

"Taking Seniors to Heart"



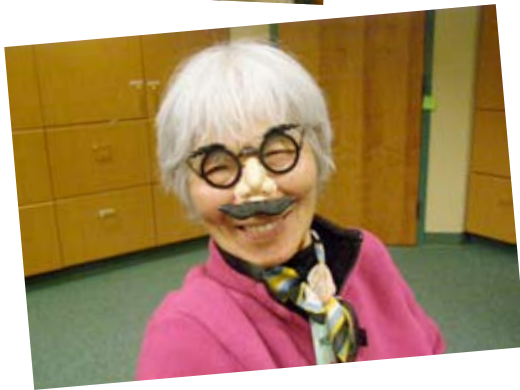
JULY 2011 NEWSLETTER

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

HAPPY CANADA DAY



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.

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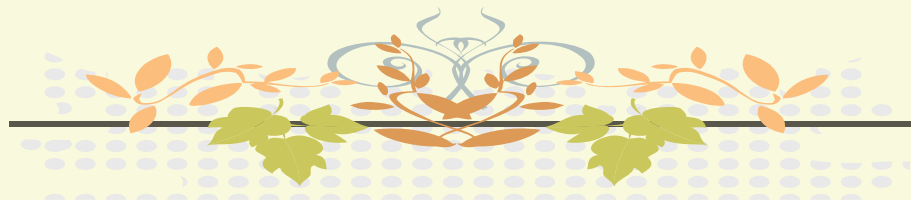
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Renfrew-Collingwood Seniors' Society Newsletter July 2011

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Well the Canucks did us proud. You know it's interesting how sports bring out the best in us. I loved walking around my neighbourhood and seeing everyone being so nostalgic, someone even had their lawn mowed with the shape of the Canuck logo. For weeks as I drove home, all the fans at the bus stop were showing their support by wearing their Canuck colours. At work the most loyal fan (Poonam) wore her jersey and her enthusiasm for the team kept everyone's spirits high. I think bringing the community together for whatever reason is a good thing and the Canucks engaged hundreds of thousands of fans in our beautiful city and across the country. It was a good year. Winning isn't everything.

Things are "happening here". **The Wedding Theme** was so much fun. To the brides who were still able to fit into their wedding dresses - good for you. For those of us who could not - luckily we had coworkers that came to our rescue. Everyone had a ball. Speaking of themes, we plan on celebrating life as much as we can, so stay tuned for the next one and please bring in memorabilia to contribute to its' success.

The Boulevard Gardens wrapped up with a **Ribbon Cutting Ceremony** and the students from Windermere emceed the event and a lovely lunch followed. A special thank you goes out to Alice and Peter who spoke so eloquently on our behalf. This intergenerational project assisted us in building bridges between the youth and elders in our community; it was very evident that long-term relationships would be the result of it. It was more than flowers that grew from this exchange; we all did. Again we would like to thank Vancouver Parks Board for their contribution.

The **Chinese Program** is continuing for another three months (3 month intervals are common time frames when funding has not been secured). It was really heart-warming to meet with the seniors, brainstorm ideas about how to keep the program going, and best of all develop a plan to sustain it. They have come together as a force and are determined to make it work. I am very happy about that and I will make every effort to find a long term funder.

I would like to close this month's article by acknowledging our departing staff person **Laurie Kallin**. Laurie, Glen and their sweet little boys are moving to the Island. They are as happy as can be with their recent home purchase, career move and new community. Although we will miss Laurie, I am sure that you all wish her well. Good Luck and All the Best!

This place is bustling and the energy is soaring - we are glad you are all here to be part of it. All is well.

All is well,

Donna Clarke



Message from the board by Tara

In the past three weeks we have lost two women in our family, two very different women. Both of whom I didn't get to know too well, yet in some ways know very well. Given that one of them just passed away a few hours ago I have no choice but to dedicate this write up to them, as the loss is fresh and I committed to do this write up for July! The women I am talking about are my husband's maternal and paternal grandmothers -our "Ammachys". The family has barely recovered from the first loss and has been thrown into the second. But when we pause to think about the people they were we have got to spend more time celebrating the fullness of the lives they lived rather than mourn the loss, though we will miss them very much. You could not meet two people that were more different in their personality. My husband's maternal ammachy was quiet and soft spoken. She had the gift of remembering family relationships and could connect people to our family or to someone we knew within minutes of meeting her! She was generous with her finances and her affection. Both traits are alive and well in her grandchildren.

