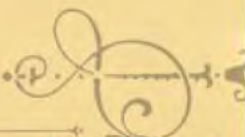


RENFREW  
COLLINGWOOD  
SENIORS SOCIETY  
*Taking Seniors To Heart*

Since  
1976

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

# NEWSLETTER



March 2016

2970 East 22nd Avenue, Vancouver BC

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



*Welcome Spring!*



## 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,  
& 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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## Board of Directors



Tara Abraham



Matthew Brikis



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

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Donna Clarke



Carol Yi



Wai Yee Chou



Olga Smirnova



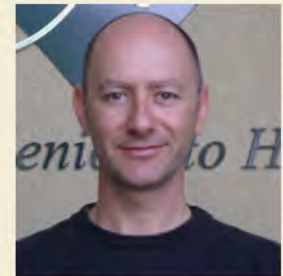
Cassandra Ly



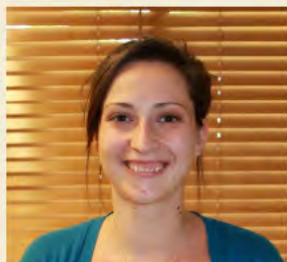
Faith Malakoff



Micheli Franca



Chris York



Stephanie Thompson



Marilee Sinlao



Rose Smith



Happy Easter Everyone, enjoy all the celebrations including a chocolate bunny or egg.

After I wrote that line I got to thinking; what does a chocolate bunny or eggs have to do with Easter? Well, my research came up with a couple of explanations.

Eggs, like rabbits and hares, are fertility symbols. Rabbits and hares give birth to large litters in the early spring; these became symbols of the rising fertility of the earth (Spring). Female hares can conceive a second litter of offspring while still pregnant with the first so they can give birth to several litters a year (hence the saying, "to breed like rabbits" or "to breed like bunnies"). It is therefore not surprising that rabbits and hares should become fertility symbols, or that their springtime mating antics should enter into Easter folklore.

The Easter bunny first arrived in America with German immigrants. They settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase". The children made nests in which this creature could lay its colored eggs. Eventually, the custom spread across the U.S. and the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests. Children often left out carrots for the bunny in case he got hungry from all his hopping.

Orthodox churches have a custom of abstaining from eggs during the fast of Lent. The only way to keep them from being wasted was to boil or roast them, and begin eating them to break the fast. As a special dish, they would probably have been decorated as part of the celebrations. German Protestants retained the custom of eating colored eggs for Easter, though they did not continue the tradition of fasting. Eggs boiled with some flowers changed their color, bringing the spring into homes. Over time, some added the custom of decorating the eggs. Again, according to legend, only good children received gifts of colored eggs in the nests that they made in their caps and bonnets before Easter.

Oh the stories that we were told about legendary figures who only gave treats to good boys and girls. We were tricked into being well-behaved children, weren't we? I must admit I was part of the tradition too because many times I hid lots of colorful chocolate eggs in my garden for my eager sons to hunt. It would always start with a basket outside their bedroom door and enticing little eggs leading to the many hiding spots in our miniature jungle. The day always ended with me and their dad eating most of the treats that the Easter Bunny left.

My favorite part of Easter is that Spring comes with it. My fertile garden comes to life, and I have on occasion found eggs. I wonder if they were laid by Osterhase or one of the many birds that live alongside me.





We would like to extend a warm welcome to Maria, a very sweet and loving Portuguese woman who has recently joined us at RCSS. Maria was born in Portugal and grew up on a farm where her parents worked. She was the second oldest daughter of five siblings, with two sisters and two brothers. Maria has fond memories of working on needle point with her sister and boasts proudly of her eldest brother the mechanic.

Maria met her husband Roger at a festival in Portugal, and they married when she was twenty years old. After only one week of marriage Roger moved to Vancouver to find work. He found some in construction and then later became a truck driver. Maria followed him to Vancouver fifteen months after him. Together they had three children- a daughter and two sons to whom Maria committed her time, love, and energy in raising. Living in Vancouver she has been able to develop close relationships with her granddaughter and three grandsons, who are loving and supportive of their grandmother.

When Maria was younger she used to enjoy knitting, crocheting, and cooking; now she enjoys spending time with her family, as well as coming to the Centre to be around new people, socialize with new friends, and enjoy the activities that we offer. Maria is very open and willing to try new things. You will often see her engaging in a variety of activities at the Centre with a smile on her face.

When you see Maria next please sit with her and say hello. You will soon find yourself caught up in an interesting conversation and making a new dear friend.

