

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

RENFREW COLLINGWOOD SENIORS SOCIETY

蘭菲高靈活耆英會

NEWSLETTER

November 2016

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Our RCSS Family Tree

Our RCSS Family Tree

In October, we started to put together the tree featured above with leaves that have a message from each of you because we are all like family. This tree will stay up permanently and we will continue to add to it over time.



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, Carol, Christina, Wai Yee, Faith, Carmen, Maricris, Rose, & 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 November 2016 Newsletter

About Renfrew Collingwood Seniors Society 2

Board Members and Staff 4

Words from Donna 5

Client Profile & Volunteers Spotlight 6

Community Day Program Calendar & Menu 7

Adult Day Program Calendar 8

Adult Day Program Menu 9

Programs & Events 10

A Word from Carol 11

RCSS Moments & Guess Who 12

RCSS Moments 13

Barbara's Laughs and Lemons 14

Birthdays & Rose's Recipes 15

More Memories Back Cover



Board of Directors



Tara Abraham



Nancy Falcone



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



As part of our 40th Anniversary Celebration we named the Centre after a long term Board Member and friend; Alice Frith. Alice has been a resident of Renfrew Collingwood since 1949. She and her husband, Jack, built their home close to the Centre and Alice still lives there today with her son and grandson.

Alice was introduced to our Centre in 1995 when her husband was referred to the Adult Day Program. She was first elected to the Board of Directors in 1998. Alice brought lots of expertise to her position as she was a caregiver to one of our participants, a bookkeeper for 35 years at Renfrew United Church, and had 38 years of experience volunteering for the church day care.

Alice has served diligently on our Board for eighteen years and during her tenure she was the Chair of the Seniors Liaison Committee, a member of the Finance and Strategic Planning Committees, and still has signing authority on our operating account. Alice goes beyond the call of duty often by calling all Board members to remind them of upcoming meetings and actually calls the members for the Annual General Meeting. Alice doesn't stop there because every year when it is time to meet with the City Planner to justify our need for funding, Alice always leaves the planners in awe when they hear her represent us so eloquently.

Alice has her finger on the pulse of our organization by always attending meetings, visiting the seniors, and checking in with them at least a couple of times a week and she conducts Think Tanks. The Think Tanks involve asking the seniors if they are content with how the programs are run and she takes the feedback directly to the Board to ensure they are up to speed on the results of the check-in.

When I started here in January 2008, Alice was on our Board and was the member that I aligned with the most. She was open-minded, progressive in her thinking and community conscious. To my surprise, in April of the same year there was a totally new Board elected, with the exception of Alice that is. She was the only constant and we have learned to rely on her for historical information and practises about our organization. Her memory and attention to detail is amazing and I can only aspire to be like her in my senior years.

When asked why she gives so selflessly to our organization; Alice replied that she wanted to serve the community. Well that she does! It is with great admiration that we name our Centre after Alice Frith as she personifies what we represent. She lives in her own home and continues to contribute to her community. She is valued and respected. Most importantly, she still takes leadership in the running of the Centre and has input in decisions that affects her life. A few short years from being a centenarian she is truly an icon in the Renfrew Collingwood neighbourhood and at the Alice Frith Centre.





If you haven't figured it out yet, the photo of the strapping young man in the Guess Who section of the October newsletter was our dear friend Joe!

Joe was born in Fox Valley Saskatchewan. He was the middle child in a large family with three brothers and two sisters. Joe speaks highly of his family and how close they all were. He often shares memories of how much fun it was for him and his younger sister when they learned to dance. When he was still a young boy around the age of twelve his family moved to Vancouver where his Father found a job as a heavy duty mechanic.

Joe had many odd jobs in his youth but then got settled in as a truck driver for Christie Biscuits and worked for that company for 30 years. Joe met his wife Margaret who was friends with his younger sister. They were married in Vancouver when he was 21 years old. Together they raised two wonderful daughters, and then were blessed with two granddaughters. A few months ago, Joe gleefully shared that after a life with all daughters and granddaughters he finally has a new addition... One great grandson! Joe speaks fondly of his family, he shared that he is close with his family and feels that coming to the centre gives him that same feeling of camaraderie, a second home.

For those of you who already know Joe, you know what a great sense of humor he has, how contagious his laughter is and what a complete gentleman he is. For those of you who have yet to meet Joe, you will be quickly welcomed with a big smile and a handshake. Lets all say hello to Joe!

