



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

NEWSLETTER

September 2013

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca

*Happy Diamond
Anniversary
Elaine & Harold!*



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
Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society

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NOTICE OF ANNUAL GENERAL MEETING – DATE CHANGE

Attention: Members of the Society

Notice of the 36th Annual General Meeting of
Renfrew Collingwood Seniors' Society will be held on:

Saturday, October 5th at 11:00am
at Renfrew Collingwood Seniors' Centre
2970 East 22nd Avenue, Vancouver BC

All members in good standing (valid membership card for April 1st, 2013 to March 31st, 2014) are invited to attend. Nominations for the Board of Directors should be referred to Tara Abraham, Chairperson of the Nomination Committee. You may leave a message for Tara at rcssboard@gmail.com or by calling 604-430-1441. Nominations will also be accepted from the floor at the meeting.

Memberships are available at the Centre, and they will also be sold up to half an hour prior to the annual meeting. Friends, family and neighbours over the age of 19 are welcome and encouraged to join at a cost of \$10.00 per year. Your attendance at the AGM is strongly recommended in order to ensure a quorum is established.

Lunch and Socializing to Follow at Noon

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



Chris York



Ernest Quansah



Amber Stinson



To all of you that filled in the annual survey, many thanks. I really appreciate that you took the time to give us your feedback and I will pass on your comments to the Board of Directors, staff and our funders. Generally speaking it looks like most of you are pretty happy with how things are running at your place of refuge or second home. As always we look forward to hearing if there is any way that we can improve our programs and services. Please take note that we are receptive to receiving your comments and suggestions anytime through out the year not just during our yearly survey.

The Annual General Meeting (AGM) date had to be moved for reasons beyond our control. It's now Saturday, October 5th at 11:00 and of course lunch will follow at noon. It is important that members attend the AGM as we have to get a quorum and you should have input on issues that affect your Centre. Please make every effort to come celebrate another successful year at Renfrew-Collingwood Seniors' Society.

It is also time for the annual farewell to the summer student. We have been so fortunate with our student placements; they always seem to turn out to be much more than we imagined. This is the case with our dear Cassandra Ly – the rising star of Renfrew Collingwood. I had the pleasure of working with Cassandra a couple of years ago on our Gardening Project. I was so impressed with the quality of her work and dreamed of getting her on our team. Cassandra has been an amazing asset to RCSS and I am so proud of her achievements. Thank you Cassandra for your exceptional work and I look forward to you continuing with the Chinese Program.

Our dear friends Elaine and Harold Hinson are celebrating sixty years of marriage. I would like to acknowledge their special day, and as you can see from the cover, Elaine has not lost her sense of humour. We are blessed to have the Hinson Family as members and supporters of our organization.

Happy Diamond Anniversary Elaine and Harold!





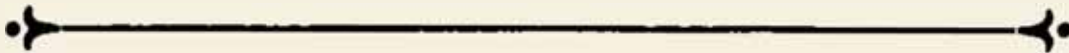
Park Chow

Park Chow has recently come to Renfrew Collingwood Seniors Centre. Born in China, Park worked as a type-setter for a local newspaper until he decided he and his wife should come to Canada. In 1951 he and his wife had a large wedding in their hometown where most of the village turned out to celebrate their union. Within a year they came to Canada, settling in Vancouver. For 28 years Park worked for BC Ferries in the galley as a cook, making the slow crossing a yummiest experience.

Park and his wife have five children- two sons and three daughters. They also have four grandchildren which they are very proud of. Park has travelled to several countries including Japan, Taiwan, Hong Kong and Hawaii.

You will often notice Park doing a fun little dance where he swings his arms up and down and smiling broadly. He is very friendly so if you see Park at the Centre don't be shy- go up and say hi!

Welcome to Renfrew Collingwood Seniors Centre, Park!



Hi everyone! It's Cassandra here. What a beautiful learning experience it has been over the past couple months at the centre. I have been contemplating about staying to work here forever, but my parents wouldn't be too happy about me missing school. I will be attending UBC in the fall for the Global Resource Systems program.

I walk through the doors of the Centre every morning excited to learn something new and leave feeling giddy and excited to share my experiences with my friends and family. I called bingo for the first time in my life, chatted and laughed with seniors over more tea and coffee than I have consumed in a year, and dressed up in disco gear to get my boogie on.

Thank you to every one of my colleagues for welcoming me so warmly to your team, teaching me about the nooks and crannies of the Centre, and being so open in sharing your wonderful gifts with me. Thank you to the volunteers and all the unsung heroes that make Renfrew-Collingwood Seniors' Society an amazing "home away from home." Finally, thank you to each and every senior that I have met and been given the opportunity to chat, share, and build a friendship with. You have filled my heart with so much love and laughter and I hope I was able to do the same for you. I will be around for the Chinese Seniors Program on Saturdays and will be sure to visit. Take care and see you very soon. I love you all dearly!



