

"Taking Seniors to Heart"



DECEMBER 2011 NEWSLETTER

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

Merry Christmas!



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.

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

Renfrew-Collingwood Seniors' Society Newsletter December 2011

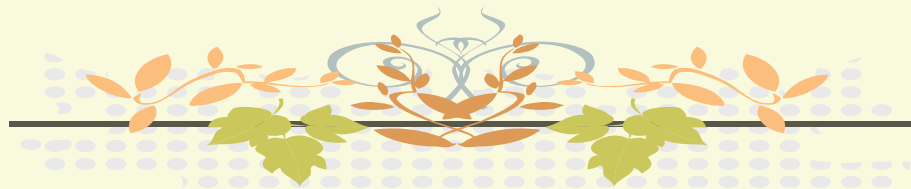
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*Welcome to Gucci
And New Volunteer Janiene, Melody,
Maria, Noelle and Jessica*



Merry Christmas!



RCSS Management

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Chris York

Thoughts from the board



Introduction to Poonam Kaila

I started volunteering at the Renfrew Collingwood Seniors' Society in 2008-09. I have always enjoyed volunteering and wanted to continue to be in the community while pursuing my university education. I found the centre via an internet posting for volunteers. After my first visit and talk with Donna I left very happy with the decision. I have been helping with the newsletter and other activities ever since. This past summer I was able to work at the Renfrew Collingwood as the summer student; I enjoyed my time very much. I heard that the board had openings and with my school schedule changed I would be able to join. So, now I am a member of the board; I look forward to helping move the centre forward to the betterment of the seniors. I have learned so much from my time here; especially talking with you wonderful seniors. I truly have a greater respect and admiration for seniors and the running of the society. Currently, I am in the process of enrolling in graduate studies in law. I have a Bachelor of Arts in Political Science from the University of British Columbia. I hope to be a useful asset to the board and you all. I will continue as long as I can to be a part to the centre. I am very much blessed and thankful for the Renfrew Collingwood Seniors' Society, for what it is doing in the community and beyond.

As the holidays approach I would like to wish everyone a very Merry Christmas and Happy New Year. Enjoy your time with family and here at Renfrew Collingwood with the wonderful festivities that Fiona and the others have planned.

Best Wishes!

Poonam Kaila



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A Message from Donna....

Seasons Greetings to all the members of Renfrew-Collingwood Seniors' Society; may your holiday season be filled with lots of love, laughter and good cheer.

There is an abundance of activities on the calendar in December including two parties with Santa. Our membership has outgrown our physical capacity to have all members at the Centre the same time. The Adult Day Program luncheon will be held on Thursday, December 15th and the Community Day/Chinese Program will have theirs on Friday December 16th, both are at noon. The cost of the turkey luncheon is \$5.00 and it is for members only. Do not forget to register, space is limited.

We will be collecting for the toy bank and food bank again this year. Last December it was so touching to see how much we had donated and the thought of making all those children and families happy did my heart the world of good – yours too I'm sure. If it is easier for you to donate money to them we will gladly forward it on your behalf.

Regarding winter weather conditions; the Centre will be closed if HandyDart is not running. The process is as follows; if HandyDart is not running

one of the staff members will call you and advise you that the Centre will be closed. Usually Wai Yee will call you to make sure you are coming and get numbers for the cook. If the weather is bad we will initiate a phone tree and any one of the seven of us will call you. We will probably call a little earlier than usual so you do not get up and get ready to come to the Centre. Then we can all head back to bed and stay nice and cozy for the rest of the day.

Please be careful if you are outside in the snow, the sidewalks are often not shoveled so do not attempt to navigate those snow hills. More importantly, do not do your own shoveling, call the CASI program and get it done for \$10.00 an hour. For the amount of time you will need it, it is very affordable.

Looking forward to seeing everyone at our celebrations and sharing the holiday session with you. Remember we are family and the Centre is opened throughout Christmas (with the exception of Monday the 26th and Tuesday the 27th) so let's plan on being together.

Merry Christmas Everyone!

Donna Clarke



Health Talk *with Carol Yi*



Christmas is here. And with all the great things that means (like family, fun and FOOD!), staying healthy can be a big challenge, especially for seniors. However, it's possible to enjoy the holiday

season—including the special foods that help make the season so enjoyable, while still looking out for your health. Here are some tips to help you maintain health during the holiday season.

Eat a healthy diet. Remember to eat plenty of vegetables, low fat meats, fruits and whole grains. Eating healthy foods during Christmas will give you energy and help keep you healthy at the same time.

Moderation is the key. This can be a time when people overdo it because of the availability of so

much great food. However, it is so important to eat in moderation if you are trying to maintain your health over the holidays.

