



Renfrew-Collingwood Seniors' Society 蘭菲高靈活耆英會 May 2026 Newsletter - 五月刊

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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。



Jocelyne
Executive Director



Zhu
Chown
Manager



Calvin
AFC Manager



Joon
Finance
Manager



Jordan
Admin Assist/
Bookkeeper



Sol
Recreation
Coordinator

Chown Centre



Claire
Nurse



Freda
Activity Worker



Maria
Activity Worker



Ding
Activity Worker



Allison
Activity Worker



Onur
Cook

Alice Frith Centre (AFC)



Wai Yee
Nurse



Jacqueline
Activity Worker



Laura
Activity Worker



Michelle
Activity Worker



Bradly
Activity Worker



Kelsey
Cook



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/Selilwitlh (Tseil-Waututh) Nations. Our official tax receipt number is 11911 5558 RR0001.



Cycling without Age 長青單車



After a successful rollout of the Trishaw(three-wheeled bicycles) program last year, we are excited to announce that this year we will partner with VCWAS (Vancouver Cycling Without Age Society) again. VCWAS is a registered charity and volunteer-powered organization that takes seniors and their friends and family for recreational bike rides. This program particularly benefits the seniors who experience social isolation, or face barriers to getting outside. Passengers can experience the joy and health benefits such as: 1) a slow ride around Mount Pleasant neighborhood and parks, 2) friendly conversations with another adult day program seniors, 3) seeing familiar sights, and 4) feeling the wind in their hair.

We hope you could take the opportunity to participate and enjoy this fun program if your health condition permits. Please talk to our recreation staff if you are interested.

在去年成功推行三輪車（Trishaw）計畫後，我們很高興宣布今年將再次與 Vancouver Cycling Without Age Society（VCWAS）合作。VCWAS 是一家註冊慈善機構，由志工推動，致力於為長者及其家人和朋友提供休閒騎行體驗。

此計畫特別有益於面臨社交孤立或外出困難的長者。參與者可以得到以下體驗與健康益處：

- 1) 享受在 Mount Pleasant 社區及附近公園悠閒放鬆的騎行
- 2) 與其他成人中心長者進行友善交談
- 3) 欣賞熟悉美麗的自然景色
- 4) 感受微風拂面的愉悅

如果您的身體狀況允許，我們誠摯邀請您把握機會參與並享受這充滿樂趣的活動。如有興趣，請與我們的工作人員聯絡。



Mother's Day 母親節



Mother's Day is celebrated annually on the second Sunday of May. It is a day dedicated to honoring mothers, and mother figures with gifts, flowers, and quality time. This year Mother's Day is on Sunday, May 10. Mark the day and celebrate it with the mothers in your life (including yourself) in either big or small ways, and make them feel honored, special and deeply loved. Happy Mother's Day!

母親節在每年五月的第二個星期日慶祝。這一天旨在向母親和所有像母親一樣的人表達敬意，人們會贈送禮物、鮮花，並陪伴她們度過美好的時光。今年的母親節是5月10日，星期日。請記住這一天，並以各種方式（無論大小）向你生命中的母親們（也包括你自己）表達敬意，讓她們感受到你的尊重、特別的愛和深深的關懷。母親節快樂！



HELLO SENIORS, CAREGIVERS, AND FRIENDS,

To everyone who are mothers and to those of you who have taken on the mothering role, I hope you enjoy your special day. “Happy Mother’s day!”

A new social group for caregivers will be held on the 4th Tuesday of every month, at a coffee shop located in the Mount Pleasant area. If you are interested in meeting other caregivers, feel free to call Shelly Schnee at shelly.schnee@mpnh.org or 604-879-8208, ext. 104. The first get together will be held on Tuesday, April 28, 2026 between 1:00 pm and 2:00 pm.

Every month, we submit a report to show Vancouver Coastal Health (VCH) that services we provide are important to keep in place. We must report to VCHA the number of seniors attending our adult day centres (ADC) every day. Therefore, to maximize the use of our ADC spaces, we need your help in scheduling medical appointments or events on a day when you are not attending ADC.

If you are unable to attend your schedule day at ADC, it would be greatly appreciated if you can reschedule to attend another day (e.g make-up day). You can discuss with the Nurse about the make-up day.

