



RENFREW-COLLINGWOOD SENIORS' SOCIETY 2012

May 2012

RCSS NEWSLETTER

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

www.rencollseniors.ca

SINGING ALONG AT RCSS





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



"Taking Seniors to Heart"



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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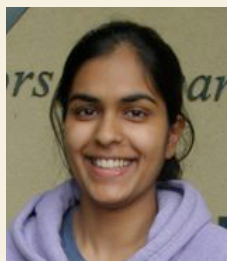
MAY 2012

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BOARD OF DIRECTORS



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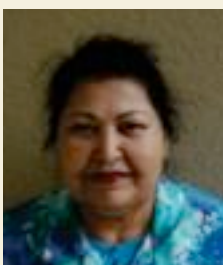
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Hopefully by now most of you would have heard about the strategic planning that we are embarking upon. I am excited about the process by which we, as a board, hope to engage everyone who has any kind of relationship with RCSS, to give us their input. Who do they see us as? And what direction should we take over the next few years? Let me say that this process, although at its early stage, has already made me very proud to be a part of this Society!

An incident in particular has helped ... It's something that happened one afternoon in March and will certainly remain one of my fondest memories at RCSS. I was scheduled to join the Strategic Planning meeting that we were holding with the staff. I had no one to babysit my 2 year old. So, at the risk of it being unprofessional I packed him up, and brought him to the meeting. The only reassurance I had was that he tends to be quite shy with strangers and would likely be quiet, and play on his own.

Everyone was seated when we entered the room. I took my son to an area where he could play with the toys, or read the books I brought for him. But before I could settle into my chair to join the meeting he was being given all kinds of hats to try on (and he loves wearing hats so he was just thrilled!) and blocks to play with. Later as he found courage to creep over to where I was, he was distracted by someone showing him how to draw on the white board. And then when he finally ended up on my lap, he was entertained by someone drawing him cartoon figures on note paper. All the while the meeting proceeded without seemingly being disturbed.

What makes this all the more amazing is that these same people who were taking care of my son were talking about being part of a centre that is supportive, caring, friendly and fun, with a personal touch, and a home-like setting for our seniors. Every person at that table had something positive to contribute to the discussion, and expressed their dedication to seniors' care. I certainly did not need any more proof that we were dealing with a genuine set of people.

So thank you Staff of RCSS for your dedication. I am confident that our vision "To be a Centre of excellence, providing quality and innovative leadership in programs dedicated to seniors" is possible, with a team like you. And to everyone else who are either members of our Society, or connected to us in anyway (if you are reading this newsletter, that would be you!) please get involved, and give us your thoughts on how we can give our best to our seniors.



Happy Mother's Day!

I hope your children shower you with love and admiration on Mother's Day. I know you deserve it. Being a mother of two (gorgeous) sons, I can relate to the joys but also the challenges of raising children. Some of you had ten or twelve children, as did many women of your generation; I've been told that the more you have the easier it becomes. I find that hard to believe, but interestingly enough my eldest sister had eight kids and the older ones seem to take care of the younger ones.

I am going home to Newfoundland this year to spend Mother's Day with my mom. For those of you who hear me speak of my mother, you must know how much I love her. She is such a beautiful woman; Mom finds good in everyone. All of my best friends still visit Mom on special occasions, their relationships with her goes way beyond her daughter's friends.

This year I plan on giving Mom a Mother's Day that she will remember forever. Because she cannot travel, we are going to pretend we are on vacation. I'll pick her up Saturday afternoon and go to the fancy Newfoundland Hotel where I have booked a room for the night. We will have a lovely dinner with my two sisters and then Mom and I will head back to our room with a view of the famous harbour. St. John's has the most naturally protected narrows in the world. That means if you were sailing by you probably would not notice the entrance into the bay as it is concealed so well. I so look forward to having Mom to myself for the evening. We have a lot to chat about because we never have uninterrupted time together.

On Mother's Day I have invited all the women in our family to join us for brunch at the hotel, of course starting with champagne and orange juice in our room. It will do my mother a world of good to be treated like a queen for the day and I know that she will get the lovin' she deserves. All of her grandchildren treat her with the utmost respect and so our matriarch will be blessed with laughter, good food, and adoring company.

I wish the same for you and look forward to sharing the stories and pictures with you when I get back.

