

"Taking Seniors to Heart"



*Happy Thanksgiving Day and Happy Halloween*



## OCTOBER 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

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Donna  
Pamela  
Poonam

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Written articles and requests to this  
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Contact Donna Clarke.

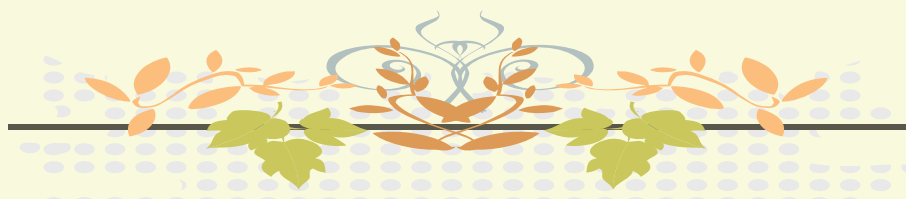
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# Renfrew-Collingwood Seniors' Society Newsletter October 2010

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# RCSS Management

## Board of Directors



Charlie Mills



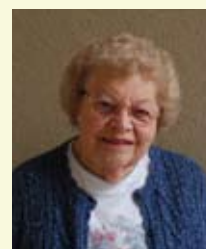
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Sonia Clair



Alice Frith



Irene Griswold



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Ellison Fernandez

## Staff



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Marty McCune



Carol Yi



Laurie Kallin



Fatima Kheraj



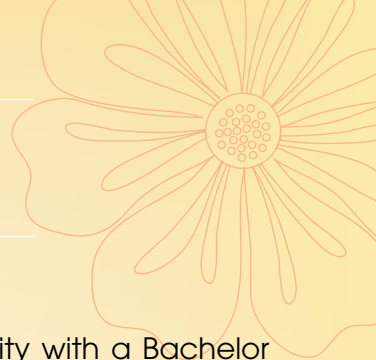
Tien Vinh



Olga Smirnova



# New Board of Directors



**SONIA CLAIR:** 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. Sonia feels that it is essential to provide adequate financial resources and care for today's seniors. As the new Treasurer for RCSS, Sonia is looking forward to make that difference, gain new knowledge and experience the challenge.



**Ellison Fernandez** is one of the youngest members to ever serve on our Board of Directors. Ellison volunteered at the Renfrew Seniors Society for approximately one year, a couple of times a week and that experience had a significant impact on his life experience.

Currently, outside Renfrew Collingwood Seniors Society, Ellison is a freshman at Douglas College working on Associate's Degree in Science; his hope is to get into Nursing and then to Medical School. Ellison promises that when he becomes a doctor he'll come back to the Centre and care for all of us.

As a young person he hopes to achieve his goals, learn variety of things, and utilize them as he grows older. He hopes he can contribute to the Society by bringing diligence, composure, and a sense of humour to our organization.



This is **Charlie Mills**; you may recognize him as the Bingo Guy. Charlie started volunteering at Renfrew-Collingwood Seniors' Society two and a half years ago. The Friday afternoon bingo needed his assistance and he jumped right in and helped to get it more organized and structured. Charlie even picks up candy to munch on for the big bingo games.

On occasion Charlie also brings his massive sea shell collection to the Centre and he has done presentations on the different types of shells. He had a guessing game contest of his shells one time and that was a lot of fun. Charlie also has a collection of old postcards.

Mr. Mills not only volunteers his time here at the Society, he also volunteers at the Vancouver Symphony and has been there for fourteen years. Thanks to his connection there at the symphony office we had beautiful Santa hats as gifts last year.

Charlie is an all around great guy and we are fortunate to have him serving on our Board of Directors.





## A Message from Donna....

Never underestimate the power of the people. For those of you who were not aware of our recent press release and conference around government cutbacks, lend me your ear. In June we were advised that our budget for the community day program was about to be reduced and the money was going to be redirected to better streamline physician's services. The Lower Mainland Network of Health Prevention Providers (in which we are actively involved) had a couple of meetings to strategize how we were going to deal with this situation and decided to expose the Minister's intention. We called on Dr. John Blatherwick, former Chief Medical Officer to come to our rescue and he did. As did Laura Park, retired Board member and advocate. Laura bravely spoke on behalf of all seniors that would have been affected by the budget cuts and she was very effective; thank you Laura. The Minister has since denied that he planned these cuts so I guess he won't be doing that now, will he? The lesson learned, stand up for what you believe in and if you feel strongly enough about an issue don't back down – sometimes it pays off.

