

MAY 2009 NEWSLETTER

"Taking Seniors to Heart"



Happy Mother's Day!

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, Janice Callahan,
Sarah Davis, Shirley Frank,
Pamela Gervacio, Audrey Irving
Elaine Moody & Annitta Unger

Photography: Stefanie Glocker &
Janice Callahan & Teyha Mackenzie

EDITORIAL TEAM

Donna Clarke
Janice Callahan
Pamela Gervacio

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 - May 2009

Features

RCSS Management	2
Thoughts from the Board	3
Farewell from Stefanie	3
Message from Donna	4
Garden in my Heart	5
Menu	6
Program Calendar	7
Centre Program	8&9
Pondering from the Pantry	10
Message from Shirley	10
Member Profile	11
A note from Annitta "Brain Power"	11
Upcoming Events	13



New Members
*Edward Nowak
and Jovita Salbania*

New Volunteers
*Alfie, Maria, Kevin and
Jocelyn*

Goodbye
*Shirley Frank, Stefanie
Glocker, & Mac Lal*

RCSS Management

Board of Directors



Jim Park
Chair



Kim Van Wyk
Vice Chair



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



Annitta Unger

Thoughts from the Board



Spring has officially sprung! The weather is getting warmer and the flowers are out.

I would like to take this opportunity to introduce myself as one of the board members. I am a PhD student at UBC in the School of Nursing. The area of nursing that I am most interested in is gerontology (the study of aging) and in particular how older people live a life that supports health and independence during later life. I believe that being part of a community is an important resource for staying healthy. I became part of the board this year and have thoroughly enjoyed working with the RCSS team!

I was first introduced to the RCSS through the research I did for my masters degree. I was interested in how the art program offered at the centre contributed to a sense of community for seniors. During the research process I assisted the artists and seniors in making scarves and memory boxes. I got to know some of the seniors that participated in the arts program and did interviews with them. The findings from my research showed that centres like the RCSS are very important for those who attend, not only for having a good time and learning about new things, but also to maintain essential connections to a larger community that are important for health.

Becoming part of the board of directors was a wonderful opportunity to continue my involvement with the seniors as well as help support the important programs that the RCSS offers.

I wish everyone a wonderful Mother's Day!

Warm regards,

Elaine Moody

Farewell from Stefanie

Imagine how hard it is for me to write these lines to you. I have to say "Goodbye!" after twelve wonderful weeks with you at the centre. At the same time, together with my "Farewell!" goes a warm "Thank you!" Thank you for every laugh, every smile, every chat, every praise and all of your encouragement. You gave me the opportunity to learn so much more about what life is and how much fun people with different backgrounds, different languages and of different generations can have together.

Back in Germany, I'm sure I will often remember the time with you and hopefully, I can find work there in a nice hospital or Rehabilitation Centre. After these twelve weeks with you, I am 100% certain that I definitely want to work with seniors. Thanks for your support (whether you are aware of it or not) in making up my mind about that!

Please, let me close with a quotation by famous Dr. Seuss: "Don't cry because it's over: Smile because it happened." So smile and enjoy every single day!

Take care,

Stefanie





A Message from Donna....

This month I would like to talk to you about monthly billing for program fees, transportation, meals and outings. As most of you know a staff person is tied up collecting money every day. Then, once the money is collected it has to be reconciled, entered into the computer, checked by the bookkeeper and then brought to the bank. The simpler way of doing this is to have everyone billed on a monthly basis. The daily attendance is entered into the computer and David (our trusty bookkeeper and computer whiz) generates a bill that is given to you the first week of each month. The five hours a week spent collecting money would be focused on program development and the result would be more variety in activities.

We would like to implement this method of billing on June 1st, 2009 but obviously I will be discussing this in group settings in order to make sure we get your feedback on this change. I'd like to hear why you would prefer the daily payment method or if it would create any problem for you to switch. Think it over and let me know how you feel about paying monthly.