All is well

Donna



PROGRAMS ARTICLE

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A message from Fiona

Mothers hold their children's hands for a short while, but hold their hearts forever. ~ Author Unknown ~

As Mother's day fast approaches on May 13th, I would like to take a moment to wish everyone a Happy Mother's Day! This is a day for everyone to celebrate because it is a time for us to remember and recognize the mothers in our lives. We take this moment to share our gratitude for all that our mothers have done for us. There are many mothers who have pioneered before us. These women are mothers who have not only made an impression on their own children but countless of others throughout the world. Here are just a few:

Queen Elizabeth: The Queen Mum, mother of four children, Charles, Anne, Andrew, and Edward. She is the constitutional monarch of the commonwealth realms.

Rose Kennedy: An American philanthropist and the mother of nine children, including US President John F. Kennedy, Senator Robert Kennedy and Senator Ted Kennedy.

Betty Fox: A Canadian cancer research activist, the mother of Terry Fox and the Founder of the Terry Fox Foundation.

"Mother" (Clara McBride) Hale: she started the Hale House in Harlem to care for infants born to drug addicted mothers.

Grandma Moses: Proof that there is life after childrearing, Grandma Moses began her strikingly successful painting career at age 70, and long after her four children had grown.

Candy Lightner: Founder of M.A.D.D. (Mothers Against Drunk Drivers). She created this organization after her thirteen year old was tragically killed by a drunk driver.

Ma Barker: The mother of four members of the infamous Barker-Karpis gang captured our attention in the 1930's for her role in criminal life.

Maria Von Trapp: The real-life inspiration for the character played by Julie Andrews in "The Sound of Music."

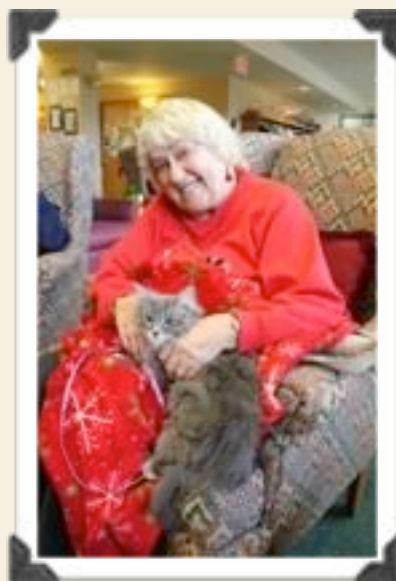
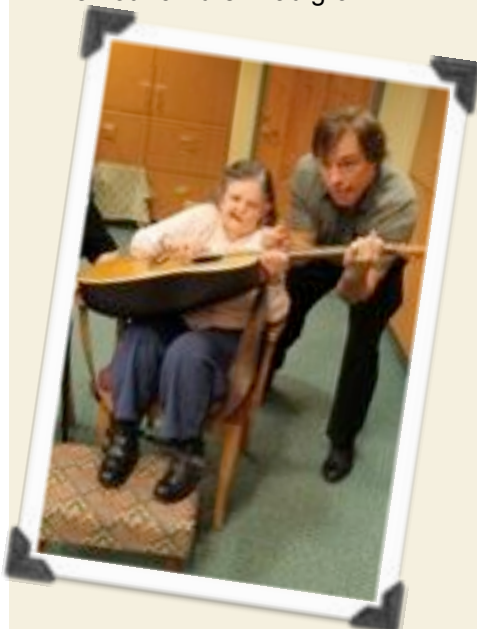
Clara Barton: The founder of the Red Cross and "mother" to thousands of wounded soldiers.

Mother Theresa: Known as one of the most infamous mothers throughout history. Mother Theresa never actually gave birth to her own children. However, her humanitarian work and care for the poor, sick and homeless, has made her one of the most influential mothers to ever grace the earth.

Finally, **"The Old Woman Who Lived in a Shoe"**, a mother that we may all remember from our childhoods. The traditional nursery rhyme was first printed back in 1794. This was a classic case of too many kids, too little time.



For all the women who have contributed to raising a child, either their own or children in the community, thank you!

Happy Mother's Day!



