

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

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

NEWSLETTER



August 2016

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



*Muriel and Rose in the
Mosaic Workshop*

ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating our 40th 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, Christina, Micheli, Wai Yee, Faith, Carmen, & Maricris

Editorial:

Donna, Olga, Stephanie & Carmen

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

Hours

10:00 AM - 3:00 PM
Monday & Wednesday - Saturday
10:00 AM- 6:00 PM
Tuesday

Telephone: 604.430.1441
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Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society

August 2016 Newsletter

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Annual General Meeting

10:30 AM
Saturday, October 15

Renfrew- Collingwood Seniors Society

Lunch to follow.

Board of Directors



Tara Abraham



Matthew Brikis



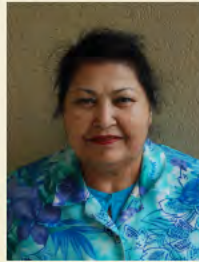
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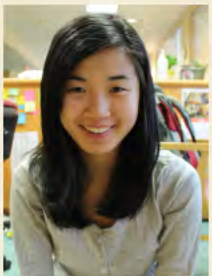
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Maricris Negrana



Samuel Iwama



Marilee Sinlao



Rose Smith



Christina Webster



Daniel Meszaros



I am hoping by the time you are reading this article that I am in my old stomping grounds, good old St. John's (or known to us as Sin City). A visit always does my heart the world of good as seeing old friends, visiting elderly aunts and uncles, and reconnecting with the community where I grew up is always enjoyable. My community, named Shea Heights, is small and inhabited by generations of the same family members – pretty much all my Mom's family live there. It is so close to being the most easterly point in north America; just shy a couple of miles. The clean, fresh Atlantic winds, although at times will cut you in half (as the saying goes) always reminds me of the purity of the air and people. I'll try and come back in one piece!

Our 40th anniversary is coming up in October and we want your input for the festivities. We plan on having a celebration after our Annual General Meeting on October 15th and would like to hear from you again with your ideas. I took the liberty of inviting our dear friend Audrey Irving to come speak about the birth of our Society. Audrey worked for RCSS for thirty years so she knows about our successes and challenges long before any of us were associated with the organization. Audrey was instrumental in getting the initial funding for our Adult Day Program and Drop-In and we continued to build on that achievement. So if you have suggestions for entertainment, food, activities or anything else for that matter, please let me know soon so I can get the plans in motion.

Supporting our caregivers is a high priority for us this year so we are in the process of designing a questionnaire that will be sent out by August 1st and we would appreciate getting it back by August 15th. Basically we are trying to figure out how we can support you while you are caring for your loved ones. We are very familiar with caregiver burnout and would like to alleviate some of the stress associated with caring for aging adults. It would be great to have more seniors from our programs on the board but it is becoming more obvious that is less likely to happen. If participants are not able to represent themselves, then the prospective of caregivers would be crucial in determining the direction we take in the future, especially when it comes to caregiver support initiatives. Please consider running for the Board and being part of our creative strategies and solutions to complex situations.

A WORD FROM WAI YEE: DIVERSITY



The Pride Parade is one of the significant events that happens annually and it attracts hundreds of thousands of people. Each year, in late July and early August, members in the community with friends and family join together to celebrate their lives, closeness and progress in the areas of equality and tolerance. Vancouver is a mix of different ethnicities, religions, sexual orientations and cultural groups from all over the world. Our population is extraordinarily diverse and it values diversity as a source of creativity and strength. This province was founded on First Nations territory and enhanced by immigrants from many nations worldwide. Our laws give everyone equal rights and equal access regardless of origin, religion, race, gender, sexual orientation, ability or politics. Our commitment to diversity and inclusiveness is reflected in our mission statement by making sure that all the citizens have complete access to public services and live free of prejudice and discrimination. "To create a great city of communities, which cares about its people, its environment, and the opportunities to live, work and prosper." At our Centre, we are a smaller version of the diversity in our city and country but we truly value and respect the experiences of every individual.



A big hello to Ciu Ying, a lovely lady who recently joined us at RCSS. Although it took a little time for her to adjust to the centre, she now likes coming to the program because she has made friends and enjoys the good food. She's happy to be joining us here at RCSS.

Ciu Ying was born in Guangdong, which is a coastal province in southeast of China, near Hong Kong and Macau. She lived there until 2002 then she moved to Canada.

