



RENFREW COLLINGWOOD SENIORS SOCIETY
(ALICE FRITH CENTRE)

蘭菲高靈活耆英會

NEWSLETTER

January 2017

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Happy 2017 and Year of the Rooster!

HAPPY NEW YEAR & HAPPY LUNAR NEW YEAR!

As we welcome everyone into the year of 2017 and year of the Rooster, we want to wish everyone a year of prosperity, good health, and good fortune as we celebrate the year of the Rooster.





Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been around for 40 years now. 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, Geraldine, Carol, Christina, Wai Yee, Faith, Carmen, Maricris, Rose, & Mary

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
January 2017 Newsletter

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Canned Protein Drive

Thank you to everyone who donated to the Hat and Mitts Drive in December for our friends at Kingsway Continental. A special thanks to all of our seniors that were hard at work knitting toques, mitts, and socks; and, also to everyone who helped wrapped the gifts.

For the month of January, we will be collecting canned protein goods such as salmon, tuna, beans, and nuts. To continue with our intergenerational initiative, we will be inviting students from our local schools to put these gifts together with our seniors again. So we invite you to bring in canned protein items throughout the month of January!

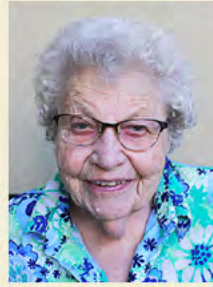
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Cassandra Ly



Happy New Year to All of You. I hope 2017 brings good health and you continue to enjoy your time with us here at the Alice Frith Centre. Speaking of time at the centre, it's hard to imagine that on January 18th I will celebrate my ninth anniversary as Executive Director for RCSS. As I reflect on the last few years, I cannot believe how much we've accomplished together; and, I can honestly say that there is a lot more in store for us.

Saturday, January 28 is Lunar New Year and the Rooster will be taking over from the Monkey. Gung Hay Fat Choi to all of you, especially those born under the Rooster sign. The Rooster is tenth in the Chinese zodiac 12-year cycle and the specific years for the Rooster sign are 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, and 2029. Those born in the Year of the Rooster are said to be career-driven, hard-working and good at

multi-tasking. Hmm.. I think I know which seniors have those characteristics. Apparently, you get along with us born under the Rat sign. The Chinese traditionally celebrated the start of a new year of farm work, and wished/prayed for a good harvest. This has now evolved into celebrating the start of a new business year and wishing for profits and success in various vocations. However we look at it, it's time for a celebration! There will be lots of activities leading up to the big day and we will be waking our famous dragon that lives in the basement (we made it together several years ago).

Since both New Years are in the same month this year, let us pledge to have a positive outlook and to make the best of whatever comes our way. We will be working with you on your new care plans and look forward to supporting you with your personal goals. Please give some thought to the reasons you come to the programs and what we can do to make your participation more worthwhile. Remember we are always open to suggestions when it comes to enhancing our services so let us know if you have any new ideas.

All is well and I look forward to the fabulous year ahead of us!





Hello everyone, my name is Geraldine. I am the newest member of the team at RCSS, working in the Finance Department. For the first time in my life I live and work in the same community, so it is really great to just be able to walk to work. I have been doing bookkeeping/administrative work for the last 10 years and enjoy working in accounting.

I have been married for 28 years and have two children. My son Daniel is going into Police training soon, and my daughter Brittany is in her 3rd year of Forestry at UBC.

I look forward to serving you and getting to know you all.

