



Renfrew-Collingwood Seniors' Society

蘭菲高靈活耆英會

April 2025 Newsletter - 四月刊

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



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，並分發給看護者和社區。



Greetings Seniors, Staff, Board Members, Collaborators, and Funders:

I am looking forward to meeting and working with you in the coming weeks and months. For the first few months, I will focus on getting to know you, getting an understanding of the day-to-day work, asking about your accomplishments, and gaining an understanding of the work to be done in the next two to three years. I will be interested to hear and see what is going well and in which areas that you believe needs another look.

A little bit about myself. I was born and raised in Montreal, Quebec. My family of origin was from Southern China. I am the eldest of three children. We spoke Toisan (Chinese dialect) at home and learned Cantonese when we went to Chinese school. Growing up in Montreal required us to be fluent in English and French.

I moved to Western Canada after I graduated from McGill University School of Nursing. I have dedicated the majority of my Nursing career to working with families where there is an older adult living with a range of chronic illnesses. With this focus, I have worked in hospitals, Community home health, and long-term care.

My aspirations to be in leadership positions brought me back to graduate school, where I earned my Master's degrees in Nursing and Health Administration. I have been working in various management and leadership positions for 20 years. For the past 5½ years, I have been working as the Executive Director for a Richmond-based long-term care home. Prior to this job, I was the regional manager overseeing all of the adult day programs located within Fraser Health Authority. I will be shaping my knowledge and skills from my work and life experiences to fit in my role as the Executive Director for Renfrew-Collingwood Seniors Society: AFC and Chown Adult Day Centres.

In my spare time, I enjoy engaging in physical activities (such as high-altitude hiking, long distance walking, cycling, kayaking, and doing marathons), reading, and travelling the world. I travel to new countries each year. I enjoy meeting people from different cultures, eating different delicious foods, and learning different ways of living life. In February 2025, I travelled to Singapore, Malaysia, and Taiwan. I wanted to see how people living in these countries celebrated the

lunar new year. It was interesting to see lunar new year traditions that were similar to ones that are celebrated in Vancouver. It was equally interesting to learn about the background to the new year traditions that were unique in these three countries. I am back in Vancouver and getting ready to work with you in my next chapter in life.

All the best,
Jocelyne (Suk-Yee) Wong

尊敬的前輩、員工、董事會成員、合作夥伴及資助者，

大家好！我十分期待在未來的幾週和幾個月內與大家見面和共事。在最初的幾個月裡，我將專注於認識大家，了解日常工作的運作，詢問大家的成就，並深入了解未來兩到三年內需要完成的工作。我也很想聽取你們的意見，了解目前運作良好的方面以及哪些地方需要進一步改進。

關於我自己的一點背景介紹：我在魁北克省蒙特利爾出生和成長，我的家庭來自中國南方。我是家中三個孩子中的長女。我們在家中說台山話（中國方言），而在中文學校則學習廣東話。在蒙特利爾成長的經歷讓我們需要精通英語和法語。

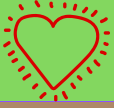
在我於麥基爾大學護理學院畢業後，我搬到了加拿大西部。我的大部分護理事業都專注於與家庭合作，特別是那些家中有長者患有各種慢性疾病的家庭。基於這個方向，我曾在醫院、社區家居護理以及長期護理機構工作。

我對領導職位的追求使我回到學校深造，並獲得了護理學及健康管理的碩士學位。在過去的20年裡，我一直在不同的管理和領導崗位工作。在過去5年半的時間裡，我擔任列治文市一間長期護理院的行政總監。在此之前，我曾是菲沙衛生局內負責所有成人日間護理計劃的區域經理。我將結合過去的工作和生活經驗，融入到我在 Renfrew-Collingwood 老年協會、AFC 及 Chown 成人日間護理中心擔任行政總監的新角色中。

在閒暇時間，我喜歡參與各類體育活動，例如高海拔遠足、長途步行、騎自行車、划皮艇以及參加馬拉松比賽。此外，我還熱愛閱讀和環遊世界，每年都會前往新的國家旅行。我喜歡結識不同文化背景的人，品嚐各種美食，並學習不同的生活方式。在2025年2月，我去了新加坡、馬來西亞和台灣，親身體驗這些國家的人們如何慶祝農曆新年。我發現有些新年傳統與溫哥華的慶祝方式相似，但也有許多獨特的文化背景和習俗值得學習。現在，我已回到溫哥華，準備迎接人生的新篇章，與大家攜手共事。

祝一切順利！
黃淑儀





April is Volunteer Appreciation Month, and we want to take a moment to express our heartfelt thanks to some incredible individuals who have made a difference at the Renfrew Collingwood Senior Society.