With his paternal ammachy on the other hand you never had to worry about silence, she was always talking and telling us about her life, especially her childhood. She saw her family through some rough times: when they were in financial need she found additional ways to earn income from their rubber plantation in India, in addition to her work as a school teacher. She travelled around the nearby villages and towns preaching and praying with people. She was a disciplinarian but was always careful not to discipline in anger: she would wait ten minutes after the act before deciding on the punishment.

But they both did have some things in common: they both raised their own children and had a big part in raising their grandchildren, my husband included. They both spent a lot of time in prayer for the whole family; in other words they never stopped caring for the family.

Not just their memory but their legacy lives on in my husband and his siblings, and I hope will be passed on to our children. Our two ammachys have certainly inspired me to be a better person and a guardian to my family as they were to theirs.

Tara

Hi beano players. That's right BEANO. This is the name of the game we now call Bingo. In 1929 when the game reached North America it was a carnival game played in Atlanta, Georgia. In the country fair games the dealer would select numbered disks from a cigar box and players would mark their cards with beans. Hence "beano". It was changed when someone made a mistake and called "bingo" instead of "beano". The game itself can be tracked back to 1530 in Italy where it was called "Lo Giuoco del Lotto D'Italia (it is said they still play it there every Saturday). From there it went to France where it was played amongst wealthy Frenchmen. In the 1880's it went to Germany where it was a child's game to help students learn math, spelling and history thank heavens it has evolved to what it is today. By 1930 someone had produced over 6,000 different combinations of cards, and then they went insane! Here at our little bingo game we have a choice of 69 different games (not counting 7 standard games we play each week). So I hope you enjoy what we have and as always

the best of luck to all.

Charlie the bingo guy



Note for Family Caregivers by Carol Yi

Laughter is a great thing -- that's why we've all heard the saying, "Laughter is the best medicine." We don't know if laughter is truly the best medicine, but it is certainly good medicine. There is strong evidence that laughter can actually improve health and help fight disease. Our brains can make us healthier and happier through laughter.

- Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving our muscles relaxed for up to 45 minutes after.
 - Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving our resistance to disease.
 - Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
 - Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect us against a heart attack and other cardiovascular problems.
- So let us start every day with a happy thought and carry laughter with us wherever we go. There are plenty of opportunities to add more laughter in our centre. Don't miss a day to laugh your head off at the centre and be healthier.

Carol,

P.S. Don't forget to smile



Member Profile Erika



Erika was born in Bern, Switzerland. She has spent the majority of her life there, but decided to move to Vancouver in 1996 to be with her children. Her children had migrated to Vancouver during the 1970s. She was seventy years old when she left Switzerland for Vancouver. Erika met her husband, Ruedi, in Switzerland; she married him when she was 23 years old. They had three children; two girls and a boy. Also, she has four grandchildren, all boys. We all know Switzerland is famous for great craftsmanship in watches. Erika was in a good location for her career path, as she worked with watches. Erika completed her schooling in Switzerland. She enjoys travelling and really enjoys living in Vancouver; it is one of the best places she has ever been. In her spare time Erika likes to knit. She has been coming to the Renfrew Collingwood Seniors' Society for about a year and a half now. Erika likes the various activities and different people she has been able to participate in and meet here.

