

# JULY 2009 NEWSLETTER

*"Taking Seniors to Heart"*



# About the Renfrew-Collingwood Seniors' Society



Celebrating its 32nd Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently and a team of dedicated staff, many of whom have been part of the organization for a number of years. Volunteers also play a fundamental role in the care and support provided to the seniors by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing hearty meals, and at the same time maintaining their independence.

The Society welcomes donations, bequests, and gifts as it receives minimal governmental assistance. Our official tax receipt number is 11911 5558 RR0001. If interested in making a donation, please send cheque or money order along with your return address to:

Renfrew-Collingwood Seniors' Society, 2970 E. 22nd Ave., Vancouver, BC V5M 2Y4





# RCSS

Visit our Seniors' Centre  
at  
2970 E. 22nd Ave.  
Vancouver, BC. V5M 2Y4

## HOURS

9:00 am to 4:00 pm Monday to Friday

The Renfrew-Collingwood Seniors' Society's Newsletter is produced by the staff with the help and support of all the seniors, and distributed to a wide number of people in the community.

## CONTRIBUTORS

Janice Callahan, Donna Clarke,  
Audrey Irving and Carol Yi

Photography: Janice Callahan, Melody Chan and Yuwen Huang.

## EDITORIAL TEAM

Donna Clarke  
Janice Callahan  
Pamela Gervacio  
Poonam Kaila  
Melody Chan

## CONTACT

Written articles and requests to this newsletter are welcome.  
Contact Donna Clarke.

Telephone: 604.430.1441  
Fax: 604.430.1441  
Email: rencollsr@aol.ca

# Renfrew-Collingwood Seniors' Society Newsletter - July 2009

## *Features*

RCSS Management	2
Thoughts from the Board	3
Message from Donna	4
Pondering from the Pantry	5
Program Calendar	6
Menu	7
Centre Programs	8 & 9
Seniors' Poem	9
Word from Janice	10
Member Profile	10
Welcome New Staff	11
July Birthdays	13
Upcoming Events	13 & 14



**New Staff:**  
*Carol Yi*

**New Members:**  
*Leonard Prizant and  
Rena Wallace*

**New Students:**  
*Scarlett and Matthew*

# RCSS Management

## Board of Directors



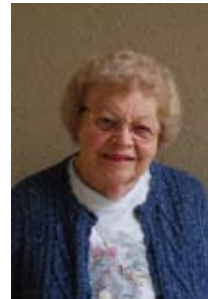
Jim Park  
Chair



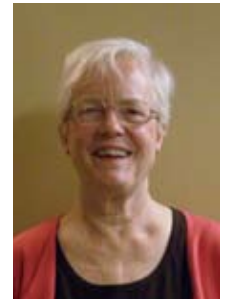
Kim Van Wyk  
Vice Chair



Tara Abraham  
Secretary



Alice Frith



Irene Griswold



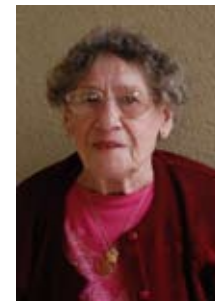
Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

## Staff



Donna Clarke



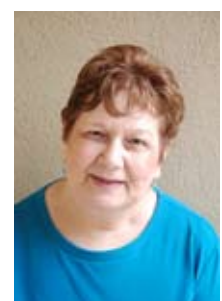
Carol Yi



Audrey Irving



Marty McCune



Annitta Unger



Janice Callahan



David Kenny



Melody Chan



Yuwen Huang

## Thoughts from the Board



I was born in Vancouver in 1941 and I have remained in the lower mainland all my life. I currently reside at 24th and Skeena where I have lived for 20 years. I am married to Tom Newell and between us we have five children, two grandchildren and two dogs.

I obtained a Certified General Accountants' designation in 1974 and a Masters in International Business degree in 1992. I worked for 11 years as an accountant in business and in public practice until I started teaching accounting at Douglas College. I taught from 1975 until 2000 when I retired. At this time I resigned from the CGA association as I no longer required the accounting designation and felt there was no purpose in paying the yearly dues.