Staff changes are another area of interest to all of us. Our wonderful nurse Shirley Frank will be leaving us the end of May as she has decided to move closer to her son in Alberta. Shirley has been a wonderful addition to our team. Her compassion as a nurse, companion and friend will remain with us forever. ***Thank you Shirley!***

Mac Lal has also moved on. Mac was off on medical leave last month and has decided to resign. His contribution to our Centre is also worthy of a mention. That wild and wonderful laugh of his will be sadly missed. We wish him well in his next undertaking. ***Thank you Mac!***

Our dear Stefanie has finished her practicum with us and is heading back to Germany. We can not thank Stefanie enough for her commitment to the seniors. She was an angel sent to us from the other side of the world. We learned as much from her as she did from us. ***Thank you Stefanie!***

Two students will be starting on May 4th and will be with us until August 28th. I'm in the process of hiring them and their role will be to market the services and programs that we offer at the Centre with the hope that we will get more seniors in the Community Day Program (Tuesday and Friday). I'll keep you updated on how that progresses.

So life is good. Lots of changes in store and exciting times ahead!

Donna Clarke

Renfrew-Collingwood Seniors' Society
Annual General Meeting
Will be held on Saturday, June 13th, 2009
11:00 a.m. at the Centre

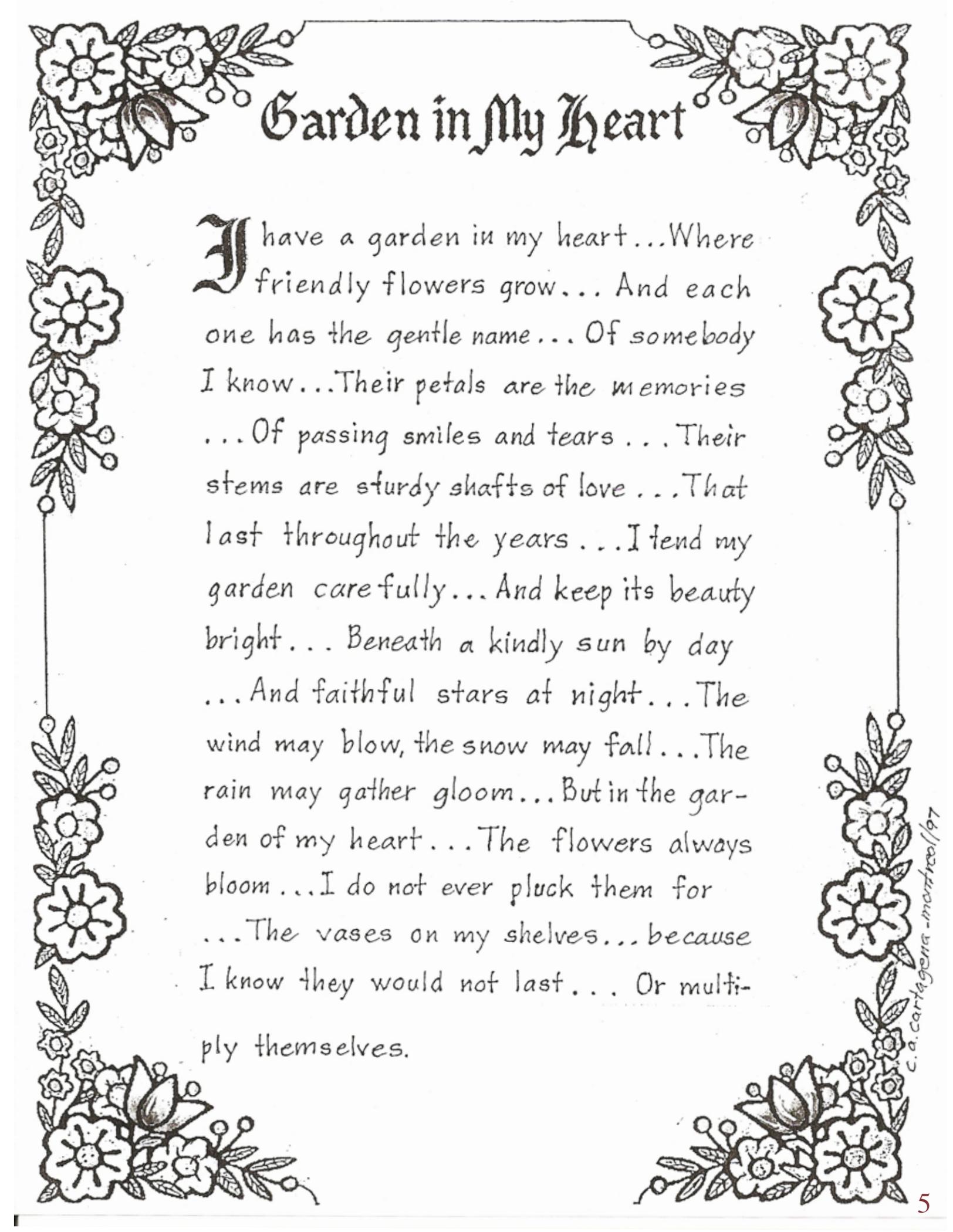
Social to Follow

Resolutions must be submitted to
Renfrew-Collingwood Seniors' Society
by May 26th, 2009.

If you would like to run for a Board Position, we will be publishing profiles in our June Newsletter. The deadline to have your picture and profile advertized is May 15th, 2009.

Any questions regarding the Nomination Procedure may be directed to our Nominating Committee Chairperson Kim van Wyk by calling (604) 430-1441

Membership Fees of \$10.00 must be paid before the Annual General Meeting



Garden in My Heart

