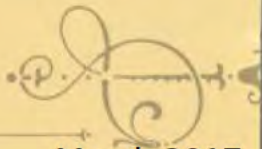




RENFREW COLLINGWOOD SENIORS SOCIETY  
(ALICE FRITH CENTRE)  
蘭菲高靈活耆英會

# NEWSLETTER



March 2017

2970 East 22nd Avenue, Vancouver, BC

[www.rencollseniors.ca](http://www.rencollseniors.ca)



HELLO SPRING!

## FAREWELL TO WINTER, HELLO TO SPRING!

As we bid farewell to our cold and snowy winter, we welcome the warmer season of spring that will be filled with blossoming flowers and exciting things happening at the Centre.



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 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](mailto:rcss@rencollseniors.ca)  
Website: [www.rencollseniors.ca](http://www.rencollseniors.ca)

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### A BIG Thank You to Everyone!

A big thank you to everyone who donated to the Canned Protein Drive in January and February for our friends at Kingsway Continental. Also, we want to thank everyone who was here to help us wrap the items, including the students from Windermere Secondary School. It is always a pleasure to have the young gentlemen here with us.

In the month of March, we will be preparing Easter Goodie Bags to deliver with ham and pea soup that Rose will be preparing as our way of wishing our friends a Happy Easter!

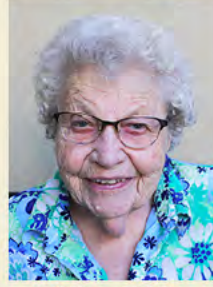
## Board of Directors



Tara Abraham



Nancy Falcone



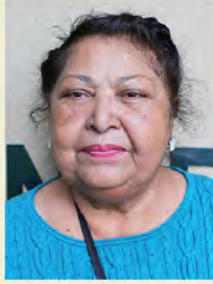
Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Paul Hucul

## Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Christina Webster



Faith Malakoff



Carmen Giang



Maricris Negrana



Cassandra Ly



Rose Smith



Samuel Iwama



Marilee Sinlao



As you know every four years we have a provincial election. This year Election Day is on Tuesday, May 9th, 2017. In preparation for the election there are a few boxes that need to be ticked before casting a vote. You can vote if you are 18 years of age, a Canadian citizen, a resident of BC six months before election day, and most relevant to seniors is to make sure you are registered. For your convenience, we will have an enumeration drive here on Thursday, March 9th between 12:30 – 2:30. That basically means someone from Elections BC will be here so you can check to see if you are on the voters list. If you are not, then they will assist you in getting that resolved.

Seniors need to make sure they vote more than ever. In less than 20 years from now, it is estimated that 25% of BC residents will be 65 years of age or older. So, will we be

prepared for the growth in the seniors' population?

One thing for sure is that community support for seniors will increase and our organization is on board with that approach because our mandate is to keep seniors in their homes for as long as possible. However, that approach will only work if the support services are in place to complement the services that community organizations provide. Some seniors need assistance with functional tasks (eating, bathing, dressing, etc.) to help them get going in the morning and settled in the evening. Other activities that are instrumental to seniors maintaining their independence (shopping, cooking, managing medication, keeping track of finances, etc.) also require support.

This is where home care comes in to play. Most of our seniors have support and it varies as to whether it is adequate or not. If we see a decline in your health status, we usually advocate for you by calling case managers and requesting more home support. There has been a huge shift in what support workers can do for you now, so laundry and cleaning for instance is generally not permitted. If you are not managing well at home, make sure to let us know so we can help you.

Another area that is so crucial to keeping seniors in their home is caregiver support. Caregivers are family members, friends, or paid individuals who assist seniors with tasks or activities that they can no longer do or need assistance doing. Most caregivers for our seniors are family members. The support provided by caregivers is invaluable to our health care system and without this unpaid support healthcare would collapse. The consensus is that we do not do enough to support our caregivers.

