



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

NEWSLETTER

June 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).

Contributors:
Donna, Olga, Carol,
Chris, Amber, Fiona & Wai Yee

Photography:
Olga, Fiona

Editorial:
Donna, Olga,
& Stephanie

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

Hours
9:00 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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Welcome to our youngest volunteer!

Board of Directors



Tara Abraham



Matthew Brikis



Ellison Fernandez



Alice Frith



Poonam Kaila



Madeleine MacIvor



Kamaljeet Kler



Charlotte Tsang



Marilyn Jennings



Francis Tierney

Staff



Donna Clarke



Carol Yi



Wai Yee Chou



Fiona Lastoria



Olga Smirnova



Amber Stinson



Ernest Quansah



Chris York



Happy Father's Day to all you wonderful father figures here at the Centre; it is a pleasure to be in your presence. I hope you are honoured and loved on your special day!

Aboriginal Day Celebrations are in the makings and this year is especially important to us as most of the staff have completed a course in Indigenous Cultural Competencies. The course was designed to increase knowledge, enhance self-awareness and strengthen the skills of those who work with Aboriginal people. We had the privilege of receiving bursaries from the SMART Fund and I can honestly say that this was one of the most thought-provoking courses I ever took in my life. I look forward to honouring our Aboriginal seniors and giving them the respect that they deserve.

Outing season is upon us and our first one to Trolls was a lot of fun. In the Adult Day Program we are trying something new; a couple of our trips will be on smaller buses – smaller groups. We welcome your feedback and once we get it, we will decide if that is a route we want to take for next year. We scheduled one trip per month from May to September.

In the Community Program we have two outings scheduled; both are on a Tuesday. The first one is to Steveston on July 15th and the second one will be a picnic in Stanley Park and then a tour of the hot spots in this beautiful city; that will be on August 19th.

Thanks to all of you who participated in the recent Think Tank. Great feedback and hopefully we will be able to incorporate all the ideas that were suggested.

All is well.

Donna





The month of June has finally arrived. This means longer, brighter days and warmer temperatures. June 21st is the official beginning of the summer season. It is also a celebration of National Aboriginal Day. There is great diversity of First Nations cultures throughout Canada. It is a day where all Canadians come together to celebrate and learn about the cultures of the Aboriginal people.

Father's Day is also celebrated in June. This special day will be on the 15th of this month. It is the day when we give thanks to all the men in our lives. It is a celebration of honoring fathers, fatherhood and influences of fathers. Many people give gifts and hold family gatherings to show their appreciation.

So, with many sunny days ahead and early birds singing, we start with high spirits each and every day. Our Centre will continue to bustle with high energy from the staff and clients in the celebrations of events and activities in this coming month of June.

A WELCOME TO LLOYD



Lloyd is a relatively new member of RCSS. He came over with the gang from the Lion's Den Day Centre. Originally from Tisdale, Saskatchewan, Lloyd moved to Vancouver and held many jobs. He has been a bowling pin setter and boxcar unloader, which was unionized with the Teamsters. He was also a tugboat deckhand at one point, which allowed him to see much of the Pacific Northwest coastline.

Lloyd met his wife in Prince George when he was there with friends. They had two children together. Lloyd currently has two roommates named Blackie and Midnight- and in case you hadn't guessed, they're cats. He looks after them and they look after him.

Lloyd enjoys the games at RCSS and often has many interesting stories to share over lunch. Several people have commented on how dashing Lloyd is and that he reminds them of Burt Reynolds!

Welcome to Renfrew Collingwood Seniors Society Lloyd!

COMMUNITY DAY PROGRAM JUNE CALENDAR

7

Tuesday (3-6 PM) PM- Art with Carmen ³ Beef Steak Roasted New Potatoes Salad Fresh Fruit	Saturday ART GALA EVENT AT ROUNDHOUSE COMMUNITY CENTRE ⁷ No Lunch at Centre
PM- A Night at the Movies ¹⁰ Chicken Tagine Minty Couscous Salad Pie	AM- Coffee & Chat ¹⁴ Tai Chi PM- Father's Day Craft Pork Schnitzel German Pan Fries Cucumber Salad Crumble Cake
PM- Canada Coast to Coast ¹⁷ Fish Chowder Salad Fresh Bun Fruit Kebobs	AM- Coffee & Chat ²¹ Tai Chi PM- Smoothie- Making Workshop Vegetarian Lasagne Caesar Salad Banana Cream Pie
PM- Armchair Travel to Haida Gwaii ²⁴ Beef Kufta Bulgar Pilaf Salad Fruit Kebobs	AM- Coffee & Chat ²⁸ Sit Fit PM- Health Talk National Skin Safety Month Sausages Poutine Salad



