

"Taking Seniors to Heart"



# SEPTEMBER 2011 NEWSLETTER

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

## HELLO FALL



## 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.

## CONTRIBUTORS

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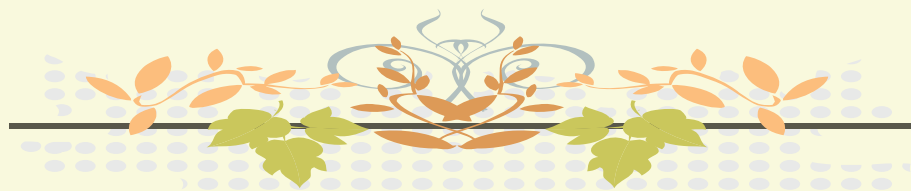
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# RCSS Management

## Board of Directors



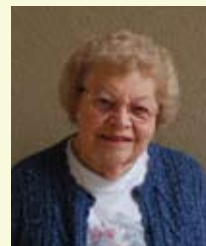
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Kamaljeet Kler



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Olga Smirnova



Fiona Lastoria



Poonam Kaila



## A Message from Donna...

Since we are into the second quarter of our fiscal year I thought I would give you an update of what is happening at our Centre.

**Staffing;** Tien Vinh resigned after being on sick leave for four months. I would like to take this opportunity to thank Tien for her service to the organization and we wish her well in her future endeavors.

I am delighted to announce that Fiona Lastoria is our new Program Coordinator. Fiona brings 20+ years of experience in the Therapeutic Recreation field. She is enthusiastic, passionate, has never-ending ideas, great sense of humour and is a wonderful addition to our team. Fiona will officially start in the position on September 20th. For those of you, who were concerned about not keeping her, say no more, your wish is our command. Welcome Fiona!

Our dedicated summer student Poonam Kaila will head back to school to prepare for a career in law. Poonam has been a pillar around here all summer and I could not imagine how I would have coped through all the uncertainty of staffing and juggling of responsibilities; thank you Poonam. It's been great having you here full time for the last few months. Luckily for us though she will continue to do the newsletter.

A special thank you goes out to Chris York as well as he has been juggling teaching and other jobs to assist us in delivering quality programs here at the Centre. Chris is an extraordinary young man and we look forward to having him back as soon as I find the funding to hire him.

All the staff has been awesome through this transition by assuming additional roles and responsibilities, it's nice to have people working here who are so supportive of each other.

**Chinese Program;** Our numbers in the Chinese program has dropped significantly and we have

no choice but to merge the program with the Community Days. I am in the process of planning a couple of activities that appeal to the seniors from the Chinese culture and I hope that we can continue to interest them in the centre programs.

**CASI:** The CASI initiative has been extended for another year so please take advantage of the services that are offered in that program. If you need any assistance or information please let me know but I am working on having a coordinator here at least one day per week.

**35th Anniversary Year;** On October 19th Renfrew-Collingwood Seniors' Society will be celebrating its 35th anniversary. We plan have having a celebration on Saturday, October 15th at our Annual General Meeting; please mark your calendars and come help us celebrate our success.

**Direct Appeal;** Some of the financial support that we receive is conditional on us raising money to match what the funders are contributing. The programs that we offer are expensive and we have no choice but to contribute to the cost. In September we will be sending out requests for donations as part of our fundraising campaign. Please remember that we will provide a tax deductible receipt so you can claim it on you income tax. If you can not afford a lump sum payment we could arrange a small monthly billing if that makes it easier for you.

**Food Security:** If you have fruit trees, excess vegetables or berries and can not harvest them please let me know as there is a food security program in the community and they may send people over to get them and use the fruit for community kitchens or food bank.

