



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

# NEWSLETTER

June 2013

2970 East 22nd Avenue, Vancouver BC

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





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

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## Board of Directors



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Marilyn Jennings



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Donna Clarke



Carol Yi



Wai Yee Chou



Chris York



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Ernest Quansah



Amber Stinson



Happy Father's Day Gentlemen!

When I think of fathers in general I think of words like provider, protector and disciplinarian. Most of the fathers that I know work very hard to provide for their families and even though my father was sick most of my upbringing he did his best to provide for us. Providing is more than making money for the family, it is providing support, guidance and love. So as a provider my father scored big when it came to giving us support – he believed in his children and gave us lots of his confidence and determination.

Having three daughters turned my father into a knight protecting his kingdom. My dad would go to the end of the earth for us, and any young man that came a-courtin' did not like him. I understand now that he was screening them to ensure that they had the right intentions. Knowing the men here at the Centre I am sure that you did the same thing for your daughters. Although we probably did not appreciate it at the time, now that we look back on it we are grateful that you were looking out for us.

"Wait till your Father gets home" or "wait till your Father hears about this" were the words that we dreaded as it was the ultimate threat from my mother's mouth. In reality it was Mom's way of getting us to listen to her but if Dad was involved in anything that was deemed serious we knew we were in trouble. Rarely did he discipline us because we all had so much respect for Mom but when he did we were scared.

Fathers are the glue that keeps things together; they are the pillars of our community and we can surely rely on them. There is no stronger bond between two people when it comes to Daddy's little girl and the person who fathered her; trust me I know from experience. Most of you men here know who will look after you when the time comes that you need care and support; your children of course. As the saying goes, "What goes around comes around." I know you all well enough to know that you will get the royal treatment on your special day, because you were always there for us.

#### **Fundraising Update**

**The first month of our campaign we raised \$1,532.**

**Thank you to our Donors. We appreciate your contribution.**

**Only \$13,468 to go.**

**Please remember we can write you a charitable receipt for income tax purposes.**

**Consider having \$10 or \$20 a month added to your bill and at the end of the year it adds up to \$120 or \$240 donation.**

**All money goes directly to the enhancement of programs.**





### Celebrate National Aboriginal Day

June brings longer days and warmer temperatures, and we look forward to summer, which officially begins on June 21st, the longest day of year. June 21 is also marks National Aboriginal Day, a day set aside for Canadians to celebrate the cultures and contributions of Aboriginal people.

The word Aboriginal includes First Nations (or Native Indian), Inuit (from northern Canada) and Metis peoples (of mixed First Nations and European ancestry). Today there are 198 First Nations bands in British Columbia, about one third of all bands in Canada.

BC has the greatest diversity of Aboriginal cultures in Canada. For example, seven of Canada's 11 unique language families are located exclusively in BC - more than 60% of the country's First Nations languages.

Renfrew Collingwood Senior's Centre is located in the heart of Coast Salish territory. Nearby Coast-Salish communities include Musqueam, Tsleil-Waututh (Burrard), Squamish and Tsawwassen. They speak different dialects of the Salishan language.

While the traditional people of this area are Coast Salish, many Aboriginal people have moved to Vancouver from other parts of British Columbia and Canada. So the Aboriginal people you meet here may be Lil'wat from Mount Currie, Mohawk from Ka'nehsatà:ke, or Inuit from Nunavut. Our family is Metis from Lac Ste. Anne in Alberta.

Many non-Aboriginal people have also come to British Columbia. Europeans were first attracted to British Columbia to exploit its rich natural resources like sea lion fur, cedar trees or gold. Eventually they began to settle here permanently. People from many other countries have also settled here, and today Vancouver is a multi-ethnic city inhabited by people from every corner of the world.

National Aboriginal Day is chance for all Canadians to celebrate together the cultures of Aboriginal people. You can start your day at the Vancouver Aboriginal Friendship Centre with a pancake breakfast at 9:00 am followed by a walk to Trout Lake. Between 1:00 and 5:00 p.m. Trout Lake will host Aboriginal entertainers, a teepee village, an arts and crafts fair, and a resources fair.

Plans are also underway for a celebration at RCSS. I hope to see you there!