Drop-Ins Welcome

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

ADULT DAY PROGRAM JUNE CALENDAR

8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>AM- Gentle Yoga Word Games</p> <p>PM- Volleyball Cuddle Program Warm Hands</p>	<p>3</p> <p>AM- Tai Chi with Wayne</p> <p>PM- Bowling Creative Writing</p>	<p>4</p> <p>PODIATRIST</p> <p>AM- Sit & Stand Fit Memories with Sounds</p> <p>PM- Minute to Win It Warm Hands</p>	<p>5</p> <p>AM- Sit & Stand Fit Language Lesson</p> <p>PM- Summer Songs with Lorraine Smith</p>	<p>6</p> <p>AM- Sit & Stand Fit Spot the Difference</p> <p>PM- Velcro Darts Crafts: Geese Warm Hands</p>
<p>9</p> <p>AM- Sit & Stand Fit Old Time Remedies</p> <p>PM- Bean Bag Toss Cuddle Program Warm Hands</p>	<p>10</p> <p>AM- Gentle Yoga Nutrition & Health</p> <p>PM- Crafts Shuffleboard</p>	<p>11</p> <p>STEP OUT BUS TRIP TO TROLLS</p>	<p>12</p> <p>AM- Sit & Stand Fit Arts & Traditions</p> <p>PM- Aboriginal Celebration with the Red Fox Drummers</p>	<p>13</p> <p>AM- Sit & Stand Fit Brain Games</p> <p>PM- Bingo Grandma's Attic Warm Hands</p>
<p>16</p> <p>AM- Sit & Stand Fit Qualities of a Dad</p> <p>PM- Music with Harlem Nocturne</p>	<p>17</p> <p>AM- Sit & Stand Fit Brain Games</p> <p>PM- Request That Tune Bocci</p>	<p>18</p> <p>AM- Summer Concert by Wind- ermere Grade 8 Students</p> <p>PM- Summer Farewell to Nootka Students</p>	<p>19</p> <p>AM- Summer Concert by Wind- ermere Choir</p> <p>PM- Crow City Singers</p>	<p>20</p> <p>AM- Gentle Yoga Ode to Shakespeare</p> <p>PM- Summer Celebration Gardening Warm Hands</p>
<p>23</p> <p>AM- Sit & Stand Fit Crosswords</p> <p>PM- Ping Pong Challenge Cuddle Program Warm Hands</p>	<p>24</p> <p>AM- Sit & Stand Fit Spot the Difference</p> <p>PM- Horse Races Gardening</p>	<p>25</p> <p>AM- Sit & Stand Fit Spot the Difference</p> <p>PM- Marble Challenge Drawing Warm Hands</p>	<p>26</p> <p>AM- Gentle Yoga Memory Game</p> <p>PM- Crafts Card Bingo Warm Hands</p>	<p>27</p> <p>AM- Sit & Stand Fit Memory Game</p> <p>PM- Colour Fun Bingo Warm Hands</p>
<p>30</p> <p>AM- Sit & Stand Fit Riddle Me This</p> <p>PM- Cuddle Program Golf Warm Hands</p>				