MAY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 AM- Arts, Health & Seniors Arts exchange with Yoko PM- Beauty Spa Yarns of Fun	2 AM- Word Opposites Movement to Music PM- Card Bingo Friendship Circle Warm Hands	3 AM- Gentle Yoga Beauty Spa PM-Crafts Gardening Velcro Darts	4 AM- Shopping and Lunch at Brentwood Mall <u>No lunch at the Centre</u> PM- Bingo
7 AM- Gentle Yoga Language Lesson: Swiss & German PM- Wii Games Crafts Men's Group	8 AM- Arts, Health & Seniors Photo transfer of portraits and 'secrets' onto cloth PM- Gardening Yarns of Fun	9 AM- Movement to Music Word Games: To 'be' or not to 'be' PM- RCSS Fashion Show	10 AM- Sit Fit Beauty Spa Scruples: What would you do? PM- Crow City Singers	11 AM- Humour: Things that make you say "hmm..." Stretch and Stride PM-Bingo
14 AM- Sit Fit Mother's Day Poems Language Lesson: Swiss and German PM- Celebrating Mothers with Lory White	15 AM- Arts, Health & Seniors Photo Transferring PM- Guest Speaker: Medication Awareness Yarns of Fun	16 AM- Gentle Yoga Humour: Funny Church Bulletins PM- Horse Races Warm Hands Friendship Circle	17 AM- Sit Fit Beauty Spa Pugnacious Visit Trivia: May Flowers PM- Warm Hands Bocci Crafts: May Flowers	18 AM- "21 Reasons the English language is hard to learn" Stretch and Stride PM- Bingo
21 <u>Victoria Day</u> <u>Centre Closed</u>	22 AM- Arts, Health & Seniors 10:00 am: Outing to Granville Island: Malaspina printers and Maiwa textiles PM- Yarns of Fun	23 AM- Riddles Movement to Music PM- Golf Friendship Circle Snakes and Ladders	24 AM- Visit with Nootka Elementary School's Grade 3 class PM- Crafts Computer Basics Balloon Hockey	25 AM- Humour: "What I have learned" Gentle Yoga PM- Bingo
28 AM- Sit Fit Language Lesson: Swiss & German PM-Bean Bag Toss Crafts: Card Making Warm Hands	29 AM- Arts, Health & Seniors Photo Transferring PM- Table Games Yarns of Fun	30 AM- Movement to Music Topic: Incredibly useless facts PM- Songs with Pete Campbell	31 AM- Beauty Spa Movement to Music The History of Aprons PM- Crafts Card Bingo Friendship Circle	

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



PROGRAMS

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Arts, Health and Seniors

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

Morning Coffee

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

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.

Brentwood Outing

Friday, May 4th at 10:00 am we will be heading out a shopping trip.

Card Making

Time for some crafts, let's decorate!

Crow City Singers

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

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 medication awareness.

Pugnacious Visit

Our new canine friend is coming for a visit on Thursday the 17th.

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.

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

Brain Teasers

Keep your memory sharp, what can you remember?

Golf

Fore! Practice your swing with us!

Songs with Pete Campbell

Enjoy an afternoon of delightful tunes with our special guest.

RCSS Fashion Show

Dress your best and sashay down the runway!

Language Lessons

Learn a new language with us. This month we're doing Swiss and German.

Computer Basics

Learn to navigate computers and see where the internet can take you.

Movement to Music

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

Nootka Elementary Visit

Enjoy the company of Nootka Elementary's Grade 3 class.



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.

WALKING ON THE SPOT (may also be done in sitting)

1. Stand facing the kitchen sink. Hold on with both hands.
2. Walk slowly on the spot for 10 seconds.
3. Gradually increase your time up to 2 minutes.

Progression:

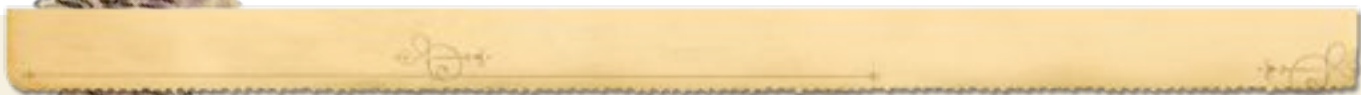
1. Begin walking in your home for three to four minutes without stopping. Use your mobility aide that you normally use for walking.
2. Every third or fourth day, gradually increase the time spent walking by one minute.

