



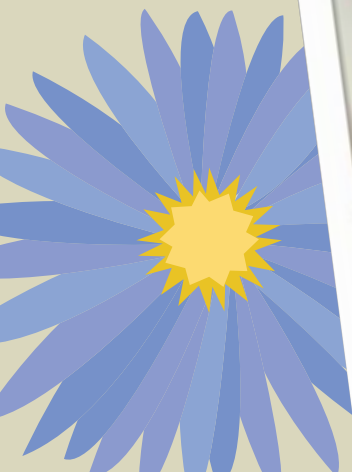
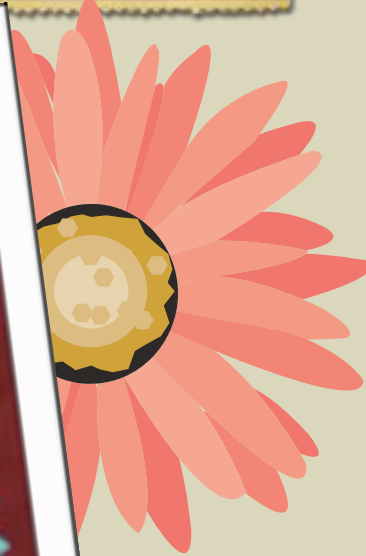
RENFREW COLLINGWOOD SENIORS' SOCIETY
蘭菲高靈活耆英會

NEWSLETTER

August 2012

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



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 by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing healthy 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 a cheque or money order along with your return address to:

Renfrew Collingwood Seniors' Society
2970 East 22nd Avenue, Vancouver BC, V5M 2Y4





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 hel
and support of all the seniors, anc
distributed to a wide number of
people in the community.

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Renfrew Collingwood Seniors' Society Newsletter August 2012

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A big welcome and thank you to our wonderful volunteers!

Board of Directors



Kim Van Wyk
Chair



Matthew Brikis
Treasurer



Ellison Fernandez



Alice Frith



Poonam Kaila



Charlotte Tsang



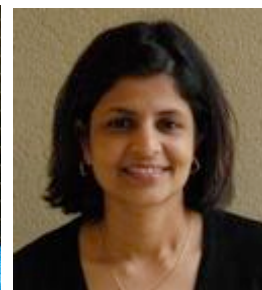
Elaine Moody
Secretary



Kamaljeet Kler

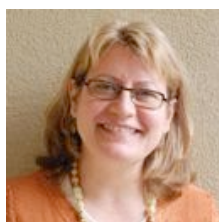


Marilyn Jennings



Tara Abraham

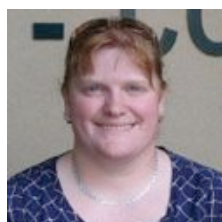
Staff



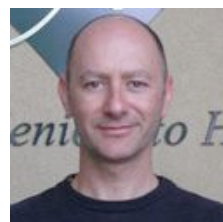
Donna Clarke



Carol Yi



Shannon Ingersoll



Chris York



Tim Chu



Olga Smirnova



Fiona Lastoria



Wai Yee Chou



Ernest Quansah



Amber Stinson



Fundraising

Fundraising is an integral part of an organization. Yes, we receive grant money from government but those monies quickly evaporate by paying rent, salaries, transportation costs for our van and grocery items. We also have a very reasonably priced takeout meal program. Our fundraising team tries to supplement the cost of operations by having raffles, craft sales, and holding thrift or garage sales. There is always a selection of knitted items and novelties available at reasonable prices. Monies raised by these methods go directly to programmers to purchase "little extras" or perhaps used for outings - a picnic or scenic drive.

We thank all of you who encourage us by purchasing tickets or buying new or used items. Once a year we mail out a direct appeal letter (usually near the end of October) to you and your caregivers and are thankful for your response of much needed donations. We want your experience at this centre to be cherished and memorable. Your continued enjoyment is our prize!

Marilyn Jennings



MESSAGE FROM DONNA

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Hear ye, hear ye, it is time for all you members to do your duty and fill out our annual survey (which is in circulation as you read this notice). It is really important for us to hear what you have to say about the programs, food services, staffing, and general operation of the Centre. Your feedback is crucial for the endless reports that we have to submit to our funders; especially for the government money that we receive as they are accountable to taxpayers.

Part of our contract agreements with Vancouver Coastal Health and the City of Vancouver is to submit the participant comments and convert all the responses to percentages of satisfaction or dissatisfaction. Negative responses are not always regarded as a bad thing; usually it gives us an opportunity to change and/or grow in ways we may not have considered. So please be honest with your responses; we know we are not perfect and there is always room for improvement. We value your input!

