



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

January 2024 Newsletter

Alice Frith Centre | 2970 East 22nd Avenue, Vancouver, BC, V5M 2Y4 | 604-430-1441

Chown Adult Day Centre | 594 East 15th Avenue, Vancouver, BC V5T 2R5 | 604-879-0947



HELLO!

Our monthly newsletter is produced by the staff with the help and support of all seniors and distributed to caregivers and the community.

To advertise in this newsletter, please contact us at 604-430-1441.

Contributors

All RCSS Staff

Editorial

Donna, Christina, Cassandra, Alexandra, Crystal

Locations

Alice Frith Centre
(2970 East 22nd Avenue)

Chown Adult Day Centre
(594 East 15th Avenue)

Hours of Operation

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

Contact Us

Alice Frith Centre: 604-430-1441
Chown Centre: 604-879-0947
Fax: 604-437-1443 / 604-879-0121
Email: rcss@rencollseniors.ca
Website: www.rencollseniors.ca

We humbly acknowledge that Renfrew-Collingwood Seniors' Society and the work we do is on the unceded, ancestral, traditional, and occupied homelands of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Renfrew-Collingwood Seniors' Society has been operating as a non-profit organization in the community for over 46 years. We have a volunteer Board of Directors elected from the membership who work tirelessly to ensure that the Society runs efficiently. Our team of dedicated staff -- many of whom have been part of the organization for many years -- are skilled, compassionate, and deeply committed to their roles in running our Adult Day Program. Volunteers and students from the community also play a fundamental role in the care provided to the seniors by assisting us in the delivery of our programs and engaging in intergenerational projects.

Both our Centres have a cozy, home-like environment for seniors in our community to spend time at while socializing with friends, sharing healthy home-cooked meals, engaging in meaningful recreation activities, and volunteering their time and skills. One of the Society's most important goals is to support seniors, so they can continue to stay in their homes for as long as possible.

The Society welcomes donations, bequests, and gifts. Our official tax receipt number is 11911 5558 RR0001 -- a charitable tax receipt will be sent to you. If you are interested in donating, please e-transfer us at rcss@rencollseniors.ca or send a cheque along with your return address to Renfrew-Collingwood Seniors' Society. Your support is greatly appreciated!

If you or someone you know is interested in joining the program, please call Vancouver Coastal Health's Central Intake Line at 604-263-7377 and leave a detailed message with your contact information. VCH will return your call as soon as possible.

Put Your Health First This Winter

這個冬天把您的健康放在首位



Information provided by Vancouver Coastal Health

Keep yourself healthy, avoid getting sick or injured and know where to seek care when you need it. To prevent slips and falls:

- Beware of icy conditions.
- Walk safely by planning routes, choosing cleared pathways, opting for non-slip footwear and considering the use of canes or walking aids.
- Seniors, remember many falls can be prevented. Stay active and adhere to health guidelines to maintain your strength

預防滑倒

- 注意地面結冰的情況。
- 規劃路線、選擇已清理的道路、採用防滑鞋 並考慮使用柺杖或助行器來安全行走。
- 年長者，請記得很多跌倒是可以預防的。保持活動量並遵守健康指南以保持體力。

Board of Directors



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Hugo Chung



Alexandra Pastega



Habana Gutierrez Vior



Ella MacQueen-Denz



Michelle Suriawan



Crystal Liu



York Lam



Bradly Moisan



A Message from Donna

Happy New Year - may it bring good health, an abundance of joy and lots of memorable days at our Centers! Overall, we have doubled the rewards of supporting such a deserving group and the pleasure of enhancing the quality of your lives is more compensation than one could imagine.

Let us hope that the coming year is a little less challenging, as the past one had many unexpected demands which kept me at my desk instead of being on the floor chatting with all our wonderful participants at Alice Frith Centre and Chown.

I look forward to working on some of our specific goals for 2024, meeting the deadlines of our ambitious strategic plan, and working with our Board members to achieve the mutually agreeable framework. The satisfaction surveys from our seniors and care givers formed the basis of the structure and we will be getting your comments and guidance again once we circulate our satisfaction surveys next month.

We will strive to incorporate all your wonderful suggestions in our activities and again expand the work we do to include the on-site health promotion workshops and weekend exercise classes. Care giver support programs are on the horizon as well so please inform us of ways to lessen the workload of keeping our seniors in their homes as long as possible.

Thank you all for your generous donations to the Centers and for all the thoughtful cards of appreciations to our Team. We very much appreciate your gratefulness and gestures.

