



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

NEWSLETTER

December 2013

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating its 37th 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



RENFREW COLLINGWOOD SENIORS SOCIETY

Taking Seniors To Heart

Since
1976

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).

Contributors:
Donna, Olga, Carol,
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& Stephanie

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
Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society

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Christmas Raffle and Craft Sale

The Christmas raffle begins on December 1.
The draw will be on December 19.
Prizes include a hand-made afghan, Christmas
goodies and miscellaneous items.

From December 2-6, there will knitted and
novelty items for sale at the Centre. Great for
gifts!



Board of Directors



Madeleine MacIvor



Matthew Brikis



Ellison Fernandez



Alice Frith



Poonam Kaila



Tara Abraham



Elaine Moody



Kamaljeet Kler



Marilyn Jennings



Charlotte Tsang

Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Fiona Lastoria



Olga Smirnova



Amber Stinson



Ernest Quansah



Chris York



Season's greetings to all the members of Renfrew-Collingwood Seniors' Society. May your holiday season be filled with lots of love, laughter and good cheer.

In the spirit of the season we will be collecting non-perishable food items and toys again this year. The Collingwood Neighbourhood House asked if we would donate the food that we collected to the seniors who will be moving into the Neighbourhood from the South Granville area. They will be living in the Ramada on Kingsway. Food from the community will be put in welcome baskets. I will be consulting with you on this and if you are in agreement I will let them know that we want to be part of this lovely gesture.

We were so blessed this year; we had lots of new members join our Centre, we extended our service and programs significantly, and we achieved several long term goals. Our accomplishments would not be a reality without the strong support of our board of directors, staff, and volunteers. I personally would like to thank these amazing people for our successes. I also want to acknowledge our long term members for attending our programs on a regular basis and proving to our funders that our Centre is effective in providing the care that our seniors need.

Please join us for our famous Christmas Luncheons on Tuesday, December 10 and Wednesday, December 11. There is limited seating so book your tickets quickly. We are looking forward to seeing everyone at our celebrations and sharing the holiday season with you. Remember that we are family. The Centre is open throughout Christmas (with the exception of Wednesday, December 25 and Thursday, December 26), so let's plan on being together.

Merry Christmas everyone, and I look forward to another happy, healthy New Year.

Donna





As winter blows in, our minds often turn to the less fortunate in our neighbourhood. This year, we have initiated a special program called "We Care about You" with an objective to deliver nutritious lunches to the homeless in the community. We are fortunate to have received a grant to support this good intention.

What makes this program unique is that we are not just packaging plain brown paper bags but they have been lovingly decorated by the grade four students from Nootka elementary alongside the seniors at Renfrew Collingwood Seniors' Society. The bags were decorated with caring messages, such as, "You are loved" and "What a wonderful world". This program is truly a group effort and many of the members thoughtfully donated items for the bags to enhance the program. Along with the food, the bags will include handmade items made by the knitting group, toiletries and seasonal treats. We plan to make three more deliveries; one at Christmas time, another at Easter and the final one in June. We would like to thank everyone for participating in this very special project. We hope that it warms your heart to give to those in need.

"Be the change that you want to see in the world"
~Ghandi~





RCSS would like to welcome a new member, Vaughn. Some of us had the pleasure to see and hear his laughter radiating throughout the centre already.

This pleasant man was born in Vancouver, B.C. He had an older brother and three sisters and is the youngest of the children. Vaughn has a daughter named Jo, who lives with him and she keeps a very busy schedule caring for both of her parents.

Vaughn has a degree in Social Work from UBC and, it is clear to see by his charming nature that he is a natural people-person. Vaughn worked as a correctional officer for forty years. This is a testament to his loyalty for his job and his dedication to working with people from all walks of life. It was at this job where he met his lovely wife, Terri, and the rest, as they say, is history. Vaughn and his wife loved to travel and they set out on many an adventure together.

Vaughn has a passion for music, he loves to sing and dance and he also plays the piano. His artist talents have been demonstrated while participating in our art programs and he seems right at home at our center, singing and enjoying our music program as well.

Let us all welcome this joyful man into our circle of friends at the centre.