Eat your food slowly. It takes at least 20 minutes for our brains to signal that we're actually full, which means a slow eater will consume less calories before feeling full than someone who races through their meal.

Watch your sweets intake. There are so many delicious treats running around this time of year, and you wouldn't want to miss out on those. So do partake of the goodies, but also take care not to over-indulge. The best rule of thumb is small portions, especially for diabetics.

The Winter Solstice *By Chris York*

Hello everyone!

As we enter into that dreary part of the year known as the Vancouver Winter, it's easy to feel down. The wet and cold weather puts a damper on all our lives but perhaps the hardest thing to take is there are so many hours of darkness.

Well that's why celebrating the Winter Solstice is such a good idea! December 21st is the day where the sun reaches its farthest point away from the Earth. It is the shortest day of the year. You may be asking, why would we want to celebrate the shortest day of the year; because the next day is longer. After the Winter Solstice the days start lengthening again and the cycle of rebirth is renewed, and it won't be too long before the sun sets later and later every day.

Cultures throughout the centuries have myths and legends describing this momentous event. As the sun recedes its power gets weaker, and the

temperature drops, giving us winter. When the sun starts returning and the heat increases we go back into summer until we reach the half-way point known as the summer equinox.

This natural cycle has been with Earth since the beginning and is the driving force of human existence. So there's no point worrying about it. There's no point being glum and watching rain run down the window pane. We have each other to keep us warm and fill our days with sunshine. I look forward to seeing you all at the centre where we can count down the days until the Winter Solstice arrives and we come to the end of one cycle and begin a new one.

Chris York



December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please bring a toy for our Toy Bank</p> <p>or</p> <p>Non-perishable Food Items</p>			<p>AM- Gentle Yoga Pugnacious Visits Beauty Spa</p> <p>PM- Farewell to Paul Crafts with Chris Bingo / Warm Hands</p>	<p>10:30 Shopping & Lunch at Brentwood Mall</p> <p>No Lunch at Centre</p> <p>PM- Bingo</p>
<p>AM-Weekend Update Gentle Yoga Language Lesson Tasha Visits PM- Wii Balloon Hockey Warm Hands</p>	<p>AM-Morning Coffee Arts, Health & Seniors Silk Scarves-part I PM- Beauty Spa Yarns of Fun</p>	<p>11AM- Guest Speaker "Dealing with Stress" Movement to Music Podiatry PM- Christmas Tree Trimming Party</p>	<p>AM-Sit Fit/Relaxation Beauty Spa "Gifts that cost nothing but mean so much" PM- Crow City Singers Card Craft Warm Hands</p>	<p>AM- Morning Coffee 11AM-Guest Speaker: "Doing it your way" Legal Documents PM- Bingo</p>
<p>AM- "Christmas Around the World" Gentle Yoga Tasha Visits PM- Crafts Bingo Warm Hands</p>	<p>AM- Morning Coffee Arts, Health & Seniors Silk Scarves-part II PM- Flower Arranging Yarns of Fun</p>	<p>AM- Movement to music Christmas Reminisce PM- Eggnog Social & Volunteer Party featuring 12 days of Christmas Skit</p>	<p>AM- Santa Visits Have you been naughty or nice? PM- Christmas Party featuring Lorraine Smith</p>	<p>AM-Morning Coffee A Visit with Ol' St. Nick PM- Christmas Party with Gerry Bayntun</p>
<p>AM- Sit Fit "Christmas Around the World" Tasha Visits PM-Holiday Songs with Gwen Gouchee</p>	<p>AM-Coffee & Chat Christmas Celebration with Carmen PM- Beauty Spa Yarns of Fun</p>	<p>11AM- Christmas Carols with the Windemere Choir PM- Winter Solstice Celebration</p>	<p>AM- Sit Fit Pugnacious Visits Beauty Spa PM-Yuletide Songs with Pete Campbell</p>	<p>AM- Morning Coffee Gentle Yoga PM- Bingo</p>
<p>Centre Closed BOXING DAY</p>	<p>Centre Closed In Lieu - Christmas Day</p>	<p>AM- Just For Laughs Charlie Chaplin & More Gentle Yoga PM- Horse Races Warm Hands</p>	<p>AM Movement 2 Music Resolutions for 2012 PM New Years' Party with John Cronin</p>	<p>AM- Morning Coffee Stretch & Stride PM- New Years' Celebration</p>

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

Centre Programs - December 2011

Arts, Health and Seniors

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



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.