As a friendly reminder, on Monday, May 18, 2026, RCSS Adult Day Centres will be closed due to Victoria Day statutory holiday. I hope you enjoy the time celebrating Queen Victoria’s and King Charles III’s birthday.

JOCELYNE

各位長者、照顧者及朋友們：

致所有的母親以及承擔母親角色的你們，希望你們享受屬於自己的特別的一天。母親節快樂！

很高興告訴大家，一個新的照顧者社交小組將於每個月的第四個星期二，在 Mount Pleasant 地區的一家咖啡店舉行。如果您有興趣與其他照顧者交流，請隨時聯絡 Shelly Schnee，電子郵件：shelly.schnee@mpnh.org 或致電 604-879-8208 分機 104。第一次聚會將於 2026年4月28日（星期二）下午 1:00 至 2:00 舉行。

我們每個月都會向溫哥華沿岸衛生局（VCH）提交一份報告，以證明我們所提供的服務對於維持運作至關重要。我們必須向 VCH 報告每天參加成人日間中心（ADC）的長者人數。因此，為了最大限度地利用我們成人日間中心的空間，我們需要您的協助，將醫療預約或活動安排在您不參加中心的日子。若您無法在預定日期來中心參加活動，若能改期安排在另一天參加（例如補日），我們將不勝感激。您可以與我們的護理人員溝通調補日的安排。

友善提醒：2026年5月18日（週一），高靈活成人日間中心將因維多利亞日法定假期而關閉。希望您享受這段時光，共同慶祝維多利亞女王和查爾斯三世國王的生日。

黃淑儀







Anna Maria

I would ride my bike around my neighbourhood, It looks like so much fun watching the local children. 我會騎著腳踏車在附近轉悠，看著附近的孩子玩耍，感覺特別有趣。

Wen

I would ride my bike around my neighbourhood in Vancouver in the bike lanes, making sure to stay safe on the road. 我會在溫哥華的社區騎著自行車走自行車道，確保在路上安全。



Stella

I did not ever get into riding bikes when I was younger, but if I could ride today I would ride around Vancouver in a less busy area.

我小時候從來沒騎過腳踏車，但如果現在能騎的話，我會選擇在溫哥華人少的地方騎車。



Arsenia

I would take a ride around my neighbourhood in the Philippines, there are lots of good areas to enjoy. 我會在菲律賓的家附近兜風，那裡有很多好去處。



Rosa

I never had the chance to ride my bike as a kid, so if I could ride today, I would want to ride around my street in Italy. 我小時候從來沒有機會騎自行車，所以如果現在能騎車的話，我想在義大利的街道上騎車。

Chuck

I used to always ride my bike around my home when I was young, if I could ride today, I would find a quiet park to ride. 我小時候常在家附近騎腳踏車。如果現在還能騎車，我會找個安靜的公園騎。





David

“If I go biking, I'd like to ride through Stanley Park every Sunday because there's always so much to see.”

“如果我騎自行車，我希望每個星期天都騎車穿過斯坦利公園，因為那裡總是有很多風景可看。”

Norman

“I'd love to visit Stanley Park because it's such a beautiful and accessible place, and I really love Vancouver.”

“我非常想去斯坦利公園，因為它風景優美，交通便利，而且我真的很喜歡溫哥華。”



Maudy

“I would like to travel to Prince Rupert because it's a long journey that will help strengthen my legs, and I also miss being there.”

“我想去魯珀特王子港旅行，因為這是一段漫長的旅程，有助於鍛煉我的腿部肌肉，而且我也很想念那裡。”



Lana

“I can easily go anywhere in the city, and if I were younger, I would travel all around the world.”

“我可以輕鬆去城裡的任何地方，如果我年輕些，我會環遊世界。”



Koon

“There are many places to go early in the morning and late in the afternoon, and I would love to go biking again in Africa along the streets.”

“清晨和傍晚有很多地方可以去，我很想再次騎自行車沿著非洲的街道遊覽。”



Dina

“I love going to Stanley Park because it's peaceful, with little traffic and a very relaxing view.”

