

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

September 2021

2970 East 22nd Avenue, Vancouver, BC

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



**Welcome to Autumn**



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 RCSS Newsletter is produced by the staff 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 @ 604.430.1441

**Contributors:**

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

**Editorial:**

Donna, Christina, & 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



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**September 2021 Newsletter**

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**Announcements**

You may have noticed that HandyDart has increased their service back to full capacity. This means that it may take a little longer for your bus to arrive in the morning and the commute time may be a bit longer as well.

Please be patient as they are doing their best to assist hundreds of passengers each day. Reminder masks are mandatory on the Handy Dart.

通知

或许您已经注意到了， Handy Dart 巴士服务已经逐步恢复正常的载客量。这意味着您在早上等待巴士的时间与路上交通的时间将会比原本所需的时间要更加长一些。请您耐心等待， 因为他们每天都在尽最大努力帮助数百名乘客移动。请注意，在乘坐 Handy Dart 巴士的途中需要佩戴口罩。

## Board of Directors



Madeleine MacIvor



Tara Abraham



Olga Smirnova



Poonam Kaila



Paul Hucul



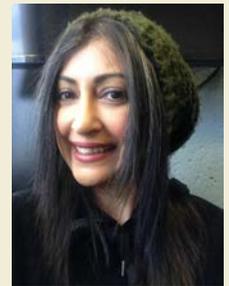
Kamaljeet Kler



Henry Hue



Nancy Falcone



Jackie Kler

## Staff



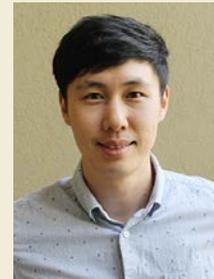
Donna Clarke



Wai Yee Chou



Christina Webster



Joon Kim



Faith Malakoff



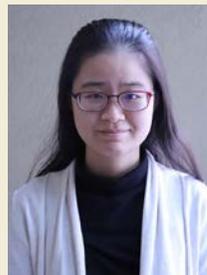
Svea Vogt



Rose Smith



Aislynn Sharrock



Anyao Huang



I love Autumn and welcome the cooler temperatures and changing scenery. The crispness of fall brings out all the comforts in my household; flannel sheets, pajamas and wood burning fires. What I do not like is daylight savings time ending; that results in long periods of darkness. Nobody enjoys driving to and from work with headlights glaring. So, to prepare for the fall, let us look at the possibilities before us to ensure we are ready to deal with what is in store.

It is so important to remain active and connected through the changing weather. I know our adult day program participants will be fine as they are fully engaged in activities at least two days a week. Our seniors who are used to coming here on Tuesdays and Saturdays however are still waiting to return to regular programming.

Part of the issue of resuming drop-in programs is that the status of vaccinations is unknown. I was waiting to see if we are moving to Stage 4 in BC Restart Plan but with the rising numbers of cases due to the Delta virus, it seems highly unlikely that we will be lifting all restrictions. As a matter of fact, masks are mandatory again in public spaces. Although our space is not public, I know most of you do not want to return until the risks are managed to the best of our abilities.

It makes our decision easier when the Ministry of Health makes the rules/laws clear and we have guidance in place. Some of you will be pleased to know that starting September 13th, 2021, the province has announced that vaccine passports will be required to access non-essential businesses. One dose will be required to enter places like indoor concerts, sporting events, movies, and anywhere there is non-discretionary activities by mid-September. By Oct. 24th, only fully immunized people will be able to attend those settings.

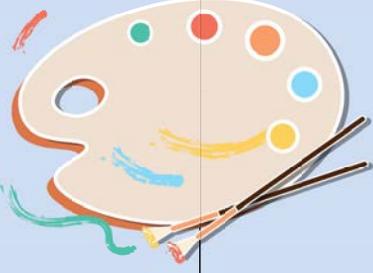
We will follow these guidelines and require proof of vaccination before you are permitted on site. We all must do our part to keep our vulnerable safe. One of our staff members will be calling you in early September to determine if you are interested in returning and if you had your vaccinations. Once we see how many can return, we will start planning the programs that we know you enjoy. After we get through the initial intake, then we will consult with you to see how you want to enhance or change the programs we provided. Please call me with your feedback so I can address all your concerns.

On another note, our delayed 2020 Annual General Meeting was held on July 24th, 2021. Thank you to all who attended. I would like to bring to your attention that our dear friend Henry Hue was elected, and we could not be happier to have another senior on our Board of Directors. Henry has been participating in activities here at the Centre for more than eleven years. He knows everyone because of his charismatic way but more importantly he brings a compassionate caring personality that we have all grown to love. Please welcome and thank Henry for stepping up to the plate. He does speak Cantonese so now our Chinese seniors have someone to connect with if they would like to bring issues of concern directly to the Board.