Brentwood Outing

Friday Dec. 2nd we will be heading out a shopping trip

Christmas Celebration

Dec. 15th & 16th we will be enjoying a holiday meal; the cost is \$5.00

Christmas Party with Lorraine

Lorraine Smith will be coming in to enlighten our ears with sweet melodies for the holidays

Christmas Party with Gerry

Gerry Bayntun will be coming in to enlighten our ears with sweet melodies for the holidays

Crow City Singers

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

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

Guest Speakers

Discussions on legal documents and music

Holiday Songs with Gwen

Gwen Gouchee is coming in to bring some holiday spirit through song

Morning Coffee

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

New Years Party with John

The musical styling of John Cronin for your pleasure

New Years Celebration

Counting down to the new year of 2012; let's celebrate the good times!

Podiatrist

Dec. 7th from 10:30-11:30 Dr. Alma will be in, book your appointments as soon as possible

Pool Noodle Hockey

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

Pugnacious visit

Our new canine friend is coming for a visit on Thursdays

Scrapbooking

This will be an ongoing project themed by our smiles

Shoe Shine

Pamper yourself and get your shoes shined

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

Table Games

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

Tongue Twisters

Sally sells seashells by the seashore; can you say it three times fast!

Warm hands

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

Windermere Choir

Students will be coming in to sing some carols

Wii Games

A fun and innovative way to exercise and stimulate the mind using technology

Winter Solstice Celebration

Celebrate the beginning of winter

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

Yuletide songs with Pete

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



Member Profile -



Maria Cota

Maria, as we know her, is our fun loving, spirited friend who loves to dress up and encourage laughter amongst us. She is always ready to shower us with her loving hugs.

Maria was born in Azores, Derceira, Portugal. As a child, she recalls helping her father with her two sisters on the farm. Her days were busy with much to do. She had to gather the corn and wheat, milk the cows, feed the chickens and gather the eggs. She admits that there was not much time to play.

Maria met her husband, Joe, when she was fourteen and married him after he returned from the Army when she was seventeen. Now fifty years later, her face still lights up when Joe arrives to pick her up at the centre.

Maria and Joe came to Canada when she was twenty five years old. She admits that moving to Canada was an easy choice because her sister lived here already.

Cooking has always been a great love of Maria's and therefore, it comes as no surprise that Maria worked for the dietary department at Youville Residence. She began as a dishwasher and then worked as the cook for a total of thirteen years of dedicated service.

This love for cooking extended into her home and she put much of her love into her recipes. Joe was particularly fond of her roast beef. He also recalls a special Portuguese dish of dried cod called "bacalau" that she made for the family. Another pastime that brought Maria joy was crocheting. She is very proud of a beautiful white tablecloth that she spent many months making.

It is evident to anyone who meets Maria that she is full of life and joy. She has a kind and loving heart. When asked to share her advice for the younger generations, she says, "Respect everyone and do you best for each person".

Thank you, Maria for your wise words and for sharing your life with us!



Angela Tcheng

Angela is one of our new members here at the Renfrew Collingwood Seniors' Society; she joined us through the integration of the Chinese Program. Angela was born in China. She came to Canada with the flow of high tech, civilized and ambitious people moving to North America. Angela has studied Health Education which led her to work as a secretary for a hospital. Angela has also taught in a high school. In Angela's family, it was her and her brother. She enjoyed following him everywhere. As well, she has two children of her own, a daughter and a son. Angela looks forward to having grandchildren one day. One of Angela's hobbies is gardening. She has balcony plants of tomatoes, chillies, and flowers. Angela is keen to learn and experience new things. She enjoys reading, watching television, knitting, line dancing, ballroom dancing, yoga, classical music and travelling. New York, California, and Malaysia are a few of the places Angela has visited over the years. The social aspects of the centre, as well as the programs are what Angela loves about the Centre. Angela is always happy to participate and brings a great attitude to the Centre. A piece of advice Angela has for the younger generations is, "get the right education first and listen to your parents." Words of truth spoken by a wise woman.



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**Santa is
coming
to town...**

Dec. 15th and 16th

Please Remember if possible to bring in toys or non perishable food items to
donate to the toy bank and food bank

RCSS moments...





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**To register contact
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604 736 8271.**

Important Dates

**Brentwood Outing
Dec.2nd**

Podiatry Dec 7th

**Christmas Luncheons
Dec. 15th and 16th**

**Centre Closed
Dec. 26th and 27th**

Happy Birthday!

December Birthdays

3 Margaret P

20 Peter

28 Kamaljeet Kler



URGENT!!!

Due to recent incidents, we would like to ask that everyone please bring in an update of your medication and prescriptions with the Nurse

The Adult Day Program luncheon will be held on Thursday, December 15th and the Community Day/Chinese Program will have theirs on Friday December 16th, both are at noon. The cost of the turkey luncheon is **\$5.00** and it is for members only. Do not forget to register, space is limited.



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Merry Christmas!



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