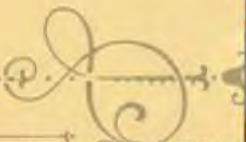




RENFREW COLLINGWOOD SENIORS SOCIETY
蘭菲高靈活耆英會

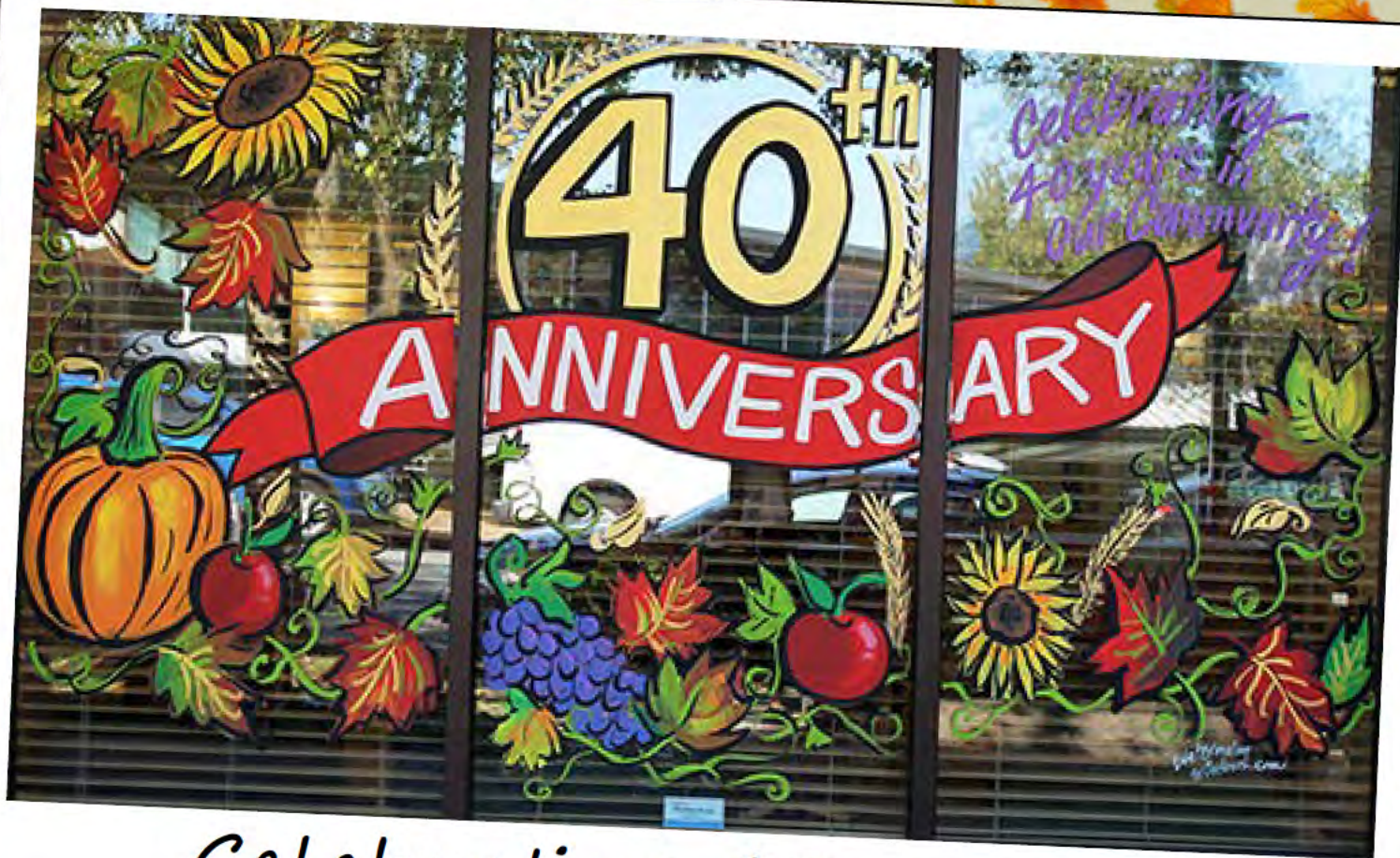
NEWSLETTER



October 2016

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



*Celebrating 40 years of
taking seniors to heart!*

SPECIAL 40TH ANNIVERSARY EDITION

As a way to celebrate our 40th Anniversary, we wanted to have a few yearbook like elements to celebrate the wonderful individuals we have at the Centre. We hope you enjoy this special edition of the newsletter!



