



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

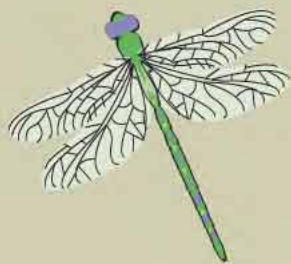
NEWSLETTER



February 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



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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,
Chris, Amber, Fiona & Wai Yee

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Olga, Fiona

Editorial:

Donna, Olga,
& 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

Fax: 604.437.1443

Email: rcss@shawbiz.ca

Or visit our website at:

rencollseniors.ca

Renfrew Collingwood Seniors' Society

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来自唐娜的祝福

大家（特别是马年出生的）新年好。据说，马年出生的人有令人难以置信的沟通技巧。这刚好切合我的愿望。我们中心将在今年用中文和英文服务。我们想成为一个双语服务的活动中心，并为取得这个目标而不懈努力。如果你或你的孩子愿意帮助翻译，请告知我。

Kung Hai Fat Choi to all of you, especially those of you born under the horse zodiac. It is said that people born in the year of the horse have incredible communication skills. That is so fitting because it is my hope that this will be the year that all communication from the Centre is in

Chinese as well as English. We want to be a bilingual Centre and we will work very hard to achieve that goal. If you or one of your children would like to help with translation please let me know.

Another undertaking for this year is to improve our care planning process. We review your plans on an as-needed basis but if there is no real change in your general well-being we update twice a year. Generally the initial care plans are done shortly after you start here and are based on the assessment done by the case manager at her home visit with you. This year we are putting more emphasis on "person centered" care plans which means you or your care givers will be more involved in the process. You will be making decisions about your care by setting your personal goals. For example, you may want to improve your balance so along with the staff we will gauge your improvement based on measurement tools called BERG (Berg Balance Scale) or TUG (Timed Up and Go). We will document your improvement every three- six months and review it with you. This also means that you are agreeing to do balancing exercises. The intent of course is to reduce falls and improve your mobility.

Also, Happy Valentines Day! I wish that lots of loving kindness comes your way. One thing that all of you should know by now is this Centre is full of love. We are lucky to have the caring staff that is so gentle and loving and the friendships that we nurture daily adds to the mutual respect and admiration that we have for each other. So on February 14 remember somebody loves you for who you are; share the love and be kind to everyone you meet 'cause love makes the world go round.

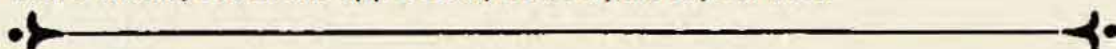
All is well.
Donna





Hello everyone, my name is Amber and it is an absolute pleasure to be a part of the RCSS team. I was born in Northern British Columbia and have resided in the Lower Mainland for most of my life. In my early twenties I left Burnaby to live in The Okanagan where I worked on my career in hospitality and tourism. I spent 12 years moving from a chambermaid position to Sales and Marketing for a large hotel chain. What I loved most about tourism was my contact with people from all over the world and the impact I had in their lives. By the time I had reached the peak of my career I realised I was sitting at a desk and no longer had contact with people. This realization fueled my

desire to find a new career...one that would help me grow and quite possibly make the world a better place. I went on to open my own business in my local community, a thrift store called The Threads that Bind Us. Although it operated as a retail store it began to take on energy of its own; people began to congregate in my shop, they began to make friends with one another and they began to impact each other in a very positive way. I witnessed connections being made with people of all ages and backgrounds, people indeed sharing a "common thread". I believe that a seed was planted in this experience because a large majority of my new friends at that time were seniors and children. I sold the business to another young entrepreneur and returned to the Lower Mainland to assist my grandmother after my grandfather passed away. Shortly after this transition I was offered a position at RCSS. Being an Activity Worker allows me to utilize my background in art, my natural ability to connect with people and has given me a direction regarding education within the recreation field and Seniors. My goal is to one day offer a home to foster kids. I believe that working at RCSS is the best gift that I could receive in helping me to assist children; experience, wisdom and love are lessons not found in textbooks, they have to be learned by heart. Thank you for this opportunity to be a part of your lives!