HOLIDAYS AT RCSS



Santa with Frank the Snowman



Mary with Santa



Eunice wins a holiday raffle prize



Alice as Santa's Helper



Maria looks Hawaii ready



Heinz with his old pal Santa

COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<p>3</p> <p>PM – Keep</p>	<p>7</p> <p>AM – Baking Fun: Shortbread Sit Fit</p> <p>PM - Bingo</p>
<p>10</p> <p>PM – Sit Fit Musical Beanbag Toss</p>	<p>14</p> <p>AM – Health Talk: Benefits of Tea Sit Fit</p> <p>PM - Bingo</p>
<p>17</p> <p>PM – Jewellery Making</p>	<p>21</p> <p>AM – Cool Crafts: Exploring Forms of Writing Sit Fit</p> <p>PM - Bingo</p>
<p>24</p> <p>PM – Sit Fit Farkle</p>	<p>28</p> <p>AM – Table Games and Puzzles Sit Fit</p> <p>PM – Bingo</p>
<p>31</p> <p>PM – Make Our Meal</p>	<p>CALENDAR</p>

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<p>3</p> <p>Shephard's Pie Salad</p> <p>Cake</p>	<p>7</p> <p>Squash Soup Garlic Bread Broccoli Salad</p> <p>Banana Oatmeal Cake</p>
<p>10</p> <p>Chicken with Pasta Salad</p> <p>Fruit & Yogurt</p>	<p>14</p> <p>Sweet Soy Chicken Brown Rice Sautéed Veggies</p> <p>Fresh Fruit & Yogurt</p>
<p>17</p> <p>Ham & Pea Soup Homemade Roll Salad</p> <p>Cake</p>	<p>21</p> <p>Beef Stew Cheddar Chive Biscuit Garden Salad</p> <p>Watermelon Granita</p>
<p>24</p> <p>Tuna Casserole Salad</p> <p>Pudding</p>	<p>28</p> <p>Creamy Garlic Pasta Roasted Chicken Sautéed Kale</p> <p>Fresh Fruit & Ice Cream</p>
<p>31</p> <p>Beef Stroganoff Noodles Steamed Vegetables</p> <p>Fresh Fruit</p>	<p>MENU</p>

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
2 CENTRE CLOSED	3 AM – Sit Fit & Stand Fit 2017 Goals PM - Mini Golf Dominoes Shake Loose A Memory	4 AM – Sit Fit & Stand Fit NY Superstition PM – Carpet Darts Wheel of Fortune Snakes & Ladders	5 AM – Sit Fit & Stand Fit What's It PM- Scrapbooking Marble Challenge Trouble	6 AM – Gentle Yoga & Stand Fit PM – Dice Game Balloon Volleyball World Music
9 AM – Gentle Yoga & Stand Fit PM – Arts Society Performance Tom Gamble	10 AM – Gentle Tai Chi Text Twist PM – Card Bingo Musical Dice Paper Fish Craft	11 AM – Sit Fit & Stand Fit Hangman PM – Basketball Headbanz Sing-a-long	12 AM – Sit Fit & Stand Fit Trivia PM – Lunar NY Art Bocci Card Games	13 AM – Sit Fit & Stand Fit Current Events PM – Croquet Treasure Hunt Ceramic Painting
16 AM - Sit Fit & Stand Fit Phrase It PM – Sound Effects Famous Paintings Minute To Win It	17 AM - Sit Fit & Stand Fit Year of the Rooster PM – Pajama Party	18 AM - Sit Fit & Stand Fit Memory Match PM – Ping Pong Challenge Paper Fireworks Match Game	19 AM - Sit Fit & Stand Fit Same/Different PM – Crow City Singers	20 AM - Sit Fit & Stand Fit Brain Game PM – Bowling You be the Judge Lunar NY Craft
23 AM - Sit Fit & Stand Fit Riddles PM – Tic Tac Toe Bocci Request That Tune Jenga	24 AM - Sit Fit & Stand Fit 15 Days of New Years PM – Centerpieces Crosswords Table Games	25 AM - Sit Fit & Stand Fit Health Talk PM – Carpet Toss ESL Creative Expression	26 AM - Sit Fit & Stand Fit Brain Teaser PM – Lunar New Year Celebration	27 AM - Sit Fit & Stand Fit What's Next? PM – Bean Bag Toss Dominoes Spa Day
30 AM - Sit Fit & Stand Fit TED Talk PM – Family Feud Make Ten Qwirkle	31 AM - Sit Fit & Stand Fit Spot the Difference PM – Nylon Craft Shuffleboard Jeopardy			

