



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

# NEWSLETTER



April 2016

2970 East 22nd Avenue, Vancouver BC

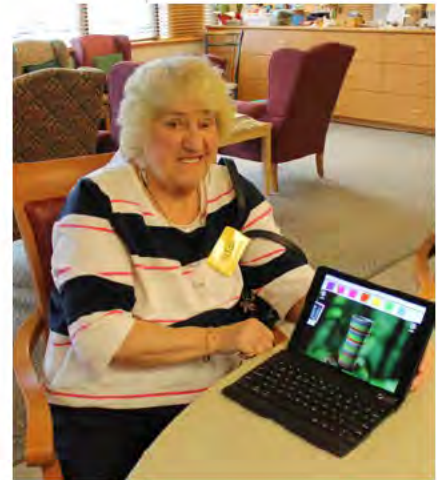
[www.rencollseniors.ca](http://www.rencollseniors.ca)



Fanny, dedicated volunteer  
since 2003



# ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



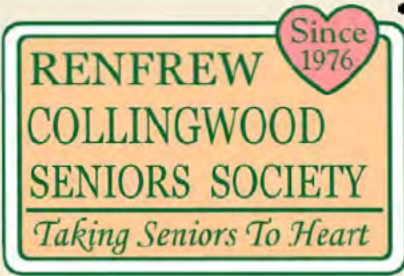
Celebrating our 39th Anniversary this year, the Renfrew- Collingwood Seniors' Society is a non-profit organization with charitable status. We have a volunteer Board of Directors elected from the membership and they ensure the Society runs efficiently. Our team of dedicated staff, many of whom have been 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

## Renfrew Collingwood Seniors' Society

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Alice Frith



Poonam Kaila



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Kamaljeet Kler



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Staff



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Marilee Sinlao



Rose Smith



Our Strategic Planning sessions have come to a close. Rest assured you were well represented by Alice and Kamaljeet, the seniors' liaisons. They brought forward a senior's point of view with every goal we set and their perspective was truly valued. It was an amazing process to be part of, and we were able to outline our successes, challenges, and priorities. We have a lot to be proud of, especially how we adapted to our rapid expansion. With the growth came challenges, but it was all worth it in the end because it resulted in lots of new friendships. Our Strategic Plan will be published in the next edition of our newsletter so read through it

and please give us your feedback. If you would like a copy of our plans and strategies they are available upon request.

It's that time of year again! Step Out Trips are coming to a Centre near you. Vancouver Coastal Health has booked our requested dates and we will begin our outings in May. We have five trips a year. Since there are challenges with boarding the big buses, we opted to go with the smaller ones with twenty-one seats. We have done the schedule and depending on the number of days you attend the programs at the Centre, your choice of places you want to go, and availability, everyone will basically get to go on two outings. A program will be offered at the Centre for those of you who are not interested or simply not feeling up to going to the restaurant. Staff will advise you of the dates as we get closer so please let us know if it works for you.

Volunteer Appreciation will take place during volunteer week (April 10th – 16th) and again when our devoted volunteers are here for their usual times. I took this write up from Volunteer Canada's website: "Volunteers are the roots of strong communities. Just like roots are essential for trees to bloom, volunteers are essential for communities to boom. Thanks to volunteers, our communities grow strong and resilient. Even the tiniest volunteer effort leaves a profound and lasting trace in a community, much like tree rings that appear over time." We want to thank all the volunteers for their ongoing dedication.

## A WELCOME TO DORA M.



Hello everyone! I have such a pleasure to introduce you to this wonderful lady called Dora. She has been coming to our centre for the past eight months and she is delighted to be part of such energetic and welcoming group.

Dora was born in Udine, a city in north-eastern Italy. She grew up on a family farm with two brothers and one sister. Dora met her husband at a young age and after two weeks of dating he knew she was the one, so he proposed. She remembers that they had to continue dating through love letters as he moved to Canada shortly after their romance began. About a year later they finally reunited in Vancouver and got married.

Together they had two children- one daughter and one son. Dora is also a proud grandma of four grandchildren. She loves spending time with her family and on Sundays she usually cooks a delicious Italian meal for all of them. Some of Dora's hobbies are cooking, gardening and dancing. For a number of years Dora and her husband enjoyed volunteering at the Italian Centre organizing the catering and supporting the gatherings.

At the Centre Dora enjoys the exercises class, entertainment, arts and crafts and all the meals served. She is really happy to come to our Centre, socialize with the seniors and enjoy the activities we offer here.

