

Since
1976

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

ALICE FRITH CENTRE 蘭菲高靈活耆英會 NEWSLETTER

November 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





Renfrew Collingwood Seniors Society

November 2020 Newsletter



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

About Renfrew Collingwood Seniors Society2

Board Members & Staff4

A Word from Donna5

RCSS Memories & Birdhouses.....6

Activity Calendar.....7

RCSS Menu.....8

Client Profile.....9

Programs & Events 10

Caregiver Corner..... 11

Carol's Advice 12

Member Profile.....13

Senior's Art Works.....14

Holiday Quotes.....15

Member Profile..... 16

Staff in Protective Gear.....17

Staff in Protective Gear.....18

Recipe & Birthdays.....19

More Pictures.....20

In Flanders fields the poppies blow, between the crosses, row on row,
That mark our place; and in the sky. The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago, we lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie, in Flanders fields.

Take up our quarrel with the foe: To you from failing hands we throw
The torch; be yours to hold it high. If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.





Board of Directors



Tara Abraham



Nancy Falcone



Paul Hucul



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova

Staff



Donna Clarke



Carol Yi



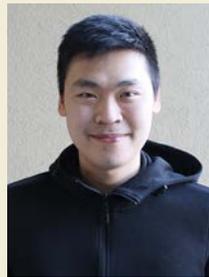
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang



“Lest We Forget” I would like to acknowledge the heroes who made so many sacrifices in their lives so we could be safe in ours. We will be forever indebted to you. To all the women who supported our armed forces during the difficult times - Thank you.

We are ready to resume some of our programs at the Centre and as I have been saying since we suspended our programs, things will not be the same. However, as of Monday, November 2nd and Wednesday, November 4th, we will be bringing back six seniors a day. This will give us an opportunity to extensively review the safety protocols that we have in place and have been practising for months. Again, the recreation staff to participant ratio will be 1-2 and there will be a daily safety monitor observing their every move. Our nurse Carol will also be sitting out to assess our participants abilities and we will meet to discuss any modifications to individual care plans on a daily basis. The Safety Monitor will disinfect all areas on an as needed basis but there will be at least two times a day where massive disinfecting will take place.

At the end of the second week, Friday November 13th, we will start bringing in another six seniors on HandyDart. They will go through the same safety protocols and after they are used to the routines, we will start another six participants on Thursday, November 26th and Tuesday, December 1st. Our goal is to have everyone back by December 15th – just in time for our Christmas lunches and celebrations.

Please be patient, there has been many staff discussions about the timing of who returns and there is a system in place. There is no room for error - we must get this right!

Every week, the administrators at other Adult Day Programs that have already opened and several Vancouver Coastal Health staff, have been reviewing what has been successful and challenging. We are learning from each other and avoiding any pitfalls that have been presented. It is encouraging to hear how well things are going. The biggest challenge thus far, seniors hearing the staff through the masks and shields. We may be wearing goggles instead of shields to try and alleviate this issue.

In the new year, our plan is to gradually increase the number of days to the point that you had before. Our priority will be to get more support to the seniors that need it the most. I am certain you all agree with that approach.

We are all so excited to have you back as the rewarding work we do here has been diminished in your absence. We pledge to do everything we possibly can to keep everyone safe. Please review the safety guidelines again so you are reassured that we have tried to think of every possible scenario. Remember, those of you who rely on HandyDart will need to wear a mask while on the bus. It will not be a requirement at the Centre as you will always be six feet apart from your friends. Staff in full protective gear will be in the middle of you to relay any conversations.

If you have difficulty obtaining a mask – let us know and we will assist you.

