



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

# NEWSLETTER

April 2013

2970 East 22nd Avenue, Vancouver BC

[www.rencollseniors.ca](http://www.rencollseniors.ca)

## Volunteer Appreciation Month April 26th



**Jocelyn**



## 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.

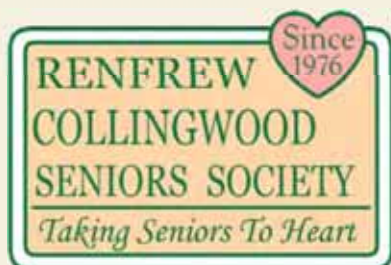
The Society welcomes donations, bequests, and gifts as it receives minimal governmental assistance. Our official tax receipt number is 11911 5558 RR0001. If interested in making a donation, please send a cheque or money order along with your return address to:

Renfrew Collingwood Seniors' Society  
2970 East 22nd Avenue, Vancouver BC, V5M 2Y4





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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  
Fax: 604.437.1443  
Email: rcss@shawbiz.ca

## Renfrew Collingwood Seniors' Society

### April 2013 Newsletter

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## 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



Wai Yee Chou



Chris York



Olga Smirnova



Fiona Lastoria



Ernest Quansah



Amber Stinson





Hello all,

I hope everyone is doing well and enjoying the wonderful rainy weather that we have in Vancouver. April is always a stressful and then relieving month for me. I am studying at Capilano University to obtain my paralegal diploma. April means the end of term and the dreaded final exams, but once you get through those it means summer break starts. I look forward to it! Hopefully it's not too rainy so we can enjoy spring, especially the beautiful flowers outside.

I know Volunteer Appreciation week is in April, so I wanted to take this opportunity to thank each and every volunteer we have here at the Renfrew Collingwood Seniors' Society. We have such a remarkable staff and volunteer team; they really set the Society apart and help provide our seniors with the best activities. *"Without community service, we would not have a strong quality of life. It's important to the person who serves as well as the recipient. It's the way in which we ourselves grow and develop."* - Dr. Dorothy I. Height, president and CEO of the NCNW.

I want to remind everyone that we are in the process of rejuvenating our strategic plan and policies. We are asking our partnering community organizations, members, and caregivers to let us know how the Society is doing. We will be holding an Open House Saturday April, 6th from 2-4pm. Come join us for coffee and a chat. We welcome everyone's feedback.







## A MESSAGE FROM DONNA

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April Flowers – April Showers...I love April month because it is the beginning of new life in my garden. Currently the forsythia, heather, currants and plum tree are in full bloom, hyacinths are up and almost opened, daffodils are everywhere and my magnolia trees are bursting - ready to show off their beauty. I walk around my garden every night after work looking for new shoots to remind me of where I planted my perennials. I'm always so joyful when I see my little babies come back to adorn my garden for another year. I was pleasantly surprised to see that most of the lupines (from Newfoundland) survived the winter as it reminds me of home.

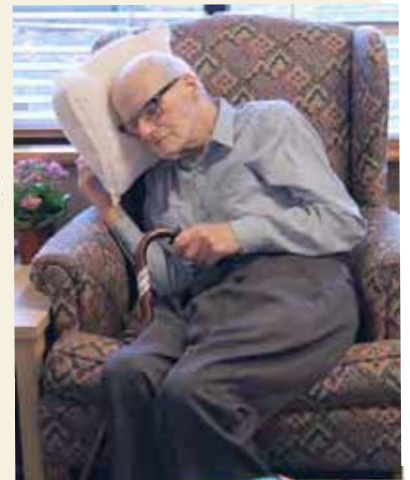
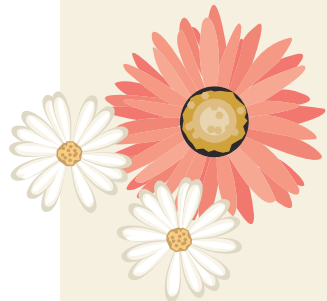
Although still too cold and damp to spend long periods of time in the dirt, there is lots of pruning and cleanup to be done. Last week I separated the plants in my herb garden, fought with the bamboo again this year and pruned most of my trees and bushes. There is nothing more rewarding than a nice clean garden with a fresh layer of soil and compost. For all you gardeners out there, I know you can relate to that sense of satisfaction and gratification.

Gardening is good for the soul but also an excellent way to get your exercise. Make sure that you do not overdo it though because it is easy for the time to get away from you. Before you know it you've seized up and can't get off your knees. Make sure you have a nice hot bath after working in the garden and sip on a nice cup of tea from your mint or lemon balm. Life doesn't get any better than this in my world – oh wait, maybe some fermented grapes can add to the experience. Enjoy a couple of pictures of my place of refuge or Garden of Eden.

