

Farewell to Audrey

"Taking Seniors to Heart"



Thank you for
30
years

SEPTEMBER 2009 NEWSLETTER

Renfrew- Collingwood Seniors Society | 2970 E. 22nd Ave. Vancouver, BC. V5M 2Y4 | Telephone: 604.430.1441

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.

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Janice Callahan, Donna Clarke, Pamela Gervacio, Audrey Irving, Jennifer Robb, Tung Tai and Annitta Unger

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Contact Donna Clarke.

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Renfrew-Collingwood Seniors' Society Newsletter

September 2009

Features

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New Members:
Danuta Press

New Volunteers:
Olga and Janet

Goodbye to:
***Audrey Irving,
Janice Callahan,
Melody Chan and
Yuwen Huang.***

RCSS Management

Board of Directors



Jim Park
Chair



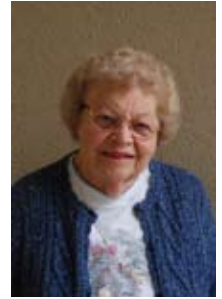
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Vice Chair



Tara Abraham
Secretary



Jennifer Rob
Treasurer



Alice Frith



Irene Griswold



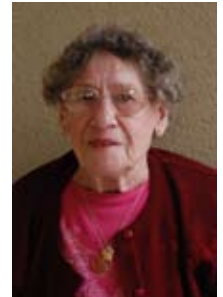
Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

Staff



Donna Clarke



Audrey Irving



Marty McCune



Annitta Unger



Carol Yi

Thoughts from the Board



My name is **Jennifer Robb** and I am looking forward to serving the RCSS. I grew up on Vancouver Island and studied Commerce at Royal Roads University in Victoria. After graduating, I spent several years teaching English in South Korea and travelling all over Asia. As I wasn't quite ready to return home to Canada, I decided to spend some time in Europe. Germany became my home for four years where I taught more English in addition to working for Daimler Chrysler. After this great experience I decided to come home to live and work much closer to my family.

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Since I have been living in Metro Vancouver I have been able to take advantage all the natural scenery and outdoor activities this area has to offer. I especially enjoy riding my bicycle and visiting parks on the North Shore throughout the year. In addition to enjoying the outdoors, I recently completed my Certified Management Accountant (CMA) designation. I look forward to putting these skills to work at the RCSS.

Jennifer Robb



A Message from Donna....

Thank you to all members for voicing your opinions on a satisfaction survey. We generally received positive feedback and excellent suggestions. Our team will endeavour to incorporate all your recommendations.

A couple of caregivers were not aware of the services that we provide on the care side of things and I would like to clarify them for you. One of the benefits of having seniors gather at our Centre is that we provide your loved one with access to our wonderful nurse Carol (who by the way was a doctor in China). Carol monitors the senior's vital signs, blood sugar levels, food consumption, weight loss and any other concerns that our dedicated staff and volunteers may notice. However we do rely on you to keep us up to date with medications and conditions that change or develop so we can keep a closer eye on our wonderful community of elders. Carol will be administering flu immunizations in the fall, again make sure you let us know if you or your parent needs the shot. Keeping in touch with case managers to ensure that our seniors receive any additional services that they deserve, such as home support is another function that we look after for you. Please feel free to contact myself or Carol about any concerns that may evolve.

We had wonderful send off for our dedicated students before they headed back to school. We celebrated their commitment and contribution to the centre and will be forever grateful their presence.

Janice our activity worker has decided to go back to university and get her masters in Social Work and although we are sad to see her go we support her decision.

Janice has been a tremendous asset to the organization and she has blossomed during her time here.

Last but not least, our beloved Audrey is retiring after thirty years of service to the organization. We are paying tribute to her in this addition of the newsletter and with a scrapbook made by the seniors and staff. I would encourage those of you who would like to contribute to the scrapbook to submit a quote or write a couple of lines and to contact me so we can get all your kind words and best wishes included. For those of you who are available please mark your calendars as we are planning a farewell lunch for Audrey on Friday, September 11th at noon. There is room for 25 members so please sign up to ensure a spot at her gathering. Audrey has dedicated her life to this Society and I have the utmost respect for her compassion and concern for our seniors. We will miss her so much but again we realize that all good things come to an end and it is time for her to focus on her life out of the workforce. So a big thank you to Audrey for everything that she has done to establish our organization and make it the wonderful gathering place that it has become. Without her perseverance, RCSS would not exist today. All the best in your retirement!