Sometimes home support and/or adult day programs help relieve some of the stress of caregiving but another service available is respite. That is where seniors or people with disabilities can have short term institutional care to provide relief for caregivers who may want to go on a vacation or take a break from their usual routines of caring for an individual.

So, my long drawn out explanation about services and the pending election all comes down to this: Do seniors get the quality services that they deserve? If you are happy with the support you get, that's great. If you are not getting what you need there is an election on the horizon and nothing has more of an impact than your vote.

**Make your voice heard – vote accordingly!**  
**Enumeration Drive – March 9th, 2017**  
**12:30PM – 2:30PM**



# COMMUNITY DAY PROGRAM CALENDAR & MENU

Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>CALENDAR</b>	4 AM – Cooking: Homemade Soups Sit Fit  PM – Bingo
7 PM – Composting Tips & Tricks Shuffle Board	11 AM – First Aid 101 Sit Fit  PM – Bingo
14 PM – National Potato Chip Day: Healthy Alternatives Musical Bean Bag Toss	18 AM – Quilting Fun Sit Fit  PM – Bingo
21 PM – National Fragrance Day: Irritants & Aromatherapy Spa Day	25 AM – Health Talk: Kidney Care Sit Fit  PM – Bingo
28 PM – Diabetes Talk: Share Your Knowledge Keep	



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
<b>MENU</b>	4 Mac & Cheese Pulled Pork Caesar Salad  Fruit Sorbet
7 Roasted Chicken Tomatoes Salad  Fruit Tart	11 Roasted Chicken Lemon Potato Greek Salad  Carrot Cake
14 Corned Beef Cabbage Irish Bread Biscuits Guinness Brownies	18 Jambalaya Bean Salad  Cinnamon Pear Frozen Yogurt
21 Vegetarian Frittata Roasted Potatoes Quinoa Salad  Fresh Fruit	25 Chicken Curry Brown Rice Roasted Veggies  Fruit Salad
28 Turkey Loaf Rice Pilaf Steamed Veggies  Pudding	

## 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 Word Play  PM - Mini Golf Wheel of Fortune St. Patrick's Day Craft	2 AM - Gentle Yoga & Stand Fit Define Me  PM - Target Bocci Centerpieces Scrabble	3 AM - Sit Fit & Stand Fit Scattergories  PM - Ball Toss Puzzles Stained Glass
6 AM - Sit Fit & Stand Fit Memory Game  PM - Bean Bag Toss Mad Libs Pot of Gold Craft	7 AM - Tai Chi Name That Place  PM - Bingo Request That Tune Cross Stitching	8 AM - Sit Fit & Stand Fit Trivia  PM - <b>Ryan Esau (Flute) &amp; Terri Wu (Piano)</b>	9 AM - Sit Fit & Stand Fit Word in A Word  PM - Bowling Word Search Spring Flowers	10 AM - Gentle Yoga & Stand Fit List It  PM - Card Bingo Connect Four Mosaic Painting
13 AM - Gentle Yoga & Stand Fit Hangman  PM - <b>John Cronin</b>	14 AM - Sit Fit & Stand Fit Infinity  PM - Coin Toss Gardening Crosswords	15 AM - Sit Fit & Stand Fit St. Patrick's Words  PM - Bocci Card Games Door Decorating	16 AM - Sit Fit & Stand Fit What's It?  PM - <b>Crow City Singers</b>	17 AM - Sit Fit & Stand Fit Brain Game  PM - Basketball Armchair Travel Funny Face Craft
20 AM - Sit Fit & Stand Fit Word Play  PM - Croquet Dice Game Creative Expression	21 AM - Sit Fit & Stand Fit Spring Things  PM - Ping Pong Challenge Qwirkle Spring Trivia	22 AM - Gentle Yoga & Stand Fit Pictionary  PM - Balloon Volleyball Armchair Travel Clay Pot Painting	23 AM - Sit Fit & Stand Fit King Words  PM - Marble Challenge Uno Dance Group	24 AM - Sit Fit & Stand Fit High Low  PM - Minute to Win It Snakes & Ladders Jenga
27 AM - Sit Fit & Stand Fit Word Scramble  PM - Tic Tac Toe Yahtzee Musical Monday	28 AM - Sit Fit & Stand Fit Headbanz  PM - Shuffleboard Shake Loose a Memory Springtime Collage	29 AM - Sit Fit & Stand Fit Nutrition Talk  PM - Carpet Toss Sing-a-Long ESL	30 AM - Sit Fit & Stand Fit Flower Meanings  PM - Hockey Dominoes Paper Butterflies	31 AM - Sit Fit & Stand Fit Spot the Difference  PM - <b>Spring Fling</b>