All is well.

*Donna Clarke*

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## CASI - A NEW SENIORS' PROGRAM IN THE NEIGHBOURHOOD

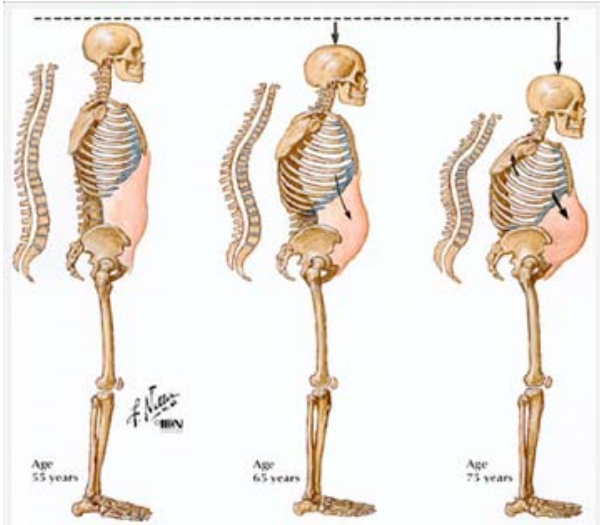
Seniors can now avail of affordable daily living support services, under the Community Action for Seniors Independence (CASI) Program. A joint project of the Collingwood Neighbourhood House and the Renfrew-Collingwood Seniors Society, the program's support services will help seniors live independently in their own homes for as long as possible. These services include light housekeeping, transportation, walking exercises, and information and referrals. Funding for this program has been provided by the Ministry of Healthy Living and Sport and the United Way of the Lower Mainland.

For more information about the program, contact Carmen Orquiola, the newly hired CASI Coordinator. She brings with her many years of experience with seniors, having served as Seniors Coordinator in several non-profit organizations in British Columbia. She may be contacted at RCSS from Monday thru Friday from 9:30 am - 4:00 pm, at tel. no 604-435-0375.

*Carmen*



## A Note from the Nurse - Carol



Osteoporosis is a disease characterized by low bone mass and deterioration of bone tissue. This leads to increased bone fragility and risk of fracture (broken bones), particularly of the hip, spine and wrist. Osteoporosis does not develop overnight. You can lose bone mass steadily for many years without experiencing any symptoms or signs of the disease until a bone fractures. For this reason, osteoporosis is often called "the silent thief" - literally stealing our bone mass without giving us any indication whatsoever. If osteoporosis is first diagnosed at the time a fracture occurs, it is already fairly advanced. Early detection of bone loss, therefore, is critical in preventing osteoporotic fractures. Balanced nutrition, adequate calcium and vitamin D intake, regular exercise, cessation of cigarettes and curtailing alcohol consumption are important measures to maintain healthy bones for everybody. This is

true for children, men, premenopausal and postmenopausal women, and the elderly, regardless of presence or absence of osteoporosis. Osteoporosis is sometimes confused with osteoarthritis, because the names are similar. Osteoporosis is a bone disease; osteoarthritis is a disease of the joints and surrounding tissue.



## Laurie's Write up

This month we celebrate two fun holidays Thanksgiving and Halloween. Thanksgiving falls on Monday Oct. 11th, please note that the centre will be closed on this day, so spend time with your families and be thankful. Halloween as we all know is going to be on Oct. 31st as always; this year it falls on a Sunday. We will be celebrating Thanksgiving on Oct. 7th and Halloween on Oct. 28th at the centre so be sure to join us for the fun.

Ever thought how thanksgiving started in Canada?  
It goes a little like this.....

Origins of Canadian thanksgiving are closely connected to the traditions of Europe and the United States. Before Europeans had come to North America they would have festivals of thanks and celebrations of harvest during the month of October. The very first thanksgiving celebration in North America took place in Canada. In 1578 Martin Frobisher in Newfoundland gave thanks for his safe arrival to the New World. This was 43 years before pilgrims landed in Plymouth, Massachusetts. Thanksgiving was celebrated for a few hundred years before being declared a national holiday in 1879 November. In Canada, it was moved to the first Monday of the month of October in 1957 when the holiday began falling too close to Remembrance Day. Also because Canada is more north than the United States, our harvest season arrives earlier.

