



ALICE FRITH CENTRE 蘭菲高靈活耆英會 NEWSLETTER

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca

December 2020

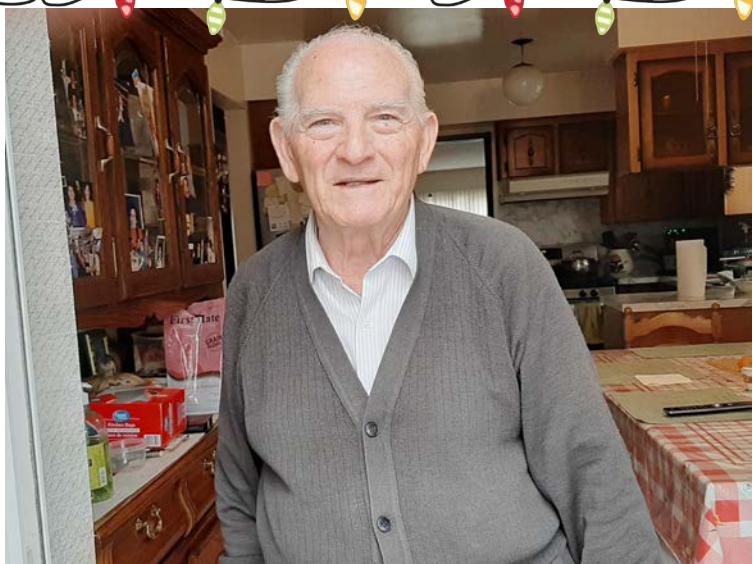


We Are All In This Together!

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604-430-1441 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 44 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



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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).

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Donna, Joon, Christina, Carol, Wai Yee, Faith, Maricris, Rose, Jerry, Svea

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Donna, Christina, Jerry & Faith

Hours:

Monday -Friday
8:30AM - 4:00PM

Visit our seniors centre at
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Fax: 604.437.1443

Email: rcss@rencollseniors.ca

Website: rencollseniors.ca

Merry Christmas and Happy New Year from all of us here at RCSS

Renfrew Collingwood Seniors Society

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Board of Directors



Tara Abraham



Nancy Falcone



Paul Hucul



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova

Staff



Donna Clarke



Carol Yi



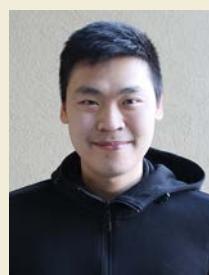
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang

A WORD FROM DONNA



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Merry Christmas to All our Wonderful Seniors, Members and Family. I hope you find joy in these trying times and somehow figure out how to connect with your loved ones over the holidays. It is so important to stay in touch with those we love.

Please remember that there are strict guidelines in place about how many people can gather (your bubble) in your homes and if we are ever to see this virus controlled, we must follow the recommendations in place. Maybe some of you experienced this before, during other pandemics. You know more about the rewards of these sacrifices and keeping everyone safe. If we all pledge to limit our exposure, we will get the desired outcome.

Good news though, we have some of you back at the Centre. Despite the limited time available to us, it is better than not seeing you at all. To date we have around 18 of you attending programs on-site and I cannot tell you how delighted we are to see you.

We will attempt to have some of the usual festivities in the weeks leading up to Christmas. We will be serving our turkey dinners during the week of December 14th – 18th for those of you coming but we will also be cooking extra for those of you who cannot be here. Please let us know if you would like us to deliver a Christmas lunch to you when we check in with our wellness calls.

The New Year will be better I am certain. There is a vaccine on the way and with that comes relief from isolation and loneliness. Perhaps our family members will feel safe enough to get on a plane again and travel across the world (remember those days) and we can have a proper visit – hugs and all. I am so looking forward to going back to Newfoundland to see my family and for my son to come home from the UK. We are meant to be together through good and bad times but most importantly for traditional gatherings.

My hope is that we will be able to increase the number of days that you attend from one day a week to two as I know how beneficial it is for you to have routine exercise classes, not to mention having a sense of belonging. We need to stay connected and engaged in order to thrive.