All is well.







**Open House- Saturday, April 6th  
2:00-4:00pm**

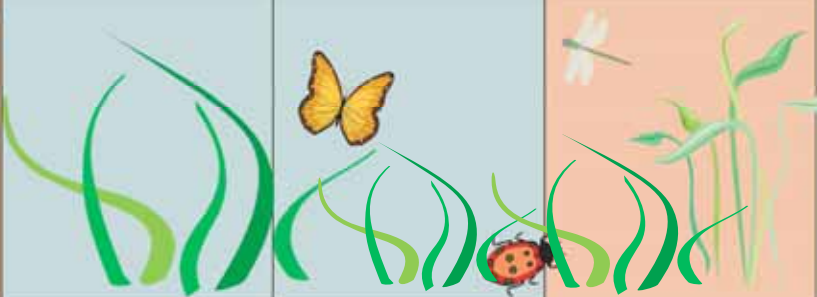
**Please join the Statigic Planning Team  
for an informal discussion about the direction you want our Society  
to take in the next year, three years and long term.**

**Refreshments will be served.**



# APRIL CALENDAR

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| Monday                                                                                                                                    | Tuesday                                                                                                                               | Wednesday                                                                                                                              | Thursday                                                                                                                                              | Friday                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 1<br><b>EASTER MONDAY</b><br><b>Centre Closed</b>                                                                                         | 2<br><b>AM-</b> Morning Coffee<br>Arts, Health & Seniors<br>"Senses of Self"<br><b>PM-</b> Senior Safety with Constable               | 3<br><b>AM-</b> Movement to Music<br>Memory Game<br>Pet visit with Ca\$h<br><b>PM-</b> Men's Group<br>Table Games<br>Baking            | 4<br><b>AM-</b> Sit Fit<br>Laughter Therapy<br><b>PM-</b> Circus Crafts<br>Cribbage & Games w/<br>Windermere Youth<br>Friendship Circle<br>Warm Hands | 5<br><b>AM-</b> Shopping & Lunch at Brentwood Mall<br><b>No Lunch at Centre</b><br><b>PM-</b> Bingo |
| 8<br><b>AM-</b> Sit Fit<br>Brain Games<br>Lady Marmalade<br><b>PM-</b> Ceramics<br>Men's Group<br>Velcro Darts<br>Warm Hands              | 9<br><b>AM-</b> Morning Coffee<br>Stretch & Stride<br>Word Games<br><b>PM-</b> Scrabble<br>Yarns of Fun                               | 10<br><b>AM-</b> Gentle Yoga<br><b>PM-</b> Crafts<br>Gardening<br>Card Bingo<br>Warm Hands                                             | 11<br><b>AM-</b> Sit Fit<br>Nutrition & Health<br><b>PM-</b> Bocci<br>Choir<br>Cartooning w/ Chris<br>Warm Hands                                      | 12<br><b>AM-</b> Morning Coffee<br>Unusual Trivia<br>Stretch & Stride<br><b>PM-</b> Bingo           |
| 15<br><b>AM-</b> Sit Fit<br>Storytime w/ Nootka<br>Grade 3 Class<br><b>PM-</b> Baking<br>Ceramics<br>Warm Hands                           | 16<br><b>AM-</b> Morning Coffee<br>Arts, Health, & Seniors<br>Visit w/ Athena Students<br><b>PM-</b> Tables Games<br>Yarns of Fun     | 17<br><b>AM-</b> Movement to Music<br>"Random Acts of Kindness"<br><b>PM-</b> Filipino<br>Golden Age Dancers                           | 18<br><b>AM-</b> Gentle Yoga<br><b>PM-</b> Crow City Singers                                                                                          | 19<br><b>AM-</b> Morning Coffee<br>Laughter Therapy<br>Stretch & Stride<br><b>PM-</b> Bingo         |
| 22<br><b>AM-</b> Sit Fit<br>Lady Marmalade<br><b>EARTH DAY</b><br><b>PM-</b> Gardening<br>Card Bingo<br>Cartooning w/ Chris<br>Warm Hands | 23<br><b>AM-</b> "On The Table"<br>Community Arts Project<br><b>PM-</b> Gardening<br>Yarns of Fun                                     | 24<br><b>AM-</b> Sit Fit<br>Nutrition & Health<br>Pet Visit with Ca\$h<br><b>PM-</b> Baking<br>Cribbage & Games w/<br>Windermere Youth | 25<br><b>AM-</b> Sit Fit<br>Brain Games<br><b>PM-</b> Volunteer Appreciation Party<br>Circus Theme                                                    | 26<br><b>AM-</b> Morning Coffee<br>Gentle Yoga<br><b>PM-</b> Bingo                                  |
| 29<br><b>AM-</b> Gentle Yoga<br><b>PM-</b> Dream Boards<br>Intro to Computers<br>Golf<br>Warm Hands                                       | 30<br><b>AM-</b> Morning Coffee<br>Arts, Health, & Seniors<br>Portraits w/ Athena Students<br><b>PM-</b> Dream Boards<br>Yarns of Fun |                                                    |                                                                                                                                                       |                                                                                                     |

