

"Taking Seniors to Heart"



# JULY 2011 NEWSLETTER

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

## HAPPY CANADA DAY



# 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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# Renfrew-Collingwood Seniors' Society

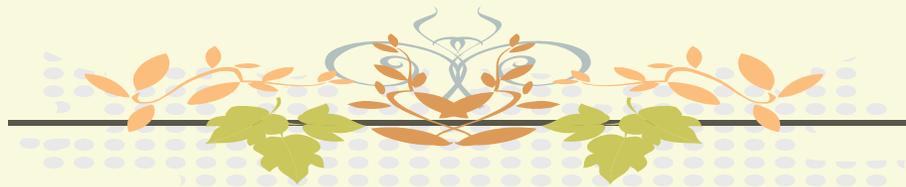
## Newsletter

### July 2011

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# RCSS Management

## Board of Directors



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## Staff



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Carol Yi



Laurie Kallin



Fatima Kheraj



Tien Vinh



Olga Smirnova



Fiona Lastoria



Poonam Kaila



Well the Canucks did us proud. You know it's interesting how sports bring out the best in us. I loved walking around my neighbourhood and seeing everyone being so nostalgic, someone even had their lawn mowed with the shape of the Canuck logo. For weeks as I drove home, all the fans at the bus stop were showing their support by wearing their Canuck colours. At work the most loyal fan (Poonam) wore her jersey and her enthusiasm for the team kept everyone's spirits high. I think bringing the community together for whatever reason is a good thing and the Canucks engaged hundreds of thousands of fans in our beautiful city and across the country. It was a good year. Winning isn't everything.

Things are "happening here". **The Wedding Theme** was so much fun. To the brides who were still able to fit into their wedding dresses - good for you. For those of us who could not - luckily we had coworkers that came to our rescue. Everyone had a ball. Speaking of themes, we plan on celebrating life as much as we can, so stay tuned for the next one and please bring in memorabilia to contribute to its' success.

The Boulevard Gardens wrapped up with a **Ribbon Cutting Ceremony** and the students from Windermere emceed the event and a lovely lunch followed. A special thank you goes out to Alice and Peter who spoke so eloquently on our behalf. This intergenerational project assisted us in building bridges between the youth and elders in our community; it was very evident that long-term relationships would be the result of it. It was more than flowers that grew from this exchange; we all did. Again we would like to thank Vancouver Parks Board for their contribution.

The **Chinese Program** is continuing for another three months (3 month intervals are common time frames when funding has not been secured). It was really heart-warming to meet with the seniors, brainstorm ideas about how to keep the program going, and best of all develop a plan to sustain it. They have come together as a force and are determined to make it work. I am very happy about that and I will make every effort to find a long term funder.

I would like to close this month's article by acknowledging our departing staff person **Laurie Kallin**. Laurie, Glen and their sweet little boys are moving to the Island. They are as happy as can be with their recent home purchase, career move and new community. Although we will miss Laurie, I am sure that you all wish her well. Good Luck and All the Best!

This place is bustling and the energy is soaring - we are glad you are all here to be part of it. All is well.

**All is well,**

*Donna Clarke*



## Message from the board by Tara

**In the past three weeks** we have lost two women in our family, two very different women. Both of whom I didn't get to know too well, yet in some ways know very well. Given that one of them just passed away a few hours ago I have no choice but to dedicate this write up to them, as the loss is fresh and I committed to do this write up for July! The women I am talking about are my husband's maternal and paternal grandmothers -our "Ammachys". The family has barely recovered from the first loss and has been thrown into the second. But when we pause to think about the people they were we have got to spend more time celebrating the fullness of the lives they lived rather than mourn the loss, though we will miss them very much. You could not meet two people that were more different in their personality. My husband's maternal ammachy was quiet and soft spoken. She had the gift of remembering family relationships and could connect people to our family or to someone we knew within minutes of meeting her! She was generous with her finances and her affection. Both traits are alive and well in her grandchildren.

With his paternal ammachy on the other hand you never had to worry about silence, she was always talking and telling us about her life, especially her childhood. She saw her family through some rough times: when they were in financial need she found additional ways to earn income from their rubber plantation in India, in addition to her work as a school teacher. She travelled around the nearby villages and towns preaching and praying with people. She was a disciplinarian but was always careful not to discipline in anger: she would wait ten minutes after the act before deciding on the punishment.

But they both did have some things in common: they both raised their own children and had a big part in raising their grandchildren, my husband included. They both spent a lot of time in prayer for the whole family; in other words they never stopped caring for the family.

Not just their memory but their legacy lives on in my husband and his siblings, and I hope will be passed on to our children. Our two ammachys have certainly inspired me to be a better person and a guardian to my family as they were to theirs.

