



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

NEWSLETTER



August 2014

2970 East 22nd Avenue, Vancouver BC

www.rencollseniors.ca



ABOUT RENFREW COLLINGWOOD SENIORS' SOCIETY



Celebrating its 38th 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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& Stephanie

Visit our Seniors' Centre at 2970
East 22nd Avenue
Vancouver BC, V5M 2Y4

Hours
9:00 AM - 4:00 PM
Monday & Wednesday - Saturday
9:00 AM- 6:00 PM
Tuesday

Telephone: 604.430.1441
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Or visit our website at:
rencollseniors.ca

Renfrew Collingwood Seniors' Society

August 2014 Newsletter

| | |
|---|------------|
| About Renfrew Collingwood Seniors' Society..... | 2 |
| Board Members and Staff..... | 4 |
| A Message from Donna | 5 |
| A Welcome to Josephina and a Word from Fiona..... | 6 |
| Community Day Program Calendar..... | 7 |
| Adult Day Program Calendar..... | 8 |
| Monthly Menu..... | 9 |
| Programs and Events..... | 10 |
| Health Talk with Carol..... | 11 |
| RCSS Moments..... | 12 & 13 |
| Upcoming Events..... | 15 |
| More Moments..... | back cover |



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Micheli Franca



I typed my article before I left and was hoping I could send a couple of pictures from Newfoundland to accompany it, but we'll see if the time difference and family commitments allow me to follow through on that desire.

As soon as we land (at 1:00 am, July 24th) in St. John's we will be swept off our feet at the airport and delivered to the tail-end of a rehearsal party at my sister's place. My niece's bridesmaids and groomsmen will be sitting around the fire pit in the back garden singing along to the strumming of a guitar, spoons clicking and any other item that makes noise at that point. I

will gladly partake just to forget the twelve hours I'll have spent on a plane. My husband, however, will be the sensible one and suggest we get a good night's rest. We'll see how that pans out.

July 24th is the big day; we will head to the church for the marriage ceremony and then the golf course for a reception before the dinner. One thing for sure is my clan knows how to party. The youngest addition is five months old and I am sure she will be on the dance floor as much as the rest of us. All the children will be present and that's so important because they have to keep the traditions going. There are no inhibitions at our parties everybody is up dancing and it does not matter if you have a partner or not; someone will embrace you.

The following Friday, August 1st, my mom turns 75 years old. All forty-four and a half (yes that's correct) of us will have another celebration. I'm not sure yet what we will do but typically we have a garden party and invite extended family members and friends. It is always fun when we have family events because we all have a wicked sense of humour and are capable of almost anything. Some of the shenanigans are too outrageous to share but one thing for sure it is all in good fun. I look forward to sharing the stories and pictures with you when I return.

While I am away, be healthy, stay safe and drink lots of water. I'll see you all on August 5th.

All is well. Take care.

A WELCOME TO JOSEPHINA

6



Hello friends, please join me in welcoming Josephina to the Centre. Josephina is a great asset to our group, bringing joy, laughter, and fun. She is happy to be healthy at her age and loves playing games when she is here. In her spare time she enjoys going on outings and family gatherings.

She had the joy of raising a large family of eight children with her husband Biendido. They were married in the Philippines in 1946 and she was able to stay home and raise her family. In 1983 they moved to Vancouver, Canada. Josephina is lucky to now have four of her children here in the lower mainland. She is happy to have their support and because of them she is able to get out and do many things. Her other children live in different parts of the world, two of them remained in the Philippines, one lives in Australia and the other is in the United States.

It is a pleasure to now consider Josephina part of our family, her smile and hugs seem to truly light up the centre. Welcome to RCSS Josephina!

A WORD FROM FIONA



This month we will be celebrating diversity on August 5th. At Renfrew Collingwood Seniors' Society, we believe in embracing diversity to its fullest. The society and its members, staff, and volunteers make up a colourful fabric of diversity. This comes in many forms such as race, culture, age, gender, ethnicity, religion, sexual orientation, religion, socio-economic background, language, and physical traits, to name a few. Renfrew Collingwood Seniors' Society promotes inclusion for everyone and it is demonstrated in acceptance of all who cross the threshold of the Centre. When we build off of each other's strengths and differences we see better results. Stephen Covey once wrote, "Strength lies in differences, not in similarities". As human beings, we differ in the way we identify ourselves, in our values and beliefs, in our learning styles and personalities. The common thread is that we are human first and we all have a beating heart. We all have feelings and this ties us together as humanity.

