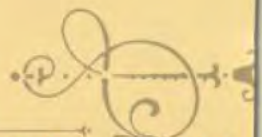




RENFREW COLLINGWOOD SENIORS' SOCIETY  
蘭菲高靈活耆英會

# NEWSLETTER



February 2016

2970 East 22nd Avenue, Vancouver BC

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



*Happy  
Chinese*

*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,  
Chris, Micheli, Wai Yee, & Faith

Editorial:  
Donna, Olga, Levana  
& 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

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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



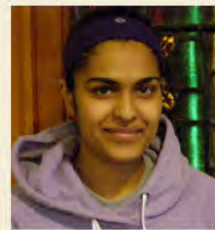
Tara Abraham



Matthew Brikis



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

## Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Olga Smirnova



Cassandra Ly



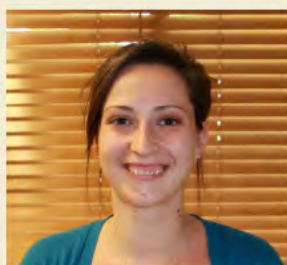
Faith Malakoff



Micheli Franca



Chris York



Stephanie Thompson



Marilee Sinlao



Rose Smith



Kung Hai Fat Choi to all of you especially, those born under the Monkey zodiac; those would be people born in 1920, 1932, 1944, 1956, 1968, 1980, 1992 and 2004. It is the 4713 New Year and it all happens on February 8th, 2016. Get ready for the famous dragon dances or at the very least welcome our hand-made dragon back for the celebration.

Our renovations are complete (I'm saying this as I look out of my office at total chaos) and boy what a difference. You have to agree the place looks great! I am so proud of the end result. Thank you for your patience and understanding throughout the closure. The staff did so much extra work to make this happen and I will be forever grateful to them for putting the place back to a functional level when the completion date was not met. So much preparation had to be done and double the amount of work was offered by each and every one of them.

There is an upcoming educational opportunity for you and your family members on Monday, February 22nd, 2016 from 4:30 – 5:30 at the Centre. We will have a presentation on the Disability Tax Credit. 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. I've known seniors and their care givers to receive thousands of dollars back after learning about this credit. Please let us know if you would like to attend.

Happy Valentine's Day to all you romantics. For those of you who will not be receiving roses or chocolates from your special someone make sure you attend the programs at the centre so you don't miss out on "Cupid" and the special treats. Send lots of loving kindness to your friends and family on February 14th.

## A WELCOME TO ROSE



At RCSS, we are privileged to have this helpful and energetic woman joining us a couple of days a week. Rose was born in the Philippines where she grew up with her very close-knit family. She is the second of five children

Rose came to Canada in 1974 with the hope of gaining some experience as a Registered Nurse. She had already worked as a RN in a university back in the Philippines. Not only did she have a good job at the university, she met the love of her life there. She worked in Vancouver for two years, but she had left her heart back in the Philippines. Rose returned home to her love and had a large church wedding. She and her husband had two children, a son and a daughter. Her daughter plans to marry this year and Rose is so excited with this upcoming event. Knowing Rose, it will be a very special, memorable ceremony.

Rose loved being a nurse and was very dedicated to her profession for many years. With fond memories she remembers how much she wanted to wear the white nurse cap just like her auntie.

Rose loves to travel and most of all to visit her husband's family in Australia even though it is very expensive to get there.

We will have a great time getting to know Rose at our center. We look forward to many years of fun and laughter with her. Thank you, Rose for being part of our family at RCSS.



Hello everyone. I hope you had great New Year and 2016 brings lots of joy and laughter. Can you believe how fast 2015 has come and gone? It was an amazing journey for me as I had come to the center to work and have met wonderful people like the staff, seniors, family members, volunteers and caregivers. As we come into 2016, I hope you continue to enjoy the programs we provide as we are committed to helping you meet your personal goals and expectations. Remember we are also open to your feedback, positive or negative especially if it will help to make our programs more meaningful, productive and effective for you.

The month of February will bring a couple of significant events to celebrate; Chinese New Year on the 8th, and of course February 14th is Valentine's Day. It is time to send flowers, candy, cards to your special love or go out for a nice dinner and a movie.

I had the opportunity to ask a couple of seniors what love means for them. Here is what they said:



Dianne:  
"Caring for others."



Eloise:  
"Freedom."



Joy:  
"Feelings and emotions."



Lydia:  
"Respect."



George:  
"Helping family members and doing things with my wife."



Joan:  
"Warm kindness and appreciation for everybody."



Joe:  
"Warm kindness and being blessed with family."

