

RCSSNEWSLETTER

2970 E. 22nd Avenue Vancouver, B.C. V5M 2Y4

www.rencollseniors.ca



HAPPY EASTER



ABOUT 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 INFO AND TABLE OF CONTENTS



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

Donna, Fiona, Carol, Chris, Marilyn,

Photography:

Olga, Donna, Shannon, Fiona

EDITORIAL TEAM

Donna, Pamela, Poonam

CONTACT

Written articles and requests to this newsletter are welcome.

Contact Donna Clarke.

Telephone: 604.430.1441

Fax: 604.437.1443 Email: rcss@shawbiz.ca

Printed and designed in Canada by www.design2print.ca



APRIL 2012

Features

About RCSS	2
RCSS Management	
Thoughts from the Board	
Message from Donna	6
Program Article	
Program Calendar	8
Centre Programs	9
Health Talk	1
Member Profile	1
Pictures	2 & 13
Upcoming Events	15



BOARD OF DIRECTORS



Poonam Kaila



Kim Van Wyk



Tara Abraham



Charlotte Tsang



Alice Frith



Matthew Brikis



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Ellison Fernandez

STAFF



Donna Clarke



Wai Yee Chou



Carol Yi



Shannon Ingersoll



Thomas Turnbull



Olga Smirnova



Fiona Lastoria



Chris York

THOUGHTS FROM THE BOARD

APRIL- my favourite month! On the first of April you get to play pranks on your family and friends. The history of April Fool's Day is uncertain but the current thinking is that it began around 1582 in France. Harassment evolved over time and a custom of prank-playing continues. The tradition spread elsewhere - to Britain and Scotland in the 18th century and was later introduced to the American colonies by the English and the French. It is considered bad luck to play a practical joke on someone after noon. So, no matter where you are on April 1st, don t be surprised if April foolery falls playfully upon you.

This year we have Easter in April - Good Friday April 6th and Easter April 8th. The modern symbol of the Easter Bunny comes from pagan times. The tradition of the bunny leaving a basket of treats such as Easter eggs and chocolates on Easter Day is common in Canada and America but not in Britain. Parents of American children often hide eggs in the garden for children to find. The idea of an egg-laying rabbit went to America in the 1700s through immigrants arriving from Germany.

Also, spring gets the Fundraising Committee into action. The ladies of Yarns of Fun have created a beautiful afghan which is the first prize of our Spring Raffle being held April 3rd. If you haven t yet purchased a ticket please do so quickly - all proceeds go toward programs at the Centre.

Lastly, this is my birthday month - I love diamonds - the birthstone of April. Enjoy Spring to the fullest - don't you just love the crocuses, daffodils and tulips coming into bloom! A time of renewal.

Marilyn Jennings



MESSAGE FROM DONNA



"If you don't use it, you lose it."

The beginning of our fiscal year started on April 1st and I can only hope to maintain the same attendance levels that we experienced last year. We are very fortunate to say that we had over 100% occupancy even with a 25% increase in numbers. That means we more than lived up to our contractual agreement with Vancouver Coastal Health to provide care and service to seniors in the community.

I would like to point out, however, that the occupancy rates are under scrutiny for all Adult Programs because there are huge wait-lists at most centres. We have been informed that if clients/seniors have not attended the program for a month, they will be given a warning that they may lose their space. As the saying goes, "If you don't use it, you lose it." It is understood that the clientele we serve will be away for doctors' appointments, minor surgeries etc. However, be mindful that we have a wait-list and there are a lot of people who are in need of this community service. Not only do we have a wait-list to get into the program, we have clients who are already attending that want to increase the number of days that they are coming.

Please understand that to have support in place these days is a blessing. I am aware of a lot of cut backs to home support and other health services, so do your best to keep your regular attendance at the programs.

Happy Easter! Be good to yourself and your loved ones and make sure you spend some quality time together.

All is well.

Donna



PAGE 7

The Need For New Learning

Hi everyone!

We're into April now and leaving winter behind us. The flowers and blossoms are emerging all around us. I think you'll agree that nowhere smells better and looks more beautiful than Vancouver in the spring!

Spring reminds us of new beginnings, and I want to mention that a danger for many seniors is getting stuck in the thought that life is all in the past and there is nothing new in front of us. I think it is important to learn throughout all our lives, and every day is an opportunity for us all to do that. New revelations and understanding are possible everyday. Learning is one of the most important things we can do, and although it can seem daunting to do things we're unfamiliar with, if we make the effort we usually find that it was worth it.

At the Renfrew-Collingwood Seniors' Centre there are many opportunities to learn, such as through discussions, crafts, performances, presentations and programs. Some programs can almost feel like a school class (language lessons anyone?).

