

"Taking Seniors to Heart"



MAY 2011 NEWSLETTER

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



About the Renfrew-Collingwood Seniors' Society

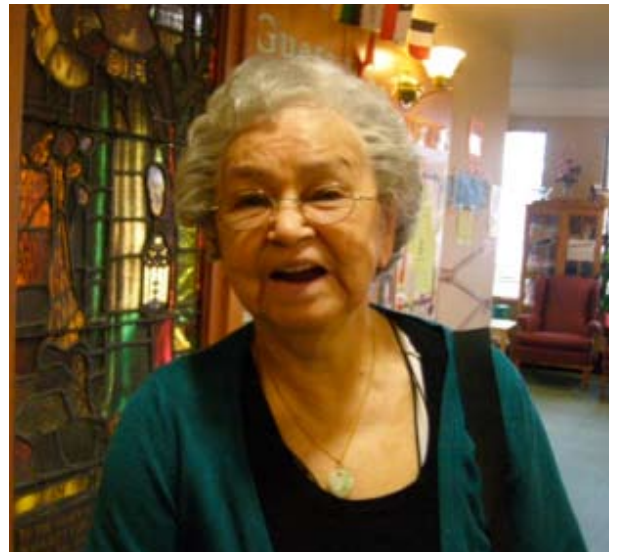
Celebrating its 34th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non-profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently 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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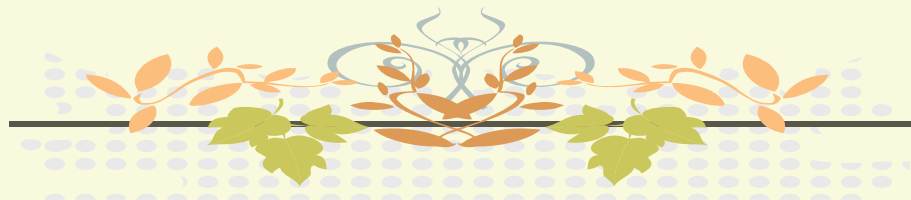
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Renfrew-Collingwood Seniors' Society Newsletter May 2011

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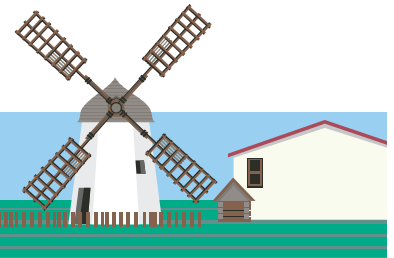
Tien Vinh



Olga Smirnova



A Message from Donna....



Best wishes for a Happy Mother's Day and may the one's you love honour you on this special occasion; you deserve it.

I've learned over the years that there is more to being a mother than carrying a child and giving birth. Where I grew up there appeared to be only one type of mother, the biological one. That misconception changed when I moved to Vancouver and met a pregnant women and later found out that she was a lesbian; a bit confused I asked her how that happened. I was amazed to learn about artificial insemination and was more intrigued when I learned she was a surrogate for a gay couple. Boy I had a lot to learn because we did not talk about that kind of stuff in our small community and traditional family.



When I was about 5 or 6 years old I got into a lot of trouble because I told my cousin that her mom and dad were not her real parents. I guess I shared some insights with her that I had learned in grade one religion class; Joseph and Mary were our religious parents apparently. This discussion caused a big fight between my mom and her brother because my cousin was adopted and that was not to be discussed. After my aunt interrogated me she realized that I was innocent and no harm was meant.



My husband and I bought our first little house on 5th and Nanaimo in 1988 and we were lucky enough to move next to an Italian couple. Unfortunately they could not have children and I assumed the role of their daughter and they spoiled my boys as if they were their grandparents. We honestly felt that they were our parents on this side of the country and they were accepted as family by our biological families. They were always included in family gatherings and were known as Nana and Papa. My son always bragged that they had three sets of grandparents as if they were special.



And then there is my dog and cat, Haley and Louise. We rescued Louise and her sister Thelma (originally Yoshi and Meiko - we couldn't live with those names) and Louise instantly attached herself to Haley. If Haley is outside she cries for her, if Haley has a nap, Louise has a nap; they're inseparable. We believe that Louise has adopted Haley as her mother as Haley bathes her and they snuggle in and sleep together.

