

RENFREW
COLLINGWOOD
SENIORS SOCIETY
Taking Seniors To Heart

Since
1976

ALICE FRITH CENTRE

蘭菲高靈活耆英會

NEWSLETTER

December 2018

2970 East 22nd Avenue, Vancouver, BC

www.rencollseniors.ca



Happiest of Holidays to you and your loved ones!

December is a busy month here at the centre. Although it's a special time of year, we acknowledge that the holidays can be challenging for others. We are here to provide support, so please do not hesitate to let us know how we can help. May your new year be filled with love, great health, and happiness!



Renfrew-Collingwood Seniors Society is a non-profit organization with charitable status that has been operating for the past 42 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 seniors 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, Joon, Christina, Carol, Wai Yee, Faith, Maricris, Cassandra, Rose, Jerry

Editorial:

Donna, Christina, & Cassandra, Faith

Hours:

Monday, Wednesday - Friday
8:30AM - 4:00PM

Tuesday
8:30 AM - 5:00 PM

Saturday
9:30AM - 2:30PM

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

Renfrew Collingwood Seniors Society
December 2018 Newsletter

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Holiday Closure

Please take note that we will be closed on the following days:

- Saturday, December 22nd
- Monday, December 24th - Christmas Eve
- Tuesday, December 25th - Christmas Day
- Wednesday, December 26th - Boxing Day
- Saturday, December 29th
- Monday, December 31st - New Year's Eve
- Tuesday, January 1st - New Year's Day



We will be open on:
Thursday, December 27th
Friday, December 28th

All programs will resume on **Wednesday, January 2nd.**

Board of Directors



Tara Abraham



Nancy Falcone



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Olga Smirnova



Paul Hucul

Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Christina Webster



Faith Malakoff



Jerry Liu



Maricris Negrana



Joon Kim



Rose Smith



Cassandra Ly



Donna Zhu



Written by Donna

I hope your holidays are filled with love, laughter and goodwill. Please take some time to reflect on the traditions gone by and make sure to share the stories with your loved ones as you spend some quality time together. Embrace all the joys of this glorious season.

In the spirit of Christmas giving, we will be collecting non-perishable food again this year. We hope to get lots of canned protein (tuna, salmon or beans) to pass on to the folks in our neighbourhood who are needing some support. If it is easier for you to donate money to the cause, we will gladly pick up bulk items to share on your behalf.

We have lots planned for you at the Centre; making adornments, cookies, gifts to share, tree decorating, gift wrapping for our friends at Kingsway Continental and of course, a visit from Santa. Our Christmas lunches are Thursday, December 13th, Friday, December 14th and Saturday, December 15th. We will have turkey and all the trimmings and fantastic entertainment to get us in the holiday spirit. Wear your dancing shoes!

This year, we will be closed on Christmas Eve, Christmas Day, Boxing Day, New Year's Eve, and New Year's Day. Three of those days are statutory holidays, but Christmas and New Year's Eve will be in recognition of the staff's hard work throughout the year. We have accumulated 12-13 extra days of service by having more than the allotted numbers of clients that we are paid to serve, so the reward is well-deserved. **We will be opened on Thursday, December 27th and Friday, December 28th and back in full swing on Wednesday, January 2nd.** If you need home support for those days, we would be happy to assist you in that regard.

As always, I will be taking my annual vacation the last two weeks of December to spend time with my loving husband and sons. My baby will be home from London and my eldest will be on break from school. I am so looking forward to baking their favorite cakes, cookies and dishes as I get so much pleasure from their gratitude. My ultimate plan during my break is lazing around in my flannel pajamas, lots of logs on the fire, and long chats with family and friends back in Newfoundland.

All around, it has been a fabulous year and I want you to know that it is an absolute pleasure to work on your behalf. I look forward to another happy, healthy new year for all of us.

All is well!

P.S. Remember that all those sweet treats will escalate your blood sugar levels, so be careful with your intake. Also, alcohol will affect the effectiveness of your medication and your balance; moderation is key.

