

Mother's Day



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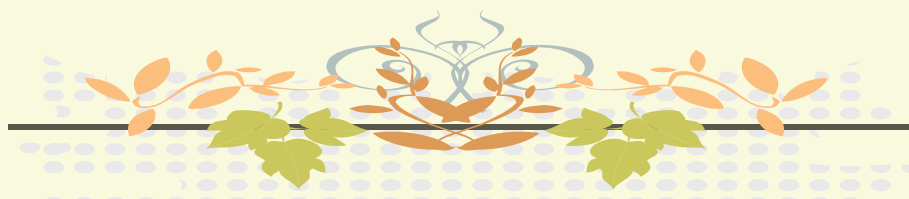
Printed and designed in Canada by
www.design 2 print.ca

Renfrew-Collingwood Seniors' Society Newsletter May 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
Carol's Corner	10
Tien's Thoughts	10
Poems	11
Yarns of Fun	11
Member profile	12
Upcoming Events	13
Charlie's Bingo Corner	13





RCSS Management

Board of Directors



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Chair



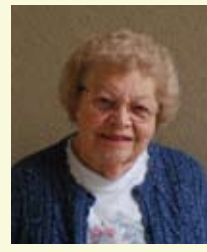
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Tien Vinh



Olga Smirnova



The Experience of Community for Seniors Involved in Community-Engaged Arts

A summary of the thesis for the degree Master's of Science in Nursing
by Elaine Moody, RN
The University of British Columbia, School of Nursing

Background: As a nurse, my focus is on seniors in the community and how to keep them healthy. Programs that provide opportunities to create art and engage with the community are thought to support seniors but there is still little known about how this works.

Purpose: To learn what role the Arts, Health and Seniors program played in how seniors experience community.



Research Methods:

1. Participated in and observed the program for 6 weeks
2. Interviewed 5 seniors, 2 artists and 2 staff members
3. Reviewed documents from the City of Vancouver and Vancouver Coastal Health to learn about the neighbourhood



Findings:

- The seniors were able to expand their community connections with various community members including their family and neighbours
- The seniors developed a meaningful role that was important for them, one of contributing to the community through the creation of art
- Through working together toward shared goals the participants became a more cohesive group

Conclusion: By supporting seniors to be contributing members of their community through working together as a group toward shared artistic goals, programs such as this may play an important role in supporting a healthy aging population.

Contact Information: phone - 604 612 0705; email - elaine.moody@gmail.com



A Message from Donna....



As most of you are aware I recently returned to Newfoundland to be with my family as my father passed. Although it was a major loss for us, it was a beautiful thing to experience on many levels. Our family came together; we forgot our differences, nurtured each other and supported Dad by allowing him to go to the next stage of his journey. We spent three nights at the hospital around the clock and in true Clarke style we sang, laughed, cried and made Dad feel comfortable. He was semiconscious through our grieving and occasionally a smile would brush across his face as we shared stories about him that we will never forget. His funeral was one for the history books. Because Dad was very involved in the Church and community, people came out of the woodworks to pay their last respect. There were five ministers taking part in his service, a choir, organist and a piper. He had a military presence which included the last post and everyone wore a poppy in his honour. All his grandchildren participated in the ceremony by reading, being pall bearers, offering gifts to the church and his grand-daughter; an RCMP officer led the procession in her uniform. He went out in style and he deserved it.

I'm sharing this story for a few reasons; I want you to be part of the experience because your support (as my community) was very apparent and I would like to thank you for your condolences, flowers, cards and many embraces before and after my father's death, it was so much appreciated.

This brings me to a couple of very sensitive topics; firstly funeral arrangements. If you have not discussed this issue with your family, please do so in the near future. Write down everything you would like and make sure you choose someone in your family that will honour your requests. My Dad had hymns chosen; suit picked out, readings in the church labeled and very clear instructions left for us. I can not express how much of a relief it was to find all of these details as I was the one designated to execute his wishes. Please consider doing this for your loved ones as it is such a difficult time to be making decisions.

