



ALICE FRITH CENTRE 蘭菲高靈活耆英會 NEWSLETTER

January 2021

2970 East 22nd Avenue, Vancouver, BC www.rencollseniors.ca

Happy Retirement



January Is Here!

2021 has finally arrived. Remember to dress warm and prepare for the wintery days ahead. Please also take extra caution when you are walking outside, the sidewalk may be slippery. Warmest thoughts and best wishes to you and your loved ones, and we will hope to see you all back to the centre very soon!



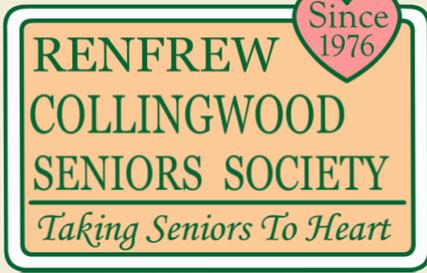
Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 44 years. We have a volunteer Board of Directors elected from the membership and they ensure that the Society runs efficiently. Our team of dedicated staff, many of whom have been 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





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 -Friday
8:30AM - 4:00PM

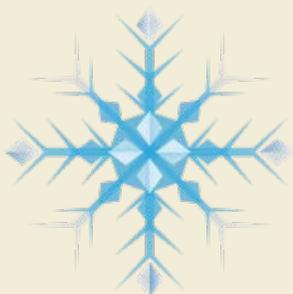
Visit our seniors centre at
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Renfrew Collingwood Seniors Society

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Thank You Senior Elves!

During this holiday season, we had some senior elves that helped us wrap presents for Kingsway Continental! We would like thank all of them for helping prepare gifts for others in the community.



Board of Directors



Tara Abraham



Nancy Falcone



Paul Hucul



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova

Staff



Donna Clarke



Carol Yi



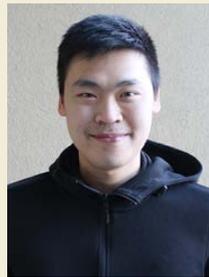
Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Svea Vogt



Anyao Huang

**Happy New Year Everyone**

Let us approach this year on a positive note – 2021 will be a year where great things happen!

We will all get vaccinated, be able to return to “some normalcy”, hopefully reunite here at the Centre for in-person programming and be with our friends. I think we can now focus on a brighter future. There is hope.

While we were physically separated, the staff did a lot of training especially around remote programming. They were forced to face their fears of not having successful programs because of technical difficulties or the adaptations of their programs not working in a different format. The result, although trying, was very rewarding when we managed touch base with you through more than one means of communication. The steep learning curve for all of us was sometimes overwhelming but when we achieved seeing your faces on Zoom, it was all worth it.

So, one of the outcomes we discovered through this process, was we must get all of you more familiar with using technology. Offering programs remotely is here to stay and it is never too late to learn. We promote lifelong learning and as difficult as it may seem, it is achievable. I would strongly encourage all of you to let down your guard (the same way we did) and learn how to use a smartphone or computer. We will ensure the instructions are simple and easy to follow. All we need is an open mind and willingness – maybe some patience.

Futurists say that the way we look at medical care will change for certain. For example, going to doctors or specialist appointments will likely be done through your computer or maybe even your television. There are pros and cons of course but the efficiencies will allow for less waiting times and more people receiving care. We must get with the program and embrace this change.

We sent a survey to all of you about our remote programs and services. Please take the time to give us your honest feedback so we can focus on the areas that need improvement and eliminate barriers that is preventing you from participating. Return by January 8th, 2021 if you can please.

Talk about the old saying, absence makes the heart grow fonder. I need to share with you the level of caring that goes on here at the Centre. Many of us have been moved to tears when we see pictures of you after outreach visits or if your family sends pictures after visiting you. The love that we feel for our seniors is real. At least weekly we do a review of all participants and discuss how you are coping. We notify case managers if we are concerned. We have also been checking in with your main caregivers and making sure they are doing alright.

So, hang in there, the light at the end of the tunnel is getting closer. Try not to be too sad. We will continue to work regular hours and are more than willing to take your call. We need each other more than ever now so do not hesitate to connect with us. There are better days ahead!