When she first moved here she did not feel comfortable in her new environment because she could not communicate with many people. Although she still does not speak English, after being in Canada for 14 years now, she has adapted to her surroundings and Canadian culture.

Ciu Ying is the second youngest amongst her siblings. She has 5 siblings – 1 younger brother, 1 younger sister, and 3 older sisters. Ciu Ying lives with her second youngest daughter and her 2 granddaughters and 1 grandson. She is a grandmother to a total of 7 grandchildren.

Growing up, Ciu Ying ate a lot of fresh fish since her father was a fisherman. Her father mainly fished for salty fish, just like her husband. When it became time for Cui Ying to work, she worked in a variety of different places to make money to support herself and raise her family. She worked in warehouses to package products and in the production of soy sauce. However, she spent most of her working days knitting mats. She decided she would stop working to care for her children because paying someone to care for her children started to cost too much. Now that she is retired, when Cui Ying is not at our centre, she spends her days caring for her grandchildren, watching television, and exercising at home.

A big welcome Ciu Ying and even if you do not speak Chinese a big smile sent her way is always embraced.

一個大打招呼克Ciu Ying, 一個可愛的姑娘誰最近加入我們的RCSS。雖然花了一點時間給她調整到中心, 她現在喜歡來的計劃, 因為她已經交上了朋友, 並享有良好的食物。她高興能在這裡RCSS加入我們的行列。

克Ciu Ying出生在廣東, 這是一個沿海省份在中國東南部, 毗鄰香港, 澳門。她住在這裡, 直到2002年然後, 她移居加拿大。當她第一次搬到這裡, 因為她無法與很多人交流, 她並沒有感到在她的新環境舒適。雖然她還不會說英語, 在加拿大是用於現由14個年後, 她已經適應了她的周圍和加拿大文化。

Ciu Ying 是老二老三之間她的兄弟姐妹。她有5兄弟姐妹 - 1弟弟, 1個妹妹和3個姐姐。克Ciu Ying的生活與她的第二個最小的女兒和她的孫女2和1個孫子。她是奶奶一共有7孫子。

長大後, 克烏英吃了很多新鮮的魚, 因為她的父親是一個漁夫。她的父親主要捕撈鹹魚, 就像她的丈夫。當它成為時間崔穎工作, 她曾在各種不同的地方賺錢養活自己, 提高她的家人。她曾在倉庫打包產品, 並在生產的醬油。然而, 她花費了大多數她的工作日編織墊。她決定她會停止工作, 照顧她的孩子, 因為付錢讓別人來照顧她的孩子們開始花費太多。現在, 她已退休, 當崔鶯鶯是不是在我們中間, 她花幾天照顧她的孫子, 看電視, 和在家裡鍛煉。一個大受歡迎的克Ciu Ying, 即使你不會說中國話大笑著送她走的路總是擁抱。

COMMUNITY DAY PROGRAM AUGUST CALENDAR

Tuesday (3-6 PM)	Saturday
<p>2</p> <p>PM - Sit Fit Musical Bean Bag Toss</p>	<p>6</p> <p>AM - Kitchen Fun: Ice Cream Sandwiches</p> <p>PM- Bingo</p>
<p>9</p> <p>PM - Jewelry Making</p>	<p>13</p> <p>AM - Summer Olympics in Rio</p> <p>PM - Bingo</p>
<p>16</p> <p>PM - Sit Fit Card Games</p>	<p>20</p> <p>AM - Summer High Tea</p> <p>PM - Bingo</p>
<p>23</p> <p>PM - Jeopardy</p>	<p>27</p> <p>AM - Health Talk: Sunscreen & Skincare</p> <p>PM - Bingo</p>
<p>30</p> <p>PM - Sit Fit Crafting at Home</p>	