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, Venus, Olga, Carol, Christina, Wai Yee, Faith, Carmen, Maricris, & Barbara

Editorial:

Donna & Carmen

Hours:

Monday, Wednesday - Friday
8:00AM - 4:00PM

Tuesday
8:00 AM - 6:00 PM

Saturday
9:00AM - 3:30PM

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

Telephone: 604.430.1441
Fax: 604.437.1443
Email: rcss@rencollseniors.ca
Or visit our website at
www.rencollseniors.ca

Renfrew Collingwood Seniors' Society
October 2016 Newsletter

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**Notice of Annual General Meeting
Renfrew-Collingwood Seniors Society
2970 East 22nd Avenue**

**Saturday, October 15, 2016
10:30 AM**

**40th Anniversary Party to follow.
Lunch, guest speakers, tribute to Alice Frith,
prize draws, and entertainment.**

Board of Directors



Tara Abraham



Matthew Brikis



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

Staff



Donna Clarke



Venus Behfarnia



Carol Yi



Wai Yee Chou



Faith Malakoff



Carmen Giang



Maricris Negrana



Christina Webster



Rose Smith



Samuel Iwama



Marilee Sinlao



Cassandra Ly



Well there is lots to talk about this month but the one thing I want to focus on is the service of one special employee, that being Olga. As most of you know Olga is ready to leave the safety of our Renfrew Collingwood nest and go on to bigger career opportunities. She has taken a position with Ability BC which is another non-profit in the area that serves people with disabilities. This is bitter sweet because we are so proud and pleased for Olga but she will leave a huge void in our Society. A Jane-of-all-trades, her role was so crucial to the administration aspect of the Society.

Olga started with us back in 2009 as a volunteer. She did receptionist duties and helped me with administration. We had very little money those days and could not hire admin staff but out of the goodness of her heart Olga came in a couple of days a week to help.

The following year our contracted bookkeeper left so I was able to pay Olga. With the pay came more responsibilities and I can assure you she was up to the task. As time went by I would take every extra dollar and apply it to keeping Olga with us but the big break came when we merged Lion's Den program with ours. I promoted Olga to Financial Administrator and she went full time. It was such a relief for me because I could focus on other issues related to the merger, a pending Vancouver Coastal Health review, advocacy work around HandyDart and the restructuring of the care planning process within the sector.

Olga continued to prove herself in every aspect of the job and earned the final step of her position here last year with another promotion. That's as far as she can go with our organization and she deserves so much more. So with a heavy heart I wish my "Left Hand Woman" all the success and happiness in the world. Thank you Olga for all your dedication to the seniors, staff and organization. You'll always have a special place in our hearts.

CLUB PHOTOS

Featured below are clients in our arts & crafts club showing off their hardwork!





In our September Newsletter, we had a picture of one of our clients in the "Guess Who" game. Has anyone guessed who that client may be? You were right if you guessed that it was Joan Quon.

Joan has been with us at the center since April of 2016. You may recognize her as the elegant lady who dresses very well. If you had the pleasure of sitting next to her in the dining room you would also know she has a very good sense of humour and impeccable manners!

Joan is the second eldest of 6 children. She has 4 brothers and a sister. She was married at the young age of 18 in Hong Kong and came to Vancouver in 1964. She was an entrepreneur who opened a successful restaurant which she ran for 10 years with the help of her children.

During her days of managing her restaurant business, she did not have much time for leisure. However, when she did find time for herself, she loved to visit with her friends and play the game of mah-jong.

