

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

ALICE FRITH CENTRE  
蘭菲高靈活耆英會

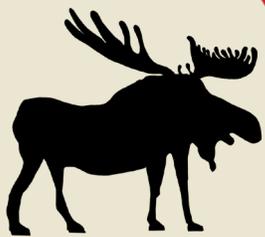
living wage  
employer

# NEWSLETTER

July 2021

2970 East 22nd Avenue, Vancouver, BC

[www.rencollseniors.ca](http://www.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





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

Telephone: 604.430.1441  
Fax: 604.437.1443

Email: rcss@rencollseniors.ca  
Website: rencollseniors.ca



**Renfrew Collingwood Seniors Society**  
**July 2021 Newsletter**

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**Farewell Message to Seniors**

First, I would like to say a big thank you to all friends at RCSS for the love, care, kindness, and friendship you have shown to me for the past 5 years. Second, to all my colleagues who helped and supported me when I was new in my role as an Activity Worker and finally, thanks to Donna for her great leadership.

Though my experience with you has been nothing but positive, I have decided to continue my graduate studies in professional Leadership at Trinity Western University.

Much of what I learned from all of you, the wisdom, and shared life experiences will serve as a lasting tool as I embark my new journey and career development, for which I am grateful.

I will surely miss the fun memories and laughter we shared during my time at the center. You will always have a place in my heart and hoping to see you again.

Love, Maricris



### 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



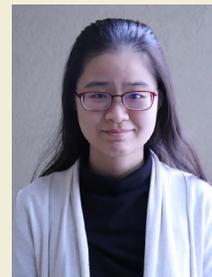
Svea Vogt



Rose Smith



Aislynn Sharrock



Anyao Huang



We have been open again for two months and I am delighted to say that we are back in the groove! Although we miss our participants who were not ready to return, we continue to check in on them and hope that they will be back with us soon, once restrictions are eased. We are so looking forward to having this place bustling again with everyone on-site.

A few reminders follow.

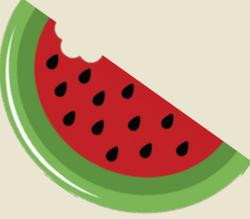
1. Screening in the morning: I cannot stress enough how important it is to have you answer the screening questions before you come to the Centre. This is our first step in the process of keeping everyone safe. We have no choice but to restrict your entry if you show up unscreened. So, wait until one of the staff members call you before starting your journey to the program.
2. If you feel sick – stay home. I know most of you have regular ailments but if there is anything out of the ordinary, better to stay home and check-in with your family members and if necessary, your doctor.
3. Spaces are at a premium: If you know you have blood work, a doctor or a specialist appointment scheduled, please let us know and we will give that spot to one of the seniors who is waiting to return (just for the day you will be absent). Several participants can get family members to drive them in on short notice and will be on an on-call list. There is nothing that pleases us more than 100% occupancy levels.
4. Remote programming: We will be merging or ending some on-line programs this month as we need to prepare for the other 29 seniors returning. We are aiming to have less on-line programs with more participants. All our programs need to be modified to accommodate language barriers and the hearing deficits created by mask wearing.
5. We anticipate a massive influx of referrals over the next couple of months as case managers get back to the routine of assessing community seniors. There will most definitely be a tightening of utilization requirements. Translated that means, if you do not use the spots assigned to you, likely you will lose them.

On another note, you will see that we are giving notice for our Annual General Meeting which will be held on Saturday, July 24<sup>th</sup> at 11:00 am. You will need to let me know if you would like to be here in person so I can keep track of the numbers. Please note that this is for our 2020 fiscal year that we had to cancel due to the pandemic. This year's annual meeting will be held in the Fall.

We will not be able to offer lunch after the business portion of our annual gathering like we usually do, but I suspect the recreation team and the cook will do a little goodie bag for you to take away. Kind of like the Oscars but not as elaborate.

