



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

NEWSLETTER

December 2012

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Heinz

ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Creative Arts Project with Carmen R.



Making Silk Scarves

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





The Renfrew Collingwood Seniors' Society's Newsletter is produced by the staff and volunteers with the help and support of all seniors and distributed to a wide number of people in the community.

To advertise in this newsletter, please contact Donna Clarke (contact info below).

Contributors:
Donna, Olga, Carol,
Shannon, Fiona
and Wai Yee

Photography:
Tim, Olga, Fiona, Shannon

Editorial Team:
Donna, Olga, Tim,
Stephanie

Visit our Seniors' Centre at
2970 East 22nd Avenue
Vancouver BC, V5M 2Y4

Hours
9:00AM to 4:00PM
Monday to Friday

Telephone: 604.430.1441

Renfrew Collingwood Seniors' Society

December 2012 Newsletter

About Renfrew Collingwood Seniors' Society.....	2
Board Members and Staff.....	4
Pictures.....	5
A Message from Donna.....	6
A Christmas Message from Wai Yee.....	7
Calendar.....	8
Programs and Events.....	9
Health Talk - Exercise of the Month.....	10
Member Profile: Dave.....	11
RCSS Moments.....	12 & 13
Creative Writing Poem and Important Dates.....	15
Memories at RCSS.....	back cover



Thank you Crow City Singers for your wonderful songs!

Board of Directors



Madeleine MacIvor



Matthew Brikis



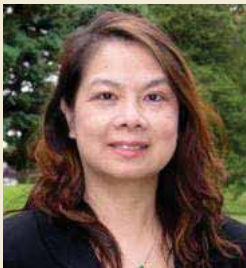
Ellison Fernandez



Alice Frith



Poonam Kaila



Charlotte Tsang



Elaine Moody



Kamaljeet Kler



Marilyn Jennings



Tara Abraham

Staff



Donna Clarke



Carol Yi



Shannon Ingersoll



Tim Chu



Olga Smirnova



Fiona Lastoria



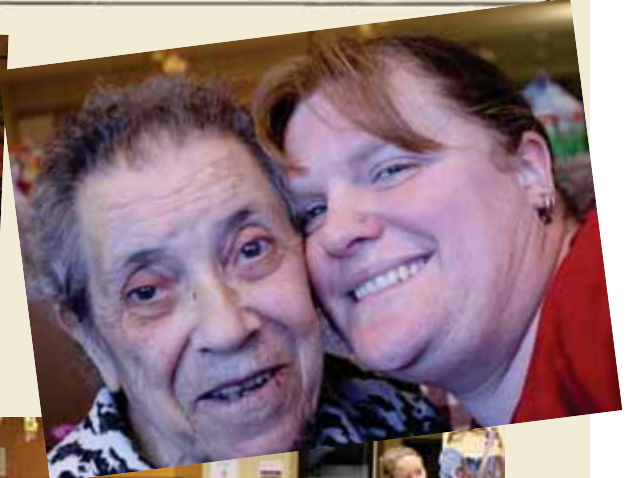
Wai Yee Chou



Ernest Quansah



Amber Stinson



Please be advised.

請注意。

If HandyDart is not running, due to bad weather, the centre is not open for that day.

如果HandyDart, 由於天氣惡劣, 不運行時, 該中心也不開門。

MESSAGE FROM DONNA

6



Merry Christmas to all of you and your families; I hope you are surrounded by love, memories of seasons past and lots of joy.

We hope to add to your holiday cheer by having a Christmas party for both of the programs offered at the Centre. Our Community Day Luncheon will be held on Tuesday, December 11th and the Adult Day Program will be on Wednesday, December 12th, both are at noon. The cost of the turkey luncheon is \$5.00 and it is for **members only**. Do not forget to **purchase your ticket** as space is limited and it will sell out quickly.