四月是志願者感謝月，我們想藉此機會向一些在蘭菲高靈活耆英會做出貢獻的志願者表達我們衷心的感謝。

A special thank you to Fanny for her amazing contributions of arts and crafts, including beautiful cards for our seniors, cork board displays, window decorations, craft supplies, and holiday banners—you truly bring joy and creativity to our community!



特別感謝FANNY，她在藝術與手工藝方面的驚人貢獻，包括為我們的長者製作美麗的卡片、軟木板展示、窗戶裝飾、手工藝材料和節日橫幅——她真的為我們的社區帶來了無窮的歡樂與創意！

We're also grateful to Judy for her kindness and dedication, always lending a helping hand and offering friendly translation support to our staff and seniors. 我們也感謝Judy，她的善良與奉獻，總是伸出援手，並為我們的員工和長者提供友善的翻譯支持。

We ♥ our Volunteers



Last but certainly not least, a huge thank you to our board members for their hard work and commitment to making our organization such a welcoming place for everyone. Your efforts are deeply appreciated!

最後，衷心感謝我們的董事會成員，感謝他們的辛勤工作與承諾，讓我們的組織成為每個人都感到溫馨的地方。我們深深感激你們的努力！



Board Members Jacqueline, Ed, Jeremy, Jennifer Poonam, Olga, and Tara, missing Manpreet.



Did you know that volunteering can improve your mental health? People who volunteer regularly experience increased feelings of happiness and satisfaction. In fact, volunteering can be more fulfilling than any material gift! And here's another fun fact—volunteers are often seen as role models in their communities, with their positive impact spreading far beyond the tasks they complete. Thank you again to all our volunteers—you are making a lasting impact!

有趣的小知識：你知道志願服務能改善你的心理健康嗎？定期參與志願服務的人會感到更幸福與滿足。事實上，志願服務比任何物質禮物都更能帶來滿足感！還有一個有趣的事實——志願者常常被視為社區的榜樣，他們的正面影響力遠超過他們完成的任務。再次感謝所有的志願者——你們正在創造持久的影響！





Rey

Mentally, having a group of good friends brings lots of joy in life. Physically, engaging in regular physical activity helps you stay active.

心理上，擁有一群好朋友會為生活帶來許多快樂。身體上，規律的身體活動有助於保持活力。

Kanta

Exercise is important for a healthy lifestyle. I maintain balanced eating habits by practicing moderation, watching my diet, eating salads and protein, and avoiding sweets and fried foods.

運動對健康的生活方式非常重要。保持均衡的飲食習慣，適量飲食，注意飲食選擇，多吃沙律和蛋白質，避免甜食和油炸食品。



May

A healthy life starts with maintaining your health by drinking Chinese herbal medicine soup. It helps my body develop a strong immune system and reduces inflammation.

健康的生活始於通過飲用中藥湯來維持健康。它有助於增強免疫系統並減少炎症。

Dick

Make sure to get enough quality sleep, stay active with regular exercise, and embrace social connections by being happy to see the people around you and enjoying conversations with them.

確保獲得足夠且優質的睡眠，保持規律運動，並珍惜與身邊人的社交聯繫，開心見到他們，享受與他們交流的時光。



Stella

Daily exercise is important. Avoid eating fast food like fried chicken, burgers, and pizza. The most helpful tip: Don't hold hate in your heart; instead, be open-hearted to everything.