The other thing that is really hard on families is resuscitation. My father wanted all the medical support possible. We did too until it reached a point that he was suffering so much that we could not bear it and we felt very selfish keeping him alive when there was no hope of him recovering. If you can avoid putting your family in the position of having to agonize over such a decision, do so as it is heart-wrenching. Please give this some serious thought and talk to your doctor about it. If you do decide to follow through with a DNR (do not resuscitate) make sure our nurse Carol is aware of your wishes as well.

The last thing I want to address is how important community is to me. As I said earlier, you are a major part of my community and I want you to feel that our Centre is yours (in addition to your intimate family and friends). We are all connected in one way or another and to know that someone is there when you need them is a basic human need. If the only thing we have in life is to feel loved and supported everything else is secondary.

Life is good!

Donna Clarke

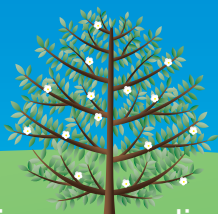


RCSS Moments...



May

2010




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

MONDAY

3
11:00 Sit Fit
11:30 Brain Teasers
1:00 Sing a Long
with Pete Campbell

10
10-12 Nail care
with Irene
11:00 Sit Fit
11:30 Brain Teasers
1:00 Pool Noodle
Hockey

17
11:00 Gentle Yoga
11:30 Brain Teasers
1:00 Wii Video
games

24

CENTRE CLOSED

31
10-12 Nail care
with Irene
11:00 Sit Fit
11:30 Brain Teasers
1:00 The Filipino
Golden Age Dancers

TUESDAY

4
11:00 Arts, Health,
Seniors
1:00 Diabetes
Management
Seminar
1:00 Yarns of Fun

11
11:00 Arts, Health,
Seniors
1:00 Yarns of Fun
1:15 Gentle Yoga

18
11:00 Arts, Health,
Seniors
1:00 Northern
Sound Hearing
Clinic
1:00 Yarns of Fun

25
11:00 Arts, Health,
Seniors
1:00 Wii Video
games
1:00 Yarns of Fun

WEDNESDAY

5
11:00 Gentle Yoga
11:30 Brain Teasers
1:00 Mother's Day
Appreciation

12
10:30 - 11:30
Podiatrist
11:30 Brain Teasers
1:00 Seniors
Fashion Show by
Royal Arch
Masonic Home

19
11:00 Sit Fit
11:30 Brain Teasers
1:00 Bean Bag Toss

26

STEP-OUT
Tom and Jerry's
Restaurant

THURSDAY


6
11:00 Sit Fit
11:30 Brain Teasers
1:00 Horse Races
1:00 Cedar Cottage
Concert

13
11:00 Sit Fit
11:30 Brain Teasers
1:00 Sing a Long
with
Crow City Singers

20
11:00 Sit Fit
11:30 Brain Teasers
1:00 Dart Throw

27
11:00 Gentle Yoga
11:30 Brain Teasers
1:00 Wii Video
games

FRIDAY

7

10:30 Shopping and
Lunch Outing to
Brentwood Mall
No Lunch at center
1:00 BINGO

14
10:30 Coffee and
Chat
11:15 Sit Fit
1:00 BINGO

21
10:30 News
and Views
11:00 Creative
Cricut
1:00 BINGO

28
10:30 News
and Views
11:00 Sit Fit
1:00 BINGO

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
FISH ³ PASTA VEGETABLE SALAD DESSERT	PORK ⁴ OTHER CARB VEGETABLE SALAD DESSERT	CHICKEN ⁵ RICE VEGETABLE SALAD DESSERT	OTHER ⁶ POTATOES VEGETABLE SALAD DESSERT	FISH ⁷ PASTA VEGETABLE SALAD DESSERT
BEEF ¹⁰ OTHER CARB VEGETABLE SALAD DESSERT	FISH ¹¹ RICE VEGETABLE SALAD DESSERT	PORK ¹² POTATOES VEGETABLE SALAD DESSERT	CHICKEN ¹³ PASTA VEGETABLE SALAD DESSERT	CHICKEN ¹⁴ OTHER CARB VEGETABLE SALAD DESSERT
OTHER ¹⁷ RICE VEGETABLE SALAD DESSERT	BEEF ¹⁸ POTATOES VEGETABLE SALAD DESSERT	FISH ¹⁹ PASTA VEGETABLE SALAD DESSERT	PORK ²⁰ OTHER CARB VEGETABLE SALAD DESSERT	OTHER ²¹ NOODLES VEGETABLE SALAD DESSERT
²⁴  CENTRE CLOSED	²⁵ OTHER POTATOES VEGETABLE SALAD DESSERT	²⁶ BEEF PASTA VEGETABLE SALAD DESSERT	²⁷ FISH OTHER CARB VEGETABLE SALAD DESSERT	²⁸ BEEF RICE VEGETABLE SALAD DESSERT
³¹ PORK POTATOES VEGETABLE SALAD DESSERT				

