



Renfrew-Collingwood Seniors' Society 蘭菲高靈活耆英會 January 2026 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



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。

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We humbly acknowledge that Renfrew-Collingwood Seniors' Society and the work we do is on the unceded, ancestral, traditional, and occupied homelands of the xʷməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitlh (Tseil-Waututh) Nations. Our official tax receipt number is 11911 5558 RR0001.

Walking is one of the most simple and effective ways for older adults to stay active and improve their overall health and well-being. Incorporating walking into a daily routine can help with weight maintenance, cardiovascular health, mental wellness, balance and muscle and bone strength. However, for Canadians, the winter months can create hazardous walking conditions and increase the risk of falls and injuries, especially for older adults. As winter approaches, here are some essential tips to keep you safe and active outside:

Wear the Right Gear

Proper clothing and footwear is an essential first step to enjoying winter walks safely. Look for lightweight, waterproof and insulated boots with non-slip rubber soles. Wear warm winter clothing, including a hat, scarf and gloves and dress in layers for walks.

Use Walking Aids and Devices

For extra stability on winter walks, consider using an aid like a cane or Nordic walking poles. If you use a cane, consider purchasing a retractable ice pick to attach to the bottom for added traction on icy and packed snow surfaces. Talk to a healthcare provider to find the right walking aids or devices for you.

Go Slowly

It's important to take your time and move carefully on snowy or icy surfaces. Plan ahead to make sure you have enough time to get where you are going. On days when the roads are particularly snowy or icy, it's likely best to stay inside.

Keep Hands Free

Slipping and falling with your hands in your pockets or while carrying heavy items can make it difficult to brace your fall and may lead to serious injury. Wear warm gloves rather than putting your hands in your jacket pockets and keep your arms at your side to help you stay balanced.

Other Safety Tips

- Keep your driveway and walkways ice and snow-free.
- Place a winter mat at your entrances for wet boots and wipe up any puddles on floor surfaces.
- Keep an eye on sunset times and try to plan your walks during the daylight hours.
- Whenever possible, find a walking companion. If you're going alone, let someone know your route and expected return time.

步行是年長者保持活躍、提升整體健康與生活品質最簡單且有效的方法之一。將步行融入日常生活，有助於維持體重、促進心血管健康、提升心理健康，並改善平衡能力以及肌肉與骨骼的強度。然而，對加拿大人而言，冬季月份可能會造成危險的步行環境，增加跌倒與受傷的風險，特別是對年長者來說。隨著冬季即將來臨，以下是一些在戶外保持安全的重要建議：

穿著合適的裝備

選擇輕量、防水、保暖，且具有防滑橡膠鞋底的靴子。穿著保暖的冬季衣物，包括帽子、圍巾和手套，並採用分層穿搭方式進行步行。

使用步行輔助工具與設備

可考慮使用拐杖或北歐健走杖等輔助工具。若使用拐杖，可考慮購買可伸縮的冰爪裝置，安裝在拐杖底部，以增加在結冰或壓實積雪路面上的抓地力。

放慢速度

在積雪或結冰的路面上行走時，務必放慢腳步並小心移動。若當天道路特別積雪或結冰，留在室內可能是較安全的選擇。

保持雙手空間

將手放在口袋中或提著重物時滑倒，會使您難以支撐身體、減輕跌倒衝擊，並可能導致嚴重受傷。請戴上保暖手套，而不是把手放進外套口袋，並讓手臂自然垂於身側，以幫助維持平衡。

其他安全建議

- 保持車道與人行道無冰雪堆積。
- 在出入口放置冬季防滑地墊，供濕鞋使用，並隨時擦乾地面上的積水。
- 留意日落時間，盡量在白天時段進行步行。
- 盡可能找一位步行夥伴；若獨自外出，請告知他人您的路線及預計返回時間。

Happy New Year Everyone!

I wish you all a happy, healthy, prosperous, and peaceful new year! I hope that you enjoyed ringing in the new year with family and friends. One of my traditions on New Year's Day is to do the Polar Bear Dip/Swim at English Bay. Quite a refreshing event. I would be interested in hearing about your holiday traditions.

In late November 2025, I had emailed a wish list of equipment specific to both adult day centres. My staff and I are overjoyed in receiving the generous donations. We are excited to purchase the new equipment to enhance our therapeutic recreation programs. Our heartfelt thanks to your generous giving. Thank You!!

