



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

NEWSLETTER

January 2013

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Laura

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

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Renfrew Collingwood Seniors' Society

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Board of Directors



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Ernest Quansah



Amber Stinson





Happy New Year Everyone!

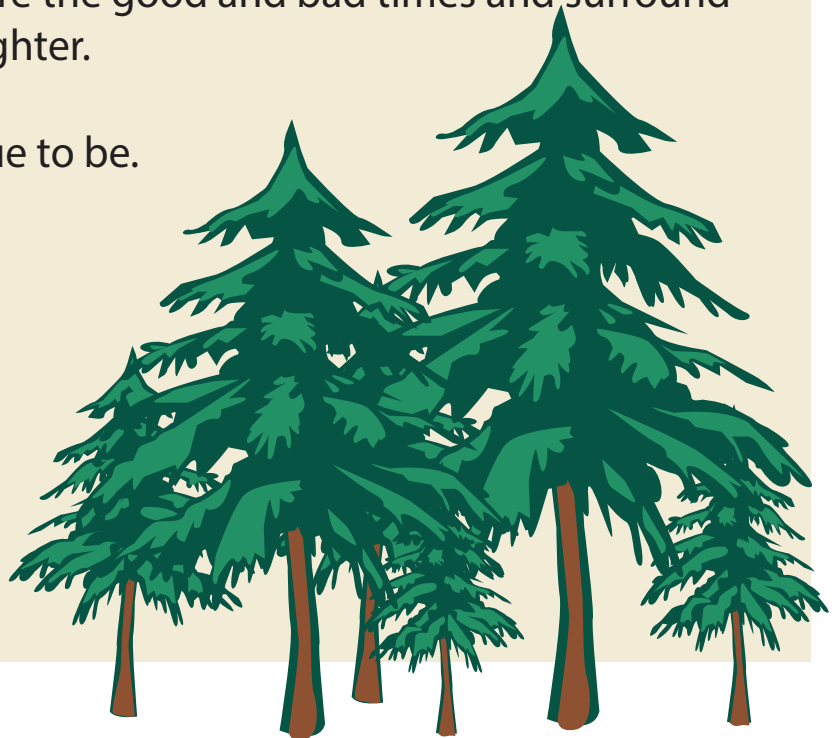
2012 was a wonderful year for the Centre; we had so many good times together and I can only hope to duplicate all the fun and foolishness in the coming year (something tells me that we will have no problem in achieving that goal).

On January 18th I will celebrate my fifth anniversary as Executive Director of Renfrew-Collingwood Seniors' Society. I can honestly say that career-wise this is a milestone as it is the longest tenure that I have ever had in my working life. The reason for that is that I love working with seniors, especially ones that are so caring and community-minded. I truly connect with this Centre and the people who come here because it reminds me of my small community in Newfoundland. I am so grateful to have a job that gives me so much satisfaction.

As we embark on another year together let's pledge to continue to look after each other, share the good and bad times and surround ourselves with love and laughter.

All is well....and will continue to be.

Donna



A message from Fiona...

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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 re-enact 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

JANUARY CALENDAR

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year! Centre Closed	2 AM- Sit Fit Tongue Twisters PM- Polar Bear Swim & Chilly Games	3 AM- Sit Fit Brain Games Pugnacious Visits PM- Warm Hands Creative Arts Project Table Games	4 AM- 10:30 Shopping & Lunch Outing to Brentwood Mall No Lunch at Centre PM- Bingo
7 AM- Gentle Yoga Beauty Spa PM- Songs with Lorraine Smith	8 AM- Morning Coffee Arts, Health & Seniors PM- Scrabble Yarns of Fun	9 AM- Gentle Yoga Pet visit with Ca\$h PM- Wii Card Bingo Warm Hands	10 AM- Sit Fit Laughter Therapy PM- Ceramics Velcro Darts Men's Group	11 AM- Morning Coffee Word Games Stretch & Stride PM- Bingo
14 AM- Sit Fit Beauty Spa Brain Games Lady Marmalade PM- Warm Hands Table Games Creative Arts Project	15 AM- Morning Coffee Stretch & Stride PM- Red Hat Tea Party Yarns of Fun	16 Pyjamas & Pancakes AM- Trivia & Tidbits Movement to Music Pet Visit with Ca\$h PM- Card Making or Marble Challenge	17 AM- Gentle Yoga PM- Crow City Singers	18 AM- Morning Coffee Numerology II Stretch & Stride PM- Bingo
21 AM- Sit Fit Language Lesson Beauty Spa PM- "Winter Sleigh Ride" Warm Hands	22 Pyjama Day! AM- Morning Coffee Arts, Health & Seniors PM- <i>Red Hat Tea Party</i> <i>Yarns of Fun</i>	23 AM- Movement to Music Word Opposites Pet Visit with Ca\$h PM- Ceramics Minute to Win it Warm Hands	24 AM- Sit Fit Brain Games Pugnacious Visits PM- Celebrating Robbie Burns with John Cronin	25 AM- Morning Coffee Gentle Yoga PM- Bingo
28 AM- Visit with Nootka Grade 3 Class Lady Marmalade PM- Mad Hatter's Tea Party <i>A tribute to Lewis Carroll</i>	29 AM- Morning Coffee Stretch & Stride PM- Card Making Yarns of Fun	30 AM- Movement to Music Rhyming Words Pet Visit with Ca\$h PM- A Musical Performance by Joan & Carol	31 AM- Gentle Yoga PM- Card Bingo Warm Hands Men's Group Friendship Circle	1