Member Profile ~ Joan

Joan was born on the cold prairies of Saskatchewan in 1925. Along with a brother, Clifford, and a sister, Marion, she grew up playing outside and doing the various chores around the homestead. Joan's father was a CPR station agent, which meant the family moved from time to time, though always within Saskatchewan.

However, when her father retired the family relocated to Vancouver and Joan has been here ever since. Joan began working as a book keeper for the Royal Bank for a number of years before transitioning in to the government health care department where she remained until she retired.

Joan enjoys travelling and visited parts of the United States like Oregon and Washington state and has also been to Hawaii. One hobby Joan enjoys is crocheting and making things for friends and family. Joan is very dedicated to her faith and is a very active member of the ministry.

Joan was one of the clients who was at Lion's Den Day Centre before coming to RCSS, so she is still adjusting but says she enjoys our centre. If you haven't already met Joan, make sure you say hi and welcome her to Renfrew Collingwood Senior's Society.

Tuesday (3-6 PM)	Saturday
	AM- Coffee ¹ Stretch & Stride Chinese New Year Customs PM- Bingo Tai Chi
FAMILY DAY WEEK ⁴ PM- Childhood Show & Tell Stretch & Stride	AM- Coffee & Cards ⁸ Stretch & Stride Family Memory Game PM- Bingo Family Feud
VALENTINE'S WEEK ¹¹ PM- Coffee Valentine's Decorations Stretch & Stride Trivia	AM- Coffee ¹⁵ International Love Stories Exercise Valentine's Treats PM- Bingo Tai Chi
OLYMPICS WEEK ¹⁸ PM- Coffee Stretch & Stride	AM- Coffee ²² Stretch & Stride Olympics Trivia PM- Bingo
PM- Coffee ²⁵ Exercise International Senior Stories What does independence mean to you?	SENIORS' INDEPENDENCE WEEK




Drop-Ins Welcome

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

ADULT DAY PROGRAM FEBRUARY CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM- Sit Fit Word Play</p> <p>PM- Belated Groundhog Day Celebration</p>	<p>4</p> <p>AM- Gentle Yoga</p> <p>PM- Ping Pong Challenge Sing-a-long</p>	<p>5</p> <p>AM- Sit Fit Charades</p> <p>PM- Horse Races Self-Care</p>	<p>6</p> <p>AM- Sit Fit Creative Writing</p> <p>PM- Velcro Darts Senses Alive Warm Hands</p>	<p>7</p> <p>AM- Sit Fit Spot the Difference</p> <p>PM- Colour Fun</p>
<p>10</p> <p>Family Day</p> <p>Centre Closed</p>	<p>11</p> <p>AM- Tai Chi with Wayne</p> <p>PM- Minute to Win It Grandma's Attic</p>	<p>12</p> <p>AM- Gentle Yoga</p> <p>PM- Family Feud Name That Tune</p>	<p>13</p> <p>AM- Sit Fit Love Letters</p> <p>PM- Valentine Craft Bean Bag Toss</p>	<p>14</p> <p>AM- Sit Fit Love Stories</p> <p>PM- Valentine's Party with Lory White</p>
<p>17</p> <p>AM- Sit Fit Health Talk</p> <p>PM- Baking Card Bingo Warm Hands</p>	<p>18</p> <p>AM- Armchair Travels to Las Vegas</p> <p>PM- Dominoes Mardi Gras Masks</p>	<p>19</p> <p>AM- Sit Fit Pictionary</p> <p>PM- Crafts, Games & Stories with Nootka Elementary</p>	<p>20</p> <p>AM- Gentle Yoga</p> <p>PM- Crow City Singers</p>	<p>21</p> <p>AM- Sit Fit Meditations & Mantras</p> <p>PM- Mardi Gras Centrepieces Bingo</p>
<p>24</p> <p>AM- Sit Fit Charades</p> <p>PM- Entertainment with Harlem Nocturne</p>	<p>25</p> <p>AM- Gentle Yoga</p> <p>PM- Armchair Travel Curling</p>	<p>26</p> <p>AM- Sit Fit Spot the Difference</p> <p>PM- Craft: St. Patrick's Day Decorations Volleyball</p>	<p>27</p> <p>AM- Sit Fit Doodle Brain Game</p> <p>PM- Marble Challenge Puzzle Trivia Warm Hands</p>	<p>28</p> <p>AM- Sit Fit Memory Game</p> <p>PM- Bowling Sculpting</p>
				