In early February 2026, we will send our annual satisfaction survey to you. We want to hear from you on how we can help make the recreation programs more meaningful and diverse. We also would like to hear how we can help support family members caring for clients. In recent months, I have been holding workshops for seniors, specifically to support safe and healthy aging. This goal will continue with a series of arthritis-related workshops held in the afternoon of February 10, 24, and 27, 2026 at Chown Adult Day Centre and at Mount Pleasant Neighborhood House. The clinical team from Vancouver Coastal Health OASIS team will present the most current information about nutrition, supplement use, and beverage intake in relation to arthritis management. Information about the workshops will be posted at both adult day centres. Due to limited space, reserve your spot early at 604-430-1441. Hope to see you at the 2026 workshops!



大家好，新年快樂！



祝福大家在新的一年裡幸福、健康、興旺、平安！希望你們都和家人朋友一起愉快地迎接新年。每年元旦，我的一個傳統活動是在英吉利灣參加「北極熊跳水／游泳活動」，真是相當清爽又難忘。我也很想聽聽你們的節日傳統。

在2025年11月底，我曾透過電子郵件寄出一份為兩間成人日間中心所需的設備願望清單。我和同事們在收到這些慷慨的捐贈時感到無比喜悅。我們非常期待購買新設備以提升我們的治療性康樂活動方案。在此衷心感謝您們的慷慨支持，萬分感謝！

在2026年2月初，我們將寄出年度滿意度問卷調查。我們希望聽取您的意見，了解我們可以如何讓康樂活動優化得更有意義且更多元。同時，我們也希望了解如何能更好地支持照顧家人的照護者。

在過去幾個月中，我舉辦了一系列為長者而設的工作坊，重點在於支持安全與健康的老化。這項目標將持續推動，並於2026年2月10日、24日及27日下午，在Chown成人日間中心及Mount Pleasant社區中心舉辦一系列與關節炎相關的工作坊。溫哥華沿岸衛生局

(Vancouver Coastal Health) OASIS團隊的臨床專業人員將分享最新的關節炎管理資訊，包括營養、補充品使用及飲品攝取等主題。工作坊詳情將張貼於各成人日間中心。由於名額有限，請儘早致電604-430-1441預約。期待在2026年的工作坊與您相見！





Shew Yee

I look forward to spending time with my great grandson from England!

我期待能和來自英國的曾孫一起共度時光!

Angela

I'm looking forward for RCSS anniversary celebration!

我期待參加 RCSS 週年慶祝活動!



Marion

I am excited to continue spending time with my friends and the staff at RCSS in 2026!

我很期待在 2026 年繼續與 RCSS 的朋友們和工作人員共度美好時光!



Pacita

I am looking forward to visit Disneyland with my family and my sister this year!

我期待今年能和家人以及我的姊妹一起去迪士尼樂園遊玩!



Arsenia

I look forward to winning lottery and getting a lot of money!

我期待中樂透，並獲得一大筆錢!



Anna

I can't wait to spend more time with the staff and other seniors at RCSS!

我迫不及待想和 RCSS 的工作人員以及其他長者一起共度更多美好時光!





Jane
Good health and be safe wherever I go.
身體健康，出入平安。

Lola
Keep healthy and can always come to Chown Center for the fun programs.
身體健康，時時來中心玩。



Alfred
I wish everyone who come to Chown enjoy their day!
願中心的每個人天天都開心。

Anna
I hope the handy dart bus will not come late to pick me up from the center every time.
我希望巴士可以早點來中心接我。



Gee
Good health and come to CHOWN more.
身體健康，可以繼續到CHOWN參加活動。

Chun
Good health and wishing for World Peace.
身體健康、世界和平。





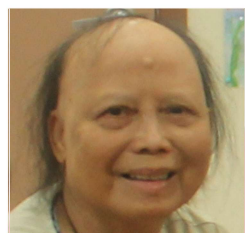
Happy Birthday



Sau Tien, Jan 01



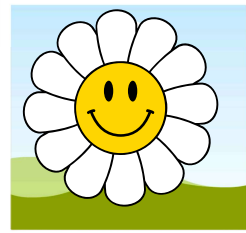
Manuel, Jan 01



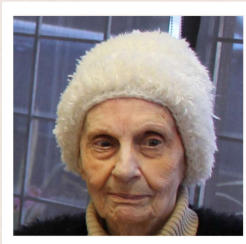
Dina, Jan 02



Luz, Jan 05



Monica, Jan 08



Elisabeth, Jan 11



Fei Fei, Jan 12



David H., Jan 20



Anna, Jan 24



Alfred, Jan 25



Tips for Recovery 康復小貼士

If you happen to come into contact with one of the viruses (e.g. influenza, covid-19, norovirus) that is spreading in BC Lower Mainland, it is important for seniors to focus on a diet rich in protein, energy, and fluids to recover from illness. The goals are to maintain muscle mass, support tissue repair, and prevent dehydration. 如果長者感染到其中一種病毒（例如流感、COVID-19、諾羅病毒），在康復期間應特別注重富含蛋白質、熱量與水分的飲食。目標是維持肌肉量、促進組織修復，以及預防脫水。

