



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

NEWSLETTER

November 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,
Kevin, Fiona & Wai Yee

Photography:
Olga, Fiona

Editorial:
Donna, Olga,
& 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

November 2013 Newsletter

About Renfrew Collingwood Seniors' Society.....	2
Board Members and Staff.....	4
A Message from Donna.....	5
A Word from Chris.....	6
Member Profile: Angelina.....	7
Calendar.....	8
Programs and Events.....	9
Health Talk: Basics of Healthy Living.....	10
RCSS Moments.....	11, 12 & 13
Upcoming Events.....	15
More Moments.....	back cover



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



Renfrew-Collingwood Seniors' Society has been offered an amazing opportunity to extend our service in the community. Vancouver Coastal Health, in a time of cut-backs, has offered us two more days of Adult Day Program. As I reported at the AGM, our waitlist has about 36 seniors on it. The wait is up to a year to get one day a week here at the Centre. We are over-providing on a regular basis, which means that instead of having twenty seniors a day, we often have up to twenty-three or twenty-four. Our Centre has consistently been over 100% in our occupancy status for years now and finally our efforts and performance are being recognized.

Last year the Board was working on our long term Strategic Plan. With Health Care dollars shrinking, this is a necessary process in a progressive organization because there is no new money available. As you can imagine, the cost of everything we buy in order to operate has been going up. The funds that we receive, however, remain the same, and in some years have actually been cut back. It is becoming more difficult to offer the same level of service without increasing the fees that you pay. We have managed so far and there has been no compromise in quality but in the long term we need reliable, adequate funding.

As a result we will be offering our Adult Day Program five days per week, Monday through Friday. The start date is subject to the transfer of the seniors from the Lion's Den program. I am sorry to say that Lion's Den, one of our "sister" organizations, has been given notice to vacate their premises and they will be shutting their doors the end of December. In an attempt to save those day program spaces, the Board and I have decided to assist those seniors and offer them the support they need through this unfortunate situation. I am currently working with Vancouver Coastal Health to determine the logistics and will keep you posted.

Regarding the drop-in program, we will be changing the week days to the weekend. So instead of Friday afternoon Bingo it will be Saturday afternoon Bingo. Depending on the interest and participation levels we are also open to having activities on Sunday. As far as staffing is concerned; Rose will cook, Cassandra and Marilee will deliver the programs. I have every confidence in those staff members and we will consult with you through the transition. If any of you have concerns please feel free to express them to me or any of the seniors Liaisons. In the long run this restructuring is good for the seniors in our Centre and community. It also gives the staff an opportunity to truly invest in their careers now since they will be going full time.

If you need any assistance to adapt to the change; for example rescheduling your HandyDart bookings, please let me know and I will make sure that those needs are addressed.

Donna



Hey everyone!

Well the summer has passed and what a great summer it was. Amazing weather week after week. I hope everyone got out to enjoy it. I know the RCSS step-out trips we did always had sunny skies and were enjoyed by all!

Fall has now come and left summer behind. Fall is such a special time, and although it's sad to see summer go it's always wonderful to experience fall again. The air gets crisp and fresh. The sky becomes a different shade of blue with silvery clouds being blown around by chilly breezes. The smell of leaves and mushrooms becomes noticeable. The trees are decorated with beautiful colours and thankfully we had a lot of sun in October to show them off.

With the passing of October we fondly wave adieu to Thanksgiving and the wonderful meal we had at the Centre. Thank you Earnest for such a great turkey lunch!

Now we're in to November and another great month of activities at RCSS. Of course Remembrance Day will be honoured on Nov. 11, and although it is never fun to dwell on fighting and all the suffering that goes along with it, we always need to pause and remember the sacrifices that were made and can still be felt to this day.

Along with November also comes shorter days. Remember, on November 3rd we all have to change our clocks one hour backwards! "Spring forward, Fall back" is the old saying.

So enjoy November everyone, and we look forward to visiting with you here at Renfrew Collingwood Senior's Society and having lots of fun together!

- Chris





Angelina was born in Italy, to what would be considered today, a relatively large family of five children. She left Italy to come to Canada on December 18th, 1954 and it was here that she fondly recalls meeting her husband of 57 years. The encounter occurred as she was sitting in Stanley Park with a girlfriend when a handsome young fellow said "hello" while passing by. She later discovered that this young man was travelling on the same bus with her on her way home.

