



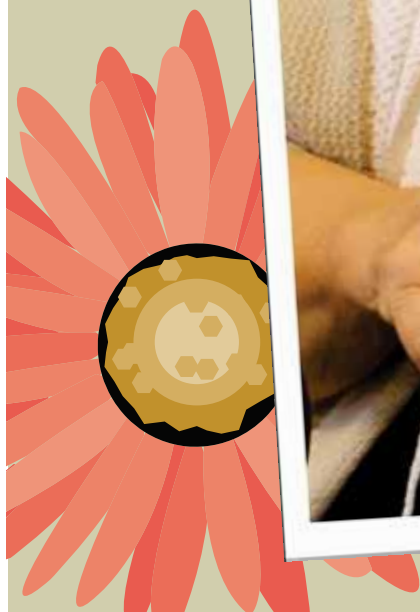
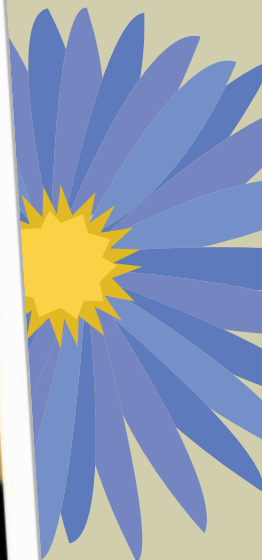
RENFREW COLLINGWOOD SENIORS' SOCIETY
蘭菲高靈活耆英會

NEWSLETTER

November 2012

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Mary

ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



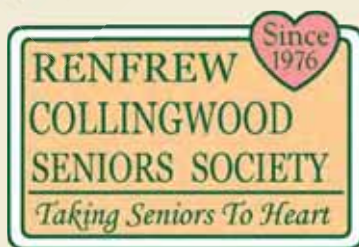
Celebrating its 35th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non-profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently 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 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).

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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

November 2012 Newsletter

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Amber Stinson



Happy New Year everyone! As we embark on the year ahead, I would like to share with you some of the things to look forward to...

This year we will once again reenact the Polar Bear Swim in the centre and we hope to entertain you with our chilly antics. This event is held in fifty-three countries all over the world where brave, and perhaps wild, souls plunge into the frigid waters near their homes in this annual tradition. Tis lively event dates back over 100 years and was first held in English Bay in 1920. One participant mentioned, "it's quite pleasant once you lose the feeling in your limbs."

Our Creative Arts Project with Carmen Rosen is coming along beautifully and we have almost completed our dazzling Chinese New Year dragon. Everyone has been working hard and it will be exciting to see him 'dance' for us in February for the lunar New Year.

As winter endures, there are a few more program highlights that are sure to make you feel cozy and at home here. We will be featuring "Pyjamas and Pancakes" days on January 16th and 22nd, so remember to wear your flannels. There will also be a virtual and sensory "Winter Sleigh Ride" with all the makings of an adventure in the snow. On January 24th, get ready for the piping of the haggis for Robbie Burns Day and we encourage you to wear your tartan.

Finally, for those of you who love "Alice In Wonderland" we will be having a "Mad Hatter's Tea Party" as part of a tribute to the author Lewis Carroll.

I wish you all a wonderful year ahead full of peace, love, and much happiness!

Fiona



Lest We Forget

In Newfoundland we always referred to November 11th as Armistice Day so I decided to find out if there was any difference from Remembrance Day. They both have the commonality of remembering members of the armed forces who died in the line of duty but apparently there are some subtle differences between the days and what they mean. In the Commonwealth Nations, **Remembrance Day** commemorates the sacrifices of those made during wartime, but it does specifically point to the First World War as November 11th 1918.

Although not as common anymore, November 11th can still be referred to as **Armistice Day** and the name comes from the armistice that was signed between the Allied Forces of WWI and Germany to cease all fighting on the Western Front. This signing took place on the eleventh hour of the eleventh day of the eleventh month. **Poppies** are also a symbol of Remembrance Day as it was one of the only flowers that would grow on the disturbed and wrecked soil of the battlefields of World War One. Their brilliant red colour is an appropriate symbol for the blood spilled in the war. May we never relive the horrors of those times but let's always remember and honour the men and women who fought and died in war for Canada.

Donna



Check out the various pets we have visiting our centre!