Lots of new beginnings and we will embrace the change and use it as an opportunity to grow. As they say, "the only thing certain in life is change" and we are in for some. I can assure you though that every effort will be taken to get the best replacement for these amazing women.

Life is good! - Donna

Pondering From The Pantry



*The time has come, the Walrus said
to speak of many things.
Of Sailing Ships and Sealing wax
of Cabbage and Kings.
Of knowing when it's time to go
to see what to-morrow brings.*

Yes, it's that time. How hard a time for me you will never know. It seems like only yesterday the idea for a Senior's Drop-in was hatched and here we are 30 plus years later – fantastic!

Over the past 30 years we have laughed, wept and celebrated many milestones to-gether. We have dreamed dreams, and taken on the Provincial Government. The main thing is that we loved and respected each other. This I will cherish for the rest of my life

and I thank you all. So many memories – some sad, some funny and some absolutely astounding! Love can move mountains and this we have proved over and over.

I am going to keep busy. Volunteering at the Cancer Clinic is at the top of the list. I won't be idle and I don't want you to be idle either, so keep on as you are going. Enjoy the centre and participate. Stay happy and healthy. Love each other and remember drink lots of water (NAG! NAG! NAG!)...that's 30...

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

Love,



Audrey

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Farewell to Audrey








Thank you for

30
years



MENU OF THE MONTH

September 2009






| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | 1  | 2 | 3  | 4 |
| | 10:30 AM PNE Outing | A Trip To Greece for Lunch | Macaroni and Cheese Salad Dessert Tea/Coffee | Shopping and Lunch Outing Brentwood Mall <u>No Lunch at Centre</u> |
| | <u>No Lunch at centre</u> | | | |
| 7 Centre Closed Today Labor Day | 8  | 9 | 10 | 11 |
| | Lunch Outing to White Rock <u>No Lunch at Centre</u> | Homemade Pea Soup Sandwich Veggies Dessert Tea/Coffee | Pigs in a Blanket Veggies Dessert Tea/Coffee | Salmon Veggies Dessert Tea/Coffee |
| 14 | 15 | 16 | 17 | 18 |
| Cook's Special | Cook's Special | Cook's Special | Cook's Special | Cook's Special |
| 21 | 22 | 23  | 24 | 25 |
| Cook's Special | Cook's Special | STEP-OUT Knight and Day | Cook's Special | Cook's Special |
| 28 | 29 | 30 | |  |
| Cook's Special | Cook's Special | Cook's Special | Cook's Special | |

If you have any questions regarding the program calendar
Please Call Marty at 604.430.1441

PROGRAM CALENDAR

September

2009

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| |  1 | 2 | 3  | 4 |
| | 10:30 PNE Outing | 11:00 Sit Fit 11:30 Brain Teasers (Labor Day) 1:00 Bean Bag Toss | 11:00 Sit Fit 11:30 Brain Teasers 1:00 Lions Den Concert | 10:30 Shopping and Lunch Outing Brentwood Mall No Lunch at Centre 1:00 Bingo |
| 7 |  8 | 9 | 10 | 11 |
| Centre Closed Today Labor Day | Lunch Outing to White Rock No Lunch at Centre *No Yarns of Fun | 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Creative Arts Group | 11:00 Sit Fit 11:30 Brain Teasers 12:00 Music with Stuart 1:00 Farewell to Audrey | 11:00 Sit Fit 11:30 Coffee & Chat 12:00 Farewell Lunch for Audrey 1:00 Bingo |
| 14 | 15 | 16 | 17 | 18 |
| 11:00 Sit Fit 11:30 Brain Teasers 1:00 The Filipino Golden Age Group | 11:00 Arts, Health, Seniors 1:00 Musical Bingo 1:00 Yarns of Fun | 11:00 Sit Fit 11:30 Brain Teasers 12:00 Lunch Music with Stuart 1:00 Pool Noodle Hockey | 11:00 Sit Fit 11:30 Brain Teasers 1:00 Sing-a-long Crow City Singers | 10:30 News and Views 11:30 Sit Fit 1:00 Bingo |
| 21 | 22 | 23 | 24 | 25 |
| 11:00 Sit Fit 11:30 Brain Teasers 1:00 Music with Steve Warner | 11:00 Arts, Health, Seniors 1:00 Presentation on Osteoporosis 1:00 Yarns of Fun |  STEP-OUT Knight and Day | 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Carpet Bowling | 10:30 News and Views 11:30 Sit Fit 1:00 Bingo |
| 28 | 29 | 30 | | |
| 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Lunch Music with Stuart | 11:00 Arts, Health, Seniors 1:00 You be the Judge 1:00 Yarns of Fun | 10:30-11:30 Podiatrist 11:00 Sit Fit 1:00 Music with Pete Campbell | |  |