If you are really ambitious there is also a survey on our website that is really easy to access and complete so please encourage your family members or friends in the community to give us their suggestions. Just click the button Strategic Planning Survey and it will bring you to the page. The survey results will help us decide on which priorities to focus on for the short and long term.

There's more, the Annual General Meeting is coming soon, we have set Saturday, September 8th at 11:00 and lunch will follow as usual. We will have some Board positions available if you are interested in running. Tara Abraham is our Nominating Committee Chairperson this year so if you would like to contact her you may do so by emailing rcssboard@gmail.com anytime or calling the office weekdays and leaving a message for her at 604 430-1441.

Over the summer months all of the staff booked some vacation; we are a pretty cooperative bunch here and we made sure everyone got a piece of the sunshine. We were lucky to find a new casual Megan (who fits in very well with the team) and you may have noticed a couple of our practicum students from years gone by returned to help out and cover a few shifts. Melody and Monica were fantastic as students and they certainly performed in the activity worker positions just as brilliantly. We had a great group of volunteers and I would like to thank them all so much for giving their time so freely.

Now the hardest thing for me to do is let go of our current summer student, Tim. He is so valuable to our organization that I wish he did not have to go back to school. The amount of work that he got done over the last fourteen weeks was unbelievable. If we get another grant for the Chinese Program he has agreed to coordinate that for us and for sure he will be going on our casual list. Thank you Tim for all your hard work, you are amazing!



August is here and I am appreciative of the warmer weather. This month offers a plethora of exciting celebrations. The first, of course, is a tribute to Beautiful British Columbia. Our friend Lorraine Smith will be here to share a "Tribute to BC," featuring songs that bring us memories of BC's nature, gold mining, and mountain-hiking histories.

On August 2nd and 7th we will be "Embracing Diversity" as we talk about love of all mankind regardless of whom they love. We will be celebrating the rainbow of all people, with the goal of a loving acceptance of one and all. This celebration will feature an array of colourful activities and a special guest speaker.

We will be enjoying the sights of Vancouver with our many outings including another trip to Horseshoe Bay for a step out to Trolls restaurant and a picnic to Rocky Point. We will also continue our community connections with Renfrew Park Community Centre including a delicious Summer Sizzler BBQ lunch, as well as an intergenerational outdoor program featuring games in the park.

August is full of mouth-watering treats and it is a time for us to sink our teeth into a juicy watermelon again with "Watermelon Day" on August 23rd. Prepare yourselves for a raucous day of watermelon bowling; a seed spitting & watermelon eating contest! Also, get ready to guess the weight of the watermelon. It will be a day not to be missed!

~Fiona



I have been here for just over two months now and it is definitely a blast. Some things that I have been working on include revamping our brochure, organizing the open house and reaching out into the community.

The Renfrew-Collingwood neighbourhood is very unique. Our community has many seniors and youth, especially those of Chinese descent. One thing that I will continue working on is increasing the society's presence in the community and finding more isolated seniors who can benefit from our services.

If you know any isolated seniors who can benefit from our programs, especially the Community Day Program, let me know! I'd love to have a conversation with them.

短短兩個多月, 我一直在忙。我的工作包括改造我們的宣傳冊, 舉辦中心的開放日, 並同蘭菲- 高靈活的社會組織交流。在中心這個體驗絕對是一個豐富的經驗。

蘭菲-高靈活的區域是非常獨特的。我們這個社區有許多耆英和青年, 尤其是華裔的耆英和青年。我會繼續工作, 增加我們耆英會的名聲, 並在社區裡找到更多能從我們服務受益的孤獨長者。

