

Summer
Fun

"Taking Seniors to Heart"



Happy Father's Day!



JUNE 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.

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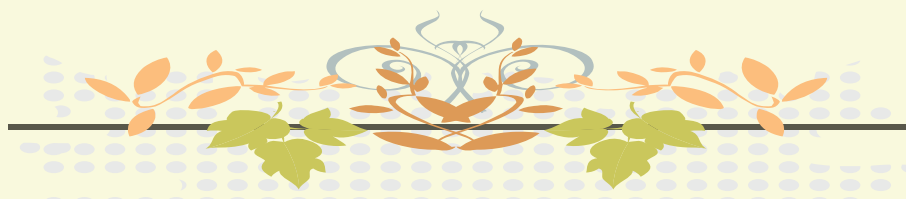
Renfrew-Collingwood Seniors' Society Newsletter June 2010

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Welcome new members
Joyce



RCSS Management

Board of Directors



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Grief

By Irene Griswold

Losses cause us to suffer from grief. The greatest loss is the death of a loved one. We also suffer, though, from losing a loved one through divorce, or losing a job, or a pet, or a home, or many other things.

To grieve a loss is normal. If we love someone or something and it is no longer with us, we hurt and that hurt is from grieving. This grieving is the crying and moaning we go through. It is expressing our emotions. It is the best thing we can do at this time. If it is all held within us we will take much longer to heal.

One of the first reactions to losing someone or thing we love is shock. We become confused, disoriented, panicky, paralyzed, and often go into denial. We do not want to believe it. How can this be? Shock helps us by numbing us to some of the emotional pain by blocking it until we are ready to deal with all of it. Don't worry about your lack of emotions at a time like this. It is a normal response to a great loss.

At times you may feel you are going crazy. You may think it was a bad dream and it really did not happen. People may believe they are the only ones who have ever felt or thought this way. By talking to other people who have grieved we find out that they had some same experiences.

It is important to let yourself grieve even if you have always been very stoic and nonexpressive. You don't have to be overdramatic but you do have to talk about your grief. Feel your loss as much as you can and find ways to deal with your painful feelings.

You don't have to tell everyone everything all the time but it is healthier if you do not keep it bottled up. Be selective about when and where and with whom you share your grief, but share it. Allow others to help you when you really need it. People are designed to be interdependent not independent. That is a lonely way to grieve.

Your own grief is the only grief you truly know. We cannot compare our pain to another person's pain. No one will grieve exactly like you. Everyone does it differently.

People work through different issues at different times. There is no timeline for healing. Grieve as you need to grieve. You are you and your loss is different from everyone else's loss.

Loss of a spouse can make you feel incomplete, like half of you died. Your loneliness may be profound. You may have lost your best friend, lover, soul mate all in one blow. Your security; financial, emotional and physical could be threatened. You are forced into doing everything alone.

When loss is sudden and unexpected the shock is even greater and lasts longer. It can be overwhelming. So you live in a fog of grief.

You might even live with guilt as you think you could have done more. "I should have noticed the warning signs", "Did I not let him know I love him", etc. It is so easy to second guess yourself, and find a hundred things you could have done or said differently. Remember, however, you have just gone through one of the most difficult experiences we face in life and you are human, not a saint or a superhero.

You, like everyone else gets tired, become irritable, and sometimes may make mistakes. He is also a regular human who struggled with his own weaknesses and limits. Given all this – you acted as best you could at the given point in time.

If you feel remorseful or guilty over something you did not say or do, that's okay. But try not to be too hard on yourself. Forgive yourself. Give yourself the benefit of the doubt. You did the very best that you could.

Find a coping method that works best for you. Journaling is good for some people. When no one seems to be listening or understanding, write it down. It can be a record of how far you have come through the grieving process or just writing fond memories in order to keep your feelings flowing. Some people just can not journal. You might do better by listening to music, drawing, painting, or meditating. Some people write letters to their loved one or to God. Sending them is not necessary. Exercise is often helpful, reading books, talking to people about your feelings or even screaming. Just a few ideas, you can find your own coping activities. If your activity feels good and does not harm you, then do it.

If you pray do not think that you can not be angry with God. You can. If you feel that God is not near you or listening to you don't feel you can't express that, it is just honesty. God does not turn away people who express what is honestly in their hearts.