I have a garden in my heart... Where friendly flowers grow... And each one has the gentle name... Of somebody I know... Their petals are the memories... Of passing smiles and tears... Their stems are sturdy shafts of love... That last throughout the years... I tend my garden carefully... And keep its beauty bright... Beneath a kindly sun by day... And faithful stars at night... The wind may blow, the snow may fall... The rain may gather gloom... But in the garden of my heart... The flowers always bloom... I do not ever pluck them for... The vases on my shelves... because I know they would not last... Or multiply themselves.

c. a. cartagena - march 1901/97

MAY 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
				1
		Mui Bach 1st Milton Murrill 8th Betty Tickell 9th Mary Murdoch 19th		10:30 Shopping Trip to Oakridge Mall <i>Lunch in Food Court No Lunch at the Centre</i> 1:00 Bingo
<i>Mexican Day Theme</i>				
4	5	6	7	8
10:30 Cinco De Mayo History and Trivia 11:30 Sit Fit 1:00 Piñata Party	10:30 Arts, Health, Seniors 11:30 Tai Chi 1:00 Drive to Queen Elizabeth Park & Mario Gelato's for Ice Cream	10:30 Famous Mothers Trivia 11:30 Sit Fit 1:00 Fashion Through the Ages 2:00 Mother's Day Tea (High Tea)	10:30 Memory Game 11:30 Sit Fit 1:00 A. Lions Den Concert B. Basic Mah Jong with Helen	10:30 Crossword Puzzle 11:30 Sit Fit 1:00 Bingo 2:00 Mother's Day Tea
			<i>Victoria Day Theme</i>	
11	<i>Election Day</i> 12	13	14	15
10:30 Election Fever 11:30 Sit Fit 1:00 3- Hole Golf	10:30 Arts, Health, Seniors 11:30 Gentle Yoga 1:00 Shopping Trip to Walmart	10:30 Pandora's Box 11:30 Tai Chi 1:00 Pool Noodle Hockey	10:30 Quaint Victorian Customs 11:30 Sit Fit 1:00 A. Victorian Games B. Mah Jong with Helen	10:30 Family Tree Activity 12:00 Mother's Day Tea 1:00 Bingo
18	19	20	21	22
CENTRE CLOSED	10:30 Arts, Health, Seniors 1:00 Tom Klopp Presentation on Representation Agreements	STEP OUT	10:30 Grab Bag Trivia 11:30 Sit Fit 1:00 A. Sing-a-long Crow City Singers B. Mah Jong with Helen	10:30 Special Day for Seniors at the Centre (Free Lunch; Registration Required 11:30 Tai Chi 1:00 Bingo
25	26	27	28	29
10:30 Remembering and Reminiscing 1950's 11:30 Sit Fit 1:00 Steve Warner Entertainment	10:30 Arts, Health, Seniors 11:30 Tai Chi 1:00 Musical Bingo	10:30 Scrambled Words 11:30 Sit Fit 1:00 Bean Bag Toss	10:30 Treasure Chest of Memories 11:30 Sit Fit 1:00 Farewell to Shirley with Entertainment by John Cronin	10:30 Trip to Stanley Park

