

"Taking Seniors to Heart"



# APRIL 2011 NEWSLETTER

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



*Happy Easter!*





# About the Renfrew-Collingwood Seniors' Society

Celebrating its 34th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. 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

**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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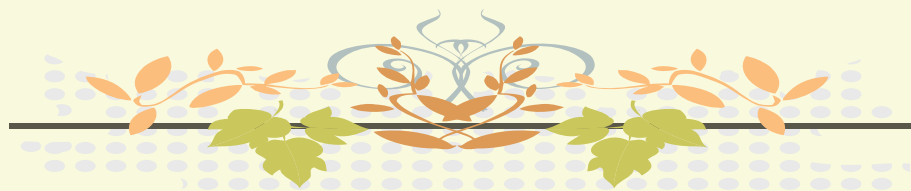
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# RCSS Management

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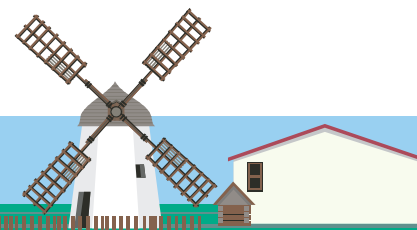


Olga Smirnova





## A Message from Donna....



Here are some updates on the projects we are working on;

**Boulevard Gardening Project:** After months of planning, the gardening project with Windermere High will soon be complete. The pavers will be in place the first week of April and then we do the planters. Last month the lead students on the project met with the seniors to see what kind of flowers they would like in our little garden and I believe they have their list ready to go shopping. In the meantime the students are picking up our kitchen waste to compost and bringing it back to nourish our plants.

It would be nice to have a couple of benches on the Boulevard so I am checking with the Parks Board to see if that would be possible.

Chinese Program is going so well that we are going to extend it for another three months. The seniors have settled in with their regular programs of Tai Chi in the morning and line dancing in the afternoon. There are usually 30 – 40 participants per day; many thanks to the staff, volunteers and participants for making this a huge success.

Gift certificates are now available for purchase at the Centre; you can purchase any amount from \$20.00 and up. So if you have a friend that you would like to acknowledge but do not know what to give them, buy them a few lunches at the Centre. They are sure to appreciate it.

**All is well,**

*Donna Clarke*





**Here** are some important nutrients that are vital to our body's functioning. It's always beneficial to know what are bodies need to lead healthy lives!

**Carbohydrates** are a main source of the body's energy, despite the myth that carbohydrate-rich foods are fattening. Examples of highly nutritious, carbohydrate foods include whole grains, cooked dried beans, fruits, vegetables, milk and yogurt. Carbohydrate-rich foods are often good sources of fibre, vitamins, and other nutrients. These are important for staying healthy and preventing cardiovascular and other diseases.

**Protein** is found in meat, fish, poultry, milk products, legumes, and peanut butter. It is needed for building or repairing muscles, and for maintaining healthy hair, nails and skin. Foods from animal sources are high in protein, as well as zinc, iron and vitamin B12.

**Fat** is a concentrated source of energy or calories. Reducing the amount of fat in your diet lowers the number of calories. However, it is important to have enough 'healthy fats' in your diet, such as fats from fish, nuts, seeds and vegetable oils.

It is important to avoid saturated and trans fats or to have these in small amounts only. Saturated fats are found in cheese, ice cream, high fat dairy products, high fat meats, chicken skin, lard, shortening, and coconut and palm kernel oils. Trans fats are found mainly in baked goods, including those made with shortening, partially hydrogenated vegetable oils, and hard margarines.

**Calcium** needs increase for people over 50 years of age. Calcium is one of the vital nutrients for having healthy bones and preventing osteoporosis. Other benefits may include keeping a healthy weight and blood pressure. Examples of foods with high calcium are low-fat dairy products, canned fish with bones, calcium-fortified soy beverages, and calcium-enriched fruit juices.