Tuesday (3-6 PM)	Saturday
<p>2</p> <p>PM- Headbandz Famous People</p>	<p>6</p> <p>AM- Sit Fit Valentine's Day Cards <b>Lunch: Pasta &amp; Meat Sauce Salad Butter Tarts</b> PM Bingo</p>
<p>9</p> <p>PM- Valentine's Day Craft</p>	<p>13</p> <p>AM- Sit Fit Montreal Adventures with Billy <b>Lunch: Turkey Shepherd's Pie Green Beans Apple Crumble</b> PM- Bingo</p>
<p>16</p> <p>PM- Crossword Puzzle</p>	<p>20</p> <p>AM- Sit Fit Food Skills: Canning <b>Lunch: Veggie Lasagna Salad Fruit Salad</b> PM- Bingo</p>
<p>23</p> <p>PM- Music Memories: Best of Frank Sinatra &amp; Dean Martin</p>	<p>27</p> <p>AM- Sit Fit Table Games: Bean Bag Toss <b>Lunch: Greek Chicken Greek Salad Rice Pilaf Baklava</b> PM- Bingo</p>



### Drop-Ins Welcome

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

# ADULT DAY PROGRAM FEBRUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM- Sit &amp; Stand Fit Word Opposites</p> <p>PM- Centerpieces Puzzle Trivia Zodiac Colouring</p>	<p>2</p> <p>AM- Sit &amp; Stand Fit Guess That Drawing</p> <p>PM- <b>Groundhog Day</b> Music &amp; Dance Head Bands Drawing with Chris</p>	<p>3</p> <p>AM- Sit &amp; Stand Fit Colour or Word</p> <p>PM- Mini-Putt Armchair Travel: Brazil Animal Bingo</p>	<p>4</p> <p>AM- Sit &amp; Stand Fit Proverbs</p> <p>PM- Table Games Chinese Trivia Red Envelope &amp; Coin Craft</p>	<p>5</p> <p>AM- Gentle Yoga Stand Fit Memory Game</p> <p>PM- Card Bingo Name Tags Musical Twister</p>
<p>8</p> <p><b>Family Day Centre Closed</b></p>	<p>9</p> <p>AM- Tai Chi Stand Fit Word Scramble</p> <p>PM- Love Centerpieces Trivia Quirkle</p>	<p>10</p> <p>AM- Sit &amp; Stand Fit Memory Game</p> <p>PM- Show Tunes Valentine's Craft Snakes &amp; Ladders</p>	<p>11</p> <p>AM- Gentle Yoga Stand Fit Language Lesson</p> <p>PM- Conversation Corner Valentine Cards Clay Molding</p>	<p>12</p> <p>AM- Sit &amp; Stand Fit Types of Love</p> <p>PM- <b>Valentine's Day Celebration with Lory White</b></p>
<p>15</p> <p>AM- Sit &amp; Stand Fit Hypertension Information</p> <p>PM- Heart Talk Makeovers Mosaic</p>	<p>16</p> <p>AM- Sit &amp; Stand Fit I Love Lucy</p> <p>PM- Armchair Travel: Thailand iPads Collage</p>	<p>17</p> <p>AM- Gentle Yoga Stand Fit What is it? PM- Baking What makes a space station? Shake Loose a Memory</p>	<p>18</p> <p>AM- Sit &amp; Stand Fit Sleep Talk</p> <p>PM- Sing-a-long <b>Crow City Singers</b></p>	<p>19</p> <p>AM- Sit &amp; Stand Fit Language Lesson</p> <p>PM- Hats &amp; Shoes of the Ages Crossword Puzzle Mandalas</p>
<p>22</p> <p>AM- Gentle Yoga Stand Fit Finish that Phrase</p> <p>PM- iPads Dominoes Ukulele Sing-a-long</p>	<p>23</p> <p>AM- Sit &amp; Stand Fit Slang</p> <p>PM- Sound Effects St. Patty's Day Centerpieces Puzzles</p>	<p>24</p> <p>AM- Sit &amp; Stand Fit Who am I?</p> <p>PM- <b>Music with Linda Lujan</b></p>	<p>25</p> <p>AM- Sit &amp; Stand Fit Memory Dress-Up</p> <p>PM- Scrabble Drawing with Chris Songs of the '30s</p>	<p>26</p> <p>AM- Sit &amp; Stand Fit Words in a Word</p> <p>PM- Ping Pong Challenge Ceramic Painting Creative Writing</p>
<p>29</p> <p>AM- Sit &amp; Stand Fit Inner Peace</p> <p>PM- Marble Challenge Poker Senses</p>				