FALL PREVENTION SERIES 防摔倒系列

Risk Factor 4: Foot Problems 危险因素4-足部问题

Causes of Foot Problems 什么可引起足部问题	What you can do 如何做	Where to go or Who to Phone 去哪或给谁打电话
<p>☒ Poorly fitting shoes, slippers, boots. 不合脚的鞋子, 拖鞋, 靴子。</p> <p>☒ Shoes with high narrow heels, slippery soles, "sticky" soles, no support. 有高尖跟, 滑底, 粘底和无支撑的鞋子。</p> <p>☒ Swollen feet. 脚肿</p> <p>☒ Untreated foot problems like calluses, bunions, corns, untrimmed toenails, or ingrown toenails. 未处理的脚病如: 老茧, 拇趾囊肿, 鸡眼, 未修剪的趾甲或嵌趾甲</p> <p>☒ Poor or very bad posture. 不正确的姿势</p> <p>☒ Loss of feeling in your feet as a result of some diseases e.g. diabetes. 因某些疾病, 如糖尿病, 造成的足部感觉缺失</p>	<p>☒ Wear proper fitting supportive shoes with low broad heels. 穿低阔跟且合脚有支撑的鞋。</p> <p>☒ Choose supportive shoes that are enclosed around the heels. 选择包裹足跟且有支撑的鞋子。</p> <p>☒ Make sure your footwear is in good repair. 确保你的鞋子得到良好的修理。</p> <p>☒ Talk with a podiatrist (foot doctor) about calluses, bunions, corns, or ingrown toenails. Corn plasters are not recommended for people with diabetes, heart or blood vessel disease. 与你的足科医生讨论有关你的老茧, 拇趾囊肿, 鸡眼或嵌趾甲。鸡眼膏不应该用于有糖尿病或心血管疾病的人。</p> <p>☒ If your shoes are loose and you can't afford a new pair, buy insoles or wear extra socks. 如果你的鞋太大, 买些鞋垫或穿额外的袜子。</p> <p>☒ DO NOT wear socks on linoleum or tiled flooring. 不要穿袜子行走在塑胶或瓷砖地上。</p> <p>☒ DO NOT walk with your reading glasses on. 不要戴着花镜行走。</p> <p>☒ Keep your feet up when sitting if they are swollen. Use a pillow underneath feet if lying down to keep feet higher than your hips. 如果足部有水肿, 坐时抬高你的足部。当你躺下时, 垫个枕头在脚下以保持足部比臀部高一些。</p> <p>☒ Wear loose socks or stockings. Knee highs can cut off your circulation in your legs and numb your feet. 穿宽松的袜子或丝袜。膝盖高的袜可切断足部的血液循环而使足部麻木。</p>	<p>☒ Specialty footwear and "hard-to-fit" feet, refer to the Yellow pages or ask your doctor 特殊鞋类和难配鞋的足, 参考黄页或询问你的医生。</p> <p>☒ Find a BC Podiatrist at www.foothealth.ca or call BC Association of Podiatrists toll free 1-866-611-3338 找足科医生, 可以到网站www.foothealth.ca或打电话给BC足科医生协会 1-866-611-3338</p> <p>☒ Posture correction talk to your doctor or physiotherapist. 同你的医生或物理治疗师讨论有关姿势矫正问题。</p> <p>☒ Canadian diabetes Association www.diabetes.ca 加拿大糖尿病协会 网址www.diabetes.ca</p> <p>• Diabetic Resource centres 1-800-665-6526 or Chinese info line 604-732-8187 糖尿病资源中心 1-800-665-6526或中文专线 604-732-8187</p> <p>☒ Diabetes Education Centres: 糖尿病教育中心</p> <p>• St Paul's Hospital St Paul 医院 604-806-8357</p> <p>• Vancouver 温哥华 604-684-1628 (Chinese 中文)</p>







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Sundays



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B a p t i s t H o u s i n g | E n h a n c e d S e n i o r s L i v i n g | S i n c e 1 9 6 4

May Birthdays

4 Marjorie
18 Lai Guen Lim



A very special thanks to Linda Jong at A Flower's Touch for brightening up our Centre with her contributions.



Important Dates:

May 13- Mother's Day
May 21- Victoria Day
Centre Closed



May 4- Outing to Brentwood Mall

May 9- RCSS Fashion Show

May 14- Celebrating Mothers

May 15- Guest Speaker:
Medication Awareness

May 22- Outing to Granville Island



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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9am-4pm

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MIKE'S CRITTERS