See you soon.
Donna



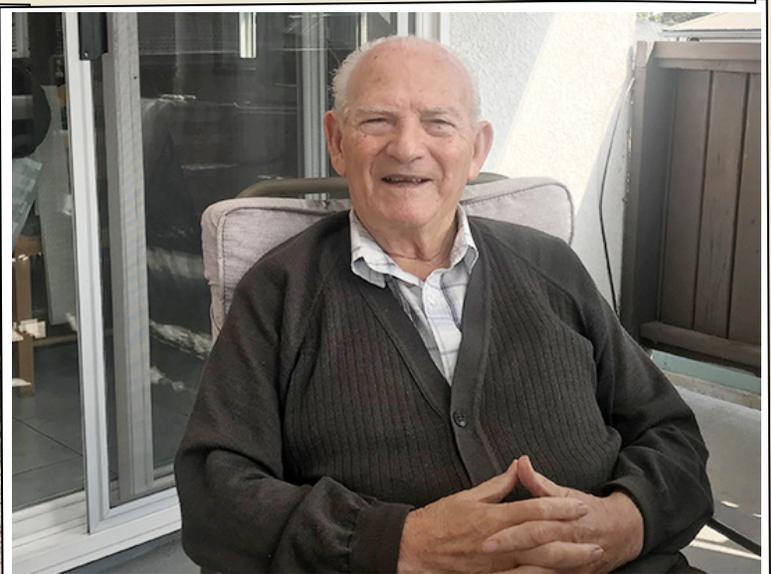
Imelda looking beautiful by our plants!



Gerry looking good as always!



Rosemary and her garden!



Nino loves sitting outside on his porch

BIRDBOUSES



PROGRAM SCHEDULE



7

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Phone Program Times 11:00 am 1:00 pm 2:00 pm</p>				<p>2 AM – Morning Exercise: Seated Leg Lift PM – Word Opposites Connect 4 True or False Zoom Music</p>
<p>2 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Art</p>	<p>3 AM – Morning Exercise: Wrist Rotations PM – Would You Rather Math Games Family Feud</p>	<p>4 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Minds</p>	<p>5 AM – Morning Exercise: Ankle Rotations PM – Trivia Quiz You Be the Judge Scattergories</p>	<p>6 AM – Morning Exercise: Seated Knee Lift PM – Alphabet List Bingo Memory Lane Zoom Music</p>
<p>9 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Art</p>	<p>10 AM – Morning Exercise: Arm Extensions Side PM – Dice Game High/Low Yahtzee Poker</p>	<p>11 Remembrance Day Centre Closed</p>	<p>12 AM – Morning Exercise: Arm Extensions Up PM – Word Games 20 Questions First to Fifty</p>	<p>13 AM – Morning Exercise: Seated Leg Lift PM – Shake Loose a Memory Riddles/Jokes Who Am I? Zoom Music</p>
<p>16 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Art</p>	<p>17 AM – Morning Exercise: Wrist Rotations PM – What's Missing Food Colours Mental Aerobics</p>	<p>18 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Minds</p>	<p>19 AM – Morning Exercise: Ankle Rotations PM – Be a Scientist Grocery List Math Games</p>	<p>20 AM – Morning Exercise: Seated Knee Lift PM – Finish the Quotes Memory Match Animal Stories Zoom Music</p>
<p>23 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Art</p>	<p>24 AM – Morning Exercise: Wrist Rotations PM – Childhood Stories Hangman Jeopardy</p>	<p>25 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Minds</p>	<p>26 AM – Morning Exercise: Wrist Rotations PM – Solve the Mystery Request that Tune Be a Chef</p>	<p>27 AM – Morning Exercise: Wrist Rotations PM – Word in a Word Brain Games Words of Wisdom Zoom Music</p>
<p>30 AM – Coffee Chat Gentle Stretch Activity Program PM – Zoom Art</p>				