I am a member of the First Baptist Church at Burrard and Nelson which I have attended for 63 years. In 2003 I successfully completed a 15 week course offered there and became a Stephen Minister. Stephen Ministry is a world-wide program designed to help people develop the skills necessary to care for a person in a short term emotional crisis. As well, I am a member of the neighborhood pooch patrol out of the Collingwood Community policing centre on Joyce. Working with vulnerable people at the church and the pooch patrol duties required me to pass a records check with the Vancouver Police Department. I did this in July, 2008

### The Leader in Personal Response & Support Services



604-872-5433

For more than 30 years, Lifeline has been providing assurance of quick assistance when it's needed, 24 hours a day, 7 days a week.

Providence   
**Lifeline**

[www.lifeline.ca](http://www.lifeline.ca)

I am pleased to have been chosen to be a member of the Renfrew-Collingwood Senior' Society's Board of Directors. I feel this society is very supportive of its members and is a great addition to our community. I previously served on this board from 1991 until 2000. I remember our great joy at obtaining this remarkable space and yet the sadness of leaving our old church grounds, especially the gardens. However, in 2000 I went to Shanghai to teach for a semester and missed the AGM and the elections to director positions. Then, the next year, I went with my husband and dogs for a 93 day camping trip across North America and other camping holidays which meant I was not in Vancouver enough to serve on the board. Now that I am no longer traveling so much I will be here for board meetings, tea socials, wonderful outings and other ventures. I look forward to seeing old friends and meeting new ones.

Love and Blessings to all,

*Irene Griswold*



## A Message from Donna....

### Executive Director Report for AGM

I have been the Executive Director here at Renfrew-Collingwood Seniors' Society for a year, four months, 3 weeks 1 day and two hours and I still enjoy getting up in the morning and heading in to the office. The reason for that is all of you wonderful men and women who make my life more meaningful. I feel wanted, needed and loved by most of you. Ironically that is how we, the staff are supposed to make you feel. I know that generally speaking you all feel that you are wanted needed and loved as well. We have a wonderful extended family here. Last year when I spoke to you as the new Executive Director you were all just familiar faces to me. How things have changed in such a short time. All of those beautifully aged faces now mean so much more. We've shared stories, jokes, laughter and tears. You have become my life-long friends and you all have special places in my heart.

#### *So what happened over the last year that gives us reason to feel so proud?*

Let me point out a few things worthy of mention.

1. We built a strong, thriving welcoming community that supports each other through sickness and in health.
2. We have created a respectful, caring and safe place to hang out and have fun.
3. We appreciate each others differences and learn from them.
4. We have encouraged our seniors to determine the direction in which we are going and you have done that beautifully.

#### *So how did we do all of that*

1. Mutual Respect
2. We have integrity
3. We are open and honest with each other
4. We have compassion
5. We laughed a lot and produced
6. A wonderful team who are all accountable

These are our core values and by following these values the quality of life for you the members, your families, staff and volunteers has been enhanced. We are growing together and we are blossoming.

#### *Who can we thank for all these blessings?*

1. The members who come here and support our programs
2. The Board who guides us
3. The staff that commit themselves to their work and go beyond the call of duty everyday.
4. The volunteers who give of their time so freely
5. The partnerships that we have developed with community organizations
6. Of course, our funders Vancouver Coastal Health, SMART fund, City of Vancouver and individuals (many of them here in the room and many of them your family members).

I want to thank all of you for your contributions to our Centre.

If I may, I would like to point out that this current Board of Directors has been one of the most productive Boards that I have ever worked with over the past 25 years. It says a lot when 8 out of the 10 members who ran last year are running again. I applaud your commitment to this organization.

