



ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



June 2021



HAPPY FATHER'S DAY



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).

Contributors:

Donna, Joon, Christina, Wai Yee,
Faith, Maricris,
Rose, Jerry, Svea, Anyao, Aislynn

Editorial:

Donna, Christina, Jerry & Faith

Hours:

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

Visit our seniors centre at
2970 East 22nd Avenue
Vancouver, BC, V5M 2Y4

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Attention: Society Members – Mark Your Calendars

The Annual General Meeting of Renfrew Collingwood Seniors' Society
will be held on **Saturday, July 24th at 11:00 a.m.**
Via Zoom – connection details and packages to follow

If anyone is interested in running for the Board of Directors, please contact
Nominating Committee Chairperson Tara Abraham at
rcssboard@gmail.com or call 604-430-1441.

请注意:耆英会成员-请标记你的日历

兰菲高灵活耆英会年度会议
将于7月24日(星期六)上午11时举行
会议将通过Zoom举行 -具体细节在随后的包裹里

如果任何人有兴趣竞选董事会,请联系提名委员会主席
Tara Abraham
邮箱地址rcssboard@gmail.com或致电604-430-1441。

Board of Directors



Tara Abraham



Nancy Falcone



Paul Hucul



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Jackie Kler

Staff



Donna Clarke



Wai Yee Chou



Christina Webster



Joon Kim



Faith Malakoff



Jerry Liu



Maricris Negrana



Rose Smith



Svea Vogt



Anyao Huang



Aislynn Sharrock

A WORD FROM DONNA

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Happy Father's Day Gentlemen. Hopefully, you will get to celebrate your special day with your adoring children. We are honoured to have you all here at the Centre and know how proud you are of your offspring. There is no doubt that they love you dearly – as they should. You deserve all the focus, all the love and all the joy!

Our re-opening on May 3rd was seamless despite constant changes and adjustments. The staff are so excited to have you back in exercise class and other planned activities. They put so much effort into making the re-opening meaningful and enjoyable. There was lots of laughter in the air leading up to your arrival and it seems like we never missed a beat. All safety protocols were adhered to and everyone who attended was in total compliance with the rules. Thank you for adapting so well and following the necessary restrictions.

The only hiccup was around morning screening. If a family member was unable to assist with the screening questions on the day of the call, we had no choice but to cancel your day here. As I said before, there is no room for error, and we are not taking this lightly. If you can not understand or respond to the screening, then we cannot proceed. A reminder if you are relying on home support to respond to our screening, they are often not there when we call so I suggest you contact your case manager to change the time of their arrival between 8:30 – 9:00 am.

For those of you who have not taken the leap because you want to wait until you get the second vaccination, we look forward to the day when that is all completed. If the nurse went to your home to give you the first shot, then they will return to give you the second one when it is time. No need for you to do anything. However, if you were not considered homebound, you will have to register for the second shot by dialing 1-833-838-2323. Translators are available everyday.

If you are still worried about your safety, let me reassure you that all the seniors who returned have been vaccinated as well as all staff members. Some seniors are already receiving second shot. There are individualized boxes of supplies put together for you (no one else will be using your dice, ball, arts and crafts supplies etc.) and there are no more than ten participants per day. The dining room is set up in a way that there is only one person at a table and staff in between participants to relay any conversation in case you cannot hear your friend through their masks. We will not be eating with you as we must keep our masks and shields on the whole time you are here. We are also in constant contact with Vancouver Coastal Health, and their Infection Control people. I am meeting regularly with Administrators of other Adult Day Programs to share our best practises and there is a reliable flow of personal protective equipment.

I want you to know that in no way would I agree to reopen if there was any doubt that we could not provide the safest place possible. We have taken every possible precaution to ensure you feel safe and are safe. If you have any questions or concerns about our safety plan or protocols, please call me directly at 604 430-1441 so I can give you whatever reassurance you need. In the meantime, we will continue to support you at home if that is what you would prefer.

We cannot wait until we return to 25 participants per day, but until that happens, let us make the best of the current situation. All is well and will keep getting better!