So the moral of the story is, whoever is your mother and how they became that figure is irrelevant. They all love you unconditionally and you can trust them with your life.

All is well,

Donna Clarke



Note from the Nurse by Carol Yi

Did you know that we have a Caregiver Support Group that meets every second month?

We often have guest speakers who talk about dealing with dementia, representation agreements, disability tax credits etc.

The next Caregiver Support meeting will be held on Thursday, June 16th at 4:00 and we will have someone here from Vancouver Coastal Health to talk about "Understanding Home and Community Health Care Services". In other words what are you entitled to receive? We also hope to get a Case Manager to attend and hopefully they can answer all your questions.

In the meantime here are some tips on how to reduce stress:

- If you feel very tense, try to get your feelings under control before you decide what to do next. Take a few deep breaths while you tell yourself to relax. It's easier to do this when you are alone, so you might want to step aside for a few minutes.
- Doing something active will help reduce tension. Try screaming, crying, or laughing. You could use a pillow, or go for a brisk jog/walk, or go somewhere you can be alone and yell.
- Talk to someone who is willing to listen. Be open about your feelings. This will help to get rid of tension and help you understand the situation better. You could talk to a friend, relative, religious leader, or counselor.
- Join a support group for caregivers. Some families may be accustomed to discussing family issues only at home, and not with others. But some caregivers find it comforting to talk to other people who are going through the same things they are. Although talking with other caregivers may be a new experience for you, you may gain new skills and ideas to help you cope with your care giving responsibilities



Safety Tips from Constable Heather Brown

What NOT to do:

- 1) Carry purse across the shoulder, chest Instead
 - a. carry over the shoulder so it will fall to the ground and not cause you any bodily harm
 - b. wear a fanny pack ; which you can carry like a football under your shoulder so it doesn't fall
 - i. put only small things in your wallet like lipstick, Kleenex, small wallet, keys, etc...
 - ii. keep bag close to your body

Do not keep identification or personal information in your bags

- 2) When riding the skytrain use safety features
- 3) Using the ATM
 - a. First look around
 - b. Make sure you cover your pin number
 - c. Put money away into wallet and keep bag close to your body
 - d. Pay attention to your surroundings
- 4) Frauds
 - a. Ask for change and may attempt to rob you once they've seen your belongings
- 5) Donations
 - a. We know you may like to donate money to the needy but avoid giving money directly on the street ; instead you can donate to an organized charity who helps less fortunate people, i.e. soup kitchens



MAY 2011

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sit Fit Current Events 1:00 Discussion: Nordic Poles You Be The Judge	3 Mother's Day Tea Arts, Health & Seniors Gentle Yoga Yarns of Fun	4 Sit Fit Crossword Podiatrist 1:00 Karaoke Warms Hands	5 Sit Fit Honouring Mothers 1:00 World Music with Luna Rossa	6 10 Shopping& Lunch to Brentwood Mall <u>No lunch at the Centre</u> 1:00 PM Bingo
9 Sit Fit Mother's Day Trivia and poems 1:00 Flower Arranging Wii Games Warm Hands	10 Morning Coffee Arts, Health & Seniors Gentle Yoga Yarns of Fun	11 Current Events 11:15 Gentle Yoga 1:00 "Korki" the Clown	12 Sit Fit Wellness: Preventing Falls 1:00 Crow City Singers Sing-a-long	13 Coffee & Chat 11:00 Sit Fit 1:00 PM Bingo
16 Exercise for Health Jokes & Riddles 1:00 Table Games Craft: May Flowers Warm Hands	17 Morning Coffee 11:00 Arts, Health & Seniors 0:00	18 Exercise for Health Trivia: Victorian Ettiquette 1:00 Singing with Gary Tom	19 Current Events 11:15 Gentle Yoga 1:00 Spa Day Bocci	20 News & Views Funny Bone Humour 11:00am Sit Fit 1:00 PM Bingo
23 <u>Victoria Day Centre Closed</u> 	24 Coffee & Chat 11:00 Arts, Health & Seniors 1:00 Afternoon Tea with Renfrew Park Community Centre Yarns of Fun	25 Current Events 11:15 Gentle Yoga 1:00 Armchair Travels to Victoria Snakes & Ladders	26 Sit Fit Trivia: May Flowers 1:00 Singing & Dancing with John Cronin	27 News & Views 11:00 Sit Fit 1:00 PM Bingo
30 Exercise for Health Trivia: Movie Stars 1:00 Bean Bag Toss Craft: Card Making Warm Hands	31 Morning Coffee 10am Arts, Health & Seniors at the Roundhouse <u>No Lunch at Centre</u> Yarns of Fun			

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

Centre Programs - May 2011

Afternoon Tea

We will be celebrating with the Renfrew Park Centre on May 24th

Arts, Health and Seniors

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

Arm Chair Travel to Victoria

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

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)

Brentwood Outing

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

Crow City Singers

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

Exercise

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

Fall prevention

We will be talking about safety at home and outside.