"Diversity may be the hardest thing for a society to live with, and perhaps the most dangerous thing for society to live without" ~William Sloane Coffin Jr.~



COMMUNITY DAY PROGRAM AUGUST CALENDAR

7

| Tuesday (3-6 PM) | Saturday |
|--|--|
| | 2 AM- Staying Cool: Water & "Nice Cream" Tai Chi PM- Bingo |
| 5 PM- Think Tank | 9 AM- Exploring Inventions Stand Fit PM- Bingo |
| 12 PM- Armchair Travel to Greece & Germany | 16 AM- Fruit Arrangements Stand Fit PM- Bingo |
| 19 PM- Outing Around Vancouver Picnic at Stanley Park | 23 AM- Visual Art with Annie Stand Fit PM- Bingo |
| 26 PM- Costco Workshop | 30 AM- Stand Fit PM- Bingo |



Drop-Ins Welcome

If you have any questions regarding the program calendar please call the Centre at 604-430-1441.

ADULT DAY PROGRAM AUGUST CALENDAR

8

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| | | | | AM- Sit & Stand Fit Brain Game PM- Tree Art Crafts Place Names |
| 4 BC Day Centre Closed | 5 AM- Gentle Yoga Stand Fit Spot the Difference PM- Embracing Diversity Celebration | 6 AM- Sit & Stand Fit Creative Writing PM- Music with John Cronin | 7 AM- Sit & Stand Fit Family Tree PM- Intergenerational Presentation by T.E.A.M. | 8 AM- Sit & Stand Fit Brain Games PM- Recycled Art Baking Minute to Win It |
| 11 AM- Sit & Stand Fit Language Lesson PM- Party Songs with Luna Rossa | 12 Step Out to Trolls Horseshoe Bay | 13 AM- Gentle Yoga Stand Fit Music Trivia PM- Horse Races Exploring Inventions Warm Hands | 14 AM- Sit & Stand Fit Rhyming Fun PM- Stories of Canning Crafts Flower Arranging | 15 AM- Sit & Stand Fit Brain Games PM- Bingo Ice Cream Making Warm Hands |
| 18 AM- Sit & Stand Fit Hot Potato PM- Request that Tune Dance Party Warm Hands | 19 AM- Sit & Stand Fit Mystery Drawing PM- Gardening Bottle Bowling Travel: Indonesia with Christina | 20 AM- Sit & Stand Fit Pictionary PM- Crafts What makes a farm? Bubble Science Warm Hands | 21 AM- Gentle Yoga Stand Fit Health Talk: Water PM- Golf Sing-a-long Warm Hands | 22 AM- Sit & Stand Fit Word Game PM- Table Games Computer Travels Card-making |
| 25 AM- Sit & Stand Fit ABC Game PM- Bean Bag Toss Creative Writing Warm Hands | 26 AM- Tai Chi with Wayne Health Discussion PM- Bocci Drawing Warm Hands | 27 AM- Sit & Stand Fit Natural Remedies PM- Bocci Drawing Warm Hands | 28 AM- Sit & Stand Fit Creatures of Habitat PM- Western Hoe-Down | 29 AM- Gentle Yoga Stand Fit School Memories PM- Bingo Gardening Warm Hands |

If you have any questions regarding the program calendar please call the Centre at 604-430-1441.

