



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

NEWSLETTER



May 2013

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



Happy Mothers' Day from the RCSS



ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



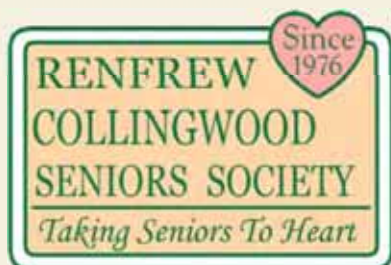
Celebrating its 35th Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non-profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently 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

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Happy Mothers' Day, ladies! To me Mothers' Day is one of the most important events of the year. Most of you know the love and admiration that I have for my mother, so it is with great pleasure that I share how beautiful and loving she is to her family, friends, community, and the world.

My mom Joan is the most loving woman on this earth and I can only wish to have the slightest bit of her goodness. She taught me the importance of unconditional love, and my sons benefited from always feeling valued, cared for, and adored. Although we had very little in the way of material things, we were wealthy when it came to having an affectionate and caring household. I grew up feeling like I was the luckiest child in the world. Mom is an amazing woman and I truly feel honoured to have her as my best friend and mentor.

There is no greater gift or feeling than to be loved, and there is no other person in this world that helps us understand that more than our mothers. Working with senior women and hearing their stories about their children always brings a laugh or two...sometimes a tear. As they say in Newfoundland every mother thinks their "crow is the blackest." All the women who gave birth or adopted children are heroines in my eyes. There is no job that trumps nurturing, supporting, and guiding a person to be an independent thinker and contributor to their community. Mothers are the true foundation of our society.

Every person that is lucky enough to still have their mom should rejoice, because as the song goes "A Mother's Love is a Blessing." To all the incredible women here at the Centre, I salute you, respect you and love you for all the wonderful things that you created and loved.

All is well, Donna

Fundraising Campaign 2013-14

This year our fundraising goal is to raise \$15,000.00.

All money raised will go toward the enhancement of our programs, outings and special events.

Remember the Society can issue a Charitable Donation receipt for income tax purposes

Your contribution to our Centre makes a big difference.

Thank you for your continued support.





...Wai Yee

We are now in the Month of May and once again, Mother's Day is coming upon us very quickly. Moms everywhere will hopefully get a chance to relax and think about themselves for a change. Make sure you give your moms Mothers' Day cards; do extra errands or present them with some pretty flowers to show them how much you appreciate them on this day.

The earliest Mother's Day celebration was in the honor of Rhea, the Mother of the Gods back in ancient Greece. During the 1600s, England had a day called Mothering Sunday, to honor mothers. In 1907, a lady named Anna Jarvis started a campaign for a national Mother's Day. She pushed her church to celebrate the holiday on the anniversary of her own mother's death which was on the second Sunday of May. Mother's Day became a national holiday in 1914.

Victoria Day is another holiday in the month of May. This holiday was established by an amendment to the Statutes of Canada in 1952. From 1953 to 1956, the Queen's birthday was celebrated in Canada on Victoria Day. By 1957, Victoria Day was permanently appointed as the Queen's birthday in Canada.

Springtime is here; beautiful flowers are blooming everywhere. With spring showers and more sunny days ahead, let us all appreciate and enjoy the beauty of what this wonderful warm season have to offer.



...and Kevin

After my bachelor's degree in Nursing, I worked as a Nursing Assistant in a government hospital for six months. I am responsible for taking the patient's vital signs, maintaining their intravenous fluids and assisting them with their ADLs or Activities of Daily Living. I've been here in Vancouver for about three months with my mom, my dad and my two younger sisters.

I was been a youth leader in the church for six years from 2007 to 2013. With these experiences, I was able to form my skills like leadership and team work and also with my values such as being compassionate and being concern for others. I love music a lot especially when listening to pop songs and love songs. I can sing and I can also dance. When it comes to sports, I like to play badminton and volleyball. I am currently on S.U.C.C.E.S.S. Youth Employment Program and I am doing my work placement here in RCSS for ten weeks. I am also a Volunteer Receptionist in Multicultural Helping House Society. I'm also an active member of the Youth Choir in St. Mary's Parish.

Why am I here in RCSS? To be honest, it is my first step to get into my target goal: to be a NURSE here in Canada. With my skills and values, it can help me to serve the clients well and be the best volunteer to them.

"NURSING is more than just a JOB; it's a VOCATION that requires a lifetime of commitment and compassion."