~ Madeleine McIvor



# National Aboriginal Day Word Search



ABORIGINAL  
BURRARD  
CANADIANS  
CELEBRATION  
COASTSALISH  
ENTERTAINERS  
FIRSTNATIONS  
FRIENDSHIP  
GOLD

INUIT  
JUNE  
LIL'WAT  
METIS  
MOHAWK  
MOUNTCURRIE  
MULTI-ETHNIC  
MUSQUEAM  
NATIONAL

NUNAVUT  
SALISHAN  
SEALIONS  
SQUAMISH  
TEEPEE  
TROUTLAKE  
TSAWWASSEN  
VANCOUVER

S	M	A	E	U	Q	S	U	M	O	H	A	W	K	D
I	N	E	P	I	H	S	D	N	E	I	R	F	S	L
T	O	A	B	O	R	I	G	I	N	A	L	S	N	O
E	I	G	V	L	A	N	O	I	T	A	N	E	A	G
M	T	R	O	U	T	L	A	K	E	O	D	E	I	E
V	A	N	C	O	U	V	E	R	I	A	F	P	D	I
D	R	L	I	L	'	W	A	T	Z	R	F	E	A	R
R	B	M	E	S	Q	U	A	M	I	S	H	E	N	R
A	E	D	N	V	K	N	U	N	A	V	U	T	A	U
R	L	M	U	L	T	I	-	E	T	H	N	I	C	C
R	E	E	J	S	N	E	S	S	A	W	W	A	S	T
U	C	B	R	U	R	S	E	A	L	I	O	N	S	N
B	W	I	I	E	N	A	H	S	I	L	A	S	F	U
K	F	T	C	O	A	S	T	S	A	L	I	S	H	O
J	A	S	R	E	N	I	A	T	R	E	T	N	E	M

# JUNE CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>AM-</b> Gentle Yoga</p> <p><b>PM-</b> Windermere Youth Group Baking Brain Games</p>	<p>4</p> <p><b>AM-</b> Morning Coffee Windermere Junior Choir Brain Games</p> <p><b>PM-</b> Table Games Yarns of Fun</p>	<p>5</p> <p><b>AM-</b> Sit Fit Word Puzzle</p> <p><b>PM-</b> Warm Hands Golf Gardening Drawing</p>	<p>6</p> <p><b>AM-</b> Sit Fit Language Lesson</p> <p><b>PM-</b> Minute to Win It Drama Computer Travels</p>	<p>7</p> <p><b>AM-</b> Shopping &amp; Lunch at Brentwood Mall</p> <p><b>No Lunch at Centre</b></p> <p><b>PM-</b> Bingo</p>
<p>10</p> <p><b>AM-</b> Farewell to Nootka Students</p> <p><b>PM-</b> Bean Bag Toss Card Making Computer Travels</p>	<p>11</p> <p><b>AM-</b> Morning Coffee Roundhouse Gala Event</p> <p><b>PM-</b> Yarns of Fun</p>	<p>12</p> <p><b>AM-</b> Gentle Yoga</p> <p><b>PM-</b> Marble Challenge Creative Writing Discussion Group: "The Good in Humanity"</p>	<p>13</p> <p><b>AM-</b> Sit Fit Memory with Sounds</p> <p><b>PM-</b> Tribute to Elvis with Peter Yap</p>	<p>14</p> <p><b>AM-</b> Coffee &amp; Chat "Soul Searching" Stretch &amp; Stride</p> <p><b>PM-</b> Bingo</p>
<p>17</p> <p><b>AM-</b> Sit Fit Dad Qualities</p> <p><b>PM-</b> Vintage Car Show Celebrating Father's Day</p>	<p>18</p> <p><b>AM-</b> Morning Coffee Brain Games Stretch &amp; Stride</p> <p><b>PM-</b> Guest Speaker Staying Fit at Home Yarns of Fun</p>	<p>19</p> <p><b>AM-</b> Gentle Yoga Farewell to Kevin</p> <p><b>PM-</b> Musical Theatre Mary Poppins by RCSS Seniors &amp; Staff</p>	<p>20</p> <p><b>STEP OUT TRIP TO IHOP</b></p>	<p>21</p> <p><b>AM-</b> Morning Coffee Brain Games Stretch &amp; Stride</p> <p><b>PM-</b> Bingo</p>
<p>24</p> <p><b>AM-</b> Sit Fit Crosswords</p> <p><b>PM-</b> Ping Pong Challenge Senses Alive Men's Group</p>	<p>25</p> <p><b>AM-</b> Morning Coffee Brain Games Stretch &amp; Stride</p> <p><b>PM-</b> Yarns of Fun</p>	<p>26</p> <p><b>AM-</b> Movement to Music Animal Symbolism in Aboriginal Culture</p> <p><b>PM-</b> Aboriginal Celebration</p>	<p>27</p> <p><b>AM-</b> Sit Fit Memory Game</p> <p><b>PM-</b> Bottle Curling Crafts Computer Travels Warm Hands</p>	<p>28</p> <p><b>AM-</b> Morning Coffee Gentle Yoga</p> <p><b>PM-</b> Bingo</p>