Menu subject to change

MAY 2009 MENU

Mon	Tue	Wed	Thu	Fri
 				1
				Shopping Trip to Oakridge –Lunch at Oakridge Centre (No Lunch at the RCSS Centre)
4	5	6	7	8
Mexican Meal Surprise Tea/Coffee Dessert	Chicken Salad Sandwich Salad Tea/Coffee Dessert	Macaroni & Cheese Salad Tea/Coffee Dessert	Pork Roast Roasted Veggies Tea/Coffee Dessert	Mother's Day Lunch Tea/Coffee Dessert
11	12	13	14	15
Meatloaf Veggies Tea/Coffee Dessert	Tuna Casserole Salad Tea/Coffee Dessert	Chicken Breast Scallop Potatoes Veggies Tea/Coffee Dessert	Homemade Leek Potato Soup & Sandwich Tea/Coffee Dessert	Meatloaf Salad Tea/Coffee Dessert
18	19	20	21	22
Victoria Day Centre Closed	Roast Beef Scallop Potatoes Veggies Tea/Coffee Dessert	STEP OUT	Chicken Thighs Mashed Potatoes Veggies Tea/Coffee Dessert	Baked Salmon Baked Potato Salad Tea/Coffee Dessert
25	26	27	28	29
Homemade Soup & Sandwich Salad Tea/Coffee Dessert	Ham Potato Salad Tea/Coffee Cake	Chicken Salad Potatoes Tea/Coffee Dessert	Clam Chowder Tuna Meld Diced Tomatoes Tea/Coffee Dessert	Stanley Park Outing No Lunch at RCSS Centre



Centre Programs

3 Hole Golf

Take a swing at the ball and see if you can score a birdie.

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.

Bean Bag Toss

Ready, aim, bullseye! A fun target practice game that will keep you fit while having fun.

Bingo

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



Carpet Bowling

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

Cinco de Mayo History and Trivia

A Mexican theme day trivia game that will have you in the loop Mexican culture and history.

Crossword Puzzle

A puzzling game, but you will get some help ...don't worry.

Drive to Queen Elizabeth Park & Mario Gelato's for Ice Cream

I scream, we all scream for beautiful scenery and tasty ice cream.

Election Fever

It's voting time again! Learn the facts about election and make sure you cast your vote!

Entertainment by Steve Warner

Fun, dancing and music for all!

Farewell to Shirley with Entertainment by John Cronin

We will all be sad to see our dear friend Shirley go but let's make sure we show our appreciation for her with a fun, exciting farewell party.

Family Tree Activity

Where are your roots? Learn about your family name, your relatives and dig deep to learn some interesting facts about your family background.

Famous Mothers Trivia

We know that all you mothers at the centre are famous but find out about some other famous mothers in history.

Fashion thought the Ages

Think you are a fashionista? Well you may be up to date on today trends but discover where fashion has come. You may be able to pull out those old shoes from your closet because they might be in style again!

Gentle Yoga

Enjoy the benefits of gentle yoga with instructor MaryAnne.

Grab Bag Trivia

Fast fun facts...join in on this trivia game to get your brain racing.