-Anonymous



MAY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
		AM- Sit Fit ¹ Brain Games Pet Visit with Ca\$h PM- Warm Hands Ping Pong Choir Gems & Rocks with Francis	AM- Sit Fit ² Safety Skit PM- Warms Hands Golf Gardening Crafts	AM- Shopping and Lunch at Brentwood Mall ³ <i>No Lunch at Centre</i> PM- Bingo
AM- Gentle Yoga ⁶ Lady Marmalade PM- Warm Hands Marble Challenge "Random Acts of Kindness Computer Travels	AM- Morning ⁷ Coffee Pet Visit with Ca\$h PM- Gardening Yarns of Fun	⁸ STEP OUT BUS TRIP TO TROLLS RESTAURANT	⁹ AM- Sit Fit Famous Mothers PM- Mothers' Day Celebration with Lory White	¹⁰ AM- Coffee & Chat Famous Mothers Stretch & Stride PM- Bingo
¹³ AM- Sit Fit Nutrition & Health PM- Bean Bag Toss Baking Crafts	AM- Morning ¹⁴ Coffee Arts, Health, and Seniors "Senses of Self Portraits" PM- Beauty Spa Yarns of Fun	¹⁵ PODIATRIST AM- Sit Fit Pet Visit with Ca\$h Tongue Twisters PM- Music with Lorraine Smith	¹⁶ AM- Gentle Yoga Self Massage PM- Warm Hands Shuffleboard Mural Painting Computer Travels	¹⁷ AM- Morning Coffee Grandma's Attic with Donna PM- Bingo
²⁰ Victoria Day Centre Closed	²¹ AM- Morning Coffee Intro to Tai Chi PM- Table Games Yarns of Fun	²² AM- Gentle Yoga Pet Visit with Ca\$h PM- Balloon Toss Windermere Youth Group Puzzle Trivia	²³ AM- Sit Fit Laughter Therapy PM- Warm Hands Card Bingo Choir Men's Group	²⁴ AM- Coffee & Chat Brain Games Stretch & Stride PM- Bingo
²⁷ AM- Sit Fit Colour Therapy PM- A Tribute to the Disco Era	AM- Morning ²⁸ Coffee Arts, Health, & Seniors Art & Lunch Outing to Kits Beach & Boathouse PM- Bingo	²⁹ AM- Movement to Music Memory Game Farewell to Ca\$h PM- Dominoes Crafts Computer Travels	³⁰ AM- Gentle Yoga Lady Marmalade PM- Bocci Magic & Science Windermere Youth Group	³¹ AM- Coffee & Chat Brain Games Stretch & Stride PM- Bingo

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 (no lunch at Centre)

Friday, May 3rd, 10 AM

Step Out to Trolls Restaurant

Wednesday, May 8th

Mother's Day Celebration with Lory White

Thursday, May 9th

A Tribute to the Disco Era

Monday, May 27th

Arts & Lunch Outing to Kits Beach and The Boathouse

Tuesday, May 28th

Exercise of the Month

本月身體運動

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.

#7 - Sit to Stand

1. Sit in a firm chair with arm rests. If needed, position your walker in front of you and lock the brakes.
2. Bring your bottom a little closer to the front of the chair if needed.
3. Bring your feet in close to the chair. Put hands on armrests if needed.
4. Lean forward and stand up.
5. Stand tall for few seconds, holding onto walker if need for support.
6. Reach back to hold the armrests of the chair.
7. Lean forward and slowly lower yourself to sit down.
8. Stand up and sit down 3-5 times.
9. Do one more every few days or week until you can do 15 at a time.

Progression:

Gradually try to decrease the amount of support through your hands until you can stand up and sit down without using your arms.

Source: SAIL Home Activity Program.

#7 Sit to Stand

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. 坐在有扶手的椅子。如果需要, 把你的助步車放置你面前和鎖定☑車。
2. 如果需要的話, 坐前一點點。
3. 腳要靠近椅子。如果需要, 把手放在扶手上。
4. 前傾和慢慢站起來。
5. 站好, 幾秒鐘後。如果需要支持, 用你的助步車。
6. 把你的手回伸到椅子的扶手。抓著扶手。
7. 前傾, 慢慢地降低和坐下。
8. 站起來和坐下3到5次。
9. 每隔幾天或一周, 逐步增加次數直到你可以做15下。

進展:

逐步嘗試減少雙手的扶助, 直到你不要用雙臂也能站起來和坐下。





Francis became a member of RCSS this past April. Although he goes by Frank as well, we have decided to call him Francis to avoid confusion with our other Frank. Francis was born in Edmonton, AB in 1930. He grew up on the prairies. His father worked for the railroad, and the family moved to Wainwright, AB for a time.

In 1944 the family moved to Vancouver and Francis has called it home ever since. Although he went back to the prairies to work off and on for the next few years he eventually came back to Vancouver to settle down where, in 1946 he started driving trucks for a living. He "drove big ones, little ones and everything in between".

Francis drove truck for Vancouver Supply, servicing all of the lower mainland. He did this for 22 years before moving on to a company called Fleck Brothers where, a short time after starting, he became a manager. After 14 years of this the company was sold and Francis soon left.

In 1961 Francis married Elizabeth, from Penticton. They were together for 53 years before she passed away last year. Together they have three children- two sons, Robert and Kevin, and a daughter Lynn. They still live locally in Vancouver and Maple Ridge.

One of Francis' passions is rocks and crystals. In the late '40's he became acquainted with a man who always had an assortment of rocks in the back of his truck, and although Francis thought it was silly at first, he soon saw the value of the hobby and got involved himself. As he says "by 1950 I had become very interested in rocks". It's been his passion ever since and he now has one of the biggest collections in all of BC with around 70,000 specimens in his home!