Key Nutritional Focus for Recovery 康復期間的營養攝取

- **Protein:** Protein is necessary to maintain and to rebuild muscle mass lost during illness. Seniors may need to eat more protein (1.0g to 1.3g per kg of body weight) dense foods than younger adults. Examples of protein foods are eggs, lean meats (e.g. chicken, fish), canned fish with bones, beans, nuts, milk, cheese.
- **Energy:** Adequate energy intake (at least 25 – 30 kcal/kg/day) is needed to prevent weight loss and to support healing.
- **Hydration:** The sense of thirst declines with age. Thus, drinking fluids regularly throughout the day is important. Examples include, water, low-salt soups, lower-fat milk, green tea, unsweetened plant-based drinks.
- **Vitamins and Minerals:** It is important to have sufficient intake of Vitamin D, calcium, Vitamin B12, and iron to support bone health, immune function, and energy.
- **蛋白質：**對於在生病期間維持及重建流失的肌肉量非常重要。長者所需的蛋白質可能比年輕成人更多（每公斤體重約 1.0-1.3 克）。蛋白質食物包括：雞蛋、瘦肉（如雞肉、魚肉）、帶骨的罐頭魚、豆類、堅果、牛奶、起司等。
- **熱量：**足夠的熱量攝取（至少 25-30 卡／公斤體重／天）有助防止體重下降，並支持身體修復與癒合。
- **水分：**隨著年齡增長，口渴感會下降，因此全天規律補充水分非常重要。飲品包括：清水、低鹽湯品、低脂牛奶、綠茶。
- **維生素與礦物質：**攝取足夠的維生素 D、鈣、維生素 B12 及鐵，有助於支持骨骼健康、免疫功能與體力。

Tips for Recovery 康復小貼士

- **Eat Small, Frequent Meals:** Eating a large meal can be off-putting if your appetite is low. Smaller, nutrient-dense meals and snacks every 2 to 3 hours can help to ensure adequate intake.
- **Prioritize Nutrient Density:** Choose foods that pack more nutrients and calories in smaller portions.
- **Make Foods Easier to Eat:** If chewing is difficult, use cooked or canned fruits/vegetables, chop/shred meats, and add gravies/sauces for moisture.
- **Enhance Flavour:** Use herbs and spices (e.g. garlic, ginger, lemon) to add flavour instead of salt.
- **Keep Easy Options on Hand:** Stock your pantry and freezer with non-perishable and easy-to-prepare items (e.g. canned beans, tuna, frozen vegetables).
- **Supplements:** If your appetite is decreased, discuss with a health care professional about nutritional drinks (e.g. Ensure, Boost).
- **少量多餐：**當食慾不佳時，吃一大餐可能會讓人感到不舒服。每 2 至 3 小時進食一次少量但營養密集的餐點或點心，有助於確保攝取足夠的營養。
- **優先選擇高營養密度食物：**選擇在較小份量中就能提供較多營養與熱量的食物。
- **讓食物更容易入口：**如果咀嚼困難，可選擇煮熟或罐裝的水果與蔬菜，將肉類切碎或撕絲，並加入肉汁或醬汁增加濕潤度。
- **增加風味：**使用香草與香料（如蒜頭、薑、檸檬）來提升風味，取代過量的鹽。
- **準備方便取得的食材：**在家中儲備保存期長、且容易準備的食品，如罐裝豆類、罐裝鮭魚、冷凍蔬菜等。
- **營養補充品：**若食慾下降，可與醫療專業人員討論是否需要營養補充飲品（如 Ensure、Boost）。

For more guidance on healthy eating for seniors, have a look at Canada Food Guide at <https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>. The Canada's Food Guide describes a variety of nutrient-dense foods from the main food groups, namely vegetables and fruit, whole grain foods and protein foods. 如需更多關於長者健康飲食的指引，請參考加拿大飲食指南（Canada's Food Guide）：<https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/> 《加拿大飲食指南》介紹了來自主要食物類別的多樣化高營養密度食物，包括蔬菜與水果、全穀類食物，以及蛋白質食物。