Good Day Care is Vital

Good day care is a blessing for all ages and very hard to obtain. I'm sure of this because my husband received wonderful care at this Society for two critical years. I was actively involved with Renfrew United Care Society for thirty-seven years. We warmly welcomed all children from the age of two and a half (if toilet trained) up to entering grade one. We also offered after school care for a few years.

At 7:00 am little feet would start charging in, waving their lunch buckets. We provided nice nutritrional snacks and special hot lunches.

Our program stressed good communication, respect for playmates and adults, and concern and care for each other. Music was always enjoyed- singing, playing small musical instruments with rhythm. Reading time was essential as well as the exciting play and science stations. We had a big diverse playground which offered another enjoyable teaching tool, especially after nap time. We celebrated every birthday and all special days. A highlight was the number of interesting field trips we took the children on. In 1994 we visited this society and sang songs for the seniors.

Even little children sometimes have "big" problems and need to patiently listened to, comforted, and loved. At morning or pickup time (latest 7:00 pm), accomplishments or concerns would be exchanged with parents or guardians and staff.

Again, I stress the necessity for good day care centres for all ages. Here at Renfrew Collingwood Seniors' Society, every person receives such a wonderful welcome and a feeling of safety, lovng care, and good fellowship from Donna and her excellent staff. All I can say is for each one of you to continue enjoying your life here with all your friends.

Alice Frith



It is hard to believe that the summer has come upon us so quickly and has given us such hot and wonderful sunny weather. This means the cooler temperature is just around the corner.

Labor Day marks the beginning of September. This year, the holiday will fall on September 2nd; the first Monday of the month. It is an occasion to campaign for and celebrate workers' rights by trade unions. Labor Day holiday was first celebrated on Tuesday, September 5, 1882, in New York City. A similar holiday, Labor Day is held on the same day in United States.

Many people and families see this holiday as an opportunity to take summer trips and enjoy social gatherings in picnics and festivals. For many students and friends, this Labor Day weekend is the last chance to celebrate before school re-opens for the new academic year. It is also a time for many parents to re-schedule their daily planners and to coordinate with their children's school-time activities. Lastly, it is the last minutes shopping for the school supplies and clothing for those eager students.

Wai Yee

SEPTEMBER CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labour Day Centre Closed	3 AM- Morning Coffee Armchair Travels to Scotland PM- Yarns of Fun Braided Hangers with Margaret	4 AM- Sit Fit Work Days Reminisce PM- Card Bingo Puzzle Trivia Gardening	5 AM- Sit Fit School Days Reminisce PM- Horse Races Warm Hands	6 AM- Morning Coffee Shopping & Lunch at Brentwood Mall No Lunch at Centre PM- Bingo
9 AM- Sit Fit Word Games PM- Bean Bag Toss Music Making	10 AM- Morning Coffee Arts, Health & Seniors Paper Lanterns PM- Beauty Spa Yarns of Fun	11 AM- Sit Fit Language Lessons PM- Golf Drama Animal Trivia	12 AM- Sit Fit Sleep Health PM- Back to School Music with Lory White	13 AM- Morning Coffee Brain Games Stretch & Stride PM- Bingo
16 AM- Sit Fit Nutrition Talk PM- Lawn Darts Creative Writing Music Reminisce	17 AM- Morning Coffee Guest Speaker: Ovarian Cancer Awareness PM- Artist' Corner: Paper Lanterns Yarns of Fun	18 AM- Sit Fit Word Games PM- Entertainment with John Cronin	19 AM- Sit Fit Hot Potato PM- Crow City Singers	20 AM- Morning Coffee Brain Games Stretch & Stride PM- Bingo
23 AM- Sit Fit Pets Talk PM- Marble Challenge Self Care Craft: Aussie Animals	24 AM- Morning Coffee Brain Games Stretch & Stride PM- Table Games Yarns of Fun	25 AM- Sit Fit Nutrition PM- Carnival Games	26 AM- Sit Fit Memory Game PM- Bocci Baking Computer Travel to Australia	27 AM- Morning Coffee Gentle Yoga PM- Bingo
30 AM- Sit Fit Word Game PM- Animal Bingo Craft: Autumn Leaves				

Drop-In

Drop-In

If you have any questions regarding the program calendar or the Saturday Chinese Seniors` Day Program (the events of which are not shown here), 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。

Chinese Seniors Program 中國耆英活動

The Chinese Seniors Program will bring youth and seniors together to chat, mingle, and share a variety of experiences together.

