



RENFREW-COLLINGWOOD SENIORS' SOCIETY 2012

March 2012

RCSS NEWSLETTER

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

www.rencollseniors.ca



Spring Has Sprung at
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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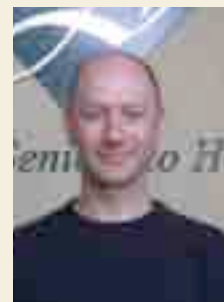
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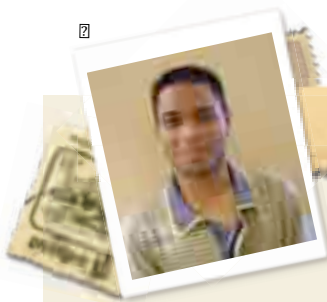
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Antibiotics What?

As many of you may know I am studying in the field sciences, specifically to work in health care. So I thought I would share a little bit about something I have learned.

Here is some daily information you don't normally get in a newsletter. In microbiology, there are two types of antibiotics one called narrow-spectrum drugs which are limited to only a selection of pathogens, which is an agent that causes disease or what we commonly call a germ. A second category of antibiotics are broad spectrum antibiotics which are effective against many different kinds of pathogens which are normally administered to you because a doctor can not pinpoint what type of pathogen you have. Of course, antibiotics are only to be used on bacteria and not viruses. There are several types of antibiotics: One type of antibiotic inhibits a cell wall which interferes with the bacteria cell wall synthesis and eventually the cells burst; an example of that antibiotic is Penicillin's. Another type of antibiotic is the inhibition of protein synthesis which disrupts the DNA making of bacteria; an example of that antibiotic is Tetracycline's. Another antibiotic is called metabolic antagonist which inhibits the functioning of metabolic pathways which is very important to bacterial cells; an example of this antibiotic is Sulfonamides. The last category of antibiotics is those that inhibit the nucleic acid synthesis which stops the bacteria from multiplying; an example is Quinolones.

An important thing to note is that, "not all bugs need drugs." As I mentioned before bacteria and viruses are different and need to be treated differently. The best way to prevent getting sick and needing to take antibiotics is to wash your hands well, cover your coughs and stay home if you do feel sick so the germs don't spread!

Have a great 2012!!!

- Ellison Fernandez



MESSAGE FROM DONNA

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“...I will remain optimistic that a settlement will be reached...”

There are a lot of union contracts up for negotiation with the provincial government this year and I am a little concerned where things might end up.....the dreaded S (strike) word. Our staff is members of the Hospital Employees Union (HEU) and the last time the contract was up for renewal in 2010 there was no wage increase. We all know how expensive it is to live in Vancouver so I am not so sure that the union is prepared to walk away without any increase this year.

I am in the position of having to prepare for essential services because I am the only person on staff that is not a member of the union; I am considered management. So in the event that there is a strike the only thing that I can do is call all of the members to say that we are closed. I will be at the office but will not be able to run the Centre without the support of the other staff members.

The updates on the status of negotiations that I have received from the Health Employers Association of BC (HEABC) have been positive however they are in the initial stages.

I will remain optimistic that a settlement will be reached but let me go on record saying that I support a wage increase for our staff as they work very hard for the seniors in our community; I'm sure you would agree.

I will keep you postedall is well.

Donna

新年快□!

我很感□我□一起度□了另一个美好的一年，并期待着与您共享2012年。

我□如此幸□地相互依靠，我知道我从你□那里□得的多于□与。祝愿你□新的一年充□□，平安和□笑，并且健康和快□。

在□去的一年里，尽管面□一些挑□，我□仍然取得了很多的成□。感□您□中心的一□，并在每次活□中□中心所做的巨大□献。没有你□每一个人的参与，我□都□以□得如此成功。□我□有另一个繁花似□的一年。

祝你和你的□人互敬互□，

万事如意！

A WORD FROM ROSE



Never in my life have I been able to please so many people at one time. I feel grateful for that. Renfrew Collingwood Seniors' reach out to staff because we are like family and as a family, when someone is successful we cheer and clap. When someone is sick; we mourn and are concerned. I'm leaving my permanent part time position at RCSS because of personal reasons and I'm very sorry for that. I hope that I will return in a casual position.

