

May He bless you with all the
joy and happiness life has to offer...

Happy Easter!



NATIONAL VOLUNTEER WEEK 2010



APRIL 2010 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 34th 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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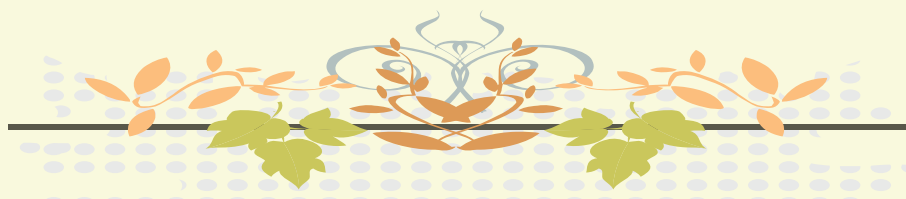
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**Welcome
to New Members:**

**Carol, Beatriz,
Violetta, and Erica**





RCSS Management

Board of Directors



Jim Park
Chair



Kim Van Wyk
Vice Chair



Tara Abraham
Secretary



Jennifer Rob
Treasurer



Alice Frith



Irene Griswold



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Olivia Lu



Fatima Kheraj



Tien Vinh



Olga Smirnova



Thoughts from the Board

Alice took part in a discussion with a few of our seniors in a Think Tank on Mar.16th, 2010. Topics Discussed were:

The Smart Fund Grant- Gardening Committee: We received funding of \$2,500 to establish a gardening committee from a group of seniors. We are to recruit high school students to work with the seniors in the development of the project. The desire is to make our outdoor space more inviting and conducive to putting in a garden. The construction of planters will allow us to grow herbs for our kitchen. If we get approval to put a bench by the loading zone it will be beneficial to all seniors in the community. All the members present agreed that it would be better to have a bench and planters in the corner entrance way rather than the area suggested. The removal of the ashtray was also agreed upon. At the moment we do not have any volunteers for gardening in the project.

As well, outings during the summer were discussed. We did not receive funding for our outings however we will continue with Step Out and most of those trips will be to Horseshoe Bay. We are working with other organizations to try and coordinate a couple of trips, if we get agreement where would you like to go? Some suggestions were Steveston, Ladner, Rifle Bird Sanctuary, Haney for lunch, Century House, Richmond Mall, Minter Gardens, Stanley Park, Lumber

Mans Arch with bagged lunches, Deep Cove, Spanish Banks, Jericho Beach, Silver City Movies, New Chine Kitchen, Coquitlam, Queen Elizabeth Park, Ice Cream Parlors, Japanese Garden, Van Duesen Gardens, Fort Langley.

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Community Action for Seniors Independence: the RCSS and Colingwood Neighbourhood House are partnering on a pilot project that is sponsored by Ministry of Healthy Living and United Way. There is funding for two years and we are to provide non-medical home support to help seniors live independently in their homes as long as possible. We are in the initial stages of the project and are hoping to have the money flowing by September or October. It was agreed that this was good idea. A planning committee was formed.

The last thing discussed was the Spring Raffle; the fundraising committee has just launched their spring raffle on a beautiful hand-made quilt and sweater. Tickets are \$2.00 each. Volunteers to sell tickets were asked. The draw will take place April 23rd, 2010.



A Message from Donna....



Happy Easter Everyone! I hope you get the opportunity to spend some time with your loved ones and get a nice feed of turkey or lamb. For those of you with diabetes, remember all the sugar in those little chocolate bunnies; don't be tempted to buy cheap candies, especially those Oh Henry's, after the festivities.

I'm excited to tell you all about the grant that we received from the SMART Fund; it is for our gardening project. We were granted \$2,500 to put in some raised planters and benches in our entrance. I met with the councilor and three senior students at Windermere Secondary School to discuss the possibility of working together on this project. After our meeting I toured their garden, and boy was I impressed; the school is leap years ahead of what I envisioned. Their gardens are all organic for the cafeteria, with composting and hydroponics; they even sell their vegetables at the farmers market. I was blown away by their little oasis. I asked the students to come and give a presentation to our seniors and arrange for us to tour their gardens. They offered to process our kitchen waste and bring the compost back to our new raised beds. We also discussed the possibility of buying their beans and tomatoes for our kitchen. I hope that you share in my enthusiasm as this is an amazing opportunity for us to work with these extraordinary young adults. Please let me know if you would like to be involved in the planning of our new space or if you have perennial herbs that you would like to donate.

