

"Taking Seniors to Heart"



# AUGUST 2011 NEWSLETTER

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



## About the Renfrew-Collingwood Seniors' Society



Celebrating its 35th 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 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

Donna, Fiona, Carol, Henry, Kam,  
Ellison, Wai Yee, Chris, Shannon

## Photography:

Olga, Poonam, Donna, Wai Yee, Chris

## EDITORIAL TEAM

Donna  
Pamela  
Poonam

## CONTACT

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

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

Printed and designed in Canada by  
<http://www.design2print.ca>

# Renfrew-Collingwood Seniors' Society Newsletter August 2011

## *Features*

About RCSS	2
Message from Donna	3
Message from the Board	4
Member Profile	4
Minter Gardens Trip Pictures	5
Program Calendar	6
Centre Programs	7
Staff Introductions	8
Message from Wai Yee	9
Note from the Nurse	9
Pictures	10 & 11
Upcoming Events	13





# RCSS Management

## Board of Directors



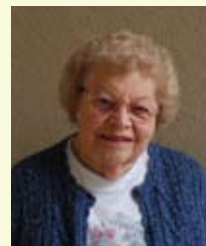
Kim Van Wyk



Tara Abraham



Sonia Clair



Alice Frith



Irene Griswold



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Ellison Fernandez

## Staff



Donna Clarke



Wai Yee Chou



Carol Yi



Shannon Ingersoll



Chris York



Fatima Kheraj



Tien Vinh



Olga Smirnova



Fiona Lastoria



Poonam Kaila



## A Message from Donna...

### The Disability Tax Credit

The caregiver support group has been very successful the past few months as we have been focusing on issues that caregivers have requested and arranging for presenters to come in and talk about the topic. Most of the presenters are from nonprofit societies or professionals from organizations that we are affiliated with; however, on occasion we have someone from a private business or corporation. This is the case for our topic in September – The Disability Tax Credit. We have a Disability Refund Specialist Graham Laschuk coming from Enabled Financial Solutions Ltd.

I conducted an interview with Graham and requested a breakdown of the fees before we booked the presentation. The fee structure is as follows: there is an upfront, nonrefundable administration fee of \$100.00 and his contingency fee is based on 30% of the refund that he gets back for you, (not unlike injury lawyers). This is something for you to consider before you hire someone to represent you, so you may want to check with your accountant first to see if they do these types of claims and if they charge less. Note though that if the refund specialist is unsuccessful in getting a refund then there is no additional cost. There is a fair amount of work involved in these claims as you can go back ten years to make adjustments but if successful you could get a hefty refund.

For those of you who are unaware of the Disability Tax Credit (DTC) it is a non-refundable tax credit used to reduce income tax payable for eligible individuals. To be eligible, you must meet all three of the following conditions:

- You must have a severe impairment in physical or mental functions.
- Your impairment must be prolonged, which means it has lasted or is expected to last for a continuous period of at least 12 months.
- A qualified practitioner certifies that your impairment is severe and prolonged and completes Form T2201, Disability Tax Credit Certificate, detailing the effects of the impairment applicable to the basic activities of daily living.

If you are eligible for this credit but are unable to use all or part of it because you have no taxable income, you can transfer it to your spouse, common-law partner, or other supporting person. A supporting person may be able to claim all or part of a dependant's Disability Tax Credit providing that both the supporting person and the dependent were residents of Canada during the tax year. So basically if you can not use the credit whoever is caring for you will get more of a tax refund if they paid anything to Revenue Canada. Here is the website for more details [www.cra.gc.ca/disability](http://www.cra.gc.ca/disability).

See you at the presentation on Thursday, Sept. 15th 2011 at 4:00 pm here at the Centre.

***All is well,***

*Donna Clarke*



## Message from the board



For me this year has been about opportunities and growth, with a lot of good and bad times. Serving on the board, for a full year, has been a great experience. I barely knew anything about how a board runs except in general context. Joining the board of directors, I felt somewhat disoriented and out of place in the beginning. However, the people I was surrounded by and their background made the transition to joining the committee very easy. Listening and watching them, how they processed and shared information made me appreciate why I was on this board. Being surrounded by great and knowledgeable people makes this a classy organization; therefore, this is an excellent reflection of the character of the Renfrew-Collingwood Seniors' Society. As for school, I am getting an education and chasing after my dreams. I hope to bring the legacy back one day to the Seniors Centre.

