

Since 1976

RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

# ALICE FRITH CENTRE 蘭菲高靈活耆英會 NEWSLETTER



July 2022

2970 East 22nd Avenue, Vancouver, BC

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



## Happy Summer!





Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 45 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, Jenny, Svea, Josh, Imran, Anyao, Cassandra, Frankie

**Editorial:**

Donna, Christina & Cassandra

**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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## Announcements



The arrival of the warm summer months also comes with risks for poor air quality. Wildfire smoke and pollution may affect those with asthma, bronchitis or other lung conditions. You may experience sore throat, coughing, chest pain, headaches or nausea if air condition is poor. To reduce your risk, take medication as directed, stay indoors, keep windows closed and avoid exercising outdoors.

溫暖的夏季的到來也帶來了空氣質量差的風險。野火的煙霧和污染可能會影響患有哮喘、支氣管炎或其他肺部疾病的人。如果空氣條件差，您可能感到喉嚨痛、咳嗽、胸痛、頭痛或噁心。為降低風險，請按照指示服藥，待在室內，關好窗戶，避免在戶外鍛煉。

### 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



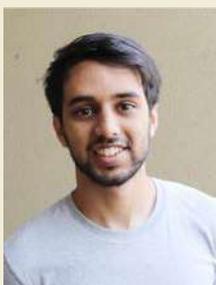
Svea Vogt



Rose Smith



Jenny Chen



Joshua Doshi



Anyao Huang



Cassandra Ly



Imran Ranmall



Frankie Haven



Health promotion and emergency preparedness were high priorities for us the last few months especially when it comes to heat related emergencies like heat waves and domes which can happen anytime throughout the summer. Our team was on demand, and we were giving presentations to community members, organizations, health authorities and City of Vancouver and the province's emergency management divisions. We have made a reputation for ourselves, and our profile has been heightened in the field because of all the good work we did and results that we achieved. I attribute most of our acquired expertise in emergency planning to our staff members who were dedicated to our seniors during the last heat dome and the initiatives that were implemented. However, we must acknowledge the City of Vancouver and SMART Fund for financial support specific to this project.

I believe health promotion is integral to the work we do, and it is our desire to continue to support you through difficult times that are caused by environmental changes. We want to caution you about the next concern -- air pollution due to forest fires. Similar practices apply for air quality alerts as heat dome, and you will find some tips on page 3 that we hope will be helpful. We will continue with this information sharing and being proactive instead of reactive. After air quality, we will move into discussions on sidewalk safety and power outages during fall and winter.

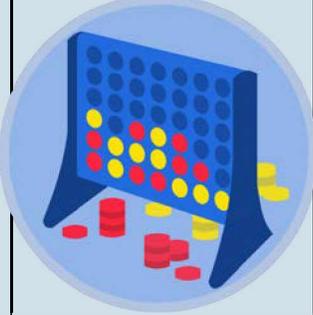
The Community Day Afternoon Tea and Brainstorming Session will take place here at the Centre on **August 13th, 2022, at 11:00 am**. We need your input on where to go with the program now that most of you have been vaccinated and boosted (twice in some cases). We are ready to offer exercise classes, Tai Chi, lunch, and afternoon activities once we get a commitment from you that you are comfortable returning to in person onsite programs. Please mark your calendar as we would love to see you and get your feedback.

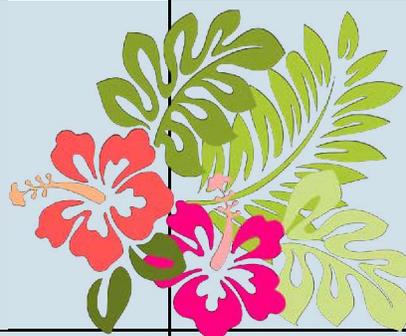
The administration of the second booster vaccination has started and like before, someone from Vancouver Coastal Health will call to either book the next shot or arrange to come to your home. As always, we want to know about the status of vaccinations and medications in general. So please update the nurse on any changes to your medications or health concerns.

Caregiver support group gatherings is something we want to get off the ground once and for all. It has always been an area that we wanted to invest in, and we were actively pursuing and planning before the pandemic hit. We are hoping to get back to this now and devote some energy to getting it going. We are in the process of updating our satisfaction surveys for participants and their care givers and will be asking for input on the design of the program. Care givers, please complete the survey, so we can support you in ways that will make a difference. I also want to remind you that if you need to book respite for a well-deserved break, the beds are filling up and the wait times are longer than usual, so do not delay contacting your case manager to arrange a time or ask us for assistance. Remember there is an adult day program at the respite centre, so the transition is easier on participants with dementia.