Irene Griswold



A Message from Donna....



I spoke before about the CASI (Community Action for Seniors' Independence) Project and thought it was time for an update. First a little more background;

The Ministry of Healthy Living and Sport (MHLS) and the United Way of the Lower Mainland (UWLM) have identified the need for independence supports for seniors as a priority. In order to see how communities can offer such support, they are funding five pilots CASI projects throughout BC. Renfrew-Collingwood is one of five pilot CASI sites. Renfrew-Collingwood Seniors' Society and Collingwood Neighbourhood House are co-leading the project, along with other neighbourhood service providers. During the first stage of the pilot project, we are trying to get a sense of your priorities: what supports do you need most, in order to stay in your homes?

Most seniors that I know want to stay in their homes and communities as long as possible and the term for that is "aging in place". Research shows that providing assistance with tasks such as laundry, housekeeping, meals, grocery shopping, yard work and transportation can extend the years of independent living for older adults significantly. We will not be able to offer these services for free but the hope is to charge based on your income.

In an attempt to get your feedback we will be gathering your thoughts by circulating a survey the first week of June. We are also training seniors to lead focus groups and you can attend one here at 1:00, Tuesday, June 8th. Please voice your opinions on these services as they may be of benefit to you down the road.

If you want more information or would like to serve on the steering committee in the community please feel free to come see me and I will be happy to give you more information.

Thanking you in advance for your participation and providing us with your input.



Life is good!

Donna Clarke

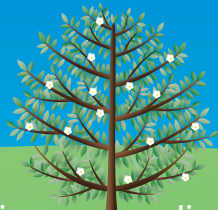


RCSS Moments...




JUNE

2010



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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>10:30 Trip to the Roundhouse for the windup of the Arts, Health, group</p> <p><u>No Lunch at center</u></p> <p>1:00 Yarns of Fun</p>	<p>2</p> <p>11:15 Gentle Yoga</p> <p>11:45 Brain Teasers</p> <p>1:00 Musical Bingo</p>	<p>3</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Lions Den Concert</p>	<p>4</p> <p> 10:30 AM Shopping to BrentwoodMall</p> <p>1:00:PM Bingo</p>
<p>7</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Singing and Dancing with Steve Warner</p>	<p>8</p> <p>10:30 Coffee & Chat</p> <p>11:15 Gentle Yoga</p> <p>1:00 Casi Project Discussion</p> <p>1:00 Yarns of Fun</p>	<p>9</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Table Games</p>	<p>10</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Sing a Long with Crow City Singers</p>	<p>11</p> <p>10:30 AM Coffee and Chat</p> <p>11:30 AM Sit Fit</p> <p>1:00:PM Bingo</p>
<p>14</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Wii Games</p>	<p> 15</p> <p>10:30 Bus outing to Burnaby Village</p> <p>1:00 Yarns of Fun</p>	<p>16</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Bean Bag Toss</p>	<p>17</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Father's Day Pub with John Cronin</p>	<p>18</p> <p>10:30 AM News and Views</p> <p>11:30 AM Sit Fit</p> <p>1:00:PM Bingo</p>
<p>21</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Planet Earth Armchair Safari</p>	<p>22</p> <p>10:30 Coffee & Chat</p> <p>11:15 Sit Fit</p> <p>1:00 Wii Games</p> <p>1:00 Yarns of Fun</p>	<p>23</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Entertainment with Keith</p>	<p>24</p> <p>11:15 Gentle Yoga</p> <p>11:45 Brain Teasers</p> <p>1:00 Three Hole Golf</p>	<p> 25</p> <p>10:30 Mystery Drive with Tien</p> <p>1:00:PM Bingo</p>
<p>28</p> <p>11:15 Gentle Yoga</p> <p>11:45 Brain Teasers</p> <p>1:00 The G-Seven Band with Johnny Hsu</p>	<p> 29</p> <p>10:30 Picnic at Stanley Park</p> <p>1:00 Yarns of Fun</p>	<p>30</p> <p>11:00 Sit Fit</p> <p>11:30 Brain Teasers</p> <p>1:00 Canada Day Trivia</p>	<p>Centre is closed Today July 1st</p> <p>Happy Canada Day</p>	