There is a light at the end of the tunnel, and as they say, with adversity – comes innovation. I reflect on the previous months and realize how our staff rose to the challenge and created new opportunities to keep in touch with you. Where there is a will there is a way and each staff member worked so hard to be there for you. I am so proud of everyone and of the organization as a whole. Our supportive Board contributed to the cause by allowing us to spend whatever was needed to keep things afloat. Our funders stood by us and trusted that we knew what to do and gave us all the leverage we needed. And of course, you the participants went beyond the call of duty by welcoming us in your homes and beautiful gardens. We appreciate how you went with the flow, accepted our new roles, and continued to give us a sense of purpose.

Let us find solace in all our efforts and believe that together we can make anything happen.

Stay safe, stay calm and stay connected is our new motto!

Love Always,
Donna



Hans sitting on his big comfy couch!



Maria's sweater is bright like her smile!



Ingrid has beautiful trees outside her place!



Kay holding up her birdhouse!

BIRDHOUSES



PROGRAM SCHEDULE

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Monday	Tuesday	Wednesday	Thursday	Friday
A cartoon reindeer wearing a red nose and antlers decorated with colorful Christmas lights.	1 AM – Home Exercise: Leg Extensions x 10 PM – Dice Game Outreach Visits You Be the Judge	2 AM – Coffee Chat Gentle Stretch Tenzi PM – Winter Word Chain Brain Game Zoom Minds	3 AM – Coffee Chat Gentle Stretch Xmas Connect 4 PM – Fun Facts Brain Teasers	4 AM – Coffee Chat Gentle Stretch Xmas Connect 4 PM – Caregiver Talk Shake Loose a Memory Zoom Music
7 AM – Coffee Chat Gentle Stretch Tree Decorations PM – Animal Quiz Memory Match Zoom Art	8 AM – Home Exercise: Wrist Rotations x 10 PM – First to 50 Armchair Travel	9 AM – Coffee Chat Gentle Stretch Tree Decorations PM – Teacher's Quiz Xmas True or False Zoom Minds	10 AM – Coffee Chat Gentle Stretch Tree Decorations PM – Happiness Boosters Yahtzee Poker	11 AM – Coffee Chat Gentle Stretch Holiday Crosswords PM – Caregiver Talk High/Low Zoom Music
14 AM – Coffee Chat Gentle Stretch Christmas Word Search PM – Holiday Alphabet Christmas Trivia Zoom Art	15 AM – Home Exercise: Arm Extensions Side PM – Holiday Scattergories Outreach Visits Christmas Songs	16 AM – Coffee Chat Gentle Stretch Reindeer Races PM – Holiday Guess Who Tagalog Holiday Music Zoom Minds	17 AM – Coffee Chat Gentle Stretch Holiday Bingo PM – Christmas Trivia Quiz Family Feud	18 AM – Coffee Chat Gentle Stretch Reindeer Races PM – Caregiver Talk Christmas Story Zoom Music
21 AM – Coffee Chat Gentle Stretch Christmas Music & Fun PM – Holiday Bingo Winter Words Zoom Art	22 AM – Home Exercise: Knee Lifts x 10 PM – Christmas 20 Questions Winter Memories	23 AM – Coffee Chat Gentle Stretch Christmas Music & Fun PM – Blizzard Bonanza Christmas Wishes Zoom Minds	24 AM – Coffee Chat Gentle Stretch Christmas Music & Fun PM – Finish That Carol Christmas Fun	25 Christmas Day Centre Closed
28 AM – Coffee Chat Gentle Stretch Moose Races PM – Card Games Connect 4 Zoom Art	29 AM – Home Exercise: Shoulder Rolls x 10 PM – Bingo Outreach Visits Family Feud	30 AM – Coffee Chat Gentle Stretch Connect 4 PM – Price is Right Math Games Zoom Minds	31 AM – Coffee Chat Gentle Stretch Domino Match PM – City, Country, River That's Dicey	A cartoon snowman wearing headphones and a green scarf, surrounded by colorful Christmas lights.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken with Gravy Wild Rice Pilaf Roasted Root Vegetables Cranberry Loaf	2 Pan Fried Fish Roasted Potatoes Steamed Seasonal Veggies Maple Bread Pudding	3 Chili Blanco Corn Bread Zesty Green Salad Pear Crisp	4 Hungarian Beef Stew Mashed Potatoes Steamed Vegetables Fresh Fruit with Yogurt
7 Butter Chicken Rice Steamed Veggies Fresh Orange Compote	8 Fish Pie Cole Slaw Cookies & Cream Brownies	9 Spaghetti with Meatballs Caesar Salad Apple Compote with Ice Cream	10 Chicken Chow Mein Asian Greens Christmas Cookies	11 Sweet N Sour Pork Rice Mixed Veggies Almond Pound Cake
14 Christmas Lunch	15 Christmas Lunch	16 Christmas Lunch	17 Christmas Lunch	18 Christmas Lunch
21 Beef and Veggies Soup Grilled Cheese Sandwich Maplenut Pie	22 Veggie Lasagne Caesar Salad Hazelnut Orange Cake	23 Pork Souvlaki Lemon Potatoes Greek Style Salad Baklava	24 Cantonese Fish Rice Stir-fried Veggies Chocolate Mint Pudding	27 Christmas Day Centre Closed
28 Chicken with Mushrooms Mashed Potatoes Steamed Veggies Prune Cake	29 Turkey Leftover Stew Rice Fresh Green Salad Orange Jello	30 Fish Chowder Cheese Scone Rainbow Coleslaw Pumpkin Pear Pie	31 Beef Stroganoff Egg Noodles Steamed Seasonal Veg New Year Surprise!	MENU



