

"Talking Seniors to Heart"



RENFREW-COLLINGWOOD SENIORS' SOCIETY 2012

NEWSLETTER

JANUARY 2012

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

www.rencollseniors.ca

HAPPY NEW YEAR FROM
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 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 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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RENFREW- COLLINGWOOD SENIORS' SOCIETY NEWSLETTER

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THOUGHTS FROM THE BOARD

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“AHS program helped seniors at RCSS connect with their community in new ways.”

Happy New Year! I'm happy to be serving as a board member for another year. Being involved with the RCSS has been a wonderful experience and I look forward to seeing how the society continues to evolve. I thought I would take this opportunity to talk a bit about myself and the research I do.

I've been a graduate student at UBC since I moved to Vancouver from Nova Scotia in 2006. After completing a Master's degree in Nursing in 2008, I moved right into working on a PhD in Nursing. Many people don't realize there is such a thing, but a PhD in Nursing is similar to other PhDs, we learn to do research and to teach nursing.

My studies have been focused on the health and well-being of older people, both in the community and in hospitals. This article is an opportunity for me to share some of my work and I have decided to focus on my research about what community means to seniors.

The research I did for my Master's degree was done at RCSS and will soon be published in the Canadian Journal on Aging. For this research, I learned about the Arts, Health and Seniors (AHS) program by spending time helping with the program and talking with seniors and staff about what the program meant to the community.

I found that the AHS program helped seniors at RCSS connect with their community in new ways.

- The art was displayed in public places where it could be shared and appreciated by others in the community.
- The program was a way for seniors to spend time with children from a local school and to build relationship between generations.
- The seniors were able to meet other seniors who were also learning to create art.

Also, the program provided an opportunity for seniors to enrich their own connections with each other by working together.


Working as a group toward an art exhibit was a novel experience for many people.

There was flexibility in the program so people could contribute in their own way to the group project.

The program provided a structure to support the group to work together toward the final goal – works of art for all to enjoy!

Overall, the program provided an opportunity for seniors to develop and enrich their connections to the community. If anyone would like more information on this study please feel free to contact me (Donna can give you my contact information). I look forward to telling you about my next project very soon!

Elaine



“Let’s have another prosperous year together!”

HAPPY NEW YEAR!

I am grateful that we had another wonderful year together and I look forward to spending 2012 with you. We’re so lucky to have each other to lean on and I want you to know that I get more back from you than I could ever give. I wish you love, peace and laughter in the coming year and may we have good health and joy to top it all off.

Last year we had many successes and some challenges but over all a tremendous year. Thank you for being part of the Centre and bringing the wonderful attributes that you bring every day you attend. We all play integral roles here and it would not be the same without each and every one of you. Let’s have another prosperous year together.

All the best to you and your loved ones; be good to each other.

Donna

新年快乐!

我很感谢我们一起度过了另一个美好的一年，并期待着与您共享2012年。

我们如此幸运地相互依靠，我知道从你们那里获得的多于给与。祝愿你们新的一年充满爱，平安和欢笑，并且健康和快乐。

在过去的一年里，尽管面临一些挑战，我们仍然取得了很多的成就。感谢您为中心的一员，并在每次活动中对中心所做的巨大贡献。没有你们每一个人的参与，我们都难以获得如此成功。让我们有另一个繁花似锦的一年。

祝你和你的亲人互敬互爱，万事如意！



"I would like to wish everyone Kung Hai Fat Choi!"

HAPPY NEW YEAR!

There are two New Years in the month of January; one is based on the new calendar and the other is based on the lunar calendar. Let me tell you a little about the Chinese New Year.

Many legends are attached to how the Chinese New Year came to be but the one that caught my interest while doing research was as follows. In ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. He announced that the people born in each animal's year would have some of that animal's personality. Since this is the Year of the Dragon, those born in dragon years are innovative, brave, and passionate. A dragon is a legendary creature. All legendary stories about Chinese dragons are from the sky, which means heaven in China. The image of dragon is blurred, mystic, occulted, noble and untouchable. For China, it is the symbol of power from heaven. Some may say it is the year of the Black Dragon or Male Water Dragon because in the 5 elements system (wood, metal, water, earth and fire), water is in relation to the color of black.

During the Chinese New Year, people dress in red clothes; decorate poems in red papers, and give children "lucky money" in red envelopes. Red symbolizes fire, which drives away bad luck; fireworks with "crackling flames" are used to frighten all evil spirits. The New Year is the time of family reunions. Family members gather at each others homes and share meals together for 15 days. The Chinese New Year festival spans 15 days long until the New Year Lantern Festival when the moon is at its brightest. Some lanterns are work of arts; painted with birds, animals, flowers. Some hang lanterns and some carry lanterns during the evening parades under the full bright moon.

Because the track of the new moon changes from year to year, the Chinese New Year can begin anytime between late January and mid-February. The Chinese year 4710 begins on January 23rd this year and I would like to wish everyone Kung Hai Fat Choi!