**Vitamin D** is needed to help you balance calcium levels in your body for healthy bones. You need more vitamin D as you get older. Vitamin D is found in milk, fortified soy beverages, egg yolk, and fish.

**Vitamin B6** needs also increase as people age. Vitamin B6 is important for protein metabolism and brain function. Food sources of vitamin B6 include fish, beef livers, meat, poultry, whole grains, nuts, dried beans, peas and lentils.

**Vitamin B12** absorption decreases with age. Older adults absorb less vitamin B12 from foods and need to take vitamin B12 fortified foods or a supplement. Lack of vitamin B12 over a long time can cause a type of anemia, resulting in tiredness. Other symptoms include forgetfulness, difficulty thinking and concentrating, and possibly numbness or tingling in fingers and/or toes. Good food sources of vitamin B12 are milk products, meat, fish, poultry and eggs.

**Folate** is one of the B vitamins important for a healthy heart and blood cells. A lack of folate may cause anemia. Foods with folate are dried peas, beans, lentils, orange juice, dark green leafy vegetables and other vegetables, fruits, nuts and seeds.

**Fibre** is important for your bowels and health. The bowels may become less active as people age, and this may cause constipation. Certain types of fibre can help to lower cholesterol and to keep blood sugar levels normal. Fibre may also help to manage or keep a healthy weight. Foods with fibre include whole grains, legumes, fruits and vegetables.

**Fluids** are important for good hydration, regular bowel function and good oral health. Seniors may not drink enough or notice thirst. Water, milk, and juice are the best sources of fluids. Moderate amounts of tea and coffee can also be counted as fluids.

**Sodium** or salt use may increase as people age, possibly due to less sense of taste. Too much sodium in your diet can increase your blood pressure. Try using unsalted herbs, spices and seasonings in cooking instead of adding salt to foods. Limit the use of salty foods, including instant soup, sauce and gravy mixes, soy sauce, salad dressings, and salted meats such as ham, bacon and sausages.

# If you can spare 5 minutes by Peter Cashin

## *The Pharmacist*

Back in the 1970s, I lived in a modest neighbourhood of the Montreal suburb of Pointe Claire. The local shopping centre had, among other services, a small pharmacy. The pharmacist there was a kindly man in his mid-forties who filled prescriptions and dispensed advice to me and many of my friends and neighbours. On the wall was a large and unusual sign which read: "if you can spare 5 minutes I'll tell you all I know!"

Naturally, I never took him up on his offer; firstly because he had obviously spent many years learning all there was to know about the many medicines that lined the white shelves of the dispensary behind him, and secondly because he already knew a great deal about all of us from the stream of prescriptions that crossed his desk every day.

## *Knowing, remembering, and what really matters*

However, I've thought about that sign many times since. I can see it in my mind's eye even now. I often ask myself, if some kind person offered me five minutes of their undivided attention- a rare thing in this day and age-what would I say?

The first thing I'd confess is how little I know-a realization that grows rapidly year by year. But then, as I search my mind, I realize that knowing means remembering. Nature, by some inherent kindness, seems to let a lot of the trivial or unpleasant memories fade. I can't remember many of the Latin verbs I studied as a youngster, or the fine points of algebra or trigonometry-and I really don't care.

What I remember most is family-al good people that have the same genes, ethical values and outlandish sense of humour that we all share to this very day. Years ago, my brother and I had a

gentle aunt who darned our socks and dispensed peppermints from a jar on top of her dresser; our favourite relative though, was a wicked uncle who had a mistress-a shocking thing seventy years ago. My dear mother was totally outraged while we both thought he was really neat!

Happily, the good times and many family reunions have continued. My children have married and presented me with numerous grandchildren who are starting to marry now and add great grandchildren to the family tree. I have to remember to count from time to time to avoid missing any new arrivals!

## *Our Secondary Family*

Of course, family reunions don't happen every day, or even every month. Folks are busy with jobs and activities and problems to solve. I find that this is where our good friends and good times at the Renfrew Collingwood Seniors Society take over.

