



# Renfrew-Collingwood Seniors' Society

## 蘭菲高靈活耆英會

### February 2025 Newsletter - 一月刊



**Alice Frith Centre** | 2970 E 22nd Ave, Vancouver, BC, V5M 2Y4 | P: 604-430-1441 F: 604-437-1443  
**Chown Centre** | 594 E 15th Ave, Vancouver, BC V5T 2R5 | P: 604-879-0947 F: 604-879-0121  
 Email: rcss@rencollseniors.ca | Website: www.rencollseniors.ca | Mon - Fri: 8:30AM - 4:00PM



— HAPPY —  
*Retirement*  
*Donna*





Poi Ying and her husband met in secondary school and were married for 60 years. A love that lasted a lifetime. Poi Ying和她的丈夫在中學時相識，並結婚已經60年。他們的愛情持續了一生。



David and his wife Tammy married in South Korea. They met by chance when David rented his house to Tammy. They have been married for 52 years! David和他的妻子Tammy在韓國結婚。他們偶然相遇，當時David把房子租給了Tammy。他們已經結婚52年了



Stella and her late husband married in 1968 in Vancouver. The common spark that united them was their language, Shanghainese. Stella和她已故的丈夫於1968年在溫哥華結婚。他們之間共同火花是他們的母語，上海話。



Maria met her late husband in Vancouver and the two love birds got married in 1975. She loved that he was a very kind and family oriented man. Maria和她已故的丈夫在溫哥華相遇，並與1975年結婚。她喜歡他是個非常仁慈且重視家庭的人。



Tun Aye and his wife married in Burma in 1974. They have been married for 50 years!

Tun Aye和他的妻子於1974年在緬甸結婚，他們已經結婚50年了!



Before Alice and her late husband tied the knot in Brazil, they maintained a long distance relationship by writing letters. 在Alice和她已故的丈夫在巴西結婚之前，他們透過寫信維持著遠距離戀愛。

**Happy Recreation Therapy Month!**  
**康樂治療月快樂!**

Every year, Recreation Therapy month highlights the importance and impact that recreation has on the lives of individuals and family members. This month gives us the opportunity to recognize recreation therapy providers and the work they do to enhance the quality of life of others!

每年，康樂治療月都會突顯康樂對個人和家庭成員生活的重要性和影響。這個月讓我們有機會感謝康樂治療提供者，以及他們為提升他人生活品質所做的貢獻！

**WHAT IS RECREATION THERAPY?**

**什麼是康樂治療?**



Recreation therapy is a person-centered healthcare profession that uses leisure and recreation to improve multiple domains of health and overall quality of life.

康樂治療是一個以個人為中心的醫療專業，利用休閒和娛樂活動來改善健康的各個領域以及整體生活品質。

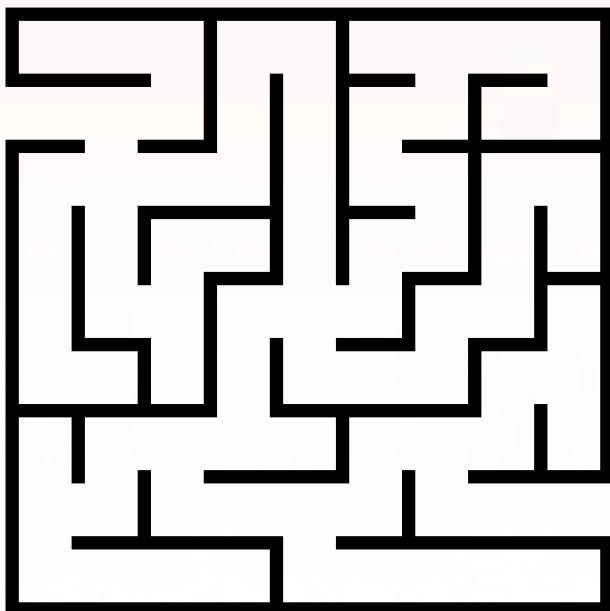


**RECREATION THERAPY AT RCSS**

**康樂治療在RCSS**

The programming provided at both AFC and Chown are rooted in the recreation therapy philosophy. We provide choices to our seniors and ensure that they experience a variety of programs that cover the physical, cognitive, social, and emotional areas of wellness. While these programs are opportunities to learn a skill, increase socialization and experience something new, we still ensure that the seniors are having fun!

