



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

NEWSLETTER

October 2012

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Teresa

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

October 2012 Newsletter

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A big welcome and thank you to our wonderful volunteers!

RCSS Management Board of Directors



Madeleine MacIvor



Matthew Brikis



Ellison Fernandez



Alice Frith



Poonam Kaila



Charlotte Tsang



Elaine Moody



Kamaljeet Kler



Marilyn Jennings



Tara Abraham

Staff



Donna Clarke



Carol Yi



Shannon Ingersoll



Tim Chu



Olga Smirnova



Fiona Lastoria



Wai Yee Chou



Ernest Quansah



Amber Stinson

HIGHLIGHTS FROM THE ANNUAL GENERAL MEETING 5



We would like to thank all the members who came out to this year's Annual General Meeting to make it such a big success. Over 43% of our members attended! Sadly we had to say farewell and Thank you to Kim Van Wyk, a long time board member and chairperson. Kim will be attending medical school. We are sad to see her go but excited and proud of her accomplishments.

We have a new board member this year, Madeleine MacIvor. We are glad to welcome Madeleine to the board. We had Mauro's grandson Adriano here volunteering for his third year. As for our financial standing, we are happy to report we ended the year with a small surplus. Also, we are glad to report success in our occupancy; this means you are all happy to be here and we are happy to have you come.



Make sure to support Renfrew Collingwood Seniors' Society by purchasing your raffle tickets today!

Tickets can be purchased from Marilyn, or Olga at the Centre.

We have great prizes including:

- BMW 328 Roadster Pedal Car
- Pentax Optio VS20 Digital Camera
- Rowenta PRO Compact Steamer



The draw date is December 17, 2012.

<p>Renfrew-Collingwood Seniors' Society</p> <p>NAME: _____</p> <p>ADDRESS: _____</p> <p>PHONE: _____</p> <p>PRICE: \$2.00 each</p> <p>BC Gaming Event License #46819</p>	<p>Renfrew-Collingwood Seniors' Society 2970 E. 22nd Ave. Vancouver, BC V5M 2Y4 Phone: 604-430-1441 Email: rcss@shawbiz.ca</p> <p>Prizes!!!</p> <ol style="list-style-type: none">1. BMW 328 Roadster Pedal Car2. Pentax Optio VS20 Digital Camera3. Rowenta PRO Compact Steamer <p>DRAW DATE: December 17, 2:00 PM at Renfrew-Collingwood Seniors' Centre PRICE: \$2.00 each</p> <p>"KNOW YOUR LIMIT, PLAY WITHIN IT."</p> <p><small>PROBABLE GAMING REGULATIONS - 1-800-761-1111 WWW.BCRESPONSIBLEGAMING.CA</small></p> <p><small>BC GAMING EVENT LICENSE #46819</small></p>
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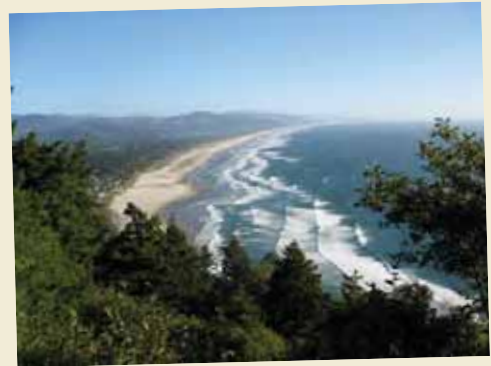
MESSAGE FROM DONNA

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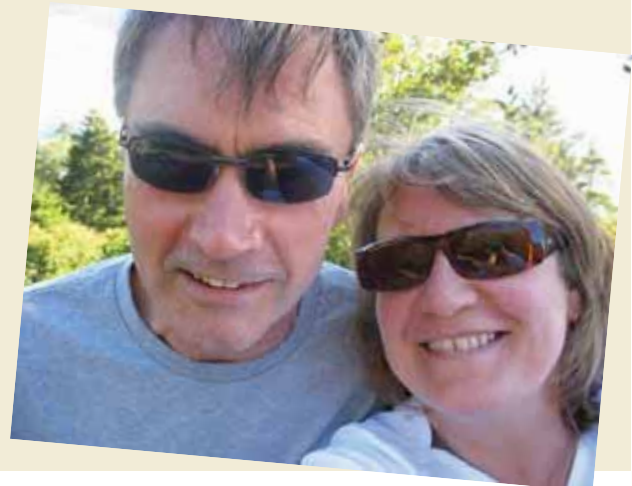


For those of you who were not aware Ed and I celebrated our 25th Wedding Anniversary a couple of weeks ago....yes the Silver Anniversary! We decided to relive our honeymoon and head back to the beautiful Oregon Coast. Our plan was to stay in the same places but we didn't remember or recognize the places that we stayed in before so we decided to make it our second honeymoon and include new places and things to do and see. The scenery and weather was absolutely spectacular as you can see by the pictures but the best part of the trip for me was the discovery of "Antique Malls."

