

"Taking Seniors to Heart"



OCTOBER 2011 NEWSLETTER

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

HAPPY 35TH ANNIVERSARY RENFREW-COLLINGWOOD SENIORS' SOCIETY



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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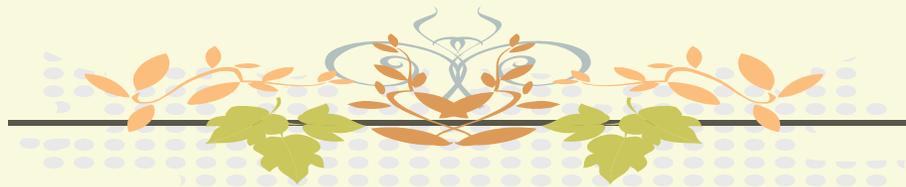
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Renfrew-Collingwood Seniors' Society Newsletter October 2011

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A Message from Donna...

October is always an interesting month; it saddens me to see my garden die back but it reminds me of pleasant things ahead. In order for there to be plants and flowers next spring this circle of life is necessary and I know this process will bring new beginnings a few months from now. The other thing I love about Autumn is the earth tones – my favourite colour scheme for clothing. Growing up in Newfoundland we were always happy to see the leaves fall because the forest was at our back door and the colour of the landscape came alive with orange, reds and yellows. I loved to hear the crunch of leaves under my feet as we walked to school. But the main reason I liked it of course, Halloween was looming - junk food, yum.

From a professional point of view October is demanding; we are in the middle of an audit, reports are due to funders, applications for new grants must be submitted and the annual general meeting is scheduled. It is our midpoint for the fiscal year so a good time to ensure we are on task with financials. You'll be glad to know that although a little surplus, we are still in the black, the audit process is going well and I will be spending a few days locked up in my office until the grants are completed and into the funders. So I'm not ignoring you, I am working hard to get money to operate the Centre.

The annual general meeting (AGM) is on Saturday, October 15th at 11:00 am. I'm always pleased to see how many members show up for the big event. Adriano the charming young man that played at our last AGM will be back to volunteer his services again this year. If you have any resolutions that you would like to put forth or if you would like to run for the Board please contact Elaine Moody at 604 430-1441 and she can assist you with that process.

Just to give you the "heads up" our Christmas lunch will have to be scheduled over two days this year because our membership has surpassed the 130 mark. It used to be tight when there were 100 members here; there is no way that we can fit that many people in our space safely. So the Adult Day Program will have their luncheon at noon on Thursday, December 15th and the Community Day Drop-in will have Friday, December 16th as their celebration. Please mark your calendars now so you do not miss it. We request that you bring a toy or food items for the banks so we can help the people in need. We have been very fortunate in the past with the number of food and toy items that we collected and hopefully this year we will be as successful.

All is well.

Donna Clarke



We Honour the Amazing Alice Frith - Member Extraordinaire

By Donna Clarke

Alice was born in Regina, Saskatchewan in 1922 to the proud parents Ellevine and Bill. Lack of work due to the depression forced the family to leave their homeland so Alice and her family headed to Vancouver in 1933 in a 1926 Essex. Alice remembers the drive very clearly because of the yellow crocuses that lined the highway. When they stopped along the way for a little break Alice picked the beautiful yellow flowers but it turned out she gathered cabbage lilies. The smell got so bad that they had to abandon the car until the odour subsided.

Alice stayed with her grandmother for the first couple of months so her schooling would not be interrupted too much but her mom and dad set up home in White Rock. Although her mom was a gold medalist nurse, she started a candy shop where she made all handmade treats until other opportunities presented themselves. Once the war broke out in 1939 there was lots of work and Alice's father, an accountant by trade landed a job at the shipyards. Her mom went back to nursing at VGH and Alice proudly remembers that her mom was working the shift when her first child was born.

The family moved to Vancouver after the jobs fell into place and rented a house on William and Slogan for \$10.00 per month. Alice remembers that a close friend of her aunt donated a mattress to the family which they elevated on wooden apple boxes. Things started to come together for them.

On May 24th, 1943 Alice and her friend Beulah were lined up to use the payphone on Granville and Georgia because they needed to call her Aunt to tell her that they would be late for dinner. Beulah started talking to the two Air Force fellows behind them in the lineup and before they knew it the four of them were heading to the Aunts house for dinner. One of the chaps, Jack took a liking to Alice and after dinner he offered to accompany her on the streetcar ride home. A few months later they were married.