Regarding winter weather conditions, the Centre will be closed if HandyDart is not running. The process is as follows: if HandyDart is not running, one of the staff members will call to advise you that the program will not be going ahead. We will probably call a little earlier than usual, so you do not need to get up and get ready to come to the Centre. You can head back to bed and stay nice and cozy for the rest of the day.



Thank you, Kamaljeet!



Getting creative with Ruby



A collaborative effort on the crossword puzzle



Helping hands of Addie & Kay

GUESS WHO



Clues by Wai Yee

Here is another photo of one of our dear friends here at the Centre. Can you guess who it is by just looking at the photo? If the beautiful photo doesn't give it away, read the clues below to help you guess who this might be! We will reveal who it is in next month's newsletter in the Member Profile section.

Clue #1: He always taps his feet and cane whenever he hears music.

Clue #2: He's Italian.

Clue #3: He always says "good morning" and enjoys socializing with all other clients.

COMMUNITY DAY PROGRAM CALENDAR & MENU



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
CALENDAR	1 AM – Build a Snowman PM – Bingo
4 PM – Seniors Pod Opening Ceremony	8 AM – Gift Wrapping & Stocking Stuffers PM - Bingo
11 PM – Cookie Decorating	15 AM – Entertainment: John Cronin PM - Bingo
18 PM – Bath Salt Gift Jars	22 Centre Closed
25 Centre Closed	29 Centre Closed



Tuesday (3PM-6PM)	Saturday (10AM-2PM)
MENU	1 Beef Shepard's Pie Salad Fresh Fruit
4 Pork Meatballs Cabbage Potatoes Fruit Compote	8 Vegetarian Soup Grilled Cheese Salad Cake
11 Sweet & Sour Chicken Rice Asian Greens Lemon Loaf	15 Roast Turkey, Potatoes, Stuffing, Steamed Veggies Pecan Tarts
18 Roast Beef Potatoes Steamed Veggies Fresh Fruit	22 Centre Closed
25 Centre Closed	29 Centre Closed

