



RENFREW COLLINGWOOD SENIORS SOCIETY
(ALICE FRITH CENTRE)

蘭菲高靈活耆英會

NEWSLETTER



February 2017

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Happy Valentine's Day!

HAPPY VALENTINE'S DAY & HAPPY FAMILY DAY!

From our heart to yours, we want to wish you lots of love this month and always!
We also want to wish you plenty of time with your family and loved ones!



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 40 years. We have a volunteer Board of Directors elected from the membership and they ensure that the Society runs efficiently. Our team of dedicated staff, many of whom have been part of the organization for several 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 cozy, home-like environment for the seniors in our community to spend time at while socializing; sharing healthy home cooked meals; engaging in meaningful activities; and of course, volunteering their time and skills. One of the Society's goals is to support seniors so they can continue stay in their homes for 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 you are interested in donating, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors Society
2970 East 22nd Avenue
Vancouver, B.C. 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
February 2017 Newsletter

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More Memories Back Cover

Canned Protein Drive

Thank you to everyone who donated to the Canned Protein Drive in January for our friends at Kingsway Continental. As we celebrate a month of love with our family and loved ones, we will be continuing with our project to support people in our community.

For the month of February, we will continue to collect canned protein goods such as salmon, tuna, beans, and nuts until the end of the month. We will be inviting the students from Windermere Secondary School to help us put these gifts together again on February 22.

We invite you to continue to bring in canned protein items!

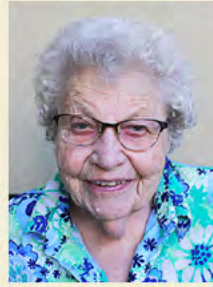
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Marilee Sinlao



Cassandra Ly



Although the shortest month of the year, February is the month that is filled with LOVE. Of course, we have Valentine’s Day in February but more recently Family Day. B.C. Family Day is a statutory holiday held on February 13th this year; it was created to give people time to spend with their families. So, mid-February we will have a welcomed long weekend to spend with our loved-ones on the eve of St. Valentine’s Day. Do not forget to tell the people you care about how much they mean to you.

Along the same line of thought, we will have “Acts of Kindness”; we will have a protein drive for our Homeless Awareness work in the community. Please donate cans of beans, tuna, or salmon to our protein drive. Our friends from Windermere Secondary will be coming over to lend a helping hand; and, as always, it is a pleasure to have those young

men at the Centre.

You may have noticed that we have new entertainers this year. They are musicians from the Health Arts Society. Their website describes their work as follows: “Arts and Health is a phrase used to indicate many diverse fields of endeavor which all have some arts-based component that are pursued with the recognition they have been demonstrated to have a positive impact on health - individual and community, and on the effectiveness of health care.” We’re really excited about the new program and so far, extremely pleased with what we have seen. Please give staff members your feedback once you have the chance to see one of the performances.

An update on our bathrooms: our new toilets are now higher so it is easier for you to get up. But that’s not all, there are new bars on the wall that you can easily pull down to make your transfer that much safer. This was requested by one of the seniors and we were pleased to oblige. If you have any suggestions in regards to safety or making your life easier, please let us know.

We are off to a good start this year and I am optimistic that there is lots of good stuff around the corner. We can make the world of difference if we work together for a common cause.. that cause being “Advocacy for Seniors”!





COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
	<p>4</p> <p>AM – Cooking: Homemade Soups Sit Fit</p> <p>PM – Bingo</p>
<p>7</p> <p>PM – Beanbag Toss</p>	<p>11</p> <p>AM – Arts & Crafts Sit Fit</p> <p>PM – Bingo</p>
<p>14</p> <p>PM – Keep</p>	<p>18</p> <p>AM – Health Talk: Caregivers Sit Fit</p> <p>PM – Bingo</p>
<p>21</p> <p>PM – Bowling</p>	<p>25</p> <p>AM – Table Games & Trivia Sit Fit</p> <p>PM – Bingo</p>
<p>28</p> <p>PM – Bowling</p>	<p>CALENDAR</p>