Gino



Gino grew up in Montebelluna a small town at the foothills of the Vicentine alps north of Venice in Italy.

When Gino was young Christmas was very different than how he celebrates them now. In his youth, his six siblings and parents held simple celebrations especially during the years of the second world war.

Montebelluna is famous for their ski boot design and manufacturing which continue to be produced to this day. Gino worked in one of these factories making ski boots and recalls downhill skiing in the mountains close to Montebelluna with friends and family. Gino said it usually snowed a few times a year and remembers the long cold walks to school in the winter.

When Gino was 20 he left Italy, boarded a boat in Genoa and traveled to Halifax. From there he took a 5 day train ride and finally landed in Trail B.C. For his first year in Canada Gino worked in Trail. He celebrated his first Christmas away from home with his cousin who had also immigrated to Canada. Gino worked all over B.C in the following years including in Kitimat and Cranbrook doing construction work.

Gino finally ended up in Vancouver where he met his wife Joanne. Joanne and Gino have two sons. Together they enjoy the holiday season and celebrating Christmas with their sons and grandchildren.



Svea Vogt



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。)



Svea leading charades!

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。



Gerry always has a smile

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。



Roberta is looking delightful



Ciro and his daughter Eva



Edward continues to exercise at home!

Reframing Self-Care: Perspective Is Everything

Self-care is a buzzword right now, but what does self-care really mean? For many busy caregivers, self-care is an afterthought. However, with high rates of caregiver burnout, taking care of your mental and physical health is so very important.

COVID-19 has brought many challenges and uncertainties in relation to caregiving, but it also presents an opportunity to pause and tune into your internal compass and listen to what you need.

Being vs. Doing



Family Caregivers
of British Columbia

For many caregivers, ‘self-care’ is just one more thing to add to an already long list. Self-care is rooted in self-awareness. It is recognizing you are a human being, not a human doing. Meaningful self-care is a posture you take, allowing you to listen and respond to your personal needs on a holistic level. The cornerstone of self-care is self-compassion, which emphasizes kindness to self and recognizing your human experience. Active and genuine self-care integrates all areas of life, whether you are at home, at work, or caring for other people, you keep your own well-being at the center of your experience.