July 2011



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Canada Day Centre Closed 
4 AM- Fitness Current Events PM- Armchair Travel to China Warm Hands	5 AM- 10:30 departure Scenic Drive & Picnic to Burnaby Mountain Rose Garden PM- Beauty Spa Yarns of Fun	6 AM- Discussion Topic: Compassion Gentle Yoga PM- Entertainment with Tom Borugian	7 AM- Beauty Spa Fitness Trivia: Chocolate "Pugnacious" visits PM- Sing-a-long with Pete Campbell	8 AM-10:30 departure Shopping Trip to Royal City Centre New Westminster <u>No lunch at centre</u> PM- Bingo
11 AM- Fitness Words of Wisdom PM- Table Games Ping Pong Challenge Warm Hands	12 AM- Morning Coffee Stretch & Stride PM- Summer Tea with Renfrew Park Community Centre featuring Gordy Van Yarns of Fun	13 AM Movement to Music Crossword Puzzle PM- Rock 'n' Roll with Al Foreman "International Puzzle Day"	14 AM- Beauty Spa Current Events Gentle Yoga "Pugnacious" visits PM- Crow City Singers Warm Hands	15 Leave RCSS at 10 am Family Outing to Minter Gardens <u>No lunch at centre</u>
18 AM- Fitness The History of Ice Cream PM- Ice Cream Making Warm Hands "National ice Cream Day"	19 10:30AM- Arts & Health Exhibit and wrap up celebration at the Renfrew Park Centre with piano by Lil So PM-Yarns of Fun	20 AM- Current Events Gentle Yoga PM- Noodle Hockey Warm Hands	21 AM- Beauty Spa Horoscopes&Fitness "Pugnacious" visits PM- Summer Songs with Gwen Gouchee	22 AM- Morning Coffee Stretch & Stride Discussion Topic: Personality Types PM- Bingo
25 AM- Fitness Beach Memories PM- Songs with Linda Lujan	26 AM- Morning Coffee Documentary & Presentation "The Remaining Light" PM- Flower Arranging Yarns of Fun	27 AM- Sit Fit Funny Bone Humour PM- Horse Racing Shoe Shine	28 Hawaiian Day! AM- Beauty Spa Luau Fitness "Pugnacious" visits PM- Hawaiian Dance with Inge Nielsen Tropical Smoothies	29 AM- Morning Coffee Gentle Yoga PM- Bingo

Centre Programs - July 2011

Arts, Health & Seniors Wrap Up

We will be going across the street to celebrate our art exhibit

Arm Chair Travel to China

From the comfort of our seats we can travel to China.

Bingo

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



Beach Memories

In the spirit of summer we will be remembering our days at the beach

Bean Bag Toss

Ready, aim, bulls-eye! A fun target practice game that will keep you fit while having fun.

Bocci Ball

Practice your aim while getting in some exercise!

Crossword Puzzles

It's international puzzles day July 13th; thus, in true fashion we must puzzle

Crow City Singers

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

Documentary

The remaining light film will be showing at RCSS on July 26th

Entertainment with Tom

Tom will be coming in to sing and dance; who says we need a special occasion, let the celebrations begin!

Flower Arranging

It's the season of flowers, let's use our creativity to mix and match

Gentle Yoga

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

Gwen Gouchee

The musical styling of Gwen for your entertainment; a summery theme

Hawaiian Dance

On July 28th Inge Nielsen is coming to show us some Hawaiian dance techniques

Ice Cream making

Try your hand at everyone's favourite hot weather treat

Linda Lujan

Linda will be coming to do some singing

Minter Gardens

We are taking a trip on July 15th, get your seat a.s.a.p.!

Morning Coffee

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

Movement to Music

Get our bodies moving to the beat of a good tune; it's a great fun way to exercise

Pool Noodle Hockey

Go team Go! Get the balloon pucks into the opponents net using your noodles

Pugnacious visit

Our new canine friend is coming for a visit

Rock 'N' Roll

Al Foreman will be getting our spirits high and our feet tapping

Scenic Drive

Our Tuesday group will be heading to Burnaby Mountain for a drive and picnic

Shopping Trip

We will be going to the Royal City Centre in New Westminster on the 8th for shopping

Sing a long with Pete Campbell

Pete's coming in to get your feet and voices moving

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!

Summer Tea

In conjunction with Renfrew Park we will be celebrating, entertainment by Gordy Van

Summer Trivia

How much do you know about everyone's favourite season

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

Wellness Discussion

We will take some time to discuss on personality types this month

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



Message from Laurie

Yay! Summer is finally here, we can exchange the rain umbrella's for patio ones for a while, time to lather up the sunscreen, squeeze some fresh lemons for yummy lemonade, fire up the BBQ or even pack a picnic. Maybe even a little adventure travel, even down memory lane.