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
<p>Baked Fish Potatoes Salad</p> <p>Crisp</p>	<p>Butter Chicken Rice Veggies</p> <p>Fruit</p>	<p>Vegetarian Soup Turkey Sandwiches Salad</p> <p>Cake</p>	<p>Roast Pork Potatoes Cabbage</p> <p>Fruit</p>	<p>Chinese Beef Noodles Asian Greens</p> <p>Almond Cookies</p>
<p>Pork Balls Asian Greens Fried Rice</p> <p>Egg Tart</p>	<p>Beef Meatloaf Potatoes Salad</p> <p>Jello</p>	<p>Chicken &amp; Mushrooms Pasta Veggies</p> <p>Fruit</p>	<p>Veggie Casserole Salad Garlic Bread</p> <p>Cake</p>	<p>Salmon Rice Salad</p> <p>Cranberry White Chocolate Squares</p>
<p>Sweet'n'Sour Chicken Rice Veggies</p> <p>Fruit &amp; Yogurt</p>	<p>Vegetarian Soup Tuna Sandwiches Salad</p> <p>Cake</p>	<p>Roast Beef Potatoes Salad</p> <p>Sundaes</p>	<p>Fish Pie Salad</p> <p>Crisp</p>	<p>Baked Chicken Potatoes Veggies</p> <p>Fruit</p>
<p>Vegetarian Lasagne Garlic Bread Salad</p>	<p>BBQ Pork Rice Cabbage</p> <p>Fruit &amp; Yogurt</p>	<p>Baked Fish Rice Veggies</p> <p>Crisp</p>	<p>Beef Stew Potatoes Salad</p> <p>Fruit</p>	<p>Chicken Chow Mein Veggies</p> <p>Tart</p>
<p>Mulligatawny Soup Egg Salad Sandwiches</p> <p>Jello</p>				



### 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

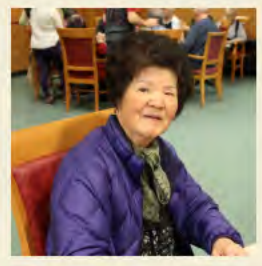
Welcome!)

(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

#### Groundhog Day

Tuesday, February 2

#### Chinese New Year Celebration

Monday, February 8

#### Valentine's Day Celebration with Lory White

Friday, February 12

#### Crow City Singers

Thursday, February 18

#### Music with Linda Lujan

Wednesday, February 24



## Hypertension

Blood pressure is the force of blood against the walls of blood vessels as it circulates. This force is necessary to make blood flow, delivering oxygen and nutrients to the body. Blood pressure normally changes throughout the day, but if it is consistently more than 140/90 mmHg, it is called high blood pressure or hypertension.

High blood pressure has no warning signs or symptoms—which is why it is a “silent killer.” Therefore, blood pressure needs to be measured regularly. Uncontrolled high blood pressure can damage the walls of the arteries, speed up hardening of arteries and lead to an enlarged heart and heart failure. Artery damage and hardening of the arteries can cause: heart disease and heart attacks, stroke, kidney failure, loss of eye sight, reduced blood supply to the brain, and aneurysms. So it is very important to control your blood pressure.

To prevent hypertension or better manage your blood pressure you can: get regular physical activity, eat a healthy diet, eat less salt, lose weight or maintain a healthy weight, avoid excess alcohol, stop smoking, and avoid places where other people smoke. If you need to take medications to control your blood pressure, make sure to follow your doctor’s instructions and take medications regularly.

## 高血压

血压是血液在血管内循环对血管壁的压力。它是促使血液流以提供机体氧气和营养所必需的。正常情况下血压全天是有波动的，但如果其持续高于140/90毫米汞柱，就被称为高血压。

高血压通常没有警示症状，因此它被称为“沉默的杀手”。所以定期测量血压是非常重要的。未控制的高血压可导致动脉硬化和导致心脏增大和心脏衰竭。动脉的狭窄和硬化可引起：心脏病和心肌梗塞，中风，肾功能衰

竭，眼睛失明，大脑供血不足和动脉瘤。因此血压控制正常是非常重要的。

为了防止高血压和更好地控制你的血压，经常锻炼身体，保持健康的饮食，少吃盐，减肥或保持健康的体重，避免大量饮酒，戒烟，避免其他人吸烟的地方。如果你需要服用药物来控制血压，一定要









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An independent seniors living community, experience the freedom and independence to do exactly what you want, when you want.

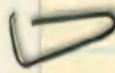
Stay active and live well. Life at Shannon Oaks includes a great selection of daily activities to choose from, delicious home-cooked meals, and weekly-housekeeping of your private suite.

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## Birthdays

Sharon ~ February 4

Jeanne ~ February 5

Daisy ~ February 15

Angie ~ February 16

Joan G- February 16

Hanh ~ February 19

Kathy ~ February 19

Angelina L. ~ February 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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7 Days a week  
9am-4pm

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# MORE MEMORIES