ADULT DAY PROGRAM MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Roast Chicken Fancy Pasta Fresh Green Salad Tiramisu	2 Salmon & Corn Chowder Bacon Bread Coleslaw Fresh Fruit	3 Turkey Patties Roasted Potatoes Steamed Vegetables Strawberry Jello	4 French Beef Stew Mashed Potatoes Steamed Vegetables Dessert Scones
7 Curried Fish Jasmine Rice Steamed Vegetables Mango Pudding	8 Beef Meatballs Mashed Potatoes Steamed Vegetables Fresh Fruit & Yoghurt	9 BBQ Chicken Warm Potato Salad Rhubarb Coffee Cake	10 Pork Souvlaki Lemon Potatoes Baked Vegetables with Feta Vanilla Pudding	11 Hearty Turkey Stew Bean Salad Chocolate Zucchini Cake
14 Asian Chicken Soup Great Grain Salad	15 Island Pork Stew Rice Steamed Vegetables	16 Beef Meatloaf Scalloped Potatoes Tomato Salad	17 Almond Chicken Casserole Vegetable Chopped Salad	18 Fish Cakes Orzo Broccoli Salad Roll
Lemon Tart	Tres Leches Cake	Apple Sauce	Blueberry Cake	Fresh Fruit
21 Turkey Fricassee Noodles Steamed Carrots Fresh Fruit & Cream	22 Vegetarian Lasagne Spinach Salad Strawberry Rhubarb Crisp	23 Peaches & Pork Loin Potatoes Asparagus King of Pudding	24 Beef Liver Onions Mashed Potatoes Steamed Greens Hummingbird Cake	25 Sweet & Sour Chicken Rice Asian Greens Blueberry Coffee Cake
28 Swiss Beef Steak Potatoes Steamed Greens Fresh Fruit with Yoghurt	29 Portuguese Fish Potatoes Steamed Beans Mandarin Jello	30 Turkey Bolognese Spaghetti Caesar Salad Carrot Cake	HAPPY FATHER'S DAY	

PROGRAM SCHEDULE

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM On Site – Gentle Stretch Dance Off Centrepieces PM Remote – Dice Games	2 AM On Site – Gentle Stretch Target Spin Dice Race PM Remote – Zoom Music	3 AM On Site – Gentle Stretch Horse Race Letter Connect PM Remote – Teacher's Quiz	4 AM On Site – Gentle Stretch Bean Bag Toss Card Bingo PM Remote – Word Games
7 AM On Site – Gentle Stretch Coin Toss Dominoes PM Remote – 20 Questions Zoom Art	8 AM On Site – Gentle Stretch Grandma's Attic Window Art PM Remote – Dominoes	9 AM On Site – Gentle Stretch Brain Teasers Bump It PM Remote – Zoom Music	10 AM On Site – Gentle Stretch Carpet Darts Jeopardy PM Remote – 20 Questions	11 AM On Site – Gentle Stretch The Price is Right Zoom In PM Remote – Armchair Travel
14 AM On Site – Gentle Stretch Movie Music Art & Craft PM Remote – History Class Zoom Art	15 AM On Site – Gentle Stretch Football Fishing Game PM Remote – Connect 4	16 AM On Site – Gentle Stretch Family Feud Yahtzee PM Remote – Zoom Music	17 AM On Site – Gentle Stretch Animal Bingo Ring Toss PM Remote – Yahtzee Poker	18 AM On Site – Gentle Stretch Bucket Toss Word Search PM Remote – Guessing Game
21 AM On Site – Gentle Stretch Dice Games Moose Race PM Remote – Who is it? Zoom Art	22 AM On Site – Gentle Stretch Trivia Spin Card Bingo PM Remote – Scattergories	23 AM On Site – Gentle Stretch Connect 4 Chutes & Ladders PM Remote – Zoom Music	24 AM On Site – Gentle Stretch Ladderball Go Fish PM Remote – Grocery List	25 AM On Site – Gentle Stretch Armchair Travel Stone Painting PM Remote – Trivia
28 AM On Site – Gentle Stretch Paper Airplanes Wheel of Fortune PM Remote – Memory Lane Zoom Art	29 AM On Site – Gentle Stretch Tic Tac Toe Dominoes PM Remote – Request That Tune	30 AM On Site – Gentle Stretch Request That Tune Centre Decorating PM Remote – Zoom Music	Happy Father's Day	