Lots of good things on the horizon. Rest assured the team here is working hard to get all of you the support and relief you need to live a healthy and productive life.

All is well!

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Canada Day</b> <b>Centre Closed</b>
4	5	6	7	8
<b>AM</b> Sit Fit/Stand Fit Hangman <b>PM</b> Request That Tune Numbers Shell Painting	<b>AM</b> Sit Fit/ Stand Fit Beads and Ribbons <b>PM</b> Centrepieces Carpet Toss Nature Talk	<b>AM</b> Sit Fit/Stand Fit Bump It <b>PM</b> Picnic Craft Ping Pong Challenge Card Bingo	<b>AM</b> Sit Fit/Stand Fit 21 or Bust <b>PM</b> Qwirkle What's Inside? Target Spin	<b>AM</b> Sit Fit/Stand Fit Paper Flowers <b>PM</b> Dominoes Jenga Rollers
11	12	13	14	15
<b>AM</b> Sit Fit/Stand Fit Ace to King <b>PM</b> Holiday Poster Rummikub Basketball	<b>AM</b> Sit Fit/ Stand Fit Word Chain/Go Fish <b>PM</b> Tic Tac Toe Spa Day Trouble	<b>AM</b> Sit Fit/Stand Fit First to Fifty <b>PM</b> Curling Sunglasses Craft Tetris	<b>AM</b> Sit Fit/ Stand Fit Craft/Cross it Off <b>PM</b> 20 Questions Cherry Craft Bucket Toss	<b>AM</b> Sit Fit/Stand Fit Mini Relay <b>PM</b> <b>Hawaiian</b> <b>Day</b>
18	19	20	21	22
<b>AM</b> Sit Fit/Stand Fit Friendship Craft <b>PM</b> Summer Craft Bocci Tetris	<b>AM</b> Sit Fit/Stand Fit Capitals/High&Low <b>PM</b> Carpet Darts Ice Cream Cones Trivia Spin	<b>AM</b> Sit Fit/Stand Fit Connect Four <b>PM</b> The Price is Right Painting Ladderball	<b>AM</b> Sit Fit/Stand Fit Bunco <b>PM</b> Marble Challenge Conversation Corner Horse Race	<b>AM</b> Sit Fit/Stand Fit Keep <b>PM</b> Minute to Win It Fishing Game Card Making
25	26	27	28	29
<b>AM</b> Sit Fit/Stand Fit Topple Tower <b>PM</b> Bean Bag Toss Uno Armchair Travel	<b>AM</b> Sit Fit/Stand Fit Card Games <b>PM</b> Historical Figures Chinese Checkers Table Bowling	<b>AM</b> Sit Fit/Stand Fit Skill Ball <b>PM</b> Colour/Number Challenge Relay Race Shut the Box	<b>AM</b> Sit Fit/Stand Fit Dominoes/Jackpot <b>PM</b> Crokinole Friendship Bracelets Table Hockey	<b>AM</b> Sit Fit/Stand Fit Origami <b>PM</b> Wax Colour Craft Shuffleboard Chutes & Ladders

周一	周二	周三	周四	周五
				1 <b>加拿大国庆节</b> 中心关闭
4	5	6	7	8
上午 坐式/站立运动 趣味问答 下午 寻找音调 数字 彩蜡艺术	上午 坐式/站立运动 手工串珠 下午 中心布置 豆袋投掷 与自然对话	上午 坐式/站立运动 弹跳球 下午 野餐装饰 乒乓球挑战 卡片宾戈	上午 坐式/站立运动 21 或者更多 下午 积木 谁在里面? 目标旋转	上午 坐式/站立运动 纸花 下午 多米诺牌 积木 目标球
11	12	13	14	15
上午 坐式/站立运动 牌序 下午 假日海报 桌上游戏 篮球	上午 坐式/站立运动 钓鱼 下午 井字游戏 水疗日 麻烦	上午 坐式/站立运动 从 1 到 50 下午 冰壶 太阳眼镜 俄罗斯方块	上午 坐式/站立运动 划掉 下午 20 个问题 樱桃艺术 抛物入桶	上午 坐式/站立运动 迷你接力 下午 <b>夏威夷日</b>
18	19	20	21	22
上午 坐式/站立运动 友情艺术 下午 夏日艺术 地滚球 骰子游戏	上午 坐式/站立运动 比较高低 下午 地毯飞镖 冰淇淋筒 益智游戏	上午 坐式/站立运动 连接四点 下午 这个价格是对的吗? 填色 梯子球	上午 坐式/站立运动 骰子游戏 下午 弹珠挑战 聊天角 赛马	上午 坐式/站立运动 保持不动! 下午 速度竞赛 钓鱼 卡片制作
25	26	27	28	29
上午 坐式/站立运动 旋转高塔 下午 抛豆袋 乌诺牌 椅子上的旅行	上午 坐式/站立运动 卡牌游戏 下午 历史人物 中国跳棋 桌上保龄球	上午 坐式/站立运动 技巧球 下午 数字挑战 接力 计算游戏	上午 坐式/站立运动 多米诺 下午 沙狐球 桌上游戏 友谊手链	上午 坐式/站立运动 摺紙 下午 颜色艺术 主动游戏 棋盘游戏



Margherita & Roberta headed to a party



Kay, is that your car?!