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 American style Chicken Rice Confetti Steamed Veg Butterscotch Pudding	3 Swiss Steak Mashed Potatoes Steamed Vegetables Fresh Seasonal Fruits	4 Cauliflower Soup Grilled Cheese Sandwiches 3 Bean Salad Pumpkin Loaf	5 Tuna Casserole Tasty Green Salad Nutella Ring	6 Unrolled Cabbage Rolls Perogies Green Salad Cinnamon Apple Betty
9 Salmon Cowell Rice Pilaf Green Salad Blueberry Lemon Tart	10 Thai Meatballs Rice Noodles Asian Greens Citrus Jello	11 REMEMBRANCE DAY CENTRE CLOSED	12 Turkey Barley Soup Egg Salad Sandwiches Green Salad Fresh Seasonal Fruits	13 Lemon & Herb Chicken Roasted Potatoes Steamed Vegetables Gingerbread Cake
16 Pork Loin King Mashed Potatoes Roasted Vegetables Pear Compote	17 Turkey Loaf Scalloped Potatoes Herby Green Salad Pecan Tart	18 Beef Shepard's Pie Fresh Green Salad Fall Apple Crisp	19 Sweet and Sour Chicken Rice Steamed Greens Cherry Jello	20 Fish and Corn Chowder Scones Asian Coleslaw Lemony curd Pudding
23 Turkey Burgers Potato Hash Vegetable Salad Banana Snack Cake	24 Butternut Squash Soup Egg Salad Sandwiches Chickpea Salad Cheeky Chocolate Mousse	25 Honey Mustard Chicken Mashed Potatoes Roasted Beets Dried Fruit Compote	26 Rose's Meatloaf Yam Mash Green Salad Applesauce Cup Cakes	27 Superb Roast Beef Best Roasted Potatoes Steamed Root Vegetables Fresh Seasonal Fruits
30 Asian Chicken Soup Rice Japanese Cucumber Salad Autumn Pear Compote				MENU



Min's Favorite Celebrations



Min and her family enjoy celebrating many of the seasonal holidays, but her favorite celebration is Thanksgiving. It is a day that the family, her daughter, son-in law and two grandchildren are together. She enjoys this holiday because it is honouring the harvest. Min being an avid gardener herself appreciates the abundance of fresh grown food. On Thanksgiving they gather at her daughter's home and eat turkey, yams,



potatoes, beans and many different appetizers. Min says her grandson will go and buy produce from the farmers market and its always very fresh.



Min shared some of the other ways her family celebrates the holidays. For Halloween her daughter decorates the outside of her house to make it fun and spooky for the trick-or-treaters.

On Christmas the family decorates a tree at her daughter's place and hangs stockings for the children. Min says she is invited to her daughter's' on Christmas Eve for a feast and gift exchange and then they will go to church on Christmas Day.



Chinese New Year is also an important celebration for Min in her culture. She says the family gathers on New Years Eve for a big meal. On that night they do not sleep and must stay up until midnight so that they can greet each other "gong hay fat choy" which she says means "wish you all a happy and a good new year". They give the children red envelopes with money in them which is considered lucky money. Min and her family will often go into Chinatown to watch the Chinese New Year parade.



Thank you, Min for sharing some of your celebrations and traditions with us!



By: Faith



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 standing in front of a Remembrance Day mural



Margherita and Ingrid enjoying music!



Pu Rong is looking sharp as always!



May showing us the turkey she made!



Nelly receiving the activity package



How to Balance Working and Caregiving

Twenty-eight percent of Canadians are balancing unpaid family or friend caregiving with work. While the role of caregiving is rewarding, as you support the person you love and care for, the strains of caregiving can take its toll. Furthermore, 25% of caregivers have reported a change in their employment experience (since becoming caregivers) including:

- Turning down training opportunities
- Accepting a loss of income
- Health and sleep problems infringing on work productivity
- Emotional difficulties
- Having to quit their jobs altogether



Balancing caregiving and work varies between individuals; there is no single action plan that works for everyone, but one experience that tends to be commonly shared among caregivers is the benefit of finding strategies to manage that work/caregiving balance. With that said, here are five strategies to support you in lightening your caregiver load and reducing stress:

1. **Be honest and proactive:** Describe the situation to your employer before it becomes a problem **without sugar-coating the situation**. Let them know you are committed to your job, and be honest with yourself.
2. **Recognize signs of stress:** Listen to your body. Don't wait until physical or emotional consequences of stress impact you negatively. It's much easier to stay aware, and with this awareness you can identify ways to support yourself with stress. It is also useful to consider professional help if you feel overwhelmed (emotional support or professional support with caregiving)
3. **Learn what support is available:**
 1. Can you work flexible hours?
 2. Do you have a colleague who can cover for you if you need to leave the office?
 3. Does your employer know about your caregiver situation?
 4. Are you comfortable talking to your direct superior or colleagues about what you are experiencing?
 5. Are there policies set in your company that support working caregivers?
4. **Document, Document, Document:** Create a file and keep track of information about your caregiving experience. This documentation serves as a valuable reference when dealing with your employer, colleagues, doctors and others involved in your caregiving journey.
5. **Make time for yourself:** The people we are caring for may call for a high demand of attention, support or tasks. Set boundaries and schedule regular times when you call or check-in. A useful practice is mindfulness and compartmentalize. When you are at work, stay present in work. When you are caring, be present with the person you care for. Equally important: when you are playing, be present in your play.