Indeed, every time I come there, it's a homecoming. I see Donna and Olga dealing with the reports and documents that keep the lights on the doors open. Then there is Carol, doing all the good things that nurses do, and Fatima cooking up another of her miraculously tasty meals. And Finally I see Wai Yee, Tien, and Laurie bustling around, expertly seeing to it that everyone is fed and busy and happily occupied. How grateful I am to these wonderful people who work so hard to keep us safe from isolation and loneliness! Bless them, one and all!

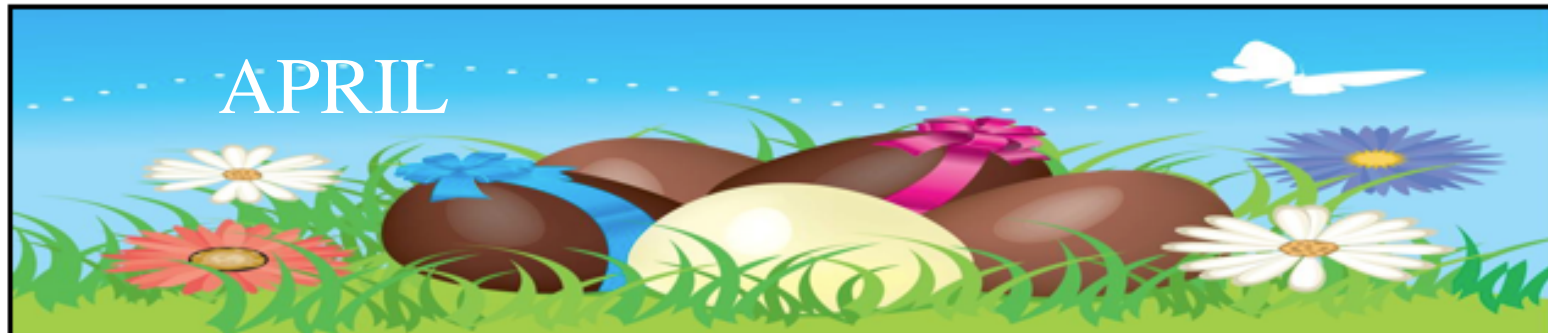
## *Thank you gentle reader...*









I'm sure that by now my 5 minutes must be up. You have been very kind to read this brief story of what little I know. However, it's your turn now; I've saved 5 minutes, just for you, perhaps someday, some time, when the mood is upon you, you will seek me out and...tell me all you know!





# APRIL



Monday	Tuesday	Wednesday	Thursday	Friday
				 <b>1</b> <b>April Fool's Day</b> 10am Shopping & Lunch Oakridge Senior Centre <b>No Lunch at Center</b> 1:00 PM Bingo
 <b>4</b> Exercise Hoax & Jokes  1:00 Sing-a-long with Steve Warner	<b>5</b> Morning Coffee 11:00 Arts, Health & Seniors  1:00 Sit Fit Scrabble Yarns of Fun	<b>6</b> Current Events 11:15 Gentle Yoga  1:00 Bean Bag Toss Volunteer Card Craft	<b>7</b> Sit Fit Spring Trivia  1:00 Felting or Discussion Group	<b>8</b> Coffee & Chat 11:00 Sit Fit Healthy Living  1:00 PM Bingo
<b>11</b> Current Events 11:15 Gentle Yoga  1:00 Table Games or Warm Hands	<b>12</b> Morning Coffee 10am Arts, Health & Seniors Outing <b>No Lunch at the Centre</b> Yarns of Fun	 <b>13</b> <b>Step Out</b> English Bay Checkers Restaurant  <b>No Lunch at the Centre</b>	<b>14</b> Sit Fit Volunteer Appreciation Day  1:00 Crow City Singers Sing-a-Long	<b>15</b> Morning Coffee 11:00 Sit Fit Humor  1:00 PM Bingo
 <b>18</b> Exercise Royalty  1:00 Bocci Ball or Discussions	<b>19</b> Coffee & Chat 11:00 Arts, Health & Seniors  1:00 Easter Tea with Confederation Singers Yarns of Fun	<b>20</b> Earth Day Gentle Yoga  1:00 Animal Bingo or Spring Reminisce	<b>21</b> Dress up for Easter Sit fit Hoppy Easter Trivia  1:00 Drumming with Ron Stelting or Craft	<b>22</b> <b>Good Friday Centre Closed</b>  
 <b>25</b> <b>Easter Monday Centre Closed</b> 	<b>26</b> Morning Coffee 11:00 Arts, Health & Seniors  1:00 Think Tank  Yarns of Fun	<b>27</b> Scarves Exercise Scrabble  1:00 Sentimental Journey Music Group Gift that cost nothing but means the world!	<b>28</b> Special Occasions 11:15 Gentle Yoga  1:00 Felting with Carmen Royal Affair Discussion	<b>29</b> High Tea 11:00 Royal Workout Weddings  1:00 PM Bingo