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

### Senior Safety with Constable Heather Brown

Tuesday, April 2

### Shopping and Lunch at Brentwood Mall

Friday, April 5 at 10:30 AM

### Filipino Golden Age Dancers

Wednesday, April 17

### Crow City Singers

Thursday, April 18

### Volunteer Appreciation Party: Circus Theme

Thursday, April 25

# Exercise of the Month

## 本月身體運動

### #5 Alternate Leg Out and In

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.

#### #5 - Alternate Leg Out and In

1. Stand facing the sink. Hold on with both hands.
2. Keeping your toes pointing forward, not sideways, lift one leg out to side.
3. Hold position for a few seconds if you can, then slowly lower leg.
4. Repeat with other leg.
5. Continue to alternate each leg, repeating 3 to 5 times with each.
6. Gradually do one or more every few days or week until you can do 15 on each leg.

#### Progression:

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

別要過分操勞, 只做你感到安全和舒適的練習。

慢慢地開始。如果任何活動導致疼痛加劇或呼吸急促, 減少或停止那個活動, 並與醫生商量。

隨著時間你可能會增加自己的力量。漸漸減少雙手的扶助。嘗試使用一隻手加幾個手指, 然後每手用幾個手指, 然後只用一隻手, 然後每手只用幾個手指。最終考慮嘗試在廚房水池上徘徊雙手, 別觸摸任何東西。

1. 向著廚房水池。站著用雙手握住水池。
2. 保持腳趾向前, 在旁邊抬起你的腿。
3. 如果你能保持位置幾秒鐘, 然後慢慢回落。
4. 另外的腿, 重複步驟。
5. 輪流每隻腳重複3到5次
6. 每隔幾天或一周, 逐步增加次數直到你可以每腿做15下。

#### 進展:

逐步嘗試減少雙手的扶助。





## Dorothy



As the daughter of a farmer, Dorothy knows the meaning of hard work. Perhaps her strong work ethic began right when she was born in Viking, Alberta. As the oldest of five children, Dorothy naturally settled into a comfortable role of taking charge and looking after her loved ones. She describes her early years as challenging due to the hardship of the Depression, but she kept a remarkably positive attitude. She and her family worked hard to put food on the table and Dorothy describes herself as her dad's helper. She milked the cows, fed the chickens and collected the eggs everyday. Dorothy also rode horseback and she recalls the three mile ride to school in horse and buggy.

Sadly, by the age of eighteen, Dorothy lost both of her parents. She continued to care for her family and cultivate her independent spirit.

Dorothy's first move out west was in 1944. She moved back to the prairies briefly for a winter in Edmonton, only to return to B.C. a year later. When she arrived here she found work picking berries. She later worked on the hop fields and in an apple packing plant. Dorothy's lifelong work has been in the manual labour force. Her longest stint at one job was in the mill and plywood industry. It is fair to say that this amazing woman was never afraid of hard work!

In 1948, Dorothy went dancing and met a young fellow named Everett at the Pender Auditorium. Soon after, this handsome young man had swept her off of her feet and became her husband. Together they filled their home with four sons. Dorothy is now the proud grandmother of nine and great grandmother of two. In her leisure time, Dorothy loves to dance, knit and she is always ready for a game of bingo here at the centre on a Friday afternoon. Thank you, Dorothy, for sharing a part of your life story with us. You are truly an inspiration to us all.