For those of you who welcome outreach visits, please remember to let us know if you want meals delivered. It is no trouble at all to bring some nutritious meals along with your packages.

Stay in touch and know you are in our hearts. Love and best wishes. Donna



Neville is happy to see the staff!



Muriel with her great-grandchildren



Wai Yee taking a picture with Pu Rong



Edward enjoys the activity packages!

CLIENT ARTWORKS



PROGRAM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>AM – Home Exercise: Leg Extensions x 10</p> <p>PM – Mandarin Chat New Year Hopes New Year Word Jumble Zoom Art</p>	<p>5</p> <p>AM – Home Exercise: Shoulder Shrugs x 10</p> <p>PM – New Year Resolutions Holiday Memories Memory Games</p>	<p>6</p> <p>AM – Home Exercise: Leg Lifts x 10</p> <p>PM – - Jeopardy High/Low Zoom Minds</p>	<p>7</p> <p>AM – Home Exercise: Arm Raises x 10</p> <p>PM – World Wonders Bunco Cantonese Chat</p>	<p>8</p> <p>AM – Home Exercise: Knee Lifts x 10</p> <p>PM – New Year Alphabets Card Bingo True or False Zoom Music</p>
<p>11</p> <p>AM – Home Exercise: Leg Extensions x 10</p> <p>PM – Mandarin Chat Scattergories Dice War Zoom Art</p>	<p>12</p> <p>AM – Home Exercise: Shoulder Shrugs x 10</p> <p>PM – Dice Games Math Challenges Culture & Traditions</p>	<p>13</p> <p>AM – Home Exercise: Leg Lifts x 10</p> <p>PM – - Word Patterns Chat About Zoom Minds</p>	<p>14</p> <p>AM – Home Exercise: Arm Raises x 10</p> <p>PM – Guess Who True or False Cantonese Chat</p>	<p>15</p> <p>AM – Home Exercise: Knee Lifts x 10</p> <p>PM – Shake Loose a Memory Tagalog Music Mental Aerobics Zoom Music</p>
<p>18</p> <p>AM – Home Exercise: Leg Extensions x 10</p> <p>PM – Mandarin Chat Dice Games Solve This Zoom Art</p>	<p>19</p> <p>AM – Home Exercise: Shoulder Shrugs x 10</p> <p>PM – Treasure Memories You be the Judge Armchair Travel</p>	<p>20</p> <p>AM – Home Exercise: Leg Lifts x 10</p> <p>PM – - Quixx First to Fifty Zoom Minds</p>	<p>21</p> <p>AM – Home Exercise: Arm Raises x 10</p> <p>PM – Dice Games Scattergories Cantonese Chat</p>	<p>22</p> <p>AM – Home Exercise: Knee Lifts x 10</p> <p>PM – First to 100 Math Games Trivia Zoom Music</p>
<p>25</p> <p>AM – Home Exercise: Leg Extensions x 10</p> <p>PM – Mandarin Chat Brain Games Card Bingo Zoom Art</p>	<p>26</p> <p>AM – Home Exercise: Shoulder Shrugs x 10</p> <p>PM – Winter Scattergories Card Bingo You Be The Judge</p>	<p>27</p> <p>AM – Home Exercise: Leg Lifts x 10</p> <p>PM – Family Feud Would You Rather Zoom Minds</p>	<p>28</p> <p>AM – Home Exercise: Arm Raises x 10</p> <p>PM – Conversation Corner Teacher's Quiz Cantonese Chat</p>	<p>29</p> <p>AM – Home Exercise: Knee Lifts x 10</p> <p>PM – Connect 4 Name 3 Things Solve the Mystery Zoom Music</p>
<p>Program Times 11:00 am 1:00 pm 2:00 pm 3:00 pm</p>				

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



I feel so blessed to have worked with you. You were an exemplary employee who cared about the organization and more importantly, loved the seniors that you served. We shared laughter and tears over the last twelve years and in either scenario, we always stood by each other. I appreciated your opinion and knew where to turn when I had difficult decisions to make.

My dear friend, you worked diligently for us for over a decade and I am so happy that you have reached the point in your career where you are ready and contented to leave your legacy here at the Centre and explore the world of retirement. May the next stage of your life be as rewarding and fulfilling as the work you did for us. I love you dearly, I will miss your wonderful energy and I look forward to our paths crossing again soon. Happy retirement Carol.