Welcome Maria! We are so happy to have you join us at Renfrew Collingwood Seniors Society.

## A WORD FROM CHRIS



Here we are in March and spring is in full bloom! It's such a great time of year as winter fades away and spring comes on strong. The days are getting longer and the flowers and blossoms are decorating one of the most beautiful cities on Earth, Vancouver! There is such a variety of flora and fauna in Vancouver that can fascinate.

This month has a couple fun events to keep an eye open for. One is St. Patrick's Day which is one of the highlights of the year for many people. Green beer, green clothes and leprechauns! Enjoy the luck of the Irish on Thursday, March 17th as we are happy to have John Cronin to entertain us.

Another big event is Easter. We are closed on Friday, March 25th for Good Friday and also on Monday, March 28 for Easter. Commemorating the life of Jesus and his teachings of divinity within us all, Easter is also a time of fun as children look forward to chocolate, candy and Easter egg hunts!

So, enjoy what March has to offer and all the activities that we have planned here at Renfrew Collingwood Seniors Society. It's a fun month with all the promise of Spring in full bloom so please join us at the centre where we can all enjoy it together!

# COMMUNITY DAY PROGRAM MARCH CALENDAR

Tuesday (3-6 PM)	Saturday
1 PM- Jeopardy	5 AM- Baking 101 Sit Fit Lunch: Beef Pasta & Caesar Salad Fruit Salad PM- Bingo
8 PM- Card Game: Golf	12 AM- Health Talk: National Kidney Month Tai Chi Lunch: Fish & Rice Veggie Pilaf Butter Tarts PM- Bingo
15 PM- Pot of Gold St. Patrick's Day Craft	19 AM- Spring Arts & Crafts Sit Fit Lunch: Chicken Kebabs, Lemon Potatoes, & Roasted Beets Rice Pudding PM- Bingo
22 PM- Yahtzee	26 AM- Springtime Words Sit Fit Lunch: Quiche & Grapefruit Salad Lemon Raspberry Cupcakes PM- Bingo
29 PM- Nail Spa	



## Drop-Ins Welcome

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

# ADULT DAY PROGRAM MARCH CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM- Sit & Stand Fit Word Fun  PM- Headbandz Mandalas What Makes a Community	2 AM- Sit & Stand Fit Brain Game  PM- Shuffleboard Request that Tune Sound Effects	3 AM- Sit & Stand Fit Learn Thru Animation  PM- Table Games Shake Loose a Memory Word Search	4 AM- Yoga & Stand Fit  PM- Dominoes Mosaics Story Telling
7 AM- Sit & Stand Fit Pain Management  PM- Bean Bag Toss Puzzle Trivia Cute Videos	8 AM- Tai Chi/Stand Fit Expressions Game  PM- Qwirkle I'll Be the Judge Flower Arranging	9 AM- Sit & Stand Fit Memory Game  PM- Coat Labels Farm Sounds Then & Now	10 AM- Yoga & Stand Fit Meditation  PM- Snakes & Ladders Music of the World Health Talk	11 AM- Sit & Stand Fit Country Flags  PM- Bingo Grandma's Attic Senses Alive
14 AM- Sit & Stand Fit Cultural Luck  PM- Navigating iPads Table Games Spa Day	15 AM- Sit & Stand Fit Hangman  PM- Conversation Corner Crossword Puzzles Picture Collage	16 AM- Yoga & Stand Fit Meditation  PM- Best of Western Irish Trivia Cookie Decorating	17 AM- Sit & Stand Fit I Love Lucy  PM- <b>St. Patricks' Day with John Cronin</b>	18 AM- Sit & Stand Fit Flower Types  PM- Bowling Scrapbooking Guess that Tune
21 AM- Yoga & Stand Fit Meditation  PM- Famous Paintings Puzzles Tarot Card Angels	22 AM- Sit & Stand Fit Memory Game  PM- <b>Easter Lunch</b> Card Bingo Painting Eggs Crossword Puzzles	23 AM- Sit & Stand Fit Zoomin'  PM- <b>Easter Lunch</b> Spring Centerpieces Card Bingo	24 AM- Sit & Stand Fit Word Fun  PM- <b>Crow City Singers Sing-Along</b>	25       <b>Good Friday Centre Closed</b>
28       <b>Easter Monday Centre Closed</b>	29 AM- Sit & Stand Fit Missing Word  PM- Marble Games Ukulele Sing- Along	30 AM- Sit & Stand Fit Spot the Difference  PM- Ceramics Dominoes	31 AM- Sit & Stand Fit Words in Words  PM- Bingo Arts & Crafts	