After the war Jack worked at Dominion Furniture as a radio technician but was offered another job at Woodward's and he continued to work there for 33 years until he retired.

Alice worked for 31¼ cents an hour as a secretary/bookkeeper for Importex, a lamp and ceramic manufacturer from 1941-1950. She remembers the job so vividly because every page she turned while she was doing the books she could smell the owner's cigars.

In 1949 the happy couple built their house in the Renfrew Collingwood area and Alice still lives there today with her grandson. In 1951 Alice and Jack had their first child, Jim. Shortly after his birth they adopted their daughter Linda and a couple of years later Alice gave birth to their youngest child Barbara. She stayed at home with her children but still worked part-time and that gave her parents a chance to help out by looking after their grandchildren. Alice currently has five grandchildren and two great-grand children.

Alice was introduced to Renfrew-Collingwood Seniors' Society in 1995 after Jack had suffered a heart attack. Unfortunately Jack went without oxygen for too long and it resulted in a brain injury. A case

manager referred him to the Adult Day Program and he started coming to the Centre three days a week. This allowed Alice to continue working, this time for the Renfrew United Church where she also did the books for 35 years. Alice volunteered in the church daycare, again a long term commitment; 38 years to be exact.

In May 1998 Alice was elected to the Board of Directors of Renfrew-Collingwood Seniors' Society. She brought lots of expertise to the Board as she was a caregiver for her husband, a bookkeeper and had so much experience running a daycare program. She has served diligently for thirteen years and when I asked her why she gives so selflessly she said she wanted to serve the community. Alice is a signing officer for our operating account, a senior liaison which gives her the responsibility of running Think Tank sessions, she often speaks on behalf of the Society at functions and calls everyone for upcoming meetings including the AGM. That does not diminish her contribution at all meetings, she is open-minded and a progressive thinker. At the ripe age of 89 she has an amazing memory for detail. We always rely on her for historical information about the organization.

Speaking of historical information, I asked Alice about some of the changes in the community; she took a deep breath and continued to amaze me with her accuracy for detail. She told me that there used to be a motel where the community centre parking lot is today and one of the houses that formed part of the motel was moved behind the Three Links Care Centre. It is currently being used to house family members from out of town who come to be with their loved ones while they are receiving medical care. Then Alice told me about an old man, Mr. Tweetie who used to live in the Ravine in a shack, no electricity or comforts that we enjoy today. He lived until he was 106 years old. Alice made sure he was looked after and used to send him special occasion meals like turkey dinner on Thanksgiving. Mr. Boyd of the "Boyd Division" used to serve on Vancouver City Council and he made sure that Mr. Tweetie rights were protected and the shack did not get torn down until he passed away.

Alice and Jack had a makeshift swimming pool in their back yard (which Mr. Tweetie helped pour the concrete for) and they were one of the first families in the area to have a television, which meant that all the children from the community ended up at their house. Alice didn't mind, she said those were the days when everyone looked after each other.

Alice is such an incredible woman, so giving and so community conscious. I already considered her a friend before this interview but now I consider her an icon. In our 35th year as a Society I can not think of a more fitting person to honour; she represents what I aspire to be. Alice we sing your praises and thank you for all that you have given to our Centre but more importantly your community.



Note from the Nurse *by Carol Yi*

Diabetes and Foot Care

People with diabetes often have trouble with their feet. These problems are not just painful, they can be dangerous!

Diabetes can damage your nerves. If this happens, you might not feel hot, cold or pain in your feet. Little cuts or sores, if not cared for, can then become deeper and bigger sores called ulcers. This can be a very serious problem because diabetes can also cause poor blood flow in your legs. Without good blood flow, sores take longer to heal. If ulcers become infected, or foot tissue starts to die because of poor or no blood flow (gangrene), you may have to go to the hospital. In the worst cases, doctors may have to remove (amputate) toes, a foot or a leg.

Because diabetes may keep you from feeling foot problems, it is very important to:

- look at your feet every day to check for things like cuts, sores, ingrown or infected toenails, dry cracked skin or swelling;
- wear shoes that fit well so you don't get blisters, corns or bunions on your feet; and
- ask your doctor to check your feet at each visit.