Flower Arranging

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

Flower Making

For our crafts we will be making paper flowers

Gentle Yoga

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

Granville Island Outing

On May 10th our seniors will be heading to the Granville Island for lunch and sight seeing.

Gary Tom

Gary's coming in to do sing-alongs, be sure to bring your best voice

Korki the clown

The comedic styling of Korki, be ready to be amused and laugh

Mother's Day Trivia

How well do you know mother's day?

Mother's Day Tea

May 3rd we will be celebrating all our mothers and all their hard work.

Music for around the World

Luna will be enlightening us with music from around the world.

Podiatrist

Book your appointments; the podiatrist is coming in on May 4th, 11am.

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

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

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

You be the Judge

Give your thoughts and views

Introduction to Fiona and Mehdi



Fiona

was born and raised in Montreal. She moved to Vancouver in 1992 in hopes of seeing the Pacific Coast of Canada. Fiona comes to us with over 22 years of experience working with seniors in the health care field. Fiona's

initial experience with the elderly began in 1984 when she volunteered for the Lakeshore General Hospital (Montreal) with the Women's Auxiliary. This opportunity had a lasting impression and she continued her service there for over 7 years. Fiona's volunteer experience also includes work with school children, young offenders, individuals with mental challenges and animals at the S.P.C.A. Fiona graduated from Vanier College with a Diploma in Special Care Counseling, a three year career program devoted to the teaching of providing therapeutic services for all individuals in need. She is currently working part-time for the Royal Arch Masonic Home and has been employed there for over 14 years. Fiona is the proud mother of two boys, Aidan age 11 and Christian age 9. When she is not busy working or being a wife and mother, she enjoys maintaining an active lifestyle with such activities as running, swimming, figure skating, weight training and cycling. In the past year she has completed a Sprint Triathlon, as well as the UBC Fall classic half marathon and she is currently training for the BMO half marathon. Fiona is also passionate about giving back to the community and most recently raised over \$3200 for the Ride to Conquer Cancer 2010 by riding her bicycle 250km from Vancouver to Seattle. Continuing studies is another important value to Fiona, she has recently completed a course in Volunteer Management and she has plans to take the advanced course in the fall. Fiona is thrilled to be working with such a dynamic team at Renfrew Collingwood Seniors Society and is excited to play a role in continuing to provide outstanding services to the elders. She would like to extend a warm thank you to everyone for making her feel so welcomed.



Mehdi

I came in Vancouver in 1995 as a refuge from Bosnia with my parents and my brother. Soon after my arrival I started to work in housekeeping at Vancouver Downtown hotel; thus, I did not have an opportunity to continue my school. At same hotel I

met a girl from Texas whom I married in 1997. We have 2 girls and a young boy who is 2 years old and who is keeping us all away from sleeping during the night.

Some fifteen years later I went back to school and currently am in process of completing my full time program at Douglas College. The field of my program is Community Social Service Worker, where some of the subjects include; Gerontology, Mental Health, Addiction, Counseling and other related topics to social work.

I was lucky enough to get a chance to complete my school practicum here at the Renfrew-Collingwood Seniors' Society. The learning experience at centre is without doubt the greatest asset which I had an opportunity to receive. The staff at the centre has been great in guiding me towards my goal of learning about our senior population and to fully understand their needs in community setting. All the clients who are coming to the centre have been very welcoming and also enthusiastic to learn about me as much as I was eager to learn about them. I hope that with this learning experience I would be more equipped in future to fully understand our grandparents and their aspirations in their golden age.

Sincerely,

Mehdi Kurtagieh

Recipes of the month Try them at home



Veggie Scramble or Omelet*

Eggs have riboflavin, vitamin B12 and phosphorus, and are a very good source of protein and selenium.

