



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

February 2024 Newsletter - 二月刊

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Email: rcss@rencollseniors.ca | Website: www.rencollseniors.ca | Mon - Fri: 8:30AM - 4:00PM



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

此月刊由所有員工在年長者的幫助與支持下完成，並分發給看護著和社區。

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.

蘭菲高靈活耆英會是一個為社區服務了超過46年的非盈利公益組織。我們有一群由志願者組成的董事會負責維持組織的運作。我們的團隊擁有許多優秀的且富有熱情的員工，有不少人已經在耆英會工作了許多年。除此之外，來自社區的志願者和學生們也透過協助我們實施計劃和參與各種項目，在為年長者提供服務方面發揮了重要作用。

兩間成人日間中心在為年長者提供各種文娛活動與社交機會的同時，也保證了每個年長者可以在中心感受到家的溫暖以及品嚐到美味的飯食。我們的主旨是為年長者提供幫助，讓他們可以安心的在社區和家中養老。

蘭菲高靈活耆英會樂意接受各種捐贈，包括但不限於遺贈以及禮物。我們的官方稅單號碼是11911 5558 RR0001 – 你將會收到一封公益捐贈回執。如果你有興趣捐款，請透過 rcss@rencollseniors.ca 電子轉帳或將支票連同您的回郵地址發送給 Renfrew-Collingwood Seniors' Society。您的支持是對我們極大的鼓勵！

如果你或者你認識的人想要參加成人日間活動，請致電溫哥華海岸衛生局（VGH）604-263-7377，并且留下你的詳細信息和電話。他們會儘快回復你。

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。

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 Səlilwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

Board of Directors



Madeleine MacIvor



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Poonam Kaila



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Staff



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Christina Webster



Wai Yee Chou



Joon Kim



Faith Malakoff



Rose Smith



Cassandra Ly



Claire Oh



Laura Lopez



Hugo Chung



Alexandra Pastega



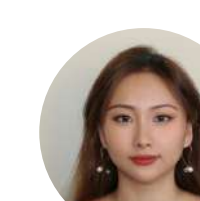
Habana Gutierrez Vior



Ella MacQueen-Denz



Michelle Suriawan



Crystal Liu



York Lam



Bradly Moisan



Happy Lunar New Year to All! In this year of the Wood Dragon, we wish you good luck, good health, and much prosperity.

Preparations for our celebrations began early this month with participants making wontons, our red envelopes ordered along with chocolate loonies, and various games planned with the Lunar Year in mind. Of course, our dragon will be awakened to join us for the famous RCSS dances. By the way, we made the dragon many moons ago and it has not aged a bit over the last 14 years.

I am amazed to learn that approximately two billion people in the world celebrate this event; China, South Korea, Malaysia, the Philippines, Indonesia, Singapore, Brunei, and Vietnam to name a few. I am honoured that many of these countries are represented here at our Centre as it makes the event so much more meaningful when it is significant to our seniors. Our celebrations have improved over the years with you sharing your experiences and preferences – so thank you.

On another note, our Board of Directors, funders, and staff are awaiting the results of our satisfaction surveys. We will be circulating the forms to our participants and care givers shortly with a deadline for returning them February 29th, 2024. Last year we received lots of great suggestions and are proud to report all of them were incorporated in our daily routines. Please feel free to offer your feedback again as our end goal is to have everyone's cultural preferences acknowledged. Looking forward to hearing from you.

All is well, Donna

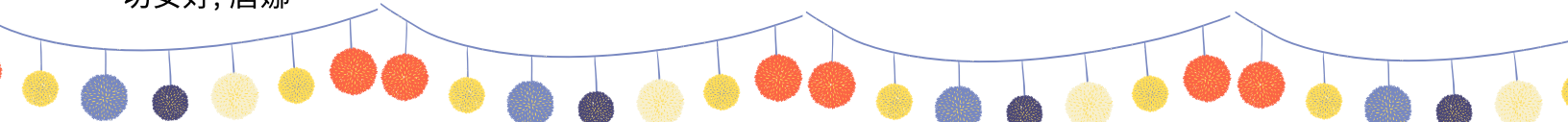
祝大家新年快樂！在今年的龍年裡，我們祝福您如意吉祥、身體健康、生意興隆。

我們已於本月初開始準備慶祝活動的工作，參加者製作餛飩、訂購紅包和巧克力金幣，並策劃了各種農曆新年的遊戲。當然，我們的龍也即將被喚醒，一起參加著名的 RCSS 舞會。順便一提，我們在很多年前已經製作了這條龍，在過去的十四年裡它一點都沒有變老。