October 2011



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
AM- <u>Presentation</u> Topic: "Safety in the Home" PM- Wii games Senses Alive	AM- Morning Coffee Arts, Health & Seniors 1PM- <u>Presentation</u> Topic: "Safety in the Home" Yarns of Fun	AM- Sit Fit Riddle & Giggles PM- An afternoon of songs with Lorraine Smith	AM- Turkey Facts Gentle Yoga <u>Thanksgiving Feast</u> PM- Thanksgiving Celebration Warm Hands	AM- Morning Coffee Turkey Tidbits & Tales Stretch & Stride <u>Thanksgiving Feast</u> PM- Bingo
10	11	12	13	14
Thanksgiving Centre Closed	AM- Morning Coffee Arts, Health & Seniors PM- Scrapbooking: "When you're smiling" Yarns of Fun	AM- The history of Octoberfest Gentle Yoga PM- OCTOBERFEST PARTY featuring Heart & Soul Accordion Music	AM- Beauty Spa Tongue Twister Sit Fit PM- Crow City Singers	10:30AM- Shopping & Lunch Outing to Brentwood Mall <i>No lunch at the centre</i> PM- Bingo
17	18	19	20	21
AM- News & Views Gentle Yoga PM- Bingo Warm Hands	AM- Morning Coffee Arts, Health & Seniors PM- Flower Arranging Yarns of Fun	AM- Podiatrist Sit Fit Wellness Discussion: Decluttering PM- Balloon Hockey Warm Hands	AM- Beauty Spa Sit Fit Pugnacious Visits PM- Guitar and songs with Pete Campbell	AM- Morning Coffee Stretch & Stride PM- Bingo
24	25	26	27	28
AM- Creative Writing Group Sit Fit PM- Armchair Travel to Germany Warm Hands	AM- Morning Coffee Arts, Health & Seniors PM- Beauty Spa Yarns of Fun	AM- Sit Fit Words of Wisdom PM- Sing-a-long with the gang followed by games	AM- Beauty Spa Sit Fit Shoe Shine PM- Songs with John Cronin	AM- Morning Coffee Color Therapy- Part II Stretch & Stride PM- Bingo
31				
AM- Sit Fit Ghost Stories PM- HALLOWE'EN PARTY				

Centre Programs - October 2011

Arm Chair Travel

We are taking off to exotic places from the comfort of our chairs. This month we are going to Germany



Bingo

Nerve-racking maybe, but fun absolutely! Always a favourite here at Renfrew-Colingwood 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

Oct. 14th, we will be heading out a shopping trip

Crow City Singers

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

Entertainment with John

The musical styling of John Cronin for your pleasure

Entertainment with Pete

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

Entertainment with Lorraine

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

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

Ghost Stories

With the theme of Halloween we will be sharing some spooky stories

Morning Coffee

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

Octoberfest Party

Oct. 12th we will be learning about and celebrating Octoberfest with entertainment by Heart & Soul Accordion Music

Podiatrist

Oct. 19th 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!!

Presentation

We will be discussing safety in the home

Proverbs

An apple a day keeps the doctor away, we have all heard it! Let's discuss and compare proverbs that we know

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?

Thanksgiving Celebration

Oct. 6th & 7th we will be enjoying thanksgiving meals and talking about the holiday

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

Wellness Discussion

Let's talk about decluttering of lives

Wii Games

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

Words of Wisdom

Share and compare advice and wise words in a group discussion

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

Member Profile - Louis Cheng.



Renfrew Collingwood Seniors Society is pleased to welcome our newest member, Louis Cheng. Louis is a modest, gentle mannered man and when asked if he would like to be featured in the newsletter, he seemed a little unsure of what to expect. Louis was born in Gilbert Island, a remote island, near Fiji. In his younger days, he enjoyed swimming, riding his bicycle, fishing, crabbing and catching wild chickens to eat for supper. He comes from a large family, by today's standards, with two brothers and three sisters. Louis' face lights up as he describes meeting his beautiful wife, Philimena, in Fiji, whom he met at the age of 31. Louis worked as the Manager for the Hasting Car Wash for many years. He was a hard worker and his greatest joy was to provide for his family. Recently,

Louis travelled to Australia and New Zealand for a family reunion. His son currently lives in Australia and it was a very special memory for Louis to visit him there. When asked what advice he might have for the younger generation, Louis replies with a smile, "Be yourself. Don't pretend to be someone else" Thank you, Louis, for your wise words, for sharing your history with us and welcome to the centre!