Ingredients:

- 2 eggs (or 1 egg & 1 egg white)
- 2 Tbsp. liquid (i.e. milk, rice beverage, or water)
- ¼ cup veggies of your choice
- 1 tsp. olive oil (1 tsp. more for an omelet*)
- 2 Tbsp. onion, diced (optional) Dash of salt & pepper

Directions:

1. Break eggs into a bowl, add liquid and whisk eggs. Set aside.
2. In a small frying pan add 1 tsp. oil and when it's at a medium heat add the onions.
3. Sauté onions for a couple minutes, until they are translucent and soft.
4. Add other veggies and sauté for another 5 minutes or until the veggies are cooked how you like them.
5. If making a scramble, pour the egg mix into the pan with the veggies and gently stir until the eggs are done
6. Add salt & pepper at the end.
7. If making an omelet*, transfer the veggies into a bowl
8. Add 1 tsp. oil and let heat briefly
9. Pour the eggs into the pan and swirl to the edges
10. After about a minute, when the egg is about half-way set, add the veggies on half of the egg.
11. Add salt & pepper.
12. Gently fold the egg side without veggies over onto the veggies.
13. Cook until the egg is done.

*Steps 1 – 4 are for either item, steps 7 – 13 continue the process for making an omelet.

Oat Pancakes



Adapted from a recipe by Deborah Madison in Vegetarian Cooking for Everyone

Oats are a good source of vitamin A, riboflavin, folate, calcium, phosphorus and selenium, as well as thiamin, niacin, vitamin B6, iron and manganese.

Ingredients:

- 1 ½ cups rolled oats
- 1 ½ cups plain low-fat yogurt plus ½ cup milk
- 2 eggs
- 1 tsp. vanilla
- 1 Tbsp. sweetener (i.e. maple syrup, brown sugar, or agave nectar)
- ¼ cup olive oil
- dash of salt
- ½ cup whole wheat or spelt flour (or any other flour)
- ½ tsp. baking soda
- Dash of nutmeg (optional)
- 1 tsp. cinnamon (optional)

Directions:

1. Stir together oats and yogurt mixture. Let stand for 5 to 10 minutes.
2. Add eggs, vanilla, sweetener and oil. Mix well.
3. Add dry ingredients and mix well.
4. Heat a skillet or griddle to medium heat
5. Pour ¼ cup of batter onto heated skillet for each pancake and spread out the batter a little (so it's even and flat).
6. Let cook until bubbles form on the top
7. Flip* and cook the other side until golden brown.

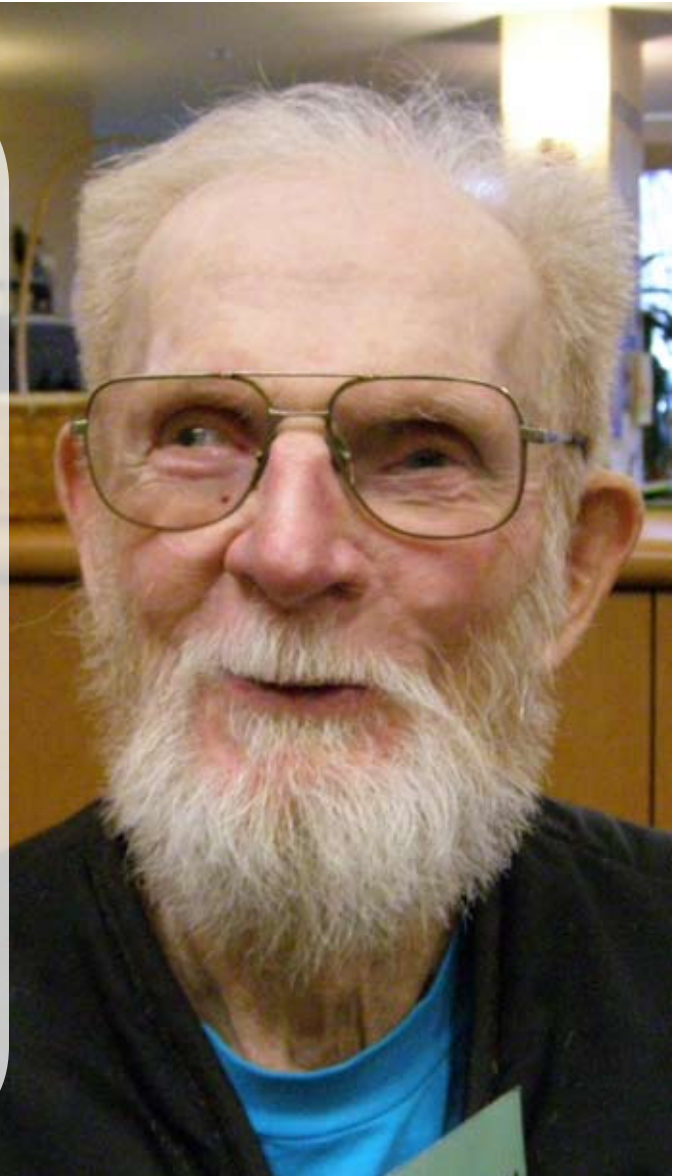
*Only flip once. These pancakes stay very moist inside.

