

**DECEMBER 2008 NEWSLETTER**



*"Taking Seniors to Heart"*

**RENFREW - COLLINGWOOD**



## **About the Renfrew-Collingwood Seniors' Society**

Celebrating its 32nd 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 the seniors by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing hearty 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 cheque or money order along with your return address to:

Renfrew-Collingwood Seniors' Society, 2970 E. 22nd Ave., Vancouver, BC V5M 2Y4



# RCSS

Visit our Seniors' Centre  
at  
2970 E. 22nd Ave.  
Vancouver, BC. V5M 2Y4

## HOURS

9:00 am to 4:00 pm Monday to Friday

The Renfrew-Collingwood Seniors' Society's Newsletter is produced by the staff with the help and support of all the seniors, and distributed to a wide number of people in the community.

## CONTRIBUTORS

Donna Clarke, Shirley Frank,  
Audrey Irving, Iris Platt, Annitta Unger,  
Mac Lal, Janice Callahan,  
Marilyn Jennings, Pamela Gervacio

Photography: Tehya MacKenzie

## EDITORIAL TEAM

Donna Clarke  
Janice Callahan  
Poonam Kaila

## CONTACT

Written articles and requests to this newsletter are welcome. Contact  
Donna Clarke.

Telephone: 604.430.1441  
Fax: 604.430.1441  
Email: rencollsr@aol.ca

# Renfrew-Collingwood Seniors' Society Newsletter December 2008

## *Features*

<b>RCSS Management</b>	2
<b>Message from the Board</b>	3
<b>Messages from Donna</b>	4
<b>Greetings from MLA</b>	4
<b>Stopping by with Shirley</b>	5
<b>A word from Janice</b>	5
<b>Centre Programs</b>	6&7
<b>Calendar</b>	8
<b>Menu</b>	9
<b>Pondering from the Pantry</b>	10
<b>Member Profile</b>	11
<b>Upcoming Events &amp; Birthdays</b>	12
<b>Halloween Party Photos</b>	13



### New Members

*Calvin Dixon and  
Oliva Gatto*

### New Volunteers

*Linda*

# RCSS Management

## Board of Directors



Jim Park  
Chair



Kim Van Wyk  
Vice Chair



Lorraine Arams  
Treasurer



Tara Avraham  
Secretary



Alice Frith



Coral Heron



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

## Staff



Donna Clarke



Shirley Frank



Audrey Irving



Janice Callahan



David Kenny



Mac Lal



Annitta Unger

# Thoughts from the Board

**W**e are all in this together-participating! Like it or not, time marches on and I am pleased to join in the parade. My mom, Eva Moore, preceded me being a member. In her early years she too was a board member. She believed in the centre, she was widowed and the centre provided friendship and activities she was able to be involved with. I remember her talking excitedly about her participation. When I retired, I joined the centre and became a board member but eventually had to stay home and be a caregiver to mom. I still tried to keep involved although limited to attending the Caregiving Meetings and subsequently back on the board of directors. In that capacity I am chair of the Fundraising Committee. As you are aware, we are having our first major raffle, December 5th. Raising funds to finance programs is a necessity. We have also contacted all our members about our Fundraising Campaign. We definitely have a shortfall in funding and to keep Community Days programs available, donations are required. I know you will be as generous as your budget will allow-thank you! I am also on the Senior's Liaison Committee- I am always anxious to hear your suggestions for the programs of interest to you. I am also the Finance Committee. Although I am not the financier I am interested in the world of finance-it is a learning curve-we all try to broaden our horizons in some way.



On a happy note, I see this month Santa pays us a visit. I hope your dreams and wishes are fulfilled. I look forward to seeing you at the Christmas Party.

*Marilyn Jennings*



## The Leader in Personal Response & Support Services



For more than 30 years, Lifeline has been providing assurance of quick assistance when it's needed, 24 hours a day, 7 days a week.

Providence  
**Lifeline**  
www.lifeline.ca



## A Message from Donna....

The season to be jolly is upon us already. Can you believe that it is December already? I am in my twelfth month at the Centre and it has been the quickest year that I have ever experienced. As I reflect on our journey together I have pleasant thoughts about our accomplishments and I look forward to a very productive new year.