AFC 和 Chown 提供的計劃都根植於康樂治療理念。我們為長者提供選擇，並確保他們能參與各種涵蓋身體、認知、社交和情感健康領域的活動。雖然這些計劃是學習新技能、增加社交互動並體驗新事物的機會，但我們仍然確保長者們在過程中能夠享受樂趣！



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## 你所愛的人有什麼特別之處？



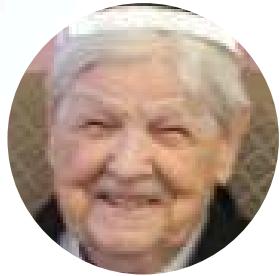
### David B.

Something special about my son is how thoughtful he is. He calls my wife and I every day, visits twice a week and helps us cook.  
我兒子特別之處在於他的體貼。他每天都會打電話給我和我太太，每週兩次來探望我們，並幫助我們做飯。

### Narendra

Something special about my wife is how helpful she is. She makes coffee, tea, bakes fruit cakes and cooks. She is a great cook and I am a great eater!

我太太特別之處在於她的樂於助人。她會泡咖啡和茶，烘焙水果蛋糕，還會做飯。她是一位很棒的廚師，而我是個很棒的食客！



### Viola

Something special about my sister is how vibrant she is. She loved to dance. We use to go downtown together and do ballroom dancing and square dancing.

我姐姐特別之處在於她的活力。她熱愛跳舞。我們曾經一起去市中心參加交誼舞和方塊舞的活動。

### Antonia

My favorite thing about my husband is that he did all of the work outside of the house, including yard work and gardening.  
我最喜歡我丈夫的一點是，他負責家外的所有工作，包括庭院整理和園藝。



### Sarah

I love everything about my husband, he takes great care of me and makes me laugh.

我愛我先生的一切，他非常照顧我，還總是逗我笑。

### Fritz

My favorite thing about my wife is that she respects her seniors and loves the kids!

我最喜歡我太太的一點是，她尊重長輩，還很愛小孩！





**My Dearest Seniors, Staff, Board Members, Collaborators and Funders:**

It is with mixed emotions that I inform you of my pending retirement. After 16+ years as Executive Director, the time has come for me to part ways with all of you. It is not goodbye, because I will be keeping an eye on your continued progress and will never pass the door without dropping in to see all my lifelong friends.

Believe me I know that I am so fortunate to wake up every morning and be excited to go to the work. That is because I never felt it was an office, instead I saw it as a gathering place for elders from all over the world. Our Centres are warm, caring environments where I always felt appreciated and loved. I hope I reciprocated, and you felt the same.

You trusted me in your vulnerable moments, shared intimate stories (that will never be repeated) and put your faith in me to find reassuring remedies for your physical and emotional needs. Your wisdom and life experiences helped me understand how to endure challenges and when you were involved, there was no end to my fierce advocacy work as you were a cause worth fighting for. All the happy exchanges are instilled in my heart and the sad moments too, as when we lost friends, we were always there for one another. To serve such a deserving group of individuals was an honour and a privilege that I will never forget. Thank you from the bottom of my heart.

My 46-year career was hard at times but most fulfilling because for the last 40 years while living in Vancouver I worked with some of our most vulnerable people. My work consisted of supporting individuals experiencing homelessness, women who were abused and fleeing intimate partner abuse, people in the sex trade, indigenous youth with drug addictions, and newcomers who were desperate to find affordable housing and jobs. Most of the rewards from the social work that was my calling, were in the form of love and gratitude and I want you to know, that meant more to me than the paycheck that I received.