VOLUNTEERS SPOTLIGHT: OUR FRIENDS OREO & RUDY

Every week we enjoy the lovely company of our friend Rudy and our furry friend Oreo. We are so lucky to have them visit us. Here are a few photos from their recent visit!



COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)	Tuesday (3PM-6PM)	Saturday (10AM-2PM)
1 PM- Keep (Dice Game)	5 AM – Table Games Sit Fit PM - Bingo	1 Peanut Chicken Rice Veggies Fruit	5 Chicken & Rice Enchiladas Garden Salad Fresh Fruit
8 PM – Sit Fit Mug Decoration	12 AM – Health Talk: World Diabetes Day Sit Fit PM - Bingo	8 Soup Sandwiches Salad Cake	12 Spaghetti & Meatballs Caesar Salad Garlic Bread Lemon Bars
15 PM – Shuffleboard	19 AM – Cooking: Homemade Dried Goods Sit Fit PM - Bingo	15 Beef Goulash Noodles Salad Crisp	19 Chicken Noodle Soup Grilled Cheese Apple Pie
22 PM – Sit Fit Farkle	26 AM – Armchair Travel Trivia Sit Fit PM - Bingo	22 Baked Fish Rice Veggies Jello	26 Roast Beef Mashed Potatoes Veggies Fruit Salad
29 PM – Wheel of Fortune	CALENDAR	29 Chilli Blanco Cornbread Salad Crisp	MENU

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
	1 AM - Sit Fit & Stand Fit Synonyms PM - Dove Collage Bocci Card Games	2 AM - Sit Fit & Stand Fit Flu Info PM - Mike's Critters	3 AM - Sit Fit & Stand Fit Concentration PM - Target Bocci Wreath Making Word Search	4 AM - Gentle Yoga & Stand Fit PM - Qwirkle Carpet Darts Painting
7 AM - Sit Fit & Stand Fit Charades PM - Card Bingo Country Flowers Music Fun	8 AM - Sit Fit & Stand Fit Memory Game PM - Coin Toss Poppy Painting Puzzles	9 AM - Sit Fit & Stand Fit Remembrance Day PM - Sing-A-Long iPads Bowling	10 AM - Gentle Yoga & Stand Fit PM - Remembrance Day Event	11 REMEMBRANCE DAY CENTRE CLOSED
14 AM - Sit Fit & Stand Fit Spot the Difference PM - Linda Lujan	15 AM - Tai Chi & Stand Fit Word Search PM - Request That Tune Jenga Carpet Toss	16 AM - Gentle Yoga & Stand Fit PM - Shake Loose a Memory Snakes & Ladders Ball Toss	17 AM - Sit Fit & Stand Fit Self Care PM - Crow City Singers	18 AM - Sit Fit & Stand Fit Proverbs PM - Balloon Volleyball Dominoes Armchair Travel
21 AM - Sit Fit & Stand Fit Pictionary PM - Wheel of Fortune Senses Alive Shuffleboard	22 AM - Sit Fit & Stand Fit Word Find PM - Mandalas You Be the Judge Headbanz	23 AM - Sit Fit & Stand Fit Reminiscing PM - Jeopardy Ping Pong Challenge Sponge Painting	24 AM - Sit Fit & Stand Fit TED Talk PM - Bean Bag Toss Poker Centrepieces	25 AM - Sit Fit & Stand Fit Who Am I? PM - Mini Golf Dice Game Baking
28 AM - Gentle Yoga & Stand Fit PM - Farkle Card Making Musical Twister	29 AM - Sit Fit & Stand Fit Brain Game PM - Marble Challenge Table Games Winter Craft	30 AM - Sit Fit & Stand Fit Managing Winter PM - Snowflake Decoration Crossword Minute To Win It		

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
	1 Veggie Casserole Salad Cake	2 Beef Stew Potatoes Veggies Fruit & Yogurt	3 Baked Fish Potatoes Veggies Pudding	4 Roasted Pork Rice Salad Jello
7 Vegetarian Soup Sandwiches Salad Cake	8 Beef Meatloaf Potatoes Veggies Fruit & Yogurt	9 Fish Pie Salad Crisp	10 Chicken Pasta Salad Jello	11 REMEMBERANCE DAY CENTRE CLOSED
14 Beef Goulash Noodles Salad Fruit & Yogurt	15 Butter Chicken Rice Veggies Crisp	16 Turkey Chilli Cornbread Salad Cake	17 Pork with Apples Potatoes Veggies Parfait	18 Fish Chowder Scones Salad Pudding
21 Chicken Cutlets Potatoes Veggies Jello	22 Baked Fish Rice Salad Cake	23 Vegetarian Stew Potatoes Salad Fruit	24 Beef Shepard's Pie Salad Crisp	25 Sweet & Sour Chicken Rice Asian Greens Fresh Fruit
28 Chilli Blanco Cornbread Salad Crisp	29 BQ Pork Ribs Scalloped Potatoes Salad Pudding	30 Chicken & Mushrooms Pasta Salad Jello		