DONNA的留言，

新年快樂 – 願我們身體健康，生活愉快，創建了很多美好的回憶在我們的中心。總的來說，支持這樣一個值得的團體使我們感受到了雙倍的快樂，幫助你們提高生活質量的快樂是比人們想象的要多得多。

希望明年的我們可以少一點挑戰性，過去有許多意想不到的要求使我沒有辦法離開我的辦公桌，而不是在AFC和CHOWN中心和你們這些優秀的參與者聊天交流。

我期待著為2024年的一些具體目標而努力，在最後的期限內完成我們雄心勃勃制定的戰略計劃，與我們的董事會成員合作，一起努力，實現雙方共同攜手創建的計劃。我們從老年人和護理人員滿意度調查問卷了解了基礎的結構，下個月我們會重新分滿意度調查問卷，我們會繼續接受您的建議，意見和指導。

我們將會努力將您的建議融入到我們的活動中，並在此擴大我們的工作範圍，包括現場健康促進學研會和週末健身課堂。照顧著支持計劃也即將推出，所以可以隨時告知我們如何減輕照顧著的負擔，讓我們的老年人延長在家裡生活的時間。

感謝大家對中心的慷慨捐助，感謝大家給我們團隊的感謝卡片。我們非常感恩您對我們的感激和感謝。

祝一切都好，

DONNA



Beautiful work, Elna!



So creative, Maria D!



Nice candy canes, Lian!



Focus time, Fernando!



Art master, Remedios!



The elf, Ciro!



Alexandra and Robin making magic!



Artists at work, Maudy, Ella and Bun Ja !



Alfred, Habana, Pak Tong, York, Anton, and John baking up a storm!



2024

**Stella**

I look forward to no war in the world, and no Covid in China.

Happy
New Year

Chuck

I look forward to learning about healthy eating and improving my body with healthy food.

**Diane**

I'm looking forward to seeing my sister's daughter in law who is expecting a baby in April 2024.

Ying

I'm looking forward to happiness and good health and a short visit with my niece in LA.

**Kwan**

I am looking forward to good food in the New Year. I wish for everyone to be respectful to each other, and for my family to have good health.

**Nancy**

I look forward to a good life and for all of my family and friends to be happy and healthy.

**Arsenia**

I'm looking forward to having good health, for my sisters and I.





Bing

What I am looking forward to most in the New Year is Valentine's Day.



Jenifer

I'm looking forward to seeing my grandchildren when they come to visit!



Koon

This new year, I look forward to eating more delicious food, and wearing more beautiful clothes.



Alfred

This year, I am looking forward to better weather and a year of wealth!



Nina

For 2024, I am looking forward to a year of wealth so I can help those that need it.

Poi Ying

In 2024, I am looking forward to spending time with my family, happiness and good health.



Bun Ja

In the new year, I am looking forward to feeling good and having good health!





Chun and You Mei looking great!



Best friends Nancy, Sarah and Diane!



Beautiful smiles, Ida and Celia



Great smile, Manny!



Holiday sweater match, Roberta and Addie!



Festive friends Connie, Karen, Ju Li, Alexandra, Poi Ying, Viola and Patricia



Hi Ralph!



Choi and John feeling festive!



Having a laugh with Aida and Santa!



Ho ho ho, Joan and Santa!



Celebrating the holidays, Lily and Rosa!



Looking good, Charlotte!

Happy Birthday



Manuel, Jan. 1



Sau Tien, Jan. 1



Kwokwai, Jan. 5



Monica, Jan. 8



David, Jan. 20



Anna, Jan. 24



Alfred, Jan. 25



Amy, Jan. 27

January's Horoscope is: Capricorn.

Capricorns are the hardest workers of the zodiac. They are ambitious, determined, and strong. They will keep going when others would've given up. This makes them great life partners and friends.





Nice Shot, Lian!



Nice moves there, Sidney, Roberta and Michelle!



Hi, Brenda!



Hi June!



Good game, Maria N. and Tran!



Nice shot, Susan



Patricia, Chris and Robin focusing hard in Holiday Guess Who



Big smile, Margherita and Laura!



Nice work, Bick Kum and Hui!



Good game Zi Jun and Joe

PLAY



Chun, Bing, Fei and Choi in Mah Jong



Nice mustache, Gim!



Cheers to you, Ying and Min!



Good work, Kim and King!



Who is the winner, Addie or Chuck?



Nice throw, Antonio and Alice!



Tall tower, Amy!



Puzzle time with Cynthia and Tuong!



Nice work David, Ella, Maudy and Connie!



Making music with Linda, Zi Jun, Ella and Narendra



Good game Andy, Celia, Manny, Koon and Kiu



Big smile, Kem Ai!



Queens of karaoke, Ida and Choi!



Sorting Station with Chun, Kwan and Beatriz



Festive fun with Lin Fong and Bun Ja



Enjoy the moment,
Rose and Cassandra!



Aida F, Bik Ho and Charlotte



Lovely smile, John and Antonio!



Happy birthday, Wai King!!



Decoration time,
Rey and Michelle!



Kwok Wai, Choi, Clarie and Bi Yu



Maudy, David and Fei celebrating the day!



Happy Birthday, Edward!



Narendra opening a
morning surprise!



Good friends, Rose and Paul!



Having fun with Linda and Andy



Happy birthday, Shirley!