*That's it for now – all is well.*

*Donna Clarke*

# Message from the board



Hey Friends,

Summer is almost gone, yet we have not had very many warm summer days to enjoy. Although, August has been a bit better and it seems like the good weather may last a while longer. August has been an eventful month. We had the B.C. Day holiday, which was a lovely day. Also, we were blessed with the PNE, which lasts for 15 days, to enjoy shows, concerts, food, fireworks and the rides; it is fun for everybody. As well, India and Pakistan celebrated their independence day in August, marking 64 years of freedom from the British Empire. This is an important event for many South Asians; they commemorate it around the world. Another auspicious occasion for many South Asians is Ranksha Bandhn (also known as Rakhi); it also takes place in August. This is a day for brothers and sisters to celebrate the importance and love of their relationship. Sisters usually tie a fancy or simple thread/ribbon on their brothers' wrist, the brother in turn promises to take care and protect his sister. Along with this promise the brothers give a gift to their sisters; most likely money. I will tell you more about the history behind this day next year. But now the question is what are we going to do this fall. In my opinion, the best thing to do is to find a new friend or some new friends to share our memories and happiness with. It is easy to find friends but the tricky part is keeping them. I think if we give and take equally it might last long. But being happy and sharing your happiness in this world is not hard at all. It is as simple as a nice smile which can make someone's day; sometimes giving something to others can make your day. It's a good place to start! At the centre we were discussing friendship; thus, I was inspired to talk a bit about the topic. Everyone has a different idea about friendship. Here is a little poem I wrote on my views:

***Friends are always friends  
If their sorrows and happiness you  
share  
Friendship lasts forever  
If you give your friend your honest  
love and care  
Finding these kind of friends is not  
impossible  
but is very rare***

I encourage you all to give all your friends a great big hug today and give everyone you see your best smile. God bless you. Be happy and healthy that is my only prayer

Love you all!

*Kamaljeet Kler*







## Note from the Nurse

**Constipation** is a common problem. It is a symptom rather than a disease, that results from stools moving through the large intestine too slowly. This condition can vary

greatly from one person to the next because different people have different bowel habits. For example, one person might normally have one or two bowel movements per day while another person might normally have three stools a week.

People who are experiencing constipation may have bowel movements less than three times per week or may feel as if they have stool in the bowels after going to the bathroom. Stools may be hard and dry and the person may have difficulty passing stools or feel the urge to strain to have a bowel movement. Bloody stools or a bloated feeling may be a sign of constipation. People who have very watery or thin stools may have constipation or an impaction in which liquid or thin stools are passing around the blockage.

Although people of any age can experience constipation, seniors may be at higher risk for this unpleasant symptom caused by a variety of factors, such as diet, exercise, bowel habits, medical conditions, and medications. Seniors may have a combination of two or more risk factors, which makes constipation even more likely

Chronic constipation is unhealthy because

toxins are formed and absorbed when waste remains in the intestines. Also all the straining and forcing can definitely put a strain on your entire body. This could trigger an attack of chest pain. The straining may also cause a fainting due to transient reduction of blood supply to the brain. Therefore, it is very important to prevent and relieve constipation.

The following are some of the ways that you can use to treat and prevent constipation from occurring.

*\*Eat more fruit and vegetables. These high fiber foods bulk up stool making it easier to pass.*

*\*Drink lots of fluids (water is best). This helps to make stool softer.*

*\*Practice relaxation techniques. Stress can cause constipation.*

*\*Exercise regularly.*

*\*Do not ignore the urge to have a bowel movement.*

*\*Allow time (15 min. at least) after breakfast to sit on the toilet. Relax and don't strain.*

Consult with your doctor about your medications. Some medications may cause constipation. Do not take harsh laxatives unless directed by a doctor.