Again, we would really like to have another senior on the Board so please consider putting your name forward. Making decisions that affect our seniors are better informed if we have your prospective. If you are interested, please contact Tara Abraham at [rcssboard@gmail.com](mailto:rcssboard@gmail.com) or call 604 430-1441 and leave a message.

My new mantra is We Are Better Together and for sure We Are Better with You in Our Lives

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Canada Day</b> <b>Centre Closed</b>	2 BBQ Pork Ribs Potato Salad Steamed Carrots  Blueberries & Cream
5 Beef Goulash Noodles Steamed Beans  Raspberry Crumble	6 Chicken Chow Mein Asian Greens  Mango Lassi	7 Pan Fried Tilapia Fruit Salsa Coconut Rice  Fresh Fruit Tart	8 Turkey Chowder Carrot Salad Boston Brown Bread  Nutella, Fruit, Cookies	9 Vegetarian Burgers Mushroom Gravy Mashed Potatoes  Oatmeal Cake
12 Hawaiian Pork Meatballs Scalloped Potatoes Vegetables  Berries & Yoghurt	13 Beef Bolognese Spaghetti  Zesty Salad  Butterscotch Pudding	14 Chicken Souvlaki Lemon Potatoes Greek Baked Vegetables  Rice Pudding	15 Teriyaki Fish Filets Wild Rice Pilaf Steamed Vegetables  Pineapple Jell-O	16 Roasted Stuffed Turkey Mashed Potatoes Steamed Greens  Melon
19 Vegetarian Chickpea Stew Turkey Bacon Loaf Green Salad  Zucchini Cake	20 Porkchops with Applesauce Cucumber Salad  Banana Tart	21 Beef Pot Roast Mashed Potatoes Steamed Vegetables  Berries & Yoghurt	22 Peanut Chicken Jasmine Rice Asian Greens  Tropical Smoothie	23 Portuguese Fish Quinoa Pilaf Steamed Carrots  King of Pudding
26 Turkey Patties Roasted Yams Steamed Broccoli  Lemon Tart	27 Fish Chowder Cheddar Scones Broccoli Salad  Peach Jell-O	28 Honey Garlic Pork Fried Rice Bok Choy  Pineapple Snow	29 Beef Shephard's Pie Summer Salad  Chocolate Lava Cake	30 Butter Chicken Rice Steamed Vegetables  Carrot Cake

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Canada Day</b> <b>Centre Closed</b>	<b>AM On Site –</b> Sit Fit/Stand Fit Health Arts Music Spot the Difference  <b>PM Remote –</b> Take a Guess
<b>AM On Site –</b> Sit Fit/Stand Fit Picasso Pieces Target Spin  <b>PM Remote –</b> Armchair Travel Zoom Art	<b>AM On Site –</b> Sit Fit/Stand Fit Bean Bag Toss Pets & Friends  <b>PM Remote –</b> Dominoes	<b>AM On Site –</b> Sit Fit/Stand Fit Carpet Darts Word Search	<b>AM On Site –</b> Sit Fit/Stand Fit Dice Games Croquet	<b>AM On Site –</b> Sit Fit/Stand Fit Dominoes Horse Race  <b>PM Remote –</b> Landmarks
<b>AM On Site –</b> Sit Fit/Stand Fit Bucket Toss Bunco  <b>PM Remote –</b> Cultural Connections Zoom Art	<b>AM On Site –</b> Sit Fit/Stand Fit Scrapbooking Request That Tune  <b>PM Remote –</b> Card Bingo	<b>AM On Site –</b> Sit Fit/Stand Fit Coin Toss Chinese Trivia	<b>AM On Site –</b> Sit Fit/Stand Fit Football Zoom In	<b>AM On Site –</b> Sit Fit/Stand Fit Ring Toss Mountain Display  <b>PM Remote –</b> You Be The Judge
<b>AM On Site –</b> Sit Fit/Stand Fit Yahtzee Short Stories  <b>PM Remote –</b> Strange Fiction Zoom Art	<b>AM On Site –</b> Sit Fit/Stand Fit Bucket Pitch Paper Peacock  <b>PM Remote –</b> Connect 4	<b>AM On Site –</b> Sit Fit/Stand Fit Virtual Tours Make Ten	<b>AM On Site –</b> Sit Fit/Stand Fit Card Bingo Mountain Display	<b>AM On Site –</b> Sit Fit/Stand Fit Popsicle Garland True or False  <b>PM Remote –</b> Finish That Phrase
<b>AM On Site –</b> Sit Fit/Stand Fit Fishing Game Mountain Display  <b>PM Remote –</b> Time Travel Zoom Art	<b>AM On Site –</b> Sit Fit/Stand Fit Ladderball Jeopardy  <b>PM Remote –</b> Dice Games	<b>AM On Site –</b> Sit Fit/Stand Fit Moose Race Tissue Tie Dye	<b>AM On Site –</b> Sit Fit/Stand Fit Chutes & Ladders Shake Loose a Memory	<b>AM On Site –</b> Sit Fit/Stand Fit Connect 4 Would You Rather  <b>PM Remote –</b> Memory Lane

