

"Taking Seniors to Heart"



Diversity

Summer Time

AUGUST 2010 NEWSLETTER

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

About the Renfrew-Collingwood Seniors' Society



The Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. This is our 34th year running. 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

Donna, Tien, Frank, Fatima, Carol,
Charlie,

Photography: Poonam, Olivia, Olga,
Tien, Frank, Donna

EDITORIAL TEAM

Donna
Pamela
Poonam

CONTACT

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

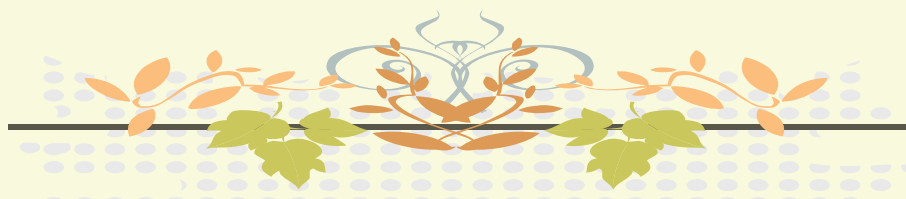
Telephone: 604.430.1441
Fax: 604.437.1443
Email: rencollsr@aol.ca

Renfrew-Collingwood Seniors' Society Newsletter August 2010

Features

About RCSS	2
Thoughts from the Board	3
Message from Donna	4
Note from the Nurse	5
Frank's Message	5
Centre Programs	6&7
Program Calendar	8
Menu	9
Pictures	10
Member profile	12
Bingo with Charlie	12
Upcoming Events	13





RCSS Management

Board of Directors



Jim Park
Chair



Kim Van Wyk
Vice Chair



Tara Abraham
Secretary



Sonia Clair
Treasurer



Alice Frith



Irene Griswold



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

Staff



Donna Clarke



Marty McCune



Carol Yi



Laurie Kallin



Olivia Lu



Fatima Kheraj



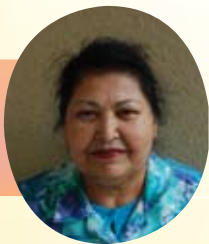
Tien Vinh



Olga Smirnova



Savita Kaila



Thoughts from the Board

Smile-Friends! Seems like we can finally welcome summer. A few nice sunny days-feels like the whole summer is around the corner - kids and grandkids are out of school and must be visiting some of us. The P.N.E. will bring lots of activities and lots of fun for some of us or all of us. Just a time to enjoy each and every day. Time is running fast we should all enjoy the day we have in our hands and not worry what will happen tomorrow. When we come to the centre leave the worries at home. Everybody has something, if we just enjoy the day with our friends and make the best of every that will surely be a good day for you and everybody else. Seeing other people happy and content sometimes brings happiness in itself. Giving everybody a smile doesn't cost anything. Give your friends a

big hug to make your day and their day. Please come to the centre to be happy and healthy and for the good activities. We as the board are trying our best to make you feel happy and healthy. The Annual General Meeting (AGM) is coming; some new members may come and some may decide to leave. But whatever happens we will try our best to serve you better. God bless you all and give you good health and lots of happiness.

P.S. Make sure you all come to the AGM with family and friends.

Sincerely,

Kamaljeet Kler



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!



The SkyTrain is on our doorstep!

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



CHELSEA PARK
Inspired Lifestyles for Seniors

New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

OPEN HOUSE
7 Days a week
9am-4pm

For a personal visit today, contact Joan Mitchell at 778.689.1422 • www.chelseaparkbc.com
Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver





A Message from Donna....

CASI (Community Action for Seniors Independence) Update

The Renfrew-Collingwood CASI Project consulted broadly with seniors throughout the neighbourhood to determine what services would be useful for them to maintain their independence. We had several discussion groups that lasted a couple of hours each and seniors were asked to report back on the following questions:

1. What services do you think seniors like you in Renfrew-Collingwood need to be able to stay in your homes longer?

2. What existing services for seniors in Renfrew-Collingwood are working well to keep seniors in their homes longer?

3. What might prevent you or another senior from accessing services in Renfrew-Collingwood?

The consultations were offered in English, Cantonese, Mandarin, Punjabi, Tagalog and Russian (seniors speaking Hungarian, Serbo-Croatian and Romanian also attended, with friends who provided translation). A total of 140 seniors participated in 11 sessions. We also created a questionnaire that seniors could use to provide their perspective. A few caregivers and service providers also answered the questionnaire, to provide a slightly different perspective. We received 47 responses to our questionnaire. In total, our consultations and questionnaire received input from 187 people, 182 of whom were seniors.