In the spirit of the season we will be collecting money and canned goods for the food bank. Please bring your contribution to the Centre and we will make sure that it gets to the food bank by December 20th.

I would like to remind you of our annual Christmas luncheon. This year we will host the lunch on Monday December 22nd at noon. Because of the popularity of

the luncheon and space restrictions it will be by invitation only. However all members who participate on a regular basis at the Centre can expect an invitation. We would be honoured to share this delightful meal with you and I am pleased to say that the Board of Directors will join us. This will be a great opportunity for you to get to know them better and to thank them for all their hard work.

May the joys of the season be abundant and all the best to you and yours in the coming New Year.

*Donna Clarke*



I would like to wish Renfrew Collingwood Seniors Society many blessings this holiday season and a joyful year to come.



Please join me for my Holiday Open House on December 6, 2008 at my community office at 5022 Joyce Street from 11 am to 1 pm.

For more information contact me at 604-660-0314 or visit my website at [www.adriandix.ca](http://www.adriandix.ca)

## A Word from Janice



Hello Everyone!  
I hope you are all very excited for the Christmas Season. The year is coming to an end, which means a fresh new year is around the corner. I am sure you are all already thinking about choosing a New

Year's Resolution! Perhaps your resolution is to call a special friend from your past or to do something kind for someone in need.

Giving is the spirit of Christmas and it is what makes the holiday season so joyous. Giving can come in many forms such as spending time with someone you care about or offering a hand to someone in need. This month we will be having a food drive at the center and you are all encouraged to bring in a non-perishable food item to put in the box provided to help out those less fortunate.

This month we have exciting activities and programs lined up for you at the center. You will be serenaded by the angelic voices of choirs in our community, so get ready to sing-a-long to your favorite Christmas carols! We will also be throwing a New Year's Party near the end of the month which will be a special time for us all to celebrate in the holiday season together. I wish you all the best in the upcoming year!! Enjoy the holidays with your friends and family!

*Janice Callahan*

## Stopping by with Shirley



It's hard to believe that 2008 is almost gone. The month of November was really quite mild with some rain and some gorgeous sunny days. The famous saying, "Here's looking at you kid," by Humphrey Bogart brings to mind some questions and answers about our vision. According to Prevention magazine, age related vision loss effects 1 in 28 people over the age of 40.

### **True or False**

#### ***1. Spinach is the best food for your eyes.***

**False:** Spinach is a vision booster, but other vegetables are needed as well. A high intake of zinc, vitamin C and E and beta-caratene (found in carrots, broccoli and spinach) was associated with 35 percent reduced risk of age-related masclar degeneration, a leading cause of blindness. Women in a Harvard study who ate omega-3 rich tuna 3 times a week saw a drop in dry eyes syndrome, which is a syndrome that can lead to cornea scarring.

#### ***2. Staring at a computer all day does not damage your sight.***

**True:** Eyes may be tired and vision may be temporarily blurry after a long day at the computer, the main cause is due to not blinking enough which results in a loss of moisture causing burning and itching. Note: Eye drops can help with this.

#### ***3. Sunglasses labeled "Blocks harmful UV rays ensures full coverage.***

**False:** Choose shaded labeled with the percentage of UV coverage they provide; a good pair will filter 99 to 100 percent of UVA and UVB rays which will protect your corneas and will prevent cataracts.

#### ***4. Sugary goods make you vulnerable to age-related macular degeneration (AMD).***

**True:** Researchers are not sure why but food that make blood sugar levels spike quickly like white bread and sugary snacks may contribute to the development of AMD. So if you are tempted to have that extra piece of Christmas goody, think twice, or three times because I know that I yield to temptation, especially when it's concerning sugary treats.

Have a Very Merry Christmas and a Great New Year!

*Shirley Frank*

# Centre Programs

## Sit Fit

Led by Mac, Sit Fit is a good way to get our bodies moving and have fun all at the same time! Every day



## Functional Fitness

Join Mac in some exercises to get you feeling good and energized!