Carbohydrates



Carbohydrates are a source of energy for the body, along with proteins and fats, which everyone requires daily. They help fuel the brain, kidneys, heart, muscles, central nervous system and other organs. Our body can store extra carbohydrates in muscles and liver for use when we are not getting enough carbohydrates in our diet. A carbohydrate-deficient diet may cause headaches, fatigue, weakness, difficulty concentrating, nausea, constipation and vitamin and mineral deficiencies. We should choose healthy carbohydrates that are loaded with nutrients and get at least half of our carbohydrates from whole grains.

Carbohydrates are sometimes mistakenly viewed as unhealthy, since many sugary foods, such as cakes and cookies, fall into this category. While many diet plans recommend cutting out carbohydrates completely, seniors should always be wary of going to such extremes. When eaten in moderation, the right types of carbohydrates provide seniors with benefits that enhance their wellbeing. For diabetes, talk to your dietitian or doctor about how much carbohydrate is right for you.

Healthy carbohydrate-rich foods include:

1. Whole grains: quinoa, amaranth, barley, brown rice, oatmeal, whole-grain pasta and whole-grain breakfast cereals
2. Fruits: berries, citrus fruits, melons, apples, pears, banana and kiwifruit
3. Starchy vegetables: sweet potatoes, yams, corn, peas and carrots
4. Legumes: lentils, black beans, pinto beans, navy beans, chickpeas and soybean.
5. Milk products: low-fat milk, plain yogurt and soy yogurt

碳水化合物

碳水化合物同蛋白质和脂肪一样是我们人体日常所需的另一种能源。其为我们的脑，肾脏，心脏，肌肉和中枢神经系统等组织器官提供能量。我们的身体可以在肌肉和肝脏中储存更多的碳水化合物，以备我们摄入的碳水化合物不足时使用。缺乏碳水化合物的饮食可能导致头痛，疲劳，虚弱，难以集中注意力，恶心，便秘以及维生素和矿物质缺乏。我们应该选择健康富含营养的碳水化合物，至少一半进食的碳水化合物应从全谷物中获取。

碳水化合物有时被错误地认为是不健康的，因为许多含糖食品（例如蛋糕和饼干）都属于此类。尽管许多饮食计划建议完全去除碳水化合物，但老年人应警惕不要走向极端。适量食用健康的碳水化合物有助于保持和改善其健康。对于糖尿病者，应咨询您的营养师或医生了解如何摄取适量的碳水化合物。

健康富含碳水化合物的食物包括全

1. 谷物：藜麦，大麦，糙米，燕麦片，全麦面食和全麦早餐谷物
2. 水果：浆果，柑橘类水果，瓜类，苹果，梨，香蕉和奇异果
3. 淀粉类蔬菜：地瓜，山药，玉米。豌豆和胡萝卜
4. 豆类：扁豆，黑豆，斑豆，白豆，鹰嘴豆和大豆等各种豆类。
5. 乳制品：低脂牛奶，纯酸奶和大豆酸奶：



Eunice



It seems we've been lucky to have known her forever, but it has only been eight years since Eunice started at our center. It has been such a pleasure to have her!

This year has been a challenging year for everybody. Talking to Eunice and thinking about her makes us wish we could see all our friends together again soon.

This energetic and sociable lady was born in Ocean Falls, B.C. She came from a small family. Eunice moved to China for a few years during her early childhood to live with her grandmother but came back home to Vancouver to live with her father in Chinatown during her teenage years.