我驚訝地發現世界上大約有二十億人慶祝這一盛事；中國、韓國、馬來西亞、菲律賓、印尼、新加坡、汶萊和越南等。我很榮幸許多不同國家的人都來到我們中心，這對我們的長者來說意義重大，令活動變得更加有意義。多年來，隨著您們分享的經驗和喜好，我們的慶祝活動才能夠不斷改進 - 所以感謝大家。

另一方面，我們的董事會、資助者和員工正在等待問卷調查結果。我們很快就會將表格分發給參加者和護理人員，截止日期為二零二四年二月二十九日。我們於去年收到了許多很好的建議，並自豪的宣佈我們採納了你們所有的建議並運用到我們中心的日常運作中。請隨時再次提供您們的回饋，因為我們的最終目標是讓每個人的民族文化得到認同。期待您的回音。

一切安好, 唐娜





Lovely flower vase, Sau Tien!
可愛的花瓶, Sau Tien!



Cute mittens, Linda!
可愛的手套, Linda!



Wonderful painting, Rose!
畫的真好, Rose!



Beautiful work, Ida!
做的好, Ida!



Art master, Kiu!
Kiu是藝術大師!



Good job Elna!
很棒嘞, Elna!



Cutting with Tuong!
和Tuong一起剪!



Nina, David, Karen and Anyao making
something beautiful!
Nina, David, Karen和Anyao在做美麗的手工!



Fei and Gee making some beautiful crafts!
Fei and Gee 正在做手工!



Teresita

My special people are my grandchildren! I have 15 in Vancouver and 7 in Philippines.
對於我來說，我的孫子孫女是特別的人，在溫哥華我有15個，菲律賓有7個。



Antonio

My special people are my grandchildren and great grandchildren. I wish them all the happiness and health in the world.
我最珍視的人子孫們，我希望他們在這個世界上過得開心健康。



Sarah

My special person is my husband, Tony. He takes care of me every day, and I love him for it.
我最珍視的人是我的丈夫Tony，他非常照顧我，我很愛他。



Beatriz

My special people are my family because they are always there for me.
我最重視我的家人們因為他們總是為我着想。



Brenda

My special people are my 2 daughters, Patricia and Karen. They help me with paying my bills and bringing or cooking food for me.
我的兩個女兒 Patricia和Karen是我最珍視的人，她們幫我處理賬單和做飯給我吃。



Kay

My special people are my family, especially my grandchildren. They like to give me gifts, take me out to dinner, and take me for walks.
我最重要的人是我的家人，特別是我的孫子。他們帶我出去玩，陪我吃飯和送我禮物



Lily

The people here at RCSS are very special to me! I'm always happy whenever I come to the center.
對我來說RCSS的員工是特別的！每次我來到中心都特別高興。





Maudy

The workers here are my special people. They are nice, kind and welcoming, and I only get to see them twice a week!
中心的員工對我來說是特別的, 他們非常善良且樂於助人, 我非常希望可以天天見到他們!



HAPPY
VALENTINE'S
DAY

Viola

The people here, especially the workers. They provide us with activities and exercise, I would be lost without them!
中心的員工給我們提供了豐富的活動, 我無法想象沒有中心的生活會怎樣!



Anton

A person that is important to me is Christina! She works so hard for us and makes everything happen.
Christina 對我來說是特別的, 她非常認真工作并且努力把每一件事都做好!



Chun

You Mei is a special person to me because we spend a lot quality time here. I look forward to seeing her when I come to the center.
You Mei 對我來說是特別的, 因為我們認識了很長時間, 我很開心每次都可以在中心見到她。



XOXO

Susan

A person who is special to me is Lian Ru. I feel happy when I spend time with her in the program. We are good friends.
蓮茹對我來說是特別的存在. 我和她在一起的時光總是歡樂的, 我們是非常好的朋友。



You Mei

Chun is a special person to me, because we come to the centre on the same day and get to spend lots of time together. I have a good friendship with her.
Chun 對我來說是特別的, 因為我們總是在一起, 我們的關係非常好。



Kiu

A special person to me is my mom, because she always took care of me when I was a child.
我媽媽是我最珍視的人, 在我小時候她非常用心地照顧我





Jenifer and Shirley looking great!
看起來很棒, Jennifer和Shirley!