I am so proud of all we accomplished together. Our confident and cohesive Board of Directors is so passionate about our work, and we could not ask for better leaders to bring us to the next stage of our development. They are wonderful beings who volunteer their time to serve you, and I am reassured that while selecting my successor, they will choose someone with characteristics and demonstrated abilities that will continue with our mission and vision. I know they will be true to their word, and I thank them profusely for their commitment and unwavering support.

I also know that the Staff at both sites are well trained caring individuals with big hearts and a desire to care for you in your continued journey. I selected all staff members myself and everyone of them, both past and present, are compassionate about supporting our seniors. They are wonderful, young, curious learners that also understand the gift of this work. They will continue to strive and deliver care for you in the respectful way they were taught.

Our partners and collaborators in the sector made us stronger. We complimented each other and always networked to overcome the bigger challenges. We are extremely fortunate to be part of such vibrant communities. Our funders bestowed millions of dollars on us over the years and I can assure you, we never let them down and I doubt that will change. I am energized by what is ahead, and excited to see what you do next. But the emotion I feel most strongly right now is gratitude. My heart is so full of love and joy, and I will never forget you, stop caring or loving you. All is well!



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親愛的長者們、員工、董事會成員、合作夥伴以及資助者們：

懷著複雜的心情，我在此通知大家，我即將退休。在擔任執行董事超過16年之後，是時候與各位告別了。然而，這並不是再見，因為我將繼續關注大家的進步，並且每次路過時，都會進來探望我一生的朋友們。

相信我，我深知自己是何其幸運，每天早晨都滿懷期待地去工作。這是因為我從未把這裡當作一個辦公室，而是視其為來自世界各地長者們的聚會場所。我們的中心始終是一個溫暖、充滿關愛的環境，在這裡我總能感受到被珍視與愛護。我希望自己也做到了同樣的回饋，讓你們感受到相同的愛與關懷。

你們在自己脆弱的時候信任我，與我分享那些不會被重複的親密故事，並將信任寄託於我，希望我能為你們的身心需求找到慰藉的解決之道。你們的智慧與人生經歷幫助我學會如何面對挑戰，而每當你們參與其中時，便激勵我投入無止盡的熱忱來為你們奮鬥。所有幸福的互動都深深印刻在我的心中，那些悲傷的時刻也同樣如此。當我們失去朋友時，彼此的陪伴更顯得彌足珍貴。能夠為如此值得尊敬的一群人服務，是我一生中無比光榮與難忘的榮幸。從心底感謝你們。

我的46年職業生涯雖然充滿挑戰，但也是最有成就感的。特別是在過去的40年中，生活在溫哥華的我致力於幫助一些最脆弱的人群。我的工作包括支持無家可歸者、幫助逃離伴侶虐待的女性、支持從事性交易的人、協助有藥物成癮問題的原住民青年，以及幫助迫切需要找到負擔得起的住房和工作的移民。我從這些社會工作中得到的回報，大多是愛與感激，而這對我來說，比工資更有價值。

我為我們一起完成的所有成就感到驕傲。我們團結自信的董事會成員對我們的工作充滿熱情，我們無法要求更好的領導者來引領我們邁向下一階段的發展。我對他們深信不疑，也非常感謝他們的承諾與不懈的支持。

我也知道，兩個場館的員工都是受過良好培訓的、有愛心的個人，擁有關懷你們的熱忱。我親自挑選了每一位員工，無論是過去還是現在，他們都對支持長者充滿熱情。他們是優秀的年輕學習者，深知這份工作的價值。他們將繼續努力，以他們所學到的尊重方式為你們提供服務。

我們的合作夥伴和行業中的協作者讓我們更強大。我們彼此互補，總是共同努力克服更大的挑戰。我們非常幸運能成為如此充滿活力的社區的一部分。我們的資助者多年來為我們提供了數百萬的資金，我可以保證，我們從未讓他們失望，並且相信這一點不會改變。