每天運動很重要。避免食用速食，如炸雞、漢堡和披薩。最有幫助的建議是：不要心存怨恨，而是對一切保持開放的心態。

Cecilia

Eat good, nutritious food, get enough sleep, go to bed early, and have supportive, good friends.

吃健康且營養的食物，充足睡眠，早睡，並擁有支持你的好朋友。





Tun Aye

My best advice comes from my 96 year old friend in Thailand:
Walk 300 steps after every meal.

我最好嘅建議係嚟自我嘅泰國嘅96歲老友：每餐飯後行300步。

Andy S.

My best advice to live a healthy life is to stay away from alcohol.

我對过上健康生活嘅最佳建議是遠離酒精。



Dan

The one tip that has worked for me to stay healthy is to make time to be outside in nature. Fresh air and the outdoors is the best natural health you can get.

對我來說，保持健康的一個有效建議就是抽時間待在大自然中。
新鮮空氣和戶外活動是最好的自然健康來源。

Shirley

To live a healthy life you should limit your caffeine intake.

為了过上健康的生活，應該要限制咖啡因的攝取量。



Lin Fong

In my experience, happiness is the key to longevity. A joyful heart helps me live a long life.

根據我的經驗，快樂是長壽的關鍵。愉快的心情幫助我过上長壽的生活。



Karen

The key to longevity is optimism. Staying positive keeps me motivated and young at heart.

長壽的關鍵是樂觀。保持積極的心態讓我保持動力並擁有年輕的心態。





Happy Birthday!



Jenifer Apr 6



Sherman Apr 9



Tuong Apr 12



Patricia Apr 24



Chuck Apr 24



Cynthia Apr 30



Earth Day

Earth Day began on April 22, 1970 to show support for the environment. It has grown to include multiple global events coordinated by earthday.org including 1 billion people in more than 193 countries. Since 1970, Earth day has helped plant millions of trees, support sustainable agriculture practices, and created climate projects around the world.

Ways to contribute in your daily activities include:

Taking shorter showers, make sure to turn off the lights when not using them, recycle your disposable items, and avoid single use plastics.

地球日

地球日始於1970年4月22日，旨在表達對環境的支持。它已發展成為由earthday.org協調的全球性活動，涵蓋了超過193個國家，並吸引了超過10億人參與。自1970年以來，地球日幫助種植了數百萬棵樹，支持可持續農業實踐，並在全球範圍內創建了氣候項目。

你可以通過日常活動來貢獻，例如：

縮短沖涼時間、確保不用時關燈、回收可棄置物品，以及避免使用即棄塑膠。

Get Involved

Ways to contribute through your daily activities include: Start a compost bin, recycle your paper and plastic products, turn off the faucet when you brush your teeth and wash your dishes, fix leaky faucets, and wash your clothes in cold water.

There are many events in the community to attend! A few notable events include: Earth Day EcoStewards Art Workshop in Stanley Park; Earth Day Celebration at Trout Lake Community Centre; And Earth Day 2025 - Saving Our Planet at St. Andrew's Wesley United Church. For more information, visit <https://vancouverbestplaces.com/events-calendar/festivals-and-events/metro-vancouver-earth-day/>

一齊參與吧!

您可以通過這些簡單的習慣在家參與地球日活動：

開始堆肥箱，回收紙張和塑料製品，刷牙和洗碗時關閉水龍頭，修理漏水的水龍頭，並用冷水洗衣服。

社區中有許多活動可以參加！一些值得注意的活動包括：

在史丹利公園舉行的地球日環保藝術工作坊；在Trout Lake社區中心舉辦的地球日慶祝活動；以及在聖安德魯·韋斯利聯合教堂舉行的地球日2025——拯救我們的星球活動。

欲了解更多信息，請訪問 <https://vancouverbestplaces.com/events-calendar/festivals-and-events/metro-vancouver-earth-day/>

Did You Know?

- Showering and bathing are the biggest indoor users of water.
- Recycling reduces water usage by 58%
- Plastic recycling uses 88% less water than creating new plastic.

你知道嗎？

- 淋浴和洗澡是室內用水的最大消耗者。
- 回收可減少58%的水使用量。
- 塑料回收比製造新塑料使用少88%的水。