No matter how we celebrate our holidays, let there be Health and Peace to all in the coming year!

新年快乐

在一月份有两个新年；一个是阳历新年，另一个是阴历新年。我来说一下中国人的新年来历。

有许多关于中国新年的传说。经过查阅，我最感兴趣的是下面的这个传说。

在远古时代，佛要求所有的动物在中国的新年来见他。总共来了十二个动物。佛以每一个动物来命名每一年。他宣布，在每个动物年出生的人会有一些这个动物的个性。由于今年龙年，龙年出生的人具有创新，勇敢，热情奔放的性格。龙是传说中的生物。所有有关中国龙的传说故事都来自于在中国意味着天堂的天空。龙的形象是模糊的，神秘的，有魔力的，高贵而触摸不得的。

对于中国来说，它是天上权力的象征。可能有人会说这是黑龙年或雄水龙年。因为在五个元素系统中（木，金属，水，土和火），水的对应颜色是黑色。

中国人在新年期间，人们穿红色衣服，装饰春联，并给孩子“压岁钱”红包。红色象征着火，可以赶走坏运气。烟花爆竹可以吓走所有的邪气。新年是家庭团聚的时刻。家庭成员一起聚集在彼此的家里共享美食十五天。中国新年的节日长达15天，直到月亮最亮的元宵节。

由于新月的变化每年不同，中国的新年往往在一月下旬和二月中旬之间。今年中国的新年（也是第4710个新年）1月23日开始，我想祝大家新年快乐！

虽然我们有不同的方式庆祝节日，但愿望是相同的。祝愿各位有健康平安的来年！

JANUARY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2</p> <p>New Year's Holiday <u>Centre Closed</u></p> 	<p>3</p> <p>AM- Morning Coffee Resolutions for 2012</p> <p>PM- Aromatherapy & Hand Massage Yarn of Fun</p>	<p>4</p> <p>AM- Polar Bear Swim Movement to Music</p> <p>PM- Water Bottle Bowling Warm Hands Friendship Circle</p>	<p>5</p> <p>AM- Beauty Spa BrainTeasers Gentle Yoga</p> <p>PM- Women's Group Men's Group Warm Hands</p>	 <p>6</p> <p>10:30 Shopping & Lunch Outing to BrentwoodMall <u>No Lunch at Center</u></p> <p>PM- Bingo</p>
<p>9</p> <p>AM- Language Lessons: Cantonese Gentle Yoga</p> <p>PM- Card Bingo Chinese New Year Lantern Making</p>	<p>10</p> <p>AM- Morning Coffee Arts, Health & Seniors</p> <p>PM- Beauty Spa Yarns of Fun</p>	<p>11</p> <p>AM- Pyjama Day "Come & Dream with me" Movement to Music</p> <p>PM- Music with Linda Lujan</p>	<p>12</p> <p>AM- Beauty Spa Sit Fit Pugnacious Visits Current Events</p> <p>PM- Crow City Singers</p>	<p>13</p> <p>AM- Morning Coffee Horoscopes Stretch & Stride</p> <p>PM- Bingo</p>
<p>16</p> <p>Martin Luther King Day</p> <p>AM- Sit Fit Language Lessons: Cantonese</p> <p>PM- Crafts Golf Warm Hands</p>	<p>17</p> <p>AM- Morning Coffee Art, Health & Seniors</p> <p>PM-Guest Speaker Understanding Arthritis Yarns of Fun</p>	<p>18</p> <p>AM- Unusual Trivia "Averages" Gentle Yoga</p> <p>PM- Chinese New Year Card Making Friendship Circle</p>	<p>19</p> <p>AM- Beauty Spa Sit Fit Word Games</p> <p>PM- An Afternoon in Hawaii</p>	<p>20</p> <p>AM- Morning Coffee "Memories in the Kitchen" Stretch & Stride</p> <p>PM- Bingo</p>
<p>23</p> <p>AM- Sit Fit Language Lessons: Cantonese</p> <p>PM- Chinese New Year Celebration</p>	<p>24</p> <p>AM- Morning Coffee Arts, Health & Seniors</p> <p>PM- Card Making Yarns of Fun</p>	<p>25</p> <p>Robbie Burns Day</p> <p>AM- Sit Fit Groaner Corner with "Bea Flat"</p> <p>PM- Bocci Ball Cartooning with Chris Warm Hands</p>	<p>26</p> <p>AM- Beauty Spa Sit Fit The history of Robbie Burns</p> <p>PM- Celebrating Robbie Burns Day with lassie Lorraine</p>	<p>27</p> <p>AM- Morning Coffee Gentle Yoga</p> <p>PM- Bingo</p>
<p>30</p> <p>AM- Sit Fit Language Lessons: Cantonese</p> <p>PM- Noodle Hockey Creative Writing Group Warm Hands</p>	<p>31</p> <p>AM- Morning Coffee Arts, Health & Seniors</p> <p>PM- Bean Bag Toss Yarns of Fun</p>			

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

PROGRAMS

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Afternoon on Hawaii

Sit back and relax as we take a trip to Hawaii from the comfort of our seats

Arts, Health and Seniors

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

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.