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
Soy Ginger Chicken Stir-Fry Noodles or Vegetarian Stir-Fry Fresh Melons	Stir-Fry Chow Mein Stewed Pears	Spaghetti & Meat Sauce Caesar Salad or Pasta & Tomato Sauce Fresh Melons	Curry Fish on Rice Asian Vegetables or Curry Tofu Fresh Fruit	Braised Pork Steamed Potatoes & Turnip or Egg Fried Rice Mixed Berries
Liver & Onions Mashed Potatoes Mixed Vegetables or Vegetarian Quiche Yogurt & Berries	Braised Chicken Brown Rice Stir-Fry Vegetables or Stewed Lentils Yogurt and Berries	Lentils and Chickpeas on Brown Rice Assorted Vegetables Banana Bread	Shepherd's Pie Steamed Broccoli or Eggplant Parmesan Stewed Prunes & Orange	Baked Fish & Potatoes House Salad or Tofu and Potatoes Poached Pears
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 Newburg Brown Rice Mixed Vegetables or Curry Chickpeas Fresh Fruit	Egg Fried Rice with Chinese Vegetables Yogurt & Berries	Steak & Mushroom Pot Pie Assorted Vegetables or Vegetable Pot Pie Fresh Fruit
Swedish Meatballs Mashed Potatoes & Gravy Mixed Vegetables or Cheese Omelette Fresh Fruit	Fish Stir Fry Noodles or Stir-Fry Tofu Fruit Salad	Spanish Paella Baked Vegetables or Vegetarian Paella Pear Loaf	Moroccan Chicken Couscous Salad or Vegetarian Couscous Chilled Pineapple	Stuffed Red Peppers Green Salad Banana Bread
Vegetable Quiche with Salad Rice Pudding				

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。

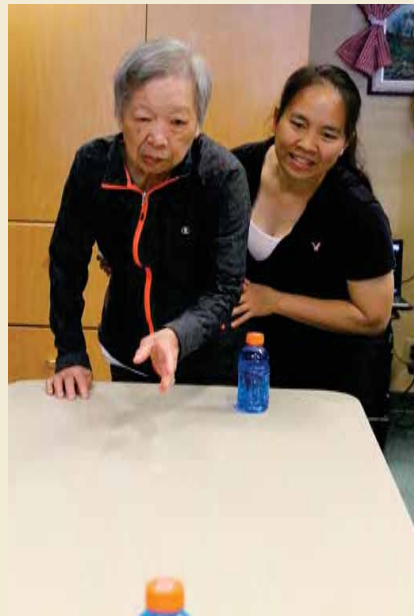


Fibre

Most Canadians – especially seniors – only get about half the fibre they need each day. Fibre is a nutrient found in plants. You need fibre to keep your bowels regular and healthy. Eating a lot of high-fibre foods can also help lower blood cholesterol levels, control blood sugar levels and help prevent high blood pressure. Because fibre makes you feel full for longer, it can also help with weight control. If you have an intestinal or bowel disease, you may not be able to eat large amounts of fibre. . Check with your doctor or dietitian. Grains and grain products are particularly high in fibre. In fact, a high-fibre cereal for breakfast (one with four grams or more of fibre) will help keep your hunger under control for the whole day. Follow up throughout the day with other high fibre foods, such as whole wheat toast or pasta with vegetable sauce, a spicy bowl of chili, or low-fat yogurt with fruit and bran added on top. Fruit and vegetables, beans, lentils and chickpeas are also great sources of fibre.

