

*Happy Canada Day!*

"Taking Seniors to Heart"



## JULY 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

Irene, Donna, Laurie, Marty, Fatima,  
Charlie, and Carol

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

## EDITORIAL TEAM

Donna  
Pamela  
Poonam  
Stephanie

## CONTACT

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

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

Printed and designed in Canada by  
www.design 2 print.ca

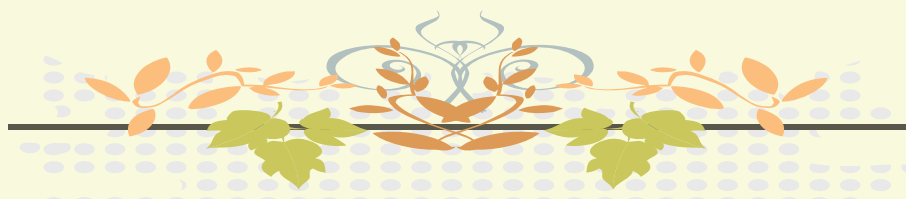
# Renfrew-Collingwood Seniors' Society Newsletter July 2010

## *Features*

About RCSS	2
Thoughts from the Board	3
Message from Donna	4
Pictures	5
Centre Programs	6&7
Program Calendar	8
Menu	9
Note from the Nurse	10
A thoughts from Marilyn	10
Charlie's Bingo Corner	10
Savita Introduction	10
Member profile	12
A word from Tien	12
Upcoming Events	13

## *Welcome*

*New Staff Savita Kaila  
New Treasurer Sonia Clair  
New Volunteer Cynthia  
New Members Henry, Kam Wan,  
Rheta, and Beverly*



# RCSS Management

## Board of Directors



Jim Park  
Chair



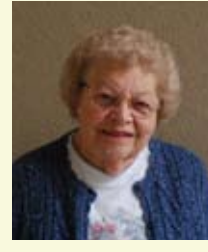
Kim Van Wyk  
Vice Chair



Tara Abraham  
Secretary



Jennifer Rob  
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





## Thoughts from the Board

Life should be a celebration! For myself, a South African – Canadian, this saying has never been more true. With Vancouver hosting the Winter Olympic Games 2010 and South Africa now hosting the Football World Cup 2010, there seems to be a never ending supply of reasons to celebrate. Celebration is sweeter, however, when reaping the reward of hard work.

As the staff, board, supporters and members of the Renfrew-Collingwood Seniors' Society (RCSS) prepare for the RCSS 2010 Annual General Meeting, we can take a moment to celebrate the success of another year of growth and service. It brings me joy, to remind you too, that the Annual General Meeting (AGM) brings the opportunity for you, and/or your loved ones, to give back to the RCSS in a very special way. The call for nominations for RCSS board members is back, as the 2010-2011 Board of Directors will be elected at the next AGM, scheduled for August 28th, 2010.



The RCSS slogan is "Taking Senior's to Heart". This simple sentence summarizes the organization well, and is truly the core value of our current Board of Directors. Our current Board is comprised of a number of diverse individuals, whom together bring a wealth of varied experiences, perspectives, and skill sets. It is this variety, yet cohesion of passionate individuals, which has resulted in success for individual sub-committees and the Board as a whole.

There are a number of opportunities, within the board, to get involved and give back to the RCSS. Whether your interests or skills, lie in the field(s) of fundraising; liaising; finance; policy; recruitment; or strategic planning, there is some way to get involved and have a little fun along the way. If you have been contemplating how you could give back to RCSS, or if you, or someone you know, have been considering joining a Board of Directors, I would strongly encourage you to put your/their name forward for nomination. On behalf of the RCSS Nominating Committee and Board at large, I look forward to discussing this opportunity with you further. Feel free to contact myself (Kim van Wyk, [kimvanwyk@shaw.ca](mailto:kimvanwyk@shaw.ca), 604-837-6095) to discuss this opportunity, or send your CV via email to [kimvanwyk@shaw.ca](mailto:kimvanwyk@shaw.ca).

Whether running for the board, or just joining in the celebration, I look forward to seeing you all at the AGM on August 28th. I might not be wearing my Canadian red mittens, or be blowing my long plastic horn with a painted flag on my face, but I'll be wearing my party hat if you promise to bring your smiles.

Until then, please stay happy, healthy and strong. Cheers to seeing you soon!

Sincerely,

*Kim van Wyk*

BOD – Vice Chair  
Nominating Committee - Chair





## A Message from Donna....

We have scheduled our Annual Open House for Saturday, July 24th from 2:00 – 4:00 p.m. This year we will have entertainment from pianist Adriano Gentile. Adriano is the grandson of one of the seniors that comes to our day program and he has volunteered his time here for the past two years. We have watched him develop an amazing repertoire and he keeps getting better.