Drop-Ins Welcome

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

ADULT DAY PROGRAM AUGUST CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>BC Day</p> <p>Centre Closed</p>	<p>2</p> <p>AM - Sit & Stand Fit Mental Aerobics</p> <p>PM - Centrepieces Table Games Marble Challenge</p>	<p>3</p> <p>AM - Sit & Stand Fit Famous Sayings</p> <p>PM - Paper Airplanes Summer Craft Music Medley</p>	<p>4</p> <p>AM - Sit & Stand Fit Word Fun</p> <p>PM - Bead Sorting Bananagrams Request That Tune</p>	<p>5</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - Musical Bean Bags Mosaic Art Qwirkle</p>
<p>8</p> <p>AM - Sit & Stand Fit Friendship Day</p> <p>PM - Bingo Diversity Word Search What's That Sound?</p>	<p>9</p> <p>AM - Sit & Stand Fit Definitions</p> <p>PM - Senses Alive Ping Pong Challenge Sun Catchers</p>	<p>10</p> <p>AM - Sit & Stand Fit Languages</p> <p>PM - Linda Lujan</p>	<p>11</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - Ipad Workshop Minute to Win It Community Walk</p>	<p>12</p> <p>AM - Sit & Stand Fit Mental Aerobics</p> <p>PM - Cooking Corner Mini Golf Dance Hour</p>
<p>15</p> <p>AM - Sit & Stand Fit Relaxation</p> <p>PM - Jeopardy Ice Cream Making Shake Loose A Memory</p>	<p>16</p> <p>AM - Sit & Stand Fit</p> <p>PM - Mosaic Pots The Price is Right Dominoes</p>	<p>17</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - Card Games Ring Toss Paper Craft</p>	<p>18</p> <p>AM - Sit & Stand Fit Diversity Presentation</p> <p>PM - Diversity Day Trivia Diversity Craft Diversity in Music</p>	<p>19</p> <p>AM - Sit & Stand Fit Buzz Words</p> <p>PM - Bowling Painting Armchair Travel</p>
<p>22</p> <p>AM - Sit & Stand Fit Seniors Day</p> <p>PM - Musical Dice Trouble Card Making</p>	<p>23</p> <p>AM - Tai Chi Crazy English</p> <p>PM - Paper Mache Jenga Carpet Toss</p>	<p>24</p> <p>AM - Sit & Stand Fit</p> <p>PM - STEP OUT</p>	<p>25</p> <p>AM - Sit & Stand Fit Categories</p> <p>PM - Paper Mache Puzzles Target Bocci</p>	<p>26</p> <p>AM - Sit & Stand Fit What's That Saying?</p> <p>PM - Shuffleboard Spa Day Crosswords</p>
<p>29</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - Sing-A-Long You Be the Judge Coin Toss</p>	<p>30</p> <p>AM - Sit & Stand Fit What Is It?</p> <p>PM - Sound Effects Card Bingo Centre Decorations</p>	<p>31</p> <p>AM - Sit & Stand Fit Word Find</p> <p>PM - Scrapbooking Community Walk Card Bingo</p>		

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



ADULT DAY PROGRAM AUGUST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 BC Day Centre Closed	2 Chicken Souvlaki Lemon Potatoes Greek Salad Rice Pudding	3 Roast Beef Mashed Potatoes Salad Fresh Fruit	4 Vegetarian Soup Egg Salad Sandwich Salad Ice Cream Sandwich	5 Baked Fish Rice Steamed Veggies
8 Roasted Pork Potatoes Veggies Banana Pie	9 Beef Pasta with Sauce Salad Fresh Fruit & Jello	10 Veggie Casserole Salad Cake	11 Fish Pie Salad Fruit Smoothies	12 Chicken Soup Tortilla Salad Pudding
15 Fish Chowder Scones Salad Fresh Fruit	16 Pork Stew Perogies Veggies Cake	17 Chicken & Mushrooms Pasta Salad Crisp	18 Beef Meatloaf Mashed Potatoes Veggies Pie	19 Veggie Mushroom Burgers Potato Salad Jello
22 Chicken Parmesan Pasta Salad Jello	23 Baked Fish Potatoes Salad Smoothies	24 BBQ Pork Scalloped Potatoes Salad Fresh Fruit	25 Chicken Chow Mein Asian Greens Fresh Fruit	26 Beef Meatloaf Pasta Salad Cake
29 Veggie Casserole Salad Cake	30 Sweet'n'Sour Chicken Rice Asian Greens Sundaes	31 Fish Cakes Coleslaw Potatoes Cheesecake		

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

BC Day, Centre Closed
Monday, August 1

Music with Linda Lujan
Wednesday, August 10

Step Out
Wednesday, August 24



Renfrew Collingwood (RC) Seniors Celebrate Canada Day in Style

There's an old saying that a special day doesn't always have to be celebrated on the exact day. Even if there isn't one, there should be! The RC Seniors chose Saturday, July 2, 2016 to celebrate Canada's 149th birthday. Festivities began at 10am. The next four hours were a whirlwind of activities for the cheery celebrators.