Seniors' responses at the consultations and on the questionnaires were very similar. Transportation was a top issue, followed by housekeeping, food services, garden care and yard work, a handyman service and socialization.

The Steering Committee determined that it would like to start a shuttle service. The seniors could be picked up at their door and brought to activities at our Centre, the Neighbourhood House, Community Centre or even a day at the mall. Each time they use the shuttle, seniors would be invited to pay a donation of \$2. At first, the service

would be offered for five hours a day, two days a week and then, if demand warrants it, the service would be increased to three days a week.

In response to requests for a housekeeping service, the Steering Committee modeled a housekeeping service on the type offered by Kitsilano Neighbourhood House and the South Vancouver Seniors Network. The cost would be \$14 per hour, with post-secondary students doing the work. Lower-income seniors would have the option of paying as little as \$10 per hour.

Many seniors also requested food-related services, a handyman service, and help with yard work. There are already numerous food-related services available to Renfrew-Collingwood seniors; they just don't know about them (yet). There is a service that provides skilled retired and semi-retired trades people who work for seniors at a very reasonable price. There is also a service that provides yard work and fence-repairs for free to seniors (they pay for materials only).

As a result of the consultations, CASI determined that it does not need to start a lot of new services: rather, it needs to let people know about existing services and fill in a few others local seniors desperately need. Clearly there is a need for an information and referral service. The Committee wants to compile a Seniors' Directory of Services, in both English and Chinese.

As a surprisingly high number of seniors reported that they get a lot of their information from the Renfrew-Collingwood Community News, CASI will sponsor a page in the monthly newspaper, so that it can provide a page of information about seniors' news.

Stay tuned; the hiring committee is looking for the right person to coordinate our project and we expect to launch some of the services as soon as October 1st. Thanks for your input and assisting us in putting this proposal together.

Life is good!

Donna Clarke

A Brief History of the PNE (Pacific National Exhibition)

by Frank Mulcahy



The PNE is celebrating its 100th anniversary this year! (1910-2010)

The exhibition has been held in Hastings Park since it first took place in 1910. It was opened by Prime Minister Sir Wilfrid Laurier as the Industrial Exhibition. The biggest attractions of the two-week fair are its numerous shops, stalls, performances, a nightly fireworks show, and the PNE Prize Home. The highest attendance the fair has recorded was 1.1 million in 1986. The PNE was once the second largest fair after the New York State Fair

Since the first Fair, the annual event has become the largest annual ticketed event in the province, and continues to draw in excess of 900,000 visitors during its 17 days. Early fair goers arrived by streetcar (until 1958) via Renfrew Street. Today, the park can be reached by car and public transit.

Many significant events in the history of this province occurred during the annual Fair at the PNE. Throughout the Fair's long life numerous technological firsts debuted at the PNE, including the first rotary telephone in the Pacific Northwest, and aircraft and rocketry displays. Many of today's largest consumer shows got their start as a part of the annual fair including: the Vancouver Boat Show, the BC Home Show and the Pacific International Auto Show, which all began as displays at the PNE.

In 1934 the PNE gave away a home as part of the first Prize Home Lottery. This was the first time such a significant prize had ever been awarded. The prize was valued at more than \$5,000 including home, east Vancouver lot and furnishings (from Eaton's).

During World War II from 1942 to 1946 the PNE was closed and like the Canadian National Exhibition served a military training facility for the duration of the war.

Other than the fair, Hastings Park is also the home of Playland, a horse racetrack (which also called Hastings Park), the Pacific Coliseum, the PNE Forum, and the Agrodome. It was formerly the site of Empire Stadium.

The PNE has played an important role in the history of Vancouver. From its beginnings as a showcase for the region's agriculture and economy, it has grown into a centre for entertainment and family fun. During 1997-1998, the PNE grounds were transformed with the demolition of a number of buildings including the Food Building, Showmart and the Poultry Building and replaced by a more natural parkland setting with a pond.

