

# MARCH 2009 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:





# 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.

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# Renfrew-Collingwood Seniors' Society Newsletter March 2009

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New Staff  
**Stefanie Glocker**

New Members  
**Kurt Busse and  
Cathrina Comuzzi**

New Volunteers  
**Angela**

# RCSS Management

## Board of Directors



Jim Park  
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Vice Chair



Lorraine Arams  
Treasurer



Tara Abraham  
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- Laura Park*

*Greetings: Well folks, the good news is that the Spring is fast approaching. We will soon be enjoying longer, brighter days and the beautiful spring flowers as they emerge from their long winter naps under the blankets of snow- that should perk things up.*

*I sincerely hope everyone is enjoying these beautiful restful and warm surroundings along with the friendships you are sharing with each other during the various activities of your day.*

*Because of the dedication of our staff, my husband received wonderful loving care for two years at the Renfrew Collingwood Seniors' Centre, for which I am very grateful. This enabled me to continue working during his disability. After his death, I was invited to join the Board as a Caregiver. I joined in May, 1998 and enjoyed serving on the Board of Directors since that time.*

*I am active on the Senior Liaison, Personnel and Policy committees and phone convener. My fervent wish is that everyone feels free to share their desire, ideas or concerns about the Centre with any member of the Seniors' Liaison Committee (Kamaljeet Kler- Chairperson, Laura Park, Merilyn Jennings, and myself, Alice Frith.*

*We all need to work together as a team; therefore everyone's participation in the daily activities is required and appreciated.*

*Many thanks,*

*Alice Frith*

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



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Toll Free 1-888-605-9900**





## A Message from Donna....



A couple of weeks ago I received a call from VCH staff telling me that there was a possibility of obtaining a one-time only additional \$5,000.00 if we could get a grant application into them pronto. One of the conditions of getting the funding was it had to be organized by seniors - for seniors. Well thanks to the work of our trusty seniors' liaisons we were able to formulate our thoughts and get something in to them quickly. The women responded to hastily called meetings by regrouping with the seniors who participate in our Community Days Program and confirming that their priorities were still the same as they were in the November brainstorming session. More and longer outings was on top of the list, additional Tai Chi classes and more options in activities offered at the Centre was how the money was to be spent if we get it.

Well we received the grant mainly because our seniors were involved in the process (that is called "capacity building" in the grant world) and now we are working on organizing the trips. Our first trip is to Steveston for Fish 'n' Chips on Friday, March 13th. Please sign up quickly so we know what size bus to order. Invite a friend, as this is a wonderful opportunity to promote our Centre. The grant money will pay for the bus so you will only have to pay \$10.00 for your meal. We'll subsidize the rest.

Two other trip suggestions were Minter Gardens in April and a day at Stanley Park in May. We are in the process of researching both of those possibilities so stay tuned for more details.

It was also agreed that on Friday mornings we would have more activities outside of the Centre. For example the first Friday of the month will now be designated as a monthly shopping day. You'll head out about 10:30 for Brentwood Mall, have lunch at the food court and head back to the Centre about 12:30 for a game of Bingo or some socializing. On the outing days no program or lunch fees will be collected, as you will be paying for your food at the mall.

Other ideas for Friday were Granville Island, Lonsdale Quay, Queen Elizabeth Park and Van Dusen Gardens. Please let us know if you have other suggestions.

I passed on our sincere appreciation to the folks at the SMART Fund for giving us this wonderful gift and assured them that we would spend the money wisely. Life is good.

*Donna Clarke*

# *Top of the Morning to Everyone!*

This is the month of green shamrocks, leprechauns and green beer. As of January, 2009, pharmacists have some new services they can provide for seniors and the younger generation.

One new service your pharmacist may be able to provide you is the renewal or adaptation of your existing prescription. This may be possible if your prescription is still valid (normally one year from the date it was written) and if your pharmacist has enough knowledge of your condition, treatment and health history. From this knowledge your pharmacist may make adjustments to your prescription if he or she feels it is in your best interest to do so.

If your pharmacist identifies a need to change your prescription they now can adapt the prescription and notify your doctor within 24 hours.

The changes your pharmacist would consider are:

- 1) Adding a missing dose to a long standing prescription.
- 2) Substituting one drug for another, within the same class of drugs due to side-effects.

However with this new service, you still need to see your doctor for regular checkups and monitoring of your condition. Pharmacists aren't obligated to renew or adapt a prescription and take each individual situation into consideration.