## Bingo

Nerve-wracking maybe, but fun absolutely! Always a favourite here at Renfrew-Collingwood Seniors' Society. Every Friday Afternoon at 1:00

## Musical Bingo

Bingo with musical flare! A very fun game you will be sure to enjoy!

## Carpet Bowling

A guaranteed crowd pleaser! Gets us up and moving, and is always good for a giggle and a bit of healthy competition.

## Stuart Martin's 3 B's

A serenade of the piano featuring sounds of Bach, Beethoven and Brahms.

## Tai Chi with Sai

Fun, relaxing, and excellent exercise- Tai Chi has it all! We're lucky to have Sai come in every month.

## Shopping Trip to Brentwood Mall

Enjoy a trip to the mall to pick up gifts for Christmas.

## Movie & Popcorn

Get into the holiday spirit by watching a wonderful Christmas film. Enjoy this month's movie feature film, "The Night They Saved Christmas"

## Year in Review

Take a look back at 2008 and reminisce about the important events that happened in the past year.

## Cheerful Group

Engage in the latest news with some friendly faces! Share something exciting or a funny story.

## New Year's Eve Party

An exciting, musical, fun celebration of a wonderful year to come!

## Christmas Dinner

A festive feast with your friends. Get your tastebuds ready for some delectable flavours! NOTE: The dinner is by invitation only.

## Snow Fest

Learn some interesting facts about snow...you might even learn something you didn't know!

## ABC's of Fraud Presentation

Join in an informative presentation about fraud and learn how to protect yourself.

## Holiday Traditions & Holiday Safety

Learn about the various holiday traditions that take place across the world along with how to ensure you have a Safe and Happy Holiday Season!

## Renfrew School Choir

Listen to angelic voices singing Christmas carols!

## News & Views

Newspaper readers rejoice! Knowing what's going on in BC and around the world is always important, and this is a perfect opportunity to exercise your brain too!

## Pool Noodle Hockey

This always exciting, sometimes hilarious game tends to bring out the competitive spirit!



## Arts, Health and Seniors

We're lucky to have Carmen and Yoko come in to work with us on creative art projects!

## Christmas around the World

Learn about how Christmas is celebrated around the world.

Get your brain waves flowing with some interesting holiday trivia.

## Christmas Show & Tell

Bring in something a special gift you received for Christmas to talk about.

## Entertainment by Pete Campbell

Listen to some lovely music that will get you feeling in the Christmas spirit!

## Christmas Pub

Celebrate the holidays with some holiday cheer with none other than holiday beer!

## Christmas Memories

Share your favorite Christmas memories and tales you experienced over the years.

## \*Happy Feet with Shirley

Foot care 101! The lovely Shirley shows us what pampering our feet is all about. Ask her for price and availability!

## \*Sarah's hand massages

Having a stressful day? Unwind with a nice massage from Sarah! Every Monday, Tuesday and Thursday

## Hannukah Celebration

Celebrate the Jewish holiday of Hannukah & learn about its tradition

## UPCOMING TALENT SHOW IN JANUARY!

Get ready to showcase your special talent! Renfrew-Collingwood Seniors' Society will be hosting a talent show. Stay tuned for the date.

\*Not listed on the calendar

## Christmas Quiz

Test your knowledge about Christmas and learn some fascinating new facts.

## Christmas Tree Decorating

Come get in the holiday spirit by decorating our beautiful Christmas Tree.

## Christmas "Wheel of Fortune"

Wheel of Fortune with a Christmas twist featuring Annitta as our very own Vanna White.

## Christmas Cooking Baking

Is Betty Crocker your best friend? She doesn't have to be!

## Christmas Cookie Decorating

Feel festive by decorating a delicious holiday treat that you will be proud to eat!



## Adriano Gentile

Only 14 years old, Adriano is a classical pianist who composes his own music (and he's Mauro's grandson!).

## Jeopardy

What is- a really fun game?