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

ADULT DAY PROGRAM MENU

9

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTRE CLOSED	3 Shephard's Pie Salad Cake	4 Chicken Chow Mein Asian Greens Jello	5 Baked Fish Rice Pilaf Steamed Vegetables Lemon Tart	6 Pork Casserole Salad Fresh Fruit
9 Chicken with Pasta Salad Fruit & Yogurt	10 Vegetarian Soup Grilled Cheese Salad Pudding	11 Beef Lasagne Salad Tartlets	12 Turkey Stew Rice Vegetables Fresh Fruit	13 Fish Scalloped Potatoes Vegetables Cake
16 Ham & Pea Soup Homemade Roll Salad Cake	17 Meat Sauce Spaghetti Salad Fresh Fruit	18 Fish Cakes Beets Quinoa Salad Pudding	19 Beef Stew Potatoes Steamed Vegetables Jello	20 Vegetarian Meal Apple Crisp
23 Tuna Casserole Salad Pudding	24 Peanut Chicken Rice Steamed Vegetables Jello	25 Pork Stew Potatoes Steamed Vegetables Fresh Fruit	26 Vegetarian Soup Piroshkies Salad Cake	27 Roast Beef Potatoes Salad Fruit & Yogurt
30 Beef Stroganoff Noodles Steamed Vegetables	31 Pork & Broccoli Stir Fry Rice			



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。



Isa matching the Christmas tree



Picture Perfect Rose & Muriel

Event Highlights

Centre Closed

Monday, January 2

Arts Society Performance

Tom Gamble

Monday, January 9

Pajama Party

Tuesday, January 17

Crow City Singers

Thursday, January 19

Lunar New Year Celebration

Thursday, January 26

New Year's Resolutions

It's that time of year again! The New Year means new starts and that typically involves making New Year's resolutions. While the old-faithful standbys still exist, seniors can greatly benefit from making healthy resolutions, especially those that help to prevent illness and injury. Here are some resolutions that we recommend for seniors entering the New Year:

1. Increase your social contacts: Interacting with others boosts feelings of well-being and decreases feelings of depression. More recently, there has been accumulating evidence that socializing is good for your brain health. People who connect with others

generally perform better on tests of memory and other cognitive skills. And in the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated. Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.

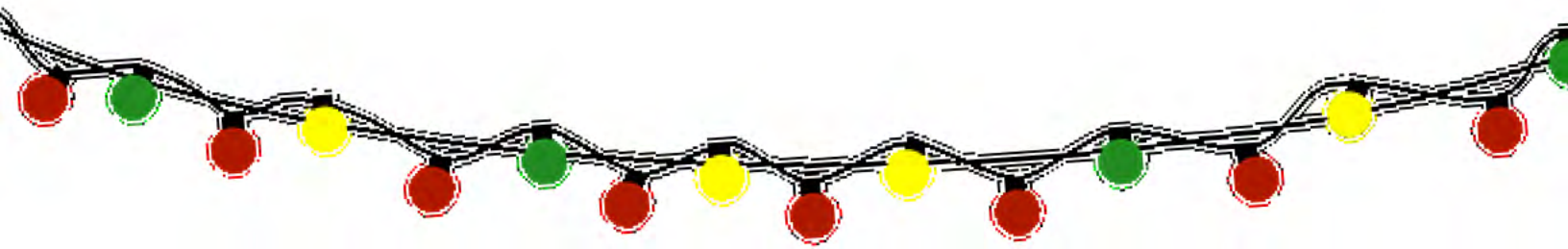
2. Exercise regularly: As you age, an active lifestyle becomes more important than ever to your health. Even a little regular exercise will help you feel better, maintain muscle tone, improve balance, and keep those joints loose. Getting moving can help boost your energy; maintain your independence; protect your hear; and, manage symptoms of illness or pain and your weight. Also, regular exercise is good for your mind, mood, and memory.