我們的中國耆英活動將會帶來耆英和青年人一起交談和做有趣的活動。

(Every Saturday) (逢星期六)



Event Highlights

Shopping & Lunch at Brentwood Mall

Friday, September 6 (No Lunch at Centre)

Back to School Music with Lory White

Thursday, September 12

Guest Speaker: Ovarian Cancer Awareness

Tuesday, September 17

Entertainment with John Cronin

Wednesday, September 18

Crow City Singers

Thursday, September 19





WE ARE ALL AT RISK OF FALLING

Anyone can experience a fall, but for seniors a fall may result in more serious injuries and it takes more time to recover after a fall. The risk of falling increases due to surroundings and bodily changes as we age.

HOW CAN YOU STAY SAFE IN YOUR HOME AND OUT IN THE COMMUNITY?

1. BE ACTIVE

- Do simple exercises every day to improve balance and strengthen your muscles – Strong muscles help prevent falls.
- Lack of exercise leads to weakness and increases your chance of falling.

2. TAKE YOUR TIME

- Slow down; do one task at a time.
- Be aware of your surroundings.

3. LIVE SAFE

- Get rid of clutter on the floor
- Turn on the lights
- Use non-slip mats
- Wear sturdy well-fitted shoes

4. CHOOSE SMART

- Choose healthy foods and drink lots of water
- Get regular eyesight and blood pressure checks
- Visit your doctor regularly to review all your medications

大家都有跌倒的風險. 任何人都可以跌倒, 但耆英...

- 跌倒可能會導致嚴重受傷
- 需要更長的時間來恢復
- 跌倒的風險增加因為環境和身體化

你怎麼能保持安全在家裡和社區中?

1. 保持活躍

- 每天做一些簡單的練習加強你的肌肉和提高你身體的平衡
- 缺乏運動會削弱身體和增加 跌倒的風險
- 強健的肌肉有助於防止跌倒

2. 慢慢地使用你的時間

- 慢慢地完成你的家務
- 注意您的環境

3. 居住安全

- 清理地板上的物件
- 開房間的燈
- 使用防滑墊
- 穿堅固, 舒適的運動鞋

4. 明智的選擇

- 選擇健康的食物和喝大量的水
- 正常視力和血壓檢
- 經常看醫生; 他們可以檢討您的服藥



Recently at Renfrew Collingwood Seniors Centre one of the seniors, Francis Tierney, made a presentation about rocks and crystals. Anyone who's spent five minutes with Francis knows his boundless passion for rocks and crystals. As the clients gathered for morning exercise they wondered what the large, shrouded mass was on the table before them. Francis and his son had come to the centre early- even before most of the staff had arrived, to set up. The seniors' curiosity was laid to rest when Francis pulled the shroud aside and revealed a breathtaking assortment of large rocks and crystals.



It was truly amazing! There were many beautiful colors and incredible formations. Some staff and clients remarked on the one stone that resembled several golden cubes stuck together. Francis assured everyone it was a natural formation and not manmade. Others were in amazement at the beautiful pink cloud of crystals that formed a heart shape around the skull of a mountain sheep. It was awesome. The crystal that got the most reaction was the beautiful amethyst that was almost three feet in height and a foot across the base. It was absolutely stunning.

Besides the rocks and crystals Francis also had a segment of dinosaur bones which he circulated among the audience so everyone could have a close look. The marrow inside the bone had turned in to beautiful crystal. Another rock Francis passed around was also related to dinosaurs. Everyone was encouraged to rub the stone and feel its surface. Only then did Francis let the cat out of the bag and tell everyone it was actually dinosaur poop! The expressions were priceless...

An amazing aspect of Francis' presentation was that he could recite the years he found each of the rocks- as far back as the early 1960's. Francis ended his presentation by having staff hand out flat white boxes. These were gifts for everyone in attendance and inside, to the client's delight, were mounted rows of beautiful little stones. They were polished to show off their stunning colours and beautiful patterns. Each one was labeled so the seniors would know the names of the rocks. Staff got a box too- thank you Francis for your endless generosity! It must have taken quite a while to assemble all those boxes.