If you have any questions regarding the program calendar, please call the Centre 604)430-1441



# Centre Programs - April 2011

## ***Animal Bingo***

A twist on our usual Bingo with animals to align rather than numbers

## ***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

## ***Bocci Ball***

Practice your aim while getting in some exercise!

## ***Brain Teasers***

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

## ***Crow City Singers***

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

## ***Drumming with Ron Stelting***

Ron will be coming in to show us his skills in drumming and get us moving too

## ***Earth Day***

April 22nd is Earth Day we will talk about and look at things about the lovely Earth we live on

## ***Easter Tea***

To celebrate Easter we will be holding a tea on the 19th with entertainment by the confederation singers

## ***Exercise***

Working out our bodies is essential to good health; we'll be working on exercising in a way best suited for our needs

## ***Felting***

Arts and Crafts activity using felt to create artistic master pieces

## ***Gentle Yoga***

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

## ***Hoaxes and Jokes***

In the spirit of April fools we'll be sharing some jokes

## ***Hoppy Easter Trivia***

Trivia with a holiday theme, this month we have Easter to think about

## ***Oakridge Outing***

On the 1st we will be heading out to Oakridge mall and seniors center

## ***Royal Affair Discussion***

The British royal wedding is coming soon with Kate and William; let us talk about the excitement and curiosity

## ***Sit Fit***

Sit Fit is a good way to get our bodies moving while having fun at the same time without leaving our seats

## ***Spring Reminisce***

Remembering about the spring time and our past good memories

## ***Sentimental Journey Music Group***

## ***Step out***

April 13th we are heading to English Bay to the Checkers Restaurant

## ***Steve Warner***

Steve's coming in to do sing-a-longs, be sure to bring your best voice

## ***Table Games***

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

## ***Volunteer Appreciation***

It's the time of year we recognize all the hard work our volunteers do here for us at the center, April 14th

## ***Volunteer Card Craft***

We will be decorating some cards to give to our wonderful volunteers

## ***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



## Tien's Message

The month of April was referred to as Aprilis, in the Roman calendar. The Latin word, Aprilis means "to open" and refers to the opening of spring flowers. After the months of wintery weather, April is the first full month of Spring. From here on the weather warms up marking the renewal of natural life, with hibernating animals coming out of their burrows, birds returning from their winter migration, flowers and trees blossoming, and bees beginning to gather nectar. This is good time to head outdoors again for some spring planting.

Diamonds have been associated with the month of April. Diamonds are considered the most precious of all stones and may have been associated with the month of April since Biblical times. The official flower for this month is the Daisy. This cheerful flower brightens any flower garden and makes a wonderful addition to any indoor vase arrangement. There are dozens of varieties of daises, but the most popular the African Daisy and the Shasta Daisy. Both Judaism and Christianity celebrate pinnacle holidays during this month. The eight-day Jewish festival of Passover (Pesach) celebrates the Israelites exodus from Egypt, while the Christian holiday of Easter marks the resurrection of Jesus.