We secured enough money for one big outing and we are trying to determine the biggest bang for our buck. The seniors' liaisons have met with a group of you and will determine where most of you want to go. In the meantime, we will have Step-Out eight times a year and a few of the trips will be going to Horseshoe

Bay; so it will compensate a bit for not having as many outings. I am working with a couple of other organizations to try and pull our funds together to try and reduce the cost of renting the big bus. I'll let you know how successful we are in the next newsletter.

You may have noticed that we were selling our frozen take-out meals recently at 2 for \$5.

Our cook and I felt that we can continue doing that as long as we are breaking even. They are wonderful home-cooked meals that are easy to reheat so please take some home for the weekend or evenings when you do not feel like cooking. There is quite a variety to choose from; just ask any of the staff to assist you in getting them from the freezer.

As indicated in our last newsletter the yearly membership fee of \$10.00 is due April 1st. For those of you that come regularly to the Centre the fee will be applied to your next invoice and we will be including your new card with your bill to simplify the process. If you would like to pay it separately, no problem you can do so at the administration desk.

Also, Tien is going to be starting a walking club on Tuesdays and Fridays so again please let her know if you would like to stroll a few blocks on the days that you are here. There is lots of good stuff on the horizon.

All is well *Donna Clarke*



Message from Laurie

Spring has sprung early this year, surrounding us with its beautiful cherry blossoms, crocuses, snowdrops and daffodils just in time for Easter, which lands on the first week in April this year. Children are getting ready with baskets to fill with yummy chocolates and egg treats.

Spring is also a time to clean. We have been busy doing a little bit of spring cleaning through all our cupboards and storage area. It will make it a lot easier to find things.

April 18-24 is National Volunteer Week. I would like thank each and every one of you for your valuable time you give so unselfishly. We wouldn't run as smoothly as we do without all the wonderful volunteers to help out. **Thank you. Thank you. Thank you!!!**

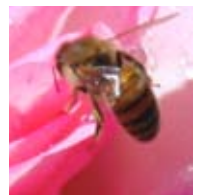
Just A Fun Fact:

Did you know? April 1, 1778. The symbol representing the dollar "\$" was created by Oliver Pollack, a New Orleans businessman.

Joke:

Q: What did the bee say to the rose?
A: Hi, Bud!

Q: When does a boat show affection?
A: When it hugs the shore.



"Easter is the only time when it's perfectly safe to put all your eggs in one basket."
Anonymous

Live well, Love much, Laugh often, *Laurie Kallin*



April



2010

If you have any questions regarding the program calendar
please call Marty at 604.430.1441

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 11:00 Sit Fit 11:30 Brain Teasers 1:00 Lions Den Concert 1:00 Easter Craft	2 Good Friday Centre Closed
5 Easter Monday Centre Closed	6 11:00 Arts, Health, Seniors 1:00 Spring Craft 1:00 Yarns of Fun	7 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Egg Decorating	8 11:00 Sit Fit 11:30 Brain Teasers 1:00 Sing A Long with Crow City Singers	9  10:30 Shopping and Lunch Outing to Brentwood Mall 1:00 BINGO
12 11:00 Sit Fit 11:30 Brain Teasers 1:00 Pool Noode Hockey	13 11:00 Arts, Health, Seniors 1:00 Yarns of Fun 1:00 Gentle Yoga	14 11:00 Sit Fit 11:30 Brain Teasers 1:00 Mystery Guess what??? Game	15 11:00 Sit Fit 11:30 Brain Teasers 1:00 Sing A Long with John Cronin	16 10:30:News and Views 11:00 Birthday card making 1:00:PM Bingo
19 11:00 Volunteer Appreciation 1:00 Sing and Dance with Steve Warner	20 11:00 Arts, Health, Seniors 1:00 Spring Tea with Lorraine Smith 1:00 Yarns of Fun	21  STEP-OUT Trolls Fish/Chips	22 1:00 Gentle Yoga 11:30 Brain Teasers 1:00:Table Games	23 10:30:News and Views 11:15 Sit Fit 1:00:PM Bingo
26 11:00 Gentle Yoga 11:30 Brain Teasers 1:00 Active Games	27 11:00 Arts, Health, Seniors 1:00 Musical Bingo 1:00 Yarns of Fun	28 11:00 Sit Fit 11:30 Brain Teasers 1:00 Pool Noodle Hockey	29 11:00 Sit Fit 11:30 Brain Teasers 1:00 Bean Bag Toss	30 10:30:News and Views 11:15 Paper mache making 1:00:PM Bingo



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

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Menu serve with
vegetables, salad
and dessert



APRIL 2010 RCSS CAFE' MENU

Note Menu subject to
change for the addition of
seasonal products.