! *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
		1 Meatloaf Potatoes Steamed Veggies  Fresh Fruit	2 Vegetarian Soup Sandwiches Salad  Cake	3 Baked Fish Rice Steamed Veggies  Jello
6 Roasted Chicken Tomatoes Salad  Fruit Tart	7 Pork Meatballs Pasta Salad  Pudding	8 Chili Blanco Corn Bread Salad  Jello	9 Salmon Rice Steamed Veggies  Fresh Fruit	10 Beef Stew Potatoes Steamed Veggies  Crisp
13 Corned Beef Cabbage Irish Bread Biscuits  Guinness Brownies	14 Chicken Chow Mein Asian Veggies  Cake	15 Breaded Fish Home Fries Salad  Fruit Tart	16 Hawaiian Meatballs Rice Salad  Jello	17 Vegetarian Shephard's Pie Salad  Pudding
20 Vegetarian Frittata Roasted Potatoes Quinoa Salad  Fresh Fruit	21 Seafood Chowder Scones Salad  Jello	22 Orange Chicken Rice Steamed Veggies  Cake	23 Roast Beef Potatoes Salad  Crisp	24 Tuna Noodle Casserole Salad  Smoothie
27 Turkey Loaf Rice Pilaf Steamed Veggies	28 Mexican Lasagna Salad	29 Vegetarian Stew Roasted Squash Mashed Potatoes	30 Butter Chicken Rice Salad	31 Ham Potatoes 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。



Hello from all of the RCSS staff

## Event Highlights

**Health Arts Society: Ryan Esau (Flute) & Terri Wu (Piano)**

Wednesday, March 8

**Enumeration Drive**

Thursday, March 9

**John Cronin**

Monday, March 13

**Crow City Singers**

Thursday, March 16





### Urinary tract infection (UTI)

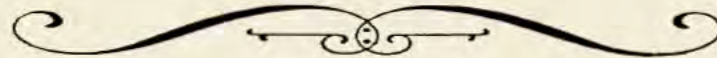
A urinary tract infection (UTI) is an infection that occurs anywhere along the urinary tract. The parts of the urinary tract are the kidneys, bladder, ureters, and urethra. They work together to rid the body of urine. The kidneys remove extra liquid and waste from the blood in the form of urine; the ureters carry the urine from the kidneys to the bladder; and the bladder stores the urine until it is emptied through the urethra. Most UTIs are caused by bacteria that come from your own bowel and enter the urethra and then the bladder. The infection most commonly develops in the bladder, but can spread to the kidneys. Most of the time, your body can get rid of these bacteria. However, certain conditions increase the risk of having UTIs. Older adults are more prone to UTIs for many reasons, including age-related suppression of immune functioning. As a result

of muscle weakening, urinary incontinence, or a chronic condition, such as diabetes or Alzheimer's, elderly persons may also experience difficulty emptying the bladder, which can lead to UTIs.

The symptoms of a bladder infection include: urine that appears cloudy or dark; bloody urine; strong or foul-smelling urine; frequent or urgent need to urinate; pain or burning with urination; pressure in the lower pelvis; low-grade fever; night sweats; shaking; and chills. In some older people the only symptoms of UTI may be a recent onset of confusion or just feeling generally unwell, so an elderly person who is suddenly confused should also be closely monitored for UTIs.