Joan has four children; one of whom she lives with now in Vancouver. She is also a grandmother of a beautiful granddaughter and a grandson. She is quite close with her family and she will happily chat about them with all of her friends here at the centre. Let us all welcome this elegant lady for coming to our center and wishing her great time with us.

BIRTHDAY CELEBRATIONS



Everyone's birthday is celebrated here at RCSS. Here are a few big birthdays we celebrated recently! Our young friend Heinz celebrated his 102nd birthday in September looking sharp as always. We also had an early 80th birthday celebration for Teresita as she will be away on vacation for her birthday.



Tuesday (3PM-6PM)	Saturday (10AM-2PM)	Tuesday (3PM-6PM)	Saturday (10AM-2PM)
CALENDAR	1 AM – Health Talk: Arthritis PM - Bingo	MENU	1 Chicken Chow Mein Garlic Broccoli Lemon Bar
4 PM – Steady Feet/Sit Fit Mug Decoration	8 AM – Storytelling: Harvest Festivals PM - Bingo	4 Pork Shepard's Pie Salad Fresh Fruit	8 Grilled Cheese Squash Soup Garden Salad Fresh Fruit
11 PM – Steady Feet/Sit Fit Jeopardy	15 AM – Table Games PM - Bingo	11 Fish Rice Greens Lemon Cheesecake	15 Baked Fish Steamed Veggies Brown Rice Apple Pie
18 PM – Price is Right	22 AM – Crafting Fun: Mason Jar Candle Holder PM - Bingo	18 Meatloaf Potatoes Salad Fruit & Yogurt	22 Roasted Chicken Roasted Garlic Potato Garden Salad Vanilla Cupcakes
25 PM – Armchair Travel	29 AM – Baking: Pumpkin Pie PM - Bingo	25 Veggie Casserole Salad Jello	29 Chicken Mushroom Cream Pasta Roasted Veggies Fruit Salad

Drop-Ins Welcome

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM - Sit Fit & Stand Fit Word Chains</p> <p>PM - Bananagrams Centrepieces Shuffleboard</p>	<p>4</p> <p>AM - Sit Fit & Stand Fit Scattergories</p> <p>PM - Qwirkle Sound Effects Bocci</p>	<p>5</p> <p>AM - Sit Fit & Stand Fit What Am I?</p> <p>PM - John Cronin</p>	<p>6</p> <p>AM - Sit Fit & Stand Fit Word Scramble</p> <p>PM - Card Games Coin Toss Art Fun</p>	<p>7</p> <p>AM - Gentle Yoga & Steady Fit</p> <p>PM - Musical Fun Spa Day Bean Bag Toss</p>
<p>10</p> <p>THANKSGIVING DAY</p> <p>CENTRE CLOSED</p>	<p>11</p> <p>AM - Sit Fit & Stand Fit Mental Aerobics</p> <p>PM - Spooky Craft Request That Tune Bowling</p>	<p>12</p> <p>AM - Sit Fit & Stand Fit What Shall We Play?</p> <p>PM - Carpet Toss Thanksgiving Trivia Jenga</p>	<p>13</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - 40th Anniversary Celebration</p>	<p>14</p> <p>AM - Sit Fit & Steady Fit Short Program</p> <p>PM - 40th Anniversary Celebration</p>
<p>17</p> <p>AM - Sit Fit & Stand Fit Short Program</p> <p>PM - Best of Western Minute To Win It Dominoes</p>	<p>18</p> <p>AM - Tai Chi & Stand Fit Hangman</p> <p>PM - Price is Right Senses Alive Word Search</p>	<p>19</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - Community Outing You Be the Judge Pumpkin Decoration</p>	<p>20</p> <p>AM - Sit Fit & Stand Fit Memory Game</p> <p>PM - Crow City Singers</p>	<p>21</p> <p>AM - Sit Fit & Steady Fit TED Talk</p> <p>PM - Snakes & Ladders Bingo Weaving</p>
<p>24</p> <p>AM - Gentle Yoga & Stand Fit</p> <p>PM - Name That Place Marble Challenge Dice Game</p>	<p>25</p> <p>AM - Sit Fit & Stand Fit Which Doesn't Belong</p> <p>PM - Jeopardy Mini Golf Pumpkin Seed Craft</p>	<p>26</p> <p>AM - Sit Fit & Stand Fit Symbols & Signs</p> <p>PM - Windermere Community Connection</p>	<p>27</p> <p>AM - Sit Fit & Stand Fit Three Letter Words</p> <p>PM - Halloween Craft Ping Pong Challenge Crosswords</p>	<p>28</p> <p>AM - Sit Fit & Steady Fit Halloween Memories</p> <p>PM - Dominoes Card Making Target Bocci</p>
<p>31</p> <p>AM - Sit Fit & Stand Fit Superstitions</p> <p>PM - HALLOWEEN PARTY</p>				