Thanks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Roast Turkey Dinner ¹	GOOD FRIDAY ² CENTRE CLOSED
⁵ GOOD FRIDAY CENTRE CLOSED	⁶ FISH RICE	⁷ PORK POTATOES	⁸ CHICKEN PASTA	⁹ Brentwood Outing No Lunch at tCentre
¹² OTHER RICE	¹³ BEEF POTATOES	¹⁴ FISH PASTA	¹⁵ PORK OTHER CARB	¹⁶ OTHER NOODLES
¹⁹ CHICKEN RICE	²⁰ OTHER POTATOES	²¹ NO LUNCH AT THE CENTRE STEP OUT TO TROLLS	²² FISH OTHER CARB	²³ BEEF RICE
²⁶ PORK POTATOES	²⁷ PORK Other Carb	²⁸ CHICKEN RICE	²⁹ OTHER POTATOES	³⁰ stuffedPORK POTATOES

Centre Programs

*Meet and Greet

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

Active games

We are getting our bodies moving, get a little blood flow!

Arts, Health and Seniors

We're lucky to have Carmen come in to work with us on creative art projects!

Bean Bag Toss

Ready, aim, bulls-eye! 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).

Brentwood Outing

April 9th going out for shopping and lunch

Coffee and Chat

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

Egg Decorating

We all remember decorating those hard boiled eggs as kids; so bring your creative egg designing hands.

Gentle Yoga

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

Lions Den Concert

A few of us will head out to Lions Den of a concert



Music with John Cronin

Some singing and maybe even dancing with John

Music with Steve Warner

Join in singing and dancing with entertainment by Steve Warner

Musical Bingo

Bingo with a twist

News and Views

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

Paper Mache

We all love getting our hands dirty; paper mache is great for building and getting messy



Pool Noodle Hockey

Get out your noodles and start shooting those balloons at the net; He shoots He scores!!

Sit Fit

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

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.

Spa days

Get a little spoiled with Irene; get your nails done, look posh!

Spring Tea

Tuesday April 20th we are joining Lorraine for some spring tea to bring in the season.



Spring Craft

Making something special for the special season

Step Out

We are going to Trolls for some Fish and Chips, YUM!

Table Games

Sometimes it's good to sit back and have some fun getting your brain to exercise with some table games.

Volunteer Appreciation

We are celebrating our wonderful volunteers for all their great work with a tea party. Mon April 19th.

Walking Club

With nice weather coming around it's time to go out and enjoy the spring air with a brisk walk

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.





National Volunteer Week, the biggest celebration of volunteers and volunteerism in our country, is coming. The 2010 campaign lands on the week of April 18-24, and Volunteer Canada wants to make sure that your organization is prepared to celebrate the achievements and hard work of all the volunteers around you!

Take the time this National Volunteer Week to recognize the 12.5 million volunteers nationwide by saying thank you. They are the selfless individuals who demonstrate their genuine compassion for the well being of others and in support of essential causes, by taking action and by making a difference.

Please join us in celebrating National Volunteer Week in 2010, as we honour volunteers and the power of the volunteer across this nation. Thank You ALL!!!



My name is Cristy and I have been a Register nurse in Taiwan for 18 years. I am so happy to volunteer with everybody. I like the place and I hope I can learn more things in the future.

Elaine - Giving back to a community is very important to me because I have had so many opportunities in my life because of the generosity of other people and I want to give back in a similar way. The RCSS in particular is a great place to volunteer because I know there are people benefiting from the services that we offer. I am always so happy to read the newsletters to see what the seniors have been doing because it shows me why I volunteer!



Fanny

For the last six years, she has immensely enjoyed spending time with the seniors. Her responsibilities at the Centre have included setting the table, assisting the cook in food preparation, washing the dishes, and hanging out with the seniors. At every opportunity Fanny likes to engage in conversations. Memorable moments include festive occasions like holiday parties and birthday celebrations.

Charlie loves volunteering because it brings him joy to help out. He found the centre through his friend Stuart and through accident during his first bingo game took initiative to help out and get involved and the rest is just history as they say.



My name is Kelly and I chose to volunteer at this particular society because it stood out to me as a place of warmth and welcome. What I enjoy most about volunteering at this centre is the ability to work with a team of devoted and passionate staff members; who not only aid the residence but in addition, strive to make them laugh, smile, and feel special. As a volunteer I must say I have received more than I have given and I am very grateful for being a part of this society.



Poonam: I found out about the centre on the internet just looking for places to volunteer. So I came in to check the place out and met with Donna. That was about two years ago. I am blessed to say I have enjoyed volunteering here with all the friendly faces. I enjoy working on the newsletter and seeing the excitement when you all see your photos in it. I am grateful for the experience and hope to continue.