On Tuesday August 31st some of the Community Day seniors will visit the PNE to celebrate its 100th anniversary and the many wonderful memories they have had at the PNE over the years.



A Note from the Nurse - Carol

Summer is finally upon us. It is a great time for us to enjoy the outdoors and the nice weather, but the harmful effects of hot weather can sneak up on us if we are not careful. This is particularly true for seniors. Our body works each day to maintain a normal temperature and during hot days, the heat forces our body to work harder. In summer, most heat related sicknesses are a result of prolonged exposure to the sun which includes sunburn, heat exhaustion, dehydration and even heat stroke. There are many ways to avoid these illnesses. Some of the most common and easiest ways to stay safe from the summer heat are:

Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton for air circulation and dress in light colours that will reflect the sun and heat instead of darker colours that will attract them.

When outdoors, protect your skin from damage by **wearing hats, sunglasses and sunscreen.**

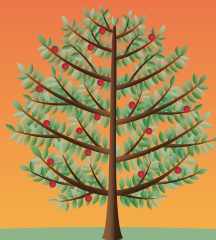
Drink plenty of liquids -- eight or more 8-ounce glasses per day and/or fruit juices -- every day to stay hydrated. Avoid beverages with caffeine or alcoholic beverages that can assist dehydration.

Try to schedule outdoor activities for cooler times of the day--before 10 a.m. and after 6 p.m.

During outdoor activity, take rest breaks frequently and drink water every 15 to 20 minutes, even if you don't feel thirsty. If you have clear, pale urine, you are probably drinking enough fluids.





plenty of opportunities to add more laughter in our centre. Don't miss a day to laugh your head off at the centre and be healthier.

AUGUST



2010

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Centre Closed BC Day	3 10:30 Coffee & Chat 11:00 Mosaic w/Yoko 1:00 Sit Fit 1:30 Brain Teasers 1:00 Yarns of Fun	4 11:15 Gentle Yoga 11:45 Brain Teasers 1:00 Piano with Adriano Gentile	5 11:00 Sit Fit 11:30 Brain Teasers 1:00 Bocci	6  10:30AM Shopping and Lunch Outing to BrentwoodMall <u>No Lunch at center</u> 1:00:PM Bingo
9 11:00 Sit Fit 11:30 Brain Teasers 1:00 Still Life Drawing with Pastels	10 10:30 Coffee & Chat 11:00 Mosaic w/Yoko 1:00 Painting with String 1:00 Yarns of Fun	11 11:00 Sit Fit 11:30 Brain Teasers 1:00 Water Bottle Curling	12 11:15 Gentle Yoga 11:45 Brain Teasers 1:00 Sing a Long with Crow City Singers	13 10:30AM News and Views 11:00 Sit Fit 11:30 You be the Judge 1:00:PM Bingo
16 11:15 Gentle Yoga 11:45 Brain Teasers 1:00 Music with Steve Warner	17  10:30 Lunch at Steveston 1:00 Yarns of Fun	18 11:00 Sit Fit 11:30 Brain Teasers 1:00 Piano with Adriano Gentile	19 11:00 Sit Fit 11:30 Brain Teasers 1:00 Pool Noodle Hockey	20 10:30AM Coffee & Chat 11:00 Sit Fit 11:30 Group Crosswords 1:00:PM Bingo
23 11:00 Sit Fit 11:30 Brain Teasers 1:00 Bean Bag	24 10:30 Coffee & Chat 11:00 Bocci 1:00-2:30 Summer Tea Kareoke: Johnny Hsu 1:00 Yarns of Fun	25 11:00 Sit Fit 11:30 Brain Teasers 1:00 Sing along with Pete Campbell	26 11:00 Sit Fit 11:30 Brain Teasers 1:00 PNE Memories & Games	27  10:30AM Mystery Drive with Tien 1:00:PM Bingo
30 11:00 Sit Fit 11:30 Brain Teasers 1:00 Table Games	31  10:30AM PNE Outing 1:00 Yarns of Fun	Note: RCSS's Annual General Meeting is <u>Saturday August 28th at 11:00 AM.</u> There will be refreshments & an <u>Open House at 1:00PM.</u>		