Pharmacists have extensive education, training and experience with drug therapies. They have access to your prescription, medication, history and are in the best position to identify potential drug interactions or allergic reactions.

Those who will benefit from the changes to a prescription are:

- 1) Patients who have a long standing relationship with their pharmacist and pharmacy.
- 2) Patients with stable chronic conditions such as high blood pressure or diabetes.

There are pamphlets here at the centre or at your pharmacy about all the changes. Happy St. Patrick's Day to all!

*Shirley.*

## *Pondering From The Pantry*



*Ponder this: All too often opportunity presents itself disguised as plain hard work.*

Hi,

I saw my first Robin and the bulbs are showing their green spears out of the cold and dank earth. The days are noticeably getting longer and the sun is well over on the north side of Mt. Baker, which is a sure sign that spring is well on its way. It makes me think of the old Scottish saying "nae cast a clout afore may be oot."

Remember that we all live in Beautiful B.C., where anything can and usually does happen. I wonder if March will come in like a lion or a lamb. Sometimes it comes in like a lion and stays that way all month. It is clear that Spring is on its way because kites of every kind are showing up in the park across from my house- even plastic grocery bags on string start showing up-Great Fun!!

NOW! IN THE SNOOZE – YOU LOOSE department- Where are all you Tuesday/Friday people hiding? Remember that it is far too late after something is gone to say, what can I do to help? The time is now! I know you have a friend, so bring them in now. It is like a snowball rolling down hill. If you can do this we will grow and grow. Easy eh?

Next month is the anniversary month of our move here am I'm going to do a brief write-up of the history of the society. Should be fun!

'Till next time, take care.....Love,

 *Audrey*

# MARCH 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:30 Pyramid Game 11:30 Sit Fit 1:00 A. Pool Noodle Hockey B. Card Games	10:30 Arts, Health, Seniors 11:30 Sing-a-long with Sheila 1:00 Mystery Trip	10:30 What am I 11:30 Sit Fit 1:00 A. Horse Racing B. Card Games	10:30 Tactile Greens 11:30 Sit Fit 1:00 Lions Den Concert	10:30 Shopping at Brentwood Mall 11:45 Lunch in Food Court 1:00 Bingo
9	10	11	12	13
10:30 Annual Check-up for Canes and Walkers & Joint Safety 11:30 Sit Fit 1:00 John Hsu Entertainment	10:30 Arts, Health, Seniors 1:00 S.O.S. Presentation	10:30 Memory Game 11:30 Sit Fit 1:00 A. Irish Movie "Discovering Ireland" B. Card Games	10:30 Music of Ireland Trivia 11:15 Tai Chi 1:00 A. Win, Loose or Draw B. Card Games	10:30 Trip to Steveston 12:00 Fish & Chips Lunch at Sockeye Restaurant <i>*Note: Bingo Cancelled</i>
16	17	18	19	20
10:30 St. Patrick's Day Trivia 11:00 Think Tank 11:30 Sit Fit 1:00 Patty's Pub and Pot of Gold Bingo	10:30 Arts, Health, Seniors 11:30 Tai Chi 1:00 Jack Bourne Entertainment	<b>STEP OUT</b> Swiss Chalet 	10:30 Bubble Bash 11:30 Sit Fit 1:00 Entertainment by Steve Warmer	10:30 Facts on your Friend 11:30 Tai Chi 1:00 Bingo
23	24	25	26	27
10:30 Pandora's Box 11:30 Sit Fit 1:00 A. Baking Group B. Card Games	10:30 Arts, Health, Seniors 11:30 Tai Chi 1:00 Spring Fling with John Cronin at Community Centre	10:30 Memories of Days Gone By 11:30 Sit Fit 1:00 A. Easter Craft (Seed Packet Cards) B. Card Games	10:30 Hot Potato 11:30 Sit Fit 1:00 A. Horse Racing B. Card Games	11:00 Presentation on Seniors Abuse 1:00 Bingo
30	31			
10:30 Charades 11:30 Sit Fit 1:00 A. Carpet Bowling B. Card Games	10:30 Arts, Health, Seniors 1:00 A. Yams of Fun with Lois B. Card Games			