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



ADULT DAY PROGRAM MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Sweet & Sour Chicken Rice Asian Greens</p> <p>Fresh Fruit</p>	<p>4</p> <p>Grilled Cheese Vegetable Soup Salad</p> <p>Cake</p>	<p>5</p> <p>Beef Shepard's Pie Salad</p> <p>Crisp</p>	<p>6</p> <p>Apples & Pork Roast Potatoes Vegetables</p> <p>Fruit Smoothie</p>	<p>7</p> <p>Baked Fish Rice Salad</p> <p>Pudding</p>
<p>10</p> <p>THANKSGIVING DAY</p>	<p>11</p> <p>Chicken Chow Mein Asian Greens</p> <p>Fruit & Yogurt</p>	<p>12</p> <p>Lasagne Vegetables Salad</p> <p>Jello</p>	<p>13</p> <p>Traditional Thanksgiving Meal</p>	<p>14</p> <p>Traditional Thanksgiving Meal</p>
<p>17</p> <p>Beef Meatloaf Potatoes Salad</p> <p>Jello</p>	<p>18</p> <p>Pork Stew Rice Salad</p> <p>Pudding</p>	<p>19</p> <p>Fish Cakes Pasta Veggie Medley</p> <p>Fresh Fruit</p>	<p>20</p> <p>Greek Chicken Lemon Potatoes Greek Salad</p> <p>Cake</p>	<p>21</p> <p>Perogies Vegetables Cabbage Roll</p> <p>Fruit</p>
<p>24</p> <p>Pork Chops in Tomato Sauce Pasta Salad</p> <p>Cake</p>	<p>25</p> <p>Roast Beef Potatoes Salad</p> <p>Jello</p>	<p>26</p> <p>Chicken Soup Egg Salad Salad</p> <p>Pie</p>	<p>27</p> <p>Veggie Casserole Salad</p> <p>Fruit</p>	<p>28</p> <p>Poached Fish Potatoes Vegetables</p> <p>Crisp</p>
<p>31</p> <p>Peanut Chicken Rice Vegetables</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)

(星期一到星期五。)

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 from 3pm-6pm and Saturday

10am-2pm - Drop-Ins Welcome!)

(每個星期二下午三時至下午六時, 和星期六早上十時至下午二時!)

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

National Seniors Day

Saturday, October 1

Thanksgiving Day, Centre Closed

Monday, October 10

Annual General Meeting & Lory White

Saturday, October 15

Crow City Singers

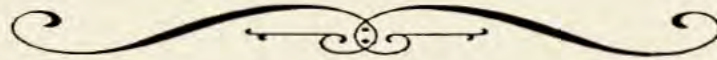
Thursday, October 20



How to Get Up Safely After a Fall

About one third of the elder population over the age of 65 falls each year, and the risk of falls increases proportionately with age. Getting up from a fall safely is an important skill for all seniors. When you fall, first lie still for a few minutes and think about how you feel. If your body feels okay and you think you can get up safely, follow the rest of the steps below:

1. Look for a chair or other piece of furniture that is close to you.
 2. Roll onto your side and rest. Roll by turning your head in the direction you want to roll, move your shoulder and arm, then hip and leg in the same direction.
 3. Lie still for a moment to let your blood pressure adjust.
 4. Slowly push your upper body up, lift your head, and take a moment to rest.
 5. Slowly get up on your hands and knees, and crawl to the chair or other stable piece of furniture.
 6. Put your hands on the chair.
 7. Move one foot forward, and place it flat on the floor. Your other leg should be bent with the knee on the floor.
 8. Rise slowly, turn your body, and sit in the chair. Stay seated for a bit and think about how you feel. Call for help.
- Even if you feel okay, let someone know what happened to you. You might not know that you have a serious injury.



摔倒后如何安全地起来

每年约有三分之一65岁以上的老年人摔倒,且摔倒的随着年增成正比增加。因此跌倒后安全地从地上起来是老年人掌握的一项重要技能。当你跌倒,先静躺几分钟,感受一下有否受伤。如果感觉可以,且你可以安全地站起来,按照下面的步骤慢慢起来:

1. 找一个靠近你的椅子或其他坚固的家具。
2. 翻身躺后休息一会儿。翻身先将背部向你所要翻的方向并移肩膀,手臂,然后臀部和腿部向同一方向。
3. 静躺一会儿使血流动定。
4. 慢慢撑起上半身并抬脚,休息片刻。
5. 再慢慢用双手和膝盖撑起,爬到椅子或其他坚固的家具旁。
6. 双手放在椅子上。
7. 将一只脚移向前方,足底平放在地面上。另一条腿仍在地上且膝盖弯曲。
8. 慢慢起身,身体后坐在椅子上。休息一下感受一下有否不适。即使感觉没事,也要让人知道你摔倒。因有严重的早期不一定有表现。



THE VOTES ARE IN

So last month we asked you to vote for your fellow RCSS friends that fell under the following superlatives: most helpful, sportsmanlike, funny, photogenic, charming, and enthusiastic. The ballots have been tallied! Although we had votes for so many of the seniors, staff, and volunteers, by your popular votes, here are the winners.



MOST HELPFUL
Jocelyn



MOST SPORTSMANLIKE
Henry H.



MOST FUNNY
Isa



MOST PHOTOGENIC
Joan M.



MOST CHARMING
Hans



MOST ENTHUSIASTIC
Marguerite

GUESS WHO



Last month we introduced this new game of "Guess Who" to our newsletter. Each month we will feature a photo of one of our seniors from their younger days for you to guess who it is. From the photo and three clues, try and guess who this person is. We will reveal the answer in next month's newsletter.

Talk to your friends at the centre and put your heads together and see if you can guess who this is!

Clue # 1: He used to live in the Praries.

Clue # 2: He used to play rugby and baseball.

Clue # 3: He is the middle child amongst his 4 sisters.







My Love and Joy Attending the Renfrew Collingwood Seniors Centre

My road to the Centre was a bumpy, arduous, but exciting journey – a journey that I would not like to repeat. In 2010, I moved to Vancouver to live with my daughter. This time it was a not a visit; it was permanent. At the beginning, living in Vancouver was very difficult especially where everything was new: the city, the bus system, the medical, the lack of friends, and then having to put Elliott, my deaf 12-year-old cat down.

I was not one to just sit home, so I applied for work, swam at the local pool and took some courses. Just when I was ready to get out there and meet some friends, I had a number of illnesses, one on top of the other, but I was determined to be happy and keep smiling. During this time Lindsay's role became more of caregiver and less as daughter and best friend. It was around this time that Lindsay fell in love with an Aussie. After a long distance romance, she made a decision to move to Sydney. I have always wanted my children to live life to the fullest, but I must have said it too loud! She left in February 2014 and at the beginning, I did get out, but I was not happy. I suddenly enjoyed being a recluse..... a very dangerous road to go down. Once in it, it is hard to get out, but I had three people looking out for me, Lindsay, Ryan (my son), and lovely Laura, my daughter-in-law, all pushing me to do better and remember my purpose in life. 'Get out and have fun; make many people smile!'