This is your opportunity to bring a friend to our Centre and hopefully they will become members of our happy family. We would love to get more seniors to join in our community days for lunches, socializing, arts program and of course bingo (bigger

prizes!). The bonus is if you get a friend to join you get a free lunch the next time you come to the Centre.

The Board of Directors, most of the staff and our volunteers will be here to answer any of your questions about our programs and services. Representatives from our partnerships and associations will also be around to talk about the services that they provide and we will have more information on the CASI project community shuttle bus.

There will be ticket draws, prizes and lots of free goodies to go with you tea or coffee. Don't miss the fun –Bring a friend and support the Centre.

Life is good!

*Donna Clarke*



**Sonia** is a graduate from Simon Fraser University with a Bachelor of Business Administration in Accounting and currently at the final stage of her Chartered Accountant program. She has three years of work experience as an auditor from the Big 4s and mid-size accounting

firms. Sonia believes in giving back to her community and being able to make decisions which will make a positive difference, especially in the lives of seniors and youth. Fortunate to have been raised and cared by her own grandparents, Sonia feels that it is essential to provide adequate resources and care for today's seniors. As the new Treasurer on the RCSS's Board Sonia is looking forward to making that difference, gain new knowledge, new challenge, and have an opportunity to grow both at a professional and personal level. Sonia is also on the Community Outreach Committee for the Big Sister's of BC and in her spare time loves traveling, going to the gym, running, biking, partaking in various outdoors activities and spending quality time with her family and friends.



## 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.



**OPEN HOUSE**  
7 Days a week  
9am-4pm

# CHELSEA PARK

*Inspired Lifestyles for Seniors*

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

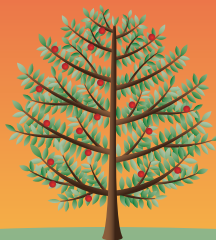
**For a personal visit today, contact Joan Mitchell at 778.689.1422 • [www.chelseaparkbc.com](http://www.chelseaparkbc.com)**  
Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver



# RCSS Moments...ROUNDHOUSE TRIP






# JULY



# 2010

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>CENTRE CLOSED <sup>1</sup></b>  <b>Canada Day</b>	 <b>10:30:AM</b> <b>Shopping and Lunch Outing to BrentwoodMall</b> <u>No Lunch at center</u> <b>1:00:PM Bingo</b>
<sup>5</sup> <b>11:15 Gentle Yoga</b> <b>11:45 Brain Teasers</b>  <b>1:00 Entertainment with Jack Bourne</b>	<sup>6</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b> <b>1:00 Nursing Student Presentation (Nutrition &amp; Exercise)</b> <b>1:00 Yarns of Fun</b>	<sup>7</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Table Games</b>	<sup>8</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Sing a Long with Crow City Singers</b>	<sup>9</sup> <b>11:00 Sit Fit</b> <b>11:30 Group Crosswords</b>  <b>1:00:PM Bingo</b>
<sup>12</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Water Bottle Curling</b>	<sup>13</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Nurse Next Door presentation</b> <b>1:00 Yarns of Fun</b>	<sup>14</sup> <b>Podiatrist Visits</b> <b>11:15 Gentle Yoga</b> <b>11:45 Brain Teasers</b> <b>1:00 Singing and Dancing with Steve Warner</b>	<sup>15</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Painting to Music</b>	<sup>16</sup> <b>11:00 Sit Fit</b> <b>11:30 You be the Judge</b>  <b>1:00:PM Bingo</b>
<sup>19</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Boat Building Challenge</b>	<sup>20</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Yarns of Fun</b>	<sup>21</sup>  <b>STEP-OUT Trolls Fish/Chips</b>	<sup>22</sup> <b>11:15 Gentle Yoga</b> <b>11:45 Brain Teasers</b>  <b>1:00 Piano with Adriano Gentile</b>	<sup>23</sup> <b>11:00 Sit Fit</b> <b>11:30 Paper Structure Challenge</b>  <b>1:00:PM Bingo</b>
<sup>26</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Visit with Mike's critters</b>	<sup>27</sup> <b>11:15 Gentle Yoga</b> <b>11:45 Brain Teasers</b>  <b>1:00 Water Bottle Curling</b> <b>1:00 Yarns of Fun</b>	<sup>28</sup> <b>Summer Sizzler at RCC Hawaiian Theme (cost \$6)</b>	<sup>29</sup> <b>11:00 Sit Fit</b> <b>11:30 Brain Teasers</b>  <b>1:00 Piano with Adriano Gentile</b>	<sup>30</sup> <b>11:00 Sit Fit</b> <b>11:30 Memory Match</b>  <b>1:00:PM Bingo</b>