Ca\$h

Ca\$h is originally from Los Angeles, California, where he was rescued from a local animal shelter and given a second chance at life. He is a 4 year old mutt who enjoys treats, hikes and giving everybody lots and lots of kisses. Ca\$h has one front white paw which he likes to call his "Michael Jackson glove." And true to his name, Ca\$h enjoys listening to music by his favorite artist - Johnny Cash! Ca\$h is very much looking forward to making lots of new friends at Renfrew Collingwood Senior and spreading the love....

Pugnacious D

Pugnacious D, aka Puggy, is a 3 year old purebred Pug that came into our lives when he was just a tiny puppy. His parents were show dogs, and Pugnacious was bred to be a champion. Unfortunately for his breeder, his tail isn't quite to breed standard; it curls into an S instead of the desired corkscrew. It was very fortunate for us though, because it meant that Pugnacious could join our family.

Pugnacious is a great dog; he is very gentle with our toddler, he keeps my feet warm at night, and he loves to give everyone he meets kisses. Sometimes I wonder if he is actually a cat, as he loves to lie around the house sleeping all day and has no interest in playing fetch or chasing balls. He loves coming to Renfrew Collingwood Seniors Society for visits, and gets very excited when he knows that's where we are headed.



Lady Marmalade

Lady Marmalade and I first met in March 2008 at our vet's office. I was bringing Tammy, our family cat of 18 years, in for testing, and was terribly distraught. The friendly orange cat (Lady Marmalade) was in the back room, awaiting surgery, trying desperately to escape her cage. When Tammy saw her, she instantly relaxed – we had adopted Tam with a big orange cat named Morris when I was 10. At that moment, I knew that I had to adopt Lady Marmalade. As it turned out, our vet partners with an animal rescue agency, and Lady Marmalade had been recovered from an

abandoned apartment, so she was looking for a good home! Like Morris, she is very social; she loves to sit with people and once you get to know her, she talks a lot! She doesn't like to play much, but she does like to be petted, and she looks forward to her weekly grooming session – she reminds me of it every Sunday!

NOVEMBER CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			AM- Gentle Yoga Beauty Spa Pugnacious Visits PM- Creative Arts Project Men's Group Card Bingo	10:30AM Shopping & Lunch Outing to Brentwood Mall PM- Bingo!
7	8	9	10	11
AM- Sit Fit Brain Games Lady Marmalade PM- Celebrating Diwali A Festival of Lights	AM- Morning Coffee Arts, Health & Seniors Silk Painting PM- Table Games Yarns of Fun	AM- Podiatrist Trivia Movement to Music Pet visit with Ca\$h PM- Bean Bag Toss Arm Chair Travel to Spain	11:00AM A Moment to Remember PM- Crow City Singers	AM- Morning Coffee "Lest We Forget" PM- Bingo!
14	15	16	17	18
Lest We Forget Centre Closed	AM- Morning Coffee Pet Visit with Ca\$h PM- Scrapbooking "When You're Smiling" Yarns of Fun	AM- Gentle Yoga Pet visit with Ca\$h PM- Craft: Ceramics Velcro Darts Warm Hands	Pajama Day! AM- Sit Fit "Getting Better Sleep" Beauty Spa PM- Senses Alive Bottle Bowling Creative Writing	AM- Morning Coffee "Numerology" Stretch & Stride PM- Bingo!
21	22	23	24	25
AM- Sit Fit Unusual Words Lady Marmalade PM- Creative Arts Project Card Bingo Warm Hands	AM- Coffee & Chat Arts, Health & Seniors Silk Painting PM- Beauty Spa Yarns of Fun	AM- Gentle Yoga Pet visit with Ca\$h PM- A Tribute to the Marx Brothers Flu Shots Today	AM- Sit Fit Laughter Therapy Beauty Spa PM- Entertainment with John Cronin	AM- Morning Coffee "Ladies & Gentlemen" Stretch & Stride PM- Bingo!
28	29	30	31	1
AM- Sit Fit Trivia Inter-Generational Visit with Nootka PM- Baking Horse Races Warm Hands	AM- Morning Coffee "Dr. Seuss-isms" Stretch & Stride PM- Flower Arranging Yarns of Fun	AM- Sit Fit Just For Laughs Pet Visit with Ca\$h PM- Minute to win it Christmas Crafts	AM- Sit Fit Mental Health Talk Beauty Spa PM- RCSS Memory Lane Slideshow	AM- Morning Coffee Gentle Yoga PM- Bingo!