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 Outing at Brentwood Mall

Friday, January 4th- 10:30PM

Songs with Lorraine Smith

Monday, January 7th -

Crow City Singers

Thursday, January 17th -

Celebrating Robbie Burns & John Cronin

Thursday, January 24th -

Mad Hatter's Tea Party

Monday, January 28th -

A Musical Performance by Joan & Carol

Wednesday, January 30th -

Exercise of the Month

本月身體運動

#2 Up On Toes

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.

#2 - Up On Toes (may also be done in sitting)

1. Stand facing the kitchen sink. Hold on with both hands.
2. Go up on toes with both feet.
3. Come down slowly.
4. Repeat 3-5 times if you can.
5. Gradually add one more repetition every few days until you can do this 15 times.

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。

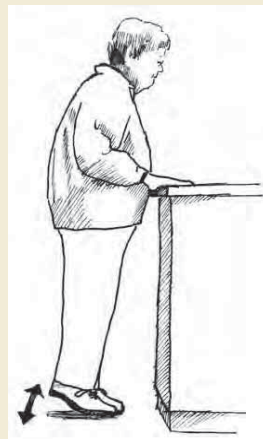
慢慢地開始。如果任何活動導致疼痛加劇或呼吸急促, 減少或停止那個活動, 並與醫生商量。

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. 提起雙腳的腳跟。把重心放在腳趾上。
3. 慢慢回落。
4. 如果可以的話, 重複3到5次。
5. 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。



Hang Sin



Renfrew Collingwood Seniors Centre would like to give a warm welcome to one of our newest members, Hang Sin Wong. Hang Sin and her husband have both recently joined us at RCSS and are fairly new to Canada. Hung Sin has been married to her husband for 71 years. She has a very large family consisting of 3 daughters, 3 sons and 13 grandchildren. Her oldest son lives here in Vancouver, however, most of her family still reside in Hong Kong where Hang Sin once lived before coming to Vancouver in 1993.

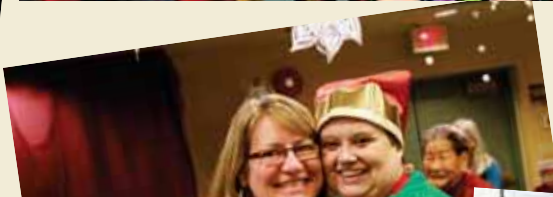
Hang Sin has just celebrated her birthday and one of her most favourite ways to celebrate is having a dinner with her son and husband at a restaurant. When she was still in China she worked as a farmer and spent some time working for a toy company in Hong Kong. Hung Sin's current interests are doing embroidery and sewing and she loves eating noodles, vegetables, fish and pork. We look forward to having her participate in the many activities, crafts and celebrations here at the centre. And are so pleased to have her join our family at RCSS. Although she may be far away from her family, we hope to welcome her as one of ours.



