

"Taking Seniors to Heart"



JUNE 2011 NEWSLETTER

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



SUMMER IS COMING AND
HAPPY FATHER'S DAY!



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 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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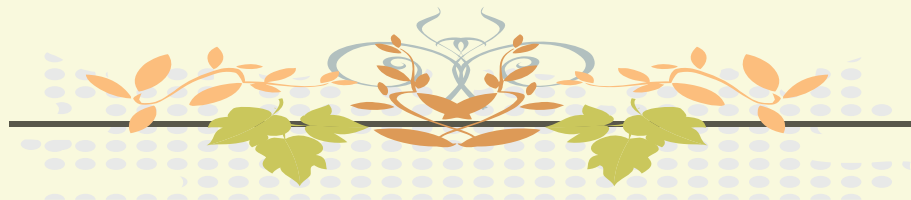
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Renfrew-Collingwood Seniors' Society Newsletter June 2011

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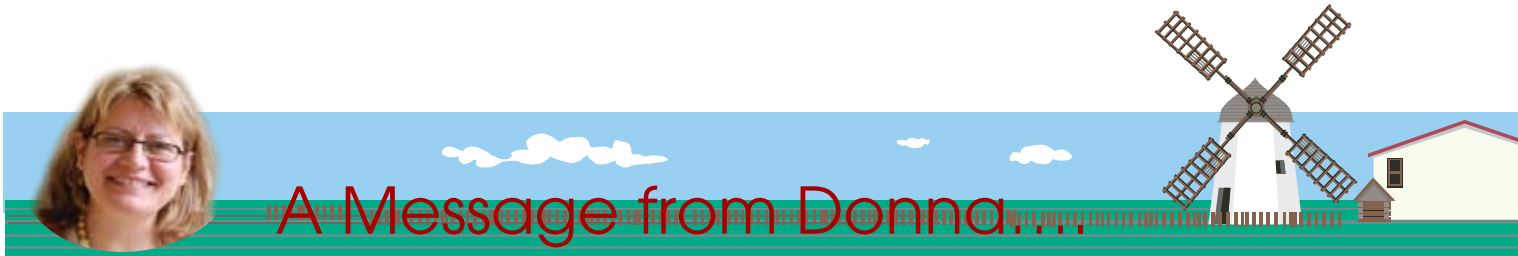
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Fiona Lastoria



Poonam Kaila



Happy Father's Day to all you fine gentlemen here at the Centre and may you be honoured, respected and loved on your special day. It is a pleasure to be in your presence and have all you fine father figures among us.

Last year my father passed on and it was too hard for me to address not having him around to celebrate. I would call every father's day of course and reminisce about things we did together. I would always tease him about opening his gift while I was on the phone but secretly I knew that he would have it opened the minute it arrived at the post office, didn't matter if it was a week early or not. He loved my gifts because they were unique – from the mainland. He loved to dress up so I would often buy him fancy shirts with which he could wear his cufflinks. I would also find things like mustache wax or fancy hankies; he was always appreciative of "unusual things".

However one year I bought him something really unusual "for a man"; a kettle, because he made a sexist remark when was home for a visit. He thought Mom should be the one who gets the house ware gifts as the kitchen is where a woman belongs. That was registered in my little brain so I thought I would teach him a lesson. When I called to give him my blessings on that special day he answered the phone laughing saying it was the nicest gift that he ever received and he knew why he received it. From that day on it was always referred to as Dad's kettle.

There are things I do not miss about my father like his sexist remarks but I have learned since, that there were generational differences. He was brought up in a world that was very different from the world that I experienced. Our disagreements were mainly due to his upbringing and what he was exposed to as a child. He knew no better. There are times when we just have to accept things because they are not going to change. I wish I had concluded this when he was alive, we probably would have gotten along better. What is that saying – please give me the strength to change the things that I can and to accept the things that I can not.