I would like to end with humour ...





What key has legs and can't open doors? A Turkey!  
Thanks everyone, have a great October!



# OCTOBER

# 2010

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 News & Views Noodle Sit Fit You be the Judge
4 11:00 Current Events 11:15 Gentle Yoga  1:00 Mosaics with Yoko 1:00 Card Making	5 10:30 Coffee, News & Views 11:00 Arts, Health Seniors  1:00 Baking Yarns of Fun	6  STEP-OUT  Tom & Jerry's \$16	7 11:00 Reminisce & Discussion 11:30 Turkey Trot Thanksgiving Lunch 1:00 Sing Along w/ Crow City Singers	8 10:30 Coffee and Chat Sit Fit Turkey Talk & Stuffing  1:00 PM Bingo
11 Happy Thanksgiving Day  Centre Closed	12 10:30 Coffee & Reminiscing 11:00 Arts & Health  1:00 Fall Table Decorations Yarns of Fun	13 11:00 Current Events 11:15 Gentle Yoga  1:00 Music & Dance with Steve Warner	14 11:00 Sit Fit 11:30 Trivia  1:00 Wildlife Rescue Of BC Presentation	15 10:30 News and Views Ball Exercises Brain Teasers  1:00 PM Bingo
18 11:00 Sit Fit 11:30 Brain Teasers  1:00 Oktoberfest with Pete Campbell	19 10:30 News & Views 11:00 Arts & Health  1:00 Safety with Constable Brown Yarns of Fun	20 11:00 Exercise 11:30 Trivia  1:00 Piano with Broadway Brian	21 11:00 Current Events 11:15 Gentle Yoga  1:00 Halloween Decorations	22  10:30 Shopping and <i>BrentwoodMall</i> <u>No Lunch at center</u>
25 11:00 Discussion 11:15 Gentle Yoga  1:00 Pumpkin Carving 1:00 Manicures	26 10:30 Coffee & Chat Horoscopes 11:00 Arts & Health  1:00 Musical Bingo Yarns of Fun	27 11:00 Sit Fit 11:30 Trivia  1:00 Magic with Jay Helmus	28 11:00 Monster Mash 11:30 Halloween Trivia  1:00 Halloween Party with John Cronin	29 10:30 News and Views You Pick Sit Fit Group Crosswords 1:00 PM Bingo

# RCSS CALENDAR



<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				CHICKEN <sup>1</sup> OTHER CARB  VEGETABLE SALAD DESSERT
OTHER <sup>4</sup> RICE  VEGETABLE SALAD DESSERT	BEEF <sup>5</sup> POTATOES  VEGETABLE SALAD DESSERT	<sup>6</sup>  STEP OUT NO LUNCH	TURKEY <sup>7</sup> DINNER ROASTED POTATOES VEGETABLE SALAD PUMPKIN PIE	OTHER <sup>8</sup> NOODLES  VEGETABLE SALAD DESSERT
<sup>11</sup> Thanksgiving Day	CHICKEN <sup>12</sup> RICE  VEGETABLE SALAD DESSERT	BEEK <sup>13</sup> PASTA  VEGETABLE SALAD DESSERT	FISH <sup>14</sup> OTHER CARB  VEGETABLE SALAD DESSERT	BEEF <sup>15</sup> RICE  VEGETABLE SALAD DESSERT
<sup>18</sup>  PORK POTATOES  VEGETABLE SALAD DESSERT	<sup>19</sup>  CHICKEN PASTA  VEGETABLE SALAD DESSERT	<sup>20</sup>  OTHER OTHER CARB  VEGETABLE SALAD DESSERT	<sup>21</sup>  BEEF RICE  VEGETABLE SALAD DESSERT	<sup>22</sup>  PORK POTATOES  VEGETABLE SALAD DESSERT
<sup>25</sup>  FISH PASTA  VEGETABLE SALAD DESSERT	<sup>26</sup>  PORK OTHER CARB  VEGETABLE SALAD DESSERT	<sup>27</sup>  CHICKEN RICE  VEGETABLE SALAD DESSERT	<sup>28</sup>  OTHER POTATOES  VEGETABLE SALAD DESSERT	<sup>29</sup>  FISH PASTA  VEGETABLE SALAD DESSERT

Menu subject to change for the addition of seasonal products.