Brain Teasers

Keep your memory sharp, what can you remember?

Brentwood Outing

Friday Jan.6th we will be heading out a shopping trip

Card Making

Time for some crafts, let's decorate!

Chinese New Year

Celebrate with our Asian friends; happy new years

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

Guest Speaker

We will be discussing arthritis

Golf

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

Linda Lujan

Linda is coming in to rind in the New Year through song

Morning Coffee

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

New Years Celebration

Counting down to the new year of 2012; let's celebrate the good times!

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

Pajama Day

Wear your pajamas to the centre for a day of fun

Resolutions

Share your new year's resolution

Robbie Burns Day

We will be celebrating the Scottish tradition with some music

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?

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

Wii Games

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



Aging changes and fall prevention

People are living longer than ever before. But there's no getting around one thing: as we age, our bodies and minds change. There are things we can do to stay healthy and active as we age. So, it is important to understand what to expect.

As we age, our bone mass is lost. The bones lose calcium and other minerals, which makes our bones more brittle. The joints become stiffer and less flexible. Fluid in the joints may decrease, and the cartilage may begin to rub together and erode. Minerals may deposit in and around some joints. The muscle fibers shrink. Muscle tissue is replaced more slowly, and lost muscle tissue may be replaced with a tough fibrous tissue. Changes in the muscle tissue, combined with normal aging changes in the nervous system, cause muscles to have less tone and ability to contract. Muscles may become rigid with age and may lose tone.

All the changes mentioned above affects our mobility. Our movement slows and may become limited. Our gait becomes slower, shorter and unsteady. Therefore, seniors are easy to fall and have broken bones.

Having a healthy lifestyle can help us to deal with normal aging changes and make the most of our life. Exercise is one of the best ways to slow or prevent problems with the muscles, joints, and bones. A moderate exercise program can help you maintain strength and flexibility. Exercise helps the bones stay strong. To prevent fall, please exercise regularly.

RCSS PHOTOS





Doris Stevenson

MEMBER PROFILE

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Doris Stevenson

Doris was born in the family home in a spot between Spruce Grove and Edmonton, Alberta. Unfortunately Doris' mother passed away a few years later and so Doris went to live with her grandparents. They lived on a family farm, so when Doris woke up she had to do her morning chores of collecting eggs and milking cows before walking to school.

The early part of her schooling happened at a convent school in town, but from grade 6 on Doris went to school in Edmonton. In 1944, just as World War II was coming to its climax and workers were desperately needed to keep the war machine going, Doris and her girlfriend decided to take the train across the country to Ontario. There she worked in a munitions factory in a town called Ajax just east of Toronto. 10 months later the war ended and so did Doris' job.

From Ajax she moved to Hamilton, Ontario and ended up working in a mental institution for the next 5 years, before finally returning home to

Alberta. Not content to sit at home Doris was soon chaffing for adventure again and this time went up to Whitehorse in the Yukon. There she worked in the mess hall of an Air-force base, and that's where she met her husband, Kenneth in 1948.

They were married the next year and the year after that, in 1950, had their first child- a boy named Louis. Typical of life in the armed forces, the young family moved all over Canada in the coming years and Doris ended up having another five children over that time.

Unfortunately Kenneth passed away 20 years ago but Doris continues on with quiet resolve and the support of family and friends. She is now 87 and has just recently started visiting Renfrew Collingwood Seniors Society, which she enjoys very much. We're delighted to have her with us and look forward to many more visits where we'll get to know her better.

Welcome Doris!



Call us to see how we can help you have a
Safe and Comfortable Holiday Season

Personal Care	Finding the perfect gift	Transportation	Preparing a feast
Housekeeping	Decking the halls	Respite Care	Companionship



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Here're the results of the Christmas Raffle:

Man's jacket – Cathie
 Set of dishes for 4 – Bud K.
 Serving set – Laura
 Set of casserole dishes – B. J. Folkard
 Set of pots – Marnie Creed
 Baking dish - Frank
 Soup pot – Addie
 Food warmer – Danuta
 Christmas wall hanging – Yatsheung
 Snowman – Rena
 Santa Figurine – Ena
 Poinsettias – Addie & Bud K.

URGENT!!!

Due to recent incidents, we would like to ask that everyone please bring in an update of your medication and prescriptions to the Nurse Carol.

Important Dates:

Centre Closed
 Jan. 2nd, 2012

Brentwood Outing
 Jan. 6th, 2012

January Birthdays

Yatsheung 6th
 Neda 7th
 Henry 9th
 Marguerite 10th
 Laura 27th
 Dora 28th
 Lee Bong 28th
 Danuta 30th



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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RENFREW-COLLINGWOOD SENIORS' SOCIETY NEWSLETTER