Best of friends, Hui and Chun!
最好的朋友, Hui和Chun!



Wonderful smile, Diane!
甜美的笑容, Diane!



Happy smiles Maria N. and
Nancy!
很開心的笑, Maria N. 和Nancy!



Enjoy the music with
Addie!
和Addie一起享受音樂!



Hello there, Gim and Edward!
Gim和Edward和大家打招呼!



Looking good Chris and Ella!
精神很好Chris和Ella!



Having fun with Lian Ru and Lin Fong!
和Lian Ru還有Lin Fong一起開心!



Coloring with Charlotte
and Kim
和Charlotte還有Kim一起畫畫!



Having fun, Rey and Bick Kum!
享受吧, Rey和Bick Kum!



Dancing the day away with You Mei, Christina and
Wai King!
一起跳舞把, You Mei, Christina 和Wai King!



Warm smile from Min!
來自Min的溫暖微笑!

Happy Birthday



June, Feb. 4



Ciro, Feb. 6



Lily, Feb. 7



Celia, Feb. 10



Roberta, Feb. 10



Joan, Feb. 16

Year of the dragon

龍年

1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024

The dragon is the fifth animal in the Chinese zodiac. Dragons have good luck, strength and health.

龍在十二生肖中排第五, 它象徵著好運, 強壯和健康。

What is your Chinese zodiac sign? Ask your families and friends to find out theirs as well.

你的生肖是什麼呢? 和大家一起分享吧!



Ready to play, Arsenia!
一切就緒, Arsenia!



Cards with friends, Andy and Chris!
Andy和Chris是紙牌好友!



Let's go, Lie!
加油, Lie!



Perfect puzzle with Ella, Connie and Fei!
非常完美的拼圖, Ella, Connie和Fei!



Color matching with Tran!
和Tran一起顏色配對!



Feeling lucky with Amy and You Mei!
Amy和You Mei很幸運!



Nice cookies, Choi!
很好看的餅乾, Choi!



Go for the throw, Paul and Nelly!
加油拋球, Paul和Nelly!



Fun Yahtzee game with
Robert and Chuck!
有趣的快艇遊戲, Robert和Chuck!



Good game, Jenifer and Patricia!
精彩的遊戲, Jennifer和Patricia!



Tenagrams with
Remedios!
和Remedios一起拼七巧板!



High rollers, Amy and David!
高點數, Amy和David!



Baking up a storm
with Alfred!
製作烘焙風暴和
Alfred!



So focused, Alice!
專注力, Alice!



Good game, John and Narendra!
好玩的遊戲, John和Narendra!



Musical friends, Cynthia
and Maria D!
音樂朋友, Cynthia和
Maria D!



June, Manny, Alexandra,
David and Bi Yu! June, Manny,
Alexandra, David和Bi Yu!



Nice tower, Joe and Pak Tong!
很棒的高塔, Joe 和Pak Tong!



Nice rolling, Fernando!
丟高點, Fernando!



Wu and Chun having fun!
Wu和Chun在享受美好時光!



Great shot, Koon!
好球, Koon!



Hi Kwan!
嗨嘍, Kwan! !



Dancing club, May, Wai Po and Michelle!
舞蹈俱樂部, May, Wai Po和Michelle!



Dancing with friends,
Zi Jun and Ella!
和Zi Jun, Ella一起跳舞!



Dancing together with Margherita,
Remedios, and Michelle!
和Margherita, Remedios和Michelle一
起跳舞!



Shake shake May!
搖搖, May!



Warm Hugs, Rosa!
溫暖擁抱, Rosa!



Big smiles, Celia, Viola and John!
大大的微笑, Celia, Viola和John!



Hi, Kwok Wai!
嗨, Kwok Wai!



Hugs for Valentine's Day, Kem Ai and
King! 來自情人節的擁抱, Kem Ai和King!



Happy Valentine's, Wing!
情人節快樂, Wing!



Poi Ying and Ju Li enjoying the moment!
Poi Ying和Ju Li的歡樂時光!



Making memories
with Cynthia and Ella!
和Cynthia還有Ella一起
創造美好回憶!



Music buddies, Anna and Stella!
音樂知音, Anna和Stella!



Making some new friends, Sidney!
交新朋友, Sidney!



Hi, Henry!
你好, Henry!