There have been some staff changes lately and I have made every effort to ensure that you were kept up to date with these changes. For those of you who do not come here regularly and have not had the chance to meet our new Program Coordinator allow me to introduce you. Marty McCune started last month and I could not be happier with his work. Please join me in welcoming him to the organization. Yuwen Huang is also with us today. Yuwen is a student at Queens University and she will be working here until the end of August. She is an amazing young woman and I can not say enough about her. We also hired Melody Chan who has a ballroom dancing performance today and could not be with us. Melody is another incredible young woman. Finally, our new nurse will be starting on Monday and her name is Carol Yi.



## Continuation of Message from Donna....

Of course Audrey, Annitta, David and Janice complete our team and we are very fortunate to have their expertise.

I would be remiss if I did not thank our departed staff because they gave a lot to our organization. Shirley Frank is moving to Alberta to be closer to her son and grandchildren and Mac Lal resigned and the last time I spoke with him he was thinking about doing training for an LPN.

Our volunteer base has grown to a point that I do not know what to be doing with them so with the exception of a few that have returned we are holding off on taking anymore until the fall. It speaks highly of our organization when we have a waitlist for volunteers.

We are at full capacity in our ADC Program and our Community Days numbers are growing at a steady pace.

Things are going extremely well from my prospective and I believe you agree.

In closing, I am honoured to be the Executive Director of Renfrew-Collingwood Seniors' Society and I am very proud of our accomplishments and I look forward to another year of challenges and successes. Thank you for the opportunity and for your never-ending support.

*Donna Clarke*



## *Pondering From The Pantry*

The months seem to fly by. It's July already. It seems that time goes by faster and faster. We are really into "go to the beach" time, so pack up your blanket, towels, picnic lunches, swim suits, sun screen and off you go! We are really blessed in Vancouver and the Lower Mainland to have some of the most beautiful scenery and incredible beaches in the world. This is all within easy reach within a few minutes of home. Pick up a cold pack (\$1.50) and pop it in the freezer. When it is frozen and you are ready to lay it on top of your food...away you go. Don't put it on the bottom under your food because cold air is heavy and falls, hot air rises so put your cold pack on top!

Pack up a favourite sandwich, some veggies, fruit, a cookie and a couple of bottles of water and away to the beach you go! Find a great spot, park yourself and enjoy! I go to the beach early in the morning before it gets overly hot and crowded. Try to talk a family member or a friend into taking you if you can't go on your own. Soak up some rays and atmosphere while you are there. Enjoy watching the children as they chase whatever it is that they chase or watch them dig down to where ever they are digging; it is just a wonderful way to spend a morning or an afternoon. Try it you'll like it!

'Till next time, take care.....Love,



*Audrey*

# JULY 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
		1	2	3
		<b>Center Closed</b>  <b>Canada Day Holiday</b>	11:00 Sit Fit  11:30 Brain Teasers  1:00 Lions Den Concert	10:30 Shopping Trip to Brentwood Mall <b>(No lunch at the Centre; Lunch at Food Court)</b> 1:00 Bingo
6	7	8	9	10
11:00 Sit Fit  11:30 Trivia  1:00 Music with Steve Warner	9:30am - 4:30pm <b>Trip to Harrison Hot Springs</b> <b>(No lunch at the Centre)</b> 1:00 Yarns of Fun with Lois	11:00 Sit Fit  11:30 Brain Teasers  1:00 Pool Noodle Hockey	11:00 Sit Fit  1:00-2:30 Ballroom Dancing Performance by Melody	10:30 News and Views  11:30 Sit Fit  1:00 Bingo
13	14	15	16	17
11:00 Sit Fit  11:30 News and Views  1:00 Bean Bag Toss	10:30 – 2:30 <b>Picnic Outing to 2<sup>nd</sup> Beach Stanley Park</b> <b>(No Lunch at the Centre)</b> 1:00 Yarns of Fun with Lois	11:00 Gentle Yoga  11:30 Brain Teasers  1:00 Carpet Bowling	11:00 Sit Fit  11:30 Brain Teasers  1:00 Music with Adriano Gentile	10:30 Crossword Puzzle  11:30 Sit Fit  1:00 Bingo
20	21	22	23	24
11:00 Gentle Yoga  11:30 Brain Teasers  1:00 3-Hole Golf	10:30 – 2:30 <b>Lunch Outing to Burnaby Village Museum</b> <b>(No lunch at the Centre)</b> 1:00 Yarns of Fun with Lois	11:00 Sit Fit  12:00-2:30 <b>Summer Sizzler B-B-Q at Renfrew Community Centre</b>	11:00 Sit Fit  11:30 Brain Teasers  1:00 Sing- a-long with the Crow City Singers	10:30 News and Views  11:30 Sit Fit  1:00 Bingo
27	28	29	30	31
11:00 Sit Fit  11:30 Brainteasers 1:00 Entertainment with John Cronin	10:30 – 2:30 <b>Lunch Outing and Shopping at Royal City Centre</b> 1:00 Yarns of Fun with Lois	<b>Step Out Trolls Fish and Chips at Horseshoe Bay</b>	11:00 Gentle Yoga 11:30 <b>B.C. Day</b> Brain Teasers  1:00 Music with Adriano Gentile	10:30 Information on Aromatherapy  11:30 Sit Fit  1:00 Bingo