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 Charades</p> <p>PM – Centrepieces Candy Croquet Card Bingo</p>	<p>4</p> <p>AM – Sit Fit & Stand Fit Holiday Traditions</p> <p>PM – Christmas Ornaments & Decoration</p>	<p>5</p> <p>AM – Gentle Yoga/Stand Fit Christmas Phrases</p> <p>PM – Christmas Tree Decorating</p>	<p>6</p> <p>AM – Sit Fit & Stand Fit Winter Activities</p> <p>PM – Door Decorating Christmas Crosswords Winter Bowling</p>	<p>7</p> <p>AM – Sit Fit & Stand Fit Christmas Hangman</p> <p>PM – Cookie Decorating Christmas Lanterns Dominoes</p>
<p>10</p> <p>AM – Sit Fit & Stand Fit Bump It</p> <p>PM – Cookie Decorating Hidden Santa Bocci 4-in-a-Row</p>	<p>11</p> <p>AM – Gentle Yoga/Stand Fit Christmas Pictionary</p> <p>PM – Christmas Poster Holiday Word Search Ping Pong Presents</p>	<p>12</p> <p>AM – Sit Fit & Stand Fit Make a Snowman</p> <p>PM – Community Connection</p>	<p>13</p> <p>AM – Christmas Guest</p> <p>PM – John Cronin</p>	<p>14</p> <p>AM – Christmas Guest</p> <p>PM – Luna Ross</p>
<p>17</p> <p>AM – Sit Fit & Stand Fit Library Talk</p> <p>PM – Santa Toss Christmas Craft Snowflake Shuffleboard</p>	<p>18</p> <p>AM – Sit Fit & Stand Fit Hidden Pictures</p> <p>PM – Christmas Party</p>	<p>19</p> <p>AM – Sit Fit & Stand Fit Christmas Words</p> <p>PM – Stars & Stockings Card Making Tenzi</p>	<p>20</p> <p>AM – Sit Fit & Stand Fit Carol Trivia</p> <p>PM – Crow City Singers</p>	<p>21</p> <p>AM – Gentle Yoga/Stand Fit Holiday Greetings</p> <p>PM – Christmas Bingo Christmas Carols Merry Marbles</p>
<p>24</p> <p>CHRISTMAS EVE</p> <p>CENTRE CLOSED</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p>CENTRE CLOSED</p>	<p>26</p> <p>BOXING DAY</p> <p>CENTRE CLOSED</p>	<p>27</p> <p>AM – Sit Fit & Stand Fit Balloon Bump</p> <p>PM – Checkers Basketball Tetris</p>	<p>28</p> <p>AM – Sit Fit & Stand Fit Resolutions</p> <p>PM – New Year's Eve Decor Ladderball Qwirkle</p>
<p>31</p> <p>NEW YEAR'S EVE</p> <p>CENTRE CLOSED</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
3 Pork Meatballs Cabbage Potatoes Fruit Compote	4 Chicken Chow Mein Asian Greens Fruit Sundae	5 Beef Goulash Noodles Steamed Veggies Fresh Fruit	6 Fish Cakes Scalloped Potatoes Salad Jello	7 Vegetarian Soup Grilled Cheese Salad Cake
10 Sweet & Sour Chicken Rice Asian Greens Lemon Loaf	11 Beef Meatloaf Mashed Potatoes Fresh Fruit	12 Fish Chowder Scones Salad Dessert Bar	13 Roast Turkey, Potatoes, Stuffing, Steamed Veggies Pecan Tarts	14 Roast Turkey, Potatoes, Stuffing, Steamed Veggies Pecan Tarts
17 Roast Beef Potatoes Steamed Veggies Fresh Fruit	18 Tuna Fish Casserole Roasted Beets Cake	19 Pork Chops & Apple Sauce Potatoes Salad Jello	20 Vegetarian Soup Egg Salad Sandwich Salad Pudding	21 Baked Chicken Potatoes Salad Banana Bread
24 CHRISTMAS EVE CENTRE CLOSED	25 CHRISTMAS DAY CENTRE CLOSED	26 BOXING DAY CENTRE CLOSED	27 Teriyaki Chicken Rice Mixed Veggies Apple Crisp	28 Beef & Noodle Casserole Jello
31 NEW YEAR'S EVE CENTRE CLOSED				



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-5pm 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。



What are you making, Rose?

Event Highlights

Christmas Ornaments & Decoration

Tuesday, December 4th

Christmas Tree Decorating

Wednesday, December 5th

Community Connection

Wednesday, December 12th

John Cronin

Thursday, December 13th

Luna Ross

Friday, December 14th

Christmas Party

Tuesday, December 18th

Crow City Singers

Thursday, December 20th

Centre Closed

Saturday, December 22nd

Monday, December 24th

Tuesday, December 25th

Wednesday, December 26th

Saturday, December 29th

Monday, December 31st

Tuesday, January 1st



Suites
available
\$2375⁰⁰ /
mo.

1 BEDROOM
SUITES
NOW AVAILABLE

Family and Fathers are here at Chelsea Park.

Active Supportive Housing for Seniors

- Daily lunch and dinner
- Morning coffee club
- Weekly housekeeping
- Activities and recreation programs
- Bus Trips
- On-site hair salon
- Community Centre one block away
- 1 and 2 bedroom suites available
- 1 bedroom - \$1900⁰⁰/mo.
- 2 bedroom suite faces Trout Lake



All suites have balconies



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 Karen Dupont at 604.789.7132 • www.chelseaparkbc.com
One Bedroom Suites starting at \$1900 00/mo. • 1968 East 19th Avenue, Vancouver