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 at Brentwood Mall

Friday, June 7, 10:00 AM NO LUNCH AT CENTRE

### Musical Theatre: Mary Poppins

by the RCSS Staff

Wednesday, June 19

### Step Out Trip to IHOP

Thursday, June 20

### Aboriginal Celebration

Wednesday, June 26



### Fall Prevention Exercises: Straight Leg Raise

Total leg workout that will assist with walking, transfers and especially with getting in and out of bed. Also works muscles in your stomach and back.

1. Bend right leg and place foot on bed.
2. Raise left leg off the bed with knee locked. Do not go higher than bent knee.
3. Slowly lower leg back down to the bed. Do not let leg drop back down to bed.
4. Complete a set of 10 with one leg, then repeat with the other leg.

#### 直腿抬高

整个腿的练习有助于行走，练习位特别是上下床的活动。同时练习也锻炼了腹和背部的肌肉。

1. 彎曲右腿并把脚平放床上。
2. 從床上抬起左腿且鎖定膝盖。不要高於膝盖彎曲。
3. 慢慢將腿回落到床上，但不要让腿突然回落至床。
4. 一條腿反复做10次，然後重複另一條腿。



### Three Little Words



I love you! These words, for some, may be so difficult to say. For others, they are spoken freely and with great affection. As a little girl, I often yearned to hear those three little words from my father but he was not a man to express his affection verbally. It wasn't until I was a young woman that I looked back on our relationship that I realized that he had been saying it all along in so many ways. He did so when he would put his nose on the top of my little head and sniff my freshly washed hair. He said it when he would push me on the swing in our back yard or take me for a bumpy ride in our wheelbarrow.

He often held my hand as we crossed the street and he would squeeze my hand. I would squeeze back like the pumping of a heart beat. In the final years of his life, he had lost his ability to communicate altogether due to his stroke. In these moments, he still found an endearing way to express those three little words. He would bump his forehead gently into mine and smile at me. I have learned that you don't really have to say those three little words because my father taught me that there are other ways to show your love. This lesson continues on as I squeeze my son's hands as we cross the road and the heartbeat carries on.

Happy Father's Day everyone and remember that I love you!

Fiona



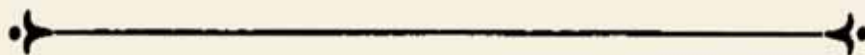
Bruno was born March 4, 1936 in Italy. He is from a large family having ten brothers and sisters! An interesting fact is that Bruno's father was mayor of their little city. In his youth Bruno enjoyed playing soccer (football) but eventually had to stop as life got busier. Bruno trained in Italy to be a carpenter- a skill which he later brought to Canada.

He married a lovely woman named Avelia and fondly remembers that they had a big wedding. Is there anything except big weddings in Italy?! Perhaps it was big even by Italian standards. Bruno and Avelia have been married for over 50 years now.

In 1966 Bruno and Avelia moved to Vancouver and he mentioned that they didn't even consider other cities. For them Vancouver was the one and only choice and they're very happy to have settled here. Once in Vancouver Bruno began putting his carpentry skills to work doing all kinds of things. Cabinets, framing and furniture are some of the things he built.

Bruno and Avelia have two children- a boy Adam and a girl Sophia who still live locally. We here at Renfrew Collingwood Seniors Society have come to know Bruno as a very charming gentleman with a twinkle in his eye and a mischievous sense of humor. If you see him at the centre don't be shy- go up and say hi!

Welcome Bruno- we love having you here at RCSS.



