through the bloodstream. They are also important to metabolism and hormones and can also act as an energy source for the body, especially when carbohydrates and fat stores are low.

While they are essential for everyone, protein is important in seniors because studies show that muscle loss starts at around 50 years of age and eating adequate protein slows the loss of muscle mass. Having enough muscle mass helps a senior to maintain the ability to perform activities of daily living independently and prevents disability. So, seniors require more protein than younger adults.

Long term inadequate intake of protein may result in loss of muscle mass, impaired immune function, poor wound healing, decreased brain function, compromised gut permeability etc.

Good sources of protein include: red meats (limit their use and choose lean cuts), poultry, including chicken and turkey, fish and other seafoods, beans and legumes, eggs, dairy products, soy, nuts and some grains, including quinoa.

蛋白质

蛋白质是组成人体的重要成分。从头发，皮肤和指甲到细胞的结构和功能，以及酶参与的反应和血液输送氧气都需要蛋白质。其对新陈代谢和激素也很重要。蛋白质还可以作为人体的能量来源，尤其是在体内碳水化合物和脂肪储存量较低的情况下。

蛋白质对我们每个人都是必不可少的，但对于老年人却更重要。研究表明，肌肉量的丢失始于 50 岁左右，而食用足够的蛋白质可以减缓肌肉的丢失。而拥有足够的肌肉质量有助于老年人保持独立从事日常活动的 ability 而预防残疾。因此，老年人比年轻人需要更多的蛋白质摄入。

长期摄入蛋白质不足可能会导致肌肉量减少，免疫功能受损，伤口愈合不良，大脑功能下降以及肠道吸收功能下降等。

好的蛋白质来源包括：红肉（最好限制并选用瘦肉），禽类（包括鸡肉和火鸡），鱼类和其他海鲜，豆类，鸡蛋，乳制品，坚果和一些谷物包括藜麦。



Yue Sum



Who would have guessed that this energetic lady has been with us at our center for three years this coming November? Her agile and flexible physique make the golden years look easy. She is always friendly and trying her best to connect with all the other friends at the centre.

Yue Sum was born in the village of Toisan, China. She left her hometown at a young age and lived in Hong Kong for many years. Yue Sum speaks Cantonese which is the main dialect for people who live in Hong Kong. It does not matter where you live in Asia nowadays, many speak and understand more than one dialect.

Hometown: Toisan, is a city in the southwest of Guangdong province, China. It is said to be the “first home of Overseas Chinese”. This province is composed of 16 towns and 3,655 villages. It is estimated that half of a million Chinese overseas are of Toisanese descent.

Language: The local dialect of Toisan is Toisanese. It is a language used by a large group of Chinese. People in Toisan nowadays also speak Cantonese, and Mandarin. Students in China must learn Mandarin in school as it is the official national language of China. Although spoken dialects are different, many Chinese individuals communicate through a unified writing system as all Chinese characters apply in all the dialects.

Transportation: The best way to get between the towns of Toisan is by local buses. They are everywhere. There are taxis and cars. In smaller towns, motorcycles and 3-wheel taxis are the only options for travelling.

Food: There are three main fruits in Toisan. Cavendish and Latundan bananas are available all year round. Sugarcane is seasonal and vendors sell it in carts everywhere. The vendors usually peel and chop about 7-foot-tall stalk of cane for you to chomp on the tough fiber or you can have them squeeze a cup of sugarcane juice in a cup instead.

Here at the centre we have many clients who speak different languages and dialects, however they are still able to communicate with their beautiful smiles as our friend Yue Sum does.

Let us hope there will be more opportunity for all the reconnect again sometime in the near future.



By: Wai Yee Chou



Kem Ai standing tall!



Alice looking beautiful like always!



Rose and her sunflower mask!



John S and his silly glasses



Min loves to harvest her garden!



Mariais peeking through the glasses

This month, we are thinking of all the delicious things we harvest from our gardens and orchards.