If you have any questions regarding the program calendar
Please Call Marty at 604.430.1441

Centre Programs

Arts, Health, Seniors



We are excited to say that Carmen will be returning to the centre to engage with you in some exciting new creative projects starting on Tuesday, September 15th.

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.

Coffee and Chat

Come join Marty and friends to have a chat about the latest news over a cup of tea or coffee.

Creative Arts Group

Join Annitta in a fun artistic activity that you are sure to enjoy.

Farewell to Audrey

We will be sad to see Audrey leave during this month, but let's show her them how much we appreciated her years of service with a party.

Gentle Yoga with Maryanne

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



Lions Den Concert

Taking a trip to Lions Den to hear some wonderful musical talent is always a great time that can be enjoyed by all.

Shopping and Lunch Outing to Brentwood Mall

Shop 'til you drop then grab a bite to eat at the Brentwood Mall on Friday, September 4th.

Lunch Outing to White Rock

Come along with Marty on a scenic trip to White Rock and enjoy a buffet lunch on Tuesday, September 8th.

Lunch Music with Stuart Martin

Enjoy the relaxing sounds of the piano at lunch with Stuart Martin.

Musical Bingo

The game you all love with a musical twist. When you win you go can sing: Bingoooh.

Music with Pete Campbell

Singing, dancing and singing of your old time favourites with Pete Campbell.



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 heated debate!

Osteoporosis Presentation

Come join us for an informative session to learn about osteoporosis.

Farewell Lunch for Audrey

We will be having a farewell lunch for Audrey on Friday, September 11th at noon. There is room for 25 members so sign up early.



PNE Outing

We are going to have some fun and lunch at the PNE. There will be lots to see and do and is sure to be fun for you (Tuesday, September 1st).

Pool Noodle Hockey

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

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!

Step Out

We will be all going out to enjoy some delectably delicious lunch at Knight and Day Restaurant.

The Filipino Golden Age Group

Singing, fun and excitement are what to expect when we are joined by the Filipino Golden Age Group.

You be the Judge

A fun game where a scenario is read and then you choose an ending for the story.

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.

*Meet and Greet

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

*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.



.....Member Profile - Dai Yun Tung

His name is Dai Yun Tung, but we know him here at the centre simply as Tung Tai. Tung's first birthday was on January 16, 1930, born in Guangdong Province in China. Tung doesn't mind getting older because he knows that with each new birthday brings a tasty new birthday cake for him to enjoy. Tung loves birthday cake which is probably no surprise for anyone who knows him. We all know that Tung has a sweet tooth, so don't put your sugar next to him because he is sure to quickly nab it to add to a hot cup of tea.



In the 1970s, Tung flew to Vancouver from Hong Kong to live, but he still misses Hong Kong. Tung's family grew up in Wei Village but unfortunately, his father was killed in the 2nd World War and his whole family had to flee to Hong Kong.

Tung had a good life growing up and was a hard worker. Tung remembers working thirty years ago and only earning 25 cents each hour to support his family. Later, Tung became a construction contractor, which made making a living much easier.

In 1951, this handsome man was snatched up by a lucky lady, got married and had two sons and two daughters. Tung now lives with his oldest son and is busy with visits from his six grandsons and granddaughters. If Tung wants to see his own children he just has to go to the Nova Scotia Bank where some of his children work.