As luck would have it, in April 2016, I downsized to a bachelor suite. Little did I know what was around me, but when I went for my first walk, I realized that I was close to the Renfrew Collingwood Seniors Centre. I had passed by this building before and stuck my nose to the window to see what was going on; and now, I lived super close. That day, I marched right in but was stopped in my track. Wow, there were many faces smiling at me. I asked what they do there. Donna explained it all. I was overjoyed. I took a brochure home and looked at it for hours. It seemed like an answer to my prayer. I shared my visit to the Centre with my children. They could not believe my luck.

I am not sure if it was a Tuesday or a Saturday that I started, as it does not even matter. That day, I belonged. The place was decorated, everyone was so nice, people laughed, we ate, we played bingo, and I got to be part of a lovely group. It was fantastic. The crafts are awesome and the games sometimes require patience.

Last week, I asked Lindsay if she saw a change in me since being a member of the Centre.

Having the social support and knowing the Centre is not too far away, has given me confidence that I forgot I had. I do not have a reason to give up ever. Even just passing paths with another Centre dweller and sharing a smile has had a positive impact on my daily living. She went on to say that talking to someone makes me think more. She is more comfortable now and not as worried when I am alone where I live. I have things to look forward to. Even in times of pain and the fact you want to stay in your comfy bed, you get up and go and join in on the fabulous festivities for the day. I am joyous even after six months! I want to live my life with great energy and enthusiasm and explore lots of options.



For next time ... Fever in the City!





A Farewell to Olga

To all my friends at Renfrew Collingwood Seniors' Society: Thank You!

A month ago, I was offered a wonderful career opportunity with BC Centre for Ability, a non-profit organization that provides community-based

services that enhance the quality of life for children, youth and adults with disabilities. Leaving RCSS was a difficult decision that made me realize how attached I've become to all the seniors and staff...

I want to acknowledge all the staff who were always there for me and made work so much fun. It was truly exciting to be a part of such resourceful, passionate, and cohesive team!

I would like to say a special thank you to Donna who has been my mentor for all these years. It's been an honour to work with and learn from someone so knowledgeable and professional. Donna's commitment to the non-profit sector and the seniors has always been my inspiration.

Thank you, seniors, for all the love, wisdom, stories, hugs, and kisses (even when I had your bills in my hand)! You filled my days at the Centre with joy and purpose. I love you all and will never forget you.

I am grateful for every moment I spent at the Renfrew Collingwood Seniors Society where I always felt so happy and appreciated. I wish the seniors and the staff all the best and I'll see you when I come visit!

- Olga

Birthdays

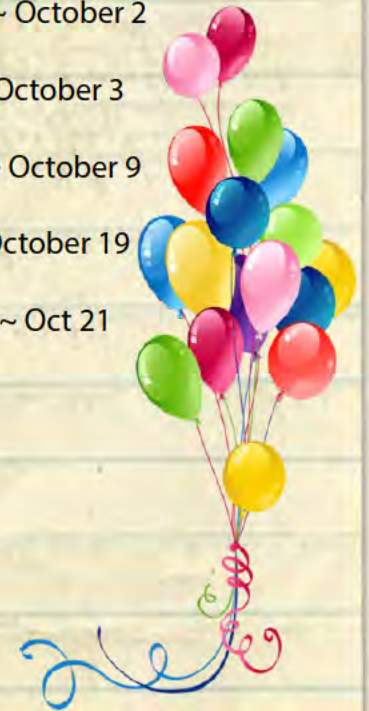
Maria M. ~ October 2

Edith ~ October 3

Teresita ~ October 9

Rose ~ October 19

Eunice ~ Oct 21



**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

CHELSEA PARK
Inspired Lifestyles for Seniors

New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

For a personal visit today, contact Joan Mitchell at 778.689.1422 • www.chelseaparkbc.com
Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver