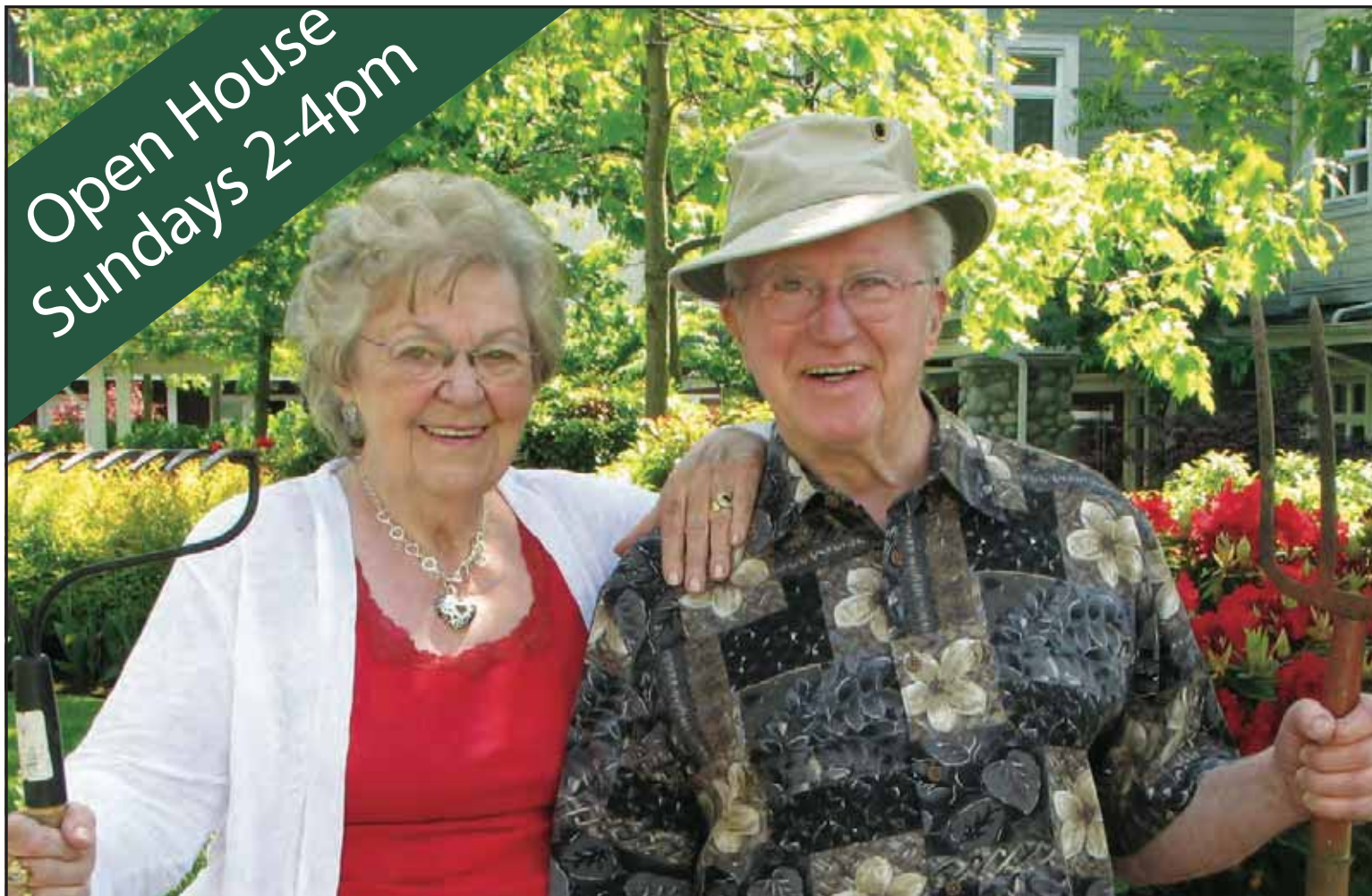
It was a very interesting and entertaining presentation and the clients and staff really appreciated it, and commended Francis on his effort. There are many opportunities here at Renfrew Collingwood Seniors Centre for the seniors to express themselves and it is always encouraged. Francis' presentation is the latest in a long legacy of contributions by the centre's seniors. If you think you have something to offer the Centre let one of the staff know and let's see where it goes!

Thank you Francis for a wonderful presentation! Now we can better appreciate your enthusiasm for these beautiful rocks and crystals that come out of our Earth.





Open House
Sundays 2-4pm



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For Elaine and Harold,

Sonnet 116

Let me not to the marriage of true minds
Admit impediments. Love is not love
Which alters when it alteration finds,
Or bends with the remover to remove.
O no, it is an ever-fixed mark
That looks on tempests and is never shaken;
It is the star to every wand'ring bark,
Whose worth's unknown, although his
height be taken.
Love's not Time's fool, though rosy lips and
cheeks
Within his bending sickle's compass come;
Love alters not with his brief hours and
weeks,
But bears it out even to the edge of doom.
If this be error and upon me proved,
I never writ, nor no man ever loved.

~ William Shakespeare

Important Dates

Labour Day

September 2, Centre Closed

Shopping & Lunch at Brentwood Mall

September 6, No Lunch at Centre

Guest Speaker: Ovarian Cancer Awareness

September 17



September Birthdays

Isobel ~ 2

Louis ~ 11

Heinz ~ 24

Kanwel ~ 28

Kay W. ~ 29

Mauro ~ 29

Vivien ~ 29



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