對於未來的發展，我充滿了活力，並期待著看到你們接下來的成果。但此時此刻，我最強烈的情感是感激之情。我的內心充滿了愛與喜悅，我永遠不會忘記你們，也不會停止關心或愛你們。一切都很好！





# Happy Birthday!



June- Feb 4



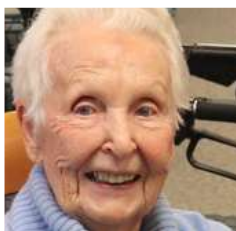
Jack- Feb 7



Lily - Feb 7



Celia- Feb 10



Roberta - Feb 10



Gaetano - Feb 14



Joan - Feb 16



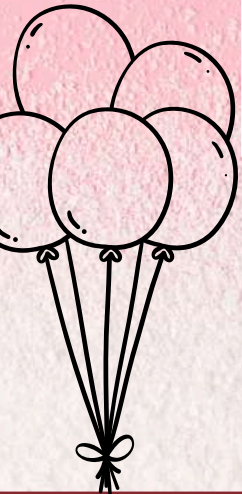
Anna- Feb 22



Lai Yung - Feb 25



Irene - Feb 26



**Cancer** is characterized by uncontrolled growth and spread of abnormal cells in the body. There are more than 100 different types (most common types are lung, colorectal, breast and prostate).

#### There are ways to reduce the risk of cancer:

- Eat a well-balanced diet (low in red & processed meats, high in fruits & vegetables)
- Maintain a healthy body weight
- Do not smoke
- Stay active and keep exercising
- Reduce alcohol consumption
- Avoid indoor tanning and overexposure to the sun
- Enhance air quality (adequate ventilation at home – use air filtration)
- Find effective ways in coping with stress
- Early detection – know what is “normal” for you and be aware of your body. Consult your GP or doctor.

#### Symptoms:

Signs and symptoms caused by cancer will vary depending on what part of the body is affected. Some general signs and symptoms associated with, but not specific to, cancer, include:

- Lump or area of thickening that can be felt under the skin
- Skin changes, such as yellowing, darkening, sores that won't heal, or changes to existing moles
- Changes in bowel or bladder habits
- Difficulty swallowing
- Persistent indigestion or discomfort after eating
- Persistent, unexplained muscle or joint pain

**Canadian Cancer Society & BC Cancers** is an organization that offers a variety of services to support people with cancer, their families and caregivers. **Helpline** is a toll-free service @ 1-888-939-3333.

## 癌症

**癌症**的特徵是體內異常細胞的失控生長和擴散。目前已知的癌症類型超過100種，其中最常見的包括肺癌、結直腸癌、乳腺癌和前列腺癌。

#### 以下是降低罹患癌症風險的方法：

- 均衡飲食：少吃紅肉和加工肉製品，多攝取水果和蔬菜。
- 保持健康體重：避免肥胖。
- 不吸煙：遠離煙草產品。
- 保持活躍：經常運動。
- 減少酒精攝入：限制飲酒量。
- 避免室內曬黑及過度曝曬陽光：做好防曬措施。
- 改善空氣品質：家中保持良好通風，使用空氣過濾設備。
- 有效應對壓力：學習和採取減壓方法。
- 早期檢測：瞭解自己身體的“正常”狀態，注意異常變化，並及時就醫。

#### 症狀：

- 由於癌症影響的部位不同，所引起的症狀和徵兆會有所不同。一些與癌症有關的，但不特定於癌症的常見徵兆和症狀包括：
- 可以在皮膚下觸摸到的腫塊或硬化區域
- 皮膚變化，例如發黃、變暗、無法癒合的傷口或現有痣的變化
- 腸道或膀胱習慣的改變 · 吞嚥困難
- 持續的消化不良或進食後的不適
- 持續的、無法解釋的肌肉或關節疼痛

**加拿大癌症協會和BC癌症中心**提供多種服務，支持癌症患者、其家人和照護者。他們的**熱線電話**為：1-888-939-3333 (免費服務)。