Self-Care Does Not Mean Selfish

Wise author and coach, Iyanla Vanzant uses the term ‘self-ful’ to help us reframe what it means to take care of ourselves on every level. Self-care is a holistic practice and it means caring not only for our physical health, but also our emotional, mental, spiritual, financial, and social health as well. When you care for yourself from a ‘self-ful’ perspective, you honour the needs of your mind and body. It also invites you to nurture and care for yourself through emotional rough waters with a gentle and encouraging inner attitude. Research shows that self-compassionate people tend to be more caring and supportive in relationships and more compassionate and forging towards others (Neff, K. and Germer, C, 2018).

You Don’t Need a Reason

A common misunderstanding people have of self-care is that it may appear selfish (which evokes feelings of guilt). Caregivers often hear that self-care is important because “you can’t pour from an empty vessel” and are reminded that you must “put on your oxygen mask first before we help others.” Often, we soothe our apprehension by affirming that this time for ourselves will enable us to give more to others.

Consider caring for yourself just because you... well care for yourself! It is an expression of self-love and a demonstration of self-compassion. You do not have to feel bad in order to feel better or even good. When you feel well and nurtured from within, you will find that there is more of you that can overflow naturally to the people in your life in ways that are not depleting and draining.

During Zoom meetings and Face time calls, choose wisely how you spend and share your precious energy. Balance your need for quiet and solitude with your desire for connection and socializing. Self-care is checking in with yourself to understand what you need during these uncertain times.

May the mystery of this time unfold for you in miraculous ways.

Taking Care of Caregivers



Being a family caregiver is never easy. It does not come with a job description. You do as much you can, as well as you can, as long as you can. You juggle many roles, from chef and nurse to advocate, companion, driver, and more. It may not be what you planned, but it is where you are right now. And it is likely changed your life in many ways. Caregiving is also hard because you often see many changes in your loved one. The person you are caring for may not know you anymore due to dementia. He or she may be too ill to talk or follow simple plans. He or she may have behavior problems, like yelling, hitting, or wandering away from home. This may be especially true if the person you are caring for suffers from dementia. It is demanding and stressful both physically and emotionally.

Studies show that caregivers are much more likely than non caregivers to suffer from health problems. These could include stress overload, depression, anxiety, and other issues. Caregivers need care, too. There are many resources available to you. Community services provide different kinds of help. These include meal delivery, transportation, and legal or financial counseling. They also include home health care services or respite care for you. Respite care workers can stay with your loved one while you take a break. You can also join a caregiver support group. Support groups allow you to share your feelings and experiences with other people going through similar situations and provide different support services for caregivers. Remember, it is not selfish to focus on your own needs and desires and do not forget to ask for and accept help whenever you need. If you need someone to talk to, about anything, just give us a call.

We are here for you!

关注家庭护理者

作为家庭护理者，照顾患病的家人虽然没有职位及职责要求的描述，但其绝非易事。您需要尽力而为兼顾多种不同的角色，从厨师和护士到代言人，陪伴，司机等等。这或许不是您所预期的，但现在就是您的职责，并且其可能改变了您生活的方方面面。当您看到您照顾的亲人的各种变化：他或她可能由于患有痴呆症而不再认识您；也可能过于病重而不能讲话和遵循简单的指令；或者出现行为异常，例如大喊大叫，打人或自行离家出走，其常见于痴呆症患者。这对照顾亲人的您来说无论是精神还是身体方面都需承受着具大的压力

研究表明，家庭护理者患有健康问题的可能性要比非护理者高得多，其可能包括压力超负荷，抑郁，焦虑及其他健康问题。因此家庭护理者也需要得到所需的照顾。我们的社区有许多可用的资源提供各种帮助：包括送餐，车接车送服务以及法律或财务咨询。还包括家庭保健服务或为您提供短暂的休息时间：如临时护理人员可以短时间帮助照顾您生病的亲人而为您提供一定的休息时间，您也可以加入护理者支持小组。支持小组可让您与经历类似情况的其他人分享您的感受和经验，并为您提供您所需要的各种服务。一定要记得关注于您自己的需求并不意为者自私，不要忘记在需要时寻求和接受帮助。如果您需要与人交谈请随时给我们打电话。我们将尽可能为您服务

MEMBER PROFILE

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John S

"I was born in a country that doesn't exist!" John started to tell me with a laugh "The name has changed; I was born in Yugoslavia now known as Croatia". John grew up in a small village but says that the capital Zagreb has grown and developed a lot since his youth.