# RCSS CALENDAR



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			NO LUNCH <sup>1</sup>  Canada Day	BEEF RICE <sup>2</sup>  VEGETABLE SALAD DESSERT
PORK POTATOES <sup>5</sup> VEGETABLE SALAD DESSERT	CHICKEN PASTA <sup>6</sup> VEGETABLE SALAD DESSERT	OTHER OTHER CARB <sup>7</sup> VEGETABLE SALAD DESSERT	BEEF RICE <sup>8</sup> VEGETABLE SALAD DESSERT	PORK POTATOES <sup>9</sup> VEGETABLE SALAD DESSERT
FISH PASTA <sup>12</sup> VEGETABLE SALAD DESSERT	PORK OTHER CARB <sup>13</sup> VEGETABLE SALAD DESSERT	CHICKEN RICE <sup>14</sup> VEGETABLE SALAD DESSERT	OTHER POTATOES <sup>15</sup> VEGETABLE SALAD DESSERT	FISH PASTA <sup>16</sup> VEGETABLE SALAD DESSERT
BEEF OTHER CARB <sup>19</sup> VEGETABLE SALAD DESSERT	FISH RICE <sup>20</sup> VEGETABLE SALAD DESSERT	PORK POTATOES <sup>21</sup> VEGETABLE SALAD DESSERT	CHICKEN PASTA <sup>22</sup> VEGETABLE SALAD DESSERT	CHICKEN OTHER CARB <sup>23</sup> VEGETABLE SALAD DESSERT
OTHER RICE <sup>26</sup> VEGETABLE SALAD DESSERT	BEEF POTATOES <sup>27</sup> VEGETABLE SALAD DESSERT	FISH PASTA <sup>28</sup> VEGETABLE SALAD DESSERT	PORK OTHER CARB <sup>29</sup> VEGETABLE SALAD DESSERT	OTHER NOODLES <sup>30</sup> VEGETABLE SALAD DESSERT
PORK POTATOES <sup>31</sup> VEGETABLE SALAD DESSERT	Menu subject to change for the addition of seasonal products.			

## ***JULY 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!

## Bingo

Nerve-racking maybe, but fun absolutely! Always a favourite here at Renfrew-Collingwood Seniors' Society. Friday Afternoons at 1:00pm



## Boat Building Challenge

Whose boat is the best!

## Brain Teasers

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



## Brentwood Outing

July 2nd going out for shopping and lunch.

## 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 coming in to sing and dance with us.



## Entertainment with Jack Bourne

Jack is coming in to entertain us, bring in your fun loving selves.



## Gentle Yoga

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

## Group Crosswords

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

## Mike's Critters

Mike is coming in with his animals friends! Have you ever seen a real live stick bug well now's your chance.

## Memory Match

Exercise your brain, can you remember?

## News and Views

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

## Nurse Next Door Presentation

The nurse next door people are coming in to tell us about themselves and how they can help our seniors.



### Painting with music

let the flow of the tune guide your hand in the creation of your master piece.

### Paper Structure Challenge

What can you build?

### Podiatrist

July 14th @ 10:30am

### 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 Trolls for fish and chips on the 21st of July.

### Summer Sizzler

Heading to the Renfrew Community Centre to celebrate summer, cost is \$6.00 and it is a Hawaiian Theme.

### Table Games

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



### Wii Video Games

The latest video game technology is interact, fun, and helps us get some exercise.

### 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!





## A Note from the Nurse - Carol

**Laughter is a great thing** -- that's why we've all heard the saying, "Laughter is the best medicine." We don't know if laughter is truly the best medicine, but it is certainly good medicine. There is strong evidence that laughter can actually improve health and help fight disease. Our brains can make us healthier and happier through laughter.

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving our muscles relaxed for up to 45 minutes after.
- Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving our resistance to disease.

- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

- Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect us against a heart attack and other cardiovascular problems

So let us start every day with a happy thought and carry laughter with us wherever we go. There are 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.

## A thought from Marilyn



As we get older we sometimes begin to doubt our ability to "make a difference" in the world. It is at these times that our hopes are boosted by the remarkable achievements of "seniors" who

have found the courage to take on challenges that would make many of us wither. Harold Sclumberg is such a person.

VERY INSPIRING! I've often been asked, 'What do you old folks do now that you're retired'? Well.. I'm fortunate to have a chemical engineering background, and one of the things I enjoy most is turning beer, wine, Scotch, and margaritas into urine. And I'm pretty damn good at it, too!!

Harold should be an inspiration to all of us.