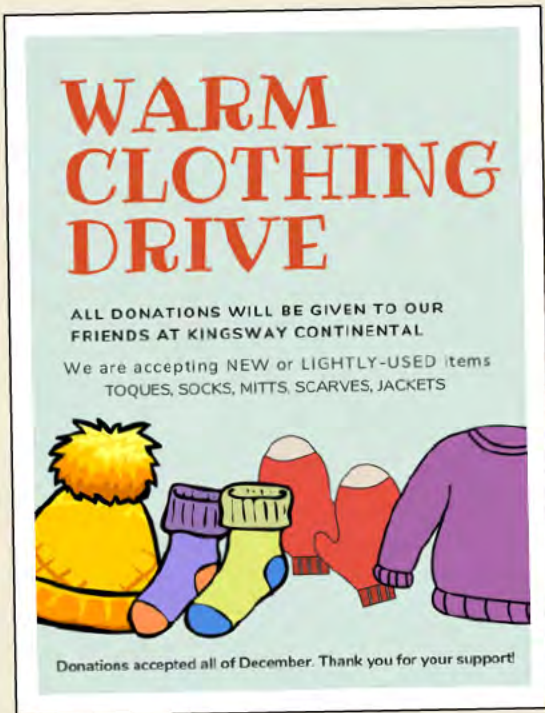


B B C

**Music Memories
By BBC**

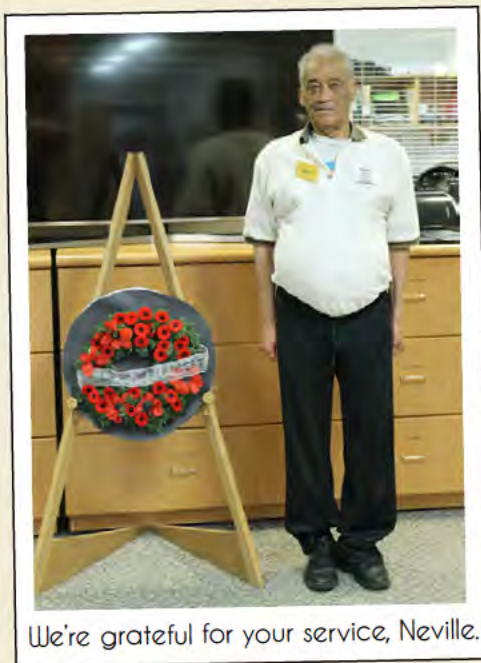
<https://musicmemories.bbcrewind.co.uk/>

Welcome to BBC Music Memories! This website is designed to use music to help people with dementia reconnect with their most powerful memories. Evidence shows that music can help people with dementia to feel and live better. Memories from teenage years can often be the most powerful, so why not start by looking for music from that time and begin to create a music playlist? You can then take part in our survey to help us discover the nation's favourite music memories.



Warm Clothing Drive

We are collecting new and lightly used clothing for our good friends at Kingsway Continental. We are looking for toques, socks, mitts, scarves, jackets and other warm items. Donations will be accepted all of December. Your support would be greatly appreciated!



We're grateful for your service, Neville.



Gone fishing!



Lam's caught a snapper!



Written by Carol

Antioxidants

Antioxidants are substances which can be found naturally in food. They protect your body's cells from damage caused by harmful molecules called free radicals. Some free radicals are formed from regular processes in the body when oxygen is used; others come from pollutants such as cigarette smoke.

Antioxidants help to keep you healthy, preventing chronic diseases such as diabetes and heart disease. There are many different antioxidants that can be found in foods. Some examples are vitamins and minerals like Vitamin C, Vitamin E, and Selenium. Phytochemicals, compounds found naturally in plants, may also act as antioxidants. Some include Flavonoids, Polyphenols and Carotenoids. The best way to get antioxidants is from food:

- **Vitamin C** is found in: guava, peppers (red, yellow, green), kiwifruit, strawberries, citrus fruits, papaya, brussels sprouts, broccoli, leafy vegetables, tomatoes, and potatoes.
- **Vitamin E** is found in: almonds, sunflower seeds, vegetable oils, leafy vegetables, peanuts and peanut butter, sweet potato, and avocado.
- **Selenium** is a mineral that is found in: Brazil nuts, fish, shellfish, meat, poultry, grain products, wheat germ, wheat bran, beans, oat bran and eggs.
- **Carotenoids** are found in: kale, tomatoes/tomato products, spinach, sweet potato, carrot, leafy vegetables, pumpkin, squash, guava, watermelon, grapefruit. A commonly known carotenoid is beta-carotene.
- **Flavonoids** are found in: berries (especially dark colored berries), cherries, red grapes, onions, apples, cocoa, tea (especially green tea).