The official language is Croatian, though many people also speak English. Majority of people in Croatia are multilingual speaking. When asked

about food in Croatia, John immediately began reminiscing about cabbage rolls, smoked meat, and said "everything is cooked with lots of sauce to make it juicy". When it comes to tourist attractions John said the one thing that is a must see are the

beaches "the water there is crystal clear and very beautiful!"



As a young man John served in the army before going to school to learn a trade, he studied to be a machinist but was also able to do many things like welding and carpentry. He moved to Ontario when he was twenty-three years old and then to Vancouver when he was twenty-six and this is where he decided to set down his roots.

John met his wife back in the village he grew up in, but they did not get together till she came to Canada. They were married when he turned twenty-nine and together raised two sons.

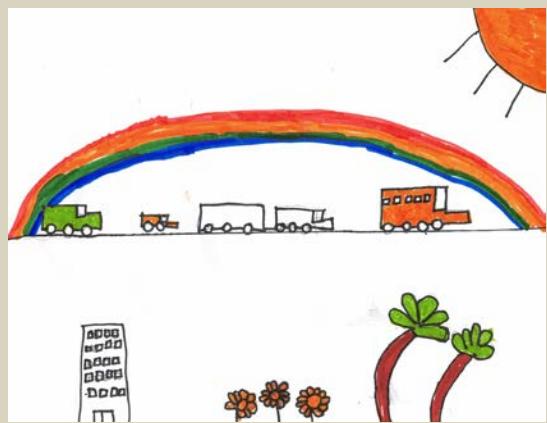
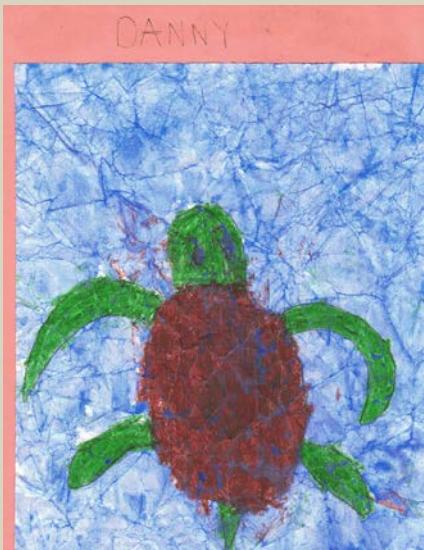
John built himself from the ground up and worked hard his whole life. While working a full-time job he also built the home he and his wife raised their two boys in. John instilled his good work ethic into his children so as teenagers they were working after school and in the summers to save for their own cars, and once they grew up, he helped build their homes as well.

To this day John lives in the home he built, and he continues to maintain a beautiful flower garden that he boasts "Was once like Butchart Gardens in here with the number of flowers I used to plant!"



It is always a pleasure hearing about your life ventures and accomplishments thank you for sharing a bit of your story with us John.

Written by: Faith

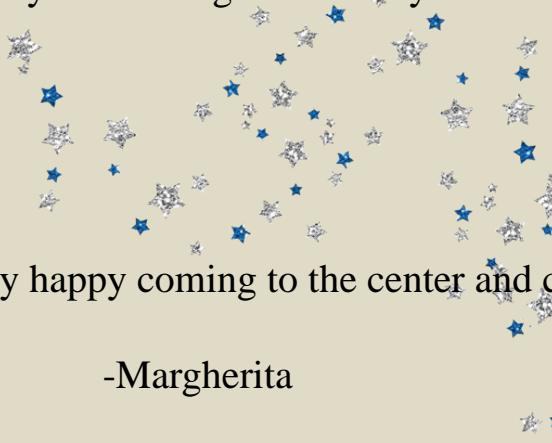


What Do You Enjoy Most About Coming to the Centre



Companionship, especially when you live alone. Even though I only went 6 times, I really liked it. I got to use my brain and the food is really good too!