Rose



A Message from Fiona

March is already upon us and it feels good to say that spring has arrived early in Vancouver. We are so lucky on the West coast to enjoy the smells and sights of early spring blossoms in our trees and gardens. This month holds many exciting celebrations including Mardi Gras, St. Patrick's Day and of course, the first day of spring on March 20th.

In consideration of our long grey winters in Vancouver, we have decided to brighten your weather inside R.C.S.S. with "An Afternoon in Hawaii" on March 1st. On this day we would like to cure any winter blues that you may have experienced this year and whisk you away on an imaginary holiday.

The next stop on our tour may feel like New Orleans as we get busy preparing for Mardi Gras again. We will be making masks for our festivities and we invite you to wear your brightest colours on March 7th for our Mardi Gras parade. The Mardi Gras carnival has its roots in the preparation of the Christian season of Lent. Mardi Gras draws millions of fun seekers to New Orleans every year. It has been celebrated on a grand scale with masked balls and colourful parades since the French settlers arrived in the early 1700's. In 1872 the Russian Grand Duke, Alexis Romanoff, visited New Orleans for Mardi Gras. It has become a tradition since his visit to name a "King and Queen for the day". Another tradition since Duke Alexis' participation was to include his royal colours: purple for justice, green for faith and gold for power. These are now the traditional colours for Mardi Gras everywhere.

On March 17th everyone seems to find their Irish heritage to celebrate St. Patrick's Day. It is a tradition which began in Ireland after the arrival of Patrick, who was actually born in Britain around A.D. 390 to an aristocratic family. At 16 years old, Patrick was

kidnapped and sent overseas to tend sheep in Ireland for seven years. During this difficult time, he developed a firm belief in Christianity. He then escaped back to Britain to be with his family but could not ignore the voices in his mind to return to Ireland. He spent the rest of his life in the Emerald Isle trying to convert the Irish to Christianity.

As for the myth of St. Patrick chasing the snakes from Ireland?

Snakes do not exist in Ireland today- they never did. After all, Ireland is surrounded by icy oceans, which would be much too cold for snakes to migrate from Britain or anywhere else.

We will be recognizing our "Irish roots" with some blarney trivia, armchair travels to Ireland, Irish Jokes, a St. Patty's day party and even a Sit Fit with an Irish twist! So don your green apparel and join the festivities!

'Tis a grand month and I do hope that you enjoy all of the wonderful things that we have in store for you.

Fiona Eastoria



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

Afternoon on Hawaii

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

Arm Chair Travel

We are heading to Ireland from the comfort of our chairs

Arts, Health and Seniors

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

Bingo

Nerve-racking 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 Mar. 2nd we will be heading out a shopping trip

Craft

We will be making a spring blossom craft

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

Friendship Circle

A time to share, reflect and relax with friends

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

Language Lessons

Our Centre is so diverse, we will celebrate and try to learn new language skills

Mardi Gras Celebration

In true New Orleans fashion, we will be celebrating the carnival!

Morning Coffee

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

Movement to Music

Let the music guide your exercises!

Nutrition Talks

An important part of staying healthy is eating right.

Pete Campbell

Pete is coming in to entertain us with his lovely singing

Ping Pong Challenge

Practice your aim, how many ping pong balls can you get in the cans

St. Patrick's Day

A day full of leprechauns, clovers and Irish fun with Lorraine coming to join

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 chess?