She chuckles, as she remembers, that it turned out, her future husband actually resided only a block away from her and so continued the courtship. In 1957, they were wed. They had two children; one son and one daughter. She now has four beautiful grandchildren whom she adores.

Over the years, Angelina and her husband travelled to many places such as Alaska, the Caribbean and many trips to Hawaii. She firmly believes that it is important for people to travel while they are able to enjoy it.

Angelina worked as a seamstress for a while and has made many of her own clothes. She later found a job at Vancouver Fancy Sausage Factory. She admits that it was a little bit of a challenge at first because her employers spoke only German but they managed to communicate nonetheless. She worked there for eleven years and said that the company treated her very well.

In her pastime, Angelina loves to cook and bake for her family. She especially enjoys making home-made gnocchi for them. It is these moments with her children and grandchildren that mean the most to her.

Thank you, Angelina, for sharing a little bit about your life with us. We look forward to seeing you at the next bingo game!



NOVEMBER CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ AM- Shopping & Lunch Outing to Brentwood Mall, 10:30 No Lunch at Centre PM- Bingo
⁴ AM- Sit Fit The Meaning of Diwali PM- Celebrating Diwali A Festival of Lights	⁵ AM- Morning Coffee Stretch & Stride Memory Game PM- Table Games Yarns of Fun	⁶ AM- Gentle Yoga PM- Entertainment with Lory White Warm Hands	⁷ AM- Morning Coffee Remembrance Day Ceremony PM- Ping Pong Challenge Sing-along	⁸ AM- Morning Coffee Remembrance Day Ceremony PM- Bingo
¹¹ Lest We Forget Remembrance Day Centre Closed	¹² AM- Morning Coffee Arts, Health & Seniors: Silk Banners PM- Beauty Spa Yarns of Fun	¹³ AM- Gentle Yoga PM- Visit from Nootka Grade 3 Class Warm Hands	¹⁴ AM- Sit Fit Memory Game PM- Mike's Critters	¹⁵ AM- Morning Coffee Brain Games Stretch & Stride PM- Bingo
¹⁸ AM- Sit Fit Balloon Game PM- Marble Challenge Fireside Chat Warm Hands	¹⁹ AM- Coffee & Chat Tai Chi with Wayne PM- Artist's Corner: Silk Banners Yarns of fun	²⁰ AM- Nutrition Talk PM- Horse Races Warm Hands	²¹ AM- Gentle Yoga PM- Crow City Singers	²² AM- Morning Coffee Brain Games Stretch & Stride PM- Bingo
²⁵ AM- Sit Fit Charades PM- Table Games Warm Hands	²⁶ AM- Morning Coffee Armchair Travels to Hawaii PM- Artist's Corner Yarns of fun	²⁷ AM- Sit Fit Memory Game PM- Christmas Craft Bocci Warm Hands	²⁸ AM- Sit Fit Doodle Brain Games PM- Bean Bag Toss Baking Beauty Spa	²⁹ AM- Morning Coffee Gentle Yoga PM- Bingo

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

Shopping & Lunch at Brentwood Mall

Friday, November 1, 10:30 AM

Celebrating Diwali, A Festival of Lights

Monday, November 4

Entertainment with Lory White

Wednesday, November 6

Remembrance Day Ceremonies

Thursday, November 7 and Friday, November 8

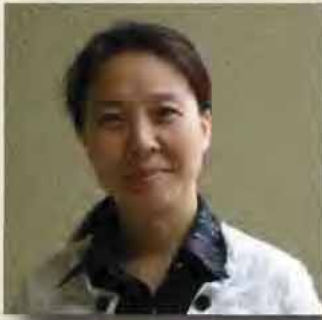
Mike's Critters

Thursday, November 14

Crow City Singers

Thursday, November 21





The Basics of Healthy Living

1. Eat a variety of foods.
2. Eat in moderation. Size matters, so watch your portions!
3. Drink more water.
4. Do something active every day.