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

Mike's Critters

Wednesday, November 2

Remembrance Day, Centre Closed

Friday, November 11

Linda Lujan

Monday, November 14

Crow City Singers

Thursday, November 17

Stay healthy during flu season



The flu season is upon us once again. At this time of year, everyone is at risk of contracting the flu virus, but seniors are at a higher risk due to their weakened immune systems. For that reason, seniors should take precautionary measures seriously to prevent the flu.

The symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. Flu is a contagious disease and spreads mainly by droplets made when people with flu cough, sneeze or talk. A person might also get flu by touching a surface or object that has the flu virus on it and then touching their own mouth or nose. Flu virus remains contagious

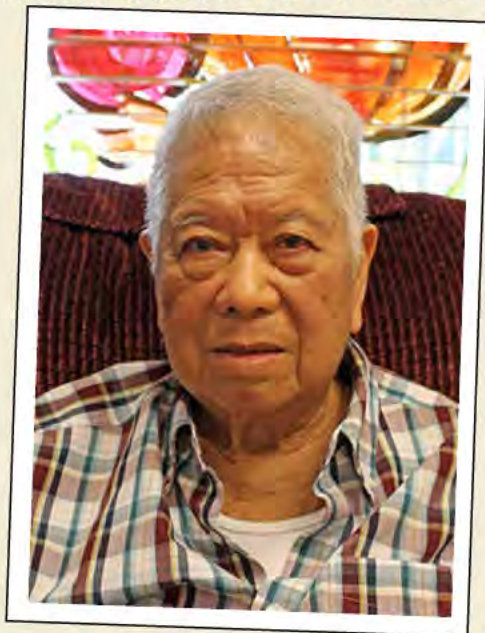
up to 5 days after symptoms arise. When an infected person sneezes or coughs, more than half a million virus particles can be spread to those close by.

Getting a flu vaccine is the best defense, but it is not 100% guaranteed that you will not contract the virus. There are still some flu-prevention practices you need to follow:

1. Wash your hands often with soap and water.
2. Avoid touching your eyes, nose and mouth, to avoid spreading germs.
3. Avoid contact with sick people.
4. Try to maintain your health: Sleep, exercise, manage your stress, and eat healthy food.
5. Drink water. Stay hydrated.
6. Cover your nose and mouth with a tissue when you sneeze or cough.
7. If you are sick, stay home.

Wishing that everyone stays healthy during the flu season!

又是一年一度的流感季。在个流感高季，大家需要特别注意防感冒的卫生。老年人的免疫功能通常年人低且伴有不同的健康，所以容易感染病毒病且易重的并症并致原有的健康化。因此防就得特别重要。最好的防方法就是注射流感疫苗，同注意勤洗手，避免接触病人和用手触摸眼、鼻和口以免播病菌；保持足够的睡眠和健康的食，多喝水，持舒力；打嚏或咳嗽用巾覆盖口鼻；如果出感冒症状，尽量待在家里。祝大家健康地度流感季！





GUESS WHO



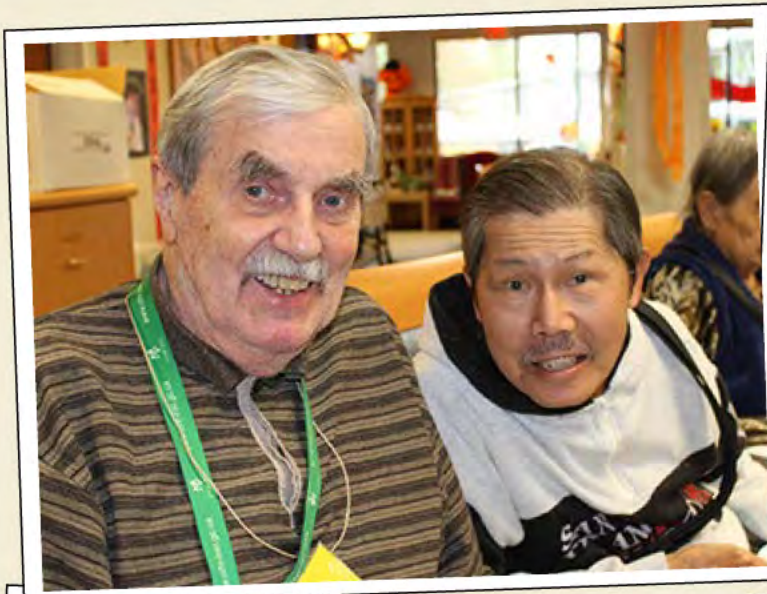
Last month we introduced this new game of "Guess Who" to our newsletter. Each month we will feature a photo of one of our seniors from their younger days for you to guess who it is. From the photo and three clues, try and guess who this person is. We will reveal the answer in next month's newsletter.