Menu subject to change for the addition of seasonal products.

MAY 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!

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

May 7th going out for shopping and lunch

Cedar Cottage

Some of us will be heading out to Cedar Cottage to watch a concert

Creative Cricut

We have a new contraption that makes crazy shapes, so we are going to use it to make some creative art.

Coffee and Chat

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

Darts

How well can you throw, can you get the bulls eyes. Practice your hand eye coordination

Diabetes Management

Dr. Edward Choice will be coming in to give us some information about diabetes on May 4th



Gentle Yoga

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

Horse Races

Whose horse will win the race??

Mother's Day Appreciation

Thank you to all our moms!



Musical Bingo

Bingo with a musical twist

News and Views

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

Northern Sound Hearing Clinic

How well do you hear? we'll be finding out some information about hearing

Podiatrist

The podiatrist is coming on Wednesday May 12th at 10:30am

Pool Noodle Hockey

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

Seniors Fashion Show

Royal Arch Masonic Home presents a fashion show, find out all the hip trends that all the seniors are wearing these days

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.

Sing-a-long with Pete Campbell

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

Spa days

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

Step Out

We are going to Tom and Jerry's on May 26th!

The Filipino Golden Age Dancers

Will finish off May in style with some entertainment by the golden age dancers

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.

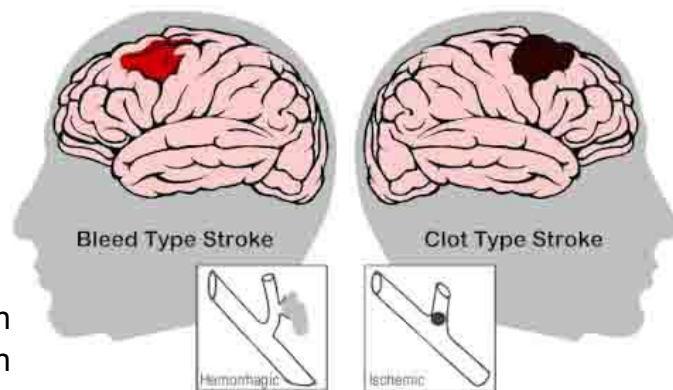




Carol's Corner

Some advice on Minor Stroke;

This month we are looking at the **Minor Stroke** which is also called TIA (transient ischemic attack). It is an episode in which a person has stroke-like symptoms for less than 24 hours, usually less than 1-2 hours. A person suffering from a minor stroke will have any or all of the following symptoms: sudden, piercing headache or migraine, nausea, numbness in the limbs, tingling in the limbs, sudden loss of vision in one eye, one side of the face drooping down, problems talking, not being able to lift both arms to the same height, dizziness and extreme confusion. Stroke is a leading cause of long-term severe disability, and a TIA is a strong predictor of being at risk for a major stroke. About a-third of those who had a minor strike will have another stroke in the future. So do not ignore a minor stroke, even though the symptoms have completely disappeared. It is important to get treatment RIGHT away to prevent future major stroke. Go see your doctor! Remember that time lost is brain lost, and our health is in our hands.



Tien's Thoughts

The centre had a visit from a neighbouring school, Nookta Elementary. The Grade 3 students and their teacher came to our Tuesday's Arts and Health Program to meet, interview and draw our seniors and vice versa. This was something that was done as part of "Pioneer Week" at Nookta Elementary. Through sharing stories and art, the two groups connected. Both groups had a wonderful time and when the chocolate chip cookies and drinks came out the excitement could not be contained. Every part so was enjoyable, I am really glad to be a part of it. I believe this experience will not be forgotten by all those involved. Thanks to Nookta Elementary (Grades 3) for visiting us.