ADULT DAY PROGRAM MONTHLY MENU

9

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | | | Braised Pork Steamed Potatoes & Turnip or Egg Fried Rice Mixed Berries & Vanilla Yogurt |
| Lasagna Caesar Salad Stewed Prunes | Curry Fish on Rice Asian Vegetables or Curry Tofu Fresh Fruit | Egg Fried Rice with Chinese Vegetables Banana Bread | Steak & Mushroom Pot Pie Assorted Vegetables or Vegetable Pot Pie Fresh Fruit | Baked Fish & Potatoes House Salad or Tofu and Potatoes Poached Pears |
| Stuffed Red Peppers Green Salad Banana Bread | Liver & Onions Mashed Potatoes Mixed Vegetables or Vegetarian Quiche Yogurt & Berries | Soy Ginger Chicken Stir-Fry Noodles or Vegetarian Stir-Fry Fresh Melons | Stir-Fry Chow Mein Stewed Pears | Beef Stew Mashed Potatoes Glazed Carrots or Pasta & Tomato Sauce Fresh Melons |
| Moroccan Chicken Couscous Salad or Vegetarian Couscous Chilled Pineapple | Fish Stir Fry Noodles or Stir-Fry Tofu Fruit Salad | Apricot Pork Picante Baked Vegetables or Vegetarian Paella Pear Loaf | Braised Chicken Brown Rice Stir-Fry Vegetables or Stewed Lentils Yogurt and Berries | Lentils and Chickpeas on Brown Rice Assorted Vegetables Banana Bread |
| Vegetable Quiche with Salad Rice Pudding | Meatloaf Mashed Potatoes & Gravy Mixed Vegetables or Cheese Omelette Fresh Fruit | Fish Black Bean Sauce & Stir-Fry Noodles or Tofu Black Bean Sauce Fruit Salad | BBQ Baby Back Ribs Crushed Potatoes Mixed Vegetables or Vegetarian BBQ Pineapple Cake | Chicken Pot Pie Mixed Vegetables or Curry Chickpeas Fresh Fruit |

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 through Friday)

(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 (3-6) and Saturday -- 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

BC Day, Centre Closed

Monday, August 4

Embracing Diversity Celebration

Tuesday, August 5

Music with John Cronin

Wednesday, August 6

Party Songs with Luna Rossa

Monday, August 11

Step Out to Trolls

Tuesday, August 12

Request that Tune Dance Party

Monday, August 18

Western Hoe-Down

Thursday, August 28



Fluids

Fluids are essential to life. They help you to think clearly and keep your body temperature where it is supposed to be. They also help your bowels stay regular, because even mild dehydration can cause constipation. As you get older, your body's signals tend to become a bit weaker. You may not know when you're thirsty. And by the time you feel thirsty, you could already be dehydrated, which means you've lost too much water and may soon start feeling tired, confused, hot, flushed and even nauseous. As a senior, you need to drink fluids regularly, whether you feel thirsty or not. If you are a woman, try to have about nine 8-ounce glasses (2.2 litres) of fluids each day. If you are a man, try to have about 12 8-ounce glasses (three litres) of fluids each day. Talk with your doctor if you have heart disease, kidney, liver, adrenal or thyroid disease. You may need to drink less.

Drink more:

- when it is hot
- after you exercise
- if you have been vomiting or have diarrhea.

水分

水分對維持生命機能極為重要。它能幫助您清晰思考, 保持體溫正常; 另外, 也有助維持腸道正常蠕動, 因為即使輕微脫水, 也可能會造成便秘。當您年事漸高, 您身體發出的訊息會變得較微弱, 因此, 您可能不會意識到自己口渴了; 當您感到口渴時, 可能已經流失過多水分, 很快即感到疲倦、困惑、燥熱、潮紅, 甚至出現噁心徵狀, 發生所謂的脫水現象。身為長者, 不論您是否覺得口渴, 都應該定時飲用清水。如果您是女性, 應每天飲用大約九杯8安士 (2.2公升) 的流質; 如果您是男性, 則應每天飲用大約十二杯8安士 (3公升) 的流質。如果您患有心臟病、腎病、肝病、腎上腺或甲狀腺疾病, 請向您的醫生諮詢。因為您可能不適宜攝取過多的水分。

遇到以下情況時, 您應多補充水分:

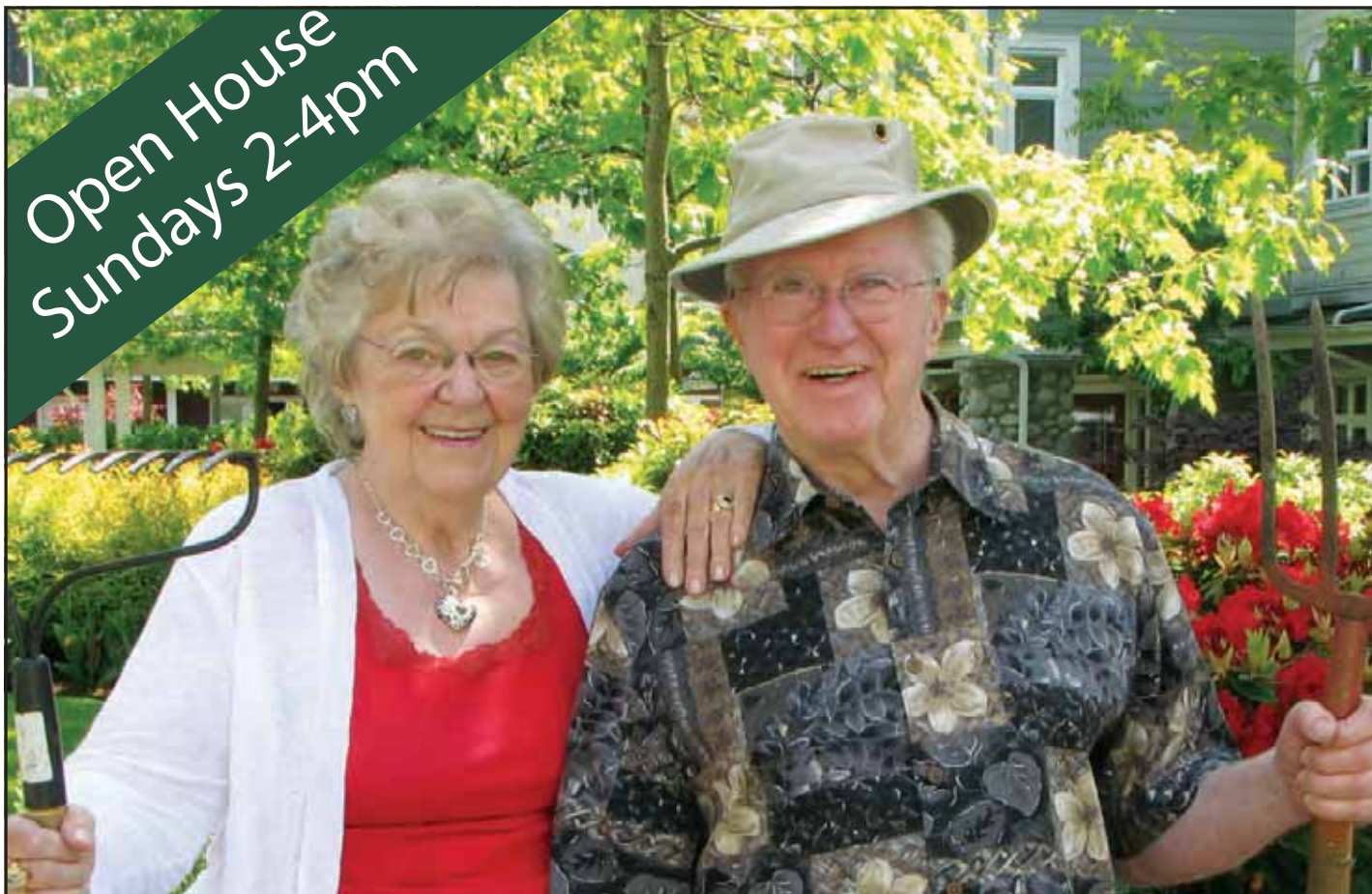
- 天氣炎熱時
- 運動後, 以及
- 嘔吐或腹瀉後。







Open House
Sundays 2-4pm



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Birthdays

Antonio ~ August 1

Hilda ~ August 8

Frank K. ~ August 17

John M. ~ August 19

Maria W. ~ August 23

Lily ~ August 26

Estela ~ August 27



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!



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RCSS MOMENTS