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
	<p>4</p> <p>Baked Fish Ratatouille Roast Potatoes</p> <p>Carrot Cake</p>
<p>7</p> <p>Peanut Chicken Rice Steamed Veggies</p> <p>Apple Crisp</p>	<p>11</p> <p>Spaghetti & Meatballs Caesar Salad Garlic Bread</p> <p>Apple Crumble</p>
<p>14</p> <p>Baked Salmon Rice Pilaf Salad</p> <p>Valentine's Dessert</p>	<p>18</p> <p>Roasted Chicken Garlic Mashed Yam Roasted Veggies</p> <p>Bread Pudding</p>
<p>21</p> <p>Fish Chowder Cheese Biscuit Salad</p> <p>Cake</p>	<p>25</p> <p>Seafood Chowder Dinner Roll Salad</p> <p>Ice Cream & Fruit Compote</p>
<p>28</p> <p>Shephard's Pie Salad</p> <p>Jello</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
		1 AM - Sit Fit & Stand Fit Ways to the Heart PM - Target Bocci Card Games Mosaics	2 AM - Sit Fit & Stand Fit Famous Pairs PM - Ball Toss Valentine's Craft Dice Game	3 AM - Sit Fit & Stand Fit Lucky Draw PM - Card Bingo Centerpieces Painting
6 AM - Sit Fit & Stand Fit Word Scramble PM - Bocci Armchair Travel Mad Libs	7 AM - Tai Chi Name that Place PM - Pianist Hannah Han	8 AM - Sit Fit & Stand Fit Memory Match PM - Mini Golf Scrapbooking Request That Tune	9 AM - Sit Fit & Stand Fit I Love Lucy PM - Bowling Heart Craft Memory Game	10 AM - Sit Fit & Stand Fit Spot the Difference PM - Marble Challenge Ceramic Painting Sing-a-Long
13 FAMILY DAY CENTRE CLOSED	14 AM - Sit Fit & Stand Fit V-Day Celebrations PM - Valentine's Day	15 AM - Sit Fit & Stand Fit Word Play PM - Coin Toss Crosswords ESL Bingo	16 AM - Sit Fit & Stand Fit The Dating Game PM - Crow City Singers	17 AM - Sit Fit & Stand Fit Brain Game PM - Balloon Volleyball Snakes & Ladders Flower Arranging
20 AM - Sit Fit & Stand Fit What Is Missing? PM - Bean Bag Toss Headbanz Yarn Wrap	21 AM - Sit Fit & Stand Fit Charades PM - Carpet Toss Qwirkle Creative Expression	22 AM - Gentle Yoga & Stand Fit PM - Windermere Community Connection	23 AM - Sit Fit & Stand Fit High Low PM - Croquet Horoscopes Shake Loose A Memory	24 AM - Sit Fit & Stand Fit This or That PM - Ping Pong Challenge Dominoes Spring Craft
27 AM - Sit Fit & Stand Fit Places I've Been PM - Bucketball Table Games Walker Tags	28 AM - Sit Fit & Stand Fit Pictionary PM - Shuffleboard Music Fun Recycling Art			

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 Butter Chicken Rice Steamed Veggies Fresh Fruit Dessert	2 Roast Beef Potatoes Salad Pudding	3 Fish Cakes Roasted Veggies Cole slaw Lemon Tart
6 Peanut Chicken Rice Steamed Veggies Apple Crisp	7 Chicken Soup Piroshky Salad Cake	8 BBQ Pork Chop Suey Rice Jello	9 Vegetarian Main Salad Fruit & Yogurt	10 Beef with Pasta Salad Pudding
13 FAMILY DAY CENTERE CLOSED	14 Baked Salmon Rice Pilaf Salad Valentine's Dessert	15 Meat Loaf Potatoes Steamed Veggies Cake	16 Turkey Chili Corn Bread Salad Tart	17 Sweet & Sour Chicken Rice Asian Greens Jello
20 Fish Chowder Cheese Biscuit Salad Cake	21 Beef Goulash Potatoes Steamed Veggies Fresh Fruit	22 Vegetarian Main Salad Pudding	23 Roast Pork Potatoes Steamed Veggies Crisp	24 Chicken & Mushroom Pasta Salad Stewed Fruit
27 Shephard's Pie Salad	28 Mardi Gras Meal Jambalaya Salad			



