

# JANUARY 2009 NEWSLETTER



HAPPY NEW YEAR

2009

"Taking Seniors to Heart"





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

Celebrating its 33rd 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 January 2009

## *Features*

<b>RCSS Management</b>	2
<b>Thoughts from the Board</b>	3
<b>Messages from Donna</b>	4
<b>A Minute with Mac</b>	4
<b>Stopping by with Shirley</b>	5
<b>Centre Programs</b>	6&7
<b>Program Calendar</b>	8
<b>Menu</b>	9
<b>Pondering from the Pantry</b>	10
<b>Member Profile</b>	11
<b>Announcement and Birthdays</b>	12



## New Volunteers

*Sayaka, Tomomi,  
Mai, Yoshimi,  
Yumiko, Michi, Kayo,  
Chris, Atsushi,  
Megumi, Manami*

# RCSS Management

## Board of Directors



Jim Park  
Chair



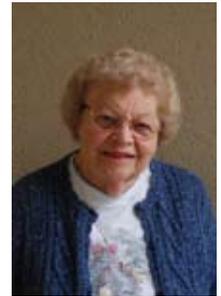
Kim Van Wyk  
Vice Chair



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



As chairperson of the Fundraising Committee, I want to take this opportunity to thank each and every one of you who has supported our E-Bike Raffle which was held

December 5th. Together with the support of our community, we managed to raise a little *over \$3000* which will go toward the costs of programming.

The lucky ticket holders of the raffle were:

- 1) Ticket # 0538- The Comforter Set- won by Eva Elliot (who wins more often?)
- 2) Ticket # 0759- The Sweater- won by Almero Van Wyk (a Board Member's father)
- 3) Ticket # 3054- The E-Bike Grand Prize- Colin Shadler

We will take a short break for this snowy holiday season, but are planning another raffle to be drawn April 3rd, 2009. We are very fortunate to have a quilt made by Emma Mittelsteadt's daughter, Hertha Hunter. This quilt was made stitch by stitch and will showcase as the star of our raffle! The second and third prizes will be a queen size bedspread and a queen size comforter, donated by Punjab Cloth Warehouse. Wouldn't it be nice to start of the spring with new bedding?

Ticket sales will commence in late January. Look for us also at Brentwood Town Centre and Champlain Mall.

*Marilyn Jennings*

## Raffle Buzz





## A Message from Donna....

**Happy New Year everybody!** I wish you all good health and prosperity in 2009!

It is the beginning of my second year here at the Centre and I am still very encouraged by the commitment and spirit of the participants, staff and board of directors. It is a marvelous place to work and I love spending my time with you. We have a lot in store for you in the coming year and I can not say it enough, your views are always welcomed and appreciated.

My main focus in the next couple of months will be on recruiting new members for our Community Days Program. It will help me a great deal if you would let me know of any possible candidates. If you live in a senior's complex, belong to a club or would like to have a friend over for tea here, I would gladly welcome those opportunities. I am also willing to go to your groups and do a presentation about the activities and services we offer. It is one of Vancouver's best kept secrets you know and the more people we touch, the more cohesive our community will be in the long run. We have a wonderful thing going here and my mission is to share it with all the seniors in the area.

If by chance you are looking for a cozy spot to celebrate a milestone birthday or anniversary, keep us in mind for those occasions. We can host parties at very reasonable rates and all the money raised from those gatherings will go in the fundraising kitty. You can also carve out a little section here for card games, knitting circles or quilting bees. The more the Centre is utilized the happier we are. So give me a call to discuss these social possibilities.

*Donna Clarke*



## **A MINUTE WITH MAC**

Best Wishes for a Prosperous New Year!

The New Year begins with lots of resolutions, but the most important ones are good health and good friends; wealth will follow!

### **Get Up 'N' Go!**

You can do it! Getting started is easier than you think. Get active your way, every day- for life! Time needed depends on effort. Starting slowly is very important and safe for most people. Some ways of getting active are by:

- 1) Walking- walk whenever you can/ do some easy gardening/ dance
- 2) Reducing Inactivity- try to limit watching television for extended periods
- 3) Staying Moving- Get up from the couch and stretch and bend for a few minutes every hour
- 4) Doing Activities you Enjoy- Keep doing the things you love but remember to know your limits and don't go beyond them.