Warm hands

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

Water Bottle Curling

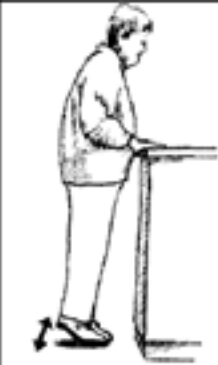
Aim and push, get your bottle to the centre of the circles

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



Exercise at Home

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.

UP ON TOES (may also be done in sitting)

1. Stand facing the kitchen sink. Hold on with both hands.
2. Go up on toes with both feet.
3. Come down slowly.
4. Repeat 3 – 5 times if you can.
5. Gradually add one more repetition every few days until you can do this 15 times.

Progression:

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

FALL PREVENTION SERIES Medication Use

What Can Cause Medication Concerns

- ☐ Taking over the counter (non-prescription) medications, herbal remedies or alcohol with prescription medications.
- ☐ Using someone else's medications.
- ☐ Not being sure what medications you are taking, how many you should take, and why you need to take them.
- ☐ Using outdated medication.
- ☐ Your doctor may not be aware of all the medications you are taking.
- ☐ Your doctor may not be aware of the side effects you have experienced.

What you can do

- ☐ Ask your pharmacist about medication side effects and possible drug interactions before taking any medication.
- ☐ Always use the same pharmacy.
- ☐ Bring out-dated medications back to pharmacy for disposal.
- ☐ Never borrow medication from others.
- ☐ Keep a list of your medications in your wallet or purse and on the fridge.
- ☐ Use a weekly pill reminder/dossett/bubble pack.
- ☐ Ask your pharmacist or doctor before taking any over the counter medications or herbal remedies with prescription medications.
- ☐ Avoid alcohol when you are taking prescription medications.
- ☐ Review your medications with your doctor at least every six months and whenever any medication is added or stopped.



MEMBER PROFILE

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RONALD

Ronald was born and raised in Carlin, British Columbia; a community near Shuswap Lake. He had two sisters and was the middle child. He used the skills he acquired on his parents' farm when he left home to do harvesting work on the prairies. During the war he joined the Royal Canadian Air Force and worked overseas as a sheet metal mechanic.

He moved to Vancouver in 1951, and soon met his wife at a dance. Ronald declares that she was a "tremendous dancer," and that they went dancing often. Ronald picked up some fancy footwork when he was stationed in England, and they taught each other new moves! They had three children, David, Kathryn, and Daniel. Ronald now has five grandchildren.

Ronald worked as a sheet metal mechanic in Vancouver as well. He joined forces with another mechanic and they started their own business. He was later entrusted with the key position as the liaison between management and the labour union. He was also the first president of SMACNA, the Sheet Metal and Air Conditioners' Contracting National Association.

Ronald has been a hockey enthusiast throughout his life. His interest began when he learned that his dad's cousin played for the Millionaires, Vancouver's professional hockey team from 1911 to 1926. Many Millionaires were later drafted to the New York Rangers. When he lived in Carlin, he would play neighbouring community teams. He says they never wanted to play home games, because the home team would have to shovel the snow off the outdoor rinks before the game. They would be exhausted before they even played! In Vancouver, he played all-men's hockey until he was fifty. After that, he coached teen hockey through the Burnaby Winter Club. He still follows the NHL and remains a Canucks fan



A Poem by: The Renfrew Collingwood Seniors'

Love Is...

Love is splendid, love is eternal. It does not envy, it does not deceive, it is not proud.

It is not envious or to be ignored, it is not self seeking, it is not easily gained, it keeps no records of wrongs.

Love does not delight in envy but rejoices with the truth.

It always is kind, always generous, always forever, always understanding and respectful.

Love never fails and is never wrong.





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March Birthdays

9 Rena
18 Edward
19 Dorothy
21 Irene
25 Michael
27 Lily
29 Maria



Important Dates:

Brentwood Outing
March. 2nd, 2012



SPRING RAFFLE

Our Annual Spring Raffle is
happening this Easter!

Be sure to buy your
tickets soon!

Great Prizes!



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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