抗氧化剂

抗氧化剂可以是食物中天然存在的物质。它们可以保护机体的细胞免受有害分子（自由基）的损害。一些自由基产生于机体内正常的氧化过程，其他的则来源于外界的污染物如香烟烟雾等。

抗氧化剂即有助于保持健康，又有助于预防一些慢性疾病如糖尿病和心脏病等。食物中含有许多不同种类的抗氧化剂。例如：维生素和矿物质（如维生素C，维生素E和硒）；植物化学物质也可以作为抗氧化剂（如类黄酮，多酚和类胡萝卜素）。获得抗氧化剂的最佳方法是从食物中获取：

- 维生素C存在于：番石榴，辣椒（红色，黄色，绿色），猕猴桃，草莓，柑橘类水果，木瓜，球芽甘蓝，西兰花，绿叶蔬菜，西红柿和土豆。
- 维生素E存在于：杏仁，葵花籽，植物油，叶类蔬菜，花生和花生酱，甘薯和鳄梨
- 硒是一种矿物质，存在于：巴西坚果，鱼类，贝类，肉类，家禽，谷物制品，小麦胚芽，麦麸，豆类，燕麦麸和鸡蛋。
- 类胡萝卜素存在于：羽衣甘蓝，西红柿/番茄制品，菠菜，甘薯，胡萝卜，绿叶蔬菜，南瓜，番石榴，西瓜，葡萄柚。通常已知的类胡萝卜素是β-胡萝卜素。
- 黄酮类化合物有：浆果（特别是深色浆果），樱桃，红葡萄，洋葱，苹果，可可，茶（尤其是绿茶）。



Written by Faith

Member Profile: Joan Gorman

Joan was born in Vancouver, but moved to Kamloops with her family where she grew up. She eventually found her way back to Vancouver and made a home for herself in the city. She was raised in a big family and was always close with her siblings. In her free time, Joan likes to cook, birdwatch, swim, and garden (so long as you keep those fragrant flowers far away or there'll be more sneezing than gardening happening).

Joan has been a friend at RCSS for 5 years. During each season, Joan applies her artistic skills to decorate our centre colorfully to keep this space inviting and welcoming to all who attend, visit, and walk by the centre. Most recently, Joan put her creativity and bird-loving knowledge to good use with our Birdhouse Project. This program was a collaboration with the Adult Day Program at RCSS, residents at Three Links, and the students at Windermere Secondary. Together, they built and painted birdhouses to hang outside in our Seniors' Pod. Each week, when the birdhouse project was on the activity calendar, Joan would wave her hand to volunteer.

Next time you see Joan at the centre, strike up a conversation about your favorite bird or challenge her to a game of bowling...but bring your A-game, because she's got some mad bowling skills!



Written by Jerry

Hi everyone! My name is Jerry and I am a new staff here at the centre; you can find me on Monday, Friday and Saturdays. I was born in the town of Harbin, China and immigrated to Canada in 2005 at the age of 9 and have loved it here ever since.

I completed a Diploma in Sports Science in 2017, but have now switched to Therapeutic Recreation at Douglas College, the same program Christina graduated from! On my free time, I will most likely be walking my dog Chico, watching movies or participating in sports such as Ultimate (Frisbee), Snowboarding and badminton. Growing up with my grandparents, I have always had interests in studying gerontology and the importance of community involvement. But the most rewarding for me is seeing the smile I am able to bring to everyone's faces here at the centre! I hope I get a chance to interact with all of you and I am excited to grow and learn!