Remote Programs: Call programs at 2pm; Zoom Art at 3pm; Zoom Music at 2pm

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



Hello! My name is Aislynn Sharrock and I am the new summer student who will be working at the centre. I am so excited to learn and engage with people again and socialize after a difficult year for everyone. I am taking a summer off from my full-time studies at Simon Fraser University where I am completing my major in Psychology and my minor in Gerontology. Once I am graduated, I hope to attend grad school for research that include both areas of study I enjoy. In my spare time, I love taking my dog on hikes in North Vancouver, going to the gym, and trying new restaurants around Vancouver. I have missed meeting new people over this past year, and I hope to get to know many seniors at the centre or through outreach soon.



Elouise enjoying her lunch!



Bick Kum and Min posing for the camera



William getting ready for coffee!



Fred is all dressed up and ready to go!

WELCOME BACK

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Eunice with her smile!



Imelda ready to roll the dice!



Juanita enjoying her coffee!



Maria caught a big fish!



Neville and Faith both looks great!



Svea and Rosemarie gardening in the sun!

Getting a Good Night's Sleep

Things that Help



- **Regular daily exercise** will help you sleep better at night, even a short walk around the block is good.
- **Calming activities before bed** such as reading a book, listening to soft music, or having a relaxing bath will promote a good sleep.
- **Gentle stretching or deep breathing** can help you wind down.
- **Write a list.** If anxiety keeps you awake, try writing a list of what is worrying you, then set it aside to address in the morning.
- **Replace caffeine with herbal tea or warm milk.** This will help calm and hydrate your body.
- **Make your bedroom a sanctuary.** Keep it dark, cool, and quiet. Use a fan to create some white noise, wear a sleep mask, and invest in a good mattress.
- **Power nap.** If you need a nap during the day, limit it to 15-30 minutes. If you sleep for too long you will feel groggier, and this may affect your sleep at night.
- **Have a regular nightly routine.** Washing your face, brushing your teeth and putting on pyjamas prepares your body and mind for sleep.

Things to Avoid

- **Avoid vigorous exercise close to bedtime,** this stimulation will keep you awake.
- **No Screens** 30 – 60 min before bed, such as tv, cell phone, computer, tablets.
- **Avoid eating immediately before bed.** A full stomach can feel uncomfortable so have a good dinner or a healthy snack earlier in the evening.
- **If you wake up at night** on your own or to assist a loved one:
 - **Avoid turning on a bright overhead light.** Keep the light off or use low level lighting.
 - **Try not to have a conversation,** remind your loved one its time for sleeping.
 - **Avoid staying up too long.** Stay up as briefly as possible.
 - **Don't force sleep.** If you cannot fall back asleep within 10-15 minutes, get up and do something you find relaxing then return to bed when you feel sleepy.

若想要睡个好觉

你需要做

- 定期每日锻炼可以提高你的睡眠质量, 即使是绕着街区走一小段也很好.
- 睡前放松活动比如读书, 听一些舒缓的音乐, 或者泡一个热水澡都可以有效提高睡眠质量.
- 拉伸或者深呼吸可以帮助你放松下来.
- 写一张清单. 如果有些烦心事使你无法入眠, 将这些事情写在纸上, 然后把它放到一边, 等到早上起床处理.
- 尽量不喝含有咖啡因的饮料, 用花草茶或者热牛奶代替. 这可以帮助你放松并且为你身体补充水分.
- 把你的卧室变成一个”避难所”. 保证你的卧室是黑暗, 清凉且安静的. 你可以打开一个电风扇制造一点白噪音, 带上眼罩, 和购入一张好床垫.
- 白天打盹时间. 如果你需要午睡, 将时间控制在 15-30 分钟内. 如果你午睡时间过长, 这会使你变得昏昏沉沉, 同时也会影响你晚上的睡眠质量.
- 保持一个规律的夜间作息. 睡前刷牙洗脸和换睡衣可以让你的身体和大脑做好睡觉的准备.