## ***OCTOBER 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!

## Ball Exercises

We will be using the squishy balls to work out our bodies in new and easy ways. Remember keeping active is key!

## Baking

Try your hand in the kitchen; we are sure so many cooks won't spoil the treats.

## Bingo

Nerve-racking 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

October 22nd we are going out to the mall.

## Card Making

Bring your creative touch we will be decorating and designing cards for special occasions like birthday and more.

## Coffee and Chat

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

## Crow City Singers

The Crow City Singers are coming in to sing and dance with us come join in the fun.

## Fall Table Decorations

The seasons changing just look at the leaves so help us make some decor for the tables to enhance the fall mood.

## Gentle Yoga

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



## Group crosswords

Lets work together to solve some tricky puzzles; 4 down a dog.

## Halloween Party with John Cronin

John is coming in to celebrate Halloween with song and dance, be sure to be in your best costume

## Halloween Trivia

How much do you really know about the most fun and spooky event of the year?

## Halloween Decorations

Time to dress up the place with festive decorations; we will be making them with Halloween colours and scary ornaments.

## Lions Den Concert

We will be heading to Lions Den Centre to part take in a musical experience with our friends.

## Magic with Jay Helmus

The slight of the hand can trick us all, with the spirit of Halloween in mind; Jay is coming in the show us some magic.

## Monster Mash

Halloween Party!! Let's join in the festivities of the season.

## Mosaics with Yoko

Decorating and designing, building mosaics together with the help of Yoko



### Musical Bingo

Bingo with a musical twist.



### Music and Dance with Steve Warner

Steve is always a joy, we here at RCSS love our singing and dancing

### News and Views

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

### Oktoberfest Pete Campbell

Singing with Pete; what is your favourite song to sing along to?

### Piano with Broadway Brian

Brian is coming in to enlighten our ears with his musical stylings.

### Pumpkin Carving

It is that time of year again, carve your Halloween pumpkins and put them on display whether they be ghoulish or friendly.



### Safety with Constable Brown

Constable Brown is coming in to tell us how to remain safe and the precautions we can take as seniors to avoid getting hurt.

### Step Out

We are heading out to Tom and Jerry's on Oct.6th for our Step Out.

### Sit Fit

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

### Thanksgiving

We will celebrate thanksgiving at the centre on Oct. 7th.

### Trivia

Is that your final answer? Come join us for trivia and fun; how much do you know?

### Turkey Talk and Stuffing

Reminisce about your memories and fun facts about thanksgiving.

### Wildlife Rescue of BC Presentation

Our friends at the Wildlife Rescue of BC are coming in to tell us about themselves and the wildlife.

### 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!





# RCSS moments....







## Human Kinetics Students

Aron Koel is finishing his last year of Human Kinetics at UBC. He enjoys studying the human body and learning how muscles work. Aron also has an interest in astronomy and a passion for the ocean. Some nights he gazes at the stars and planets through his telescope and wonders why we are all here? Other days he swims in the sea looking to play with friendly seals and dolphins.

Dylan Sparks is currently studying Human Kinetics at UBC. He co-founded a Nature Awareness and Wilderness Living School in Vancouver called Eagle Awareness School. Here, he inspires children 6-12 years of age to play outside, listen to the birds, find some tasty plants to eat and much more. Some of his passions are birding, running, going on survival trips and telling stories.

Kelcey Bland is starting her 3rd year in the faculty of Human Kinetics. She entered this program with the intention of learning more about the human body and a broad range of issues regarding health and well being. Before becoming a HK student at UBC, Kelcey trained professionally in ballet and spent many years traveling to places across Canada, and even to Japan, to train and perform dance. Other interests of hers include volunteering with Girl Guides of Canada, sitting on the executive council of her sorority, reading, writing and baking.

Monica Wilkins. I enjoy meeting new people. I am dedicated to the promotion of healthy living. I love being outdoors and the mild weather of Vancouver makes that easy. I also own a black and white cat named Sox who is very funny.

Why are we here?