We will be collecting for the toy bank and food bank again this year. The last couple of years we passed on your generous contributions to an organization called The Kettle Friendship Society. The Kettle is committed to supporting people living with mental illness by; providing housing, employment, advocacy and support services. They also raise awareness of mental health issues by promoting inclusion and breaking down barriers of people living with these illnesses. We are pleased to support their work in the community again this year.

I am looking forward to seeing everyone at our celebrations and sharing the holiday season with you. Remember we are family and the Centre is opened throughout Christmas (with the exception of Christmas and Boxing Day) so come hang out with us.

There are lots of fantastic holiday programs and activities to put you in the holiday spirit.

All is well!

Donna



Vancouver Coastal Health Influenza Control Policy

Recently we were directed by Vancouver Coastal Health to enforce their new policy around flu vaccinations. Because we are a "contracted provider", all staff are required to either be vaccinated each year or, for those staff unable to receive immunization, wear a surgical/procedure mask when in contact with the seniors. The designated "vaccination required period," is typically from the end November to the end of March.

A couple of the staff members have not had the vaccination due to allergies to eggs or other health issues so you may notice that we are hiding behind a mask. There is nothing wrong with us; it is just a preventative health measure.



Christmas is fast approaching us once again and it is the time of the year for much celebration with families and loved ones. There are many different ways in which people express their thanks during this festive holiday. For most, it is the month of social gatherings with their family and friends; with lots of eating and gift-giving. Some will be attending church and perhaps practicing their carolling for the Christmas nights. Others will be doing charitable works for the less fortunate and helping the homeless in shelters. All in all, many will be giving thanks to what this year had to offer and hope for the best in 2013.

As we enter into month of December, there is continuous excitement in the air. We, as part of the community, are in preparation of an abundance of activities. Our center is a community of friends that gather here every week. We are very privileged to be together once again this year for our annual celebration of Christmas and New Year. Our Christmas Party with Santa will be held on December 11th and December 12th. We will be looking forward to sharing these days with everybody. May you all have a safe and healthy holiday with lots of love and good cheer.



DECEMBER CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM- Sit Fit Christmas Around the World Lady Marmalade</p> <p>PM- Tree Trimming Party</p>	<p>4</p> <p>AM- Morning Coffee Arts, Health & Seniors</p> <p>PM- Guest Speaker: "Getting a Good Night's Sleep" Yarns of Fun</p>	<p>5</p> <p>AM- Movement to Music Christmas Reminisce Pet visit with Ca\$h</p> <p>PM- Paws to Dance Dog Show</p>	<p>6</p> <p>AM- Gentle Yoga Beauty Spa</p> <p>PM- Men's Group Creative Arts Project Warm Hands</p>	<p>7</p> <p>AM- Shopping & Lunch at Brentwood Mall</p> <p>No lunch at the Centre</p> <p>PM- Bingo!</p>
<p>10</p> <p>AM- Gentle Yoga</p> <p>PM- Christmas Carols with Windermere Choir</p>	<p>11</p> <p>AM- Santa Visits Have you been Naughty or Nice?</p> <p>PM- Christmas Party with John Cronin</p>	<p>12</p> <p>AM- A Visit with Ol' St. Nick</p> <p>PM- Christmas Party with Lory White</p>	<p>13</p> <p>AM- Christmas Carols with Windermere students Pugnacious Visits</p> <p>PM- Crow City Singers Christmas Sing-a-long</p>	<p>14</p> <p>AM- Coffee & Chat Windermere Choir Performs</p> <p>PM- Bingo!</p>
<p>17</p> <p>AM- A visit with Nootka Grade 3 class</p> <p>PM- Volunteer Christmas Party Featuring Harpist Miranda Caleb</p>	<p>18</p> <p>AM- Morning Coffee Arts, Health & Seniors</p> <p>PM- Beauty Spa Yarns of Fun</p>	<p>19</p> <p>AM- Gentle Yoga Pet visit with Ca\$h</p> <p>PM- Bocci Winter Wii Warm Hands</p>	<p>20</p> <p>AM- Sit Fit Beauty Spa</p> <p>PM- Winter Solstice Celebration</p>	<p>21</p> <p>AM- Morning Coffee Winter Solstice Celebration</p> <p>PM- Bingo!</p>
<p>24</p> <p>AM- Sit Fit Laughter Therapy Lady Marmalade</p> <p>PM- Christmas Baking Santa's Workshop Card Bingo Warm Hands</p>	<p>25</p> <p>Christmas Day Centre Closed</p>	<p>26</p> <p>Boxing Day Centre Closed</p>	<p>27</p> <p>AM- Sit Fit Year in Review Beauty Spa</p> <p>PM- "Winter Play" & Hot Cocoa</p>	<p>28</p> <p>AM- Morning Coffee Gentle Yoga</p> <p>PM- Bingo!</p>
<p>31</p> <p>AM- Sit Fit Resolutions for 2013 Lady Marmalade</p> <p>PM- Rocking New Year's Eve with Elvis</p>	<p>1</p> <p>Happy New Year!</p>	<p>2</p> <p>Centre Closed for Statutory Holiday</p>	<p>3</p> <p>Centre Reopens on January 3, 2013</p>	<p>4</p> <p>Please bring a toy for our toy bank or non-perishable food items</p>