Oh my God there were antique shops everywhere, I thought I had died and gone to heaven. Antique Malls are big buildings that house 100 – 150 antique dealers. The collections were amazing; they had everything from old china (except my pattern), samplers, art glass, perfume bottles and furniture. I would wonder around for hours or until Ed found me and dragged me out. He was gracious enough to let me overdose the first time but the second, third and fourth time he would stay close by and ensure that I kept to the agreement of one hour and we're out of there.



Another realization that I came to is how cheap things were in the USA. We could eat out at nice restaurants for \$20.00 and that would include wine or beer. The wine was about one third the cost of a bottle here in Vancouver.....not fair. Interestingly enough you can only buy wine and beer in the supermarkets or corner store. The liquor stores can only sell spirits. In Portland the buses in the downtown core were actually free and there were no sales tax. But you know what after a few days all these things wore off and I was ready to return to my humble abode and extended family. It was good to have a break but I am glad to be back. All is well.





I love this time of year as the air changes and the sun shines with a different light and we pull out the fall jackets to fend off the cooler weather. There is a sense of comfort as the colors change from green and vibrant to mixed earth tones and there is always a strong sense of family for me. My grandmother was the matriarch of our family and her house was the gathering place for Thanksgiving - it was often the only time we saw our distant cousins and it was always a big event with lots of laughter.

Though my 'turkey holiday' is quieter now, those years of memories stay with me always and I am filled with gratitude for the gifts I have been given. I am grateful for all I have learned this year and all the friends I have made here RCSS.

This season also is fun for the little ones and it is always fun to see them dressed up in their costumes on Halloween! Do you get children at your door? It is such a fun time to be creative and dress as their hero or favorite character. Though now Halloween is now more about candy and costumes, in the past, All Hallows Eve in many traditions was about remembering those we have lost during the year - perhaps you can invite a friend over and light some candles to think of your friends that passed on this year and brighten your Halloween night. We will never forget those friends here at the center that left us this year and in good Halloween style, we will also dress up in the silliest costumes we can find to celebrate with you here at RCSS!

Of course, the other big party this month is Oktoberfest which is a great chance to dress up, celebrate, dance, laugh and learn about beer just for fun. We have a fabulous polka duo coming to play for us and I am sure there will be much dancing and laughter!

Thank you for the gifts you have brought to the Center this year just by being you, and we look forward to seeing you soon!