\*Programs Subject to Change



# MARCH 2009 MENU

Menu subject to change

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Beef pie Veggies Salad Dessert Tea/ coffee	Tuna Casserole Veggies Salad Dessert Tea/ coffee	Chicken Breast Baked potato Veggies Dessert Tea/ coffee	Chili (meat or vegetarian) Salad Bun Dessert Tea/ coffee	<b>Trip to Brentwood Mall</b> <i>Lunch in food court.</i> <i>*No lunch at centre</i>
9	10	11	12	13
Shepherds Pie Salad Dessert Tea/ Coffee	Salsbury Steak Onion Tomato Gravy Veggies Dessert Tea/ coffee	Baked Salmon Scallop Potatoes Veggies Dessert Tea/ coffee	Chicken Legs Baked Potato Salad Dessert Tea/ coffee	<b>Trip to Steveston</b> <i>Fish 'N" Chips Lunch</i> <i>*No lunch at centre</i>
16	17	18	19	20
Ham Scallop Potatoes Salad Dessert Tea/ coffee	<b>St. Patrick's Day</b> Burger Stew Green Potato Peas Green Jello Tea/ coffee	<b>Step Out</b> Swiss Chalet 	Salmon Balls Sliced Tomatoes Green Salad Dessert Tea/ Coffee	Chicken Thigh Noodles Veggies Dessert Tea/ Coffee
23		25	26	27
Pineapple Chicken Rice Veggies Dessert Tea/ Coffee	Beef Dip Salad Dessert Tea/ Coffee	Pork Roast Apricot sauce Mashed potato Veggies Dessert Tea/ Coffee	Meat balls pasta Salad Dessert Tea/ Coffee	Turkey thigh Mashed potatoes Veggies Dessert Tea/ Coffee
30	31			
Vegetables Barley Soup Sandwich Dessert Tea/ Coffee	Chicken Thighs Roast Potatoes Veggies Dessert Tea/ Coffee			



# Centre Programs

## Annual Check up for Canes, and Walkers & Joint Safety

Experiencing discomfort? Feeling Achy? It could be because your walker or cane is not adjusted properly. Stefanie will be assisting you by ensuring that your walking device is fitted right. She will also be providing educational information about joint safety.

## Arts, Health and Seniors

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

## Assorted Games

Games of all sorts- relaxing, puzzling, mind boggling and of course games that are all fun! Get together with a partner and challenge others.

## Baking Group

Mmm...time for some culinary creativity in the kitchen! Bake up some delicious treats that you will so excited to eat!

## Bingo

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



## Bubble Bash

Remember being younger: What fun it was blowing bubbles! – This day will be a revival full of bubbles and everything that has to do with them. Feel young and have fun with all the other bubble-blowers!

## Charades

A game that gets you guessing. You are guaranteed to have a good time when you are the front stage actor/ actress you have always wanted to be.

## Card Playing

Hmm...should I play this card? Engage is a fun game of cards with some friends in the afternoons.

## Carpet Bowling

A guaranteed crowd pleaser! This game gets you up and moving! Throw the ball and knock 'em all down with a strike.

## Easter Craft

We will be making a creative craft made from seed packets that will usher in the Easter spirit.

## Entertainment with John Hsu

Singing and music accompaniment of the saxophone, trumpet and keyboard.

## Entertainment with Jack Bourne

Join in singing with songs featuring music of the accordion.

## Entertainment by Steve Warner

Fun, dancing and music for all!

## Hot Potato

A fun new game that will have you jumping and laughing. This is a game of speed and surprise you are sure to enjoy.

## Horse Racing

...and they're off! Enjoy this wild game and see who will be the lucky winner...it just might be you!

## Irish Movie 'Discovering Ireland'

Watch this entertaining film about the land where St. Patrick's Day originated.

## Facts on your Friend

How well do you know your friend? Engage in this fun exercise that will have you learning new interesting facts about your friends.

## Lions Den Concert

Taking a trip to Lions Den is always a great time that can be enjoyed by all.

## Memories of Days Gone By

Time to take a trip down memory lane. An interesting look at how things were and how things are today. Share your story and discover how your life was similar or different from your friends.

## Memory Game

Now you see it... now you don't! How well is your memory? Play this game to find out.

## **Mystery Trip**

Mac will take you on an exciting excursion as long as the wintry snow doesn't get the best of us.

## **Yarns of Fun with Lois NEW**

A new group led by Lois where you can have fun with friends and you can stitch a beautiful creation to enjoy as well.

## **Patty's Pub and Pot of Gold Bingo**

Join us for a fun game of Bingo where the luck of the Irish may allow you to win big!