你需要避免

- 避免睡前剧烈运动. 这会刺激使你无法入眠.
- 减少看屏幕的时间. 睡前 30-60 分钟尽量不看电视, 手机, 电脑和平板.
- 避免在临睡前吃东西. 吃饱了的胃会让人感觉不舒服, 所以在晚上尽量早点吃一顿好的晚餐或健康的零食。
- 如果你在晚上独自起床或者是去帮助你的爱人:
 - 避免打开明亮的室内顶灯. 尽量不开灯或者将灯的亮度调到最小.
 - 尽量不要交谈. 提醒你的爱人该睡觉了.
 - 尽量不要起床太长时间. 起床的时间越短越好.
 - 不要强迫自己去入眠. 如果你在 10-15 分钟内都无法入睡, 起床然后做一些你觉得放松的事情, 然后等你感到有睡意的时候再回到床上继续睡觉.

**Memories
of our
Fathers**



"I was born in Japan; at the end of the war my family went back to Korea to my grandmother. My father was proud of being Korean. I was the oldest son, my father only had one son and four daughters."

-Sidney

"My father was a good man, he worked in agriculture on a large farm."

-Maria



"I didn't get to see a lot of my Dad, but he showed me a lot of love. We spent time together in the hospital when I was sick with tuberculosis. My dad had a car, and we would go into town and shop together."

-Fred

"My Father was a very good man. He had 6 children and looked after all of us."

-Gino



"...he worked a lot on the land raising pigs and cows for fresh milk. He was born on the Island of Santa Maria to a loving family."

-Rosemarie

TRIBUTE TO DAD'S

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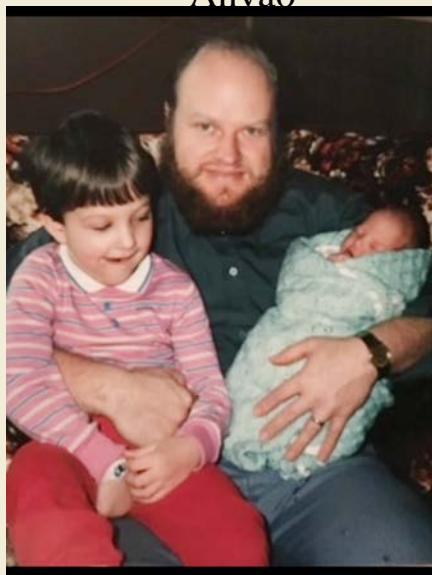
Anvao



Aislynn



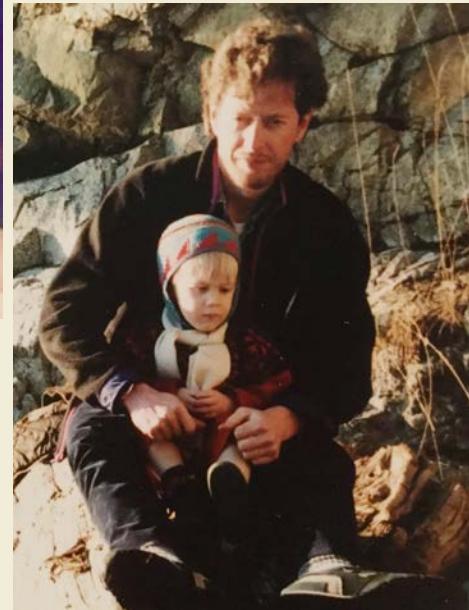
Christina



Faith



Donna



Svea



Wai Yee



Maricris



Rose



Jerry

Filipino Customs and Traditions

Mabuhay: Our friends would like to share some cultural practices with you.



Juanita



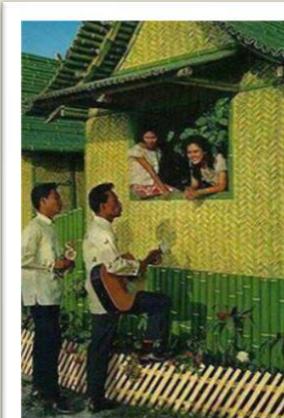
Rose



Teresita



Pagmamano- is an “honoring -gesture” used in Filipino culture as a sign of respect to elders and as a way of requesting blessings from the elders.



Harana- is a serenade tradition in rural areas of the Philippines in which young men may formally meet single lady visitors



Tinikling- is a traditional Philippines folk dance which originated during the Spanish colonial era.



Bayanihan- is a Filipino core value that inspires the community to be living heroes to each other.