RCSS CALENDAR

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 NO LUNCH BC Day Centre Closed	3 OTHER POTATOES VEGETABLE SALAD DESSERT	4 BEEF PASTA VEGETABLE SALAD DESSERT	5 FISH OTHER CARB VEGETABLE SALAD DESSERT	6 LUNCH OUT
9 PORK POTATOES VEGETABLE SALAD DESSERT	10 CHICKEN PASTA VEGETABLE SALAD DESSERT	11 OTHER OTHER CARB VEGETABLE SALAD DESSERT	12 BEEF RICE VEGETABLE SALAD DESSERT	13 PORK POTATOES VEGETABLE SALAD DESSERT
16 FISH PASTA VEGETABLE SALAD DESSERT	17 LUNCH OUT	18 CHICKEN RICE VEGETABLE SALAD DESSERT	19 OTHER POTATOES VEGETABLE SALAD DESSERT	20 FISH PASTA VEGETABLE SALAD DESSERT
23 BEEF OTHER CARB VEGETABLE SALAD DESSERT	24 FISH RICE VEGETABLE SALAD DESSERT	25 PORK POTATOES VEGETABLE SALAD DESSERT	26 CHICKEN PASTA VEGETABLE SALAD DESSERT	27 CHICKEN OTHER CARB VEGETABLE SALAD DESSERT
30 OTHER RICE VEGETABLE SALAD DESSERT	31 BEEF POTATOES VEGETABLE SALAD DESSERT	<div> NOTE: RCSS's Annual General Meeting is Saturday August 28th at 11:00 AM There will be refreshments and an Open House at 1:00 PM </div>		

Menu subject to change for the addition of seasonal products.

AUGUST 2010

RCSS CAFE' MENU

**Note: IF YOUR PRESCRIPTION CHANGES, PLEASE MAKE SURE YOU TELL OUR NURSE.
CALL CAROL AT 604 430 1441 THANK YOU.**



Centre Programs

*Meet and Greet

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

Adriano Gentile

Mauro's grandson is coming in to play the piano for us, a very talented young man.

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

August 6th we are going out to the mall

Bocci

Practice your aim, for a exhilarating round of Bocci

Coffee and Chat

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

Dance and Sing with Steve Warner

Steve's coming in to sing and dance with us.

Group Crosswords

Work together to figure out those pesky word puzzles, quick! 5 down is a 3 letter word for canine.

Musical Bingo

Bingo with a musical twist

Mystery Drive

Tien will be taking our Friday group on a drive, won't know where until you come

News and Views

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

Painting

Bring your creative side painting portraits of people, rocks and much more this month

PNE memories and games

What is your best memory about the PNE, any favourite games, darts maybe?

PNE Outing

on August 31st we will be going out to the fair with our Tuesday group.

Pool Noodle Hockey

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

Sing-a-long with Pete Campbell

Pete is coming in to help us kick off May time to celebrate with some singing and dancing!

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!

Step Out

We are going to Steveston for lunch on August 17th

Summer Tea at RCC

August 24th we will be heading down to the Renfrew Community Centre to celebrate summer with some tea and snacks with Johnny Hsu to sing and dance

Table Games

Sit around the table chat and play one of your favourite games, anyone for scrabble?

Water Bottle Curling

No need to sweep hard here just how hard can you aim and push the bottles to the target.

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.

You be the judge

Let us know what you think!





Open House
Sundays 2-4pm



Enjoy Life to the Fullest

When you live at Shannon Oaks you'll have more time to smile.

An independent seniors living community, experience the freedom and independence to do exactly what you want, when you want.

Stay active and live well. Life at Shannon Oaks includes a great selection of daily activities to choose from, delicious home-cooked meals, and weekly-housekeeping of your private suite.

Visit us today for a personal tour and come see why you'll want to make Shannon Oaks your home.

VANCOUVER | 604.324.6257
www.shannonoaks.com



Baptist Housing | Enhanced Seniors Living | Since 1964



Member Profile- Joyce Potter and Bobby O'Halloran

Ashley have three sons between them, making Joyce a great-grandmother to Rylon, Andon, and Cohen.

While her kids were growing up, Joyce worked in the office of a Supervalu that used to be where Metrotown mall is now. She currently volunteers at the SPCA.