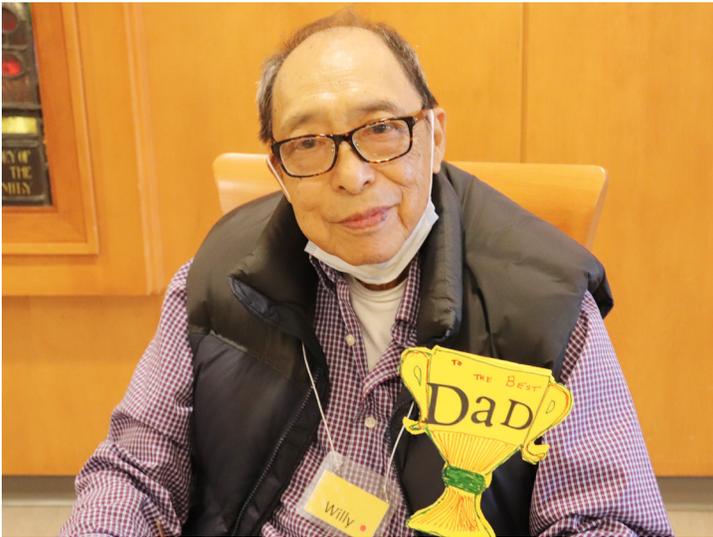
**Remote Programs: Call programs at 2pm; Zoom Art at 3pm**



Aislynn and Roberta matching in red



Hans competing to build the tallest tower



Willy sharing his father's day trophy



Duen Yeng building a model structure



Fred with his infectious smile



Imelda posing with royalty



Margherita scores a goal!



William and Muriel ready to play!



Indoor football is fun!



Standing Exercise!



Learning the Macarena!



Teresita aiming to strike!

## Re-Opening Anxiety: A Guide To Dealing With The End Of A Pandemic

Have you ever heard of re-opening anxiety? It is something that many people in British Columbia may be feeling in the next couple of months. Re-opening anxiety is stress about the uncertainty of relaxing Covid-19 rules and restrictions because some of us have become used to a locked down life. If you find yourself feeling overwhelmed as a caregiver, remember that you are not alone. COVID anxiety is a very real emotion. We are going through all of this for the first time. There is no correct way to feel about this.

Here are some steps you can take to help calm feelings of re-opening anxiety:

- **Remember that anxiety is a normal response:**

As things reopen, feelings of stress and anxiety are normal. Fighting negative emotions with useful skills can help one feel less overwhelmed. This is important for both you and the person you are caring for. For example, you could find some simple walking or breathing exercises. Some people also find it useful to talk to a friend or family member when things get hard.