# DECEMBER CALENDAR

Mon	Tue	Wed	Thu	Fri
<p><b>1</b></p> <p><b>10:30</b> Holiday Traditions &amp; Holiday Safety</p> <p><b>11:30</b> Sit Fit</p> <p><b>12:00</b> Stuart's 3B's</p> <p><b>1:00</b> Christmas Tree Decorating</p>	<p><b>2</b></p> <p><b>10:30</b> Arts, Health, Seniors (Sidewalk Mosaics)</p> <p><b>1:00</b> ABC's of Fraud Presentation</p>	<p><b>3</b></p> <p><b>10:30</b> Christmas Wheel of Fortune</p> <p><b>11:15</b> Tai Chi w/ Sai</p> <p><b>1:00</b> Christmas Cooking Baking</p>	<p><b>4</b></p> <p><b>10:30</b> Christmas Quiz</p> <p><b>11:30</b> Functional Fitness</p> <p><b>1:00</b> Christmas Cookie Decorating</p>	<p><b>5</b></p> <p><b>10:30</b> News &amp; Views</p> <p><b>11:15</b> Sit Fit</p> <p><b>1:00</b> Bingo</p>
<p><b>8</b></p> <p><i>Christmas Around the World</i></p> <p><b>10:30</b> Sit Fit</p> <p><b>1:00</b> Entertainment by Pete Campbell</p>	<p><b>9</b></p> <p><b>10:30</b> Arts, Health, Seniors (Singing)</p> <p><b>12:30</b> Shopping Trip to Brentwood Mall</p>	<p><b>10</b></p> <p><b>10:30</b> Holiday Trivia</p> <p><b>11:30</b> Sit Fit</p> <p><b>12:00</b> Stuart's 3B's</p> <p><b>1:00</b> Pool Noodle Hockey</p>	<p><b>11</b></p> <p><b>11:00</b> Renfrew School Choir</p> <p><b>1:00</b> Christmas Movie "The Night They Saved Christmas" &amp; Popcorn</p>	<p><b>12</b></p> <p><b>10:30</b> Cheerful Group</p> <p><b>11:15</b> Sit Fit</p> <p><b>1:00</b> Bingo</p>
<p><b>15</b></p> <p><i>Christmas Quiz</i></p> <p><b>10:30</b> Sit Fit</p> <p><b>1:00</b> Carpet Bowling</p>	<p><b>16</b></p> <p><b>10:30</b> Arts, Health, Seniors (Singing)</p> <p><b>1:00</b> Musical Bingo</p>	<p><b>17</b></p> <p><b>10:30</b> Christmas Memories</p> <p><b>11:30</b> Sit Fit</p> <p><b>1:00</b> Christmas Pub</p>	<p><b>18</b></p> <p><b>10:30</b> Jeopardy</p> <p><b>11:30</b> Sit Fit</p> <p><b>1:00</b> Think Tank</p> <p><b>1:30</b> Hot Potato</p>	<p><b>19</b></p> <p><b>10:30</b> News &amp; Views</p> <p><b>11:15</b> Sit Fit</p> <p><b>12:00</b> Stuart's 3B's</p> <p><b>1:00</b> Bingo</p>
<p><b>22</b></p> <p><b>10:30</b> Christmas Dinner *Invitation Only*</p>	<p><b>23</b></p> <p><b>10:30</b> Hannuka</p> <p><b>12:00</b> Christmas Movie "The Night They Saved Christmas" &amp; Popcorn</p>	<p><b>24</b></p> <p><i>CHRISTMAS EVE CLOSED for seniors (Evaluation of Programs)</i></p>	<p><b>25</b></p> <p><i>CHRISTMAS DAY CLOSED</i></p>	<p><b>26</b></p> <p><i>BOXING DAY CLOSED</i></p>
<p><b>29</b></p> <p><b>10:30</b> Snow Fest</p> <p><b>11:30</b> Sit Fit</p> <p><b>1:00</b> Christmas Show &amp; Tell</p>	<p><b>30</b></p> <p><b>10:30</b> Year in Review</p> <p><b>1:00</b> Pianist Adriano Gentile</p>	<p><b>31</b></p> <p><b>10:00</b> Year in Review</p> <p><b>11:00</b> Sit Fit</p> <p><b>12:30</b> New Year's Eve Party with John Cronin</p>		