Blessings, Shannon



OCTOBER CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>AM- Gentle Yoga Lady Marmalade</p> <p>PM- Bean Bag Toss Crafts: Fall Leaves Warm Hands</p>	<p>2</p> <p>AM- Morning Coffee Stretch & Stride</p> <p>PM- Craft: Fall Leaves Yarns of Fun</p>	<p>3</p> <p>AM- Sit Fit Mental Aerobics Pet visit with Ca\$h</p> <p>PM- Scrapbooking Minute to Win It Friendship Circle</p>	<p>4</p> <p>AM- Sit Fit Turkey Tidbits & Tales Thanksgiving Feast</p> <p>PM- Turkey Races Thanksgiving Craft Warm Hands</p>	<p>5</p> <p>AM- Morning Coffee "Giving Thanks" Thanksgiving Feast PM- Bingo!</p>
<p>8</p> <p>Thanksgiving Centre Closed</p>	<p>9</p> <p>AM- Morning Coffee Arts, Health & Seniors Silk Scarves</p> <p>PM- Yarns of Fun Scrabble & Games</p>	<p>10</p> <p>AM- "History of Oktoberfest" Movement to Music Pet visit with Ca\$h</p> <p>PM- Oktoberfest Party with "Heart & Soul"</p>	<p>11</p> <p>AM- Beauty Spa Gentle Yoga Pugnacious Visits</p> <p>PM- Crow City Singers</p>	<p>12</p> <p>AM- Shopping & lunch at Costco <i>No lunch at the centre</i></p> <p>PM- Bingo!</p>
<p>15</p> <p>AM- Sit Fit Mental Aerobics Lady Marmalade</p> <p>PM- Seniors Acting Up Performance</p>	<p>16</p> <p>AM- Morning Coffee "Man's bestfriend" Pet visit with Ca\$h</p> <p>PM- Guest Speaker: Chronic Diseases Early Signs Yarns of Fun</p>	<p>17</p> <p>AM- Gentle Yoga "Harvest Food" Pet visit with Ca\$h</p> <p>PM- Card Making Balloon Hockey Warm Hands</p>	<p>18</p> <p>AM- Sit Fit Beauty Spa Tongue Twisters</p> <p>PM- Men's Group Velcro Darts Warm Hands</p>	<p>19</p> <p>AM- Morning Coffee Feng Shui: Part II Stretch & Stride</p> <p>PM- Bingo!</p>
<p>22</p> <p>AM- Gentle Yoga</p> <p>PM- Baking Warm Hands Horse Races Wii</p>	<p>23</p> <p>AM- Arts, Health & Seniors Silk Scarves</p> <p>PM- Beauty Spa Yarns of Fun</p>	<p>24</p> <p>Step Out to Trolls Restaurant</p> <p><i>No lunch at the centre</i></p>	<p>25</p> <p>AM- Sit Fit & Trivia Beauty Spa Pet visit with Ca\$h</p> <p>PM- Wii Arts & Crafts Card Bingo</p>	<p>26</p> <p>AM- Gentle Yoga Morning Coffee "Good Karma"</p> <p>PM- Bingo!</p>
<p>29</p> <p>AM- Sit Fit Current Events Lady Marmalade</p> <p>PM- Brother Grimms Fairy Tale</p>	<p>30</p> <p>AM- Morning Coffee Ghost Stories</p> <p>PM- Halloween Party</p>	<p>31</p> <p>AM- Parade of Trick or Treaters</p> <p>PM- Halloween Party</p>		

Drop-In

Drop-In

Programs We Run

Adult Day Program

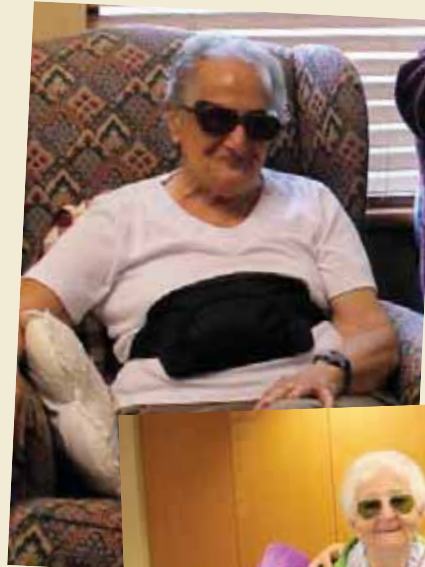
We help seniors maintain their independence by providing a hot lunch, therapeutic exercises programs, recreational activities and health monitoring. Call the centre for more information. (Every Monday, Wednesday, and Thursday.)

Community Day Program

The Community Day Program provides an opportunity for isolated seniors to get together, socialize, and build long-lasting friendships. We offer a hot lunch, gentle exercises, bingo and meaningful activities which engage the community at-large. We also have outings where we take seniors on shopping trips and into the community. (Every Tuesday and Friday -- Drop ins welcome!)

Caregiver Support Program

The program connects caregivers with other caregivers to share skills, ideas and resources. We have ongoing guest speakers and presentations.



Event Highlights

Thanksgiving Feast

Friday, October 5th, 2012 - 10AM

Shopping & Lunch at Costco

Friday, October 12th, 2012 - 10AM

Guest Speaker: Chronic Diseases Early Signs

Tuesday, October 16th, 2012 - 1PM

Outing to Trolls Restaurant

Wednesday, October 24th, 2012 - 10AM

Parade of Trick or Treaters

Wednesday, October 31st, 2012 - 10AM



What To Do If You Fall 跌倒時應該怎麼辦

Take the time to develop a plan of what you might do after a fall. Some things to consider are:

花時間來制定一個你跌倒後會做些什麼的計劃。有些可考慮的東西是：

- Wear a personal alarm around you neck.
在你的脖子戴上個人報警器。
- Keep a mobile or cordless telephone with you at all times.
在任何時候, 隨身帶著您的手機或無繩電話。
- Set up quick dial numbers on your home phone.
成立在你家電話上的快速撥號號碼。
- Carry a whistle.
攜帶一個哨子。
- Leave a spare key with a family member, neighbour or friend who lives nearby, so they can get to you quickly.
留給你在附近住的家庭成員, 鄰居或朋友一條備用鑰匙。

Learn and practice how to get up off the floor if you are not injured.