Sincerely,

*Ellison Fernandez*

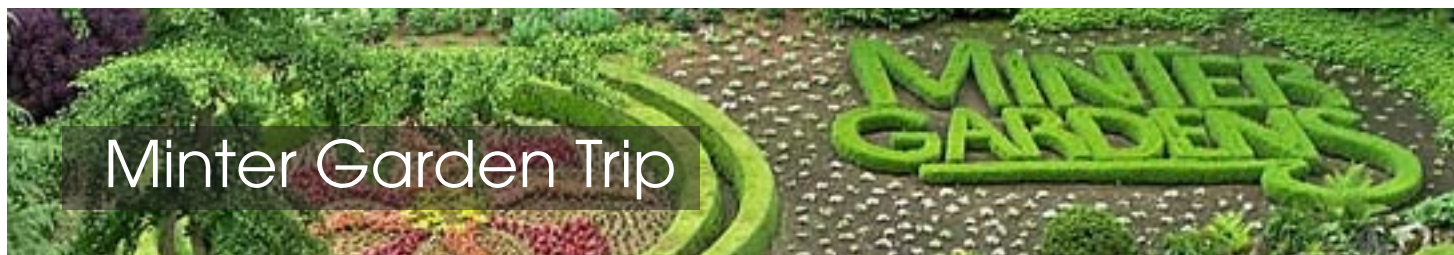
*We brew our own success.*

## Member Profile

Henry and Kam were both born and raised in China. Henry has two sisters and Kam has one brother. Both Henry and Kam did not have an opportunity to go to school for very long, as it was a time of war. Henry was the first to come to Canada; he arrived in Dartmouth, Nova Scotia and later moved to Vancouver. Henry was visiting Hong Kong when his friends introduced him to Kam; they were married soon after. Henry was 22 and Kam 18 at the time. Kam came to live in Canada with Henry; they have one son. Kam worked in painting, sewing, and cutting throughout her life. As well, Kam took English classes to improve her skills. In Vancouver Henry worked in a restaurant and later at the Purdy's chocolate factory. He fought the temptation of those yummy chocolate confections. The dynamic duo loves to travel. They have been to many places such as: Hawaii, Halifax, New York, San Francisco, and Washington D.C. just to name a few of their favourite places. The pair have been coming to the centre just over a year now. They enjoy the activities provided here.









# August 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> BC Day Centre Closed	<b>2</b> <b>AM-</b> Morning Coffee Stretch & Stride  Discussion Group: "The Art of Face Reading" <b>Yarns of Fun</b>	<b>3</b> <b>AM-</b> Sit Fit BC Trivia  <b>PM-</b> Songs with <b>Lorraine Smith</b> "When you're smiling" Scrapbooking	<b>4</b> <b>AM-</b> Sit Fit Beauty Spa "Pugnacious" visits <b>PM-Watermelon Day!</b> featuring games and a <b>Watermelon eating                      contest</b>	<b>5</b> <b>10:30</b> <b>Shopping Trip                      to Oakridge Mall</b> <u><b>no lunch at                      the centre</b></u> <b>PM- Bingo</b>
<b>8</b> <b>AM-</b> Exercise Current Events  <b>PM-</b> Hawaiian Dance Lesson with Inge	<b>9</b> <b>AM-</b> Morning Coffee Stretch & Stride  <b>PM-</b> Craft: Cruise Ship Portholes <b>Yarns of Fun</b>	<b>10</b> <b>AM-</b> Riddles & Giggles Gentle Yoga 1030-1130am Podiatry  <b>PM-</b> Piano & Guitar with <b>Tom Borugian</b> Card Making	<b>11</b> <b>AM-</b> Sit Fit & Trivia Beauty Spa "Pugnacious" visits "An apple a day..." Old fashioned proverbs <b>PM-</b> "Cruise" to Hawaii	<b>12</b> <b>AM-</b> Coffee & Chat Stretch & Stride  <b>PM-</b> Bingo
<b>15</b> <b>AM-</b> Exercise Friendship poems & stories <b>PM-</b> Golf Warm Hands	<b>16</b> <b>AM-</b> Morning Coffee Stretch & Stride <b>PM-</b> Picnic at Burnaby Village No Lunch at Centre <b>Yarns of Fun</b>	<b>17</b> <b>AM-</b> Sit Fit News & Views  <b>PM-</b> Summer Sizzler lunch at Renfrew Park Community Centre No Lunch at Centre	<b>18</b> <b>AM-</b> Sit Fit & Trivia Beauty Spa "Pugnacious" visits <b>PM-</b> Crow City Singers	<b>19</b> <b>AM-</b> Morning Coffee Current Events & Discussion Exercise <b>PM-</b> Bingo
<b>22</b> <b>AM-</b> Gentle Yoga Trivia  <b>PM-</b> Bean Bag Toss Warm Hands	<b>23</b> <b>AM-</b> Morning Coffee Stretch & Stride  <b>PM-</b> Flower Arranging  <b>Yarns of Fun</b>	<b>24</b> <b>Step Out                      to ABC Country                      Restaurant</b>  <u><b>No lunch at Centre</b></u>	<b>25</b> <b>AM-</b> Sit Fit & Trivia Beauty Spa "Pugnacious" visits <b>PM-</b> <b>Clowning Around                      with                      Korki the Clown</b>	<b>26</b> <b>AM-</b> Morning Coffee  Gentle Yoga  <b>PM-</b> Bingo
<b>29</b> <b>AM-</b> Summer Wrap-up party Exercise <b>PM-</b> <b>Luna Rossa</b> Warm Hands	<b>30</b> <b>10:30 AM-</b> Scenic drive & picnic to Whytecliff Park No Lunch at Centre <b>PM-</b> Yarns of Fun	<b>31</b> <b>AM-</b> Sit Fit Your Health & Diabetes  <b>PM-</b> Musical Appetizers Sensory Stimulation: "I've got a feeling..."		