- **Focus on gradual change:**

It can also be helpful to have a positive attitude about the changes while trying to be accepting and forgiving of these changes. It will be important to set goals and boundaries for yourself as more social events and gatherings return to normal. Try to stay optimistic and take each day one at a time. It will take a while to get comfortable with a return to normal but that is okay.

- **Give yourself time to unplug:**

Following the news and media updates day after day can become too much at times. Giving yourself a complete break from news about the pandemic can help lower feelings of anxiety. It can also give you an opportunity to focus on other activities that you might find more enjoyable.

- **Distract yourself:**

If you can, try taking some time to distract yourself with other activities that will help calm your feelings. You could try going for a walk and mindfully noticing your surroundings, watching your favourite movie, reading a book, making your favourite dinner, or calling a friend to catch up. These distractions can make a big difference in how well you are able to deal with a difficult day.

- **Prioritize your physical health:**

Often when we feel anxious and overwhelmed, we forget to take care of ourselves which might make the anxious thoughts worse. By making sure you are getting enough sleep, support, and rest, you will be able to adjust to the new changes easier. Your body will thank you later for these changes.

## 重启焦虑：应对新冠疫情结束的指南

你听说过重启焦虑吗？在接下来的几个月里，许多住在 BC 省的居民可能会感受到重启焦虑。重启焦虑是一种负面情绪，因为有些人已经适应了封闭的生活，随着疫情政策和限制的放松而产生了焦虑情绪。如果你发现你作为一个看护者并且对此感到不知所措，请记住，你并不是一个人。我们所有人都是初次经历这样的事件，这没有正确或者错误的心态去面对重启焦虑。

下面是一些小技巧帮助你冷静面对重启焦虑

- **记得重启焦虑是一种很正常的反应：**

随着重启政策的开展，随之而来的焦虑将会成为一种常见的现象。使用一些技巧去对抗消极情绪可以帮你降低焦虑。这对于你和对你关心的人都很重要。例如，散步和简单的呼吸练习可以帮助你放松。有些人还发现，及时与朋友和家人沟通可以有效应对越来越复杂的问题。

- **专注于渐进式的改变：**

保持一个乐观积极的态度可以帮助你理解并接受这些变化。随着更多的社交活动和聚会的开展，给自己设定一些目标和界限也是非常重要的。试着保持一个乐观的心态，专注于现在的生活。你需要时间去适应这种改变。

- **给你的时间按下暂停键：**

日复一日的新闻和媒体更新有时候会成为一种累赘。给自己的大脑一个休息的机会，暂时不要去关注新冠疫情的新闻，这也可以有效地减轻焦虑。这同时也给了你一个机会可以转移注意力去专注于其他活动，或许你利用这些时间找到一个你喜欢的活动。

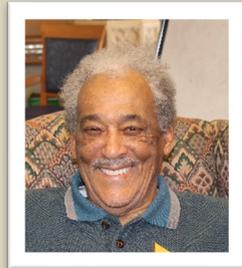
- **分散自己的注意力：**

如果可以的话，试着花些时间分散自己的注意力来平复你的心情。你可以试着去散步，欣赏周围的环境，看你最喜欢的电影，看书，做你最喜欢的晚餐，或者打电话给朋友聊聊天。这些活动可以大大改变你对焦虑情绪的处理方式。

- **优先考虑您的身体健康：**

通常当我们感到焦虑和不知所措时，我们忘记照顾好自己的身体，这可能会使焦虑的情绪变得更糟。确保你得到足够的睡眠、支持和休息。你将能够更容易适应新的变化。你的身体稍后会感谢你的。

### My Journey to Canada



Canada gave me the opportunity to do and enjoy things that I really love – Neville.



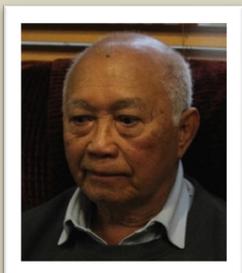
Coming to Canada from India, I feel like I'm in heaven being Canadian. It is a wonderful country, everything we need in life is here. I am proud to be Canadian – Kamaljeet.