It is such a nice experience to talk with Dora and find out a little bit about her life. We are so happy to have her in our program as she is always positive and supportive.



## Volunteers are the Roots to Strong Communities

We would like to dedicate this month to our ever-devoted volunteers. With much help from our volunteers at the centre, we are able to have more memorable moments throughout the years. Valuable volunteers have been around for generations. So many of our participants at the center have generously given their service to great community organizations:



*Sharon helped out at the Legion making burgers and chips.*



*Alice has served on our Board of Directors for sixteen years.*



*Kamaljeet volunteered for the Cancer Society for ten years.*



*Miranda started helping out at the Centre in February of this year.*



*Frank K. had great fun setting up hot rod cars at the shopping centres. He slept in the cars overnight to prevent car them from being stolen.*



*Jocelyn (left) started volunteering here at the Centre eight years ago. Tracy (right) donates her time and skills to do hand care for our seniors.*



*The Crow City Singers have been singing their hearts out since 2009.*



*Jeanne's (left) most memorable time was helping at the Queensway Hospital just outside Ottawa. Addie (right) remembers having a wonderful time helping with Brownies for years.*



*Rudi (left) and Oreo (center) have bringing furry friendship to our seniors since last summer.*



I am sure that all of you gave time to your children's school, your church or local charities and we look forward to hearing about your experiences over the next few weeks. Let us all come together yet again and give big thanks to all our precious volunteers for making our center an enjoyable place to visit or hang out.

Tuesday (3-6 PM)	Saturday
	<p>2</p> <p>AM- Origin of April Fools' Day Sit &amp; Stand Fit</p> <p><b>Lunch- Vegetarian Lasagna Green Salad Fruit Salad</b></p> <p>PM- Bingo</p>
<p>5</p> <p>PM- Yahtzee</p>	<p>9</p> <p>AM- Arm Chair Travel to Kelowna &amp; Victoria, BC Sit Fit</p> <p><b>Lunch- Potato Pastry Puffs Lentil Soup Vermicelli Pudding</b></p> <p>PM- Bingo</p>
<p>12</p> <p>PM- Shuffleboard</p>	<p>16</p> <p>AM- Container Gardening Sit &amp; Stand Fit</p> <p><b>Lunch- Broccoli Cheddar Quiche Potato Salad Fruit Salad</b></p> <p>PM- Bingo</p>
<p>19</p> <p>PM- Jewelry Making</p>	<p>23</p> <p>AM- Health Talk: Parkinson's Awareness Month Tai Chi</p> <p><b>Lunch- To be determined by participants</b></p> <p>PM- Bingo</p>
<p>26</p> <p>PM- Cards</p>	<p>30</p> <p>AM- Table Games Tai Chi</p> <p><b>Lunch- To be determined by participants</b></p> <p>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 APRIL CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM- Yoga & Stand Fit Meditation  PM- Shake Loose A Memory Marble Challenge Painting
4 AM- Sit & Stand Fit Health Talk: Intro to Alzheimers  PM- Ping Pong Challenge Snakes & Ladders Request That Tune	5 AM- Tai Chi & Stand Fit Hang Man  PM- Birthday Cards Table Games Fruit Bouquet	6 AM- Sit & Stand Fit Riddles  PM- Songs of the '50s Card Bingo Flower Arranging	7 AM- Yoga & Stand Fit Meditation  PM- Family Fued Marble Painting Jigsaw Puzzles	8 AM- Sit & Stand Fit Word Puzzles  PM- Golf Gardening Senses Alive
11 AM- Sit & Stand Fit Super Foods  PM- Jeopardy & Trivia iPads Gardening	12 AM- Sit & Stand Fit Favourites  PM- Spring Picture Collage Crossword Puzzles Sound Effects	13 AM- Yoga & Stand Fit Meditation  PM- <b>Music with Linda Lujan</b>	14 AM- Sit & Stand Fit Back Care  PM- Bowling Spring Colouring Health Talk: Alzheimers	15 AM- Sit & Stand Fit Spot the Difference  PM- Head Bandz Creative Expressions Minute to Win it
18 AM- Sit & Stand Fit Summer Health  PM- Word Search Senses Alive Spring Craft	19 AM- Sit & Stand Fit Silly Jokes  PM- Shuffleboard Centrepieces Memory Game	20 AM- Sit & Stand Fit Pictionary  PM- Uno Target Bocci Movie Soundtracks	21 AM- Sit & Stand Fit Idioms  PM- <b>Crow City Singers Sing-Along</b>	22 AM- Sit & Stand Fit Gratitude  PM- Dominoes Dreamboards Armchair Travel: Spain
25 AM- Yoga & Stand Fit Meditation  PM- Marble Challenge Sing-a-long Poker	26 AM- Sit & Stand Fit What makes a...  PM- Aqua Painting Animal Bingo Name that Jungle	27 AM- Sit & Stand Fit Optical Illusions  PM- Bean Bag Toss Creative Writing Qwirkle	28 AM- Sit & Stand Fit Spring Memories  PM- You Be the Judge Mandalas Bocci	29 AM- Sit & Stand Fit Word Fun  PM- Bowling Sensory iPads Clay 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
				Roast Beef Mashed Potatoes Salad  Cake
Sweet & Sour Chicken with Rice Asian Greens  Tart	Beef Meatballs Pasta Salad  Fruit	Beef & Pork Meatloaf Potatoes Salad  Cake	Vegetarian Lasagna Salad  Jello	Tex Mex Turkey Shepherd's Pie Salad  Crisp
Beef Stroganoff Noodles Veggies  Sundaes	Baked Fish Rice Veggies  Cake	Turkey Soup Sandwiches Salad  Fruit	Chicken Potatoes Veggies  Jello	Pork Rice Pilaf Salad  Tart
Vegetarian Dish Salad  Cake	Chicken Chow Mein Asian Greens  Tart	Beef Curry Rice Salad  Jello	Fish Soup Scones Salad  Crisp	Chicken & Mushroom Pasta Salad  Fruit
Roast Pork Potatoes Veggies  Fruit	Beef Stew Potatoes Salad  Crisp	Vegetarian Dish Salad  Cake	Chicken Pasta Salad  Fruit	Fish Cakes Scalloped Potatoes Salad  Tart