# Centre Programs - August 2011

## ***B.C. Trivia***

How well do you know the province we all live in



## ***Bingo***

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

## ***Bean Bag Toss***

Ready, aim, bulls-eye! A fun target practice game that will keep you fit while having fun.

## ***Card Making***

Designing and decorating cards for special occasion

## ***Crow City Singers***

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

## ***Cruise to Hawaii***

Sit back and relax on a journey to Hawaii from the comfort of the centre

## ***Cruise Ship Portholes Craft***

Using paper plates and pictures, we will create our own portholes with a view

## ***Entertainment with Lorraine***

The musical styling of Lorraine Smith for your pleasure

## ***Entertainment with Tom***

Tom Borugian will be coming in to sing and dance; who says we need a special occasion, let the celebrations begin!

## ***Flower Arranging***

Take some time to smell the roses! We will be making flower arrangements

## ***Gentle Yoga***

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

## ***Golf***

Practice your aim and strength control with an indoor game of golf

## ***Hawaiian Dance***

Inge Nielsen is coming to show us some Hawaiian dance techniques

## ***Health Talk***

This month's topic is diabetes

## ***Korki the clown***

The comedic styling of Korki, be ready to be amused and your funny bone tickled

## ***Luna Rossa***

Luna will be coming in to enlighten us with her musical talents

## ***Morning Coffee***

Every morning we enjoy coffee/tea and muffins before we start the activity of the day

## ***Outing to Oakridge***

Friday August 5th will be our monthly trip to the mall

## ***Podiatrist***

Book your appointments; the podiatrist is coming in on Aug 10th 10:30-11:30 am.

## ***Pugnacious visit***

Our new canine friend is coming for a visit on Thursdays

## ***Scenic Drives and Picnics***

The Tuesday group will be taking short trips around the city

## ***Scrapbooking***

This will be an ongoing project themed by our smiles

## ***Shopping Trip***

We will be going to the Oakridge Mall on Aug.5th

## ***Sit Fit***

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

## ***Spa Days***

Pamper yourself, get your nails done and feel good!

## ***Stretch and Stride***

Exercise using our whole bodies in and off our chairs

## ***Step Out***

We will be going to ABC country restaurant on Wednesday Aug. 24th

## ***Summer Sizzler***

We will be joining with the Renfrew Park Community Centre to celebrate summer on Aug.17th

## ***Summer Wrap Up***

As summer ends we will have our last bash on Aug 29th!

## ***Table Games***

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

## ***The Art of Face Reading***

We will discuss what our faces say about us and how to read others

## ***Warm hands***

Massage and relax your hands for a moment, a therapeutic experience

## ***Watermelon Day***

We will celebrate summer with a fruity adventure

## ***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

## Staffing Announcements;

We are pleased to introduce you to the newest additions to our team.