April is also Humor Month. Laughter can improve health, boost morale, increase communication skills and enrich one's quality of life. This is a great idea as this can be a stressful time of year with taxes and all. So take humor breaks, laugh at yourself or tell jokes all month long.

Famous April Birthday: Buddha's Birthday: April 08, William Shakespeare April 23, 1564,



Easter Eggs, of all the symbols associated with Easter the egg, the symbol of fertility and new life, is the most identifiable. The customs and traditions of using eggs have been associated with Easter for centuries.

Originally Easter eggs were painted with bright colors to represent the sunlight of spring and were used

in Easter-egg rolling contests or given as gifts. After they were colored and etched with various designs the eggs were exchanged by lovers and romantic admirers, much the same as valentines. In medieval time eggs were traditionally given at Easter to the servants. Different cultures have developed their own ways of decorating Easter eggs.

### ***Other events that take place this month are:***

**April 01: April Fools Day:** Not a legal holiday. Recognized and celebrated this day with good humour, funny jokes & general foolishness. Have fun!

**World Health Day (WHO): April 07:** This day marks the worldwide opportunity to focus on key public health issues that affect the international community. For 2011, the focus is on Antimicrobial resistance and its global spread.

**April 22: Earth Day,** what you are doing to help protect our environment? Remember: Every day is Earth Day so let's reduce, reuse and recycle wherever we can & do it year round.

**Volunteer Week: April 10-16** Canadians have a rich history of volunteering and community involvement. Volunteers are on the front lines of all of our community services - community health care, heritage and arts, maintenance of green space, disaster relief, volunteer firefighting, minor sports - the list is endless. The work of the volunteer is essential. At RCSS, we are blessed to have volunteers at who have donated time and energy in to help make this a great place to be so let's pay tribute our volunteers. Our volunteer appreciation day will be Thursday 14th.

We also have started our walking club:

**WALKING CLUB!!!!!!**

### ***Calling all RCSS members!!***

We are starting a healthy living initiative. We have clip on pedometers that measure your walking. Any day you can clip one on and walk around inside the center at your own pace. At the end of the day you can tally up how much you've exercised! See how far you can reach; fun and healthy!

*We wish you all a Happy Spring and Easter Break!*

*by Tien*





## ***Boulevard Gardens Part 2 at Renfrew-Collingwood Seniors' Society***

***By: Emily Chan & Cassandra Ly***

On December 21st, 2010, 15 volunteers gathered at the Renfrew-Collingwood Seniors' Society to create two wheelchair accessible garden beds. These volunteers are part of ACTION (Active Community Team in Our Neighborhood), which is the environmental team at Windermere Secondary School. The goal of this project is to bridge the gap between the youth and seniors of our community, and the ACTION Team is very excited to continue working with the Seniors in the future!

Recently, on Monday, March 28th, Chris and Shawn from Landscaping Vancouver BC and once again with the amazing help of several Windermere students, installed pavers for the wheelchair accessible pathway around the two cedar beds. After three days of good-old hard work, the results are beyond satisfying! The next steps are to purchase various flowers with the seniors to plant into the boxes. Windermere students will continue to return to the Renfrew-Collingwood Seniors' Society to assist the seniors in maintaining the two flower beds.

This project, known as the Boulevard Gardens, is supported by the Neighbourhood Matching Fund provided by the Vancouver Board of Parks and Recreation. Through this fund, they greatly support groups who are hoping to improve and beautify local public lands. These projects bring together community members by building strong and lasting relationships, while working towards a common goal.

We are hoping to host a small gathering to celebrate the conclusion of the Boulevard Gardens project and all the support we have received from Windermere students, ThreeLinks Care Centre, Renfrew-Collingwood Seniors' Society and many other organizations. We would love to see you there! Please stay tuned for more information on the date and further details. If you have any further questions or comments about our ACTION team or the Boulevard Gardens project, leave us an email at ***windermereaction@gmail.com***; we would love to hear from you!