Yeah... "Bye April Showers and Hello May Flower!" Remember to enjoy this time of year and all it has to offer, like, the warm and bright sunshine, the cool breezes and all the colorful and pretty flowers and their fragrances blowing in the air. This month we celebrate Mother's Day. So whether you're remembered in a nice card or poem, flowers, or it's breakfast in bed or in another way, ENJOY! your special day because you deserve it! Everyone here at RCSS wish all our moms, a Wonderful Mother's Day. On May 24th we have Queen Victoria's Birthday, which means, Long Weekend! Let us wish her a Happy Birthday with our very own royal wave...wrist, wrist, elbow elbow!



For all those that haven't notice yet we have a Mini Indoor Herb Garden at the Centre. A variety of seedlings were planted by our

Tuesday Seniors in late March. In just a few short weeks, the basil, cilantro, parsley, tomatoes, chives and potatoes have been growing very nicely. It has been very exciting to come to the centre each day and see them grow. Our indoor herb garden will continue to grow and need our attention and care. If you're interested in gardening, have question or suggestions, please let us know. As for talking to the plants, I'll leave that up to you (but, I hear that really helps them grow)

As the weather improves, it will be great to be outside enjoying the warmth of the sun. Wearing a hat, putting on sun block and drinking plenty of H₂O to keep your body hydrated will help that make being outside more enjoyable, fun and lasting.

On the activities list, we have a Step-Out Trip, a Fashion Show, along with dancers and singers visiting us in May. There's lots of exciting things happening and once again Happy Spring Everyone!





Mother's Day Poem

By Our Seniors

M.: marigolds, mums, music to put the kids
to sleep, grandma, mixing bowls, mom
memories, mother knows best, mother

O.: watching Oprah, opera singer, one and only

T.: truthful, in trouble looks, tea tulips,
tomato plants, the hand that rocks the cradle
rules the world

H.: happy, healthy, head cook, honest, hearing

E.: enjoying life, endless love

R.: read the Bible, rings

S.: stay by the side when you're sick,
school teacher, sharing

D.: deep thinker, dresses, daughter

A.: always working, apron,

Y.: yes, young at heart, your the
oldest you should know better,
yes dear



Yarns Of Fun

We don't knit to make things. There are cheaper, faster and easier ways to obtain a sweater than to knit! We knit to make ourselves happy! We are in charge of getting the most joy out of our yarn and stitches! - Lois -





Member Profile- Beatriz Villa

Beatriz grew up in the Philippines in a town called Manila. She worked as a seamstress in hospitals making patients' gowns and sheets and things until 1981, when she moved to Vancouver with her mother and sister and sister's kids. She never married or had any children herself, but she has four nieces and a nephew, all of whom have kids of their own who she sees quite a bit. In Vancouver, she worked as a homemaker, going from house to house and cooking and cleaning for seniors. Now a senior herself, she doesn't need anyone to cook and clean for her! She loves to do both, and enjoys living alone so she keep her place as clean as she likes. She can also watch The Young and the Restless without any men trying to change the channel. Beatriz will celebrate her 82nd birthday on April 28, not that she looks it! She just started coming to the Centre in March, and she loves Fatima's strawberry shortcake.



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Upcoming Events



Charlie the Bingo Guy

Bingo-Bingo-Bingo, it seems like someone else always wins, not so- I, Charlie, your Bingo Guy have been keeping track of all the winners. I know who wins or shares in the pot going back to November 13th when we started the 1 line game (which later became the ``4 corners``). Strangely enough, no one has won the 4 corners. For your information even Laura has won more than once in the last 15 years! Good Luck To All Of You!



May Birthday

Milton May 8th

Mary M. May 19th

Elaine Moody May 24th

Important Dates

Mother's Day Appreciation
May 5th

Brentwood outing
May 7th

Podiatrist
May 12th

Victoria Day
May 24th Centre Closed

Step out
May 26th

Raffle Winners

- Hollie Chow won the quilt
- Nancy Young won the knitted sweater
- Nara Kheraj won a coffee perculator

Congratulations to the winners!!



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!

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