3. Eat a balanced diet: Eating a well-balanced diet is an important part of staying healthy as you age. It can help you maintain a healthy weight, stay energized, and get the nutrients you need. It also lowers your risk of developing chronic health conditions. To meet your nutritional needs, choose a variety of food with deep colors, such as dark green, bright yellow and orange. Choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Try to include nuts, beans, and/or legumes in your daily menu as well. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Additionally, include sources of calcium and Vitamin D daily to help keep your bones strong.

4. Schedule regular checkups: Unfortunately, with age comes an increased risk of illness and other complications, such as high blood pressure and other medical conditions. Making sure that you schedule a regular annual checkup can help in early detection and prevention. Even though it is important to have a personal motivation to adhere to these New Year's resolutions, it can also help if you have motivated individuals around you who can help you when things get difficult. Our center is a perfect place to kick off 2017. We wish all of our seniors a Happy New Year and hope you continue to attend our center regularly to socialize with others; participate in our different activities and exercises; enjoy nutritious hot lunches; and, have your medical conditions monitored.

又到了新的一年!新年意味着新的开始,也是我制定健康的新年计划的时刻。年者可以从下列有助于防疾病的计划中大大受益:1.增加社交:越来越多的数据表明社交有益大健康和防老年痴呆症的生。老年人多参加活又可增强机体的免疫系以帮助流感和某些癌症;2.定期运:随着年的增,极的生活方式得比以往任何候都更加重要。运有助于保持肌肉力,改善平衡和关灵活性,以及保心和降低疾病或疼痛的症状。定期运也有益于改善心情和;3.食健康均衡:随着年增加,均衡食是保持健康的重要组成部分。各种深色的食品及果和豆类,富含的全麦面包和糙米,少脂的肉类如火或。每周吃两次类并包括富含和维生素D的食物以保持强壮的骨骼;4.安排定期:随着年的增加,患各种疾病及并症的增加,定期的体有助于疾病早期和防。

祝所有的年者新年快并迎大家来我中心参加社交和,享受健康的养午餐,同使您的健康状况得以。



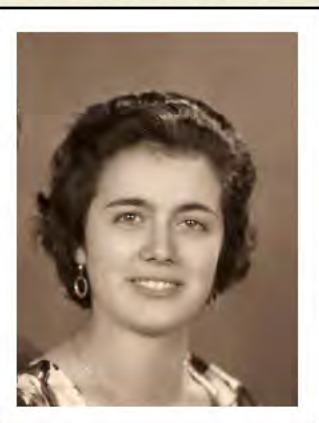
We hope you enjoyed celebrating the holidays with us at RCSS because we sure enjoyed sharing them with all of you!



Addie & Mary helped us finally finish our puzzle!



GUESS WHO



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 speaks English and Italian.

Clue # 2: She loves to give compliments to everyone at the centre.

Clue # 3: She likes to shake everyone's hand and give a personal goodbye before her husband picks her up from the centre.

A Warm Hello to Chiu Yuk!

Ms. Chiu Yuk Chan has been coming to the centre for almost a year. She is originally from Hong Kong, China. She mainly speaks Cantonese. Ms. Chan married at an early age and is blessed with 6 beautiful children - 4 daughters and 2 sons. All her daughters are living in Vancouver so she is fortunate to have them close by. One son lives in Hong Kong and her other son lives in England. She is extremely proud of her 9 grandchildren and 2 great-grandchildren who give her joy and inspiration.

During her free time, Ms. Chan enjoys working with Chinese arts and crafts which makes her feel happy and fulfilled. She attends the centre three times a week bringing positive energy and a great smile that catches everyone's attention.