Message by Wai Yee Chou

Autumn has settled itself in and we're now experiencing the cool, brisk air that September has left behind. As we enter the falling colorful leaves of October – the month of thanks, we start to

appreciate more and reminisce on the memories we've encountered in the past from countless delectable Thanksgiving meals to carving Jack o' lanterns during Halloween holiday. Since Thanksgiving is coming near, families and friends will come together and celebrate this once-a-year event where thanks and appreciation is most offered and received. We combine dishes assorting from the infamous stuffed turkey to the tasty cranberry sauce and gravy and the fresh cut fruit and pies. We all know the whole feeling is incredible and should be most cherished, especially when surrounded by our loved ones. We should always be thankful for all that we have and keep. On the other hand, following all the celebration and the Thanksgiving feast, comes the fun and games when Halloween turns the corner. It's that time to dress up in our fancy creative costumes, gather up a load of candies, chocolates and treats to give to the anxious children waiting at the doorsteps for their bags to be filled. I remember it always being the time where most kids are counting down to after summer ended.

Since summer ended, we now welcome the merry and joyous festive season awaiting us.

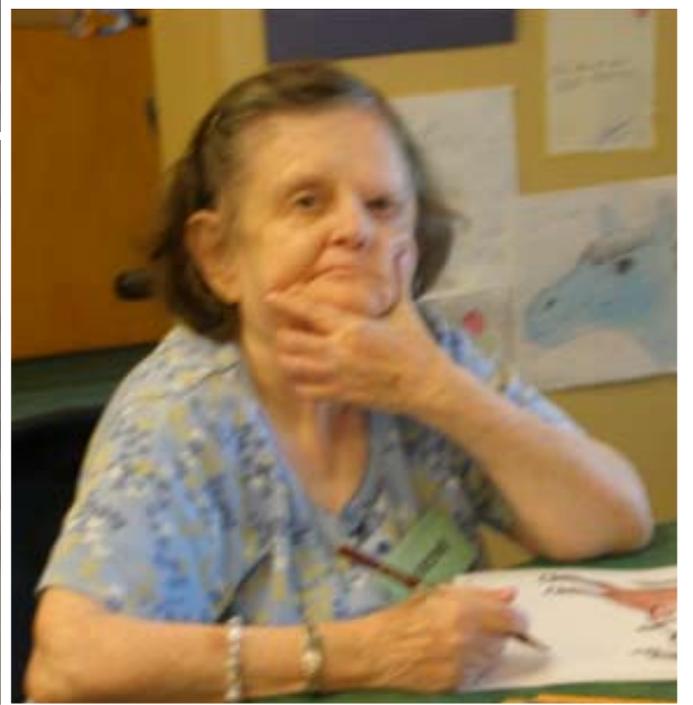
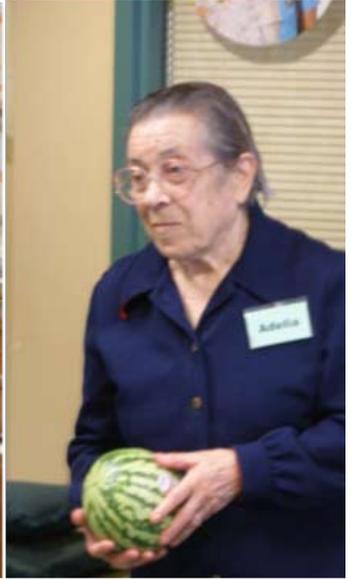
Wai Yee Chou



Teacher of the Day...



RCSS moments...





Open House
Sundays 2-4pm



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Upcoming Events

Renfrew-Collingwood Seniors' Society Annual General Meeting Will be held on Saturday, October 15th, 2011 11:00 a.m. at the Centre

Social to Follow

Resolutions must be submitted to Renfrew-Collingwood Seniors' Society by September 30th, 2011.

Any questions regarding the Nomination Procedure may be directed to our Nominating Committee Member Elaine Moody rcssboard@gmail.com

Membership Fees of \$10.00 must be paid before the Annual General Meeting

Please consider becoming a Board Member; talk to Elaine if you are interested.

Craft Sale
Items include knit hats, sweaters, blankets
Cartoon Tissue Box Holders, etc...

50/50 Draw

Happy Birthday!

October Birthdays

**Eunice Oct 21
Alma Oct. 30th**



Important Events

*Thanksgiving
Oct.10th
Centre Closed*

*Brentwood Outing
Oct.14th*

*Annual General Meeting:
Saturday Oct.15th*

Podiatry Oct.19th



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!



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"Taking Seniors to Heart"