-Donna

I would have never imaged I will see the day when you retire from the center. We have been through so much during our years together as staff members and with the clients. I am very happy for you that you have made the decision during this difficult time. I will miss you very much. You have been a big part of our lives in the RCSS family. Take care of yourself and your family. Keep safe and ENJOY!



-Wai Yee



Carol, working with you has been a true pleasure, it is rare to meet someone as encouraging, kind, and as welcoming as you were every day at the centre! You have always been someone I can laugh with, trust in, and admire. The centre will not feel the same without you. As much as I do not want to say goodbye, I am excited for you and I wish you all the best in this new chapter you are about to embark.

-Faith

Carol will be sorely missed! Although I have not had the pleasure of working with Carol as long as some of the other staff I feel lucky in the time I got!

I admire the energy, compassion and commitment Carol brings to the center every day, it has been truly wonderful to work with her.

I imagine Carol's garden will be getting a lot of attention with all the time she will have to spend in it once she is retired!



-Svea



Carol, its hard to believe that you are really retiring, it seems unreal. I am so happy for you for making the decision. I have really enjoyed working alongside of you during the two years I have been here, it really was a wonderful experience. The centre will not be the same without you, your bright smiles and laughter. I will definitely miss us telling each other stories and connecting in Mandarin. I will for sure miss Joon screaming "CAROL! LINE ONE!"

I wish you all the best, please stay safe and healthy and don't forget about us!

Carol, 你真的是要退休了, 我还以为你要一直工作呢。我很高兴你退休了, 你可以休息休息。我在这工作的这两年跟着你一起我很高兴。我会想念你的笑声, 和我们一起用中文对话。祝您一切顺利, 请保持安全和健康, 不要忘记我们哦!

-Jerry



Carol! Congratulations on your retirement.

I will miss you. I hope your next chapter will be relaxing and filled with things you like to do.

Working with you was enjoyable, especially working on the system together.

Good luck and stay healthy!

-Joon

I will miss spending time with Carol every day. She is caring, thoughtful and a wonderful advocate for the seniors. She has taught me so much during our five years working together. I will especially miss her smile and laughter. I wish her every happiness during this new chapter of life, with lots of love.

-Christina



Dear Carol, my co-worker, my friend, and my Covid 19 Sous Chef, you will be missed by me, Rose. I always feel safer at work when you are there, knowing that if I hurt myself you will have the skill and compassion to fix it.

-Rose

It has been a pleasure working with you for the last 5 years. Wishing you all the best for your next life adventures!

-Maricris

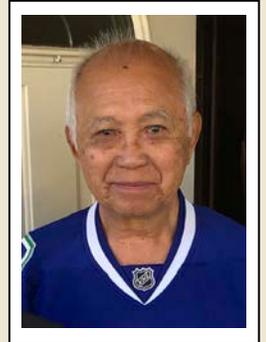




“Carol, I want to thank you for being you. When I wanted to know something, I always knew I could go talk to you. I hope that whoever they hire to fill your position will be half as good as you were, if that is even possible.”

-Addie

“It’s hard to put words together to express how I feel as we are going to miss her. She has always been so nice, and I hope we can find someone to fill those big shoes.”



-Edward



“I wish you well, good luck and best wishes”

-Maria

“Thank you Carol for everything, I enjoyed you being the nurse at the centre. I will miss you dearly...”



-Margherita



“Dear Carol, Thank you for all your care and looking after my health. I wish you will have great health for the rest of your life.”

-Juanita

“Carol, you've done a fabulous job, and we love you. We appreciate all you have done and wish you a good, healthy and happy retirement. It has been lovely getting to know you!”



-Muriel

“It was a pleasure having Carol call when things weren’t going well. She always had answers to help me through the problems that came up, giving me suggestions on how to solve these problems. She introduced me to Zoom meetings where I could hear other people’s problems. It would remind me that I was not alone with trying to cope. Carol will be missed.

-Pat (Gerry’s Wife)

“Thank you so much for the support for Neville, caring for him, and looking out for everybody. She has been awesome. Wishing her good health and wellness in whatever her next adventure may be.”