Eunice worked in a fish cannery in Vancouver for about thirty years and retired at the age of 65. She was proud to say she was a professional in filleting salmon. She was a great mentor for many young workers during her dedicated years at the fish company.

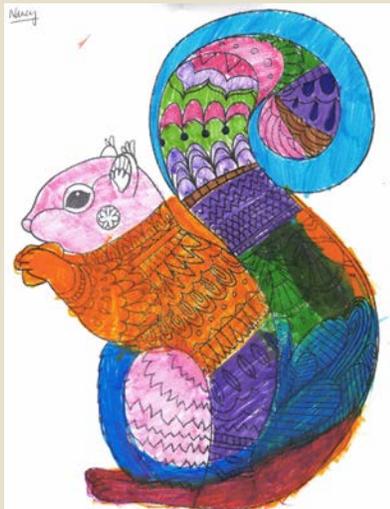
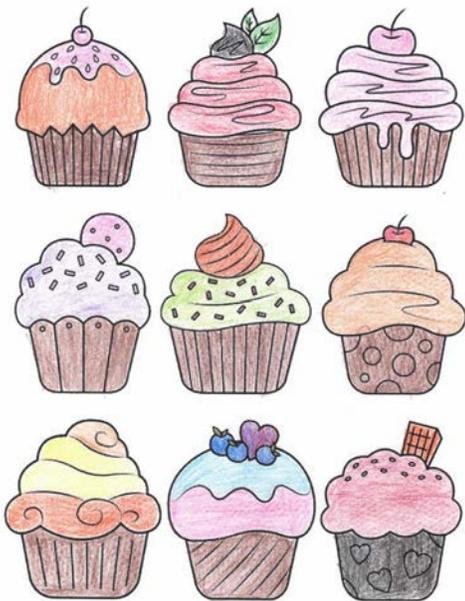
Eunice was a hard worker, outside and inside her home. She always devoted her free time with her growing children. Her youngest son whom she lives with now recalled his mom's love of cooking. She always had a blast making food for family gatherings. She loved special occasions and holidays such as Thanksgiving and Christmas time when she would cook for the whole family. Not only did she cook for everyone in the family, she would make enough food for the surrounding neighbours. She is great cook. She was well known for her specialty Chow Mein back in the day. In her neighbourhood, she would bring the food to her neighbour's doorsteps on a regular basis. What a kind and generous lady she is!

Eunice also loves her walks, either at our center or out in her community. Nowadays, she has the company her youngest son and her precious dog.

Thank you for sharing your time with us through the years. We will look forward to seeing you again at our center soon.

By: Wai Yee







This month we asked our friends what their favourite celebration of holidays are!

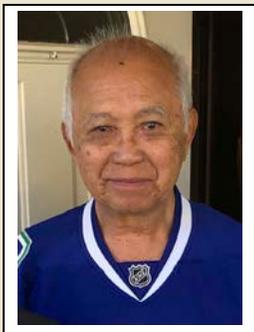
Aboriginal Day – we get to be ourselves, sing our own songs and dance our own dances

-Fred



Christmas – I loves the Christmas music and seeing people shop!

-Ingrid



All holidays that include food preparation: I love the family gathering and the food

-Edward



New Year and Lunar New Year – I am always looking forward to the beginning of the new year and a fresh start.

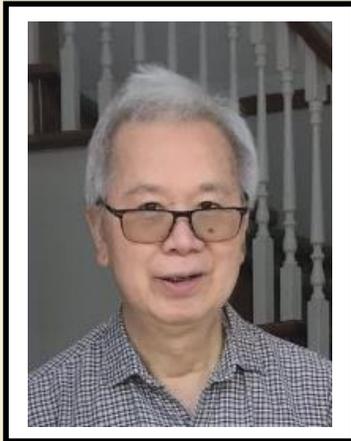
-Henry



Christmas – I love the Christmas decorations and family gatherings.

-Maria





William

William grew up in a village in Canton China. He only has few memories of his childhood as they were very challenging times. William's father immigrated to Canada first, William and his two siblings and their mother remained in Hong Kong for several more years.