### **Benefits of Regular Activity**

- Better Health
- Improved Fitness
- Better Posture & Balance
- Higher self-esteem
- Weight Control
- Stronger Muscles & Bones
- Feeling More Energetic
- Relaxation & Reduced Stress
- Continued Independent Living & Better Life

# Stopping by with Shirley



Happy New Year Everyone,

I hope everyone had lots of goodies, gift giving, and loving friends and family around. Now as we head into 2009 let's be like Calvin and Hobbes and go exploring. I looked up in the Oxford Dictionary the meaning of the word wonder. It means a feeling of surprise and admiration and curiosity. We have a brand new year ahead of us all. What surprises does life have in store for us? Sometimes it can be the smallest thing that really changes us and gives us another perspective on life. I know, I know, those old bones are getting harder and harder to get up and going. Oh how stiff and aching our joints can get at this time of year. We all need to keep active (physically and mentally). Another word that you should put to use in this New Year is the word explore, meaning to examine or to inquire about. Get out and explore new things!

What new things can we learn about? On the television the knowledge network has a lot of documentaries that are interesting to watch. Also there are courses for seniors to learn about such as the computer, the internet and e-mail. I have found in the past that the Renfrew-Collingwood library has a lot of courses for seniors. Also there are lots of DVD's and videos that will take you on a traveling adventure or engage you in a love story or perhaps a murder story. There's lots of clubs you may get involved with as well. There are so many ways we can enlarge our minds and bring more enjoyment into our lives. So let's go exploring and let's try something different.

Happy New Year 2009!

*Shirley Frank*



# Centre Programs

## **2008 Year in Review**

Take a look back at all of the events that took place this year. Tell us what about your most and least favorite events.

## **3-Hole Golf**

Challenge yourself and putt that ball in the hole. A whole lot of Fun for everyone!

## **All Things Scottish Trivia**

Learn about the Scottish and their traditions or share in some interesting facts with us all!

## **Arts, Health and Seniors**

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

## **Beach Volleyball**

Some arm raising fun! Toss the ball around and score some points on your opponent!

## **Bingo**

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

## **Bean Bag Toss**

Test your strength and coordination with this fun and challenging game. It's a game guaranteed to be fun for all!

## **Canadian Revenue Agency Presentation**

Join in an informative presentation to learn more about topics such as taxes, pensions, etc. Presented by Gregory Russell.

## **Carpet Bowling**

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

## **Chinese Lantern Making**

Create and decorate a beautiful Chinese lantern. It is sure to be a delight for the eyes!

## **Chinese New Year Theme Day**

This year is the Year of the Ox. Come learn about the Chinese holiday traditions and find out about your personality from knowing the year you were born.

## **"Dress Up" New Year's Race**

A fun race against the clock. This game will get you moving and is guaranteed to make you laugh out loud.

## **Entertainment by Pete Campbell**

Listen to some lovely music that will get you feeling merrier than ever!

## **Famous Faces Memory Game**

Test your memory skills and see if you can recognize some famous faces.

## **Family Feud**

A thought provoking game that is true competitive fun

## **"First Time for Everything"**

Go out on a limb! Try something new and take a chance by engaging in a challenge!

## **Fun Fact Trivia**

Get your minds working with some interesting and fun facts!

## **Folk Song Review**

Listen to some classic and new folk songs and enjoy hearing some quirky lyrics.

## **Golden Anniversary Trivia**

Quiz yourself on everything GOLD!

## **Horse Racing**

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

## **Jeopardy**

What is- a really fun game?

## **Lions Den**

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

## **Piano Enjoyment with Stuart Martin**

A serenade of a selection of love songs.

\*Jan. 9th, Jan. 20th, Jan 28th at Noon

## Picture Bingo

The Bingo game we all love to play with a visual twist.



## Pool Noodle Hockey

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

## Martin Luther King Day

“I have a dream”

Take a walk down memory lane and reflect on the famous speech made by Martin Luther King.

## Mystery Trip

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

## Musical Bingo

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

## New Year's Jeopardy

Jeopardy with a new flare! Look back at 2008 and risk it all in the daily double.

## 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!

## “Not my New Year's Resolution”

We all know what your resolution was going to be... well tell us what you are not going to give up and why you would never give it up! If you have a resolution tell us what it will be.

## 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

## Table Games

Sit around the table and challenge your friends to some classic games.

## Tai Chi with Sai

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

## Traditional Chinese Games

Have some fun and join in some interesting games that go back many centuries in the Chinese tradition.