**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**

**Music with Linda Lujan**  
Wednesday, April 13

**Crow City Singers Sing-Along**  
Thursday, April 21



Alzheimer's disease is a progressive disease. It's the most common cause of dementia — a group of brain disorders that result in the loss of intellectual and social skills. In Alzheimer's disease, the brain cells degenerate and die, causing a steady decline in memory and mental function.

The warning signs includes: memory loss that affects day-to-day abilities, difficulty performing familiar tasks, problems with languages, disorientation in time and space, impaired judgement, problems with abstract thinking, misplacing things, changes in mood and behaviour, changes in personality and loss of initiative.

At present there is no cure for Alzheimer's disease. However, research shows that you can reduce your risk of Alzheimer's and other dementias and slow down the process of deterioration through a combination of healthy habits, including eating right, exercising, staying mentally and socially active and managing stress.

### 阿尔茨海默氏病

阿尔茨海默氏病是一种进行性的导致痴呆症的最常见的疾病。痴呆症是一种伴有智力和社交能力丧失的大脑功能障碍症候群。在阿尔茨海默氏病, 神经元的退化和死亡导致了记忆力和智力功能的进行性下降。

阿尔茨海默氏病的警示性表现包括: 记忆力减退且影响到日常生活能力; 难以完成平时自己熟悉的工作; 语言交流, 时间和空间定向, 以及判断和抽象思维障碍; 迷失方向; 情绪, 行为和性格的变化以及主动性的丧失。

目前还没有治愈阿尔茨海默氏病的方法。然而, 研究表明, 保持健康的生活习惯可以降低患痴呆症的风险且减缓老化的进程。健康的生活习惯包括正确的饮食, 适度的运动, 保持心理健康, 积极参与社交活动, 并且控制和处理好压力。









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**Farewell to Chris**

It is with a heavy heart we say so long to Chris York. Chris worked for RCSS for the last four years and as you know his humour was an added bonus to his creative programs. Chris found another job that required him to start immediately so good-byes were not possible. We all know Chris loved working with seniors and he will miss you all very much.

The staff, volunteers, and participants would like to wish him well in his new position.

All the best to you, Chris.



**Birthdays**

Ha ~ April 1

Teresa ~ April 6

Hans ~ April 7

Muriel ~ April 7

Rosa C. ~ April 12

Chieu ~ April 15

Ena ~ April 15

Doris ~ April 20

Anna ~ April 28



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# MORE MEMORIES