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。



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Event Highlights

Pianist Hannah Han

Tuesday, February 7

Family Day, Centre Closed

Monday, February 13

Valentine's Day

Tuesday, February 14

Crow City Singers

Thursday, February 16

Winderemere Community Connection

Wednesday, February 22

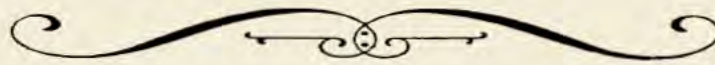
Healthy Heart

The month of February is a time to celebrate the loved ones in our lives and to get our blood pumping. Perhaps we can even give our organs in the chest a second thought during this healthy heart month.

The heart is one of the most important organs in the entire human body. It pumps oxygen and nutrient-rich blood throughout the body to sustain life. It is busy working all the time and never gets a break. It is pumping at all hours of the day and during the night while we are sleeping. If the heart was to fail, the entire body would shut down in a matter of minutes. Therefore, it is very important to maintain a healthy heart by adopting a healthy lifestyle.

Here are a few tips for a healthy heart:

1. Get enough exercise. This means at least 30 minutes of exercise almost every day of the week.
2. Quit smoking. If you do smoke, it's time to quit.
3. Eat a heart-healthy diet. Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
4. Watch the numbers. Get regular check-ups to monitor health conditions that affect the heart, including high blood pressure, high cholesterol, and diabetes. Make sure these conditions are under control with medication if necessary.
5. Reduce alcohol intake. Excess alcohol consumption can worsen health conditions that contribute to heart disease, like blood pressure, arrhythmias, and high cholesterol levels.
6. Minimize stress. Stress can compound many heart disease risks that seniors already face, steering us toward an unhealthy lifestyle. Find healthy outlets to relieve stress and lower the risk of heart disease.
7. Watch your weight. Too many pounds can add up to increased heart disease risk. To help prevent heart disease, maintain a healthy body weight for your size.



每年2月是庆祝情人节的时节，也是提醒我们关注心脏健康的心月。心脏是整个人体中最重要的器官之一。它每天昼夜不停地工作将富含氧气和营养的血液送到整个身体，以维持生命。如果心脏停止工作，我们整个身体将很快地衰竭。因此，通过下列健康的生活方式来保持健康的心脏是非常重要的：

1. 积极运动，每天至少运动30分钟。
2. 戒烟，如果你抽烟，尽量戒掉。
3. 食用有益心脏健康的食物，如新鲜水果和蔬菜并同限制盐和脂肪，和富含胆固醇的食物如肥肉等。
4. 注意各种健康指标，定期检测以检测影响心脏的各种健康状况，包括高血压，高胆固醇和糖尿病，并确保它们得到药物控制。
5. 减少酒精摄入，过量饮酒可加重高血压和高胆固醇症及心律失常而影响心脏的健康。
6. 尽量减轻精神压力，长期的压力可以和各种心脏病危险因素一起影响我们正常的生活方式而增加心脏病风险。因此我们需找到健康且适合自己的方法来减轻压力以降低心脏病风险。
7. 保持体重适中，体重超重可以增加心脏病的风险。



A MONTH OF LOVE

As we celebrate a month of love, we share with you just some some moments shared at RCSS that were filled with lots of love and laughter.



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: He was an athlete that played baseball, football, and a few other sports.

Clue # 2: He is a BC Lions fan.

Clue # 3: He likes to dance, you may have seen him show off some moves at the Centre.



Welcoming Luisa!

If you guessed that Luisa was the young lady in the 'Guess Who' section of the January newsletter, you were right! It is a privilege and a pleasure to have Luisa at our center. We can't believe she has already been with us for half a year now. Time sure flies when we enjoy each other's company.

