

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

RENFREW COLLINGWOOD SENIORS' SOCIETY
蘭菲高靈活耆英會

NEWSLETTER



January 2016

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Happy New Year!



ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating our 39th Anniversary this year, the Renfrew- Collingwood Seniors' Society is a non-profit organization with charitable status. We have a volunteer Board of Directors elected from the membership and they ensure the Society runs efficiently. Our team of dedicated staff, many of whom have been part of the organization for a number of 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 home-like, cozy environment for the seniors in our community to hang out, socialize, share healthy home cooked meals, engage in meaningful activities and of course volunteer their time and skills. One of the goals of the Society is to support seniors so they can stay in their homes as 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 interested in making a donation, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors' Society
2970 East 22nd Avenue, Vancouver BC, V5M 2Y4





The Renfrew Collingwood Seniors' Society's Newsletter is produced by the staff and volunteers 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, Olga, Carol,
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& Stephanie

Visit our Seniors' Centre at 2970
East 22nd Avenue
Vancouver BC, V5M 2Y4

Hours
9:00 AM - 4:00 PM
Monday & Wednesday - Saturday
9:00 AM- 6:00 PM
Tuesday

Telephone: 604.430.1441
Fax: 604.437.1443
Email: rcss@shawbiz.ca
Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society

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Disability Alliance of BC

presents a free workshop on the *Disability Tax Credit*:

Monday, February 22nd, 2016

4:30 – 5:30 at

**Renfrew-Collingwood Seniors' Society
2970 East 22nd Avenue**

The disability tax credit is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. Come over and have a cup of tea with us and learn more. Call 604 430-1441 for more details.

Board of Directors



Tara Abraham



Matthew Brikis



Alice Frith



Poonam Kaila



Madeleine Maclvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

Staff



Donna Clarke



Carol Yi



Wai Yee Chou



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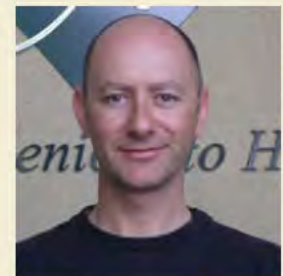
Cassandra Ly



Faith Malakoff



Micheli Franca



Chris York



Stephanie Thompson



Marilee Sinlao



Rose Smith



Happy New Year! I hope 2016 will be happy, healthy and prosperous for all of you. I look forward to being part of the support that you will receive this year and I pledge to do my best to ensure your year is one to remember. As usual we will provide lots of fun activities, events, delicious home cooked meals and lots of tender, loving care. The board, staff, and I will live up to our vision to be a Centre of Excellence, providing quality programs dedicated to seniors and our mission: to enhance the quality of life of aging adults.

Our strategic planning for the organization will begin in January and we hope to have it completed by the end of March. We will be seeking your input on the Society's goals and take direction from our membership based on the findings. The facilitator has scheduled three or four sessions where they will be working with us to refine our ideas and ambitions. Having goals is a good way of staying on track and meeting our short and long term objectives. We look forward to hearing from you during the process as always and we will let you know when and how to get your ideas to the Strategic Planning Committee.

Another reminder that the Centre will be closed between January 8th to 15th (maybe the 16th) so we can do renovations. The painting will be done on Friday to Monday (8th -11th) and the flooring will start and finish the following Monday to Friday (11th -15th). If we do not encounter any complications we should be opened on the 16th but if things do not go as planned we will work through the weekend to get things done and reopen on January 18th.

All the best to you and yours in the coming year and we look forward to a newly decorated centre with lots of positive energy. All is well.

Donna





Jack is a recent addition to Renfrew Collingwood Senior's Society but has already made a big impression on everyone. He was born 1924 in Calgary, Alberta and had three brothers and three sisters. He fondly remembers the snowy winters and the warm summers and how the Bow River would flood them out from time to time.

In high school Jack became an apprentice mechanic and then, at age 14 joined the local militia while still going to school. He enjoyed shooting and spending time at the rifle range where he became a marksman. As Jack put it he "could put a bullet through an orange at 1000 yards". When World War II began in 1939 two of Jack's older brothers joined up- one in the infantry and one in the artillery. Despite his proficiency at shooting a rifle Jack decided he wanted to serve in a different branch than his brothers so he joined the air force in 1943 at the age of 19.