Born **Yvonne Pereza**, Bobby decided to use a shorter name to keep things simple. She was born in Hoquiam, Washington on September 16, 1928. Bobby has lived all over the place. Her family moved to Vancouver when she was eight, then back to Hoquiam. She was an only child. She has also lived in Aberdeen and Edmonton.

She has two children, Jeffrey and Joanne. Jeffrey has two daughters, Susan and Jennifer. Joanne has two sons, Arthur and Ryan. Bobby worked as an accountant while her kids were growing up. She worked for a number of organizations, finally settling down with the International Woodworkers of America. She retired from the IWA when she was sixty-two.

Bobby enjoys coming to the Centre and chatting. She and Joyce have found out they have a common surname in their families, Bell. They are trying to figure out how they are related.

Joyce is one of the few Vancouver residents who can say they were born at Vancouver General Hospital. A true Vancouverite, Joyce grew up in New Westminster. She skated when she was young. At the time, the town was so tight knit that the police would see her walking home from skating practice and offer her a ride. She was always afraid the neighbours would think she was getting arrested several times a week.

Joyce moved to East Vancouver when she married her husband, Allan. They had one daughter, Vicky Elizabeth. Vicky has three children, Joelle, Jason, and Ashley. Joelle and

Bingo with Charlie

When I was given the job of selecting the games for each Friday, I have tried my best to give you a variety of games. I have tried my best to give you a variety of games. I have heard that bingo is supposed to be fun, and I believe it is. I also believe most players like a challenge. So if one games comes up that doesn't turn your crank, don't play it! But then all games are different. When I came here, there were quite a few games that I had "trouble" with, but not anymore! For your information those "odd" games only show up about 3 times each year. So, you can have a surprise each week, or you can always ask me which of the "extra" games are coming up and when. I hope all of you enjoy bingo as much as i do. And good luck. Your Bingo Guy

- Charlie



Upcoming Events

Announcements

Renfrew-Collingwood
Seniors' Society
Annual General Meeting
Will be held on Saturday,
August 28th, 2010
11:00 a.m. at the Centre

Social to Follow

Resolutions must be
submitted to Renfrew-
Collingwood Seniors'
Society
by August 20th, 2010.

Any questions regarding the
Nomination Procedure may
be directed to our
Nominating Committee
Chairperson Kim van Wyk
by calling (604) 430-1441

Membership Fees of \$10.00
must be paid before the
Annual General Meeting

Open House

Will follow our
Annual General Meeting

Social
from 1:00 – 2:30 p.m.

Entertainment, Goodies
and Prizes!

Important Dates

BC DAY August 2nd
Centre Closed

BRENTWOOD Outing
August 6th

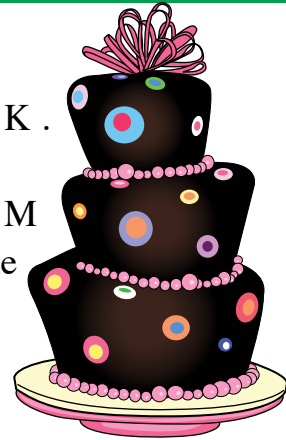
STEP OUT
August 17th

Summer Tea with Seniors
from RPCC August 24th

AGM and Open House
August 28th

August Birthday

Hilda	Aug 8
Frank K .	Aug 17
Alvin	Aug 23
Frank M	Aug 23
Durene	Aug 28
Tara	Aug 28



happy birthday

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



Nurse Next Door

Home Healthcare Services

鄰家護士 居家護理服務



Named Best Employer in BC

- | | |
|--------------|--------------------------------|
| ♥ 忠誠的友伴 | ♥ Loving Companionship |
| ♥ 家裡的好助手 | ♥ Helping Hands at Home |
| ♥ 個人護理服務計劃 | ♥ Case Management |
| ♥ 身心愉快的個人護理 | ♥ Delightful Personal Care |
| ♥ 專業的綜合護理 | ♥ Specialized and Complex Care |
| ♥ 護士護理 | ♥ Nurse Care |
| ♥ 留宿（24小時）護理 | ♥ Live-in (24 hour) Caregiver |

**Call Today for your FREE
in-home assessment!**

604-961-7883

vancouvereast@nursenextdoor.com

www.NurseNextDoor.com



Making Lives Better One Visit at a Time™