



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

NEWSLETTER

February 2013

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



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).

Contributors:

Donna, Olga, Carol,
Poonam, Shannon,
Fiona and Wai Yee

Photography:

Olga, Fiona, Shannon

Editorial Team:

Donna, Olga,
Stephanie, Poonam

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

February 2013 Newsletter

About Renfrew Collingwood Seniors' Society.....	2
Board Members and Staff.....	4
Thoughts from the Board & A Message from Shannon.....	5
A Message from Donna.....	6
A Message from Wai Yee.....	7
Calendar.....	8
Programs and Events.....	9
Health Talk: Mini Squats.....	10
Member Profile: Margherita.....	11
RCSS Moments.....	12 & 13
Upcoming Events.....	15
Memories at RCSS.....	back cover



Home-cooked, frozen meals are
available for \$2.50 each!



RCSS Management Board of Directors



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Tara Abraham

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Donna Clarke



Carol Yi



Shannon Ingersoll



Chris York



Olga Smirnova



Fiona Lastoria



Wai Yee Chou



Ernest Quansah



Amber Stinson



The most important festival for Chinese is happening on February 10th this year. Chinese New Year is a vibrant and festive occasion. This event can last for many days and often includes various festivities such as street parades, lion dance, food stalls, and arts and crafts.

Many Chinese Canadian families spend time together giving gifts, particularly red envelopes with money that are normally given to children. Chinese New Year has various symbols and traditions. For example, flowers are an important part of New Year decorations. Writings that refer to good luck are often seen in homes and business environments. They are usually written by brush on a diamond-shaped piece of red paper. Tangerines and oranges are also displayed in many homes and stores as a sign of luck and wealth.

Envelopes with money often come in the color red, which symbolizes happiness, good luck, success and good fortune. These envelopes are mainly given as presents to children. A reunion dinner is held on New Year's Eve where members of the family gather for the celebration. The venue will usually be in or near the home of the most senior member of the family. The New Year's Eve dinner is very large and sumptuous and traditionally includes dishes of meat (namely, pork and chicken) and fish. Most reunion dinners also feature a communal hot pot as it is believed to signify the coming together of the family members for the meal. Most reunion dinners (particularly in the Southern regions) also prominently feature speciality meats (e.g. wax-cured meats like duck and Chinese sausage) and seafood (e.g. lobster and abalone) that are usually reserved for this and other special occasions during the remainder of the year. In most areas, fish is included, but not eaten completely (and the remainder is stored overnight), as the Chinese phrase "may there be surpluses every year" sounds the same as "let there be fish every year."

Each Chinese New Year is associated with an animal name for one of 12 animals in the Chinese zodiac. This Chinese New Year is the year of Snake.
Have a happy Chinese New Year!





A Message from Donna

Year of Water Snake

Kung Hai Fat Choi to all of you especially those born under the snake zodiac.

As most of you know we have been working on a dragon for our Chinese New Year celebration and "Dragon" is looking mighty fine if I may say so myself. It was a group effort (about sixty of us were involved) and the result is absolutely spectacular; good work everyone. From this day forth we will always have a dragon in our basement and not many people or organizations can utter those words.

Enjoy the LOVE that is bestowed upon you on February 14th –Happy Valentine's Day! As they say, pictures are worth a thousand words and if that's the case our acts of love demonstrated in the newsletter pictures would equate to several books.

Staffing update time; remember when I told you a few months ago that if you love someone set them free and if they return than it's meant to be? Well you will all be delighted to know that our beloved Chris is returning to us in mid February. He completed his contract in animation but in the process he realized that he has to follow his heart and do the work that fulfills his soul. I am so relieved that the road to his enlightenment led back to the Centre. Welcome back Chris.

The other side of the coin however is someone has to leave in order for Chris to return. Shannon has taken on another contract in extended care and she requested to work for us on a casual basis. The hours at the other place of work suits Shannon's schedule more and it gives her the opportunity to do her masters in Music Therapy. Our team is very happy for Shannon and we wish her all the best. She will be covering a few shifts so it is not good bye but so long. As the saying goes, the only thing certain in life is change.