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

Clue # 1: She is a mother of 2, a girl and boy.

Clue # 2: She loves to share her photos with the seniors at the centre.

Clue # 3: She speaks Polish and English.





Get the Fever to Dare and Dream!

What are some of the best things to do Vancouver? Do you know how to find out? Do you plan your itinerary through the papers or through posters on the store windows? Websites galore publish events for each month. Libraries are also magnificent places to find out about their activities. There's something to do whenever you want to do it.

Let's talk about Vancouver's free newspapers. From Monday to Friday, there are two papers published in Vancouver – Metro Vancouver and Vancouver 24 hrs, each with its distinguishing colours (green & orange). Others include: The Georgia Straight, 'a lifestyle and entertainment weekly', published every Thursday; the Vancouver Courier, published Wednesdays and Fridays; and the Westender, 'Everything Vancouver', published every Thursday. There are many to choose from!

I have my favourite city corner haunts where I pick up the papers; and, hopefully, you have yours. I love to read, but mostly, I love to plan my day, week, month, etc. by finding events that I have an interest in. The papers are full of what's going on.

When I first moved to Vancouver on June 30, 2010, I kept busy, but as everyone knows, life changes for many reasons. For the last four years when I was unable to attend a spectacular event, my son would say "next year mom, next year". It seemed to be always next year. So a few months ago I needed to change how I look at life and change up my activities. This is when my 'Dare to Dream' list was invented. Now when I cannot go somewhere, I say "Barbara, put it on your Dare to Dream list and watch for it next year".

My challenge to any reader of 'Barbara's Laughs and Lemons' (if you choose to accept it) is to purchase a journal – any type – from anywhere and start your own Dare to Dream List. Make it a fun journal; decorate it; show your pizzazz. Even a scrapbook will do.

Plant a sticker on the front where you can write your name (or a pseudonym that you want write under). Why.....- because it's yours, and in big, bold, colourful letters, write: My Dare to Dream List. Start your list of activities – outdoors or indoors – relaxing or 'just a shaking'.

I know (personally) that doing this lessens my loneliness immensely. I dare to dream. I write with coloured pens and pencils. I use sparkly glitter. I draw pictures illustrating my dream. I glue an article or two in my journal about it. Remember nothing is too little and nothing is too big. Divide your journal into sections: Winter, Spring, Summer or Fall – your ultimate year-round flurry of activities. It's what you want. Keep it simple or complex. They are your dreams. Will they come true? That's up to you!

Your city is lively each and every day! Get out and enjoy life at its finest.

GET THE FEVER TO DARE AND DREAM!

I have it, and, of course, I would love to share my fever with you. P.S. I dare you to ask me what's on my list. I just may give you a hint or two.

Next month: 'The Mystery of the x and o'.



Dear Friends,

Some of you have asked for advice in meal planning or for my recipes. I hope to give you some useful and delicious ideas that you can make yourself with little effort!

**One Pot Comfort Food for Winter weather
Ingredients**

- 1-2 chicken legs
- 1 stalk celery diced
- ¼ onion diced or 1 T. dried onion flakes
- ½ carrot sliced or use 1 cup frozen veg mix
- ½ cup white rice or 1 potato diced
- 1 bouillon cube or paste.
- Some parsley if you have it or kale from your garden
- 2 cups boiling water from the kettle

Method

1. Preheat your oven to 375 F , get a 1 liter casserole pot with lid or use foil to cover.
2. Place all your ingredients in the pot ,pour the boiling water over and cover with foil or lid.
3. Place the pot into the oven and SET your timer to 1 hour.

This will give you a delicious comfort meal on a cold windy day. I hope you try it and please let me know how it turns out!



Birthdays

Mary B. ~ Nov 7

Josephina ~ Nov 19

Modesto ~ Nov 19

Dora M. ~ Nov 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

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