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
	Fish Pie Salad  Cake	Beef Meatloaf Potatoes Veggies  Fruit	Chicken Parmesan Pasta Salad  Yogurt Parfait	Turkey Sherpherd's Pie Salad  Crisp
Sweet & Sour Pork Rice Veggies  Fruit & Yogurt	Vegetarian Soup Sandwiches Salad  Jello	Fish Chowder Scones Salad  Cake	Beef & Broccoli Rice  Crisp	Chicken & Mushrooms Pasta Salad  Fruit
Vegetarian Soup Sandwiches Salad  Brownies	Roast Pork Potatoes Veggies  Fruit	Chicken Chow Mein Veggies  Crisp	Baked Fish Potatoes Salad  Green Dessert	Turkey Meatloaf Potatoes  Jello
Butter Chicken Rice Veggies  Fruit	Easter Lunch	Easter Lunch	Cheddar Spinach Pie Rice with Mushroom Gravy Salad  Yogurt Parfait	Centre Closed
Centre Closed	Chicken Broccoli Casserole Salad  Cake	Vegetarian Chilli Cornbread Salad  Fruit	Pork Balls Rice Veggies  Crisp	



### 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

**St. Patrick's Day with John Cronin**

Thursday, March 17

**Easter Lunch**

Tuesday, March 22 and Wednesday, March 23

**Crow City Singers Sing-Along**

Thursday, March 24

**Centre Closed Good Friday & Easter Monday**

Friday, March 25 and Monday, March 28



Diabetes is a common disease in which the blood sugar (glucose) is abnormally elevated. Normally, the body obtains glucose from food, and additional glucose is made in the liver. The pancreas produces insulin, which enables glucose to enter cells and serve as fuel for the body. In patients with diabetes, the body does not make insulin or does not make enough insulin for proper function, so the glucose accumulates in the blood instead of being properly transported into cells.

Patients with high blood sugar will typically experience frequent urination, and increasing thirst and hunger. Excess blood sugar is a serious problem that may damage the blood vessels, heart, kidneys, and other organs. So it is very important to control the blood sugar level.

Patients with diabetes are advised to reduce their consumption of refined carbohydrates and adhere to a high-fiber, low-fat, and low-calorie diet. Daily aerobic exercise is recommended because exercise naturally lowers blood sugars and helps control the disease. Make sure you take the diabetes medications, including insulin and other medications, prescribed by your doctor. If the blood glucose levels are kept in the target range, people with diabetes can live long and healthy lives.

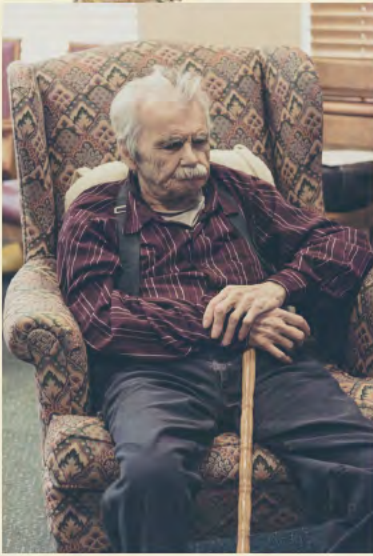
### 糖尿病

糖尿病是一种常见的血糖(葡萄糖)异常升高的疾病。通常情况下,机体主要从食物中取得葡萄糖,肝脏也可以产生一些。胰腺产生的胰岛素可以促使葡萄糖进入细胞内使机体可以利用它。而糖尿病患者,机体不产生或者不能产生足够的胰岛素来维持正常的功能。因此,葡萄糖不能被送到细胞中供其利用,致使其蓄积在血液内引起血糖异常增高。

高血糖患者通常会有尿频,口渴和饥饿感。长期的血糖升高会损害血管,心脏,肾脏和其他器官。因此,控制血糖水平是非常重要的。

糖尿病患者减少其碳水化合物的摄入,维持高纤维,低脂肪,低热量的饮食。每天进行有氧运动,因运动会自然地降低血糖,有助于控制病情。持续服用医生所开的药物包括胰岛素和其它口服降糖药。如果血糖水平控制在目标范围内,糖尿病病人可以生活得健康且长寿。









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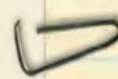
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## Birthdays

Rena - March 9

Kamaljeet - March 17

Margarita - March 22

Nirmala - March 28

Lillian C- March 29



## 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!*

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



**OPEN HOUSE**  
7 Days a week  
9am-4pm

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# MORE MEMORIES