如果你知道任何孤獨的長者, 讓我知道; 尤其是想參加我們社區日活動的長者。我很想有一個與他們交談的機會。

-Tim

AUGUST CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 AM- Movement to Music Health Talk: Keeping Cool PM- Songs with Lorraine Smith "A Tribute to BC"	2 AM- Gentle Yoga Beauty Spa PM- Embracing Diversity: "Celebrating the Rainbow" Colourful Crafts	3 AM- Shopping Trip to Brentwood Mall <u>No Lunch at Centre</u> PM- Bingo
6 BC Day <u>Centre Closed</u>	7 AM- Morning Coffee Stretch and Stride Embracing Diversity: Open Discussion PM- Table Games Yarns of Fun	8 AM- Gentle Yoga Laughter Therapy PM- Crafts Minute to Win It Friendship Circle	9 AM- Sit Fit Beauty Spa Pugnacious Visit PM- Crow City Singers	10 AM- Morning Coffee Stretch and Stride Scruples PM- Bingo
13 AM- Sit Fit Mental Aerobics Spa: Marble Nails Cat Visit with Lady Marmalade PM- Golf Wii Card-making	14 AM- Morning Coffee Gentle Yoga PM- Beauty Spa Yarns of Fun	15 AM- Current Events Sit Fit PM- Summer Sizzler lunch at Renfrew Park Community Centre	16 AM- Gentle Yoga Beauty Spa PM- Velcro Darts Scrapbooking Warm Hands	17 AM- Morning Coffee Gentle Yoga Optimism PM- Bingo
20 AM- Sit Fit Mental Aerobics Cat Visit with Lady Marmalade PM- Music with Gwen Gouchee	21 AM- Morning Coffee Gentle Yoga PM- Inter -Generational Games and Crafts with Renfrew Park Yarns of Fun	22 AM- Sit Fit Mental Aerobics PM- Ping Pong Challenge Wii Crafts: Fall Leaves	23 AM- Sit Fit Beauty Spa Nutrition: Watermelons PM- Watermelon Day featuring games and prizes	24 AM- Morning Coffee Gentle Yoga "The Art of Listening" PM- Bingo
27 AM- Sit Fit Laughter Therapy Cat Visit with Lady Marmalade PM- Running Away to Join the Circus!	28 AM- Scenic Drive and Picnic to Rocky Point PM- Yarns of Fun	29 Step Out Tour to Trolls in Horseshoe Bay	30 AM- Sit Fit Beauty Spa Pugnacious Visit PM- Clowning Around with Korki	31 AM- Morning Coffee Stretch and Stride Symptoms of Inner Peace PM- Bingo

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

Bingo

Nerve-wracking maybe, but fun absolutely! Always a favourite here at Renfrew-Collingwood Seniors' Society. *Friday Afternoons at 1:00pm.*



Brentwood Outing

We will be heading out to Brentwood Mall on Friday, August 3rd.

Cat Visit from Lady Marmalade

Meet a purry, furry new feline friend.

Clowning Around with Korki

Relish in the silliness of our clown pal.

Current Events

Get a run-down of the day's paper and stay up to date!

Crow City Singers

Come and enjoy the upbeat folk tunes!

Embracing Diversity

Celebrate the rainbow of relationships among humans.

Gentle Yoga

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



Laughter Therapy

Discover the healing power of laughing with friends.

Mental Aerobics

You don't need spandex or Olivia Newton-John for this workout! It's all about brain power.

Morning Coffee

Every morning we enjoy coffee, tea, muffins, and chat before we start the day's activities.

Movement to Music

Enjoy the songs and get some exercise at the same time.

Music with Gwen Gouchee

Sing your favourite tunes with Gwen's karaoke.

Pugnacious Visit

Our new canine friend is coming for a visit on Thursdays.

Sit Fit

Sit Fit is a good way to get our bodies moving while having fun at the same time without leaving our seats.

Songs with Lorraine Smith

Enjoy Lorraine's musical tribute to Beautiful British Columbia.

Spa Days

Pamper yourself, get your nails done and feel good!

Step Out to Trolls

We're going back to Horseshoe Bay for seafood on Wednesday, August 29th.

Picnic at Rocky Point

Enjoy the scenery at the picnic and on the drive. Tuesday, August 28th.

Stretch and Stride

Exercise using our whole bodies in and off our chairs.

Summer Sizzler

Join us for a barbecue across the street at the Renfrew-Collingwood Community Centre on August 15th.

Table Games

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

Warm Hands

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

Watermelon Day

Celebrate the health benefits and delicious flavour of a guilt-free summer treat.

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.



Fall Prevention Series Risk Factor 7: Vision Difficulties

What can cause vision difficulties

- Dirty or scratched eye glasses
- With age, eyes become sensitive to glaring light.
- Eyesight prescription has changed.
- Getting used to bifocals.
- Low lighting causing eye strain.
- Diseases of the eye such as cataracts, glaucoma, infections.
- Diseases that affect eyesight such as diabetes.
- Eye strain when watching the TV or using the computer for too long.

What you can do

- Clean glasses regularly. Use a non-glare cleaner and soft cloth
- Wear sunglasses when in the sun.
- Wear special glasses that cut down on the glare.
- Pause and give your eyes time to adapt to changes in light or give them a rest by looking up from
- Use good lighting in halls, stairways, bathrooms.
- Use night lights.
- Maintain good diabetic control.
- Bifocals; do not look through lower part of glasses when going up or down stairs. Bend your head to use upper part of glasses.
- Remove reading glasses when walking.
- Check your eyesight at the optometrist or ophthalmologist once a year.