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

Shopping & Lunch at Brentwood Mall

Friday, November 2nd, 2012 - 10AM

Celebrating Diwali -- A Festival of Lights

Monday, November 5th, 2012 - 1PM

A Moment to Remember

Thursday, November 8th, 2012 - 11AM

Creative Arts Project

Monday, November 19th, 2012 - 1PM

RCSS Memory Lane -- Slideshow Presentation

Thursday, November 29th, 2012 - 1PM



Cold and Flu Season // 感冒和流感季節

Once again, cold and flu season is upon us. Coughing, sore throats, sneezing, sniffing...all of these add up to a pretty miserable experience. While there's nothing we can do to cure the cold or flu once it strikes, there are steps we can take toward preventing them from affecting your health:

感冒和流感季節已經來臨。咳嗽, 喉嚨痛, 打噴嚏, 抽鼻子, 所有這些加起來一個非常痛苦的經歷。雖然感冒了, 沒有什麼我們可以做來醫治感冒或流感。但是有步驟我們可以採取來防止它們影響你的健康:

Get a flu shot // 打流感疫苗針

Getting a flu shot is the single best way to protect yourself from flu. You can obtain one at your doctor's office. We will provide flu shot on Nov 21st between 1 and 2pm. Please sign the consent form if you wish to get the shot at the centre.

流感疫苗是最好的方式來保護自己免感染。你可以到醫生的辦公室得到疫苗針。我們將11月21日之間下午1點和下午2點提供流感疫苗。如果你希望在中心打流感疫苗針, 請簽署同意書。

Wash your hands // 洗手

Cold and flu germs can live for hours and are easily spread by direct contact. That's why it's so important to wash your hands often with hot, soapy water or use alcohol-based hand sanitizer.

感冒和流感病菌能活幾個小時, 很容易通過直接接觸傳播。所以經常用熱的肥皂水洗手或使用含酒精的洗手液是非常重要的。

Drink plenty of fluids // 喝大量的液體

Water flushes out your system, helping rid your body of toxins while rehydrating you. During cold and flu season, it's smart to increase your fluid intake.

水沖洗你的身體系統, 幫助清除你體內的毒素而幫你補充水份。在感冒和流感季節, 提高您的液體攝入量是一個聰明的選擇。

Don't touch your face with your hands // 別用你的手觸摸你的臉

Think of your hands as germ collectors. When you touch your face, viruses can enter your body through your eyes, nose, or mouth. Most children catch and pass on colds by touching the face.

你的手是細菌收藏家。當你觸摸你的臉, 病毒可以通過你的眼睛, 鼻子或嘴巴而進入你的身體。大多數孩子受感染是因為他們整天觸摸他們的臉。

Don't sneeze or cough into your hands // 不要在自己手中打噴嚏或咳嗽

Once again, the hands are the primary culprits in passing on cold and flu viruses. If you feel a cough or sneeze coming on, grab a tissue then throw it away immediately, or cough or sneeze into the inside of your elbow.

再次, 雙手傳遞感冒和流感病毒的主要原因。如果你覺得要咳嗽或打噴嚏, 用張紙巾然後立即把它扔掉, 或咳嗽或打噴嚏時咳到手肘內。

Don't smoke // 別抽煙

If you're a smoker, here's a great reason to quit. Heavy smokers have been found to experience more severe and more frequent colds. Even being around someone who smokes can weaken your immune system as smoke dries out your nasal passage.

如果你是一個抽煙者, 這是一個很大的原因戒煙。抽煙者感染感冒或流感的機會比較經常和大。即使你沒有抽煙但你周圍的人抽煙, 這可以削弱你的免疫系統。

Get regular exercise // 定期運動

In addition to reducing stress, exercise speeds up the heart, makes you breathe faster, and causes you to sweat—all of which help increase your body's natural virus-killing cells.

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.



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Letter from Monica W. in Spain

Hello RCSS,

I am currently in Spain walking the last 300 kilometres of the Camino de Santiago (the whole thing is 800km!) I was thinking about you and the group at the RCSS yesterday.

I wanted say a little hello and to let you know that I will be back in Vancouver on November 2nd.

Below is a picture of me on the second day of the trip. My Spanish has even improved a bit!

All the best! See you soon:)
-Monica



November Birthdays

5th - Angelina
21st - Elaine
22nd - Cecilio
24th - Albert



Important Dates

Shopping & Lunch at Brentwood Mall
November 2nd

Podiatrist Visit at RCSS
November 7th

Centre Closed - Let's We Forget
November 12th

Pajama Day!
Remember to wear your PJs
on November 15th



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Memories at RCSS