*Carol Yi*



# September 2011



Monday	Tuesday	Wednesday	Thursday	Friday
			1 AM- Gentle Yoga Beauty Spa Words of Wisdom PM- Shoe Shine Remember when: "Those Working Days"	2 10:30 Shopping Trip to Brentwood Mall <u>No lunch at the centre</u> PM- Bingo
5 Labour Day Centre Closed	6 AM-Morning Coffee Arts, Health & Seniors PM- Autumn Leaves Craft Yarns of Fun	7 AM- An Apple A Day- Proverbs Fitness with scarves PM- Noodle hockey Card making	8 AM- Beauty Spa Sit Fit Pugnacious visits PM- Crow City Singers	9 AM- Coffee & Chat Stretch & Stride PM- Bingo
12 AM- Tongue Twisters Sit Fit PM- Men's Group: Peanut Gallery Minute to Win It Warm Hands	13 AM- Morning Coffee Arts, Health & Seniors PM- Scrapbooking: "When You're Smiling" Yarns of Fun	14 AM- Riddles & Giggles Gentle Yoga PM- Pilipino Dancers Card Making	15 AM- Beauty Spa Sit Fit PM- Music with Pete Campbell Disability Credit Presentation @ 4pm	16 AM- Coffee & Chat Stretch & Stride PM- Bingo
19 AM- News& Views Gentle Yoga Teacher of the Day: Kamaljeet Kler PM-Armchair Travels to The Philippines Warm Hands	20 AM-Morning Coffee Arts, Health & Seniors Teacher of the day: Lois Ketcheson PM- DISCUSSION Color Therapy Yarns of Fun	21 AM- Fall poems & reminisce/ Sit Fit Teacher of the day: Albert Cone PM- Entertainment John Cronin Autumn Leaves Craft	22 AM- Beauty Spa Sit Fit Teacher of the day: Alma Mc Dougall PM- Gordy Van Performs	23 AM- Coffee & Chat Stretch & Stride Teacher of the day: Lillian Liu PM- Bingo
26 AM- Word Opposites Sit Fit PM- Horse Races Warm Hands	27 AM- Morning Coffee Arts, Health & Seniors PM- Beauty Spa Yarns of Fun	28 Step Out Trip to TROLLS  <u>No lunch at the centre</u>	29 AM- Beauty Spa Sit Fit Pugnacious visits PM- Balloon Hockey Warm Hands	30 AM- Coffee & Chat Gentle Yoga PM- Bingo



# Centre Programs - September 2011

## **Arm Chair Travel**

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



## **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**

Sept. 2nd, we will be heading out a shopping trip

## **Craft**

We will be working on a seasonal craft, making autumn leaves

## **Card Making**

Designing and decorating cards for special occasion

## **Confederation Singers**

Enjoy the musical styling of the Confederation Singers

## **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!

## **Fitness with Scarves**

An innovative way to have fun while exercising

## **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

## **Gordy Van**

a special performance by a talented musician

## **Honouring Teachers**

Let's take the time to show some appreciation to one of our own

## **Horse Races**

And they are off! who will reach the finish line first

## **Minute to Win it**

Attempt doing various tasks within the time limit

## **Morning Coffee**

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

## **Filipino Dancers**

The Filipino Seniors will come dance and sing with us

## **Pool Noodle Hockey**

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

## **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

## **Reminisce**

Looking back at life Riddles & Giggles. It's comedy hour at RCSS. Bring your laughs and jokes; be prepared for a humorous day

## **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

## **Step Out**

We will be going to Trolls on Wed. Sept 28th

## **Table Games**

Sit around the table chat and play one of your favourite games, any-one 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

## **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

**Albert Cone** is a thoughtful, quiet-spoken man who visits the Renfrew Collingwood Seniors Centre on Wednesdays. No doubt much of his thoughtfulness is due to his many years as a physics professor. As his last name suggests Albert is of Irish descent but is a 5th generation American. Born in Philadelphia, Albert grew up in Boston, Massachusetts. Albert attended nearby Harvard on scholarship where he received his Ph.D in physics. Albert came to Canada in 1967 by way of North Portal Saskatchewan before landing in Vancouver. He has called this city home ever since.



Albert met his wife Elaine in Cambridge, Massachusetts and together they made the big trip west. Albert began teaching physics at Vancouver's Langara College and together they settled in to their new home. Albert and Elaine adopted four children, two boys and two girls, between 1968 to 1972 and the Cone household was a hive of activity.

When I asked Albert what he wrote his thesis on at Harvard a smile played at the corners of his mouth and he looked wistfully up to the ceiling, and with eyes closed said, ***"Inelastic Electron-Proton Scattering"***. It's obvious Albert still enjoys the world of physics.

Some of Albert's interests include singing and playing music. As it turns out it was more than just an interest as Albert played bassoon in the Vancouver Philharmonic and the West Coast Symphony. He also played the oboe the flute and there's a twinkle in Albert's eye as he mentions that in 1996 he took up the standing bass. From a physics perspective Albert says that today he is interested in observing the work being done with particle physics, elementary particles and quarks. If you're wondering what the heck those are you're not alone!