Tung likes to come to the centre because he enjoys the centre's location, clean environment, nice activities, staff and volunteers. We at the centre love to see Tung come visit us as well. Tung is a kind and sweet man who is not particularly religious and just believes that it is his own effort that can change everything. One thing is for sure-Tung's smiling face can change your day from sad to happy in an instant.

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A Note from Annitta



JOURNEY'S TAKE US MANY PLACES

...and we're glad that Melody's and Yuwen's brought them to Renfrew-Collingwood for the summer.

Your cheerful morning smiles, your enthusiasm, and all the Tuesday and Friday trips you planned for the community members made you very popular.

When you and your dance partner treated us to a beautiful ballroom dancing show Melody, it transported many back to a time when they also wore gorgeous formal attire and danced to the rhythms of the day. It was good to evoke those memories once again. We all wish you both the best in your continued studies.

Janice's journey brought her to Ren Col just under a year ago, adding to our compliment of program workers. Whenever we needed artwork done, Janice was the go to person. Your creative and artistic ability have certainly been evident in your work here, Janice. We appreciate the effort you put into putting together the newsletter each month. You know that everyone glances through the newsletter quickly when they receive it to see if their picture is in there. We wish you every success as you pursue further studies at university.

Audrey's journey with this organization has been the longest as she, along with a small group of concerned citizens who recognized a need for this service, was one of the founders of Renfrew Collingwood Seniors' Society. As the first Executive Director she was instrumental in acquiring Society status and pursuing funding for the new Society. You built a strong foundation for the Society, Audrey, and guided it through many challenges. After leaving the position of Executive Director you took a short hiatus and were then asked to come back as the cook...and you've been serving wonderful nutritious meals ever since. But you've given us so much more than full tummies. You've helped the development and growth of this organization through your compassion, caring, knowledge, listening ability and solid common sense. You've served this organization well for over 30 years and in many respects your contributions have been the cornerstone of Renfrew-Collingwood Seniors' Society. What a legacy!!

Audrey is a great storyteller, and we've asked her to tell us the story of her journey with Ren Col at her farewell party on Thursday, September 10. Mark your calendar. You're all welcome to join us that afternoon at 1:00 p.m. (including family and friends) to help us celebrate Audrey's service to this organization and **wish her many new adventures in her continuing journey. We'll miss you Audrey!**

Best wishes to you all. Annitta

Farewell from Janice



Hello Everyone,

It was sad to see our summer students, Melody and Yuwen, head back to school and Audrey leaving after 30 years of service. I am also headed back to school as well. I want to thank the staff, volunteers and seniors for making my time at RCSS so wonderful. I shared so many good times and memories with you all, but all good things must come to an end. Although I will miss you all very much, I will never forget you. I will miss each of your smiling faces, laughter and unique personality. I feel very lucky to have gotten to know each and every one of you and each of you holds a special place in my heart. I learned so much from you all and about how things have changed. Now when I turn on my computer and quickly send out an email, I will remember a voice saying, "Back in our day, we had to write out letters by hand and we had to walk for miles to get to the mailbox." It is nice to hear stories of the past and what I have learned is how the older generation valued quality time spent together and genuine appreciation for one another. You young at heart men and ladies are something special and I love you all.



Janice Callahan



Upcoming Events

Monday, September 7thCentre Closed for Labor Day

Tuesday, September 8th.....Lunch Outing to White Rock

Wednesday, September 23rd.....Knight and Day Restaurant

Happy Birthday

| | |
|------------------|------|
| Lois Ketcheson | 11th |
| Kanwal Grewalson | 20th |
| Heinz Wolff | 24th |
| Mauro Gentile | 29th |



Podiatrist, Dr. Almas will be in Wednesday, September 30th, 10:30am-11:30am



RCSS moments







Location, Location, Location. Chelsea Park has it all!

This new Seniors Housing offers intimate, well designed, comfortable and affordable living for seniors. Located near Commercial Drive, near parks and recreation facilities, near public transportation and within a “walkable” community. You will not find a better setting for seniors who want to enjoy the benefits of the “total community”. Right on our doorstep!



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