# JUNE 2009 MENU

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Center Closed  Canada Day Holiday	Vegetarian Sheppard's Pie Salad Dessert Tea/ Coffee	Shopping Trip to Brentwood Mall  (No lunch at the Centre)
6	7	8	9	10
Sloppy Joes Salad Sliced Tomatoes Dessert Tea/Coffee	Trip to Harrison Hot Springs  (No Lunch at the Centre)	Baked Ham Potatoes Vegetables Dessert Tea/Coffee	Chicken Salad Dessert Tea/Coffee	Baked Salmon Potato Salad Green Salad Dessert Tea/Coffee
13	14	15	16	17
Fatima's Special Dessert Tea/Coffee	Picnic Outing to 2 <sup>nd</sup> Beach Stanley Park  (No Lunch at the Centre)	Fatima's Special Dessert Tea/Coffee	Fatima's Special Dessert Tea/Coffee	Fatima's Special Dessert Tea/Coffee
20	21	22	23	24
Shrimp and Scallops Rice Salad Dessert Tea/Coffee	Lunch Outing to Heritage Village Burnaby Museum  (No Lunch at the Centre)	B-B-Q Lunch at Renfrew Community Centre  (No Lunch at the Centre)	Chicken Thighs with Pineapple Sauce Noodles Salad Dessert Tea/Coffee	Meatballs with Sauce Over Rice Salad Dessert Tea/Coffee
27	28	29	30	31
Sliced Ham Potato Salad Green Salad Dessert Tea/ Coffee	Lunch Outing and Shopping at Royal City Centre  (No Lunch at the Centre)	 Step Out Trolls Fish and Chips at Horseshoe Bay	Burgoo Roll Salad Dessert Tea/ Coffee	Chicken Legs Scallop Potatoes Veggies Dessert Tea/ Coffee

# Centre Programs

## \*Meet and Greet

Every Monday, Wednesday and Thursday morning from 10:30-11:00 coffee and chat.

## 3-Hole Golf

Take a swing at the ball and see if you can score a birdie.

## Ballroom Performance by Melody

Our very own Melody Chan will be showcasing her incredible talent in a beautiful ballroom dance performance that will surely sweep you off your feet!

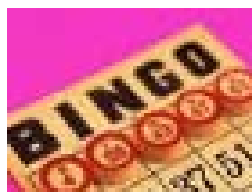
## Bean Bag Toss

Ready, aim, bullseye! A fun target practice game that will keep you fit while having fun.

## Bingo

Nerve-wracking maybe, but fun absolutely! Always a favourite here at Renfrew-Collingwood Seniors' Society.

Friday Afternoons at 1:00pm



## Brain Teasers

Games that will get your mind working (Memory games, hangman, puzzles, word games, jeopardy and much more).