The air force had all the pilots they needed so Jack was designated as a bomber crew candidate and became a bombardier. However the war ended before he saw any action and by 1946 Jack was back to civilian life. Jack is a very intelligent person and wrote the test to get his ticket as a boiler operator. He worked a variety of jobs in this capacity, including tug boats, saw mills and power houses. At one point he was the fireman working the boilers of the rail ferry Canora which plied the waters of the lower mainland and Fraser River.

Jack met his wife Myrtle at a Legion dance in New Westminster. She was a nurse at Essondale Hospital which is now known as Riverview. They got married in 1947 and eventually had four daughters together. Jack is proud of the fact that he built his own house, expanding it as necessary with the arrival of each daughter. It's the house he stills lives in to this day.

Besides being a sponge for knowledge, another hobby Jack took up was hunting. It was a chance for him to indulge in his affinity for shooting which he had become so proficient in as a young soldier. We welcome Jack to our centre and anyone looking for a good conversation on a wide variety of topics should approach our Royal Canadian Air Force veteran and say hi.

Welcome Jack!



Tuesday (3-6 PM)	Saturday
	AM- Armchair Travel to South Korea Sit Fit Lunch: Turkey Shepherd's Pie Fruit Salad PM- Bingo
5 PM- Bean Bag Toss	9 Centre Closed (preparing for renovations)
12 Centre Closed for Renovations	16 AM- Beauty Spa Sit Fit Lunch: Spaghetti & Meatballs Pears & Walnuts PM- Bingo
19 PM- Jewelry Making	23 AM-Winter Canvas Art Sit Fit Lunch: Greek Chicken with Rice Pilaf Rice Pudding PM- Bingo
26 PM- Table Games	30 AM- What makes RCSS unique? Sit Fit Lunch: Chicken Pot Pie Fruit Salad PM- Bingo



Drop-Ins Welcome

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

ADULT DAY PROGRAM JANUARY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Happy New Year Centre Closed
4 AM- Sit & Stand Fit New Year's Resolutions PM-Signs of Glaucoma Quirkle Shake Loose a Memory	5 AM- Sit & Stand Fit Pictionary PM- Bean Bag Toss Mosaics Sound Effects	6 AM- Sit & Stand Fit Abbot & Costello PM- Dominoes Armchair Travel: Korea iPad Geofinder	7 AM- Sit & Stand Fit Word Fun PM- What makes a...? Head Bandz Craft	8 AM- Sit & Stand Fit Hang Man PM- Card Bingo Forties Greatst Hits
11 Centre Closed for Renovations	12 Centre Closed for Renovations	13 Centre Closed for Renovations	14 Centre Closed for Renovations	15 Centre Closed for Renovations
18 AM- Stand Fit Winter Blues PM- Heart and Soul	19 AM- Sit & Stand Fit I Love Lucy PM- Crossword How to Draw Card Making	20 AM- Sit & Stand Fit Brain Games PM- Fun Facts Table Games Colour Therapy	21 AM- Sit & Stand Fit Memory Game PM- Crow City Singers	22 AM- Sit & Stand Fit Word Game PM- Fun Videos Flower Arranging Ukulele Sing-along
25 AM- Sit & Stand Fit Chinese Zodiac Robby Burns Facts PM- Robby Burns Celebration Armchair Travel Haggis Toss Tartan Placemats	26 AM- Tai Chi Stand Fit Word Fun PM- Chinese New Year Craft Pictionary Clay Molding	27 AM- Sit & Stand Fit 20 Questions PM- Part & Parcel	28 AM- Sit & Stand Fit Guess that Drawing PM- Quirkle Marble Challenge Sound Effects	29 AM- Sit & Stand Fit Simon Says PM- Dominoes Animal Bingo World Music

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



ADULT DAY PROGRAM MONTHLY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				New Year's Day Centre Closed
Vegetarian Meal Fruit Crisp	Beef Stew Potatoes Salad Jello	Chicken Chow Mein Asian Greens Cake	Pork Roast Potatoes Veggies Fruit & Yogurt	Fish Soup Scones Salad Cookie
Centre Closed	Centre Closed	Centre Closed	Centre Closed	Centre Closed
Baked Fish Rice Veggies Cake	Pork Balls & Cabbage Potatoes Salad Fruit	Ham & Scalloped Potatoes Salad Yogurt & Fruit	Beef Meatloaf Potatoes Veggies Jello	Vegetarian Meal Fruit Crisp
Robbie Burns Day Beef Stew Turnips & Carrots Apple Charlotte	Breaded Fish Potatoes Veggies Brownies	Vegetarian Meal Berry Sundaes	Sweet'n'Sour Chicken Rice Asian Greens Cake	Beef Meatballs Pasta Salad Fruit

Programs We Run
我們提供的服務

Adult Day Program

成人日間活動

Assisting seniors who require support because of health related issues.