Sponsored by Namak Foods



DECEMBER CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>AM- Sit Fit Christmas Around the World</p> <p>PM- Tree Trimming Party</p>	<p>3</p> <p>AM- Sit Fit Brain Games Art, Health & Seniors</p> <p>PM- Card Bingo Baking Beauty Spa Yarns of Fun</p>	<p>4</p> <p>AM- Gentle Yoga</p> <p>PM- Card Making Shuffleboard Warm Hands</p>	<p>5</p> <p>AM- Sit Fit Christmas Reminisce</p> <p>PM- Men's Group Bocci Warm Hands</p>	<p>6</p> <p>AM- Stretch & Stride Gentle Sit Fit Memory Games</p> <p>PM- Christmas Crafts Warm Hands Bingo</p>
<p>9</p> <p>AM- Gentle Yoga</p> <p>PM- Ping Pong Challenge Colour Fun Warm Hands</p>	<p>10</p> <p>AM- Santa Visits Have you been Naughty or Nice?</p> <p>PM- Christmas Party with John Cronin</p>	<p>11</p> <p>AM- A Visit with Ol' St. Nick</p> <p>PM- Christmas Party with Linda Lujan</p>	<p>12</p> <p>AM- Sit Fit Colour & Energy</p> <p>PM- Christmas Carols Horse Races Warm Hands</p>	<p>13</p> <p>AM- Tai Chi with Michel Winter Memory Game</p> <p>PM- Christmas Carols Minute to Win It Bingo</p>
<p>16</p> <p>AM- Sit Fit</p> <p>PM- Bean Bag Toss Grandma's Attic Warm Hands</p>	<p>17</p> <p>AM- Tai Chi with Wayne</p> <p>PM- Bowling Christmas Craft Artist's Corner Yarns of Fun</p>	<p>18</p> <p>AM- Sit Fit Nutrition & Wellness</p> <p>PM- Visit from Nootka Grade 3 Class Lunch Bags for the Homeless Project</p>	<p>19</p> <p>AM- Pyjama Day Gentle Yoga</p> <p>PM- Crow City Singers Beauty Spa</p>	<p>20</p> <p>AM- Gentle Sit Fit Winter Solstice Lunch Bags for the Homeless Project</p> <p>PM- Marble Challenge Bingo</p>
<p>23</p> <p>AM- Sit Fit Word Games</p> <p>PM- Card Bingo Santa's Workshop Christmas Baking Warm Hands</p>	<p>24</p> <p>AM- Stretch & Stride Gentle Sit Fit Brain Games</p> <p>PM- Winte Play & Hot Cocoa Yarns of Fun</p>	<p>25</p> <p>CHRISTMAS DAY Centre Closed</p>	<p>26</p> <p>BOXING DAY Centre Closed</p>	<p>27</p> <p>AM- Gentle Yoga</p> <p>PM- Colour Fun Bowling Bingo</p>
<p>30</p> <p>AM- Sit Fit Cartoon Clips</p> <p>PM- Golf Puzzle Trivia Warm Hands</p>	<p>31</p> <p>AM- Stretch & Stride Gentle Sit Fit Resolutions for 2014</p> <p>PM- Rocking New Year's Eve with Gwen Gouchee</p>	<p>HAPPY NEW YEAR!</p>		<p>Please bring a toy for our toy bank</p> <p>or</p> <p>Non-perishable food items</p>

Drop-In

Drop-In

If you have any questions regarding the program calendar please call the Centre at 604-430-1441.

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

Christmas Party with John Cronin

Tuesday, December 10

Christmas Party with Linda Lujan

Wednesday, December 11

Lunch Bags for the Homeless Project

Wednesday, December 18 and Friday,
December 20

Crow City Singers

Thursday, December 19

Rocking New Year's Eve with Gwen

Gouchee

Tuesday, December 31





It's that time of year again. The weather is getting cooler, the days are shorter, and that's when the flu hits. At this time every year, the influenza virus begins to spread and seniors are particularly vulnerable to it. The flu is one of the most highly contagious illnesses. It is spread by "respiratory drops"—coughing and sneezing. Someone may touch something with the flu virus on it—such as door knobs, telephones or shopping cart handles—then unwittingly touch their mouth or nose.

Flu symptoms include fever, chills, runny or stuffy nose, headache, sore throat, cough, extreme fatigue, and muscle aches. Nausea, vomiting and diarrhea are sometimes present, but rarely prominent. One of the more serious complications is pneumonia. Most hospitalizations and deaths from the flu are a consequence of pneumonia and other respiratory disorders. Also, if a senior has any chronic health conditions, such as congestive heart failure, chronic lung disease, even diabetes or renal failure, those could be exacerbated by the flu. And another common complication of the flu is dehydration, so drinking plenty of fluids is especially vital for the elderly.

It is not always possible to prevent colds and the flu, but you can take many steps to reduce your risk. The best way to combat the bug is to get the flu vaccine. You have to get inoculated annually because new vaccines are prepared every year to combat new versions of the virus. During flu season, practicing good hygiene is also very important. It can help people avoid catching or spreading the flu. Wash hands frequently, especially after touching door knobs and stair rails in public places. Always cover nose and mouth when coughing or sneezing, and immediately wash hands afterward. If there is no sink nearby, sneeze or cough into the crook of your elbow instead of your hand. And, of course, stay away from people who are sick.

Stay healthy and happy during flu season!









Open House
Sundays 2-4pm



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"I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again."

~ *Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass*

"A lot of people like snow. I find it to be the unnecessary freezing of water."

~ *Carl Reiner*

Important Dates

Christmas Day, December 25
Centre Closed

Boxing Day, December 26
Centre Closed

New Year's Eve Party, December 31



December Birthdays

Margaret ~ December 3

Cecilia ~ December 3

Lloyd ~ December 19

Charlie ~ December 28



Location, Location, Location. Chelsea Park has it all!

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WELCOME NEW SENIORS!