Ms. Chan likes to spend time at the centre connecting and socializing with friends. In other activities, she enjoys playing active games, such as Minute to Win It and bowling. Ms. Chan also has good skills playing shuffle board, so she is often at the top of the scoreboard. She also loves the special attention of having her nails manicured by one of our volunteers.

So, it is our honor to welcome our new friend Ms. Chiu Yuk Chan to the center.

MARY'S HELPFUL HINTS

My niece was visiting me for a few days this month and she gave me the inspiration for this article. A few years ago, she decided to check into her grandparents' past from both her mother and father's side. She spent some time checking the history of my parents (her grandparents) and discovered that we knew so little about our family background. Because of this occurrence in my life and the many questions that arose, I am suggesting that you spend some time with your family members, especially your grandchildren. Do you have pictures of your life put away in boxes in the attic or in your closet?

We found that many of my own pictures were not dated and I did not recognize some of the people in them. Tell your kids about your family tree; and, date and list all the names of the people in your pictures, especially those who immigrated from other countries.

This is very important because they can create their own family tree and it will be too late for your children and grandchildren to identify the pictures after you are gone. The young ones may not be too interested right now, but the time will come when they will want to know their family background.

When my niece's mother passed several years ago, she came to me with dozens of pictures that she did not recognize and asked for my help. I was not able to give her much help as I was not familiar with her other family members in the photos. She and her brother made several trips to Europe; and, visited her grandparents' villages and interact with family still living there. She brought back some interesting stories to tell.

My surprise in this occurrence was how little I know about my parents' background. I had seen pictures but I never asked about them to my own regret now. Please get on with it; it will be a rewarding experience for you and for your family! The most positive aspect is that they all carry phones now with cameras so these priceless photos are so easy to obtain and record. Good luck on your efforts!



Henry showed Santa a few Tai Chi moves



Hau & Hanh smiling with holiday joy!



Nina & Maria wish you a Merry Christmas!



Santa with Lloyd & Richard



Chun Yang was all smiles next to Santa



Joe & Rena celebrating with us at RCSS



Rose's Recepte

The recipe for January is Tyeef Fish. This is a lovely simple way to have a delicious piece of fish. You can use any type of fish you happen to have. Some of you may remember when I baked it in June for Aboriginal Day. I used salmon. My secret is

to bake the fish under high heat for a short time. Pull the fish out before it looks done. It will still be cooking for a couple min outside of the oven. Never, never cook fish in the microwave unless you a heating it up from frozen. It will be sure to overcook in the microwave.

This recipe came from the Cortez Island Museum Cook book. Cortez is an Island along our beautiful inside passage of Vancouver Island.

Tyee Fish (Serves 2)

Ingredients

- 1 lb fillet of fish (salmon is my favorite)
- 2 Tablespoons of soy sauce (At the Seniors center I use Liquid Bragg. It's a soy sauce without salt)
- 1/8 cup brown sugar or maple syrup or honey
- 1/2 clove garlic minced
- 1 Tablespoon of olive oil

Method

1. Gather your fish, rinse it with cold water and dry it off with paper towel
2. Have a baking dish ready according to size. Maybe a pie plate
3. Whisk together all the next ingredients
4. Place the fish skin side up and pour over the whisked liquid
5. Place in the fridge and let marinate for 1 hour.
6. Pre-heat the oven to 375°F
7. Turn the fish to skin side down. Bake the fish in the hot oven for 8 minutes. Not longer!
8. Let it rest for 3 minutes then enjoy



Birthdays

Henry H. ~ Jan 9

Marguerite ~ Jan 10

Chiu Yuk ~ Jan 11

Margaret ~ Jan 16

Joan M. ~ Jan 23

Nina ~ Jan 27

Maria M. ~ Jan 27

Dora C. ~ Jan 28



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.

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Modesto & Elouise camera ready



Reindeer Faith and Elf Hans sharing a good laugh



Merry Christmas from Santa & Rose



Santa and Elf Charlie



Dora & Erika helping us prepare holiday cookies!



Alice with our own Rudolf the Reindeer