健康生活的基本要素

多吃不同種類的食物。適量飲食；因為食物的分量多寡直接影響您的健康。俗語說：「少吃多滋味，多吃壞肚皮！」多喝水。每天做些運動

Eat more:

- Vegetables and fruit
- Whole grains (for example, breads, pasta, roti, oatmeal and brown rice)
- Legumes (such as dried beans, peas, lentils)
- Fish
- Calcium-rich foods (including low-fat milk, yogurt and cheese)
- Unsaturated fats (from vegetable oils, nuts and seeds)
- Lean meat and poultry.

Eat less:

- Saturated fats (found in butter, ghee, lard, deli meats, bacon and sausages)
- Trans fats (found in processed foods, cookies, cakes and deep fried foods)
- Refined or enriched grains
- Salt and sugar (including sugary drinks as well as jams, candies and baked goods).

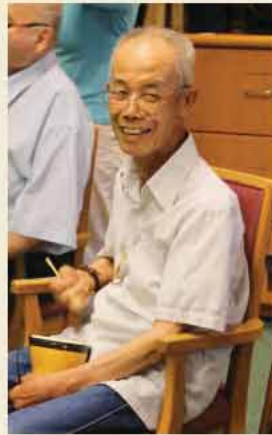
多吃以下食物：

- 全穀類食品，例如糙米、全穀類麵包及意粉、全穀燕麥或燕麥片、去殼大麥及菰米wild rice
- 乾豆類，例如乾豆、豌豆和扁豆。含鈣質食品，包括低脂牛奶、罐裝淡奶、無糖營養強化豆奶、乳酪、芝士、罐裝連骨三文魚和沙甸魚。不飽和脂肪，例如：植物油、無鹽果仁、無鹽籽類和牛油果，均含有不飽和脂肪。魚類、蔬菜及水果、瘦肉和家禽

少吃以下食物：

- 飽和脂肪；包括牛油、豬油、肥肉、豬皮和雞皮、煙肉、香腸及即食麵，均含有飽和脂肪
- 轉化脂肪反式脂肪；各種加工食品，例如：餅乾、蛋糕，或以酥油或部分氫化油烘製而成的酥皮點心，均含有轉化脂肪。精製穀類；例如以白麵粉製成的麵包和烘焙食品。鹽，例如醃製蔬菜及肉類；以及糖分，如含糖飲料、港式咖啡和奶茶、以粉末沖泡而成的加糖草本茶、煉奶、果醬、糖果和中式烘焙食品