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 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

Belated Groundhog Day Celebration

Monday, February 3

Valentine's Day Party with Lory White

Friday, February 14

Crow City Singers

Thursday, February 20

Entertainment with Harlem Nocturne

Monday, February 24



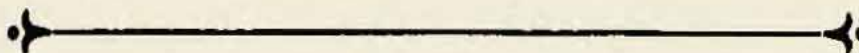
Why are fruits and vegetables so important?

Researchers have known for a long time that vegetables and fruit are full of things that are vital to health, like fibre, vitamin C and E and other antioxidants. Today, new research is revealing that there are even more good things hidden inside apples and green beans. Phytochemicals are chemicals produced by plants. These chemicals contain compounds that may protect against disease, especially cancer, and possibly osteoporosis and eye disease. The brightest and most colourful vegetables and fruit –

the dark green, orange, yellow and red ones – are packed with both essential vitamins and minerals and disease-fighting phytochemicals. Soy products, beans and lentils, too, are full of phytochemicals – so remember to include them. And don't be afraid of flavouring your foods with herbs, spices and citrus peels to get extra nutrients.

蔬菜 and 水果為什麼這麼重要？

研究員一直意識到，蔬菜及水果含有對身體健康極為重要的物質。這些物質包括：纖維、維生素C和E，以及其他抗氧化物。如今，新的研究還發現，在蘋果與青豆內還含有其他更多有益健康的養分。植物會自行產生一些化學物質，稱為植物化學物；這些物質所含的混合成分，可以預防疾病，尤其是癌症，亦可能有助防治骨質疏鬆症及眼疾。各類深綠色、橙色、黃色和紅色等顏色鮮豔的蔬果，都含有對人體有幫助的重要維生素、礦物質，以及助您抵抗疾病的植物化學物；而大豆產品、豆和扁豆，也含有豐富的植物化學物，是烹調的最佳選擇之一。您也可安心使用香草、香料和柑橘皮用作食物調味，增加攝取養分的途徑。