Community Resources 社區的資源:

- Canadian National Institute for the Blind, a service for people who have trouble seeing.
加拿大盲人協會，為視力有問題的人提供服務

604-431-2121 or
1-800-563-2642
www.cnib.ca

- Diabetic Resource Center of the Canadian Diabetes Association - Provides information and support for people with diabetes
加拿大糖尿病協會的糖尿病資源中心，提供資源和援助給糖尿病患者
1-800-268-4656
Chinese Information Line:
中文熱線
604-732-8187 10:00am-3:00 pm
星期一至星期五
www.diabetes.ca

- BC Association of Optometrists
卑詩眼科醫生協會
604-737-9907
www.optometrists.bc.ca

- St. Paul's Hospital Diabetes Centre
聖保祿醫院的糖尿病中心
604-806-8357

- North Shore Diabetes Day Centre
北岸糖尿病中心
604-984-5752

- Richmond Hospital, Diabetic Day Care
列治文醫院糖尿病中心
604-278-9711

什麼會導致視力困難:

- 臟或有划痕眼鏡
- 隨著年齡的增長，眼睛變得對刺目的光比較敏感
- 視力已衰退，眼鏡處方不合適
- 不足夠燈光造成眼睛疲勞
- 眼睛疾病，例如白內障，青光眼，眼睛感染
- 影響視力的疾病，例如糖尿病
- 看電視或使用電腦的時間過長，眼睛疲勞

你可以做什麼:

- 定期清潔眼鏡。使用不反光的清潔劑和軟布
- 在陽光下，戴太陽鏡
- 戴特殊的眼鏡，減少眩光
- 記住讓眼睛休息。讓你的眼睛適應光線的變化
- 確定大廳、樓梯、浴室內有足夠的燈光
- 使用夜間燈
- 控制好你的=糖尿病
- 如有雙光眼鏡，上落樓梯時，不要用眼鏡的下部。傾前你的頭，使用眼鏡的上部。
- 行走時脫下你的老花鏡
- 每年一次去驗光師或眼科醫生檢查你的視力



Dora

RCSS and all the clients would like to welcome Dora to our Centre. Although she has not been with us very long, Dora has settled in beautifully and made many friends. Her warm smile and gentle presence are a benefit to everyone that meets her.

Dora's favourite part of coming to RCSS, other than the friends she has made, is playing games such as balloon hockey and bingo. Dora excels at games and is often a keen competitor in any game she plays. At home, Dora enjoys reading but her eyes tire and she is grateful to share her days with us and increase her activity.

Born in Victoria, Dora was the elder sister to two brothers named Tommy and David. Both brothers married and had children. Dora married at 22 years old to a man named Raymond. She met Raymond while she was walking home one night and some friends driving by offered her a ride. Raymond was in the vehicle and the two of them decided to go to a park and spend some time talking. It was only a year later when they married.

Dora and Raymond had a beautiful daughter named Nancy. Raymond worked as a dry cleaner, owning his own business for years before working for someone else. Raymond became one of the first stay-at-home dads when the chemicals involved in dry cleaning became hazardous to his health. Dora continued to support the family because she loved her job and the friends she made at work. Dora worked for the government in the payroll department and worked very hard for many years. Dora is now fortunate in her retirement to have the company of her daughter Nancy to support her at home.

We look forward to spending many years with our new friend Dora and are delighted to have her as part of the RCSS team.



A very big 'thank you' to
A Flower's Touch florists!

604.439.0272





RCSS Moments - Summer Memories

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Renfrew Collingwood Seniors' Society Annual General Meeting

Will be held on **Saturday, September 8th, 2012 at 11:00am** at the RCSS Centre (2970 East 22nd Avenue). Social to follow.

Resolutions must be submitted to our Nominating Committee Chairperson, Tara Abraham, by August 31st, 2012.
(see contact info below)

In order to vote, your membership fee of \$10.00 must be paid prior to this Annual General Meeting.

Please consider becoming a Board Member; talk to Tara at 604.430.1441 or email rcssboard@gmail.com.

August Birthdays

1st Wai K.

8th Frank

8th Hilda

12th David C.

19th John M.

23rd Alvin

28th Durene



Important Dates:

Brentwood Outing August 3rd

**B.C. Day CENTRE CLOSED:
MONDAY AUGUST 6th**

Summer Sizzler August 15th

Picnic at Rocky Point August 28th

Step Out to Trolls August 29th



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

Memories at RCSS