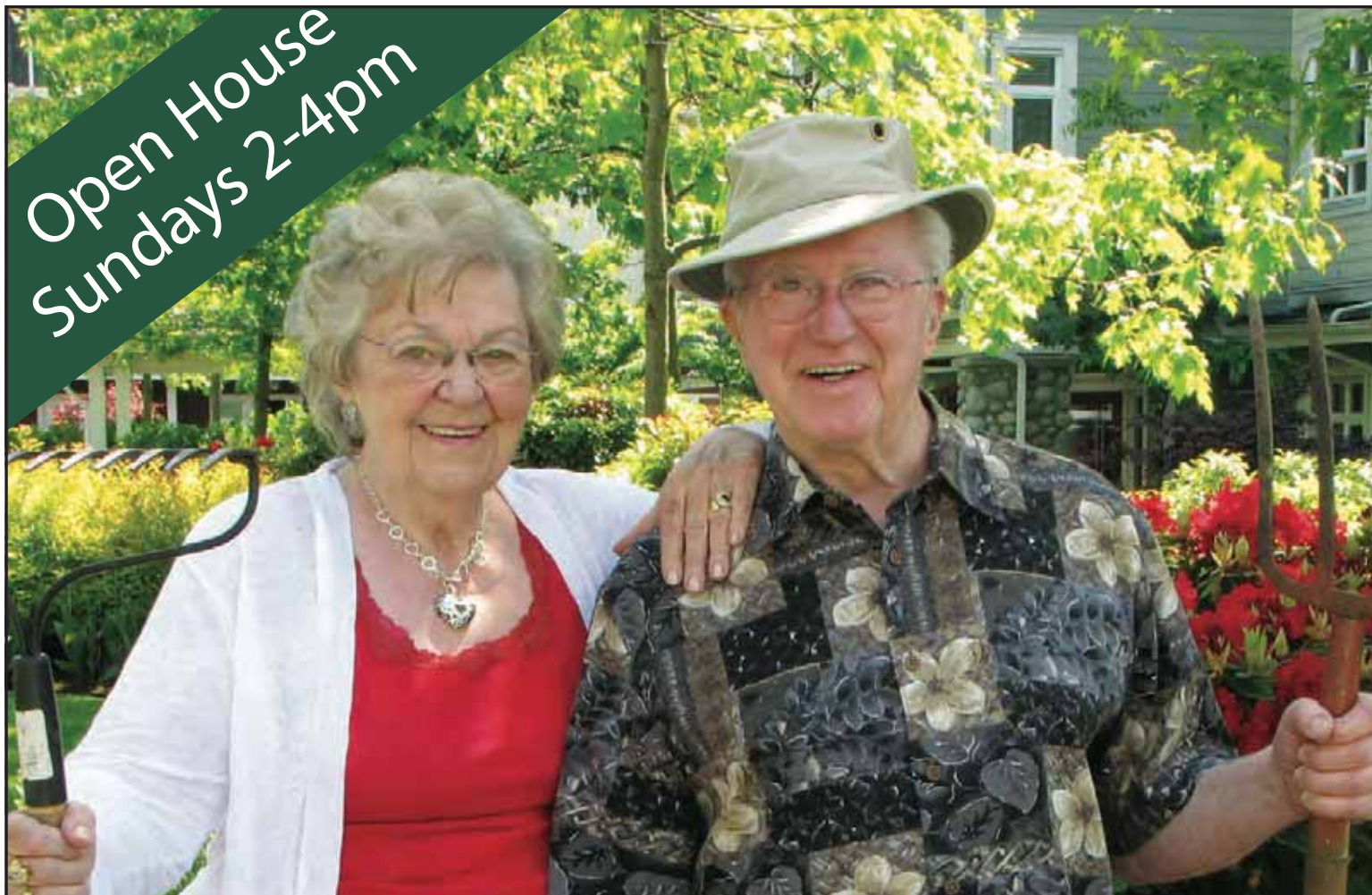
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Open House  
Sundays 2-4pm



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## I Am Eighty

Today, dear Lord, I'm 80, and there's so much I haven't done.  
I hope, dear Lord, that you will leave me here until I'm 81  
But, then, if I haven't finished all I want to do, would you let me stay until I'm 82?  
So many places I want to go- so very much to see, do you think you could manage to make it 83?  
The world is changing very fast, with so much in store,  
I would like, greatly, to live until I'm 84.  
And then, still alive,  
I would like to stay 'til 85.  
Science is changing so, I ask you to fix, that I may see what happens at 86.  
I know, Lord, it's much to ask, (tho' it's so nice in heaven)  
I would really like to stay until 87.  
By then I may be slow, and sometimes might be late,  
but I will be pleased to be around 88.  
I have seen so much, and have had such a wonderful time,  
that I may be willing to leave at 89.  
But then at 90, Lord, since my mind is sound, and I like it here, may I stay around?  
My time is limited, I know, and someday I must go, but, perhaps, a centurian I may be, if you make it so!

~Author Unknown  
Submitted by Elaine & Harold

## June Birthdays

Frank C. ~ June 7

Alice ~ June 11

Kay ~ June 12

Bob ~ June 15

Erika ~ June 24

Mercedes ~ June 30



## Important Dates

June 16 ~ Father's Day

June 21 ~ First Day of Summer  
& National Aboriginal Day



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