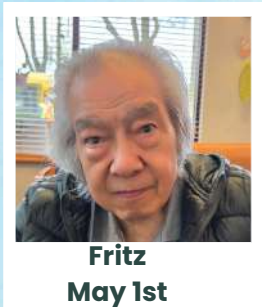
“我喜歡去斯坦利公園，因為那裡環境清幽，車輛稀少，景色宜人，令人心曠神怡。”







Happy Birthday!



Fritz
May 1st



Kin Yee
May 4th



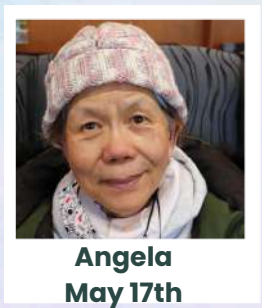
Iqbal
May 5th



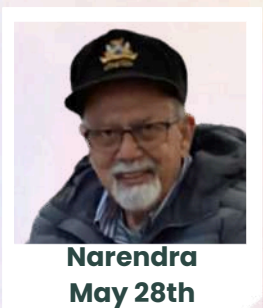
Jong
May 10th



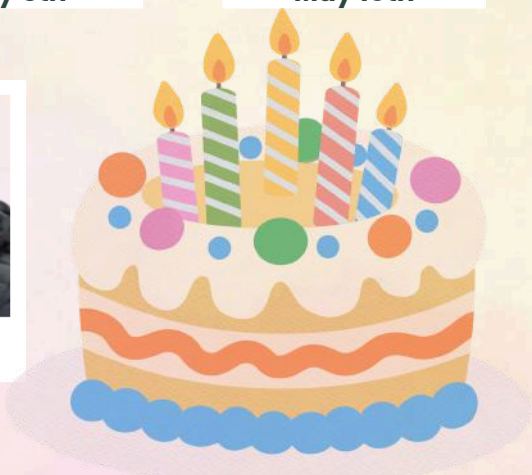
Cassian
May 12th



Angela
May 17th



Narendra
May 28th



Preventive Health for Seniors

老年人預防保健

What is Preventive Health?

Preventive health focuses on early detection and prevention of illness. Regular check-ups help identify problems early, allowing timely treatment and better health outcomes. As we age, this supports independence and quality of life.

什麼是預防保健？預防保健著重於疾病的早期發現和預防。定期體檢有助於及早發現問題，從而及時治療並獲得更好的健康結果。隨著年齡的增長，這有助於維持獨立生活能力和生活品質。

Key Screening Tests

關鍵篩檢項目

Screenings vary by age and health status. Consult your healthcare provider such as blood pressure detects risk of heart disease and stroke, cholesterol helps monitor heart health (40+ men, 50+ women) bone density (65+) prevents osteoporosis and fractures, cancer screening, breast (40+) colon (50-74) prostate (50-70, if appropriate)

篩檢項目因年齡和健康狀況而異。請諮詢您的醫療保健提供者，例如血壓檢查可以檢測心臟病和中風的風險；膽固醇檢查有助於監測心臟健康（男性40歲以上，女性50歲以上）；骨密度檢查（65歲以上）可以預防骨質疏鬆症和骨折；癌症篩檢包括乳癌篩檢（40歲以上）、結腸癌篩檢（50-74歲）和前列腺癌篩檢（50-70歲）。

Healthy Aging Practices

健康老年習慣

Preventive health also includes daily habits: stay physically active, eat a balanced diet, keep vaccinations up to date, prevent fall, stay socially connected. Attending our adult day centre on a regular basis will help you stay socially connected, stay physically active, and eat a balanced meal.

預防保健也包括日常習慣：保持身體活躍、均衡飲食、及時接種疫苗、預防跌倒、保持社交聯繫。定期參加我們的成人中心活動，將有助於您保持社交聯繫、保持身體活躍並攝取均衡的膳食。

Why It Matters?

為什麼重要？

Preventive care helps seniors: Detect health issues early, manage chronic conditions, maintain independence, improve overall quality of life. Attending our adult day centres on a regular basis will help us alert your family member and case manager on early changes to your health. We can also give helpful suggestions on how to live with chronic ailments.

預防保健可以幫助老年人：及早發現健康問題、管理慢性疾病、維持獨立生活能力、提升整體生活品質。定期參加我們的成人中心活動，有助於我們及早發現您健康狀況的變化，並及時通知您的家人和個案經理。我們也可以就如何應對慢性疾病提供一些有益的建議。