I came to Canada by ship. I was very happy and excited to have the opportunity to see another country - William.



Vancouver is a beautiful and peaceful city to live. I am happy and comfortable living here for many years. It is a multicultural nation and I have met different friends from all over the world – Min.



I have enjoyed my life here in Canada. The medical and education system is very good. Canada gave me the opportunity to use my skills in trade and be successful – Edward.



# CULTURAL CORNER - GAMES

*"We don't stop playing because we grow old; we grow old because we stop playing."* - George Bernard Shaw

Within our diverse cultures and communities, we find a way to connect and play! Lets hear from a few of our RCSS friends about their cultural sports and activities.



## Margharita – Caranza, Italy

Bocci is popular in Italy, but I grew up in the mountains so there wasn't anywhere to play. We did get a lot of snow from December to February so we would enjoy playing outside. We also liked to get together to play cards in the evenings.



## Addie – Stove Creek, SK

I loved volleyball. I was on the team in high school, and we won the championships! I also liked table games and board games – and still do!



## Gerry – Vancouver, BC

Gerry has always had a passion for sports. He was a soccer goalie, a forward in both lacrosse and hockey, and a member of a rugby club. Gerry also coached lacrosse and pee wee hockey.



## Lillian – East Kootenays, BC

Lillian's sport of choice was hiking trails in the beautiful British Columbia mountains. Fly fishing was another of her favourite sports.

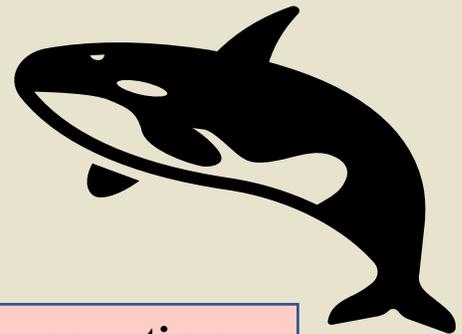


## Guo Ming – Canton, China

Chess and games of strategy are some of Guo Ming's favourites!