It will be nice to have everyone back and in the coming weeks we will be welcoming new friends from the neighbourhood. We all look forward to sharing the joys of the Alice Frith Center.

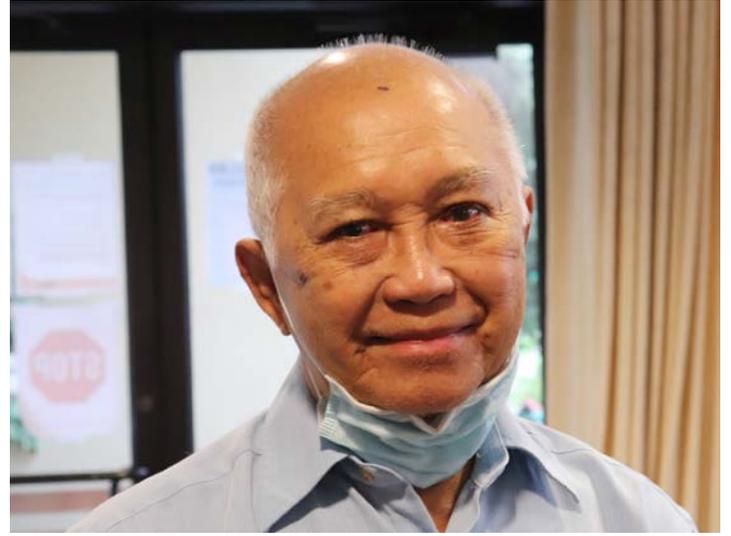
All is well!