*Tara*

**Hi beano players.** That's right BEANO. This is the name of the game we now call Bingo. In 1929 when the game reached North America it was a carnival game played in Atlanta, Georgia. In the country fair games the dealer would select numbered disks from a cigar box and players would mark their cards with beans. Hence "beano". It was changed when someone made a mistake and called "bingo" instead of "beano". The game itself can be tracked back to 1530 in Italy where it was called "Lo Giuoco del Lotto D'Italia (it is said they still play it there every Saturday). From there it went to France where it was played amongst wealthy Frenchmen. In the 1880's it went to Germany where it was a child's game to help students learn math, spelling and history thank heavens it has evolved to what it is today. By 1930 someone had produced over 6,000 different combinations of cards, and then they went insane! Here at our little bingo game we have a choice of 69 different games (not counting 7 standard games we play each week). So I hope you enjoy what we have and as always ....

the best of luck to all.

*Charlie* the bingo guy



## Note for Family Caregivers by Carol Yi

**Laughter is a great thing** -- that's why we've all heard the saying, "Laughter is the best medicine." We don't know if laughter is truly the best medicine, but it is certainly good medicine. There is strong evidence that laughter can actually improve health and help fight disease. Our brains can make us healthier and happier through laughter.

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving our muscles relaxed for up to 45 minutes after.
  - Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving our resistance to disease.
  - Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
  - Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect us against a heart attack and other cardiovascular problems.
- So let us start every day with a happy thought and carry laughter with us wherever we go. There are plenty of opportunities to add more laughter in our centre. Don't miss a day to laugh your head off at the centre and be healthier.

*Carol,*  
P.S. Don't forget to smile



### Member Profile Erika



**Erika** was born in Bern, Switzerland. She has spent the majority of her life there, but decided to move to Vancouver in 1996 to be with her children. Her children had migrated to Vancouver during the 1970s. She was seventy years old when she left Switzerland for Vancouver. Erika met her husband, Ruedi, in Switzerland; she married him when she was 23 years old. They had three children; two girls and a boy. Also, she has four grandchildren, all boys. We all know Switzerland is famous for great craftsmanship in watches. Erika was in a good location for her career path, as she worked with watches. Erika completed her schooling in Switzerland. She enjoys travelling and really enjoys living in Vancouver; it is one of the best places she has ever been. In her spare time Erika likes to knit. She has been coming to the Renfrew Collingwood Seniors' Society for about a year and a half now. Erika likes the various activities and different people she has been able to participate in and meet here.

# July 2011



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Canada Day</b> Centre Closed 
<b>4</b> <b>AM-</b> Fitness Current Events  <b>PM-</b> Armchair Travel to China Warm Hands	<b>5</b> <b>AM- 10:30 departure</b> <b>Scenic Drive &amp; Picnic</b> <b>to Burnaby Mountain</b> <b>Rose Garden</b>  <b>PM-</b> Beauty Spa <b>Yarns of Fun</b>	<b>6</b> <b>AM-</b> Discussion Topic: Compassion Gentle Yoga  <b>PM-</b> Entertainment <b>with</b> Tom Borugian	<b>7</b> <b>AM-</b> Beauty Spa Fitness Trivia: Chocolate "Pugnacious" visits  <b>PM-</b> Sing-a-long <b>with Pete Campbell</b>	<b>8</b> <b>AM-10:30 departure</b> <b>Shopping Trip</b> <b>to Royal City Centre</b> <b>New Westminster</b> <b><u>No lunch at centre</u></b> <b>PM-</b> Bingo
<b>11</b> <b>AM-</b> Fitness Words of Wisdom  <b>PM-</b> Table Games Ping Pong Challenge Warm Hands	<b>12</b> <b>AM-</b> Morning Coffee Stretch & Stride <b>PM-</b> Summer Tea <b>with Renfrew Park</b> <b>Community Centre</b> <b>featuring Gordy Van</b> <b>Yarns of Fun</b>	<b>13</b> <b>AM</b> Movement to Music Crossword Puzzle  <b>PM-</b> Rock 'n' Roll with Al Foreman  "International Puzzle Day"	<b>14</b> <b>AM-</b> Beauty Spa Current Events Gentle Yoga "Pugnacious" visits  <b>PM-</b> Crow City Singers Warm Hands	<b>15</b> Leave RCSS at 10 am  <b>Family Outing to</b> <b>Minter Gardens</b>  <b><u>No lunch at centre</u></b>
<b>18</b> <b>AM-</b> Fitness The History of Ice Cream  <b>PM-</b> Ice Cream Making Warm Hands "National ice Cream Day"	<b>19</b> <b>10:30AM-</b> <b>Arts &amp; Health Exhibit</b> <b>and wrap up</b> <b>celebration at the</b> <b>Renfrew Park Centre</b> <b>with piano by Lil So</b> <b>PM-Yarns of Fun</b>	<b>20</b> <b>AM-</b> Current Events Gentle Yoga  <b>PM-</b> Noodle Hockey Warm Hands	<b>21</b> <b>AM-</b> Beauty Spa Horoscopes&Fitness "Pugnacious" visits  <b>PM-</b> Summer Songs with <b>Gwen Gouchee</b>	<b>22</b> <b>AM-</b> Morning Coffee Stretch & Stride Discussion Topic: Personality Types  <b>PM-</b> Bingo
<b>25</b> <b>AM-</b> Fitness Beach Memories  <b>PM-</b> Songs with <b>Linda Lujan</b>	<b>26</b> <b>AM-</b> Morning Coffee Documentary & Presentation "The Remaining Light" <b>PM-</b> Flower Arranging <b>Yarns of Fun</b>	<b>27</b> <b>AM-</b> Sit Fit Funny Bone Humour  <b>PM-</b> Horse Racing  <b>Shoe Shine</b>	<b>28</b> <b>Hawaiian Day!</b> <b>AM-</b> Beauty Spa Luau Fitness "Pugnacious" visits  <b>PM-</b> Hawaiian Dance <b>with Inge Nielsen</b> Tropical Smoothies	<b>29</b> <b>AM-</b> Morning Coffee Gentle Yoga  <b>PM-</b> Bingo