Drop-In

Drop-In

Programs We Run

我們提供的服務

Adult Day Program

成人日間活動

Assisting seniors who require support because of health related issues.

協助那些因健康問題而需要支助的長者。

(Every Monday, Wednesday, and Thursday.)

(逢星期一, 星期三, 及星期四。)

Community Day Program

社區日活動

Providing isolated seniors an opportunity to socialize and get involved in the community.

提供孤立的長者一個機會來交流, 學新東西, 和參加社區活動。

(Every Tuesday and Friday -- Drop ins welcome!)

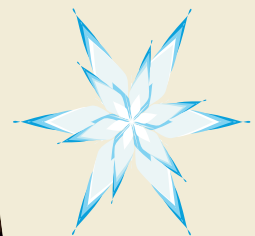
(逢星期二, 星期五 -- 無需預約!)

Caregiver Support Program

護理人員支援計劃

The program connects caregivers with other caregivers to share skills, ideas and resources.

這計劃是與其他護理人員交流意見和資源。



Event Highlights

Tree Trimming Party

Monday, December 3rd- 1PM

Shopping & Lunch at Brentwood Mall

Friday, December 7th- 10AM

Crow City Singers Christmas Sing-Along

Thursday, December 13th - 11AM

Winter Solstice Celebration

Thursday, December 20 - 1PM
and Friday, December 21st- 10AM

Rocking New Year's Eve with Elvis

Monday, December 31st - 1PM



Exercise of the Month

本月身體運動



You should only do the exercises you feel safe and comfortable doing.

Start slowly. Begin with a few repetitions of one or two activities at a time. Try a few in the morning, afternoon and evening, rather than trying to do all at once. If any activity causes you increased pain or significant shortness of breath, do fewer or stop that particular activity and talk with your doctor.

As you get stronger over time, gradually decrease the amount of support through your hands. Try using one hand plus a few fingers from the other hand, then progress to a few fingers from each hand, then only one hand, then a few fingers from one hand for support. Eventually consider trying with hands just hovering over the sink.

#1 - Slow Toe Taps (may also be done in sitting)

1. Stand facing the kitchen sink. Hold on with both hands.
2. Keep heel on floor and lift toes up. Hold. Relax.
3. Slowly repeat on the other foot.
4. Alternate, repeating 3 to 5 times with each foot.
5. Gradually increase until you can do this for 2 minutes.

Progression:

Gradually try to decrease the amount of support through your hands.