## **Pool Noodle Hockey**

She shoots, she scores! A wildly fun game where you challenge your opponents...the Canucks will be taking pointers from you!

## **Presentation S.O.S**

Come to this presentation because it may help save your life. This presentation will help you know what you need to do in case of an emergency and will tell you how to prepare yourself.

## **Pyramid Game**

A game where you are given a list of words and have to guess the theme. There are many categories that will get your mind working.

## **Sit Fit**

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

## **Seniors Abuse Presentation**

We will be going to the Renfrew Community Centre for a presentation on Elder Abuse on March 27th at 11am.

## **Shopping Trip to Brentwood Mall**

On the first Friday of every month we will be taking a trip to Brentwood Mall to do some shopping and will be having lunch in the food court.

## **Spring Fling with John Cronin**

Guitarist and singer, John Cronin, will entertain us and keep us stomping and dancing. We will be joined by members from the Renfrew Park Community and dessert will be served.

## **Step Out**

This month we will be going on a trip to Swiss Chalet restaurant at 3860 Lougheed Highway. Please place your meal order with Mac.

## **St. Patrick's Day Trivia**

Fun fact testing that will get your heart racing.

## **Tactile Greens**

Just in time for St. Patrick's Day! Green in the theme and learning about all that is green is a part of this fun activity.

## **Tai Chi with Sai**

Fun, relaxing and an excellent exercise- Tai Chi has it all! Sai gets us in the move and in the groove!

## **Trip to Steveston**

Join us on a trip to the town of Steveston. Enjoy in the scenery and local attractions. For lunch we will be having some of Steveston's famous fish and chips.

## **What am I?**

You get the clues...then you have to guess who or what the mystery answer is.

## **Win, Loose or Draw!**

A fun game that challenges you and tests your risk level.

## **\*Stuart's Lunch Concerts**

Stuart's lunch

## **\*Sarah's hand massages**

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

## **Irene's Nail Salon**

Irene will give your nails instant glamour that will be sure to impress.

\*Not listed on the calendar

## A Minute with Mac



# Life's Handbook for 2009

### **Health:**

- Drink Plenty of Water
- Play more games
- Do activities that get your mind going
- Make sure you get a good night's sleep
- Live with the 3 E's- Energy, Enthusiasm and Empathy
- Try to take a walk each day
- See your doctor for regular check-ups