# Centre Programs - July 2011

## **Arts, Health & Seniors Wrap Up**

We will be going across the street to celebrate our art exhibit

## **Arm Chair Travel to China**

From the comfort of our seats we can travel to China.

## **Bingo**

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



## **Beach Memories**

In the spirit of summer we will be remembering our days at the beach

## **Bean Bag Toss**

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

## **Bocci Ball**

Practice your aim while getting in some exercise!

## **Crossword Puzzles**

It's international puzzles day July 13th; thus, in true fashion we must puzzle

## **Crow City Singers**

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

## **Documentary**

The remaining light film will be showing at RCSS on July 26th

## **Entertainment with Tom**

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

## **Flower Arranging**

It's the season of flowers, let's use our creativity to mix and match

## **Gentle Yoga**

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

## **Gwen Gouchee**

The musical styling of Gwen for your entertainment; a summery theme

## **Hawaiian Dance**

On July 28th Inge Nielsen is coming to show us some Hawaiian dance techniques

## **Ice Cream making**

Try your hand at everyone's favourite hot weather treat

## **Linda Lujan**

Linda will be coming to do some singing

## **Minter Gardens**

We are taking a trip on July 15th, get your seat a.s.a.p.!

## **Morning Coffee**

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

## **Movement to Music**

Get our bodies moving to the beat of a good tune; it's a great fun way to exercise

## **Pool Noodle Hockey**

Go team Go! Get the balloon pucks into the opponents net using your noodles

## **Pugnacious visit**

Our new canine friend is coming for a visit

## **Rock 'N' Roll**

Al Foreman will be getting our spirits high and our feet tapping

## **Scenic Drive**

Our Tuesday group will be heading to Burnaby Mountain for a drive and picnic

## **Shopping Trip**

We will be going to the Royal City Centre in New Westminster on the 8th for shopping

## **Sing a long with Pete Campbell**

Pete's coming in to get your feet and voices moving

## **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!

## **Summer Tea**

In conjunction with Renfrew Park we will be celebrating, entertainment by Gordy Van

## **Summer Trivia**

How much do you know about everyone's favourite season

## **Table Games**

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

## **Warm hands**

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

## **Wellness Discussion**

We will take some time to discuss on personality types this month

## **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



## Message from Laurie

**Yay!** Summer is finally here, we can exchange the rain umbrella's for patio ones for a while, time to lather up the sunscreen, squeeze some fresh lemons for yummy lemonade, fire up the BBQ or even pack a picnic. Maybe even a little adventure travel, even down memory lane.

I have had many great memories here at RCSS. I have been here just under two years, the time sure flies. I am sad to announce that I will be moving and be relocating to Nanaimo. We are set to move July 1st, so as you are reading this we will probably be unpacking boxes ect. The kids are pretty excited at the new place they will be able to ride their bikes to school and enjoy having a yard to play in. It will be a huge life change. We will miss our old neighborhood but are welcoming the next. The old saying when one door closes a new one opens.

