

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

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

NEWSLETTER

July 2016

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Joan & Eunice

Happy Canada Day!

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:
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Donna, Olga,
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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
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Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society

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Christina Webster



Daniel Meszaros



The fruits of our labour are evident in our beautiful garden thanks to Rose's diligence and guidance. We will be expanding our little piece heaven in the next month or so with the addition of two benches and a couple of more planters. We appreciate your suggestions and will try and incorporate all the wonderful ideas put forth. Please remember to attend our Mosaic Workshops on Tuesday, July 12th and 19th here at the Centre from 3:00 – 4:30. Our local artist Yoko will be leading the workshops and creating beautiful, handmade art with you for our garden. It'll be nice for you to leave your mark on the community garden.

On Canada Day weekend our trusty student Daniel has planned a few activities for the Drop-In program. I gather there will even be a Canada Day Bingo with special treats. Lunch will be free for you on Saturday, July 2nd so bring a friend to take advantage of the celebration. Those of you who come regularly will be given a ticket or two upon request.

We received more money from the City of Vancouver to continue our work on homelessness. The boys from Windermere will be back in September, as well as the Nootka Elementary School students to help us with creating goodie bags. It is amazing how the children and teenagers grow over the summer. This will be our fourth year working with the schools. Seeing the children mature from kindergarteners to preteens and preteens to young adults has been a great experience for all of us. The activities were so successful last year we decided to do them all again.

I'm heading back to see my mother the end of the month. It's been way too long since I've seen her with unexpected surgery last year and going to my son's graduation. That marked the first year that I had not returned home for a visit. I'm looking forward to Mom's tender loving care and reciprocating every bit of it. I'll be home for her 78th birthday and we'll have a big family dinner to celebrate. I'll take lots of pictures to share including some of our four new babies.

Remember as the weather turns warmer to drink lots of water. Dehydration can wreak havoc on your body and brain. If you find that you are feeling confused it may be as simple as needing a big drink of water. Stay out of the direct sunlight and use sunscreen. Most importantly, do not leave your windows opened if it is hot – there are too many predators lurking about.

A few staffing updates: Micheli has decided to go to casual status so she can focus on getting her accreditation in Physiotherapy. She will cover for staff that are sick or on vacation. Micheli needs to do this for herself and her family. Who knows maybe she will be back working with us in a different capacity. We wish you well Micheli, and good luck on the exams. Carmen Giang will fill Micheli's position. Carmen has been working here as the casual for several months and knows the ropes. Welcome Carmen. We look forward to having you on the recreation team. Sami Iwama has also joined the organization as casual activity worker. Sami loves to cook and will be helping in the kitchen until we find a permanent replacement. Our Billy Zhao has also returned for the summer and he will be covering for vacation and leaves.

We look forward to enjoying the upcoming months with you!





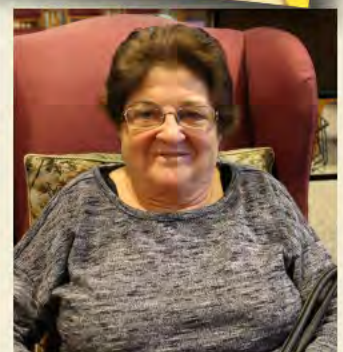
Good day to all! It is a pleasure and honor for me to present Hans, who just had his first anniversary with us at the Centre.

Hans lived with his mother in a small German village throughout his school years. He left his hometown in 1960 to go to Frankfurt. He stayed in Frankfurt a short while before he decided to venture out and travel around the world with a friend. Canada was his first destination. He visited Montreal by boat, then Ontario where he stayed for 19 weeks. In September 1962, he came to Vancouver, B.C. where he stayed for two years. With the beautiful scenery of mountains surrounding him, he decided this is the place for him. In September 1964 he went home to tell his mother that he will not be back to live in his old hometown. From that time on, he did go back every two years to see his mother.

Hans' love of traveling brought him to every continent in the world, including Antarctica. One of his passions is climbing and hiking. He climbed the highest mountain in Europe (Elbrus) when he was about 22 years old. His most recent climbing expedition was to Mount Kilimanjaro (the tallest mountain in Africa) in 2001.

As a child Hans wanted to be a teacher, but he decided not to pursue it for political reasons. Hans said his favorite subject -the only subject that he did well in- was math. So, not surprisingly, he became a mechanical engineer. He designed paper mills all over the world and continued with his career in Vancouver. Hans met a Chinese woman and got married in 1975. He has a son and a daughter. He is also now a grandfather to a young grandson.

Hans loves B.C. but felt that it would never be the same after Expo '86 when the world discovered how beautiful this young province was. Hans is a well-travelled man with many great experiences behind him. Hans, we are very happy to have you with us at the center to share all your worldly experiences.