When William arrived in Canada as a young teenager, he had to quickly learn English to get by in his new school. After high school William went to BCIT and studied electronics. William has been a very hard worker all his life. When he first came to Canada, he worked on a farm picking strawberries for extra money. Throughout William's school years, he always held a part time position. Often times, William's work week consisted of 80 hours!

For many years William worked at On On, a restaurant in Chinatown. William says his favorite part of being a waiter was meeting people. He met Trudeau's family and many famous football players who frequently visited the restaurant. William only stopped working at On On after it closed. Joan, William's wife, jokes that he would probably still be working there today if it had not closed!

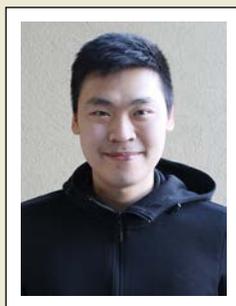
After so many years working, retirement has been a big change for William. Luckily, he has his family to keep him busy, including 3 grandsons which brighten up his life!

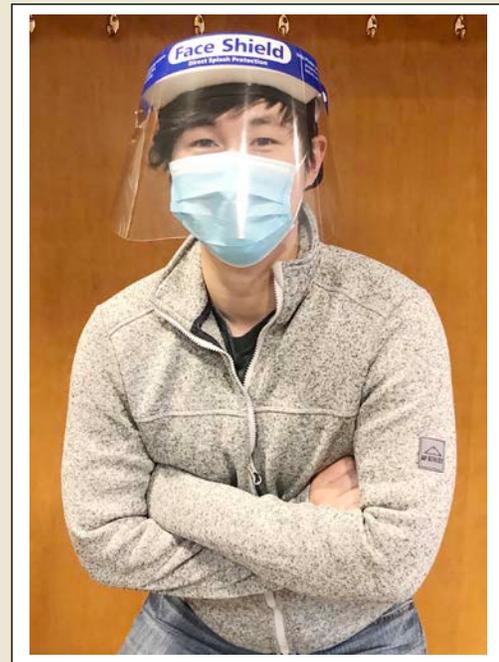


By: Svea Vogt



When all of you come back, we will be in protective gear in order to protect you and ourselves. Could you identify who is who?







Teriyaki Pineapple Drumsticks

This dish is great for sharing with family.



Ingredients:

1 Teaspoon Garlic Salt
 1 Teaspoon Minced Chives
 1/2 Teaspoon Paprika
 1/2 Teaspoon Black Pepper
 1/8 Teaspoon Salt
 8 Chicken Drumsticks
 2 Tablespoons Canola Oil
 2 Ounces Crushed Pineapple
 2 Tablespoons Water
 1 Tablespoons Worcestershire Sauce
 2 Tablespoons Packed Brown Sugar
 2 Tablespoons Yellow Mustard
 1 Teaspoon Corn Starch
 2 Teaspoons Cold water

Method:

1. Preheat the oven to 350F. Mix the first 5 ingredients and sprinkle over the chicken. In a large skillet, heat the oil over medium heat. Brown the drumsticks and transfer to a roasting pan.

2. Meanwhile, combine the pineapple, 2 Tablespoons water, worchestershire sauce, brown sugar and mustard then pour over the chicken. Cover with aluminum foil and bake until tender, about 1 hour. In the last 20 minutes uncover to let the skin crisp

3. Remove the drumsticks to a platter. Keep warm. Transfer the cooking juices to a saucepan, skimming the fat. In a small cup mix together the cold water and corn starch and stir into the cooking juices. Return to a boil stirring and cook for 1 minute. Pour over the drumsticks and serve. Sprinkle with fresh chopped chives.

November Birthdays

Fernando ~ 9th

Alice ~ 11th

Min ~ 16th

Neville ~ 21st

Edward ~ 27th

Pu Rong ~ 30th



Birthstones:

Topaz

Zodiac Signs: Scorpio & Sagittarius

Flowers: Chrysanthemum



Elouise and her daughter has matching masks



Duen Yeng loves sitting on her porch!



Kem Ai always takes her daily walks



Lie and Xiu Cong looking good!



Dora requested this picture!



Fernando and Alice with Santa!



Addie and her birdhouse



Willy and his wife Doris matching!