纖維

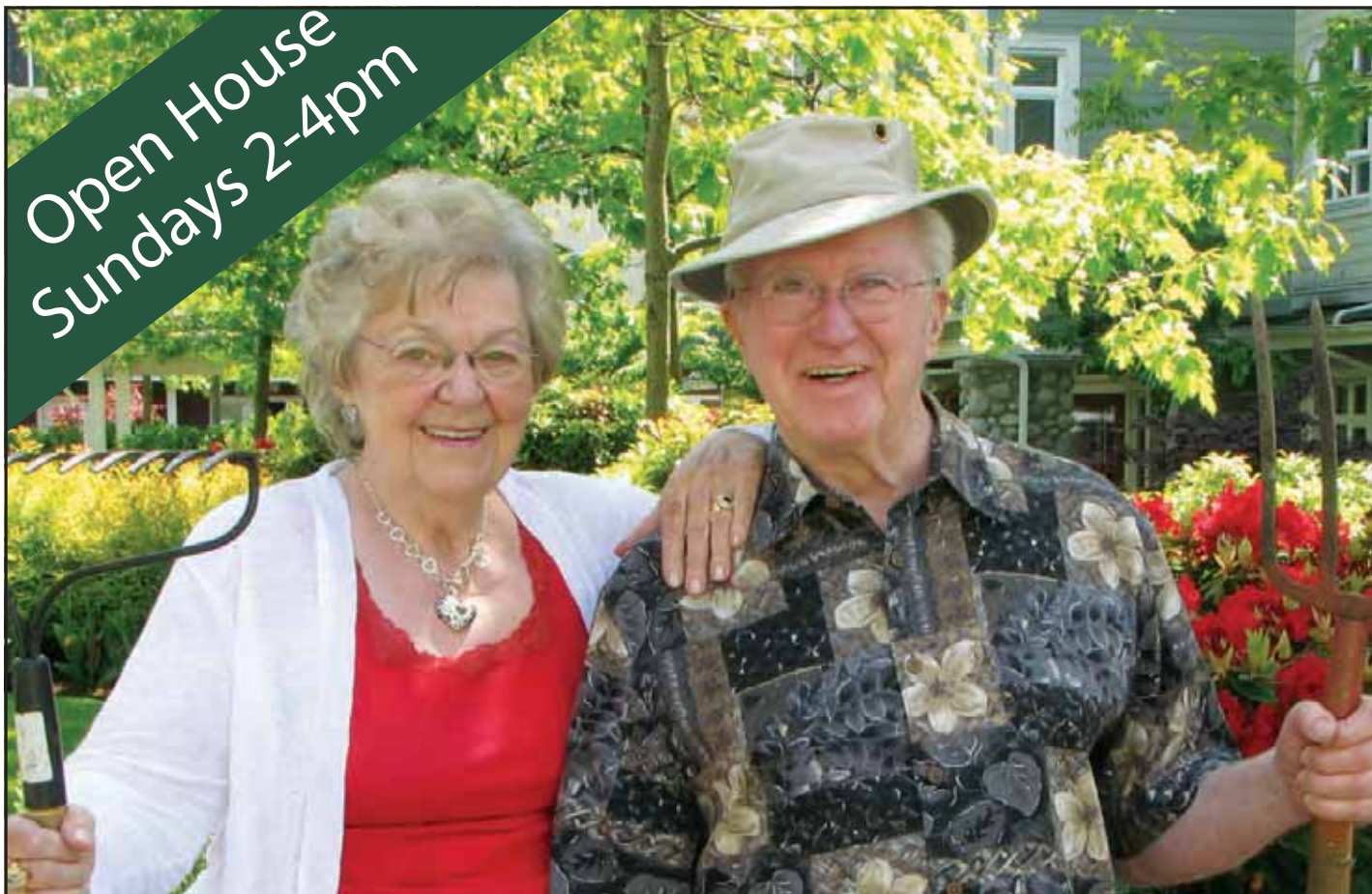
對於大部分加拿大人來說，他們攝取的纖維量均不足，只有每日所需的一半左右；年長人士中，情況更為普遍。纖維是一種可由植物中提取的養分，幫助人體保持腸臟健康。食用大量高纖食物，有助降低血液中的膽固醇含量，控制血糖水平和預防高血壓。此外，由於纖維會使您長時間有飽肚感，因此也有助控制體重。如果您患有腸道疾病，便可能無法進食大量纖維了。請向你的醫或營養師諮詢。穀物及穀類食品的纖維含量特別高。事實上，早餐時進食高纖穀片，內含4克以上的纖維，可使您一整天不會感到飢腸轆轆。其餘各餐，您還可選吃一些高纖食物，例如全麥多士意粉伴蔬菜汁、一碗番茄碎肉紅腰豆 chili，或喝一杯上面灑上麥麩的低脂水果乳酪。水果和蔬菜、豆類、扁豆及鷹嘴豆，全部是我們日常生活中，攝取纖維的理想途徑。







Open House
Sundays 2-4pm



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The Moon Poem

By the members of RCSS

*By the light of the silvery moon,
Your fair countenance makes me swoon.
Please don't make me leave too soon,
Moonlight and roses...*



Birthdays

Nga & Dina ~ June 1

Alice ~ June 11

Kay ~ June 12

Erika ~ June 24

Roger & Mercedes ~ June 30



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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CHELSEA PARK

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OPEN HOUSE
7 Days a week
9am-4pm

RCSS MOMENTS