Member Profile Norm

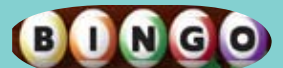
My name is Norm and I am long time resident of Vancouver, BC. I was born (June 4th) in East Vancouver where I spent most of my childhood. During that time as a child I often played with my sister who I enjoyed teasing and luckily for me she did not mind. After my school I was employed with BC Hydro as an electrician and meter reader. Because of this opportunity I was lucky enough to travel around BC and visit many interesting places.

I married Kaitlin and we had a medium size wedding and some years later we adopted a son and a daughter who gave us two great grandchildren.

Coming to this centre is always an enjoyment for me since all the seniors are very friendly and all the personnel are great and are truly dedicated to their work. The feeling of being welcomed and feeling of being with everyone at centre is truthfully great time well spent.



Charlie's Write up

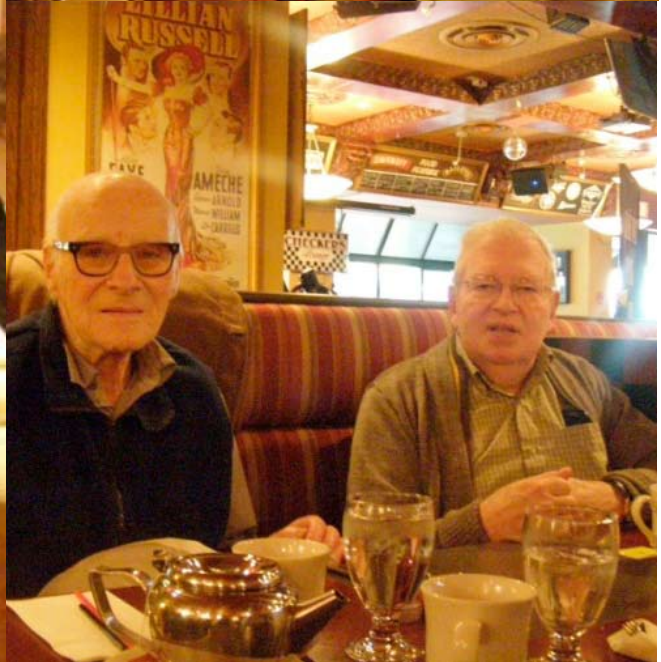


Many of you that play bingo every week and either never win the big one or not even the regular games; well I, Charlie, your bingo guy have figured out why. It's not the cards you play (although sometimes that helps) nor is it the fault of the bingo caller and it's also not the fault of the fish and 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*



RCSS moments...



Open House
Sundays 2-4pm



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Upcoming Events

Important Events

Mother's Day Tea
May 3rd

Podiatrist
May 4th

Brentwood Outing
May 6th

Granville Island Outing
May 10th

Centre Closed Victoria Day
May 23rd

Afternoon Tea Renfrew Park
May 24th

Roundhouse Lunch
May 31st

Centre Closed Victoria Day
May 23rd



May Raffle Winners

*Here're the winners
of the Easter Raffle:*

Addie Eisner – symphony tickets;

Marnie Creed – sunglasses;

Danuta Press – sweater;

Rena Wallace – Easter Basket

Happy Birthday!

May Birthdays

Milton Murrill 8th

Betty Tickell 9th

Elaine Moody 24th

Lai Guen Lim 18th

Lilian_Holmes 23rd



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.



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Happy Mother's Day