Lions Den Concert

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

Mah Jong with Helen

Tired of Card Games? Well try a hand with a fun game of Mah Jong. If you don't know how to play Helen will gladly teach you.

Mother's Day Tea

Celebrate the wonderful women of the world! Share your favorite memories and stories about your mother.

Musical Bingo

Bingo with a musical flare...fill your bingo card and be the winner!

Piñata Party

Swing, bang...candy! Join us for fun a fiesta with some Mexican treats.

Pool Noodle Hockey

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

Shopping Trip to Walmart

Drop 'til you drop at Walmart

Sing-a-long with the Crow City Singers

The Crow City Singers will get your vocal cords working and you just may give Celine Dion a run for her money.

Sit Fit

Sit Fit is a good way to get our bodies moving while having fun at the same time! Everyday.

Bring a Friend Special Seniors' Day

Bring a friend for lunch at the centre and both of you eat for free. Registration is required. (Maximum 20 Seniors Only)

Remembering and Reminiscing 1950's

Times have changed! Take a look down memory lane and share in memories of the good old days.

Scrambled Words

Words will look funny when they are all MiXeD up!

Shopping Trip to Oakridge Mall

Join us on the first Friday of every month for a trip to the Mall. Do some shopping and will be having lunch in the food court.

Step Out

We will be all going out for a wonderful trip to a restaurant to enjoy some delectably delicious food.

Tai Chi with Sai

Fun, relaxing and an excellent exercise- Tai Chi has it all!

Trip to Stanley Park

This time of year is beautiful and what better way to enjoy in nature's beauty then at Stanley Park on May 29th.

Yarns of Fun with Lois

A new group led by Lois every Tuesday. Come join Lois and friends to have fun, chat and stitch a beautiful creation to enjoy as well.

Tom Klopp Presentation on Representation Agreements

Join us on May 19th at 1:00pm to learn all you need to know on representation agreements.

Treasure Chest of Memories

Memories never go old. Join us in sharing old memories while making new ones.

Quaint Victorian Customs

There are so many Victorian customs some of which you may want to adopt as your own.

***Stuart's Lunch Background Music**

Stuart will serenade us with sounds from the piano while we enjoy our lunch.

***Sarah's hand massages**

Having a stressful day? Unwind with a nice massage from Sarah!

***Irene's Nail Salon**

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

*Not listed on the calendar





Pondering From The Pantry

May, beautiful May. May is flowers everywhere, just a bit of warmth, baseball try-outs in the park across the street-love it!

It's coming a time to take my chair, blanket, book, lunch and a thermos of coffee to my favourite place, "Spanish Banks." The breeze can still be chilly there (thus the blanket) but the air is so very fresh, clean and good for the soul.

I've noticed the produce in the stores are looking great and are somewhat reasonably priced. Go to the grocery store and get some grainy bread, low fat cream cheese, a ripe red tomato, cucumber, lettuce, and oh... don't forget a red onion and make yourself one of the most addictive sandwiches ever. Make this yummy sandwich that is so good for you. If you find cucumbers at the grocery store are overly expensive, pick up a firm zucchini. Don't be afraid to mix and match foods because you may be pleasantly surprised about what kind of sandwich you will come up with. Happy Mother's Day to all the Ladies! If you are a mom, sister, auntie, grandma, cousin, best friend, or a special someone, have a good day. Take care and enjoy the moment.

'Til next time, Love Audrey

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



Audrey

Hello Everyone! Happy Spring!



Spring is here but it's got to be one of the coldest I can remember. I love to see and smell the blossoms and flowers coming out. This spring the Canucks are in the playoffs! How awesome is that? New beginnings some each spring and this year I am starting something new! I'm heading out to Alberta to be closer to my grandchildren, Alana and Jason.

I'll be leaving Renfrew Collingwood at the end of May and then out of town at the end of June.

Having been born and raised here all my life this change is exciting but scary at the same time. These past four years have been full of learning, laughter, tears and change and of course lots of good meals. We have shared a lot of lunches and brunches together and there hasn't been a meal that Audrey has made that I didn't like. I can't add up all of the tea and cookies I ingested here.