RCSS CALENDAR

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
	NO LUNCH ¹	OTHER ² OTHER CARB VEGETABLE SALAD DESSERT	BEEF ³ RICE VEGETABLE SALAD DESSERT	PORK ⁴ POTATOES VEGETABLE SALAD DESSERT
FISH ⁷ PSTA VEGETABLE SALAD DESSERT	PORK ⁸ OTHER CARB VEGETABLE SALAD DESSERT	CHICKEN ⁹ RICE VEGETABLE SALAD DESSERT	OTHER ¹⁰ POTATOES VEGETABLE SALAD DESSERT	FISH ¹¹ PASTA VEGETABLE SALAD DESSERT
BEEF ¹⁴ OTHER CARB VEGETABLE SALAD DESSERT	NO LUNCH ¹⁵	PORK ¹⁶ POTATOES VEGETABLE SALAD DESSERT	CHICKEN ¹⁷ PASTA VEGETABLE SALAD DESSERT	CHICKEN ¹⁸ OTHER CARB VEGETABLE SALAD DESSERT
OTHER ²¹ RICE VEGETABLE SALAD DESSERT	BEEF ²² POTATOES VEGETABLE SALAD DESSERT	FISH ²³ PASTA VEGETABLE SALAD DESSERT	PORK ²⁴ NOODLES VEGETABLE SALAD DESSERT	OTHER ²⁵ NOODLES VEGETABLE SALAD DESSERT
CHICKEN ²⁸ RICE VEGETABLE SALAD DESSERT	NO LUNCH ²⁹	BEEF ³⁰ OTHER CARB VEGETABLE SALAD DESSERT		

Menu subject to change for the addition of seasonal products.

JUNE 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.

Arts, Health and Seniors

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

Arm Chair Safari

Sit in your chairs and experience the Planet Earth without ever having to move

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

June 4th going out for shopping and lunch

Bus Outing

We'll be going to Burnaby Village on the 15th and to Stanley Park on the 29th

Canada Day Trivia

How much do you know about the country you live in? Celebrate Canada with us by finding out more about our beautiful land

Casi Project Discussion

We'll be putting our heads together in this discussion the the Casi project

Coffee and Chat

Come join Marty and friends 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 Keith

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

Father's Day Pub

Happy Father's Day it's time to celebrate our great dads

Gentle Yoga

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



Lions Den Concert

We are heading to the Lions Den Centre to take in a concert, bring your ear for music

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!

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!

Table Games

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

The G-Seven Band with Johnny Hsu

The musical styling's of Johnny and the crew

Trip to Round House

Arts Health and Seniors windup

Wii Video Games

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

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.

3-Hole Golf

Golfing fun practice your shot get as good as Tiger!





A Note from the Nurse - Carol

A stress release technique known as progressive muscle relaxation can help relax muscles and lower blood pressure, heart rate and respiration. It entails tensing and then the relaxing of each muscle group of the body, one group at a time. Practice helps master it. So sit or lie down in a comfortable position, remember to breathe slow and deeply. Next tense up a group of muscles for about 5-10 seconds, remember not to tense too hard which might cause you to strain yourself. If you are under treatment for some ailment do not tense that region, it is ok not to tense every group of muscles. After 5-10 second release all at once, then stay relaxed for 10-20 seconds. Pay close attention to the feeling of relaxation when you release the contracted muscles. Suggested starting points are hands or feet.

You can repeat the same group of muscles if you like to relax then further. Also if you would like listening to music helps relax or even get a tape telling you what to do for progressive muscle relaxation. The groups of muscles are: hands; clenched fists, Forearms and hands; extend arm elbow locked and bend hand back at wrist, Upper arm; bend arms at elbow and flex biceps, Forehead; wrinkle forehead into frown tense release rest and raise eyebrows, Eyes; close eyes tightly hold and release, Mouth; press lips tightly together, Jaw; open mouth wide and stick tongue out, Buttocks; tense, Abdomen, Chest, Back; arch back, Neck & Shoulders, Thighs, Lower legs and feet; point toes towards shins, Feet; point toes and curl them under.



Laurie's Message

Quotes about Dad:

"My father was an amazing man. The older I got, the smarter he got." – Mark Twain
 "One Father is worth more than a hundred schoolmasters." –English Proverb
 "It doesn't matter who my father was; it matters who I remember he was." Anne Sexton
 "I cannot think of any need in childhood as strong as the need for father's protection"
 –Sigmund Freud



What DAD might say:

- Go ask your mother!
- When I was your age....
- My father use to tell me...
- I used to walk to school in the snow...
- That's not a tear,
I have something in my eye.