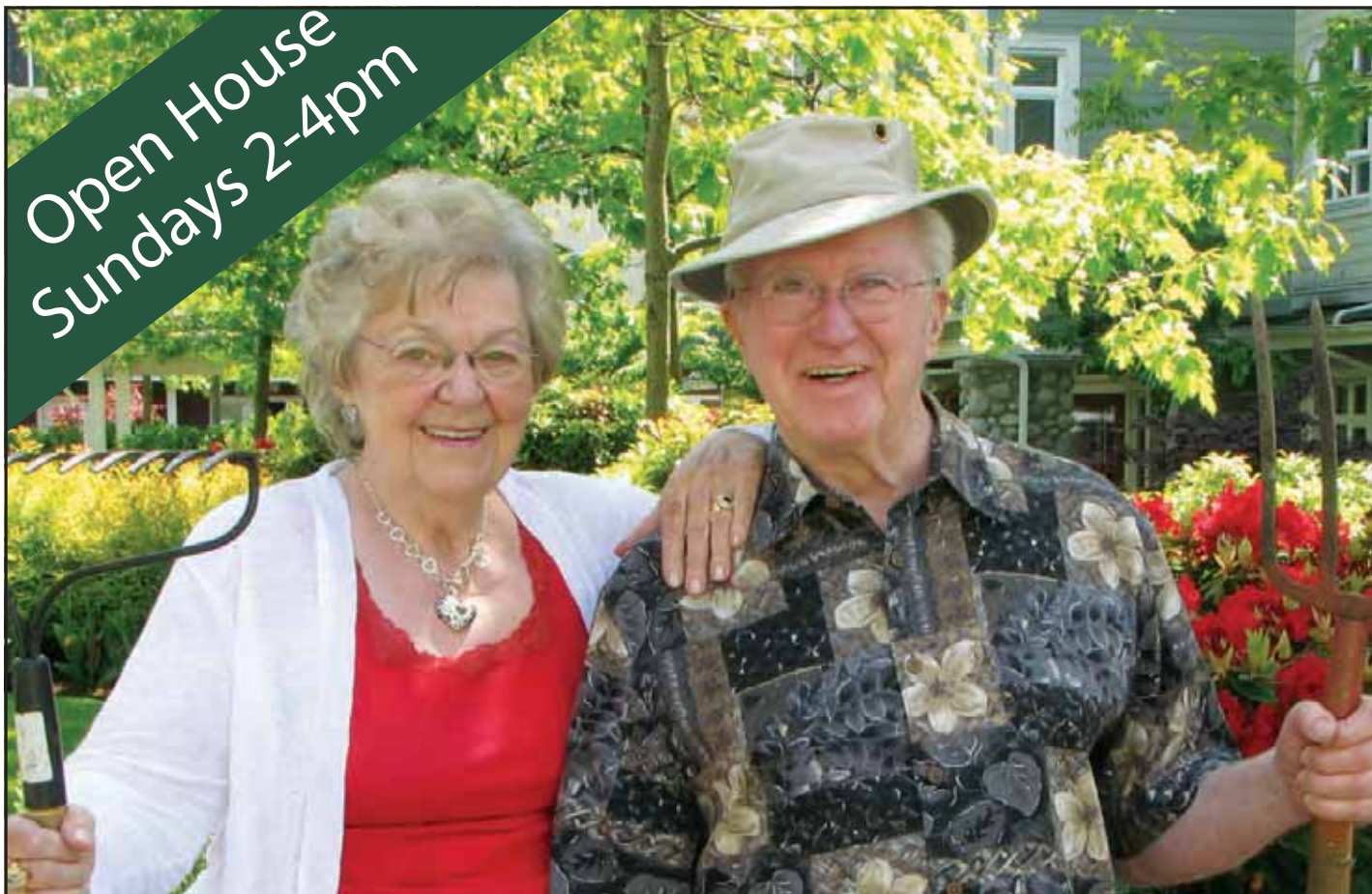
A very big 'thank you' to
A Flower's Touch florists!
(2980 East 22nd Avenue)
604.439.0272







Open House
Sundays 2-4pm



Enjoy Life to the Fullest

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Baptist Housing | Enhanced Seniors Living | Since 1964

Christmas Raffle Winners:

BMW Roadster Pedal Car
Bud K.

Pentax Digital Camera
Natasha
(Teresa's granddaughter)

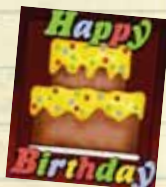
Rowenta Compact Steamer
Frank K.

***Congratulations
to the winners!***



January Birthdays

Yat- Sheung	6
Neda	7
Nancy	8
Henry	9
Marguerite	10
Laura	27
Dora	28
Lee Bong	28
Danuta	30



Important Dates

Centre Closed

New Years Day
January 1st, 2013

Pyjamas & Pancakes

January 16th

Pyjama Days

January 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!



The SkyTrain is on our doorstep!

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9am-4pm

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Memories at RCSS