### **Personality:**

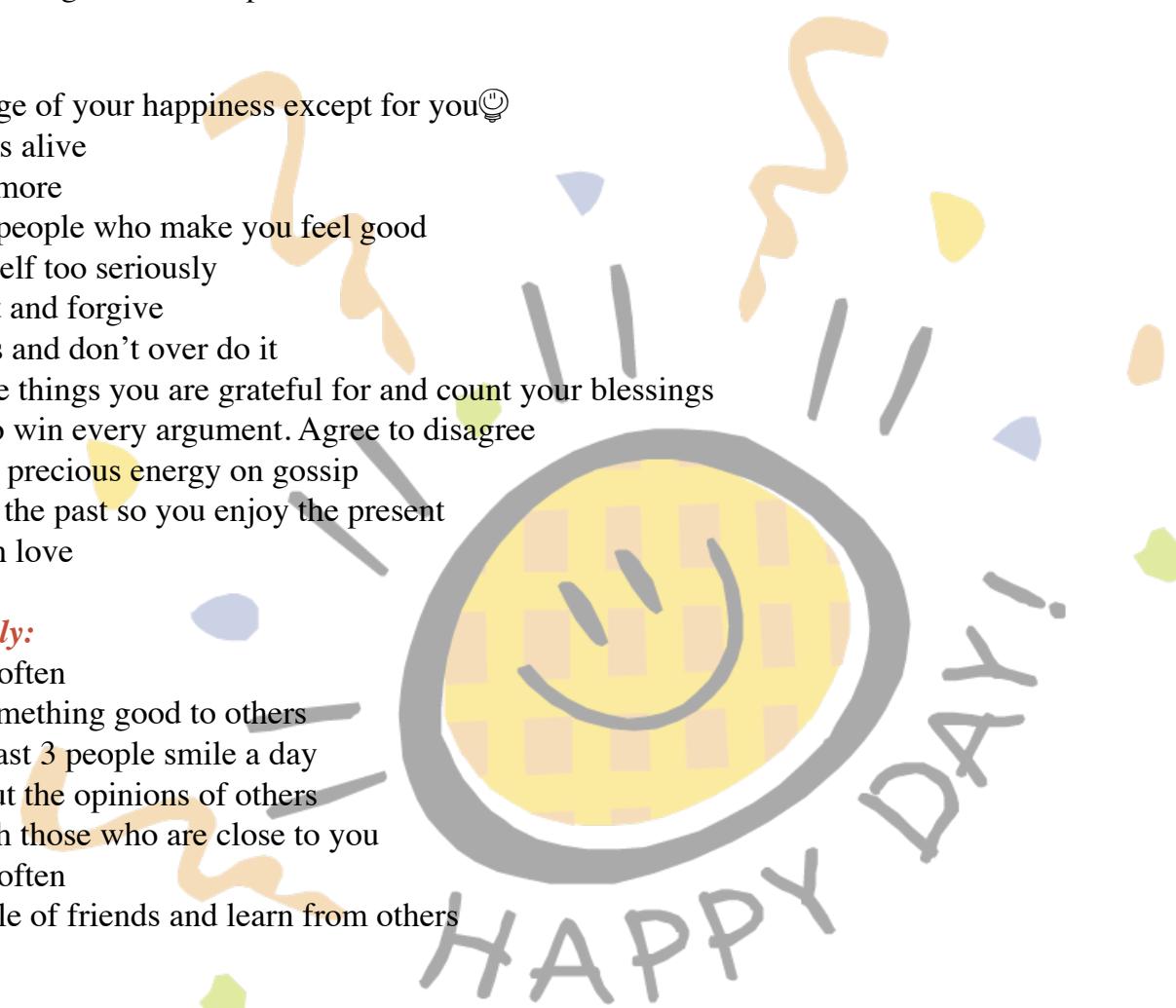
- No one is in charge of your happiness except for you😊
- Keep your dreams alive
- Smile and laugh more
- Spend time with people who make you feel good
- Don't take yourself too seriously
- Let go of the past and forgive
- Know your limits and don't over do it
- Make a list of the things you are grateful for and count your blessings
- You don't have to win every argument. Agree to disagree
- Don't waste your precious energy on gossip
- Make peace with the past so you enjoy the present
- Replace hate with love

### **Friends and Family:**

- Call your family often
- Each day give something good to others
- Try to make at least 3 people smile a day
- Don't worry about the opinions of others
- Stay in touch with those who are close to you
- Call your family often
- Expand your circle of friends and learn from others

### **Life:**

- Do the right thing
- Clear your space of clutter and make it a place of beauty and joy
- Remember every cloud has a silver lining
- Have faith
- Dress up in clothes that make you feel good and get out of the house
- Watch movies, read books, or listen to music that makes you feel good
- Try something new that you were afraid to try
- **Keep HAPPY😊 HEALTHY and HOPEFUL!**

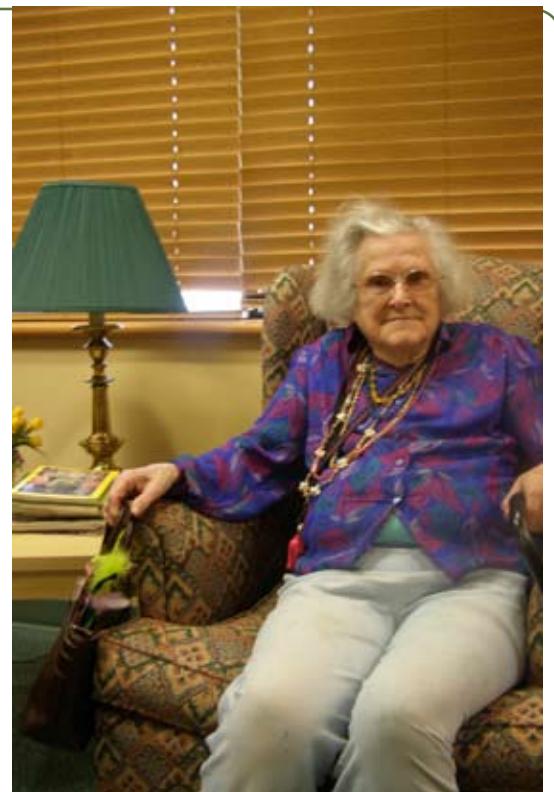


# Member Profile

## Doris Eva Elliott

You'll never be stuck for words when Eva is around because she is sure to get the conversation rolling with some interesting facts. Eva will always enjoy sitting and having a chat with you but it is hard to get this lady to sit still since she is always on the move. Eva attributes her boundless amount of energy to her early years of living on a farm. She has fond memories of working on the family farm and didn't mind being up with the birds. On the farm she enjoyed tending to the animals, riding horses and being involved in various chores and duties. She especially liked tending to the cows on the farm and even entered some of the calves as show calves in contests.