別要過分操勞, 只做你感到安全和舒適的練習。

慢慢地開始。如果任何活動導致疼痛加劇或呼吸急促, 減少或停止那個活動, 並與醫生商量。

隨著時間你可能會增加自己的力量。漸漸減少雙手的扶助。嘗試使用一隻手加幾個手指, 然後每手用幾個手指, 然後只用一隻手, 然後每手只用幾個手指。最終考慮嘗試在廚房水池上徘徊雙手, 別觸摸任何東西。

1. 向著廚房水池。站著用雙手握住水池。
2. 保留你的腳跟在地板上, 抬起腳尖。保持腳尖的位置。放鬆。
3. 慢慢地重複另一隻腳。
4. 輪流每隻腳重複3到5次。
5. 逐漸增加直到你可以做這個運動至少兩分鐘。

進展:

逐步嘗試減少雙手的扶助。



Dave



Is a fairly new addition to our community here at Renfrew Collingwood Society and he is a lively and interesting addition for sure! He was born in Oshawa, ON and grew up with lots of pets and plants. He had chickens, ducks (who liked to escape!), rabbits and “pinky” the pig! He was the oldest of five sons and one daughter. His family made their living selling the corn and pumpkins they grew as a family – this might be where his love of gardening started. The family also had a big bus where they sold French fries.

His favorite pastime when he was young was fishing in the local area and his first job was working as a car detailer. He developed an interest in cars and his first vehicle was a VW ‘bug.’ He also had a white convertible that he had to jumpstart to get it going and when it died he bought a Honda convertible sports car!

He went to school and completed his Bachelors degree at the University in Waterloo and then went on to complete his PhD in Guelph, ON. His expertise was in “tree” Biology and as soon as he graduated, he got his first job backpacking through and doing research in Indonesia. He then spent most of his career traveling and doing research all over the world, including places like Australia, New Zealand, Chile, South Africa, Japan and throughout the United States.

He landed in Vancouver after a research trip and met his wife here. They made Vancouver their home and continue to travel around the world, including places like the Cook Islands, Turkey, Ecuador, Galapagos Islands, Malaysia, China, Mexico, taking cruises to Italy, Greece and Croatia and backpacking through Fiji. He continued to work as a researcher and taught his skills in the company he worked for in Vancouver.

He also has a love of music and often brings in CD’s from his collection to play in the center. He is a big Beatles fan, loves Bob Dylan, and most rock and roll!

He and his wife have a vacation home on the sunshine coast and love to visit there for a weekend away with friends. He loves to walk and walks to and from the center everyday, rain or shine. He also has a little dog that keeps him company on his walks named Coco.

Dave always gets excited about travelling programs, loves to share his life adventures and is a great addition to our days here at Renfrew Collingwood.