We are all UBC students who are studying within the department of Human Kinetics. The UBC school of Human Kinetics focuses mainly on the human body, as well as its relation to physical culture and health. We are here at Renfrew Collingwood as a part of one of our student created and student lead courses. For this particular course, we are interested in exploring different populations and their experiences of health. A component of this course includes hands-on related community service and we are thrilled to be placed here at Renfrew Collingwood to learn more about what this center has to offer. We hope to get to know all of you over the next four months and look forward to helping out in any way we can.

## *Member Profile on Michael*

Michael was born in Hungary close to Vienna on March 25th. He is the eldest of his siblings, with 2 sisters and 1 brother. He lived in Hungary for 20 years and worked as a labourer. He took part in World War Two in the army, air force and ground personnel. After the war he wanted to leave Germany and decided to immigrate to Canada. He came to Vancouver with his wife. Michael has 1 son and 1 daughter; as well as 2 granddaughters and 2 grandsons. Michael worked as a bus driver in the lower mainland. He enjoyed meeting the different people on the bus. He has only gone back once to Hungary after coming here. Michael enjoys ice hockey, he used to play the defence position. He also likes soccer which he was also a defence player in and he still enjoys watching soccer on television. He likes coming to the centre for the wonderful friends he has made and also because he enjoys the activities; it is a great place to be.



# Upcoming Events

## Important Dates

THANKSGIVING  
Luncheon  
Oct. 7th

BRENTWOOD  
MALL OUTING  
Oct.22

HALLOWEEN  
Oct.28



## October Birthday

1st Charlie  
18th Yuk  
30th Alma



happy birthday

## Bingo with Charlie

My goodness, here is October already! Jack-o-lantern month – rain and wind month- brightly coloured leaves on the trees and scattered on the ground month – nice smells of pumpkin pie in the air month- and best of all Happy Bingo Players Month!

It was nice to see Elaine become our 3rd winner of our progressive early full house; congratulations! Just one small problem, we now start over with just \$1.00 for 50 numbers. It would be nice to start with more but we can only work with what we have – unless someone wants to donate to our cause. Yes, it will build up again slowly but surely. Regardless I do wish all of you the best in future games.

- Charlie



## 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.



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Open House  
Sundays 2-4pm



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## History

Renfrew-Collingwood Seniors' Society was incorporated as a not-for-profit, charitable organization on October 19, 1976. During its early years, Renfrew-Collingwood Seniors' Society was devoted to providing recreational, social and leisure activities and services to community seniors.

Locating a constant funding source was a continual challenge, and after an arduous battle, Renfrew-Collingwood Seniors' Society obtained a contract to operate an Adult Day Program three days per week with secure funding from the Ministry of Health. The City of Vancouver provided a community service grant to offset the costs of the other two 'community days'.

Currently Renfrew-Collingwood Seniors' Society is still under contract to Vancouver Coastal Health Authority for ADC services and receiving funding from the City of Vancouver. In addition, SMART funds provide for a "Wheels to Meals and Congregate Lunch" program.

During its 34-year existence, Renfrew-Collingwood Seniors' Society has changed homes four times. Initially located in the vacated nuns residence at St. Jude's Catholic Church, the Centre moved to Beaconsfield United Church basement after one year, then to St. Matthew's Anglican Church hall on 23rd, and finally to their current location beside Three Links Care Centre on 22nd and Renfrew.

Although this brief history cannot begin to describe the struggles that faced Renfrew-Collingwood Seniors' Society, its current success can only be credited to the undying devotion and commitment of many of its staff, board members and volunteers. They are what makes Renfrew-Collingwood Seniors' Society what it is, and what our slogan exudes – *"Taking Seniors to Heart"*.

**We are located at:**

**2970 East 22nd Avenue  
Vancouver, B.C.  
V5M 2Y4**

**Phone: (604) 430-1441**

**Fax: (604) 430-1441**

**Email:**

**[rencollsr@shawbiz.ca](mailto:rencollsr@shawbiz.ca)**

*"Taking Seniors to Heart"*



## Our Mission

To enhance the quality of life of aging adults within their community by promoting wellness and independence through the provision of a safe and caring environment.

## Our Vision

To be a Centre of excellence providing quality and innovative leadership in programs dedicated to seniors.



**[www.rencollseniors.ca](http://www.rencollseniors.ca)**