There's been Red Hat Day, St. Patrick's Day, Show and Tell, Hangman, lots of musicians, lots of dancing and clapping hands, crafts, snacks, Easter eggs, Pool Noodle hockey, step outs, bowling, sit fit, baking, puzzles, dogs and so much more. I'll be carrying a lot of wonderful memories of each and every one of you to Alberta. Trust me; my grandchildren will be hearing lots of wonderful stories.

I thank Audrey, Donna, Annitta, Mac and Janice for being such awesome people to work with. I have really enjoyed working here and being your nurse. If any of you are passing through Wainwright Alberta, give me a call or talk to one of the locals...they just might know me. The population is only six thousand five hundred.

Thank you for the memories,

Shirley



A Note from Annitta- “Brain Power”



Research shows that it's vital for people to stay engaged in stimulating mental activities in order to maintain good mental health. The activities you choose are not as important as continually choosing something to keep your mind engaged, so void taking the easy path of vegetating in front of the television. Make sure you do active things such as crossword puzzles, reading, working with your hands, etc. The scope of opportunity is endless. The whole point is to act on something rather than remain passive.

We often hear from you that one of the most beneficial and enjoyable aspects of attending Ren-Col are the socializing with others. Did you know socializing is the key to retaining mental acuity and fending off early memory loss? Many of you have commented that getting up and going out staves off depression and a sense of isolation. Research shows that seniors who stay engaged socially decline mentally 50% slower than a person who stays isolated.

Other aspects crucial in mental stimulation are the use of all your senses. It is one of the reasons we have activities such as “taste tests”, “tactile greens”, “Pandora's box”, “music in the morning” and other activities involving taste, touch, sight, hearing, and smell.

Physical activity such as exercising and playing active games also helps boost brain power. The feedback we've received from you consistently indicates that the exercise program at Ren-Col is one of your favorite things. Some of you thrive on learning new things and for others it's a real challenge. Did you know that you can “build new brain cells” by learning new skills? The harder or more challenging the activity, the more you're stimulating and invigorating it is for the brain. So make the effort to learn new skills, and reinforce well loved old ones. It will make you feel good!

Annitta

Member Profile



Sarah Davis

If you can't see Sarah, stop for a minute... Listen, and you will probably hear her. Every week Sarah comes to the centre, busting through the front doors whistling or singing a happy song. Sarah attributes her spunk and charisma to be qualities inherited from her mother. Sarah's mother was a performer and a singer during her life and Sarah thinks that she picked up her mother's creative talent naturally. When Carmen and Yoko come to do arts with all of you, Sarah's creativity shines. Although you can hear Sarah saying “I can't make that!” give her a little time and out pops an artistic masterpiece. Sarah has many other talents and skills and has always liked to try new things. Sarah tried her hand at many different jobs, such as working in a cigar factory, working with her brother at his machinery factory and was the first woman to be employed by Canada Safeway. Sarah enjoyed working at Safeway and remembers having the task of memorizing the price of each item in the entire supermarket. They didn't have the fancy machines that they have these days but Sarah's smarts made her a whiz at her job. Sarah has always been a smart cookie and was at the top of her class during her school years. Over the years, Sarah never stopped learning and self-educated herself by taking University courses and various educational programs. Sarah is smart, fun, and a delight to have at our centre. She may have recently celebrated her birthday but that doesn't mean she is getting older. Sarah's attitude and personality keeps her young and full of life. Sarah says that she will not slow down and keeps busy by coming to the centre each week to give massages, to help out and to be with all of her loving friends.