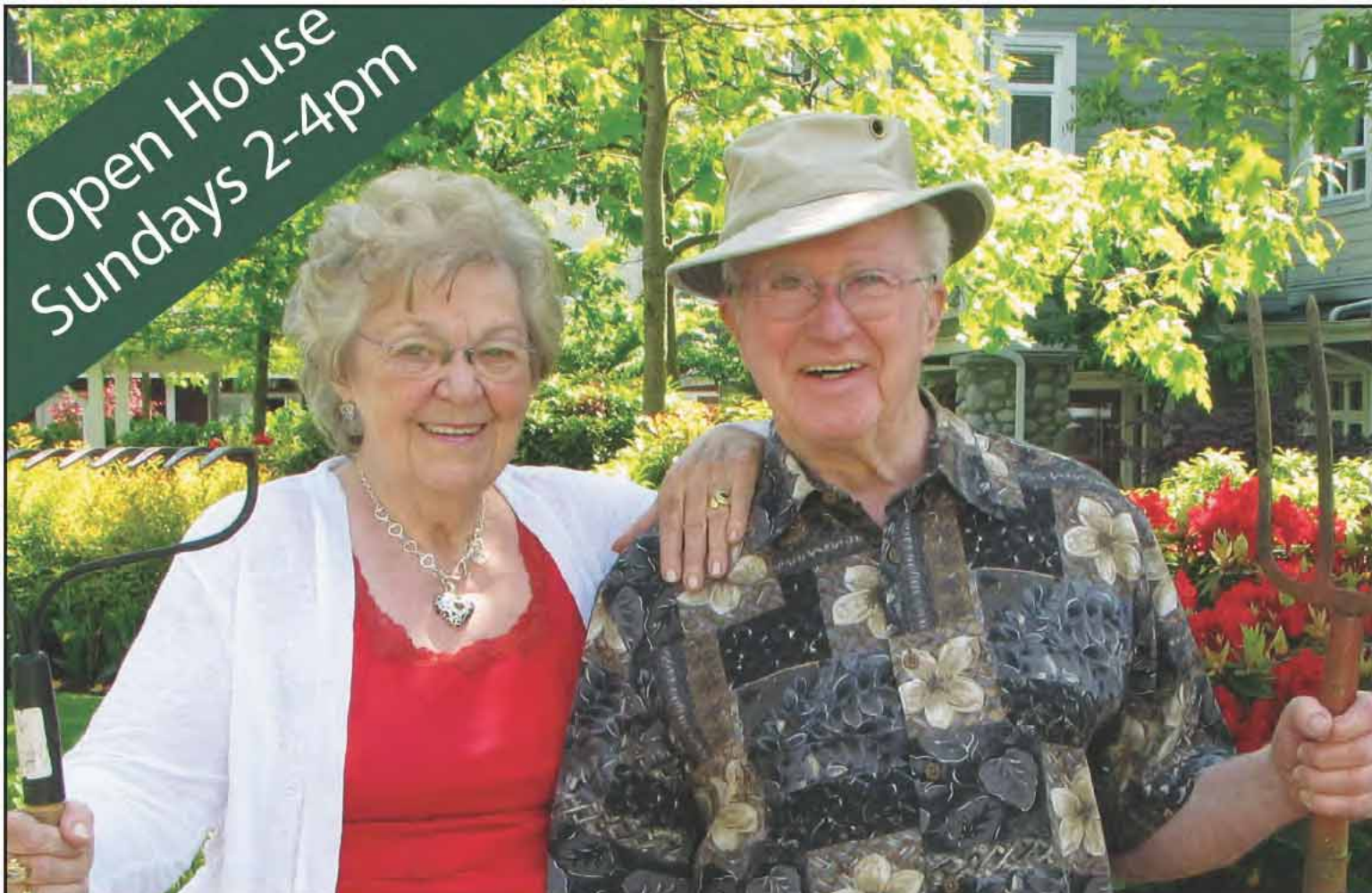








Open House
Sundays 2-4pm



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.

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A Red, Red Rose

O my Luve's like a red, red rose
That's newly sprung in June;
O my Luve's like the melodie
That's sweetly play'd in tune.

As fair art thou, my bonnie lass,
So deep in luve am I:
And I will luve thee still, my dear,
Till a' the seas gang dry:

Till a' the seas gang dry, my dear,
And the rocks melt wi' the sun:
I will luve thee still, my dear,
While the sands o' life shall run.

And fare thee well, my only Luve
And fare thee well, a while!
And I will come again, my Luve,
Tho' it were ten thousand mile.

~Robert Burns

Important Dates

Groundhog Day
February 2

Family Day
February 10, **Centre Closed**

Valentine's Day
February 14

Think Tank with the Seniors' Liaisons
March 15, 11:30 AM

Podiatrist
Wednesday, March 19



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

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February Birthdays

Christine ~ 2
Sharon ~ 4
Jeanne ~ 5
Angie and Joan G. ~ 16
Hanh and Kathie ~ 19
Olga O. ~ 22
Angelina L. ~ 28



RCSS MOMENTS