協助那些因健康問題而需要支助的長者。

(Every Monday through Friday)

(逢星期一, 星期三, 及星期四。)

Community Day Program

社區日活動

Providing isolated seniors an opportunity to socialize and get involved in the community.

提供孤立的長者一個機會來交流, 學新東西, 和參加社區活動。

(Every Tuesday (3-6) and Saturday -- Drop-Ins Welcome!)

(逢星期二, 星期五 -- 無需預約!)

Caregiver Support Program

護理人員支援計劃

The program connects caregivers with other caregivers to share skills, ideas and resources.

這計劃是與其他護理人員交流意見和資源。



Event Highlights

New Year's Day, Centre Closed

Friday, January 1

Centre Closed for Renovations

Monday, January 11 to Friday, January 15

Heart & Soul

Monday, January 18

Crwo City Singers

Thursday, January 21

Robby Burns Celebration

Monday, January 25

Part & Parcel

Wednesday, January 27



Glaucoma

Glaucoma is a condition that causes damage to your eye's optic nerve and gets worse over time. It's often associated with a buildup of pressure inside the eye. Glaucoma tends to be inherited and may not show up until later in life.

The increased pressure, called intraocular pressure, can damage the optic nerve, which transmits images to the brain. If damage to the optic nerve from high eye pressure continues, glaucoma will cause permanent loss of vision. Without treatment, glaucoma can cause total permanent blindness within a few years.

Because most people with glaucoma have no early symptoms or pain from this increased pressure, it is important to see your eye doctor regularly so that glaucoma can be diagnosed and treated before long-term visual loss occurs.

If you are over age 40 and have a family history of glaucoma, you should have a complete eye exam with an eye doctor every one to two years. If you have health problems such as diabetes or a family history of glaucoma or are at risk for other eye diseases, you may need to visit your eye doctor more frequently.

青光眼是一种引起眼睛的神经损害的疾病并且随着时间的推移病情逐渐加重。它与眼内的压力增高相关。青光眼往往是有遗传性的。直到中年以后才发病。

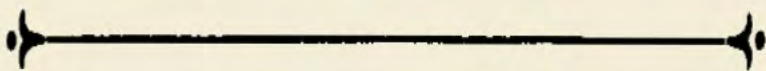
眼内增高的压力可以损害神经。如果损害神经的高眼压存在，青光眼会导致永久性失明。如果不进行治疗，青光眼能在几年内就造成永久完全失明。

由于大多数青光眼患者早期没有疼痛和其它症状，所以定期的眼科检查是非常重要的。检查可以在眼期的压力丧失之前得到及时的诊断和治疗。

如果你是40岁以上，并有青光眼家族史，你应该每隔一到两年去你的眼科医生做一个完整的眼部检查。如果您有如糖尿病或青光眼家族史或有可能有其他眼部疾病，您可能需要更频繁地检查您的眼科医生。









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Happy New year everyone! I hope you all had a wonderful holiday with family and friends and brought in the New Year with love, laughter and good cheer! Welcome 2016! I hope this year greets you all with good

health, and for those of you who have set yourselves a New Year's resolution I wish you good luck! Before the holiday I asked some of the members what the New Year meant to them and if they had any New Year's resolutions or wishes. Here is what they said:



Henry:

"Peace to the whole world."



Heinz:

"I want to be good & I want to be healthy."



Antonio:

"Everybody to be happy."



Chun yang:

"Coming here to the centre. I am happy here."



Kathy:

"Happy New Year! The best of health to everyone."



Rose:

"Setting goals and making new friends."



Richard:

"Peace, joy & happiness in the world, and everyone in good spirits."



Lloyd:

"The new year? Another day older and deeper in debt!"

Birthdays

Henry ~ January 9

Marguerite R ~ January 10

Margaret R ~ January 16

Joan M. ~ January 23

Nina ~ January 27

Dora C. ~ January 28



Location, Location, Location. Chelsea Park has it all!

This new Seniors Housing offers intimate, well designed, comfortable and affordable living for seniors. Located near Commercial Drive, near parks and recreation facilities, near public transportation and within a "walkable" community. You will not find a better setting for seniors who want to enjoy the benefits of the "total community". Right on our doorstep!



The SkyTrain is on our doorstep!

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PICTURES WITH SANTA