**SUITES NOW
AVAILABLE**

Chelsea Park in Vancouver

**Contact 604-838-5448 or www.newchelsea.ca
Toll Free 1-888-605-9900**

**Making a Difference
for more than 15 Years.**

**Serving Greater Vancouver
with certified caregivers:**

- Personal Care
- Nurse Visits and Footcare
- 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.
604-298-4663 www.RetireAtHome.com**



RETIRE-AT-HOMETM
SERVICES

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

 **BC CARE PROVIDERS
ASSOCIATION** www.bccare.ca
Advocating service excellence for seniors.



YourHealth. YourHome. YourChoice.

Upcoming Events



Announcements

Annual Membership Fees:
Member fees are due this
month- \$10.00

Tuesday, June 9th
10:30-2:30.

“It’s all About Me”-
Skytrain Safety with
Constable Heather Brown

Lunches

We provide take home
meals at a cost of \$3.50.
If you would like to
purchase a meal please pay
Janice.

Podiatrist,

Dr. Almas, will be at RCSS
June 3rd
10:30am- 11:30am



Spring Raffle Winners

Quilt- Mary Wadsworth #134
Comforter & Sheets- Teresa Sullivan #337
Bedspread & Sheets- Helen Noonan #331

Caregivers' Info Fair

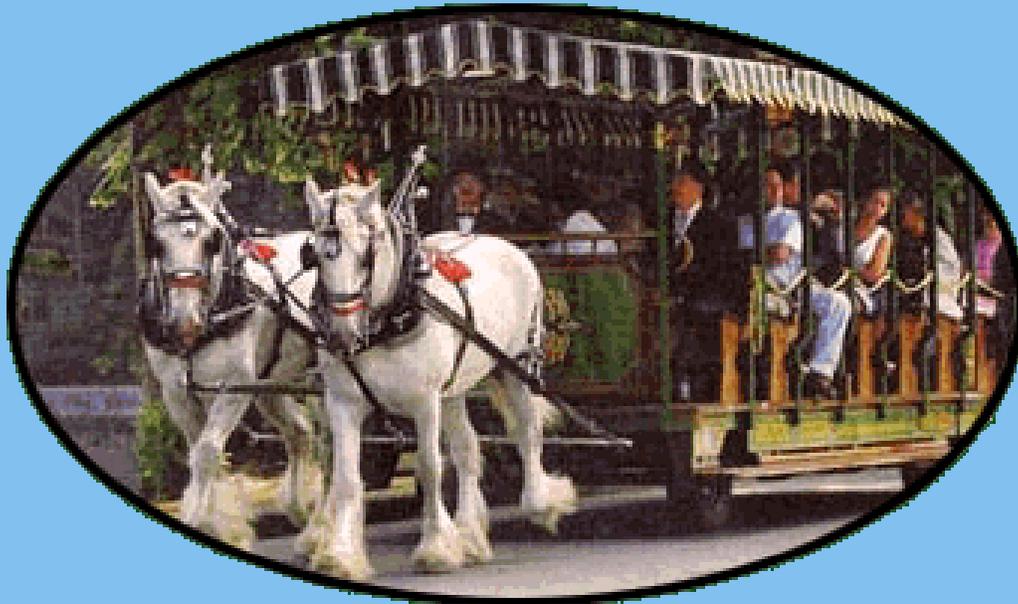
The Caregiver Association of BC presents
Caregivers: Get the Tools for your Journey

Saturday, May 9th 9:30-3:30pm
UBC, Robson Square

This free information resource fair will give you
the tools you need for the Caregivers' Journey.
Learn practical strategies to manage the
emotions of caregiving, how to access home
care services, tools to manage stress, how to
prevent falls, about Representation
Agreements, Living Options, and a wide variety
of resources to meet your specific needs.

To register for the Fair or for more information,
email Cindy Bouvet, CABC Fair Coordinator at
bouvetcindy@yahoo.ca
or contact 604-877-4683.

Trip to Stanley Park



Friday, May 29th 10:30-2:20

**Cost- \$ 20.00 for Members
\$ 25.00 for Non-members**



10:30- Departing the Centre

11:00- Visit to the Aquarium

12:00- Lunch

1:00- Horse Ride Tour of the Park

2:00- Returning to the Centre