Whatever our differences let's put them aside and focus on the things we have in common. So whether you get a tie, hat or kettle as gifts this father's day, remember your darling children gave it to you because they love you.

All is well,

Donna Clarke





Note for Family Caregivers by Carol Yi

According to Canadian Caregivers Coalition, family caregivers provide 80% of the required care in the home and family caregivers have been called the “invisible backbone” of the health and long term care system in Canada. With so many demands on your time and energy, you may not be taking care of your needs. Remember that the well-being of the person you are caring for depends on you being well. You need to find ways of looking after yourself so that you do not become exhausted.

It is also important to have time away from your care giving to rest and to do things just for you. It may not always feel easy to take a break. You may have lost touch with your friends. It may be difficult to ask for help. Your loved one may not like to be left in the care of another person. These things may make it harder for you to take time for yourself.

Even though it seems difficult, it is important to take a break. Tell yourself its okay to take time off and ask others to support you. Try to remember that you will only be able to keep caring for your loved one if you take care of your own health.

There are many community health services available to help people to live safely in their homes. Come to meet Sarah Galuska and Dolores Flower from Vancouver Coastal Health on Thursday, June 16th at 4 pm to learn more about the community services available for our seniors and caregivers.





Message from Poonam

A Note from Poonam

Hello everyone, I have been volunteering here at the centre for a while. Thankfully, now I have the opportunity to work with the Renfrew Collingwood Seniors' Society for the summer; I am very excited. I look forward to all the stories and fun we will share. This month is June and we all know what that means father's day is coming up, as well as, the official start of summer and the holidays.

This year father's day takes place on Sunday, June 19th; we will be celebrating all the fathers at the centre throughout June with various activities. I want to tell you all some facts about father's day. It originated out of the church in the United States. This day came after mother's day was enacted to complement mother's day. The US congress, 1966, under President Johnson after earlier years of debate finally proclaimed its national observation on the third Sunday of June. So let us all remember, celebrate and be thankful for our fathers, grandfathers, uncles, and every father figure in our lives. We have been blessed by their presence in our lives.

Also, we have the start of summer on Tuesday, June 21st. We can look forward to summer inspired activities here at the centre. Hopefully the weather reflects the season; we have been getting a bit of chilly and wet weather lately here in Vancouver. With the good weather coming along we get a chance to spend more time outside. It's a good opportunity to get some exercise but always remember to be safe!

For me June is a costly month since it's father's day and my mom's birthday usually within one week. I can never figure what to get them. My parents never let on to what they would like either. So I usually end up buying them clothes.

Once again I look forward to spending time with all of you, remember to bring your smiles and enjoy the wonderful days together with our Renfrew Collingwood family.