Life is continually changing. The world we grew up with and are familiar with has changed. I grew up with TV. I never knew a day without it. For me, the cell phone and computer are the new technology of my generation. But even though the computer has emerged during my life time and I use it regularly, the technology is advancing so fast it's leaving me behind, so I know how many seniors must feel when faced with the prospect of being exposed to it.

Still, we can use computers for our benefit without having to know everything about it. We don't have to know how a telephone works in order to benefit from it, and the same goes for computers.

Computers are something very special that need to be considered, regardless of what stage of life you find yourself. A big part of the computer is the internet. The internet is a vast network of

information created by all of humanity and everyone can access it through a computer.

Here at Renfrew-Collingwood we are beginning to utilize the computer more and introducing it to some programs. Last month many of you joined me for Internet basics- a quick introduction to the computer and the internet, where we looked at how information can be searched for. We looked at some maps that were created by satellite images and even found the street Teresa once lived on in Italy. That is just one of the magical ways internet can be used to enhance your daily experience.

This brings me back to the theme of spring and how it symbolizes new beginnings. It's never too late to learn something new, and becoming familiar with the computer and using it to access the internet will have unforeseen benefits for all who use it.

New things, especially something as mysterious and powerful as the computer and internet, can seem overwhelming and daunting but never fear! That's where I come in- to teach and support you as you learn about this fantastic new technology. I hope you will join me in the months to come as we learn together how to use the computer and then, once we're comfortable we'll move into discovering the internet and what we can do with that.

It's an incredible tool, and you'll be amazed at the ways it can enrich your lives:)

I look forward to working together on this new endeavor.

Best regards,

- Phris

APRIL PROGRAM

			<u> </u>	
? ????o	?????? O	3 33333330	????????O	??? ? ??
V	h	r	F	i
		?? d ?? ??√? F?		
	212 d 3 23 23 33 31 31 31 31 31 31 31 31 31 31 31 31	222F2 g	22 dam 22 vg 23 2	3 3 3 3 3 3 3 3 3 3 3 3 5 O
20 2L? ????AAtip	?! t t v???	2 ta2S 2i v3vt 39 LA39 2233022 39 2223022		<u>??????????????</u>
?t ??A?	20272S 22i VE g	2 2 /	????????? ?Av t Fg@t @?? !A v?F	
22 3732633332 222 /	? F? ?? ??! ?		?L?i??tLA???RA3VA	
22 y x x x x x x x x x x x x x x x x x x	22 d #22 vg#2 2 t F		22 yan22an2anan2ab an2	?
	?MA. √? F##tii?vA	? ??!?!?!?! ??!?	na 2222 2222 1 2222 1 2222 1 2222 1 2	?
?? ??Ft ?? E VA	?1€ i A?t ?1891Li	?	? /A √2 F ??? ? ?	?
4 se ss sV sh				
????????? ?????o	?? d # FvAT# ?? v?	22 /**** 2 ?? 2?2?2		????!!!!????!!!!
???? ??? ? ?? ????	o i 🏗 FA	m B ?????????	? ta?S ?iv3vt?? LA??	????? ?????????
		??i vææt ??	?	? ???????????????????????????????????
?	22 day 37 37 3 2A2	TO YOUTH A	22 d ## 22 M ## ## b### 22 22	3.5.5.5.5.5
	?IFIiA?t?®PLi	? F ???!! ?t	2 F2 April 2 2 2 2 2 2 2	
		?F39i ?A?? 3913#?39	? F S ?? P ?A	?? dimmin ?t ?
si	s 2	s3	s4	Wé
77712 y y 2771 27 i v 3771 1771 t 272	22 d		TTO CONTROL VENT ?	20 dan t Fi ai 2000 t 222
212 2122 21222 AAtip	? FvAT?? ?? v?	② LvF3sti 2392	② ta②S ②i√®vt®n LA??	②LFF⊡i√oooa?ivA
?t ??A?	o i 🏗 FA	201/51 01 And 2019gt L	?	2VH2V2130 120VH2212
22 3 22 2 3 2 <i>1</i>	?? d # ??? ??# ???????		?	
		?? d ??????		
?? d ?? ???? § ?A	As 5.5345 O345.5 5.55	? ?? ?????	ee deet S Lvertee A tee A	?? dimm ni ?t ?
212 vtti 31 230, 3v23392 F3A	•	?! ?!? ??? !	? ?v?AmthmmLAm?	
? E S ??? ? ?A	?IP i A?t ?IP?Li	? PS 271 12 2A	? ! S ?? ! ?A	
Wh	W	₩.	W	W2
?? d ?????\	212 dan Fvatan 212 v2		22 dam 22 vg 23	22 d
212 2L2 22772A4tip	o 🏧 i 🖪 FA	? F? i f? § ?A	? ta?S?iv?wt???LA???	? t Fi i ?!!!! t ????
?t ?? A ?	_			n? ?? ∨BA331 33 ?L?rn
1 '		· ·	??	
2 F2 Approfile	? F? i ?? S ?A	2 3 L v23vt 22 3 23v	"Hooray for Hollywood!"	??i v ????t ??
②tS L√②FXX?AXXA	<u>?18</u> i A?t ?1891Li	2F371 2A22 3713F23712	 2 tali√227 F277 F22738 ti2	?
2 t ????? P S ?? P 2A		? E S ?? @ ?A	??g	777.2 d 777.3 2t 2