## Carpet Bowling

A guaranteed crowd pleaser! This game gets you up and moving! Throw the ball and knock 'em all down with a strike.

## Crossword Puzzle

A puzzling game that is a three letter word for amusement...FUN!

## Gentle Yoga

Relax, stretch and get in the flow with yoga! Your body and mind will love you for it.

## Information on Aromatherapy

Join Marty to learn about how different scents can be calming, relaxing and healing.

## Lions Den Concert

Taking a trip to Lions Den is always a great time that can be enjoyed by all.

## Lunch Outing to Burnaby Village Museum

Keep up with your history and enjoy some lunch at the Burnaby Village Museum on July 21st, 10:30-2:30.

## Lunch Outing and Shopping to Royal City Centre

A fun day of shopping with friends at the Mall on July 28th, 10:30-2:30.

## Music with Adriano Gentile

Come join in an afternoon with musical performer Adriano Gentile on the piano.

## Music with John Cronin

Singing, dancing and singing of your old time favourites with John Cronin.

## Music with Steve Warner

Join in singing and dancing with entertainment by Steve Warner.

## News and Views

Share your views on the latest news and events. It might lead into a fun and friendly heated debate!

## Pool Noodle Hockey

She shoots, she scores! A wildly fun game where you challenge your opponents...the Canucks will be taking pointers from you!

## Shopping Trip to Brentwood Mall

Shop 'til you drop and eat at the Brentwood mall on Friday, July 3rd.

## Sing-a-long with the Crow City Singers

The Crow City Singers will get your vocal cords working and you just may give Celine Dion a run for her money.

## Sit Fit

Sit Fit is a good way to get our bodies moving while having fun at the same time!

## Summer Sizzler B-B-Q

at Renfrew Community Centre

Time to fire up the Bar B because we are going to have a wonderful feast with our friends from the Renfrew Community Centre from 12:00-2:30 on July 22nd.

## Trip to Harrison Hot Springs

Join us for a fun and enjoyable day at Harrison Hot Springs on July 7th (9:30am-4:30pm). Sign up early because there are only 10 spots available.

## Trivia

Learn facts of famous people, world events and pop culture.

## Step Out

We will be all going out to enjoy some delectably delicious Fish and Chips at Trolls in Horseshoe Bay.

## Yarns of Fun with Lois

Come join Lois and friends on Tuesday afternoons to have fun, chat and stitch a beautiful creation to enjoy as well.

## \*Sarah's hand massages

Having a stressful day? Unwind with a nice massage from Sarah!

## \*Irene's Nail Salon

Irene will give your nails instant glamour that will be sure to impress.

## \*Not listed on the calendar

### Important Notice for All Seniors

Please be advised that because of limited seating on our trips, it is the responsibility of the RCSS members to sign up and pay in advance for upcoming outings and events advertised in the Newsletter Program Calendar. Your spot will not be guaranteed until we receive payment.



### Summer Confusion Dreaming

*By RCSS Seniors (2009)*

June is bursting out all over!  
We are getting ready for a picnic  
Thinking about a swim  
Blooming flowers catching my eye  
and I feel like floating in the sky  
Through the glory of the sunshine it all  
appears  
As the grass grows softly between my  
toes  
Holiday- A place to go!  
Sprinklers help the grass grow  
I can't tell you nothing good  
Nice and hot everywhere  
Cool jacket, summer summer  
Boating in the harbour with the company  
of a lady



## Member Profile - Estelle Demers



It's always nice to see Estelle around the centre. When you see her around, pull up a chair to sit and talk with her. It won't be long before you will notice her lovely French accent. Estelle was born in Valdor, Quebec and grew up there with her large family of five brothers and eight sisters. If you think it was hard for Estelle to grow up in a family so large, think again. Estelle loved her big family especially because she was the youngest of the bunch and that meant that she got to be spoiled.