**Shannon** is from Vernon, BC and has lived in the northern regions of British Columbia and all over Vancouver. She loves the variety of culture here and that there are so many interesting things to do.

Shannon was instrumental in the development of an active full-time recreation program for all-aged members of a rural community. She also initiated a successful music therapy program for a hospice residence in Vernon. Shannon created and continues to promote a well-established music performance business and private music therapy practice.

Shannon plays guitar and sings like a nightingale; we are blessed to hear her perform the arias from many well known operas. She loves John Denver tunes and switches it up so we can sing along. Shannon has a passion for all kinds of music but especially likes to sing with or for the seniors.

Shannon also enjoys mountain climbing, riding horses, cross country skiing and curling up with a really good book. She just started at Renfrew Collingwood a few months ago and loves being here. Meeting each person and learning about them expands her own view of the world and sharing a smile is a highlight of her day. Shannon looks forward to growing with the wonderful staff.



**Chris** came from Ottawa, Ontario to Vancouver 5 ½ years ago. He has two children- a boy 13 and a girl 4 ½. Chris is married to a Polish woman named Patrycja. After enjoying a 20 year career in the animation industry Chris is now transitioning in to Senior's Care- hoping to one day to be a counselor for the elderly. In September he will complete a counseling course at Vancouver College of Counselor Training and obtain his diploma. Chris also teaches art classes twice a week at the Visual College of Art & Design. He has taught animation, storyboarding and design, but is currently teaching life drawing exclusively.

Recreationally, Chris enjoys sports and plays ice hockey a few times a month. Chris loves nature and when time allows he likes going for hikes or beach walks. He also enjoys participating in drum circles and often joins the Sunday night drum circle at Spanish Banks.

So far Chris has really enjoyed his experience as casual activity worker at Renfrew Collingwood and is excited to continue working with seniors and learn from them. When asked what aspect of working with seniors he likes most Chris said, "I think it's really important to have inter-generational interaction between the seniors and younger folks, and it's crucial that the seniors know their community cares about them and appreciates all they have to offer. Facilities like Renfrew Collingwood offer that opportunity, and it's great to be a part of it. I love all the seniors- they're great!"



I'm **Emy Huang**, working as a casual licensed practical nurse in the Renfrew Care Center. I came to Canada in 2001, making this my 10th year in this country. Before settling here, I worked as a doctor for around 10 years in China. I deeply feel that there is a considerable amount of differences in the medical system in China and that of Canada. In 2009, I graduated from a practical nursing program, giving me the chance to work in long-term care facilities, group homes and community centers. My dream is to organize a senior center in China and write a story about

my life being an immigrant, and my interests include swimming, watching videos online and learning new things.





## Message from Wei Yee

### Hello everyone!

The time flew by so fast; I can't believe it is already

August! To start a little history about the wonderful month of August. August is the 8th month of the year and the 6th month in the Roman calendar. In 8 BCE the name of the month was changed in honour of the Roman Emperor, Augustus Caesar. This was because of the many events in Augustus' life that occurred during this month. One of the most notable events was the defeat of Queen Cleopatra; the ruler of Egypt.

In many cultures August is the beginning and end of harvesting. The Anglo-Saxons called August the "weed month" because it was the month in which the weeds and other plants grew the quickest. In B.C. we know August marks the ending of fresh berry, peach and cherry season.

Also, August usually brings the hottest days of summer to B.C., so we still have hope for summer here!

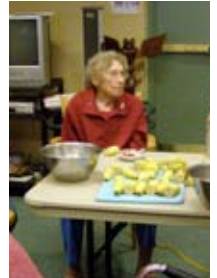
Speaking of B.C. remember that Monday, August 1st is B.C. day; it's time to celebrate our great province. This holiday was

introduced in 1974 and reached royal assent in 1996. The centre will be closed on this day; so, enjoy the day with friends, family and events in the park or on T.V.

August 15th is the Moon Festival, celebrated primarily by Chinese and Vietnamese cultures for harvesting. This mid-autumn festival marks the moon being the roundest and fullest. The food most famously associated with this festival is "moon cake". Families gather around to eat these cakes and carry bright -lit lanterns.

We are continuing of our summer theme this month with various summery activities, such as: watermelon day, picnics, summer sizzler with Renfrew Park, cruise theme and many more! Be sure to come out and enjoy all the fun.