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

RCSS PROGRAM

Arts, Health and Seniors

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

Ballroom Dancing Day

Whether it be the waltz or the tango, we will enjoy fun and dancing

Babershop Quartet Day

Singing in melody and harmony, a musical themed day

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.

Card Making

Time for some crafts, let's decorate!

Cartooning with Chris

Our resident artist will be showing us his work and drawing for us

Crow City Singers

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

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

Golf

Fore! Practice your aim and swing with a friendly game of golf

Guest Speaker

We will discuss healthy eating for seniors

Easter Craft

We will be decorating Easter Eggs

Language Lessons

We will be learning Polish!

Melody Makers

Celebrate a spring fling with entertainment by the melody makers

Mike's Critters

Mike's coming in with all his creepy and crawly friends

Movement to Music

Exercise to the rhythm and beat of the music

Morning Coffee

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

Nookta Elementay Visit

The grade 3 students will be coming in to learn with us

Nutrition Talk

Vitamins and you, we will discuss the importance of vitamins for you

Pajama Day

Wear your comfy pajamas in to the centre

Pool Noodle Hockey

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

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?

Tour

Our Friday group will be heading to Charlie's Chocolate Factory

Warm hands

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

Wii Games

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

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

HEALTH TALK

EXERCISE OF THE MONTH

MINI SQUATS (small squats only, DO NOT bend too far)

- 1. Stand facing the sink with your feet apart. Hold on with both hands.
- 2. Bend knees slightly. Keep your heels on the floor. Remember, do NOT bend too far – a small squat only.
- 3. Hold for a few seconds if you can.
- 4. Straighten up.
- 5. Repeat 3 to 5 times
- 6. Gradually do one more every few days or week until you can do 15

Progression:



FALL PREVENTION SERIES

Risk Factor 3 防摔倒 图列- 危 因素 3 - Alcohol Use 酒精使用

What Can Cause Over-Use of	What you can do	Where to go or Who to Phone
Alcohol		
o Using alcohol to aid sleep (alcohol is a central nervous	o Record how much and why you are using alcohol.	o Access Central - Detox Referral Line Provides phone numbers to
system depressant which	ag a	alcohol/drug addiction services in
disturbs normal sleeping	o Learn about how your body responds	your area. 1-866-658-1221 戒毒介
patterns).	differently with age.	绍连线会提供你所在地区有关酒
		精及药物成瘾服务的电话号码。
	o Find out whether your feelings are common so you can find healthy ways to	o Seniors Well Aware Program
	deal with them.	(SWAP) - Offers information,
o Using alcohol to relieve aches and pains (alcohol can		support groups, withdrawal management and in home
cause greater aches and	o Share your feelings with someone you	counseling on alcohol and
pains). □□□□ □□	trust such as a family member, friend or senior's peer counselor.	medication use as well as
	o If	problems related to misuse. 604-633-4236 (24 hours) SWAP24/
	you are feeling sad or nervous, do not feel	时提供有关支持团体,戒断治疗
o Loneliness.	like eating, or start losing interest in your	的信息以及家庭辅导有关酒及药
a Sadnaga or depression	activities talk with the community nurse, a counselor or your family doctor.	物使用和误用相关的问题
o Sadness or depression.	, ,	o Alcohol and Drug Information
		and Referral Service604-660-9382
o Grief and loss.	o Join a community group or activity.	酒精和药物信息及转介服物
o Boredom. □□		o North Shore Adult and Seniors
o Stressful situations.	o Talk with societies or groups that are	Addiction Day Program 604 -
	trained to counsel on alcohol misuse.	904-6180 北温成人和长着成
		瘾日间计划。
		o Richmond Alcohol and Drug
	o Tell your doctor about your aches and pains and discuss ways to manage the	Action Team 604-270-9220 列治文
	problem.	│ 酒精和药物行动组。 │
		o ACCESS ONE 604-658-1250



MEMBER PROFILE

KATHLEEN

You would never guess that Kathie's dream as a little girl was to be a mannequin in Hollywood!! Although she never made it to Hollywood, she did travel a long way to grace our centre with her warm smile and laughter. Kathie was born in England with 5 sisters and 2 brothers. Her cousin, who was on leave from the Canadian Army, visited her family in England and invited her to come to Vancouver after the war ended. At that time Kathie was the only one of her sisters to remain unwed and she considered the invitation. When the war finally ended, Kathie's aunt and uncle sent another invitation and she stepped aboard the Queen Elizabeth and set sail to Vancouver. Scared and excited her adventure began. She spent 5 days aboard the ship and shared a cabin with a young woman who became one of her dearest friends.