-Roberta



Good food, people, friends, I'm very happy coming to the center and can't wait to come back!"

-Margherita

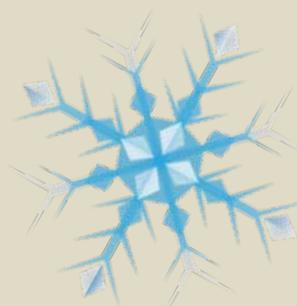


I was nervous the first time I came to the centre and didn't know if I wanted to stay initially. I won at Bingo on my first day and thought I'd give the centre another try. It has been 14 years now!

-Addie



"Getting out of the house!"



-Alice



"Meeting people, the food and the games. Everyone is really nice"

-William





Willy



It is Christmas time once again. There are many different cultures in the community celebrating Christmas in their own traditional ways. It is interesting to see how generations shape and incorporate their values into their holiday celebrations with their own family, children, and grandchildren through the years.

Willy and his wife are lucky to have their children organizing the Christmas celebration every year. There are more than 30 members in Willy's family, and it is always such joy to see his family come together and sharing food and gifts. Willy and his wife love to see the grandchildren and great-grandchildren opening gifts during the celebration.

When it comes to preparing the family holiday feast, their children share the chores of cooking. Their oldest son cooks the turkey, the youngest son makes ribs and the grandchildren usually bring dessert.

Their celebration usually takes place at their daughter's home in Richmond, where there's space for the family to hold large gatherings. It is usually during the closest weekend to Christmas and at everybody's convenience. There is always a lot of singing and carolling during this time. Willy and his wife belong to a singing club in the community. They are very busy at Christmas time organizing and arranging for their singing group which extend from the family circle into the community. December is a busy and exciting month for Willy and his family. They all look forward to family celebration and the beginning of the new year.

This year has been a difficult year for everyone, especially during holidays. Large celebrations are limited to small immediate family groups. With no community celebrations this year, Willy and his family will be keeping safe and have their own household celebrations.

Willy wants to express to everyone at the center to be happy and keep healthy this holiday season. He said to "try to keep a small dose of happiness in your heart everyday".



by: Wai Yee

NOOTKA STUDENTS

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Nootka students and their artwork!



More artwork from Nootka!



Students showing their art!



Our windows with the artwork!



Staff preparing craft kits for students



Windermere students picking up craft supplies





Greek Lemon Potatoes Feeds 4

This delicious side dish goes well with a yogurt topping.

These potatoes also are great with nay barbecue, or roasted meats!

Ingredients:

4 Red or yellow potatoes, peeled and cut into 4s
1 Teaspoon oregano
Drizzle of olive oil
2 Lemons

Method:

1. Preheat oven to 400F.
2. Arrange the potatoes over the bottom of an ovenproof dish
3. Season with salt, oregano, and paprika.
4. Add olive oil and lemon juice, toss well until it is all coated
5. Place in the oven and before closing the door, pour hot water from your kettle to 1 inch deep, onto the potatoes. Then close the oven
6. Bake for one hour. Check with a fork to see if they are tender.
7. If tender, allow the potatoes to sit in the oven and rest for 10 minutes with the oven off.

Enjoy!



December Birthdays

Gerry ~ 1st
Xiu Cong ~ 11th
Mary ~ 26th



Birthstones:

Blue Zircon

Zodiac Signs: Sagittarius & Capricorn

Flowers: Narcissus



Pu Rong is all warm in his apartment!



Sidney letting us everyone know he is okay!



Nino loves coming back to the centre



Rose still loves exercise!



Frank and Hans working together



Gino is 3 cards away from BINGO!



Addie and her birdhouse



Rosemarie enjoying music