COMMUNITY DAY PROGRAM JULY CALENDAR

Tuesday (3-6 PM)	Saturday
	2 Canada Day Celebration
5 PM- Table Games	9 AM- Canning 101: Jam PM- Bingo
12 PM- Mosaics	16 AM- Armchair Travel to Shanghai PM- Bingo
19 PM- Mosaics	23 AM- Health Talk: International Self-Care Day PM- Bingo
23 PM- The Price is Right	30 AM- Crafting Fun: Flower Brooches 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 JULY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Canada Day Centre Closed
4 AM- Sit & Stand Fit Hangman PM- Word Search Animal Bingo Request That Tune	5 AM- Sit & Stand Fit Finish That Phrase PM- Music with Heart & Soul	6 AM- Sit & Stand Fit Word Find PM- Minute to Win It Painting Folk Music	7 AM- Gentle Yoga & Stand Fit Word Meanings PM- Target Bocci Centerpieces TED Talk	8 AM- Sit & Stand Fit Scattergories PM- Sensory Fun Spa Day Carpet Toss
11 AM- Sit & Stand Fit Word Fun PM- Poker Flower Arranging Snakes & Ladders	12 AM- Sit & Stand Fit Summer Trivia PM- Mosaic Tiles Headbandz Musical Twister	13 AM- Sit & Stand Fit Word Opposites PM- Drumming with Ron	14 AM- Sit & Stand Fit Guessing Game PM- Olympic Craft History of Fashion Qwirkle	15 AM- Gentle Yoga & Stand Fit PM- Card Bingo Jenga Sponge Painting
18 AM- Gentle Yoga & Stand Fit PM- The Price is Right Sounf Effects Bowling	19 AM- Sit & Stand Fit Word Play PM- Mosaic Tiles Current Events Bocci	20 AM- Sit & Stand Fit Riddles PM- iPad Workshop Memory Match Shuffleboard	21 AM- Sit & Stand Fit Trivia PM- Crow City Singers	22 AM- Sit & Stand Fit PM- STEP OUT
25 AM- Sit & Stand Fit Mental Aerobics PM- Dominoes Word Play Story Mini-Golf	26 AM- Tai Chi Languages PM- Picture Frames Music Hour Olympic Crossword	27 AM- Gentle Yoga & Stand Fit PM- RCSS Olympic Games Day	28 AM- Sit & Stand Fit Facial Expressions PM- Costume Collage Community Walk Sing-along	29 AM- Sit & Stand Fit Pictionary PM- Marble Challenge Copy Cat Drawing Shake Loose a Memory

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
				Canada Day Centre Closed
TBA	Fish & Dill Sauce Rice Salad Cake	Chicken Pasta Salad Fruit	Beef Potatoes Veggies Jello	Chinese Pork Noodles Veggies Fruit
Veggie Casserole Salad Pie	Chicken Soup Egg Salad Sandwiches Fruit	Fish Cakes Potatoes Salad Jello	Pineapple Pork Rice Veggies Fruit	Beef Meatballs Potatoes Salad Crisp
Soft Beef Tacos Salad Rice & Beans Fruit	Veggie Frittata Pasta Salad Jello	Korean Pork Soup Salad Cake	Panko Fish Scalloped Potatoes Salad Crepes	Chicken Parmesan Noodles Salad Sundaes
Chicken Jambalaya Rice Salad Cake	Beef & Beer Stew Mashed Potatoes Veggies Fruit	Veggie Lasagna Salad Crisp	Chicken Chop Suey Noodles Sundaes	Fish Chowder Scones Salad Cake

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

Canada Day, Centre Closed
Friday, July 1

Music with Heart & Soul
Tuesday, July 5

Drumming with Ron
Wednesday, July 13

Crow City Singers
Thursday, July 21

Step Out
Friday, July 22

RCSS Olympic Games Day
Wednesday, July 27

Diabetes and Foot Care



People with diabetes often have trouble with their feet, because diabetes can damage your nerves. If this happens, you might not feel hot, cold or pain in your feet. Little cuts or sores, if not cared for, can then become deeper and bigger sores called ulcers. This can be a very serious problem because diabetes can also damage blood vessels and cause poor blood flow in your legs. Without good blood flow, sores take longer to heal. If ulcers become infected, or foot tissue starts to die because of poor or no blood flow, you may have to go to the hospital.

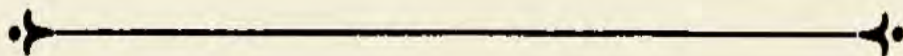
In the worst cases, doctors may have to remove toes, a foot or a leg. Therefore, it is very important to:

1. Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin.
2. Dry your feet carefully, especially between your toes.
3. Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc.
4. Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.
5. Don't cut the toenails too short and file any sharp edges after cutting toenails.
6. Apply a good lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture can promote infection.
7. Wear fresh clean socks and well-fitting shoes every day. Whenever possible, wear white socks – if you have a cut or sore, the drainage will be easy to see.

糖尿病与足部护理

因糖尿病会引起神经损害，糖尿病患者往往伴有足部的感觉障碍。病人可能不会感到足部的冷，或疼痛。如足部有小伤口而得不到及时护理，就会发展成更深更大的伤口。糖尿病患者伴足部伤口是非常严重的。因糖尿病同样也会损害血管而引起下肢和足部的血液循环障碍。足部伤口得不到足够的血液供应就很难愈合。如果伤口被感染或足部因缺血开始坏死，就必须去医院治疗。严重的情况下，医生可能需要截去脚趾，足部或腿部。因此以下日常足部护理是非常重要的：

- 1.用温水和温和的肥皂洗脚。不要泡脚，因其可导致皮肤干燥。
- 2.仔细擦干双脚，特别是脚趾。
- 3.检查你的脚和脚趾，以确保没有任何伤口，裂痕，嵌甲和水疱。
- 4.用温和的肥皂和水洗小伤口或划痕，用适合自己皮肤敏感性的干敷料覆盖。
- 5.脚指甲不要剪得太短且剪后平其。
- 6.在脚后跟和脚掌涂擦护肤乳液，但不要涂在脚趾。擦去多余没被吸收的乳液以防过多的水分致感染。
- 7.每天穿新且干且合脚的袜子。尽量穿白色的袜子，如有伤口将很容易见其渗出物。









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Birthdays

Addie ~ July 2

Diane ~ July 5

Nelly ~ July 12

Wanda ~ July 16

Maria O. ~ July 16

Barbara ~ July 19

Maria W. ~ July 23

Elousie ~ July 25



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