Kalesa- It was a primary mode of public and private transportation during the colonial era of the Philippines.



Alice with her flower craft



May did two paintings!



Nelly painted the first letter of her name



Nancy loves colouring, especially flowers!



Teresita coloured with pastel colours



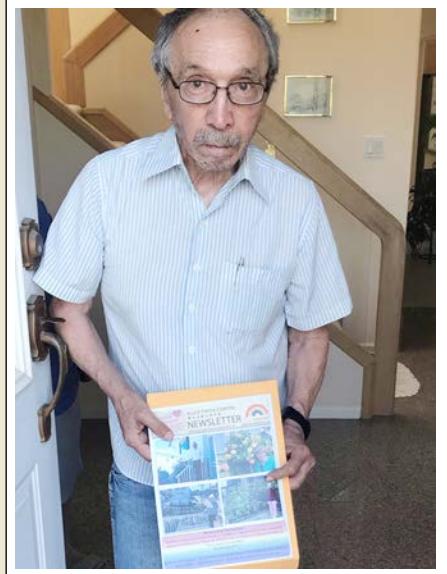
Pu Rong did a drawing with his face on it!



Guo Ming appreciates the package delivered



Edward posing for our monthly visit!



Fernando showing us the Newsletter

Kem Ai is happy to have a familiar face visiting



A loving look and smile for her son from Lillian



Gerry and Taylor and looking amazing!



Ling looking good for her picture



Beatriz receiving her monthly package

WELCOME BACK

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Lie always has a nice smile



Sidney looking good in his polo!



Duen Yeng ready to enjoy her coffee



Hans sitting in his comfy chair



Roberta posing for the camera



Margherita looking amazing!



Henry and Marian on a trip together!



Our CDP friends with their gifts!



Sau Di has a bright smile



Kamaljeet with a student!



Xiu Cong from Christmas time!



Sau Tien beside our ornaments

Celebrating our friends born in June

HAPPY BIRTHDAY!



Beatriz
June 3rd



Duen Yeng
June 4th

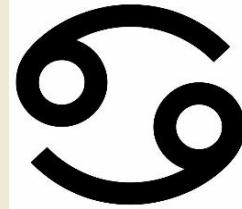
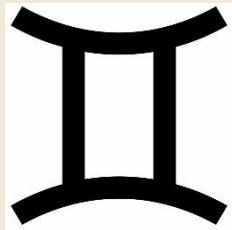


Lie
June 27th

Gemini
May 20th – June 21st

Cancer
June 21st – July 22nd

Birth Stone
Alexandrite





Joan is painting the top green!



Ciro painting our flower pots!



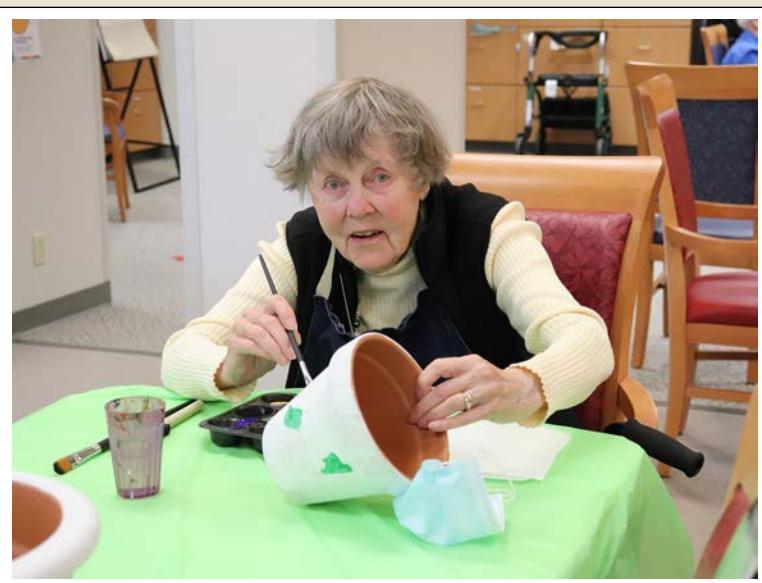
It's time for exercise!



Fishing time!



Gino found the camera!



Muriel is working hard