# DECEMBER MENU

Menu subject to change

Mon	Tue	Wed	Thu	Fri
<b>1</b> Fish and Chips Salad Fruit Tea/Coffee	<b>2</b> Salisbury Steak Scallop Potatoes Veggies Fruit Tea/Coffee	<b>3</b> Spaghetti Garlic Bread Salad Jello and Cookies Tea/Coffee	<b>4</b> Chicken Baked Potato Veggies Tart/ Cookies Tea/Coffee	<b>5</b> Vegetarian Entrée Vegetables Rice Pudding Tea/Coffee
<b>8</b> Macaroni & Cheese Salad Fruit Tea/Coffee	<b>9</b> Fish Baked Potato Salad Fruit Tea/Coffee	<b>10</b> Beef Chili Salad Roll Tart Tea/Coffee	<b>11</b> Lasagna Bun Salad Fruit Tea/Coffee	<b>12</b> Baked Chicken Potatoes Veggies Ice Cream Tea/Coffee
<b>15</b> Fresh Fish Scallop Potato Veggies Tart Tea/Coffee	<b>16</b> Vegetarian Entrée Vegetables Fruit Tea/Coffee	<b>17</b> Clam Chowder Tuna Melt Fruit Tea/Coffee	<b>18</b> Hannuakah Meat Loaf Veggies Soup Dessert Tea/ Coffee	<b>19</b> Baked Spaghetti Salad Roll Jello Tea/Coffee
<b>22</b> Christmas Dinner *By Invitation Only	<b>23</b> Shrimp Curry Rice Veggies Fruit Tea/Coffee	<b>24</b> Christmas Eve  CLOSED(Staff Evaluation Day	<b>25</b> Christmas Day CLOSED	<b>26</b> Christmas Day CLOSED
<b>29</b> Fusilli Vegetable Sauce Roll Fruit Tea/Coffee	<b>30</b> Turkey Soup Sandwich Jello Tea/Coffee	<b>31</b> Roast Beef Goodies Ice-Cream Tea/Coffee		



**MERRY CHRISTMAS & HAPPY NEWYEAR**

The Christmas Cake as we know it today comes from two customs which became one around 1870 in Victorian England. Originally there was a porridge, the origins of which go back to the beginnings of Christianity. Then there was a fine cake made with the finest milled wheatflour, this was baked only in the Great Houses, as not many people had ovens back in the 14th century



# Pondering From The Pantry

Ponder this- "The reason for the Season"

It's Jingle Bells & Ho! Ho! Ho! time already? Didn't we just do this? Time to get out the decorations and start making all the family goodies to be enjoyed over the Christmas Season. I for one really enjoy all the trappings of the season. The baking, wrapping, cards and decorations. It's a special time of the year in many ways, but most of all it's a special time to spend with family and friends. There is just something warm and fuzzy about it all.

I have a gift for you all, it's a phone number 1-866-580-3625 (you must call from your home phone). Are you tired of all the sales calls you get over the phone with someone saying,

"Buy this" or "Do that"? If you call this government phone number and register, it will eliminate soliciting phone calls. You will still get survey calls, as they are useful consumer information calls, but remember you can always say no to them. As for junk calls, who needs them? So there. Merry Christmas from me.

Now from my house to yours- Merry Christmas and a Healthy, Happy and Wondrous New Year!

.....'til next year



*Audrey*

## OTH WAREHOUSE



### Punjabi Cloth House

The Punjabi Cloth House is the largest South Asian store in Vancouver. We excel in providing exceptional quality and the lowest prices in town. We offer a variety of fabrics, along with clothing such as shawls, saris, sleepwear and breathtaking men and women's embroidered suits. We also carry suitcases, blankets, comforters and sheets. You name it we got it! Seeing is believing...so come down and see it for yourself. We also offer a special discount for seniors!