JUNE 2011



Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM- Sit Fit 11am Windermere School Choir PM- Craft: Wedding Bonbonnières Games: Golf Wedding Reminisce	2 AM- Sit Fit Wedding Superstitions PM- Craft: Wedding decorations Bingo Warm Hands	3 10:30 Shopping & Lunch Outing to Brentwood Mall <u>No Lunch at Centre</u> PM- Bingo
6 AM-Current Events Gentle Yoga PM- Entertainment featuring Lorraine Smith	7 AM-Morning Coffee Arts, Health & Seniors Sit Fit PM- Ribbon Cutting Opening of Garden Yarns of Fun	8 AM- Wedding Reminisce Movement to Music PM- Wedding Fashion Show with music by Lillian	9 AM- "How I Met My Spouse" Sit Fit PM- Wedding/ Love Songs with John Cronin	10 AM- Coffee & Chat Stretch & Stride PM- Bingo
13 AM- Exercise Felting with Carmen and Emmanuelle PM- Bean Bag Toss Warm Hands	14 AM- Morning Coffee Arts, Health & Seniors PM- Father's Day Celebration with "Shadows of the Past" Yarns of Fun	15 AM- Nutrition Talk: The Benefits of Peas Gentle Yoga PM- Balloon Hockey Wellness Discussion: Decluttering Warm Hands	16 AM- Sit Fit Honouring Dad PM- Men's Shoe Shine Bocci Warm Hands	17 AM- Morning Coffee Stretch & Stride PM- Bingo
20 AM- Summer Trivia Gentle Yoga PM- Armchair Travel Destination: Italy Warm Hands	21 Coffee & Chat 10:30AM- A Safety Tour with Constable Brown PM- Beauty Spa Yarns of Fun	22 <u>Step Out</u> Trolls Restaurant <u>No lunch at the centre</u>	23 AM- Sit Fit Man's Best Friend PM- Crow City Singers	24 AM- Morning Coffee Color Therapy Stretch & Stride PM- Bingo
27 AM- Exercise Current Events PM- Discussion Group: Topic: Happiness Bingo	28 Summer Craft Sale AM- Morning Coffee Arts, Health & Seniors PM- Flower Arranging Yarns of Fun	29 Summer Craft Sale Am- Just For Laughs Gentle Yoga Raffle Draw PM-Comical Fashion Show by the Royal Arch Masonic Home	30 AM- Canadian Trivia Native Prayers & Poems PM- A Celebration of Aboriginal Culture Featuring Canadian Crafts	 Centre closed on July 1st

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

Centre Programs - June 2011

Aboriginal Appreciation

An aboriginal celebration and activity

Arts, Health and Seniors

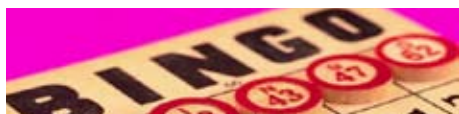
We're lucky to have Carmen come in to work with us on creative art projects!

Arm Chair Travel to Italy

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

Balloon Hockey

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



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.

Bocci Ball

Practice your aim while getting in some exercise!

Brentwood Outing

May 6th we will be heading out to the mall to get some shopping done.

Canada Day Celebration

O Canada! June 30th we will get together in a Canadian themed day!

Comical Fashion Show

The Royal Arch Masonic home will be showing off their humour and fashion

Crow City Singers

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

Entertainment with Lorraine

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

Father's Day Celebration

In appreciation of our Fathers here at the centre; a special celebration

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

Golf

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

How I Met My Spouse

Tell us your story how did you all meet the loves of your lives!

Morning Coffee

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

Men's Shoe Shine

To honour all the dads that come to the centre we are offering a shoe shine on June 16th

Movement to Music

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

Nutrition Talk

Let's talk facts; always handy information on how to keep a healthy diet

Ribbon Cutting Ceremony

On June 7th we will be recognizing of new garden which we have set up around the outside of the centre

Safety with Constable Brown

Constable Heather Brown will let us know some tips on how to stay safe and independent at all times of day

Sing a long with John

John'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!

Table Games

Step Out
On June 22nd we will be heading out to Trolls restaurant

Summer Trivia

How much do you know about everyone's favourite season

Wedding Crafts

To start off the month we have some wedding themed crafts planned; such as, bonbonnières and decorations

Wedding Fashion Show

We will model some wedding attire with music by Lillian

Wedding Reminisce

Let's look back at the good old days and share our stories

Wellness Discussion

We will take some time to discuss de-cluttering and happiness this month

Windermere School Choir

A group of students from Windermere Secondary school will be coming in to enlighten us with some vocal arrangements

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

Aboriginal Day - June 30th



Cherokee Prayer Blessing

May the warm winds of heaven
Blow softly upon your house.

May the Great Spirit
Bless all who enter there.

May your moccasins
Make happy tracks
In many snows,
And may the Rainbow
Always touch your shoulder

We will be honouring our
Aboriginal Senior

Rena Wallace of Mount Currie Band
on Thursday, June 30th at 1:00

Featuring Darin Waskahat
Storytelling and Drumming

Recipes of the month Try them at home



Spaghetti Squash Potato Pancakes

Spaghetti Squash is a great source of various vitamins, minerals such as Niacin, Vitamins B6 and C, Potassium and Manganese, as well as fiber. Potatoes are also a wonderful source of

potassium and Vitamins B6 and C.