-Jean (Neville’s Wife)

“Carol is very caring with my dad (Ciro). She makes sure to inform me of any medical changes to my dad’s health. ”

-Eva (Ciro’s Daughter)

“Thank you for supporting all the seniors and my mom at the centre. We appreciate all she does for us.”

-Juanita (Elouise’ Daughter)

“Thank you for caring for the clients and recommending medical advice for Chun Yang.”

-Lan Fang (Chun Yang’s Wife)

“Dear Carol, congratulations on your retirement. You will be missed by your colleagues and clients at RCSS but never to be forgotten. Good luck to your future adventures”

-Rose & Saturn







The coldness of winter has not passed us by yet and the New Year of 2021 is coming in a blink of an eye. Last year has been a challenging year for all of us, but we will not let that stop us from living our best lives in 2021. As we leave the last year behind and celebrate the New Year, I would like to wish everyone a great year and a wonderful time in 2021. I would also like to take this opportunity to share with you that I am going to retire in the beginning of February to move on and start a new phase of my life.

I have mixed emotions about leaving my nursing position at our center. I am very excited for the retirement life I have ahead, but at the same time I am sad to leave you all. As a nurse, I have tried my best to provide the best care for our seniors and at the same time received so much from each of you as well. I am so glad that I have served our seniors with the best of my nursing skills and knowledge for the past 10 years.

I have cherished the opportunity of working for our organization, one of the best Adult Day Centers in BC. I have witnessed how our center developed and what has been accomplished under the leadership of Donna and our board members along with the hard work of each of our staff members and the enthusiastic participation of each of our seniors. I am so proud to have been even a small part of that success. It is like a big family here and I am very proud of what we have built together. I am so grateful to have had each of you in my life. While I will no longer work regularly at our center, I would still love to hear from you from time to time and continue to look through our newsletter to know all the progress made by our center and each one of you. I am forever grateful and will continue to wish the best for our center and every single member of our organization.

My best wishes are with you. Stay healthy and let your New Year be filled with goodness, joy, smiles, warmth, luck, and cheers!

冬天的寒意尚未逝去，新的2021年转瞬而至。过去的一年对我们每个人都是充满挑战的一年，但其绝不会阻止我们对新的一年美好生活的向往。在这辞旧迎新之际我忠心地祝愿大家新年快乐，万事如意，并也借此机会与大家分享我将于2月初正式退休而开启我人生另一新的篇章。

我怀着喜忧参半的心情即将离开我的护士岗位：既有对退休后生活的向往和兴奋，同时又为很快要离开大家而难过。作为中心的一名护士，在工作其间我努力地尽我所能服务于参加中心活动的各位老人家，与此同时也向各位学到了很多并得到了珍贵的回报。我很欣慰在过去的10年能以自己的医疗护理技能和知识服务于大家。

我非常珍惜能有为中心工作及服务于大家的机会。在过去的10年中，我目睹在Donna和董事会成员的领导下，在每一位员工的辛勤工作以及每一位老人家的热情参与我们中心的发展和取得的各种成就。我为自己是其中的一分子感到无比的荣幸和自豪。在中心我们大家像家人一样，我为我们共同建立的这个大家庭而自豪。感恩在我的人生中遇到了你们大家。虽然我将不再继续工作，但仍会一如既往地继续阅览中心每月的期刊并关注中心的一切。我将永怀感恩之心并继续祝愿中心和大家一切安好。

我最良好的祝愿与您同在。祝大家保持健康，新的一年充满美好，快乐，微笑，温暖，幸运和欢乐！



Ciro's Favourite Thing to Do



Our dear friend **Ciro** is celebrating his 92nd birthday on the 31st of January.

During my regular outreach visit with him, I had the opportunity to ask what activities he really enjoys while at home.

Ciro has a big backyard with a fig tree on the side of the house. During summer he loves to climb the ladder to pick figs from the tree while his daughter is out grocery shopping for the day. By the time his daughter **Eva** arrives back home, there is a basket of figs sitting on the table. At the end of the summer, he also loves to harvest chestnuts from the tree and roast them, so they are ready for the fall season.