All is well.

Donna



So quickly, we are into the month of February of the new year 2013. Decorations of colors of red and gold will be in the communities this month because of Valentine's Day and the Chinese New Year. Many of the Chinese culture are in preparation of the Lunar New Year celebration on February 10, 2013. This will be the first day of the Lunar year of 4710.

At the center, we are honored to have Carmen leading us with the construction of a beautiful project. This festive dragon head will be ready for the lunar new year. It is close to completion with our clients' dedication and hard work into this project during their time at the center.

This coming year will be the year of the Snake in the five elements system (wood, metal, water, earth and fire). It is the sixth sign of the Chinese zodiac. It is the introspective, enigmatic, refined and collected of the Animal signs. During the Chinese New Year, people dress in new clothes and decorate poems or lucky phrases in red papers. They also give younger children "lucky money" in red envelopes. Red symbolizes fire, which drives away bad luck; fireworks with "crackling flames" are used to frighten all evil spirits. The New Year is the time of family reunions. Family members gather at each others' homes and share meals together for fifteen days. The Chinese New Year festival spans fifteen days long until the New Year Lantern Festival when the moon is at its brightest. Some lanterns are colorful works of art, usually painted with birds, animals, flowers.

February is also the month for romantic love, joy, affections and gratitude. All over the world, many people will be expressing their loving feelings towards each other on February 14th. Customs and traditions of celebrating this romantic festival varies due to social and cultural differences. In the U.S., Valentine's Day is a great day to send out gifts and cards to one another. Roses, candies and chocolates are some popular gifts people give to express their love and affection.

In Britain and Italy, unmarried girls would get up before sunrise on Valentine's Day and stand by the window because they believed that the first man they saw that day would marry them by the end of the year.

In Mexico, the men would place themselves beneath the window of the ladies they wanted to express their feelings to; accompanied by a trio of musicians to serenade the ones they loved. Roses are one of the popular flowers representing this special day. They symbolize adoration, forgiveness and peace. Red roses are for passion and white roses are for true love. Yellow roses are for friendship and black roses are for farewell.

During the midst of our winter months, let us continue to wish health, peace and happiness to those near and far all through the year.

FEBRUARY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
				1 AM- Shopping & Lunch Outing to Brentwood Mall <i>No Lunch at Centre</i> PM- Bingo
4 AM- Gentle Yoga Beauty Spa Lady Marmalade PM- Belated Groundhog Day Celebration	5 AM- Morning Coffee Lunch & Tour at Shannon Oaks PM- Yarns of Fun	6 AM- Brain Teasers Movement to Music Pet Visit with Ca\$h PM- Warm Hands Balloon Badminton Creative Arts Project	7 AM- Sit Fit Laughter Therapy PM- Edible Art Water Bottle Curling Warm Hands	8 AM- Coffee & Chat Chinese Zodiacs Stretch & Stride PM- Bingo
11 FAMILY DAY <i>Centre Closed</i>	12 AM- Morning Coffee Arts, Health, & Seniors PM- Chinese New Year Celebration Yarns of Fun	13 AM- Laughter Yoga Movement to Music Pet Visit with Ca\$h PM- Chinese New Year Celebration	14 AM- Sit Fit "Catching Random Acts of Kindness" PM- Valentine Party With Lory White	15 AM- Coffee & Chat Gentle Yoga PM- Bingo
18 AM- A Visit with Nootka Grade 3 Class PM- Baking Craft: Mask Making Minute to Win it Warm Hands	19 AM- Morning Coffee Brain Teasers Stretch & Stride PM- Celebrating Mardi Gras Yarns of Fun	20 AM- Memory Game Movement to Music Pet Visit with Ca\$h PM- Mardi Gras Party & Parade	21 AM- Gentle Yoga PM- Crow City Singers	22 AM- Coffee & Chat Laughter Therapy Stretch & Stride PM- Bingo
25 AM- Sit Fit & Trivia Lady Marmalade Beauty Spa PM- Entertainment with "Heart & Soul"	26 AM- Morning Coffee Arts, Health, & Seniors Egg Decorating PM- Beauty Spa Yarns of Fun	27 AM- Gentle Yoga Pet Visit with Ca\$h PM- Ceramics Marble Challenge "Grandma's Attic" Warm Hands	28 AM- Sit Fit Brain Teasers PM- Scrapbooking Bean Bag Toss Senses Alive Warm Hands	1 