Liz is looking good with baby blue



Stella is pretty in pink



Ready to travel the world with Edward



Thank you, gentlemen for bringing your cars!



Where are we going, Ciro?



Chuck is looking good with the fire engine



Howdy, Neville!



Min & Rosa are enjoying the ride



Thank you, Rose for the delicious treat!



Fashionista Rose and the red beauty

Canada Day is often celebrated by friends and families who come together in appreciation of this nation. It is also a time to remember that this day is a difficult anniversary for Indigenous Peoples in Canada, as it is a celebration of the formal displacement of the first people of this land. We cannot mark this day without a solemn and respectful acknowledgement of our history if we are to truly move towards reconciliation and justice<sup>1</sup>.

How long have I known you, Oh Canada? A hundred years? Yes, a hundred years. And many, many seelanum more. And today, when you celebrate your hundred years, Oh Canada, I am sad for all the Indian people throughout the land.

For I have known you when your forests were mine; when they gave me my meat and my clothing. I have known you in your streams and rivers where your fish flashed and danced in the sun, where the waters said ‘come, come and eat of my abundance.’ I have known you in the freedom of the winds. And my spirit, like the winds, once roamed your good lands.

But in the long hundred years since the white man came, I have seen my freedom disappear like the salmon going mysteriously out to sea. The white man’s strange customs, which I could not understand, pressed down upon me until I could no longer breathe.

Excerpt from: **“A Lament for Confederation” a speech by Chief Dan George in 1967**

On this July 1<sup>st</sup>, please take the time to reflect, learn, understand, and appreciate people from different cultural backgrounds as we work towards building a future that is more inclusive for our children and grandchildren.

<sup>1</sup> <https://www.ndp.ca/news/ndp-statement-canada-day-0>

## My Journey to Canada

Canada is a nation full of diverse cultures and ethnic backgrounds. This is what makes our country so unique and wonderful! Here are some stories of seniors who have made Canada their chosen home!



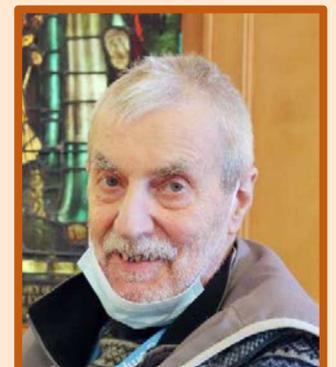
**Sarah:** Sarah came to Canada in 1965 from Cosenza, Italy. When Sarah came to Canada, she landed in Toronto, Ontario before coming to Vancouver BC. Sarah says she did not like Toronto because it was too big. She is happy she moved to Vancouver and often refers to it as “the best place on earth because of the beautiful mountains and water”.

**Chuck:** Chuck came to Canada in 1983. He came from Toisan, China with his wife, daughter, and son. When they first landed in Canada, they spent half a year in Abbotsford before moving to Vancouver. Chuck says he was excited to come to Canada with his family and is grateful for the opportunities that he got.

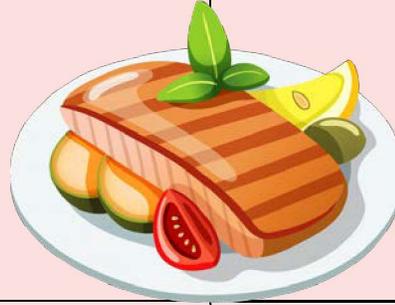


**Gim:** Gim came to Canada in 1949 as a young boy of only 14. Gim travelled from Canton China to Vancouver, Canada. Gim says he was happy to come to Canada and has fond memories of his journey and later on, his days travelling and working in BC. He mentioned that the community and people of Canada were kind to him and his family.

**Hans:** Hans came to Canada from Germany in 1962 for what he thought was going to be a short-term visit. He landed on Canadian soil in Quebec before heading to Kitchener and then Preston, Ontario. Hans came to Canada with a friend and they bought a car in Preston for \$125.00 and drove to Vancouver. They continued to drive to Mexico, Key West in Miami and then to New York City before selling the same car for \$5.00. Hans then returned to Germany to let his family know that he had decided to settle in Canada. Surprise!



Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Canada Day!</b> <b>Centre Closed</b>
4 Roast Turkey Mashed Potatoes Fresh Green Salad  Fruit Crisp	5 Pork Patties w/ Apple Sauce Potatoes  Berry Sundae	6 Beef Ragu Noodles Salad  Fresh Fruit	7 Fish Cakes Yam Fries Apple Slaw  Oatmeal Cake	8 Butter Chicken Rice Vegetables  Jell-O
11 Creamy Fish Chowder Scones and Salad  Jell- O	12 Chicken Chow Mein Asian Greens  Peach Cobbler	13 Vegetable Sausage Warm Squash Salad Roasted Potatoes  Berry Smoothie	14 Turkey Patties Lemon Potatoes Vegetables  Banana Pudding	15 BBQ Pork Loaf Scalloped Potatoes Vegetables  Zucchini Cake
18 Beef Casserole Avocado Salad  Coffee Cake	19 Pan Fried Fish Salsa Tatertots Zesty Salad  Jell-O	20 Chicken Stew Potatoes  Apple Pie	21 Pork Lo Mein Asian Greens  Fresh Fruit	22 Vegetable Tomato and Pepper Soup Vegetable Piroshki Zesty Salad  Blueberry Sundae
25 Sweet and Sour Chicken Rice Asian Greens  Chocolate Cake	26 Turkey Bolognese Pasta Green Salad  Butterscotch Pudding	27 Lemon Fish Rice Greens  Ice Cream	28 Moroccan Chicken Rice Vegetables  Cookies	29 Beef Stew Mashed Potatoes Green Beans  Apple Crumble



周一	周二	周三	周四	周五
				1
				加拿大国庆节 中心关闭
4	5	6	7	8
烤火鸡 烤土豆 绿色蔬菜  水果脆脆	猪肉馅饼 配苹果酱 土豆  蓝莓圣代	牛肉酱 配面条 沙拉  新鲜水果	鱼饼 薯条 苹果色拉  燕麦饼	印度黄油鸡 配米饭 蔬菜  果冻
11	12	13	14	15
鲜鱼浓汤 小面包 沙拉  果冻	鸡肉炒面 亚洲青菜  桃子馅饼	蔬菜香肠 南瓜沙拉 烤土豆  树莓奶昔	火鸡派 柠檬土豆 蔬菜  香蕉布丁	猪肉派 烤土豆 蔬菜  节瓜蛋糕
18	19	20	21	22
烤牛肉派 牛油果沙拉  咖啡蛋糕	煎鱼 烤土豆块 蔬菜沙拉  果冻	炖鸡肉 配土豆  苹果派	猪肉捞面 新鲜蔬菜  新鲜水果	蔬菜番茄辣椒汤 皮罗什基 爽口沙拉  蓝莓圣代
25	26	27	28	29
糖醋鸡 配米饭 亚洲蔬菜  巧克力蛋糕	土耳其肉酱面 绿色沙拉  奶油布丁	柠檬鱼 配米饭 蔬菜  雪糕	摩洛哥鸡肉 配米饭 蔬菜  饼干	炖牛肉 土豆泥 绿色蔬菜  苹果薯片

# Thank you!



Community Day Participants



Windermere Leadership 8 Class



Renfrew Branch Library



Renfrew Park Community Centre

It has been a busy few months as we worked together with our community partners to share resources on emergency preparedness and prepare our seniors for the extreme heat. We are very grateful for everyone's time and efforts -- we could not have done it without you! 幾個月來我們一直忙於與社區合作夥伴一起分享應急準備資源，並讓我們的老年人為極端高溫做好準備。我們非常感謝每個人的時間和努力——沒有你，我們不可能做到！

## Remember...

01

Plan ahead and check for extreme heat alerts.  
提前計劃並檢查極端高溫警報。



02

Prepare your Grab-And-Go Bag and leave it by the door.  
準備好您的隨身攜帶應急包並將其放在門口。



03

Drink and use water to cool off. Call your emergency contact and 9-1-1 if you feel unwell.  
多喝水並用水降溫。如果您感到不適，請致電您的緊急聯繫人和 9-1-1。





# July Celebrations!



Wishing You a Wonderful Happy Birthday!



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



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



**Sarah**  
**July 22<sup>nd</sup>**



**Teresita, Rose, and Rosa celebrating Philippines Independence Day on June 13th!**





Our good friends, Beatriz & Teresita



Maria welcoming summer in purple



Wai Po is enjoying the sweet flowers



Bick Kum showing us her balancing skills



Strategizing with Alice & Lily



Rosemary's got her eyes on the prize