A very big 'thank you' to  
**A Flower's Touch florists!**  
(2980 East 22nd Avenue)  
**604.439.0272**



# THANK YOU VOLUNTEERS!

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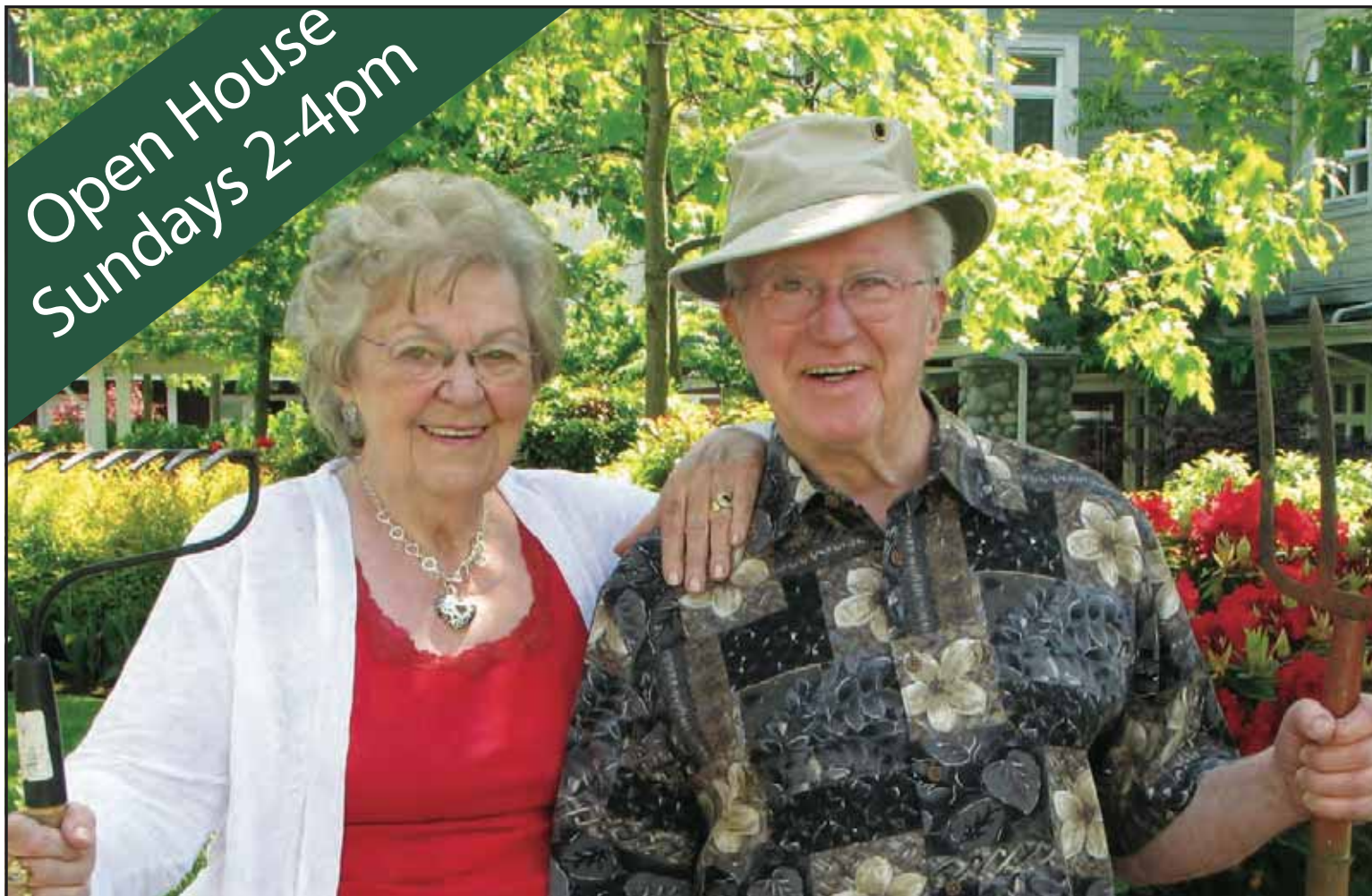
# THANK YOU VOLUNTEERS!

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Open House  
Sundays 2-4pm



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### Spring Poem by Renfrew-Collingwood Seniors' Society

Spring is on the way  
Fresh air is coming our way  
Buds will be blooming real soon  
The mountains look like they will  
touch the moon

The smell of flowers is in the air  
Inspiration is everywhere  
People walking, biking, moving and  
cycling  
People enjoying the day, everyone  
smiling

Spring is gorgeous with flowers and  
butterflies flying  
The winter's rain and puddles are  
drying  
Let's all be happy  
Spring will not last forever  
Let's enjoy, let's enjoy  
The beautiful weather

### April Birthdays

|         |    |
|---------|----|
| Teresa  | 3  |
| Fred    | 12 |
| Rosa    | 12 |
| Marilyn | 15 |
| Anna M. | 25 |
| Doris   | 20 |



### Important Dates

#### Centre Closed

Easter Monday ~ April 1st

Earth Day ~ April 22nd



### 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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# Memories at RCSS