Father's Day has become a day not only to honor fathers but all men who act as father figures including stepfathers, uncles, grandfathers, and adult male friends. Father's Day is the fifth most popular card-sending holiday.



Top Ten Things You'll Never Hear a Dad Say

10. Well, how 'bout that?... I'm lost! Looks like we'll have to stop and ask for directions.
9. You know Pumpkin, now that you're thirteen, you'll be ready for unchaperoned car dates. Won't that be fun?
8. I noticed that all your friends have a certain "up yours" attitude ... I like that.
7. Here's a credit card and the keys to my new car -- GO CRAZY.
6. What do you mean you wanna play football? Figure skating not good enough for you, son?
5. Your Mother and I are going away for the weekend ... you might want to consider throwing a party.
4. Well, I don't know what's wrong with your car. Probably one of those doo-hickey thingies -- you know -- that makes it run or something. Just have it towed to a mechanic and pay whatever he asks.
3. No son of mine is going to live under this roof without an earring -- now quit your belly-aching, and let's go to the mall.
2. Whaddya wanna go and get a job for? I make plenty of money for you to spend.
1. Father's Day? aahh -- don't worry about that -- it's no big deal.

Open House
Sundays 2-4pm



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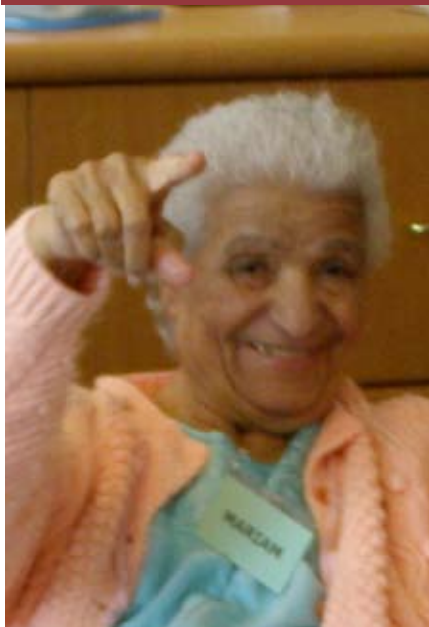
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Member Profile- Mariam



Mariam was born and raised in Egypt. She had three older brothers growing up, two of whom are still living in Egypt. She married an Armenian watch-maker, but she speaks Armenian better than he ever did! They had four children, three sons and a daughter, Serhan. Serhan has a son and grandchildren of her own, making Mariam a great-grandmother.

Mariam worked as cook in a school for twenty-five years in Egypt. She moved to Canada in 1968. Mariam has been living alone since her husband passed, but she enjoys the freedom of doing whatever she pleased with no one to answer to. In just a short conversation with Mariam, her spunk and sense of humour shine through. She is constantly teasing Joy, her caretaker, as well as Marty.

Mariam lives in her home, where her daughter Serhan visits her very often.



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Upcoming Events

June Birthday

Alice F.	June 11
George	June 11
Kay	June 12
Mary S.	June 15
Bob	June 15
Joan	June 23
Mercedes	June 30

Important Dates

Brentwood Outing **Jun 4th**

Bus Outing to Burnaby Village **June 15th**

Father's Day Celebration **June 17th**

Bus Outing to Stanley Park **June 29th**

Centre Closed **July 1st**
(Canada Day)



Podiatrist

July 14th
at
10:30-11:30

Free Caregiver Support Educational Workshops

Start June 3rd Every Thursday
6:30pm -8:00pm

Caregiver Stress Reduction
Workshops

June 10th and July 8th
10am-11:30am

2450 Ontario street Vancouver
register 604-877-4699 or www.vch.ca/caregivers/

Charlie the Bingo Guy

Upcoming events We Bingo players are a strange lot! Many of us have little quirks (and good luck charms). We want certain numbers on our cards, so we don't have to look too hard before Tien calls the next number. And then, yes, there is more... the seating arrangement.

The "old timers" have their lucky seat, and for the new players, well, we will find room! Yes we Bingo players are a strange lot!!

So glad YOU could join us. Enjoy. And good luck!



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