Stephanie: I started volunteering at the Centre because I was thinking about going into journalism, and I thought the doing the newsletter would be good experience. I've since decided that journalism isn't for me, but I still really enjoy coming here and spending time with you all. My favourite thing to do here is interview each of you for the member profiles for the newsletter. I love to hear your stories about where you're from and how you came to be here.



I attended RCSS for many years, first as a client but also on the Board. When I retired I decided to serve the community by volunteering, participating on the Board and endeavoring to raise funds. Very rewarding and fulfilling.
Marilyn Jennings



Kamaljeet loves to volunteer; she has great passion to help out in the community. She came to the centre as a client but soon become involved in the board as the seniors' liaison. She loves giving back to the community especially to the seniors.



I volunteer with the RCSS because I am grateful and appreciative for the support, friendship, and programs that are offered to seniors. The RCSS has been an extremely positive force in my Mother's life and I have seen it improve her quality of life. After all the sacrifices that seniors have made throughout their lives to their families and communities, I feel that it is our duty to try and give something back to them.
Thanks. Jim Park



Carol Message

Some advice on Hypertension;

Blood pressure is the pressure of blood against blood vessel walls. We all need some blood pressure, called normal blood pressure, to stay alive, but blood pressure that is higher than normal can be dangerous. Most people with high blood pressure (hypertension) have no symptoms and feel well except when the high blood pressure gets extreme. However, over time, constantly high blood pressure can cause heart and blood vessel disease and lead to problems including:

- Brain damage (e.g., stroke)
- Heart damage (e.g., heart attack, heart failure)
- Kidney damage
- Eye damage (e.g., blindness).

A healthy lifestyle helps keep blood pressure normal and certain medicines can help treat high blood pressure.

Steps of a healthy lifestyle include:

- Eat a healthy, balanced diet, with lots of vegetables, fruits, legumes and grain-based foods.
- Limit or avoid highly salted foods and adding salt to food. Use other flavorings in place of salt (e.g., herbs, spices, vinegar, lemon juice, onion, garlic).
- Limit foods high in fats, especially saturated and trans-fats. Have moderate amounts of polyunsaturated and monounsaturated fats.
- Keep to a healthy body weight.
- Limit alcohol to, two standard drinks/day for healthy man and women, with at least two-alcohol free days a week.
- Don't smoke.
- Exercise regularly.

Medicines can help to control, but cannot cure high blood pressure, so blood pressure medicines often need to be taken long-term. It is very important to take the medicines regularly according to directions and never reduce or stop the medicines without first consulting your doctor.

Well bingo players another month has come and gone, and more happy winners. Since I started the progressive jackpot for the early full house, we have 2 winners – Charlie and Alvin, they each won an extra \$10.00, besides the usual win of the game. We start with 55 numbers for \$2.00, if not won it climbs to 56 for \$3.00 etc., etc. I hope you like the new games I / We have come up with, to give you more variety. Do hope you like them and I hope YOU win.

Till next time
“The Bingo
Guy” Charlie



A POEM ABOUT SPRING

BY:

Kamaljeet, Hilda, Marium, Jovita,
Durene, Maria, Danuta,
Madeline, Adelia, and Teresa

Seeing the beautiful flowers, Season is changing, Spring cleaning

Preparing the earth for planting bulbs and seeds

Rain in the spring, Rain comes and goes and makes the flowers grow

I love the blooming of flowers; cherry blossoms

Nature is spreading its wings

Growing the vegetables, Gardage sale, Gardening in the backyard

Temperature changes, Take time to smell the flowers

Inspiration from the sunshine, Inspiration to clean windows to see clearly again

Moderate weather, Mother nature wonders presence showing its colours

Evenings are longer

Upcoming Events

April Birthday

Teresa	3rd
Stuart	12th
Rosa C.	12th
Marilyn	15th
Sarah	16th
Mariam	17th
Donna	21st
Marty	27th
Beatriz	28th

Important Dates

Centre Closed -
April 2nd and 5th

Brentwood Shopping Trip
April 9th

Step Out to Trolls
April 21st

Volunteer
Appreciation Tea
April 19th

The Spring Raffle

Draw is on
April 23rd, 2010

Price is \$2.00 per ticket
So, come get your tickets
before they run out

Prizes are a handmade
quilt and sweater!!!!

IMPORTANT NOTICE

MEMBERSHIP FEES ARE DUE APRIL 1ST

Note: For regular members fees will be automatically added to bills

Frozen Home Made Meals available for purchase 2 for \$5.00 (does not include dessert or salads) If you wish to have fresh full meals with drinks and all the rest, call and come join us for lunch at the Centre. Thanks

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