I have had many great memories here at RCSS. I have been here just under two years, the time sure flies. I am sad to announce that I will be moving and be relocating to Nanaimo. We are set to move July 1st, so as you are reading this we will probably be unpacking boxes ect. The kids are pretty excited at the new place they will be able to ride their bikes to school and enjoy having a yard to play in. It will be a huge life change. We will miss our old neighborhood but are welcoming the next. The old saying when one door closes a new one opens.

It has been such a pleasure getting to know you all. I will miss this place sadly but I do feel joy inside at having the opportunity and experience of being here. It truly is a great place. I will especially miss all the stories shared of days gone by. Thank you to all of you that have shared your hearts, laughter and smiles.

I feel I am leaving you all in good hand. There is such wonderful Staff, great volunteers, beautiful seniors and an amazing cook. I have yet to try anything I have not liked, thank you for keeping us all well fed! Thank you to you all for making this place so great I will truly miss this place and I'm sure will talk about it often.

Keep on smiling!!!



Message from Poonam

To begin a fact about July! Julius Caesar was born in July; thus, this month was named after Julius to honour him.

Although, we won't be here on Canada Day, we wish you all a very Happy Canada Day, enjoy the day off and celebrations. Happy 144th birthday Canada!

This is an exciting month here at the Renfrew Collingwood Seniors' Society, we have tons of fun summery activities and entertainment lined up. A few events to look forward to this month are:

- the Summer Tea on July 12th
- Minter Gardens Trip July 15th
- Hawaiian Dancing on July 28th

News from the Kitchen

We are always searching for ways to make our favourite foods healthier, so we can indulge in them more often. Since we can't eat deep fried sugary treats everyday, here are some tips for getting our favourite foods to be more healthful:

- Decrease the meat and increase the vegetables called for in stews and casseroles.
- Choose whole-grain versions of pasta and bread; substitute whole-wheat flour for bleached white flour when you bake.
- Serve imaginative whole-grain side dishes like bulgur or kasha instead of white rice or pasta. Cook with less fat by using non-stick skillets.
- Blot all fried meats on paper towels. Or better yet, try baking instead of frying.
- Avoid cooking with soy or Worcestershire sauce and products that contain monosodium glutamate (MSG).
- Use garlic or onion powder instead of garlic or onion salt, and use unsalted or low-salt vegetable broths and products.
- Buy reduced-fat cheese or use mozzarella, which is naturally lower in fat.
- In recipes calling for milk or cream, substitute reduced fat versions or try using other "milks" such as rice milk, nut milks or soy milk. Also use low-fat cream cheese, yogurt, and mayo.
- Unhealthy fats like certain oils, butter, or margarines can usually be cut by 1/3 to 1/2 in recipes. At first try a small cut-back and then use less and less over time; you'll hardly notice the difference.
- You can also use fat substitutes like prune purees and applesauce in baked goods.
- Use fresh-frozen fruit without added sugar if fresh is unavailable.
- Cut the sugar called for in most recipes by 1/3 to 1/2.
- Sweeten waffles and quick breads with cinnamon, cardamom, vanilla or almond extracts in order to cut the sugar content.
- Try salsa on a baked potato or salad rather than high-fat dressing or butter



RCSS moments...



Ribbon Cutting with Windermere and Blushing Brides



Open House
Sundays 2-4pm



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Upcoming Events

Important Events

July 1st
Canada Day
Centre Closed

Royal City Centre
Shopping Trip
July 8th

Minter Gardens Trip
July 15th

Frozen Home Made Meals

Frozen Home Made Meals
Available
2 for \$5.00
or 1 for \$2.50

If your prescriptions change please
let Carol know 604-430-1441

Happy Birthday!

July Birthdays

Addie	2nd
Fiona	6th
Adelia	9th
Jim	11th
Kim	18th
Fanny	22nd
Olga	30th



Free Workshops for Caregivers

Topics:

- Community Resources
- Navigating the Health Care System
- Self Care and Stress Management
- Legal Health Care Decision-Making

Tuesday July 5th, 12th, 19th, and
26th

Registration Required
Call Sarah 604-877-4699 or
email: caregiversupport@vch.ca

Pacific Spirit Community Health
Centre 2110 W. 43rd Ave.
3rd floor A.345

10-11:30am



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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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