While rock hunting he travelled to many states in the US including Washington, Oregon, Utah, California and Idaho. On his honeymoon he went to Oregon with his new bride and they hunted rocks by day and danced by night. She must have been a very understanding wife!

Francis hopes to do a presentation some day at RCSS on rocks, so watch for that exciting event! Francis comes to the centre on Wednesdays, so if you get a chance, say 'Hi' and welcome him to Renfrew Collingwood Seniors Society.

Welcome Francis!



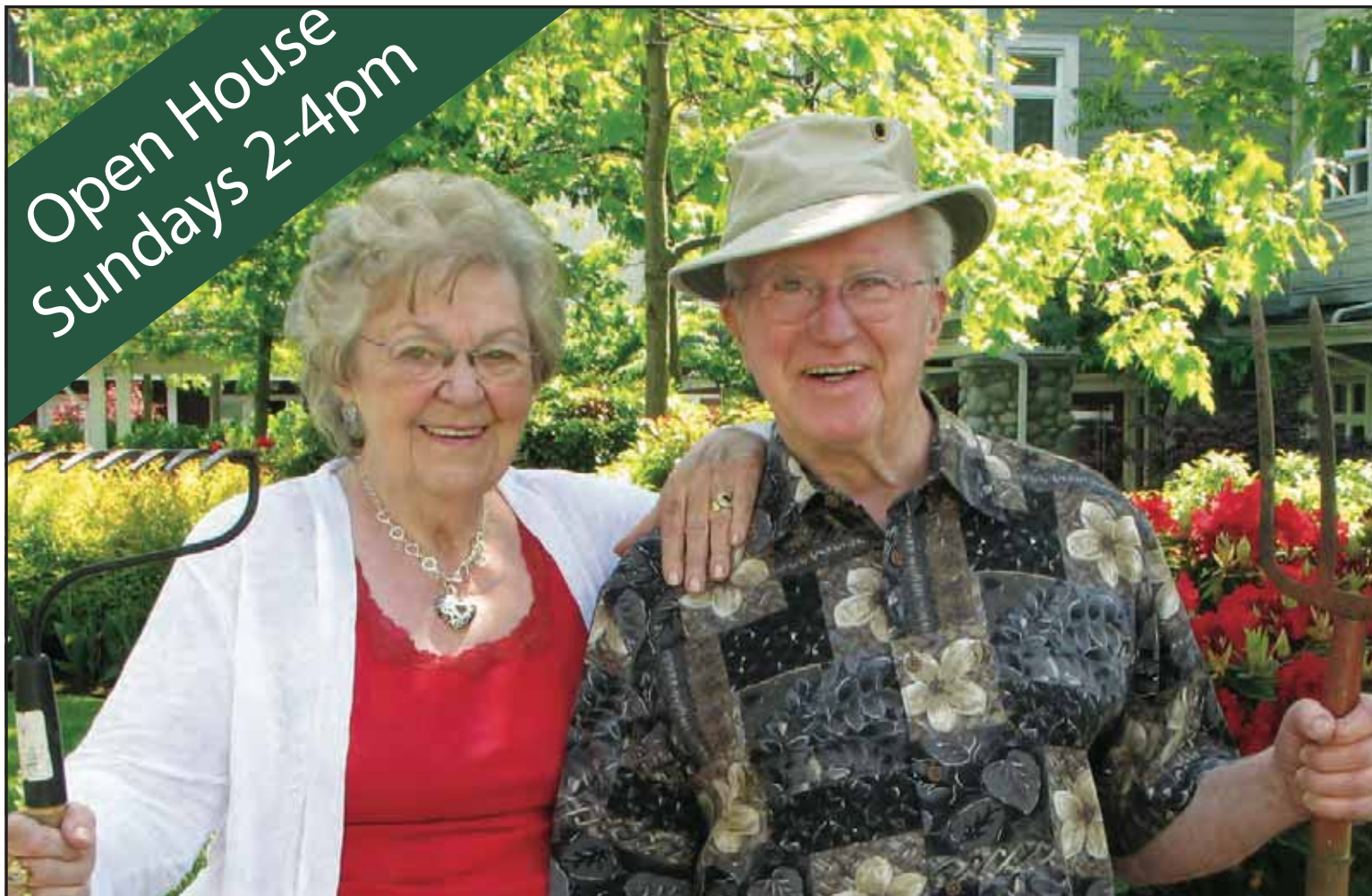
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A Prayer in Spring

Oh, give us pleasure in the flowers to-day;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by night;
And make us happy in the happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfil.

~Robert Frost

May Birthdays

Francis ~ May 7th

Lai Guen ~ May 18th

Lillian H. ~ May 23rd

Elaine M. ~ May 24th



Important Dates

Mothers' Day ~ May 12th

Podiatrist ~ May 15th

Victoria Day

Centre Closed ~ May 20th



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