Kathy met Wilfred (Mack), her future husband, the first day she arrived and they began dating a short time later after a picnic on Bowen Island. The two were married the next year with a blissful 59 years to follow. Unfortunately her husband passed away just shy of their 60th wedding anniversary. Kathie boasted that Mack was a perfect "fit" for her and they went on to have 3 sons; Jerry, Rick and Danny. Kathie is fortunate now to have all of her sons nearby who love and support her.

As a young lady Kathie loved dancing, music and movies. She spent her evenings after work dancing the jive, jitterbug, and ballroom but her most favourite of all was the tango!!! One of her favourite actors was Dorothy Lamour and she admits to having a crush on the opera tenor, Mario Lanza. He was the only man other than her husband to steal a part of her heart. She says she used to listen to the song Be my Love over and over again until one day her husband stepped on the record and it broke. Kathie laughed when she shared this and still remains skeptical that it truly was an accident.

Today Kathie enjoys reading a good novel, her favourite authors being Janet Evanovich and Mauve Binchi. She says that she really enjoys coming to the centre and spending time with everyone. I am sure I am not the only one that would say it is an absolute gift to have her join us here at Renfrew-Collingwood. We look forward to dancing many dances with our new friend Kathie...maybe you can teach us how to tango!

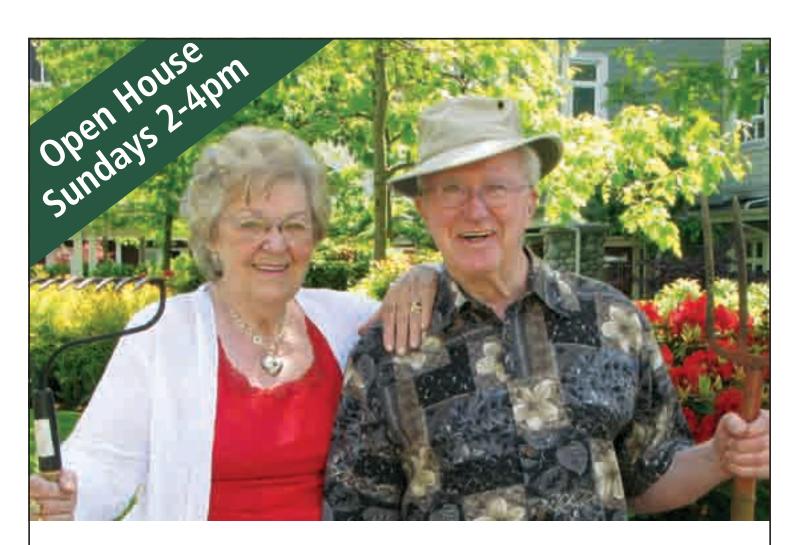
Welcome Kathleen!

RCSS MOMENTS...



RCSS MOMENTS...





Enjoy Life to the Fullest

When you live at Shannon Oaks you'll have more time to smile.

An independent seniors living community, experience the freedom and independence to do exactly what you want, when you want.

Stay active and live well. Life at Shannon Oaks includes a great selection of daily activities to choose from, delicious home-cooked meals, and weekly-housekeeping of your private suite.

Visit us today for a personal tour and come see why you'll want to make Shannon Oaks your home.

VANCOUVER | 604.324.6257 www.shannonoaks.com



April Birthdays

- 6 Teresa
- 12 Rosa C
- 15 Marilyn
- 16 Mariam
- 20 Doris (Dorothe S.)
- 21 Donna

??? ??????? 📆



EASTER RAFFLE

Tuesday, April 3 at 2:00 pm

 1st Prize- Handmade Afghan by Yarns of Fun
 2nd Prize-Children's Sweater with Matching Toque
 3rd Prize- Set of Dishes for Four People

Tickets are \$2.00 each or three for \$5.00



Important Dates:

?

Centre Closed
April 6th and 9th

?????????????

?



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.



OPEN HOUSE 7 Days a week 9am-4pm

CHELSEA PARK

Inspired Lifestyles for Seniors

New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

For a personal visit today, contact Joan Mitchell at 778.689.1422 • www.chelseaparkbc.com Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver

RENFREW-COLLINGWOOD SENIORS' SOCIETY NEWSLETTER