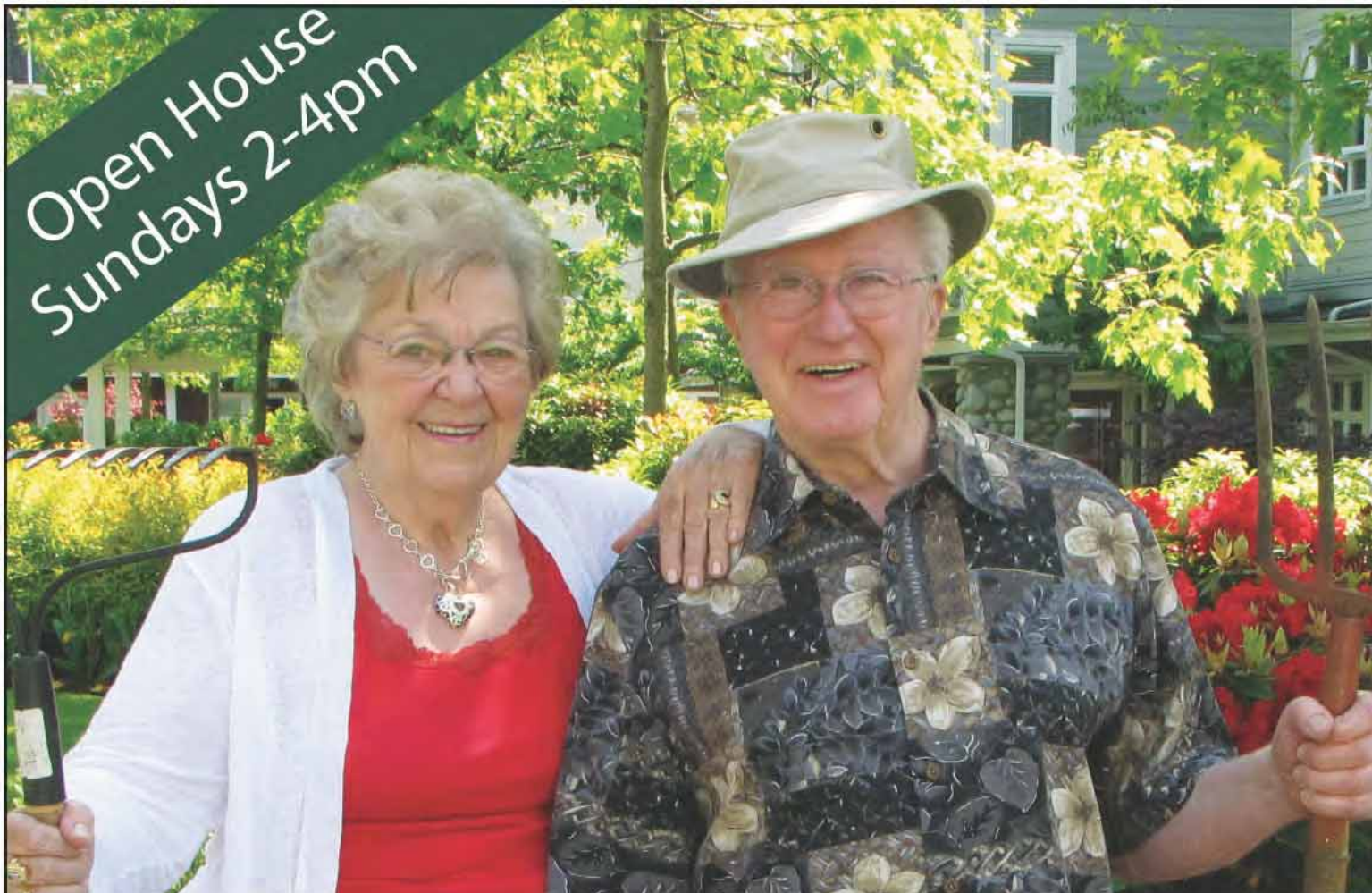




RCSS MOMENTS



Open House
Sundays 2-4pm



Enjoy Life to the Fullest

When you live at Shannon Oaks you'll have more time to smile.

An independent seniors living community, experience the freedom and independence to do exactly what you want, when you want.

Stay active and live well. Life at Shannon Oaks includes a great selection of daily activities to choose from, delicious home-cooked meals, and weekly-housekeeping of your private suite.

Visit us today for a personal tour and come see why you'll want to make Shannon Oaks your home.

VANCOUVER | 604.324.6257
www.shannonoaks.com



Gratitude in a word or two...

Amber: My life
 Chris: Legs
 Donna: RCSS staff
 Francis: RCSS and acceptance
 Frank: Being alive
 Doris: Wealth & good health
 Rena: Children
 Albert: Everything
 Eunice: Pets
 Heinz: Still being alive
 Wai: Food
 Elaine: Harold
 Joyce: RCSS
 Margherita: Life and friends
 Fiona: Relationships
 Stephanie: Sisters
 Ileen: Waking up
 Theresa: Friends
 Antonio: Being alive
 Dora: Health
 Cecilio: Health
 Nelly: Family
 Park: Laughter

Important Dates

Shopping & Lunch at Brentwood Mall
No Lunch at Centre
 November 1

Remembrance Day Ceremonies
 November 7 & 8

Remembrance Day
Centre Closed
 November 11



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!

Public transportation is close at hand. Chelsea Park is within easy reach of Vancouver, Burnaby and Coquitlam.



CHELSEA PARK

Inspired Lifestyles for Seniors

OPEN HOUSE
 7 Days a week
 9am-4pm

New Chelsea Society: proud to be a locally owned and operated Canadian non-profit society.

For a personal visit today, contact Joan Mitchell at 778.689.1422 • www.chelseaparkbc.com
 Suites available from \$1795 a month • 1968 East 19th Avenue, Vancouver

November Birthdays

Park ~ 5
 Angelina ~ 5
 Mary B. ~ 7
 Cathie ~ 7
 Diane ~ 10
 Elaine ~ 21
 Cecilio ~ 22
 Albert ~ 24



...MORE MEMORIES