Drop-In
on Tuesdays

Drop-In
on Fridays

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

Friday, February 1 - Shopping & Lunch Outing to Brentwood Mall (no lunch at Centre) at 10:30 am

Tuesday, February 5 - Lunch and Tour at Shannon Oaks

Monday, February 11 - Centre Closed for Family Day

Tuesday and Wednesday, February 12 & 13 - Chinese New Year Celebrations

Thursday, February 14 - Valentine Party with Lory White

Tuesday and Wednesday, February 19 & 20 - Mardi Gras Celebrations

Exercise of the Month

本月身體運動

#3 Mini Squats

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.

#3 - Mini Squats (small squats only, do not bend too far)

1. Stand facing the sink with your feet apart. Hold on with both hands.
2. Bend knees slightly. Keep your heels on the floor. Remember, do NOT bend too far -- a small squat only.
3. Hold for a few seconds if you can.
4. Straighten up.
5. Repeat 3 to 5 times
6. Gradually do one more every few days or week until you can do 15

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. 分開雙腳站立向著廚房水池。用雙手握住廚房水池。
2. 輕微彎曲膝蓋。保持你的腳跟在地板上。記住, 千萬不能彎曲太遠 - 小蹲。
3. 如果可以的話, 保持位置幾秒鐘。
4. 慢慢把雙腿伸直起來。
5. 重複3到5次。
6. 每隔幾天, 逐步增加重複的次數直到你能做到這個運動至少15次。

進展:

逐步嘗試減少雙手的扶助。

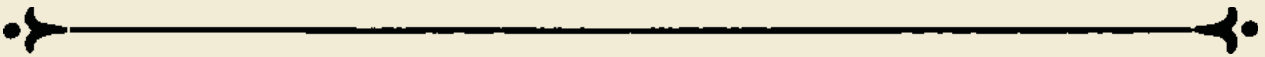




Margherita

Please join us in welcoming a new client to the centre. Her name is Margherita and she is originally from Italy. Many people call her Margaret here in Canada but her name is pronounced Margherita in her home country. She has been in Canada since 1958 when she moved here for true love. She met her husband in Italy and moved to Canada to be with him. Margherita and her husband had a small wedding on the East side of Vancouver. They had two children, one boy and one girl named Johnny and Lara and three beautiful grandchildren.

Margherita will be seen at the centre with a big beautiful smile. She enjoys dancing and has been singing for over 35 years. Her creative outlets at home include gardening and baking. She is an absolute pleasure to have at RCSS as her warmth and kindness are a gift to our centre. We look forward to singing, dancing, baking and smiling with her for years to come. Welcome to the RCSS family Margherita, we are pleased to have this opportunity to get to know you.