**HAPPY  
CANADA  
DAY!**

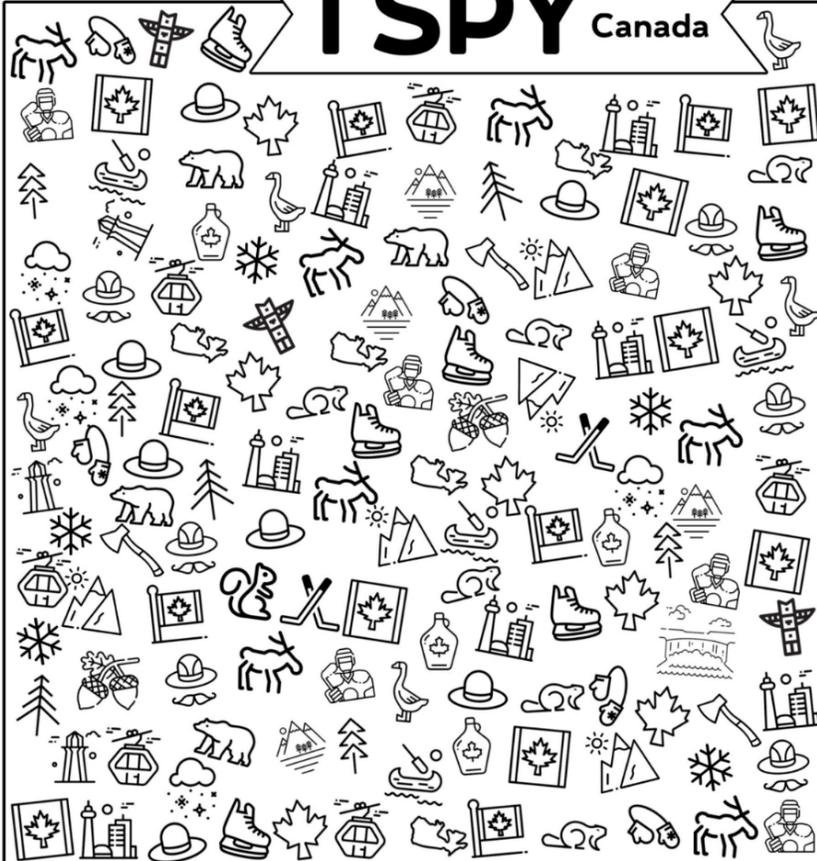


**How many times  
zones does Canada  
have?**

**We have 6, can you  
name them?**

**How Many Maple  
Leaves Can You Find?**

**I SPY** Canada



**Fun Facts about  
Canada**

**Canadians eat more  
donuts than anywhere  
else in the world!!**

**Canada has the longest  
coastline of any other  
country.**

**The coldest recorded  
temperature in Canada  
was -63 Degrees Celcius  
(-81.4 F)**



Rose having fun painting



Pu Rong making centre decorations



Joan and Faith creating window art

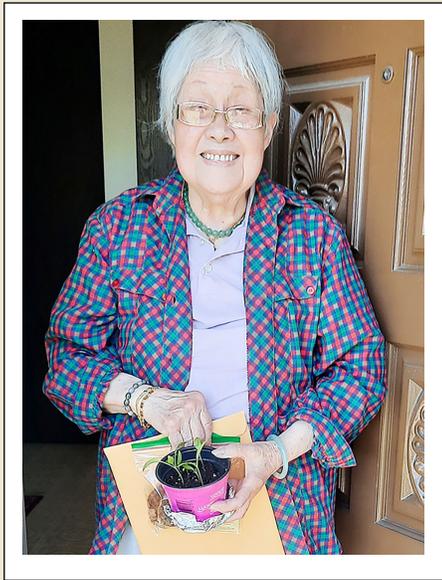


Alice has a talent for painting stained glass



Nootka elementary made some beautiful pictures for their grandfriends!





Kay is happy to plant some peppers



Barbara with a balloon flower



Lily greeting her friend at the door

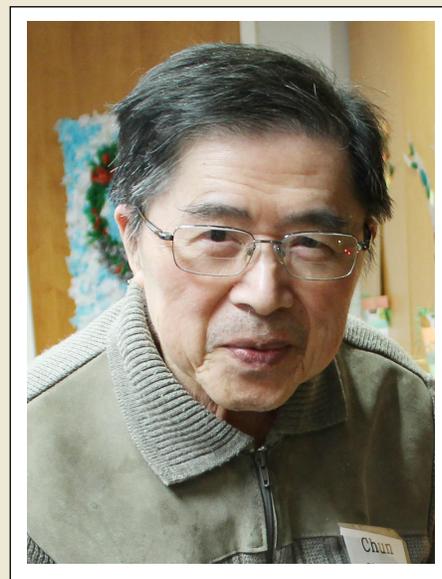
Edward excited for Joon and his new baby Oliver