Estelle jokingly remembers asking her mother for some money and having her mother say no, but then going to her father and trying again and getting a yes. Estelle lived a happy childhood and one of her favourite things to do was dance. There weren't many songs that Estelle didn't know how to shake her hips to. Polka, the Waltz, you name it and Estelle could probably move her feet to it. That love for music is still with Estelle to this day, but she will willingly admit that she can't boogie on the

dance floor like a teenager anymore. Estelle was married twice and had five children. She has six grandchildren and five great grandchildren. Estelle moved to Vancouver in 1970 and says that she likes to go back to Quebec occasionally, but is not a fan of the chilly winters in the East. Estelle travels around quite a bit with her children and enjoys visiting new places like Las Vegas or somewhere down South. In Estelle's spare time she likes riddling her brain with crossword puzzles, taking drives around the city and reading books. If you don't see Estelle at the centre, you probably won't have to look too far. You just might see her walking around the area because she just lives a hop, skip and a jump away. If you see her give her a big wave and I'm sure she will flash you a beautiful smile back.



## A Word from Janice

**Hello everyone!** There is not ten feet of snow outside, there is more blossoming flowers, and less woolly sweaters in sight, which can only mean one thing...summer has arrived! It is so nice to see many of you getting out and taking advantage of the good weather. There has been a large number of you participating in the various trips and outings organized by the centre, making each event a huge success. Our fantastic summer staff, Melody and Yuwen, have been exceptional in organizing and planning the wonderfully scenic and fun outings. They both love seeing our members sign up for the outings, so make sure you take a look in the program calendar to schedule in for a day out! If you have an appointment with a friend or doctor on the day of an outing, cancel it...just kidding! Don't cancel any appointments, but if you have an appointment with a friend or doctor that you can't change, simply bring them along on the trip too! Having everyone together on trip to enjoy one another's company is fantastic and I think that we have some of the best company going here at the Renfrew Collingwood Seniors' Society. We have the best members, best staff, and best Board. There are so many friendly faces that make up the Renfrew Collingwood Seniors' Society, both familiar and some new, so make sure you get to know the person behind each glowing grin. Share with myself, Annitta and Marty your interests and personal story, so that we can run programs that you will both love and enjoy. Tell us what you like and what you don't like, so that we can ensure everyday is a great one! Make sure you keep active and choose activities you enjoy so that you will have a healthy body and mind!

*Janice Callahan*

## WELCOME NEW STAFF!

Hi everyone, my name is Carol and I am very delighted to join the Society as the LPN. I come from a relatively small city (of only about a million people) in the central part of China and I moved to Vancouver in the first year of the new millennium. I have enjoyed living in Canada very much, but my trip to China last month was also a nice change.



I have been involved with the health care industry for almost half my life now. My credentials include working in a Chinese hospital as a neurologist and an assisted living for seniors in Vancouver as an LPN. I love helping and working with seniors. Seniors always remind me of my parents who are far away in China. So please come and talk to me anytime you need *me!*

*Carol Yi*



***Chelsea Park in Vancouver***

**Contact 604-838-5448 or [www.newchelsea.ca](http://www.newchelsea.ca)**

**Toll Free 1-888-605-9900**

Addie Eisner	2nd
Laura Van Hombeeck	8th
Adelia Diottavio	9th
Jim Park	11th
Kim Van Wyk	18th
Fanny Chong	22nd
Josephine Naples	31st



**July 7th,**  
Tuesday, 9:30-4:30  
Trip to  
Harrison Hot Springs  
(10 people max.)

## MOVING CAN BE A VERY STRESSFUL EXPERIENCE....

### LET TRANSITIONS PUT OUR EXPERIENCE TO WORK FOR YOU

TRANSITIONS IS THE LARGEST MOVING  
FACILITATOR IN WESTERN CANADA

WE HAVE SUCCESSFULLY COMPLETED  
OVER 600 MOVES SINCE 2001

WE OVERSEE AND CO-ORDINATE EVERY  
ASPECT OF YOUR MOVE INCLUDING:

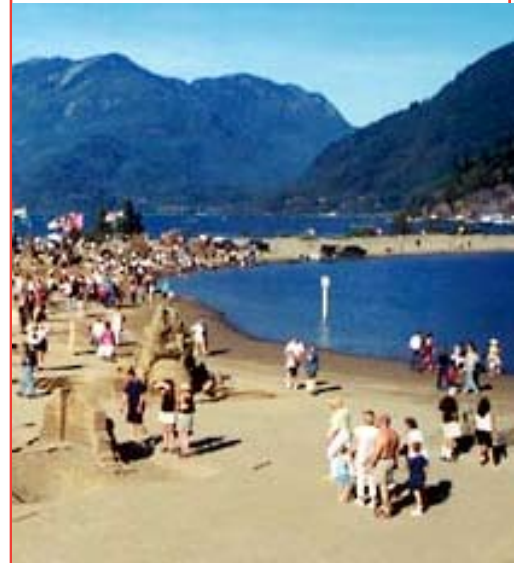
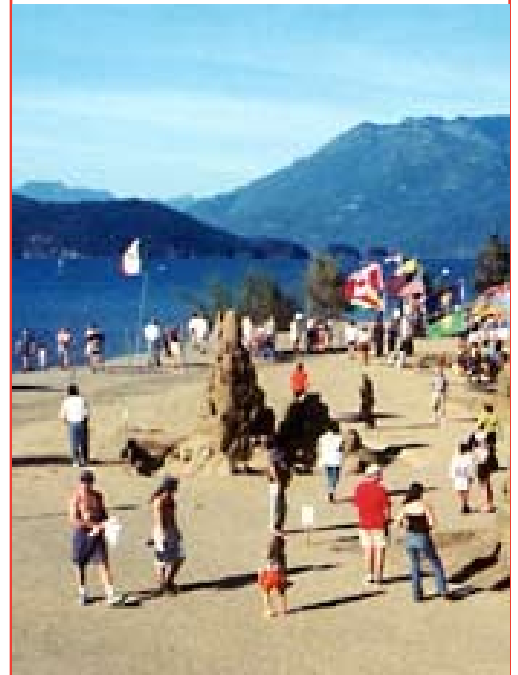
- ASSIST IN PACKING AND SORTING
- HIRE AND SUPERVISE MOVERS
- HOST CONTENT SALE
- ORGANIZE AND SET UP NEW RESIDENCE
- DRAFT NEW FLOOR PLAN

FOR A NO OBLIGATION - FREE CONSULTATION  
CALL SCOTT MORRISON AT

**604-209-4241**



[www.movewithtransitions.com](http://www.movewithtransitions.com)



**Harrison Hot Springs**



**July 14th,**

Tuesday, 10:30-2:30  
Picnic Outing to 2nd  
Beach Stanley Park



2nd Beach Stanley Park

**June 21st,**

Tuesday, 10:30- 2:30  
Lunch Outing to  
Burnaby Village  
Museum



Burnaby Village Museum

**July 28th,**

Tuesday, 10:30-2:30  
Lunch Outing and  
Shopping Trip to  
Royal City Centre



Royal City Centre

## Making a Difference for more than 15 Years.

**Serving Greater Vancouver  
with certified caregivers:**

- Personal Care
- Nurse Visits and Footcare
- Outings and Appointments
- Housekeeping and Meal Preparation
- Hospital Discharge Service
- No-Charge for ongoing Case Management,  
Home Safety Inspections & Client Advocacy
- Hairdressing and so much more...



**Contact Us Today for a Free Consultation.**  
**604-298-4663    [www.RetireAtHome.com](http://www.RetireAtHome.com)**

**RETIRE-AT-HOME**  
SERVICES

**Providing Personalized  
Home Health Care to Seniors  
since 1994.**

 **BC CARE PROVIDERS  
ASSOCIATION** [www.bccare.ca](http://www.bccare.ca)  
Advocating service excellence for seniors.



# YourHealth. YourHome. YourChoice.