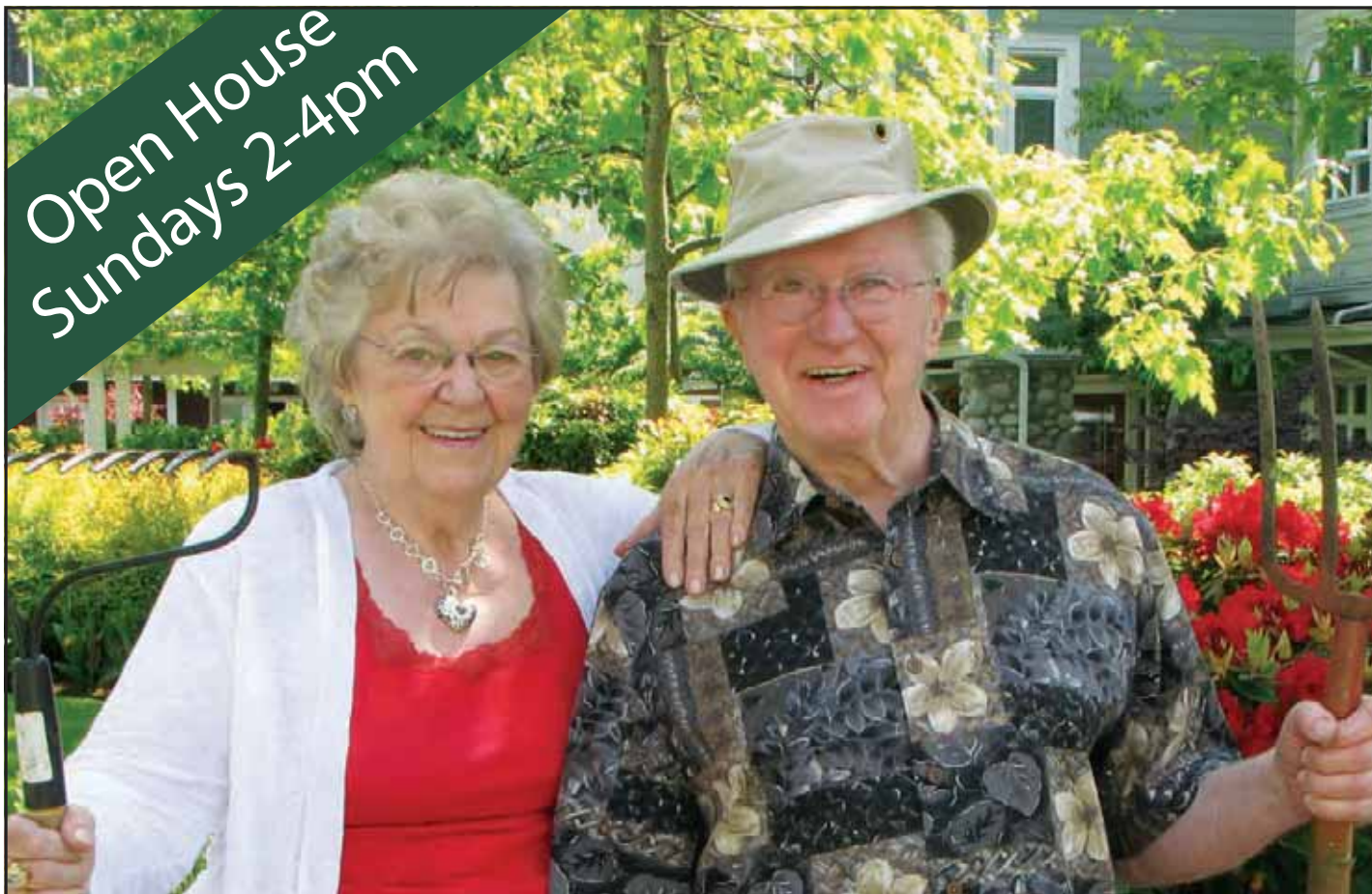
A very big 'thank you' to
A Flower's Touch florists!
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Open House
Sundays 2-4pm



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Sonnet 29

*When, in disgrace with fortune and men's eyes,
I all alone beweep my outcast state,
And trouble deaf heaven with my bootless
cries,
And look upon myself, and curse my fate,
Wishing me like to one more rich in hope,
Featured like him, like him with friends
possessed,
Desiring this man's art and that man's scope,
With what I most enjoy contented least;
Yet in these thoughts myself almost despising,
Haply I think on thee- and then my state,
Like to the lark at break of day arising
From sullen earth, sings hymns at heaven's
gate;
For thy sweet love rememb' red such wealth
brings
That then I scorn to change my state with
kings.*

~William Shakespeare

**February Birthdays**

Sharon	4
Jeanne	5
Violet	15
Daisy	15
Kathy	19

**Important Dates****Centre Closed**

Family Day

Valentine's Day

February 14

Chinese New Year Celebrations

February 12 & 13

Mardi Gras Celebrations

February 19 & 20

**Location, Location, Location.
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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