It was a pleasure to talk with Albert and find out a little bit about him and how fascinating he is. When I asked Albert his opinion on Einstein he chuckled and said, ***"Einstein was a lady's man!"***



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### ***It is hard to imagine***

that we are soon to say goodbye to summer as we have not experienced the warmer temperatures that one would expect. As we enter the month of September,

I find myself feeling a little homesick for the East coast as I can fondly remember the changing hue of the leaves. My family would go for long walks amongst the fall colours and the crisp fresh air was a refreshing break from the humid summer months. My brother and I would help out by raking the leaves and took great joy in jumping into the piles from the first branch of our maple tree in our backyard. Our grandmother also once told us that catching a falling leaf would bring us seven years of good luck and we would spend hours chasing those gold, crimson and scarlet leaves!

September is best known for two significant events, the first is Labour Day which falls on September 5th this year and the second is the commencement of the school year. This month in consideration of Labour Day and back to school, we are going to be honouring the teachers. Perhaps you can remember a teacher who had an impact on your life? Here at Renfrew-Collingwood Seniors' Society we have several teachers. They include Kamaljeet Kler who worked as a principle, Albert Cone who was a University Professor of Physics, Alma McDougall taught grades one through eleven, Lillian Liu teaches piano and Lois Ketcheson teaches knitting.

We would like to thank them for their years of service in teaching and congratulate them for the compassionate work that they have done and continue to do! Happy September Everyone!

*Fiona*

# Friendship

A Poem by The Seniors of  
Renfrew Collingwood Seniors Society

Caring, sharing, companion  
The things you tell a Friend  
Never go anywhere else  
They remain with your Friend in trust

My Friend is very kind  
My Friend gives comfort  
Friend means never being lonely  
Best Friends mean good company

Warm, happy, gladness  
A Friend is like a light house on a dark ocean  
guiding you when your lost

Friendship is helping  
Friendship is kindness  
Friendship is happiness

You Can Always Count On A Friend





# RCSS moments...









Open House  
Sundays 2-4pm



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## 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.

Also featuring a **Craft Sale  
& 50/50 Draw**  
Items include knit hats,  
sweaters, blankets  
Cartoon Tissue Box Holders,  
etc...

### Donation Needed

Hello Everyone,  
We are currently looking for sun  
hats and sunglasses donations  
If you are interested in donating  
please call Fiona/Donna @  
(604) 430-1441  
Thank You!

### Happy Birthday!

#### September Birthdays

<b>Rosa F.</b>	<b>8</b>
<b>Guo Liang</b>	<b>10</b>
<b>Lois</b>	<b>11</b>
<b>Bobby</b>	<b>16</b>
<b>Heinz</b>	<b>24</b>
<b>Sonia C</b>	<b>27</b>
<b>Kanwal</b>	<b>28</b>
<b>Mauro</b>	<b>29</b>
<b>Barbara</b>	<b>29</b>

## Upcoming Events

### Important Events

**Brentwood Outing**  
**Sept 2nd**  
**Labour Day Centre Closed**  
**Sept. 5th**  
**Tax Talk**  
**Sept. 15 @ 4pm**  
**Step Out to Trolls**  
**Sept 28th**  
**Annual General Meeting**  
**Oct. 15th**

### Presentation on Disability Tax Credit

**Thursday,**  
**September 15th**  
**at 4:00**  
**Graham C. Laschuk**  
**Disability Refund**  
**Specialist**  
**Enabled Financial**  
**Solutions Ltd.**  
**Vancouver Branch**



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*The SkyTrain is on our doorstep!*

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



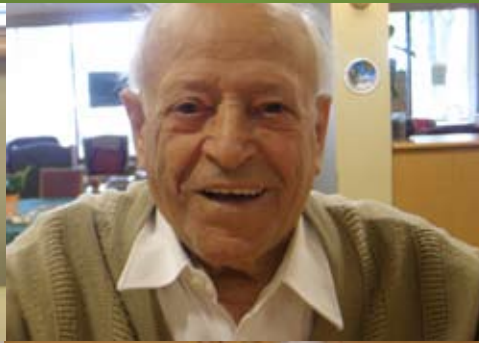
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