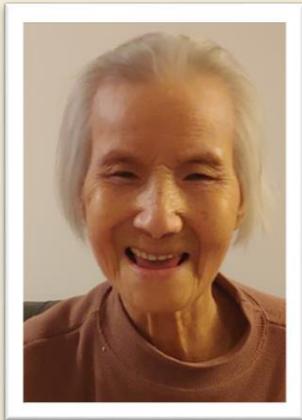


Eunice

“I like to plant bok choy. My favorite thing from the garden is kale, it just keeps coming up every year!”

Joan

“When everything is picked, I do all the veggie chopping!”



Sau-Tien

“My garden has all kinds of carrots, orange ones and white ones and all kinds of vegetables, but no tomatoes or potatoes!”

Mary

“My Family had a rubber plantation in Malaysia. When I moved to Canada, I loved gardening, I have a big green house in my backyard.”



May

“I was a farmer in Toisan working in a rice field and planting gai-lan and bok choy”



NINO



Tavenna where Nino grew up is situated in the Molise region of south eastern Italy, less than an hour by car from the Adriatic coast. The small-town overlooks rolling hills with squares of dusty green and golden yellow patchworks of farmland.

The closest seaside town is called Termolie. When Nino was young, he spent summers on the beautiful beach, watching the people and swimming. He recalled that the sand, baked by the sun would become so hot it would burn the bare soles of your feet. However, the winters in Tavenna used to be super cold and snowy. When Nino was very young it snowed so much one year that his family home's front door was blocked by snow, so they had to climb through a window to get out!

At the end of the summer season it was harvest time in Tavenna. Nino remembers the labour and process of harvesting grapes and olives. All the fruit was picked by hand and transported from the farm to the local press on the backs of donkeys. Nino's family farm produced both white and red grapes which they made into wine.

To this day Nino often has olive oil drizzled on bread with a pinch of salt for breakfast which reminds him of the fresh oil they used to have on the farm.

Tavenna hosted many yearly festivals, one of Nino's favorites was the Festival of Sant Antonio. For days live opera music was played late into the warm summer nights from a large wooden stage that was set up under the stars for the musicians. Stalls sold grilled meat and fresh fish, and the locals crowded in the streets enjoying the music and celebrations.

Svea Vogt





Henry brought the staff gifts!!!



Muriel enjoying the nice weather and the beach



Margherita loves our newsletters!!



Willy standing by the doorway



Guo Ming does his daily exercise!



Hans behind the sunflower!



Addie is a sunflower!



Lilian making a funny face with Keith



William peeking through the glasses



Nino is looking even younger!



Ingrid can still be silly while relaxing



Gerry looking handsome!



Summer Fruit Crumble

Here is a dessert to make when the summer fruit comes into season and is at it's peak. The recipe is very flexible, and almost any combination or soft , ripe fruit will work

Ingredients:

- 2-3 Cup sliced fresh peaches, apricots or plums
- 1 Cup whole dark cherries, pitted
- 1/2 Cup and 1 tabelspoon unbleached white flour
- 1 Tablespoon white sugar
- 2 Tablespoon brown sugar
- 1/8 Teaspoon salt
- 2 Tablespoon melted butter

Method:

1. Preheat the oven to 375F
2. Combine the fruit in a bowl. Toss with 1 tablespoon flour and granulated white sugar. transfer to a small baking dish 5 inches wide
3. Combine the brown sugar, 1/2 cup flour, salt, and melted butter. Distribute this mixture over the panful of fruit and pat it into place
- 4 Bake for 30 minutes, or until the top is lightly browned and the fruit is bubbly. Let cool for 15 minutes then serve warm or at room temperature with icecream on top!

Enjoy!

Rose



September Birthdays

Mo Yen ~ 3rd

Lil ~ 10th

Antonio ~ 13th

Kanwal ~ 20th

Kay ~ 29th



Birthstones:

Sapphire

Zodiac Signs: Virgo & Libra

Flowers: Aster



Frank is happy to see Carol!



Teresita and her plants!



Edward is a great sunflower!



Ling got all dressed up for the visit!



Nancy always has a beautiful smile



Happy birthday Juanita!



Sidney is always happy to see the staff!



Is that Rosemary?!