It has been such a pleasure getting to know you all. I will miss this place sadly but I do feel joy inside at having the opportunity and experience of being here. It truly is a great place. I will especially miss all the stories shared of days gone by. Thank you to all of you that have shared your hearts, laughter and smiles.

I feel I am leaving you all in good hand. There is such wonderful Staff, great volunteers, beautiful seniors and an amazing cook. I have yet to try anything I have not liked, thank you for keeping us all well fed! Thank you to you all for making this place so great I will truly miss this place and I'm sure will talk about it often.

Keep on smiling!!!



## Message from Poonam

To begin a fact about July! Julius Caesar was born in July; thus, this month was named after Julius to honour him.

Although, we won't be here on Canada Day, we wish you all a very Happy Canada Day, enjoy the day off and celebrations. Happy 144th birthday Canada!

This is an exciting month here at the Renfrew Collingwood Seniors' Society, we have tons of fun summery activities and entertainment lined up. A few events to look forward to this month are:

- the Summer Tea on July 12th
- Minter Gardens Trip July 15th
- Hawaiian Dancing on July 28th

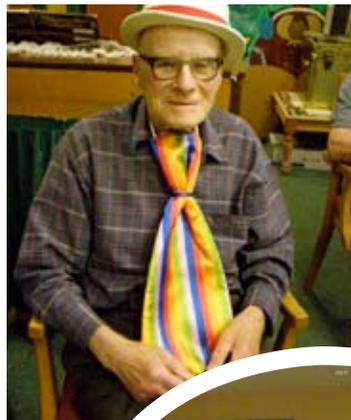
# News from the Kitchen

We are always searching for ways to make our favourite foods healthier, so we can indulge in them more often. Since we can't eat deep fried sugary treats everyday, here are some tips for getting our favourite foods to be more healthful:

- Decrease the meat and increase the vegetables called for in stews and casseroles.
- Choose whole-grain versions of pasta and bread; substitute whole-wheat flour for bleached white flour when you bake.
- Serve imaginative whole-grain side dishes like bulgur or kasha instead of white rice or pasta. Cook with less fat by using non-stick skillet.
- Blot all fried meats on paper towels. Or better yet, try baking instead of frying.
- Avoid cooking with soy or Worcestershire sauce and products that contain monosodium glutamate (MSG).
- Use garlic or onion powder instead of garlic or onion salt, and use unsalted or low-salt vegetable broths and products.
- Buy reduced-fat cheese or use mozzarella, which is naturally lower in fat.
- In recipes calling for milk or cream, substitute reduced fat versions or try using other "milks" such as rice milk, nut milks or soy milk. Also use low-fat cream cheese, yogurt, and mayo.
- Unhealthy fats like certain oils, butter, or margarines can usually be cut by 1/3 to 1/2 in recipes. At first try a small cut-back and then use less and less over time; you'll hardly notice the difference.
- You can also use fat substitutes like prune purees and applesauce in baked goods.
- Use fresh-frozen fruit without added sugar if fresh is unavailable.
- Cut the sugar called for in most recipes by 1/3 to 1/2.
- Sweeten waffles and quick breads with cinnamon, cardamom, vanilla or almond extracts in order to cut the sugar content.
- Try salsa on a baked potato or salad rather than high-fat dressing or butter



# RCSS moments...



Ribbon Cutting with Windermere and Blushing Brides



Open House  
Sundays 2-4pm



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# Upcoming Events

## Important Events

**July 1st**  
**Canada Day**  
**Centre Closed**

**Royal City Centre**  
**Shopping Trip**  
**July 8th**

**Minter Gardens Trip**  
**July 15th**

## Free Workshops for Caregivers

Topics:

- Community Resources
- Navigating the Health Care System
- Self Care and Stress Management
- Legal Health Care Decision-Making

Tuesday July 5th, 12th, 19th, and 26th

Registration Required  
 Call Sarah 604-877-4699 or  
 email: [caregiversupport@vch.ca](mailto:caregiversupport@vch.ca)

Pacific Spirit Community Health  
 Centre 2110 W. 43rd Ave.  
 3rd floor A.345

10-11:30am



## Frozen Home Made Meals

**Frozen Home Made Meals**

*Available*

**2 for \$5.00**

**or 1 for \$2.50**

If your prescriptions change please let Carol know 604-430-1441

## Happy Birthday!

### July Birthdays

<b>Addie</b>	<b>2nd</b>
<b>Fiona</b>	<b>6th</b>
<b>Adelia</b>	<b>9th</b>
<b>Jim</b>	<b>11th</b>
<b>Kim</b>	<b>18th</b>
<b>Fanny</b>	<b>22nd</b>
<b>Olga</b>	<b>30th</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!*

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 9am-4pm

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