學習和實踐跌倒但沒有受傷時如何起身。

Getting up after a fall:

跌倒後怎麼起身:

- Stay quiet for a moment -- don't panic.
保持冷靜 - 不要驚慌。
- If you are injured, stay where you are. Call for help using one of the methods mentioned above.
如果你受傷了, 留在哪裡。使用以上之一的方法來呼救。
- If you are not injured, use your judgement and try to get up.
如果你沒有受傷, 用自己的判斷, 並嘗試起身。

1.



Look around for a sturdy piece of furniture, such as a chair.
環顧四周, 找件堅固的家具例如椅子。

2.



Roll onto your side.
轉身到你身邊。

3.



Crawl or drag yourself over to the chair. If you can, pull your walking aid along with you.
爬行到椅子。如果可以, 攜同你的助步車。

4.



From a kneeling position, put your arms up onto the seat of the chair.
從跪下的姿態, 把你的手臂放在椅子的座位上。

5.



Place your strongest foot flat on the floor.
將你最強的腳平放在地板上。

6.



Push up with your arms and legs, move your bottom around.
用你的手臂和腳腿來推起自己, 將你的屁股上下左右移動。

7.



Sit down. Rest before trying to move.
坐下, 移動前休息一會。

Take your time, and if you don't succeed the first time, rest and try again.
慢慢來, 如果第一次你沒有成功的話, 休息, 然後再試一次

If you cannot get up:

如果你不能起身:

- Don't panic -- use one of the strategies in your plan to get help
不要驚慌 -- 使用在你的計劃戰略來得到幫助
- Try to stay warm
盡量保持溫暖
- Gently move around to stop one part of the body getting too much pressure
輕輕地移動來停止身體的一部分受到太多壓力

Let your doctor know you have had a fall.
讓你的醫生知道你摔了跤。



Nancy

This month at RCSS, we are delighted to welcome a new client to the centre! Nancy is no stranger to finding her place in new spaces, with new faces. She was born in Shanghai, and found her voice early, as she was one of eight siblings. The Air Force landed her and her husband in Taiwan, where they spent much of their life together. Retirement drew their gaze West, moving them to Canada in 1978.

Speaking Mandarin, Cantonese, Taiwanese and English, Nancy quickly landed herself a volunteer position as a typist and translator for Immigration Services. She began working for an Art Company, where she was responsible for arranging floral bouquets, and for creating hanging, framed art pieces, using pressed, and oven-dried flowers.

Nancy's life has been one of determination and perseverance, coupled with courage to voyage solo, when need be. Nancy maintains, that "if you want a life, you must take care of yourself, and you must work for it.". As work has now slowed, Nancy is pleased to be spending some of her time with us, here at the centre. She finds comfort through contact with our diverse family, and believes that this warm exchange makes for a happier, healthier, more fulfilling life.

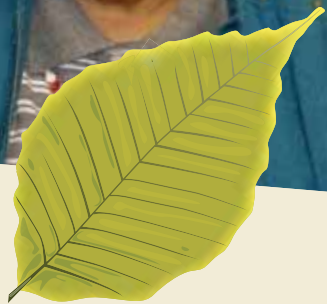
We are thrilled to have you here with us, Nancy, and we look forward to building upon these new friendships! Thank you so much for sharing your remarkable history, unassuming nature, and bright smile with us here at RCSS!