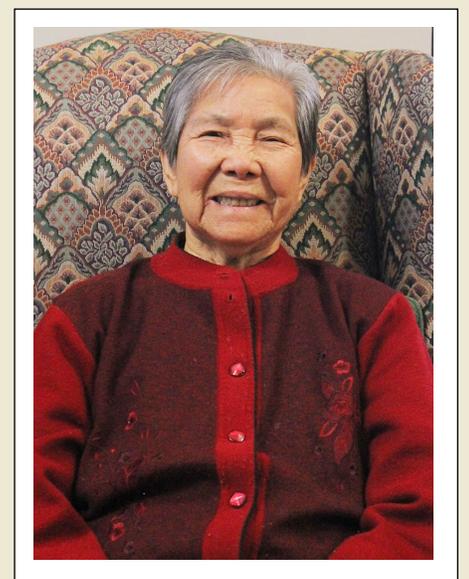
Sau Tien enjoying an outreach visit



Bella Beatriz



Chun Yang looking dapper



Big smile from Kem Ai



You can count on Henry for a good laugh



Connect four with Juanita



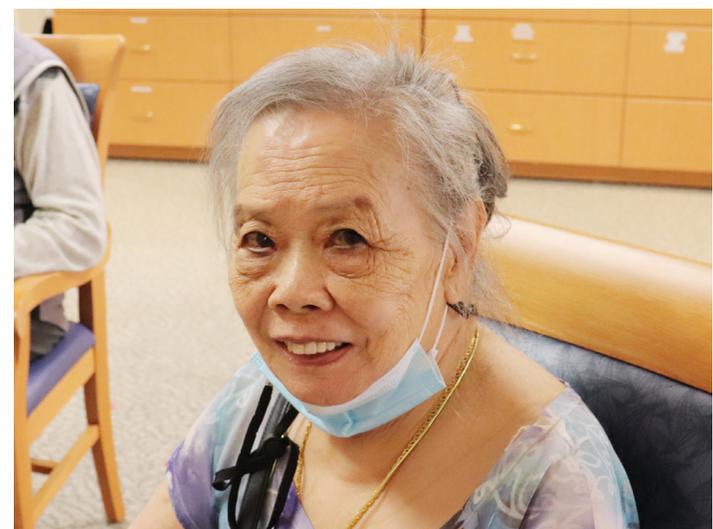
Maria won a prize!



Min's own masterpiece using tenagras



Moose racing with Neville



Eunice is always picture ready!



Xiu Cong



Ling



Yue Sum



Marian



May



Bick Kum

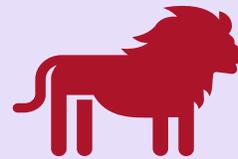
# Celebrating our friends born in July

# HAPPY BIRTHDAY



**Cancer**

June 21<sup>st</sup> – July 22<sup>nd</sup>



**Leo**

July 22<sup>nd</sup> – August 22<sup>nd</sup>

**Addie July 2<sup>nd</sup>**



**Nelly July 12<sup>th</sup>**



**Barbara July 17<sup>th</sup>**



**Sau Di July 22<sup>nd</sup>**



**Elouise July 25<sup>th</sup>**



# Attention: Society Members – Mark Your Calendars

**Attention: Society Members  
Notice of Annual General Meeting (AGM)**

**Renfrew Collingwood Seniors' Society  
will hold their AGM Saturday, July 24th at 11:00 a.m.  
at the Centre 2970 East 22<sup>nd</sup> Avenue, Vancouver, BC**

**Due to COVID Restrictions Safety Plan (35 maximum) you must  
register to attend by calling 604-430-1441 or email  
[dclarke@rencollseniors.ca](mailto:dclarke@rencollseniors.ca)**

**Packages will be mailed to you either by request or registering to  
attend the meeting.**

If anyone is interested in running for the Board of Directors, please  
contact Nominating Committee Chairperson  
Tara Abraham by July 23<sup>rd</sup>, 2021 at [rcssboard@gmail.com](mailto:rcssboard@gmail.com) or call  
604 430-1441



请注意：耆英会成员  
兰菲高灵活耆英会年度会议提醒

兰菲高灵活耆英会将会在七月二十四日上午 11 点（星期六）  
于温哥华 2970 东 22 街举行年度会议

由于新冠疫情安全限制计划（最多 35 人）你需要通过发送邮件给  
[dclarke@rencollseniors.ca](mailto:dclarke@rencollseniors.ca) 或者致电 604-430-1441 来注册参加该会议

包裹将会通过邮寄的方式送到你家，你可以选择打电话要求或者注册的方式  
得到包裹

如果任何人有兴趣竞选董事会，请于 7 月 23 日之前联系提名委员会主席  
**Tara Abraham**

[邮箱地址 rcssboard@gmail.com](mailto:rcssboard@gmail.com) 或者致电 604-430-1441