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>Ginger Fish Asian Greens Rice</p> <p>Homemade Cookies</p>	<p>2</p> <p>Carrot Ginger Soup Scones &amp; Salad</p> <p>Banana Bread</p>	<p>3</p> <p>Moroccan Chicken Rice &amp; Vegetables</p> <p>Ice Cream</p>
<p>6</p> <p>BC Day Centre Closed</p>	<p>7</p> <p>Teriyaki Chicken Legs Fried Rice Asian Greens</p> <p>Fresh Fruit</p>	<p>8</p> <p>Beef Patties &amp; Gravy Mashed Potatoes Vegetable Salad</p> <p>Apple Sauce</p>	<p>9</p> <p>Fish, Baked with Leeks Potatoes Vegetables</p> <p>Old Fashioned Oatmeal Cake</p>	<p>10</p> <p>Grandma's Pea Soup Tuna Sandwiches Green Salad</p> <p>Blueberry Pie</p>
<p>13</p> <p>Butter Chicken Rice Steamed Vegetables</p> <p>Butterscotch Pudding</p>	<p>14</p> <p>Beef Goulash Noodles Vegetable Medley</p> <p>Peach Cobbler</p>	<p>15</p> <p>Fish Cakes Baked Yam Peas and Carrots</p> <p>Carrot Cake</p>	<p>16</p> <p>Turkey Chili Blanco Cheese Biscuits Vegetable Salad</p> <p>King of Pudding</p>	<p>17</p> <p>BBQ Pork Ribs Scalloped Potatoes Steamed Broccoli</p> <p>Fresh Fruit</p>
<p>20</p> <p>Beef Meatloaf Mashed Potatoes Green Salad</p> <p>Chocolate Cake</p>	<p>21</p> <p>Pan-fried Fish Baked Potatoes Mushy Peas</p> <p>Cherry Jell-O</p>	<p>22</p> <p>Latin Black Bean Soup Egg Salad Tomato Salad</p> <p>Pumpkin Tart</p>	<p>23</p> <p>Pork Patties Applesauce Mashed Potatoes</p> <p>Fresh Fruit</p>	<p>24</p> <p>Chicken Chow Mein Asian Greens</p> <p>Cheese Cake</p>
<p>27</p> <p>Turkey Patties Lemon Potatoes</p> <p>Fresh Fruit</p>	<p>28</p> <p>Beef Shepherd's Pie</p> <p>Apple Pie</p>	<p>29</p> <p>Pork and Squash Stew Rice</p> <p>Chocolate Pudding</p>	<p>30</p> <p>Truth and Reconciliation Day Centre Closed</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>AM</b> Sit Fit/Stand Fit Sing-a-Long Scrapbooking Dominoes <b>PM</b> Match Up	2 <b>AM</b> Sit Fit/Gentle Stretch Shuffleboard Uno Cards Animal Bingo <b>PM</b> First to Fifty	3 <b>AM</b> Sit Fit/Stand Fit Ladderball Qwirkle Maize Wreath <b>PM</b> Tenagrams
6 <b>Labour Day</b>  <b>Centre Closed</b>	7 <b>AM</b> Sit Fit/Gentle Stretch Maze Daze Shut the Box Treasure Hunt <b>PM</b> Puzzles	8 <b>AM</b> Sit Fit/Stand Fit Tic Tac Toe Connect Four Make 21 <b>PM</b> Bump It	9 <b>AM</b> Sit Fit/Gentle Stretch Target Spin Table Bowling Mosaic Art <b>PM</b> Card Bingo	10 <b>AM</b> Sit Fit/Stand Fit Numbers Bocci Mandalas <b>PM</b> Connect 4
13 <b>AM</b> Sit Fit/Stand Fit Football Marble Slots Autumn Jeopardy <b>PM</b> 21 or Bust	14 <b>AM</b> Sit Fit/Gentle Stretch Coin Toss Simon Says Stained Glass <b>PM</b> Scattergories	15 <b>AM</b> Sit Fit/Stand Fit Bucket Toss Abstract Art Tenzi <b>PM</b> Sudoku	16 <b>AM</b> Sit Fit/Gentle Stretch 20 Questions Apple Art Chutes & Ladders <b>PM</b> Leaf Decor	17 <b>AM</b> Sit Fit/Stand Fit Horse Race Croquet Jenga <b>PM</b> Science Class
20 <b>AM</b> Sit Fit/Stand Fit Carpet Darts Moose Race Painting <b>PM</b> Go Fish	21 <b>AM</b> Sit Fit/Gentle Stretch Bowling Taboo Tetris <b>PM</b> What to Pack	22 <b>AM</b> Sit Fit/Stand Fit Armchair Travel Bean Bag Toss Poker <b>PM</b> Sequence	23 <b>AM</b> Sit Fit/Gentle Stretch Carpet Toss Trivia Picture Frames <b>PM</b> Storytelling	24 <b>AM</b> Sit Fit/Stand Fit Request That Tune Flower Power Spot the Difference <b>PM</b> High/Low
27 <b>AM</b> Sit Fit/Stand Fit Centrepieces Rummikub Card Bingo <b>PM</b> Paper Art	28 <b>AM</b> Sit Fit/Gentle Stretch Conversation Corner Yahtzee Dominoes <b>PM</b> Recipe Guessing	29 <b>AM</b> Sit Fit/Gentle Stretch Trouble Ring Toss Relay Race <b>PM</b> Ace to King	30 <b>Truth &amp; Reconciliation Day</b>  <b>Centre Closed</b>	



Alice with a gentle smile!



Edward with a big grin!



Addie is always happy with her friends!



Rose is camera ready!



A big wave from Sidney!



Nelly bright and cheerful in the morning!



Together we can move mountains... Or at least paint them!



Muriel showing the beaded jewelry she made!



Origami fun with friends!



Roberta's braiding skills are superb!



Sau tien & Xiu Cong making bracelets

## First Work Experience



**“My first job was delivering the Vancouver Sun newspaper on foot when I was 13. Rain or shine every day except on Sundays.**

- Roberta



**“At 12 or 13 I started helping out around the house with cleaning. I also helped in the garden with the corn and vines”**

- Maria



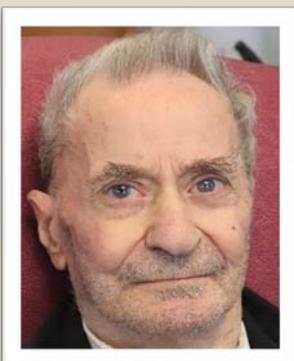
**“In the Philippines I worked in Manila as a Registered Nurse in the public health department. I started that job when I was 25”**

- Juanita



**Pu Rong taught Math and Chinese for 34 years at an elementary school in China**

- Pu Rong



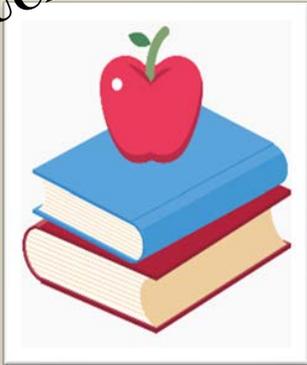
**“I was a driver for people to go to work or people going to buy things at the market”**

- Ciro

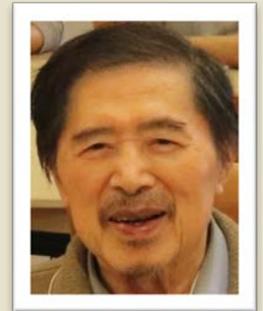


This month we are celebrating Labour Day! We would like to recognize the amazing careers and accomplishments of our seniors both inside and outside the home. Our friends at RCSS are no strangers to hard work and we would like to honour their achievements. Here are a few examples of their remarkable contributions.