## Year in Review

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

## Windermere Choir

Listen to angelic voices singing a lovely song collection

## “Wheel of Fortune”

Come join in a round of Wheel of Fortune! featuring Annitta as our very own Vanna White.

## \*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

\*Not listed on the calendar



# JANUARY 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
			<b>1</b> <i>New Year's Day</i>  <b>CLOSED</b>	<b>2</b> <b>10:30</b> Year in Review <b>11:30</b> Sit Fit <b>1:00</b> Bingo
<b>5</b> <b>10:30</b> "Not my New Year's Resolution" <b>11:30</b> Sit Fit <b>1:00</b> Carpet Bowling	<b>6</b> <b>10:30</b> AHS <b>11:30</b> Sit Fit <b>1:00</b> Family Feud	<b>7</b> <b>10:30</b> Golden Anniversary Trivia <b>11:30</b> Tai Chi <b>1:00</b> Picture Bingo	<b>8</b> <b>10:30</b> "Dress Up" New Year's Race <b>11:30</b> Sit Fit <b>1:00</b> Lion's Den & Table Games	<b>9</b> <b>10:30</b> New Year's Jeopardy <b>11:30</b> Sit Fit <b>1:00</b> Bingo
<b>12</b> <b>10:30</b> "First Time for Everything" <b>11:30</b> Sit Fit <b>1:00</b> Beach Volleyball	<b>13</b> <b>10:30</b> AHS <b>11:30</b> Sit Fit <b>1:00</b> Mystery Trip (Weather Permitting)	<b>14</b> <b>10:30</b> Chinese Lantern Making <b>11:30</b> Sit Fit <b>1:00</b> Table Games	<b>15</b> <b>10:30</b> Windermere <b>11:30</b> Sit Fit <b>1:00</b> 3-Hole Gold	<b>16</b> <b>10:30</b> News & Views <b>11:30</b> Sit Fit <b>1:00</b> Canadian Revenue Agency Presentation
<b>19</b> <b>10:30</b> Martin Luther King Day "I have a dream" <b>11:30</b> Sit Fit <b>1:00</b> Pool Noodle Hockey	<b>20</b> <b>10:30</b> AHS <b>11:30</b> Sit Fit <b>1:00</b> Carpet Bowling	<b>21</b> <b>10:30</b> "Folk Song Review" <b>11:30</b> Sit Fit <b>1:00</b> Table Games	<b>22</b> <b>10:30</b> Chinese New Year Theme Day <b>11:30</b> Sit Fit <b>1:00</b> Traditional Chinese Games	<b>23</b> <b>10:30</b> Fun Fact Trivia <b>11:30</b> Sit Fit <b>1:00</b> Bingo
<b>26</b> <b>10:30</b> "All Things Scottish Trivia" <b>11:30</b> Sit Fit <b>1:00</b> 3-Hole Golf	<b>27</b> <b>10:30</b> AHS <b>11:30</b> Sit Fit <b>1:00</b> Musical Bingo	<b>28</b> <b>10:30</b> Wheel of Fortune <b>11:30</b> Sit Fit <b>1:00</b> Bean Bag Toss	<b>29</b> <b>10:30</b> Jeopardy <b>11:30</b> Sit Fit <b>1:00</b> Horse Racing	<b>30</b> <b>10:30</b> Famous Faces Memory Game <b>11:30</b> Sit Fit <b>1:00</b> Bingo

# JANUARY 2009 MENU

Menu subject to change

Mon	Tue	Wed	Thu	Fri
			<b>1</b> <i>New Year's Day</i> <b>CLOSED</b>	<b>2</b> Fish Stew Noodles Salad Dessert
<b>5</b> Meatloaf Potatoes Veggies Tart	<b>6</b> Pasta Beef Salad Roll Dessert	<b>7</b> Chicken Thigh Potato Fresh Veggies Dessert	<b>8</b> Pizza Salad Fruit	<b>9</b> Quiche Salad Brown Bread Dessert
<b>12</b> Fresh Fish Scallop Potatoes Veggies Dessert	<b>13</b> Beef Dip Salad Fruit	<b>14</b> Macaroni & Cheese Salad Jello	<b>15</b> Chicken Legs Potato Squash Sliced Tomato Dessert	<b>16</b> Vegetarian Entrée Fresh Fruit
<b>19</b> Pea Soup Sandwich Dessert	<b>20</b> Clam Chowder Tuna Melt Fruit	<b>21</b> Meatballs Noodles Vegetables Cookies	<b>22</b> Tortellini with Cheese Sauce Green Salad Jello	<b>23</b> Chicken Pot Pie Biscuit Topping Sliced Tomato Dessert
<b>26</b> Special Chinese Meal Dessert	<b>27</b> Vegetarian Veggie Curry over Rice Fruit	<b>28</b> Curried Shrimp Vegetables Dessert	<b>29</b> Beef Stew Roll Fruit	<b>30</b> Spaghetti Garlic Bread Tart