Talk about walking in and being mesmerized. The room was full of Canadian cheer, from the Canadian flag covering the front window to the flags hugging the room to the pinwheel table centerpieces. What a way to start the day!

First on deck was a Canada Day tea time. Sticking with the theme, we gathered around the tables enjoying tea and coffee complete with an oven fresh maple walnut muffin. As we chatted away, Daniel bounced from person to person putting a maple leaf tattoo on us. Smiling anyone?

In the background, you could hear guitarist and singer John Cronin strumming his guitar preparing to bust out tunes. John, a RC crowd favourite, awakened our dancing feet and fed our soul with his beautiful guitar sounds and songs. A great surprise (or should we say delightful shock) was when Daniel danced, wiggled, and charmed us with his wild and wacky dancing to John's music. Every fabulous performer needs a wardrobe stylist. Let's sign up for his next gig. Even John said that Daniel stole the show and should join him on the road. Then it was time to have lunch, specially prepared by Sami. On the menu was lasagne, Caesar salad, and garlic bread with a delicious piece of cake iced and stuffed with fresh fruit. Double yum. What's next? Could there be more? Yes.

Time for a special Canada Day Bingo, a beloved game. Bingo rocked, with everyone praying to win a Canada-themed prize. Loud calls of "Bingo!" echoed throughout the Centre.

Thank you to everyone who celebrated Canada's birthday the 'senior style way.' Special thanks to Cassandra for her superb planning skills and her delicate touch in making us feel welcomed and safe. Daniel, you rocked as the dancing entertainment and the crazy number caller for Bingo. Sami, where would we be without your delicious food. A special merci to Donna for putting her stamp of approval on the celebrations and insisting we had fun. Guess what, Donna? We had fun and that's what the day was all about. Hey everyone, why don't we meet at Canada's 150th!

INTRODUCING CARMEN



Hi everyone, my name is Carmen. I completed my Bachelor's of Health Science with a minor in Gerontology at Simon Fraser University. While attending university, I volunteered with another adult day program for 4 years. I began volunteering at a young age and I continue to volunteer in a variety of different settings, such as special events, sports tournaments, schools, and the Downtown east side.

I have one younger sister whom I'm very close to. I was born and raised in Vancouver all my life. I enjoy going on adventures to explore different places. I love a great challenge because it gives me a new perspective and helps me grow as a person as well. I am passionate about giving back to the community and making a difference.

I'm excited to continue to meet new people here and all the new things I'll learn. I'm very fortunate and appreciative to be working in such a great environment surrounded by great people!







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FAREWELL TO STEPHANIE



A BIG THANK YOU to Stephanie for her years of service to RCSS. Like many of the staff at our Centre, Stephanie started here as a volunteer. She helped in administration, recreation and then accepted

the responsibility of overseeing the publication of our monthly newsletter. Steph has been so reliable and has gone beyond the call of duty many times.

Seven years ago (not long after I started here) Steph arrived in Vancouver from Burns Lake, BC. She applied for a volunteer position and I jumped at the chance of having her here because I knew she would be an asset and in those days we had no money to hire extra staff. Steph came and helped us, out of the goodness of her heart. When I was short of staff I knew who to call – she would be here with bells on because she really cared about the seniors and the Centre. Words cannot express how grateful I am to her for always being there.

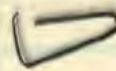
Over the last few years Steph completed her degree in English, worked full time and managed to do our newsletter. She now plans on heading to Langara to obtain a diploma in Publishing. I'm sure I speak on all of our behalf, in wishing Stephanie success in her study and we can only hope that whoever is lucky enough to hire her appreciates all the value she brings to her work. Good luck Steph and thanks again!

Donna



I would like to say how much I enjoyed working with all of you and how much I learned in the process. You helped me to discover the joy of helping others and the rewards of being part of something larger than myself, and I will carry that with me into the adventures ahead. I'll miss you all, and I hope to see you again. ~ Stephanie

Birthdays



Antonio ~ August 1

Hilda ~ August 8

Se Tak ~ August 14

Quoc Binh ~ August 16

Frank ~ August 17

John ~ August 19

Peggy ~ August 25



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