## Charlie the Bingo Guy



Oh we play on Fridays  
from 1' till 2 Do Da Do Da,  
We pick and choose the cards  
we play Oh the Do Da Day.  
Games we play from 1-10 Do Da Do Da,  
Some pay more and some pay less,  
Oh the Do Da Day!  
First full card might pay a lot, Do Da Do Da  
While the last one always pays more,  
Oh the Do Da Day.  
You get a better chance on the game " 3 lines",  
Do Da Do Da  
But we pay more on "minus 2", Oh the Do Da Day.  
Hope everyone has a real good time - Do Da Do Da  
And you come back for more next week - Oh the Do Da Day!



## Savita Introduction

Hi my name is **Savita Kaila**. I am the summer student program assistant. I am a university student; I am interested in entering the health sciences field. I enjoy volunteer and working with people of various age groups. I enjoy playing sports; as well, I love watching hockey. For the past few weeks I have been learning about the different activities and programs at the centre. As well, I have had the pleasure of meeting all of you. I enjoy seeing all of your happy faces. I hope to get more involved in the activities the will go on this summer. I hope for this summer to be full of fun and excitement. As well, I look forward to getting to know all of you better.



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](http://www.shannonoaks.com)



Baptist Housing | Enhanced Seniors Living | Since 1964

## Member Profile- Rena

**Rena** was born on a Reserve in Mt. Currie British Columbia. She lived on the reserve for a few years before having to attend Residential School. This was a difficult time for Rena as she had to stay away from her family. After school Rena was married and had 7 children with her now ex-husband. She raised her family in Bella Bella. As Rena's children grew older the family decided to move to Vancouver; she has lived in Vancouver ever since. Over the years Rena has worked in several Fish canneries. Rena's family has grown because her children have gotten married and had kids; now Rena's kids are spread throughout the country. She gets lots of opportunities to take trips to go and visit her family; Rena enjoys travelling and seeing new places. This summer Rena will be heading to Toronto to visit her daughter's family. One of Rena's favourite places to see in Ontario is Niagara Falls. While in Vancouver Rena enjoys riding around town and going to her daughter's home. She loves coming into the centre; she enjoys meetings with the members and partaking in the activities. A highlight of Rena's trips with her family is when she got to attend the Price is Right game show taping. Rena enjoys crocheting and playing Bingo.



## A word from Tien

Hi everyone, Summer has finally arrived. It will be nice to finally go outside to enjoy the great outdoors and all that it has to offer. So whether it's relaxing on the patio, sipping a glass of lemonade, catching a warm summer breeze, or being out and about in the garden, enjoy your summer days to the fullest.

### Canadian History

Canada Day is celebrated on 1st July and marks the anniversary of the unification of Upper and Lower Canada into the Dominion of Canada in 1867. Formerly known as Dominion Day, the name was changed to Canada Day in 1982 when the Constitution was revised. The day is marked throughout Canada by parades, fireworks, and the display of flags.

### What's Up with the name "Canada"

In 1535, two Indian Youths told Jacques Cartier about the route to "kanata." They were referring to the village of Stadacona; "kanata" was simply the Huron-Iroquois word for "village" or "settlement." But for want of another name, Cartier used "Canada" to refer not only to Stadacona (the site of present day Quebec City), but also to the entire area subject to its chief, Donnacona. The name was soon applied to a much larger area: maps in 1547 designated everything north of the St. Lawrence River as "Canada."

Cartier also called the St. Lawrence River the "rivière de Canada", a name used until the early 1600s. By 1616, although the entire region was known as New France, the area along the great river of Canada and the Gulf of St. Lawrence was still called Canada.

Soon explorers and fur traders opened up territory to the west and to the south and the area depicted as "Canada" grew. In the early 1700s, the name referred to all lands in what is now the American Midwest and as far south as the present day Louisiana.

The first use of "Canada" as an official name came in 1791 when the Province of Quebec was divided into the colonies of Upper and Lower Canada. In 1841, the two Canada's were again united under one name, the Province of Canada. At the time of Confederation, the new country assumed the name of Canada.





## Upcoming Events

### July Birthday



Addie	2nd
Laura V.	8th
Adelia	9th
Jim Park	11th
Kim Van Wyk	18th
Fanny	22nd
Marie	20th
Irene	27th
Olga	30th
Josephine	31st

### Important Dates

Canada Day Centre Closed  
July 1st

Brentwood July 2nd

Podiatrist July 14th 10:30 am

Step Out to Trolls July 21st

Open House Sat. July 24th 2-4 pm

Summer Sizzler July 28th

# CANADA



### Announcements

Just a reminder that our Annual General Meeting is coming up in August 28th at 11 am

We are have a strategic planning session here at the centre on Sat. June 26th all staff and board are going to participate, So we hope you will look forward to our findings, ideas, and report

We will be holding an Open House at the Centre on Sat. July 24th from 2-4pm. We hope you will come and bring/tell your friends too.

## 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)



# Nurse Next Door

Home Healthcare Services

鄰家護士 居家護理服務



BCBUSINESS

mindfield



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™