The best way to treat UTIs in the elderly, or anyone for that matter, is to try to prevent their occurrence. UTIs can be prevented or their recurrence can be minimized by:

1. Not drinking fluids that tend to irritate the bladder, such as alcohol and caffeine, but drink lots of water to flush bacteria out of the body.
2. Drinking cranberry juice or taking cranberry supplement tablets.
3. Maintaining good hygiene. Always wiping from front to back (for women).
4. Preventing constipation. Constipation prevents the bladder from properly emptying, which can increase risk of a urine infection.
5. Not holding the bladder. Urine should not stay in the bladder too long.



### 泌尿系感染 泌尿系感染 (UTI)

是指尿路的任何部位发生的感染。泌尿系包括肾脏, 膀胱, 输尿管和尿道。其中任何部位发生感染即为泌尿系感染。感染最常部位是膀胱。多数细菌来自于自己的尿道, 其进入尿道然后膀胱而引起感染。老年人因免疫功能降低且易伴有各种慢性健康问题如肌力减弱, 尿失禁或如糖尿病或阿尔茨海默等病症而致膀胱排空困难, 因而更易患尿路感染。

膀胱感染的症状包括: 尿液混浊且色深或血尿, 气味异臭; 尿频, 尿急, 尿痛及下腹部紧迫感; 低热, 盗汗或寒战。在一些老年人中, 尿路感染的唯一症状可能就是突然出神或只是一般的感不适。

治疗UTI的最佳方式是防止它的发生:

1. 多喝水, 避免膀胱有刺激的饮料如酒精和咖啡因。大量水有助于冲洗出体内的细菌。
2. 用蔓越莓汁或充蔓越莓片。
3. 保持良好的卫生。便后清洗要按从前到后的顺序(女性)。
4. 防便秘。便秘可以影响膀胱正常排空, 从而增加尿液感染的风险。
5. 不憋尿。尿液停留在膀胱里太久易致感染。



Several years ago, I developed a grant through the government for a program for seniors to visit the local elementary school. We delegated some time once a month to meet with certain students and eventually we built a real friendship with some of them.

We sat around and chatted about subjects of their interest, took a field trip out on the bus, and did a craft with one of the teachers that were getting involved in the program. We also had fun trying to learn about computers. The students enjoyed their time with laughter and giggles while watching the seniors trying to find their way around the computer.

One interesting project that I can remember vividly was our efforts into making place mats with a Christmas message on each one. Some of the students opted to print their message in another language of their choice. When completed, we delivered these place mats to a local seniors' residence in our neighbourhood.

At one point, CBC News became involved and they filmed a documentary on our program. We spent a considerable amount of time having a question and answer session. A student even had a one-to-one question session with a senior. It was amazing how little these students knew about the elderly members of their own families.

I asked one of the girls if she ever talked with her grandfather and she said, "He only wants to talk about the war!" Others said that they never asked any questions to their elders at all. We encouraged these students to spend more time with their family members and ask them questions. Most of them said that they would try more but felt that the older family members were "boring." This was an eye opener for all of us who were involved in that session.

Some years later I met that same student working in a retail store and I asked her if she had made any effort to talk to the grandfather and she said "no." How sad that we cannot be more responsive to our younger people sometimes. However, that is not always the case. Some younger people grow up and spend lots of time with the older adults in their family. Some of them even become caregivers to their grandparents and parents.

How do you fit in with your grandchildren, nieces, nephews, and other young people? We don't have to be boring because we do have great stories to tell. We want to be remembered!

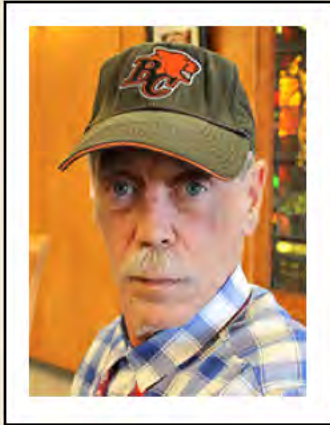
## QUOTE OF THE MONTH

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 from you!