*Wai Yee*



## Note from the Nurse

As we will be having a wellness talk this month on the topic of diabetes, I thought I would give you all some information to think about. Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. Your body always has some glucose in it because your body needs glucose for energy to keep you going. But too much glucose in the blood isn't good for your health. Insulin is a hormone that helps the glucose get into your cells to give them energy. With Type 1 diabetes, your body does not make insulin. With Type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. Symptoms of Type 2 diabetes may include fatigue, thirst, weight loss, blurred vision and frequent urination. Some people have no symptoms. A blood test can show if you have diabetes. After many years, diabetes can lead to serious problems with your eyes, kidneys, nerves, and gums and teeth. The most serious problem is heart disease. When you have diabetes, you are more than twice as likely as people without diabetes to have heart disease or a stroke. So it is very important to control your blood sugar level to prevent serious complications. Exercise, weight control and sticking to your meal plan can help control your diabetes. You should also monitor your glucose level and take medicine if prescribed.

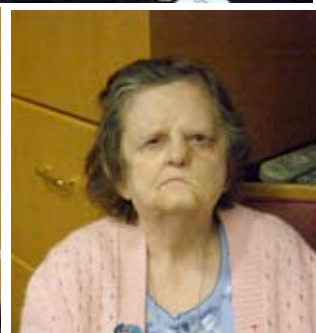
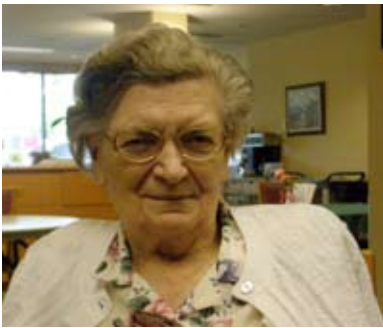
*Carol Yi*



# 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.

An independent seniors living community, experience the freedom and independence to do exactly what you want, when you want.

Stay active and live well. Life at Shannon Oaks includes a great selection of daily activities to choose from, delicious home-cooked meals, and weekly-housekeeping of your private suite.

Visit us today for a personal tour and come see why you'll want to make Shannon Oaks your home.

VANCOUVER | 604.324.6257  
[www.shannonoaks.com](http://www.shannonoaks.com)



Baptist Housing | Enhanced Seniors Living | Since 1964



# Upcoming Events

## Important Events

**Aug 1st**  
**BC Day Centre Closed**

**Oakridge Outing Aug 5th**

**Podiatry Wednesday**  
**10:30-11:30am Aug 10th**

**Step Out**  
**Aug 24th ABC Country**

**Disability Tax Credit Talk**  
**Sept. 15th @ 4pm**

## Music Donations Please!

We are looking for CD's (only!) of classic SONG music - no classical instrumental please. Any famous singers from the era of the 20's - 70's, musical soundtracks (sound of music, cultural music (easy listening style - not too hard on the ears!) and relaxation.

If you are not sure , bring it anyway- but think about what you think your loved one might engage with and remember.

## Presentation on Disability Tax Credit

**Thursday,**  
**September 15th at 4:00**

**Graham C. Laschuk**  
**Disability Refund Specialist**  
**Enabled**  
**Financial Solutions Ltd.**  
**Vancouver Branch**

**See a Message from Donna**  
**on page 4 for more details**

## Donation

We are currently developing a program which will enhance cognition through triggering fond memories associated with objects. If you can donate any of the following items please contact Fiona at 604-430-1441 Wednesday or Thursday

Baby items: dolls, clothes, blankets, pictures, stuffed animals

Sewing items: spools of thread, measuring tape, pin cushion, yarn, fabric

Fishing items: tackle box, lures, bobbers, old fishing poles, pictures

Things for men and women: handkerchiefs, model cars, pocket watches, jewellery, compact mirrors, purses, old dresses

Thank You!

## SUMMER RAFFLE WINNERS

Bedsread Asha  
Set of Dishes Cathy P.  
Perfume Erika  
Sunglasses Frank K. and Marnie

If you have not already claimed your prize, please come pick it up from RCSS; 10am-3pm

## Happy Birthday!

**August Birthdays**

**Antonio - 1st**  
**Hilda - 8th**  
**Lois K. - 11th**  
**Frank K. - 17th**  
**Peggy K. - 21st**  
**Alvin - 23rd**  
**Durene - 28th**  
**Tara - 28th**



## 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

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

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

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