## Member Profile Heinz



*Heinz* was born in Berlin but fled to South Africa at a young age. There he served in the South African Army; he fought against Mussolini's Italian troops during the war. After the war he reconnected with his only brother in Australia. While visiting his brother Heinz met a Canadian woman, Margaret. Later he married her and moved to Vancouver. Heinz and his wife arrived here by boat after a 20 day journey. He has 2 sons of his own, Bruce and Robert. Heinz has a background in accounting; he spent several years doing meticulous work as a bookkeeper. His favourite subjects in school were geography and history. As well, he has a passion for classical music. Heinz enjoys travelling. He has lived in Vancouver for a while now and has seen the rapid development of the city such as the sky train projects. Heinz enjoys the company and entertainment that the Centre provides to his life.

## Charlie's Write up

Many of you that play bingo every week and either never win the big one or not even the regular games; well I, Charlie, your bingo guy have figured out why. It's not the cards you play (although sometimes that helps) nor is it the fault of the bingo caller and it's also not the fault of the fish and poi or the little gal from Kalakaku Hawaii!! It's the sun; well, actually it's the sun spots and flares that are the problem. Honest, have I ever lied to you before? There are those that seem to be winning a lot lately, such as Cathy, Bob, Rosa, and Laura (who hasn't won in 15 years) yes, that Laura! Well all it is, is that the spots or flares are missing them don't forget it has taken many years for them to reach us, so after March and April things should get back to normal, whatever it is!

So until next time the best of luck to all of you. Your "Bingo Guy" *Charlie*



## Renfrew-Collingwood Seniors' Society 會員的專利:

1. 能以投票的方式來選擇這機構的運作模式, 和管理這機構的合適人選。
2. 能夠免費出席每年舉辦的聖誕派對。
3. 能夠購買急凍了的餸菜 (\$5兩樣餸菜)
4. 享有出外活動的費用折扣

## Benefits of Membership in Renfrew-Collingwood Seniors' Society



1. All members have a vote on how the organization is going to run. Your vote also elects the Board of Directors who is responsible for the organization.
2. Members attend the annual Christmas Party for free.
3. Members can purchase take out frozen home cooked meals (2 for \$5.00)
4. Outing rates are discounted for members



# RCSS moments...





Open House  
Sundays 2-4pm



# Enjoy Life to the Fullest

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

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# Upcoming Events

## Important Information

**Membership renewal due April 1st**  
**Oakridge Outing April 1st**  
**Step Out English Bay Checkers**  
**Restaurant April 13th**  
**Volunteer Appreciation April 14th**  
**Centre Closed on: April 22 Good**  
**Friday and April 25th Easter**  
**Monday April 26th Think Tank**

## Easter Raffle

Draw on April 20th at 2pm

Prizes are Symphony tickets, an Easter Basket, Suntech Sunglasses, and a hand knit women's sweater

Get your tickets now!



## Walking Club

Calling all RCSS members!!

We are starting a healthy living initiative. We have clip on pedometers that measure your walking. Any day you can clip one on and walk around inside the center at your own pace. At the end of the day you can tally up how much

## March Raffle Winners

**Hilda Wright –Blanket**  
**Vivian Palmen- Comforter**  
**M.Creed- Symphony Tickets**  
**Cathy Prychun-Sheets**

## Magazine Donation

We are looking for people to donate old wedding and mens magazines so please if you have any to spare bring them in  
 Thanks!

## Happy Birthday!

### April Birthdays

<b>3</b>	<b>Teresa</b>
<b>11</b>	<b>Anton</b>
<b>12</b>	<b>Rosa C</b>
	<b>Stuart</b>
<b>15</b>	<b>Marilyn</b>
<b>16</b>	<b>Sarah</b>
	<b>Mariam</b>
<b>19</b>	<b>Beverley</b>
<b>21</b>	<b>Donna</b>



## 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

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 7 Days a week  
 9am-4pm

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

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Happy Easter!



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