## EDUCATION



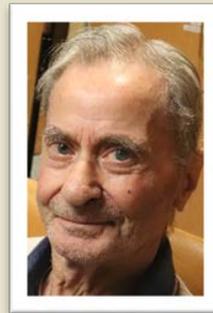
Principal, Professor, Special Aide Assistant – Educating future generations is a vital role!



## ENTREPRENEUR



Business Owners – Communities thrive when small businesses are supported!



## FARMING



### Caregiving Services

As our loved ones need more assistance at home, you may want to consider some of the options listed below to help with their caregiving needs.

#### Home and Community Care Services

If an individual is unable to function independently because of chronic, health-related problems, they may be eligible for subsidized services through Vancouver Coastal Health. Need is the primary consideration in determining which service may be provided and that is decided through a formal assessment by home and health services.

#### Home Support

Home support services are designed to help older adults remain independent and in their own home as long as possible. Home support services are provided by community health workers to clients who require personal assistance such as nutrition, lifts and transfers, bathing, grooming and toileting. Service need is decided through the assessment process described above.

#### Caregiver Respite/Relief

Many people receiving home and community care services are assisted by informal caregivers, often a friend or family member. Respite care can give the caregiver temporary relief from the emotional and physical demands of caring for a friend or family member. Respite may take the form of a service that is provided in an individual's home or a residential care facility, hospice, or other community care setting such as an adult day centre.

#### Private Care Services

Each individual can shop and compare for services that best meet their needs and preferences. The Government does not provide any financial assistance to individuals or service providers for the service. If you would like any further information, please talk to our Nurse who will gladly answer your questions.

### 看护服务

由于我们的亲人在家中需要更多帮助，您可能需要考虑下面列出的一些选项来帮助满足他们的护理需求。

#### 家庭和社区护理服务

如果个人由于慢性健康相关问题而无法独自行动，他们可能有资格通过温哥华沿海卫生局获得补贴服务。需求是确定可以提供哪些服务的首要考虑因素，这是通过家庭和健康服务机构的正式评估来决定的。

#### 家庭支持

家庭支持服务旨在帮助老年人尽可能长时间地在自己的家中保持独立生活的服务。家庭支持服务由社区卫生工作者向需要个人帮助的客户提供，例如营养、起身活动、洗澡、梳洗和如厕。服务需求是通过上述评估过程确定的。

#### 看护人休息/帮助

许多接受家庭和社区护理服务的人得到的是非正式护理人员的帮助，非正式护理人员通常是朋友或家人。暂托护理可以让看护人得到一段休息的时间，使他们可以从照顾朋友或家人的压力中得到暂时的休息。暂托服务的形式可以是在个人家中或住宿护理机构、临终关怀机构或其他社区护理场所（例如成人日间中心）提供。

#### 私人护理服务

每个人都可以购买和比较最能满足其需求和偏好的服务。政府不会就该服务向个人或提供者提供任何财政援助。

如果您想了解更多信息，请联系我们的护士，她将很乐意回答您的问题。



Ciro sends the ball flying to the net!



May ready to make a strike!



Nothing will distract Joan from her target!



Neville gets the high score in ringtoss!



Thumbs up if you're ready for exercise!?



Excellent team work in this relay race!



Ling and Maria always camera ready!



Masks can't hide these smiles!



Beatriz our Queen of coin toss!



Our friends Hans and Chun Yang!



Aislynn sneaking into Henry's photo!



Anyao welcoming Bick Kum on arrival!

Celebrating our friends born in  
September

# Happy Birthday



Virgo (Aug. 23<sup>rd</sup> – Sep. 22<sup>nd</sup>)

Libra (Sep. 23<sup>rd</sup> – Oct. 22<sup>nd</sup>)



**Kanwal**  
September 20<sup>th</sup>

**Kay**  
September 29<sup>th</sup>



Sapphire Birthstone



Sau Di & Fernando!



A kind smile from Duen Ying!



A few of our CDP friends!



Barbara excited to read the newsletter!



A visit from our friend Evan!



William & Sidney in deep conversation!