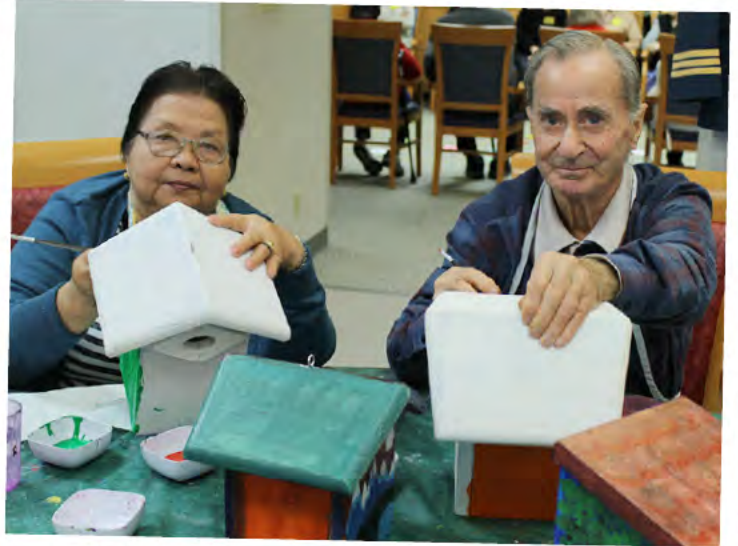
大家好！我是 Jerry，我是一个新来到这个中心的职工。您可以每周一五和六找到我。

我是在东北哈尔滨出生的，2005年我9岁移民到温哥华就爱上了这里。我一开是学的体育教育但是我现在改成了娱乐回复，在Douglas学习。我对体育很有兴趣，我没事的时候一般都会在打球和做运动。因为我是跟我的祖父母长大的我对老年病学是很有兴趣的

我希望我能跟你们一起成长和学习！



A calligraphy craft with Juanita



The Birdhouse Project is a success!



A warm hello from the ladies



A terrific time for trivia



"Hmm...where could that word be?"



Alfreda, Marian & You Hao



A Word from Rose

Cheesy Broccoli Soup in a Bread Bowl

This tasty recipe is from our own Addie's cookbook called "Most Requested Recipes 2017." Not necessary to use a bread bowl, but it's kind of fun! This recipe will make 3 servings.

Ingredients

- 1/8 cup butter
- 1/4 cup chopped onion
- 1 garlic clove or use 1/4 tsp dried
- 2 cups fresh broccoli florets
- 1/2 a large carrot, chopped small or use 1 cup frozen diced
- 1 1/2 cups chicken stock
- 1 cup half & half cream
- 1 bay leaf
- 1/4 tsp salt
- Pinch of nutmeg
- 1/8 tsp pepper
- 2 tbsp cornstarch
- 2 tbsp water
- 1 cup grated cheddar
- 3 small round bread loaves

Cooking Directions

1. Use a large 2 litre pot and heat butter over medium heat. Add chopped onion and garlic and saute for 6-8 minutes.
2. Stir in broccoli, carrot, stock, cream and seasonings. Bring to a boil and simmer uncovered 10-12 minutes.
3. Mix cornstarch and water until smooth and stir into soup. Cook 1-2 minutes. Remove bay leaf and stir in cheese until melted.
4. Cut a slice off the top of each round bread. Hollow out the bottoms leaving 1/4 inch thickness. Warm lightly for 5 minutes in the oven at 350 degrees Fahrenheit.
5. Fill with soup just before serving. Some people will crumble cooked bacon bits on top and more cheese.

Cheers,
Rose

December Birthdays

Andy ~ 1st
Alfreda ~ 9th
Mary ~ 26th
Richard ~ 28th



Birthstones:

Turquoise, Topaz, Tanzanite, Zircon

Zodiac Signs: Sagittarius & Capricorn

Flowers: Narcissus





An afternoon of Animal Bingo



CDP Seniors supporting our friends at Kingsway Continental



Murriel & Mary scoring big points



A great team effort!



Never too early for some holiday baking!



Cookie-cutting with Neville