## Chelsea Park: Non-Profit Supportive Housing For Seniors



**SUITES NOW AVAILABLE**

### Chelsea Park in Vancouver

1968 East 19th Avenue

**Affordable Supportive Living for Seniors**  
**South side of John Hendry Park and Trout Lake**

- One bedroom suites with balconies •
- Daily lunch and dinner •
- Weekly housekeeping and bed linen service •
- Scheduled recreation programs •
- Personal Emergency Response Systems •



**CALL NOW TO BOOK A PERSONAL TOUR OF OUR FACILITY**

**Contact 604-838-5448 or [www.newchelsea.ca](http://www.newchelsea.ca)**

**Toll Free 1-888-605-9900**

# Member Profile- Robert Valentine Clough



Born and raised in Vancouver, Bob is a big man with a heart to match. He spent his childhood in East Vancouver, attending Grandview Elementary and then Templeton High School. He and his sister Dorothy were close growing up, and still are (she lives in Squamish now, but they visit whenever they can). A lifelong bachelor, and never one to settle on any one thing, Bob worked as a “Jack of all trades”, as he likes to put it. A variety of jobs kept his interest, including working in a gold mine near Anderson Lake, a skill perhaps inherited- both his grandfathers were coal miners. He liked to play as hard as he worked, and participated in plenty of sports; softball, basket ball, and soccer. His height lent itself well to sports, especially soccer, where he played goal- “I had the wingspan!”. Nowadays he occupies himself with puzzles, crosswords, and other mind benders. His lucky Scottish blood helps him out once and awhile, too- he’s certainly racked in the dough in the past few months!

Bob’s luck is what gets him the most attention around here, but his kindness is what earns him the respect of everyone here at the centre

**Serving Greater Vancouver  
24 hours per day!**

- Personal Care
- Nurse Visits
- Outings and Appointments
- Housekeeping and Meal Preparation
- Hospital Discharge Service
- No-Charge for ongoing Case Management, Home Safety Inspections & Client Advocacy
- So much more...

**Contact Us Today for a Free Consultation.  
1-877-444-9949 [www.RetireAtHome.com](http://www.RetireAtHome.com)**



**RETIRE-AT-HOME**  
SERVICES

**Providing Personalized  
Home Health Care to Seniors  
since 1994.**



**YourHealth. YourHome. YourChoice.**

# Upcoming Events

## December



2nd	Charlie Leung
3rd	David Kenny
7th	Anna Kayfes
11th	Sandra Iormetti
21st	Madeline Murphy- Brown
22nd	Shirley Frank
29th	Mary Leona Kenny

### CHRISTMAS LUNCH

CENTRE  
Monday December 22nd  
at 12:00  
By Invitation Only  
Entertainer Jesse Arens  
10:30-2:30

Special Appearance by  
Santa himself!  
HO, HO, HO!



### FOOD BANK

Please bring in a non-perishable food item to the center to help out those in need during this Holiday Season.

Thank you



### HANDI-DART USERS

Please be advised that passengers should make a note of their half-hour window as confirmed by the scheduler and be ready from the beginning of that pick-up window.

If your pick-up time is 9:30 AM by the scheduler, be ready by 9:00AM because you could be picked up at 9:00AM.

If for unforeseen reason you cannot make it to the centre, please get a family member or home support worker to cancel the ride for the day.

1. Handi-Dart cancellation phone number is 604-430-2892.
2. Phone the center at 604-430-1441 and they will cancel it for you

### BINGO PLAYERS

Friday's Bingo Player's please be advised that we will be charging \$1.00 for a surcharge plus 25 cents a card or whatever you can afford. You also may donate anything above 25 cents into the kitty.

Thanks,  
Mac

**Dr. Gary Almas coming in to do podiatry!**

Monday, December 8<sup>th</sup>, 10:30 am- 11:30 am.



\*\*\*The fee is \$10.00 for those with premium assistance, and \$25.00 with no assistance.

If there are any concerns around fees, please talk to Donna.\*\*\*

Call Shirley for an appointment

# BOOO!!!! HALLOWEEN FLASHBACK



# SCARY HALLOWEEN CREATURES...!!!



*Merry Christmas and Happy New Year!*