This pleasant and polite lady is from Italy. Along with her loving husband, they raised two daughters and a son in Vancouver. They are now a big family with six grandchildren and a four-year-old great-grandson.

Luisa loves to socialize with friends and family. This is obvious when she comes into the center, she always has a big smile and a handshake ready for everyone.

At the end of the day, she makes sure to say goodbye and give big hugs to anyone who may be close enough to receive them. Her husband shared that Luisa loves music and dancing. That is without a doubt. During our musical programs, she will often be the first up on the dancefloor or swinging her arms to the music while dancing in her chair.

It is such an honor to have Luisa's company in our center. We are so happy to have her as part of our family in the community.

MARY'S HELPFUL HINTS



Did you ever own a pet and have cherished memories of one? Would you like a pet now in your elder years? A dog, a cat, a bird, or even a gold fish in a large glass bowl?

I was fortunate that during the last year my daughter thought that a nice, small but friendly dog would be good company for me since the family was away from home all day.

She searched for a while and found a family who were looking for a home for their dog who needed company during the day. Well, this sweet and friendly cocker spaniel found us and we have had her for a year now. What a delight she is to have close to me all day long. I don't talk to myself any more, I talk to her and she listens!

I am fortunate that my family members take care of her physical needs. They take her for daily walks; buy her food and treats; and, keep her groomed. I truly enjoy the benefits of a happy, contented companion. The benefits far outweigh the challenges that are presented with having a pet. Pets help seniors by reducing blood pressure and stress. They can help reduce depression and loneliness. They have been known to rev up the elder's memories. For those who are physically challenged, cats often need less care than dogs or an indoor bird so perhaps you may consider those animals as well.

Before you make this important decision, you must take into consideration the cost and time required to keep a pet. Family and/or friends need to participate in the decision to take on a dog since the daily walks and play time are of great importance. Cats are more independent but they can be cuddly and playful at the same time.



QUOTE OF THE MONTH

Welcome to the latest addition to our monthly newsletter. We will be featuring a quote heard here at the Centre each month. These will be funny, insightful, sweet, or memorable quotes.

During our Pajama Party in January, we had a round of Charades where Carmen acted out different animals for the clients to guess. One of her clues for an animal was one that swims and here is part of a conversation that happened while everyone was trying to guess what animal she was trying to be.

Christina: "What kind of fish swim in the water?"

Marguerite: "What kind of fish doesn't?"

Least to say, we all had a good laugh out of Marguerite's quick and clever reply.



Rose's Recepte

I received this recipe from my Chinese doctor, an acupuncturist. He was a doctor in the Chinese Red Army; and, now lives and practices in Vancouver. It's great to make a large pot of the following recipe and freeze it in batches.

When you feel weak or ill, it's comforting and warm. I cut the recipe in half so it will be easier to manage.

Doctor's Order's Soup for Colds

Ingredients

- ½ large green cabbage, cut into pieces
- ½ chicken including bones (can be cooked from Safeway or raw)
- 1 carrot, sliced
- 1 stalk celery, sliced
- ½ large onion, sliced
- 4 cloves garlic, crushed
- 1 inch nub of ginger, cut into slices
- Handful of parsley, chopped
- 2 bay leaves
- Touch of sea salt, No other seasoning. Keep it bland

Method

1. Place all the ingredients in a large pot with a good lid.
2. Bring to a boil, then lower to simmer and cook slowly for 2 hours.
3. Remove bones if any and portion into containers for the freezer.



Birthdays

- Sharon ~ 4th
- Ciro ~ 6th
- Lily ~ 7th
- Daniel ~ 9th
- Joan G ~ 16th
- Angie ~ 16th
- Kathy ~ 19th
- Hanh ~ 19th
- Angelina ~ 28th



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



Breakfast for lunch on Pajama Day



Photo ready Henry & John



Hilda & Kathy are all smiles to see each other



Teammates Henry & Joan



Alfreda & Chun Yang connecting as new friends



Richard the artist at work