Each morning when each of you come in the staff stands by the door to greet you and on this Friday it was no different. As Christina stood by the door ready to take any coats and hats, she shared a quick laugh with one of the seniors to start the day.

**Christina:** "Good morning. How are you today?"

**Maria W:** "I am a little shaky today. Just call me Shaky Shakespeare."



### Getting to Know Richard!

Hello All! If you guessed that Joe was the young man in February's Guess Who game. You were wrong. It was Richard!

Richard is one of our dear friends at the centre. He grew up in Vancouver with three siblings, one brother, and two sisters. Richard has been a hard worker his whole life working in a variety of jobs. He got his first job at 8 years old doing chores around the house, helping his mom clean the windows, stacking wood, and bringing in coal for his grandparents. As he got a little older he took on his own paper route. His good work ethic then led him to work in a steel mill, loading at a trucking company, painting houses, and roofing. A fun fact he shared was that he and his crew got to roof the Prime

Minister's home!

When he was in his early 20's he asked his boss at the trucking company for 6 weeks of holidays so he could travel to Europe with his girlfriend. Richard then traveled to Amsterdam, Paris, Switzerland, Germany, and Spain before returning to work back in Vancouver.

Richard says he has always been fond of sports. As a young boy, he played soccer and softball then he later developed an interest in badminton, gymnastics, flag football, and volleyball (in which his team won the lower mainland championships). As an adult Richard further developed his athleticism to include boxing, martial arts, and weightlifting. In his late 30's he broke 3 BC records for weight lifting. At 140 pounds, he could bench press double his weight plus 30 pounds, totaling 310 pounds!

At the centre, you may find Richard talking about the latest sport scores, joining his friends in an active game, or maybe stealing the spotlight with his dance moves. If you ever want to do the twist, Richard is the dancing partner of your dreams. If he isn't in a physical game you will find him creating in one of our many arts and crafts programs. Okay Richard what CAN'T you do?!

Richard is such a well-rounded member of our RCSS family and we enjoy seeing him each week! When you see him next, say hello to your dear friend Richard.

## 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 as this senior will be featured in the Client Profile section.

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

**Clue # 1:** She loves arts and crafts.

**Clue # 2:** She used to work in an office.

**Clue # 3:** She was living in Victoria previously.





## Rose's Recepte

I love to make something good with a snack or junk food appeal. This recipe looks like junk food but it's far from that. Yams contain good healthy fiber, lots of Beta Keratin and Vitamin A. There's even some protein in there!

### Yammy Fries

#### Ingredients

- 1-2 medium size yams
- 1 Tbls olive oil
- ½ tsp each – cumin, paprika, and oregano
- ¼ tsp salt
- Black pepper to taste

#### Method

1. Preheat your oven to 425°F.
2. Spray oil on a baking sheet or line it with parchment paper to prevent sticking.
3. Take 1 fair sized yam or a size you think you can eat then wash it and pat dry with paper towel.
4. Leave the skin on the yam and cut it into ½ inch wedges then place them into a bowl.
5. Toss the yams with olive oil and seasonings until they are well coated evenly.
6. Arrange the yam wedges on the baking sheet in a single layer. No piles!
7. Bake for 15-20 minutes turning them once at the half way mark. Baking time may vary depending on the size of wedge.

After that's all done, serve them hot! Use bottled ketchup or teriyaki sauce for dipping. Enjoy!



## March Birthdays

Chun Yang ~ March 8

Rena ~ March 9

Kamaljeet ~ March 17

Margherita ~ March 22

Lillian ~ March 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.



**CHELSEA PARK**  
Inspired Lifestyles for Seniors

**OPEN HOUSE**  
7 Days a week  
9am-4pm

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

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RCSS connects friends like Hans & Frank



Isa & Rose singing along with Crow City Singers



Margherita with her good friend Dora



Nga & Nina cheer on their teammates



Maria & Addie sharing their sweet smiles



Lillian and Joan having a chat