One special calf won her a prize and a trip to Saskatoon which she fondly remembers. One not so fond memory from the farm was a huge dust storm that shook everything in its way. The storm blazed through the barn and destroyed most of it, but fortunately the cows were all saved. There was never a dull moment in Eva's life because when she wasn't working or out having fun at her favorite spot, the beach, she was involved with curricular activities such as scouting, highland dancing and the 4-H group. Eva moved to Vancouver in 1949 with her husband and had nine children and now has five grandchildren. Eva loved growing up with her large family and continued her involvement in all sorts of organizations over the years such as the church and the Highland Association. Eva now lives with her son in a nice 1912 home and loves the neighborhood that she lives in. One of Eva's favorite past times is getting to know new people in the community and loves to stop by her friends' homes for visits. Eva especially loves to visit her friends here at the centre and will surely answer any more questions you may have about her or her history.



### Eugene Shmitsman, B.Sc. R.D. Denturist

#### **Are you a denture wearer who:**

1. Cannot enjoy a meal?
2. Stopped smiling?
3. Is feeling sore & uncomfortable?
4. Has loose dentures or is in need of dentures for the first time?

We can help you! European quality and craftsmanship at an affordable price, all dental plans and accepted and discounts for elderly are available.

Please call us for your free consultation:  
**(604) 726-3766**

Hello everybody,

May I introduce myself? – My name is Stefanie and I am the new volunteer at the Centre for the next couple of weeks. This past October I finished my training to become an occupational therapist in Germany. That was in Stuttgart which is in the Southern part of Germany. There I was also born and grew up together with my older brother and younger sister. You can see me at the Centre Monday to Friday till the end of April.

After my time here in Canada I want to go back home. My vision is to work as an occupational therapist in a centre or at a rehabilitation clinic with adults and elderly people. Through assistance, little exercises, hints and assistive devices we OTs want to improve our clients' daily lives. In everything we do the focus is on the well-being of the person vis-à-vis. That's why I am looking forward to the next weeks here at the Centre. Hopefully, I can share the knowledge I learned during my training to make your lives more exciting and valuable.

So let me know what your needs are so that we can go the way together.

Take care,

 Stefanie



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# Upcoming Events



## OUTINGS

### March

- 6th An all day shopping trip at Brentwood mall on Friday with lunch in the food court.
- 13th Trip to Steveston on a Friday with Lunch at Sockeye City Restaurant

**April**-A trip to beautiful Minter Gardens

**May**- Trip to the Aquarium & Buggy Ride around Stanley Park

*\*Stay tuned for more information on later outings*

## Notice to Members

Membership fees are payable anytime now as your membership expires on March 31st of this year.

The Fundraising Committee requested an increase to \$10.00 (from \$5.00) in the 2009 – 10 year as this would assist them in their efforts to raise \$15,000.00.

The Board approved the increase.

## Think Tank

There will be a think tank happening on March 16th at 11:00pm. Please come and share your ideas to help improve our centre.

## Lunches

We provide take home meals at a cost of \$3.50. If you would like to purchase a meal please pay Janice. Please make sure when you take a meal it is paid for.  
Thank you

## Upcoming Presentations

### Upcoming Presentations

-There will be an informative S.O.S. presentation happening on Tuesday, March 10th at 1:00pm that will help you know how to prepare yourself for an emergency.

- A presentation on Seniors' Abuse will be held at the Community Centre at 11am on Friday, March 27th.

## March 2009

Audrey Irving	7th
Michael Taschner	25th
Edna Bifano	25th
Margaret Bowers	27th





So you didn't win the E-Bike. Well...there is good news! A new raffle is getting on the way the end of January and you just might be the lucky winner! Enter a chance to win a breathtakingly beautiful quilt that is guaranteed to dazzle your eyes! You will never want to leave your bed when you are wrapped up in this intricately stitched warm quilt...so stay tuned for ticket sales!