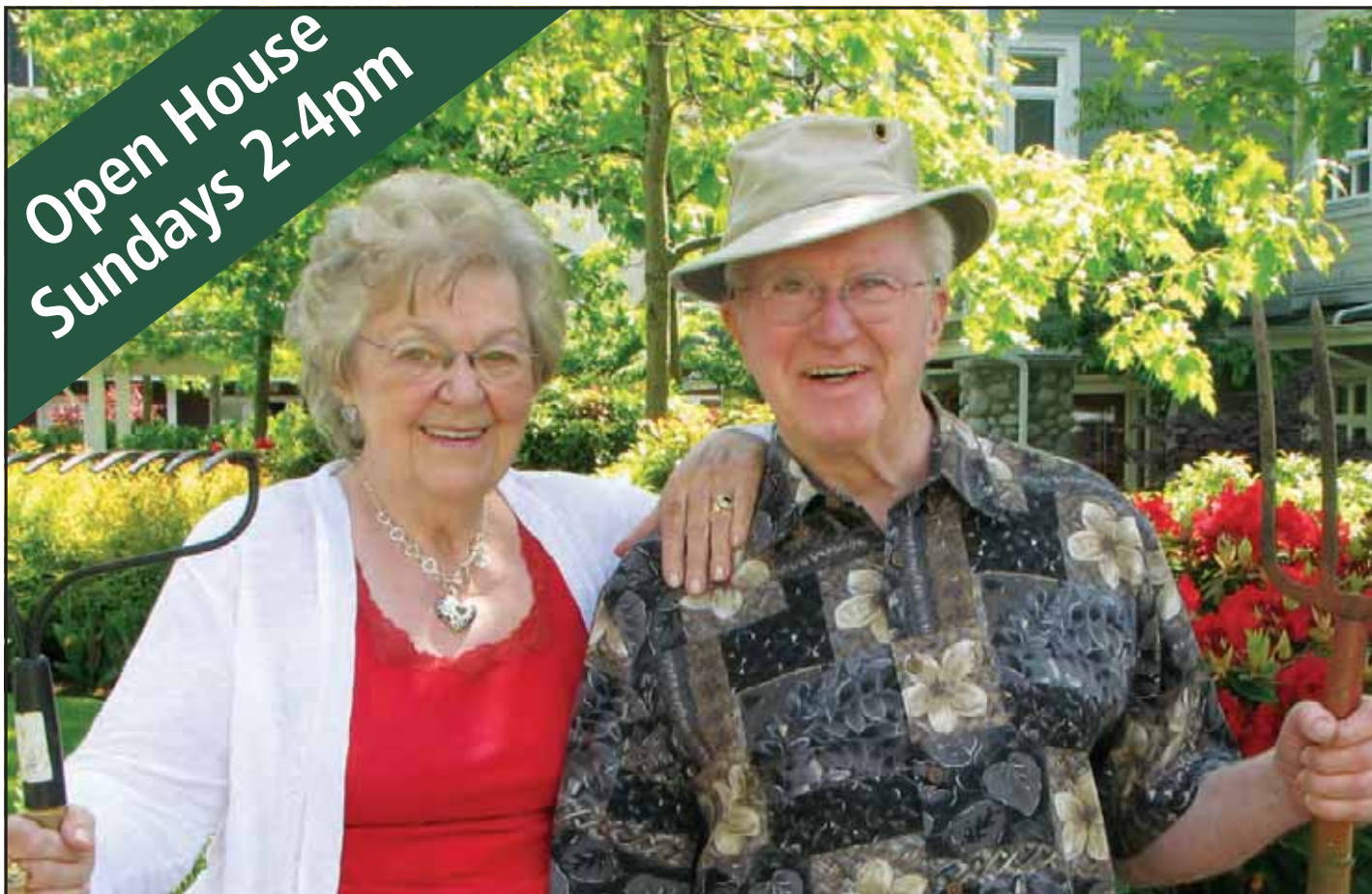
A very big 'thank you' to
A Flower's Touch florists!
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love and memories are blissful.
Go through fire and forge,
a reliable form of heating and
hammering.
The harmonious love of earth is
genuine.

A clarified thought needn't be
peaceful and pleasant.
The bright taste of blackberries
is...sensational.

Morning glory...
Unrequited love is a kind of learning
experience.
Picking an Aster, to give to my love,
makes me feel smooth and brave.
Believing, makes a passionate
emotion,
Assured.

Important Dates

Shopping & Lunch at Costco
October 12th

Seniors Acting Up Performance
October 15th

Guest Speaker: Chronic Diseases
October 16th

Step Out to Trolls Restaurant
October 24th



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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October Birthdays

9th - Anna W.
21st - Eunice



Memories at RCSS