During a typical afternoon, **Ciro** spends most of his time inside the house. **Ciro** has a mini library in his den and he is very interested in organizing his bookshelves and taking time to go through his filed newsletters from the centre. He also makes sure to spend time reading and contemplating.

One of **Ciro's** favourite past times is watching TV. He especially likes a show called “**Lidia's Kitchen**” which specializes in Italian cooking. While watching the show, he enjoys sipping a special homemade coffee with cookies and treats made by our dear friend **Rose**. **Ciro** is also an avid fan of soccer and never misses any soccer games that are on TV.

One of the most rewarding and positive things **Ciro** has done while at home is to help make birthday cards for his friends at the centre. Last month he was able to write Christmas cards to everyone with the help of his daughter **Eva**.



Thank you **Ciro** for sharing some of the positive things you enjoy doing at home.

By: Maricris



Personal Hopes for the New Year



“More peace on earth”

-Henry



“Keeping and maintaining my health”

-Addie

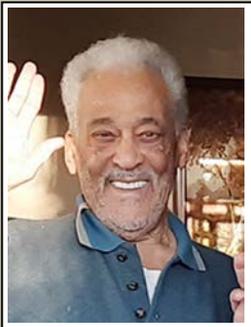


“Remain healthy and seeing my friends again”

-Juanita

“Living a long life, staying healthy with lots and lots of good food!”

-Dora

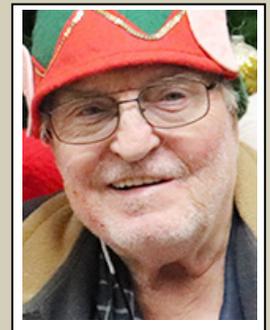


“Happiness and I am looking forward to seeing my old friends at the center”

-Neville

“For the new year, my hope is to have good health and prosperity”

-Frank



“I would like to say that I hope everyone had a good Christmas and I wish everybody a happy New Year.”

-Joan

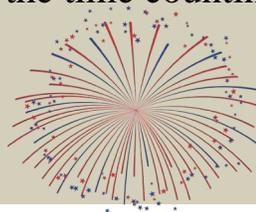
“I hope the sun comes out more often”

-Roberta



“I want someone to drop off a couple of millions in cash at my place so I can pass the time counting it”

-Nino







Xiu Cong and Lie are looking good!



Rosemarie with the beautiful artworks



Hans and his grandson!



Min is saying hello to everyone



Nootka students visiting during pajama day!



Barbara holding up the crafts Nootka students made



Duen Yeng has a snowman made by the students



Chun Yang hopes everyone is doing well



Ling is all bundled up for the winter



Nelly enjoys seeing the staff



Gerry and his wife, Pat!



Its been awhile since we've seen Henry without a hat!



Balsamic Strawberries

Serves 2

This is a traditional Italian way to serve fresh berries.

Balsamic vinegar is a special aged variety made in Modena, Italy. It is deep reddish brown and has a full-bodied, slightly sweet flavour that is much different from all other vinegars

The strawberries can be sliced and sugared up to a day in advance. The vinegar should be applied 30 minutes before serving

Ingredients:

- 1 Pint fresh strawberries
- 2-3 Tablespoons of sugar
- 1/2 tablespoon balsamic vinegar

Method:

1. Clean the strawberries using a damp towel. If you wash them, the flavour will become diluted
2. Hull the strawberries. Cut it in half or four depending on the size and place it in a shallow glass pie plate or ceramic dish, sprinkle with sugar
3. Cover tightly with plastic wrap and let sit for at least several hours. Stirring or shaking the dish every now and then. It can also be refrigerated overnight
4. Allow the berries to return to room temperature and sprinkle with balsamic vinegar 30 minutes before serving.

Enjoy!



January Birthdays

Sau Tien ~ 1st

Nino ~ 6th

Antonio ~ 8th

Henry ~ 9th

Ciro ~ 31st



Birthstones:

Garnet

Zodiac Signs: Capricorn & Aquarius

Flowers: Carnation & Snowdrop



Bick Kum has been doing well!



Ciro and his family!



Santa's elves decorating the Christmas tree!



May doing an art program through Zoom



Beatriz' plants are taller than her!



Sau Tien is always smiling!



Frank receiving his package!



Sau Di enjoys family dinners!