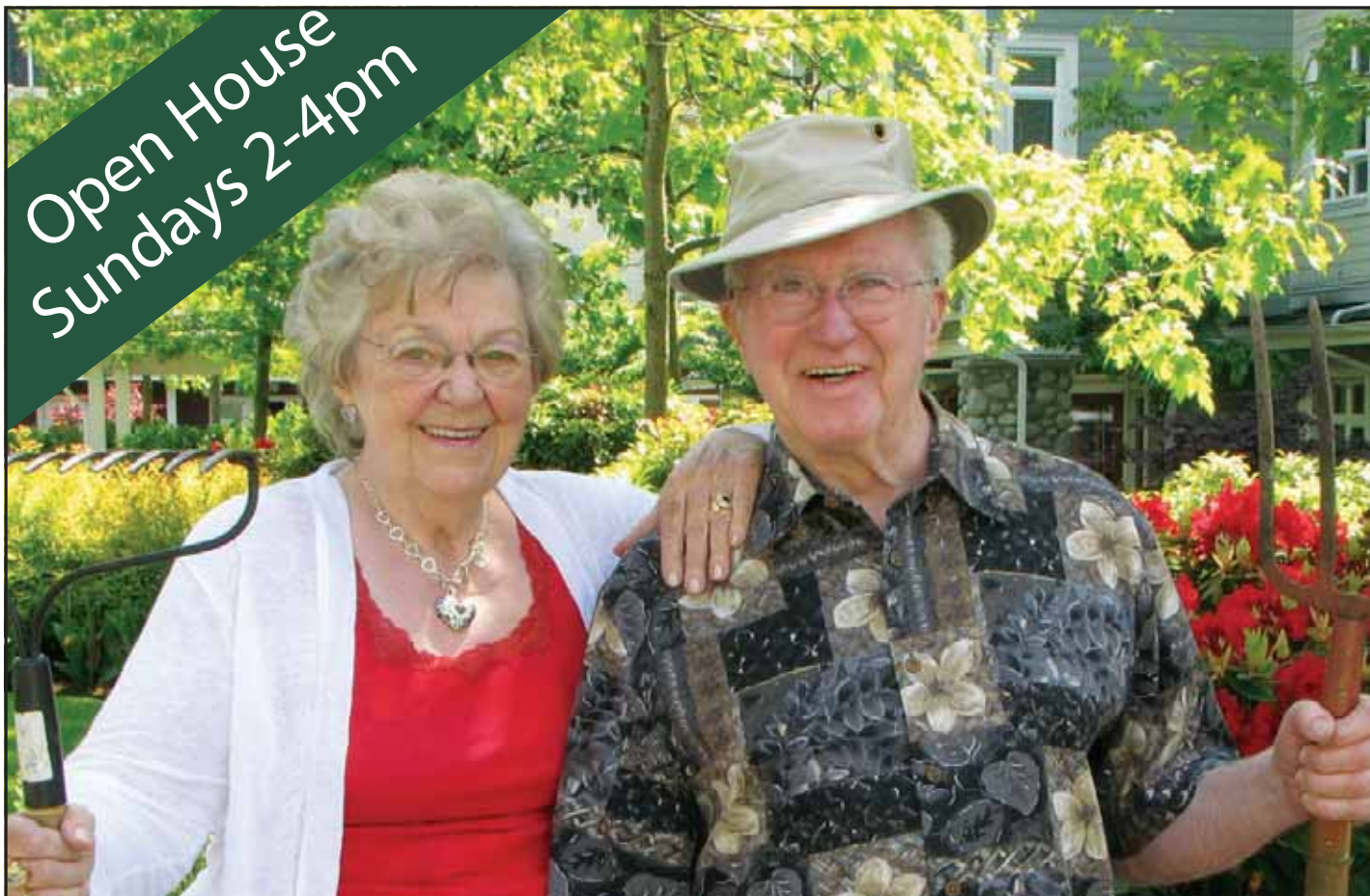
A very big ‘thank you’ to
A Flower’s Touch florists!
(2980 East 22nd Avenue)
604.439.0272







Open House
Sundays 2-4pm



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



Baptist Housing | Enhanced Seniors Living | Since 1964

So Long Ago

So long ago –
Wasn't that a different world...

I remember
My father's fingerprints,
Learning classical Latin,
Playing goalie on the field hockey
team
Reading the real Grimm's fairy tales,
And riding the 'rails',
Puzzling over electricity
Eating muscles, prawns, oysters,
And Mom's hamburgers.
"Camping out" in Hurricane Frieda,
Packing groceries at the A & P
Apprenticing at the "stock market"
Playing with pet gerbils and lice
Watching our cocker spaniel
Swim in the mighty, tiny Yarra
Moving between East and West Berlin,
Growing up in the heart of
Philadelphia,
Hearing the steam locomotives
Push coal up the hill and flattening a
penny.

Those were the days, my friend!

*Written by Albert, Elaine, Heinz,
Shannon and Drishya*

Important Dates

**Shopping & Lunch at
Brentwood Mall**

December 7th

Centre Closed

Christmas Day

Boxing Day

New Years' Day

January 2nd, 2013

January 4th, 2013

Please bring a toy or non-perishable food
item for the toy/food bank. Thanks!



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

December Birthdays

Margaret 3

Hang Sin 3

Kamaljeet 28



Memories at RCSS