Ingredients:

3 cups cooked spaghetti squash*
4 medium potatoes, grated
2 eggs
2 heaping Tbsp. of flour (any type)
1 – 2 tsp. salt
Breadcrumbs or oatmeal if the batter is too runny
1 tsp. cinnamon & dash of nutmeg (sweet)**
1 – 2 tsp. herbs such as basil, oregano, rosemary, thyme (savory)**

Directions:

1. Combine all ingredients
2. Heat a frying pan to medium-high heat.
3. Add olive oil to the pan, swirl around then drop in the batter in ¼ cup amounts. In a large pan you can fit 3 or 4 at a time.
4. When golden brown on the bottom flip them and cook the second side. These are best when cooked slowly so that the potato is nice and soft and the outside is a golden brown.

Serve with applesauce or other fruit. These also make a great side or main dish for lunch or dinner

*Spaghetti squash is easy to cook – simply bake in the oven at 400 degrees for 45 minutes to 1 hour depending on the size. Be sure to poke holes in the squash before baking so that it does not explode in the oven.

**Add either the sweet spices or the savory herbs, not both.



Member Profile Ena



Ena has been coming to the Renfrew Collingwood Seniors' Society for over ten years on and off. She is part of our Tuesday seniors group, yarns of fun. Ena was born in Hong Kong; she lived there with her family. She has two brothers and three sisters. Ena graduated from high school in Hong Kong. Ena came to Canada with her family in 1975. A couple of years later she met and married her husband. They have three daughters of their own. In Canada she worked at the Bentall Towers as a counter server and at a Mexican restaurant. She enjoys knitting and comes to the yarns of fun group to learn and share techniques with the other seniors. Ena also enjoys walking and doing crafts in her free time. Currently, Ena lives with two of her daughters and her husband. Ena has travelled to many places in the United States; one of the most memorable places was Disneyland. Disneyland in Anaheim, California was an exciting family trip with lots of fun.

Contributed by Charlie

An Explanation

God created the dog and said: "sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years." The dog said: "that's a long time to be barking. How about only ten years and I'll give you back the other ten?" So God agreed.

God created the monkey and said: "entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said: "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did? And God agreed.

God created the cow and said: "you must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I'll give you a life span of sixty years." The cow said: "that's kind of a tough life you want me to live for sixty years ... How about twenty and I'll give you back the other forty?" And God agreed again.

God created humans and said: "eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But the human said "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?"

"Okay", said God, "you asked for it." So that is why for the first twenty years of life we eat, sleep, play, and enjoy ourselves. For the next forty years we slave in the sun to support our family. For the next ten years we do money tricks to entertain the grandchildren. And for the last ten years we sit on the front porch and bark at everyone.

Life has now been explained to you.



RCSS moments...



Open House
Sundays 2-4pm



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Upcoming Events

Important Events

Brentwood Outing
June 3rd

Father's Day Celebration
June 14th

Step Out to Trolls
June 22nd

Raffle
June 29th

Canada Day
Centre Closed
July 1st

Summer Craft Sale & Bargains

June 28th and 2 June 9th
Items include 5th avenue
jewelry, tableware and linens

Also we are still accepting
donations of small
household items

Happy Birthday!

June Birthdays

Alice Frith	11th
George Kurokawa	11th
Kay Howell	12th
Joyce Potter	13th
Robert Clough	15th
Joan Cook	23rd
Erika Geiser	24th
Mercedes De la Torre	30th



RCSS Raffle

Draw June 29th 2011

Prizes are:

- **Bedsread**
- **Set of Dishes**
* **China Patio Set**
- **Celine Dion Perfume**
- **Sunglasses**

Get your tickets soon!



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