## Pondering From The Pantry

Ponder this- "With hope in your heart, nothing is impossible!"

Can you imagine- one year until Olympics! It only seems like yesterday it was awarded to B.C. The other evening my son took me to see "Beauty and the Beast" (wonderful) and we went past City Hall on our way there. The Olympic and Paralympics flags were blowing in the wind. They were standing straight out with just a slight ripple and were all lit up. This really brought home to me that "wow" we were no longer a small city but a world class metropolis in a truly beautiful setting.

My hope for us all is that 2009 will bring good health, happiness and all that you could wish for (in moderation). 2008 for many of us was not a very happy or good year but that is now behind us. Please remember to look after yourselves. Make sure that you drink lots of fluids, eat well, sleep well and you will be well. We will start printing recipes as we go into spring. Right now is soup and stew time. Soup is easy-lots of veggies, some water, some form of protein, pepper, salt and any other herbs and/or spices. Let the soup simmer for the afternoon and enjoy it with a whole wheat bun with cheese (there's your protein) and presto! Easy eh?

Take care,

.....'til next year



*Audrey*

## The Leader in Personal Response & Support Services



604-872-5433

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](http://www.lifeline.ca)

## 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.**

# Member Profile- Frank Kish

Born to a German-Hungarian family in the 1940s in Saskatchewan, Frank moved to the West Coast with his family in 1950s. Cubs, scouts, cadets, and the Reserves were some of the many affiliations he belonged to. He was particularly fond of being in the Royal Legion, where he enjoyed marching. Aside from these activities, he held his job as a truck driver for forty-two long years, driving oil trucks, semi-trailers, and ocean trailers. From going sideways down a hill in slippery winter condition to driving across the Port Mann Bridge when he had a stroke (“not hitting a single soul”), he has stories built up from being on the road for close to fifty years.

His love for vehicles and the road led him to foster an interest in plastic model and life size cars. His interest extended to participating in auto shows in which he has won many awards and trophies. Having had

customized his 1930 Model “A” Plymouth V8 Engine Roadster (i.e. convertible top) Pickup (a definite mouthful), Frank won a six-foot tall trophy for “People’s Choice – Best in its Class’ in the early 1960s. Fittingly, he considers himself an “ardent car buff” and a “hot rodder”.

Although Frank sold his Roadster pick up when his son was born, he can tell you that his award-winning vehicle is currently at the 100 mile house. Currently living with his son and his wife of forty three years, Frank has a \$17 remnant of his younger “wilder” days on his right forearm—a tattoo with the word “mother” on it. Frank continues to thank the tattooist who made the recommendation to put mother instead of his past girlfriend’s name as he speaks fondly of his beloved loving wife who takes care of him.

Frank is a wonderful active member who helps other members out at the centre. He once said, “they [doctors] said I wouldn’t be able to walk again; however, I’m not only walking, but still enjoying life.” This only demonstrates Frank’s young and unwavering spirit.



## 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**

# Announcement

Eva Elliott	9th
Marguerite Reilly	10th
Jean Leong	21st
Laura Park	27th
Art Wong	28th

## January 2009



### 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**



Renfrew Collingwood Seniors' Society would like to thank our members and their families for their donations and gifts this holiday season.

We greatly appreciate your generosity and support of our center. Renfrew- Collingwood is sure to benefit from your kind contributions.

*Thank you!*



# PUNJAB CLOTH WAREHOUSE

Renfrew-Collingwood Seniors' Society would like to thank the Punjab Cloth Warehouse for their charitable donation.



The Punjab Cloth Warehouse is the largest South Asian store in Vancouver at 25,000 sq ft. 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 gift to seniors with any purchase.



We are located at 8430 128th Street Surrey, British Columbia V3W 4G 3  
Ph: 604-502-8786

# *NEW RAFFLE*



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!