

JULY 2008 NEWSLETTER



*"Taking Seniors to Heart"*



# **RENFREW COLLINGWOOD SENIORS' SOCIETY**



## 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



"Taking Seniors to Heart"



# 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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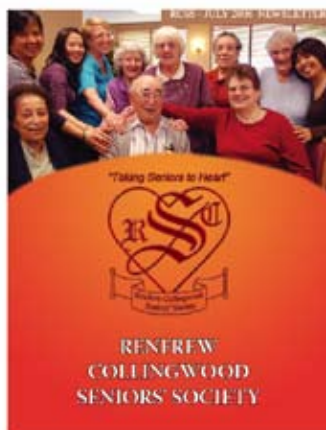
Written articles and requests to this  
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# Renfrew-Collingwood Seniors' Society Newsletter July 2007

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Cover:  
Birthday Celebration at RCSS  
Photo: Tehya Mackenzie  
Designed by Pam Gervacio

# RCSS Management

## 2008-2009 Board of Directors



Coral Heron



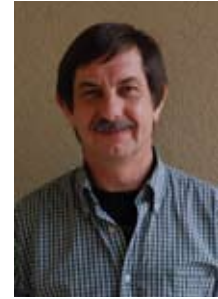
Lorraine Abrams



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Laura Park



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## 2008-2009 Staff



Donna Clarke



Annitta Unger



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Shirley Frank



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Student



Tehya Mackenzie  
Student



## A Message from Donna....

The annual general meeting was a huge success. Thanks to all of you that attended.

There were seventy members and ten observers at the meeting. Included in the observer count was the staff for the very first time. They were a welcomed addition and their presence added to the ambiance. Many people commented on the professional running of the meeting, the strengths and enthusiasm of the candidates competing for the Board positions and the overall social atmosphere. It was the longest recorded meeting of the Society but the prize draws and wonderful food made it feel like a party instead of a business meeting. I am very proud of the seniors who showed up to have their say and to the ones that ran and were elected to the Board. We now have at least three seniors (maybe more depending on your definition of senior) on our Board and I can not stress how important that is for the understanding of the issues at hand. Who better to present the challenges we face in our organization than the individuals who are experiencing them?

The only male is a son of one of the seniors who has come to the centre for more than twelve years and he is aware of the benefit that our organization plays in his Mom's life. We also have two young women who are doing their masters in Health Administration, the third one working on her doctorate in nursing, another professional who is working at a seniors' care centre, a previous President and the interim Executive Director of Renfrew-Collingwood Seniors Society. So we should celebrate our achievement in getting such a well-balanced,

qualified Board of Directors.

On another note, we are working on improving our newsletter while we have the students here throughout the summer. We would like your feedback on its' new look. Any suggestions or comments are always welcome.

One of the areas we would like to incorporate in upcoming editions is a section devoted to the members. The Guess Who Contest is a game where the seniors bring in a baby picture that will published in our newsletter and the other seniors guess who it is with three hints provided. The following month there will be a write-up of the person with a current picture of the member. This will be the Member Profile Section where we tell you a little bit about the senior. The hope is that these write-ups will form part of a bigger project; our history book. So start looking for those baby pictures.

If anyone has a problem with pictures or stories being published please let me know. If you would like to participate we will have a waiver for you to sign. I am looking forward to bringing this from an idea to a routine in our monthly publication.

Thanking you in advance for your support,

*Donna*

# 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



## Bingo

Nerve-racking maybe, but fun absolutely! Always a favourite here at RCSS, Bingo is a nice way to finish up the week.

Every Friday Afternoon at 1:00

## Carpet Bowling

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

Monday July 14th at 1:00

## Pool Noodle Hockey

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

Wednesday July 9th at 1:00

Tuesday July 29th at 1:00



## Sarah's hand massages

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

## Stuart's Lunch Concert

The lovely sounds of the piano serenade us as we eat lunch...

Thursday July 3rd, 12:00

Wednesday July 9, 12:00

Friday July 18, 12:00

Tuesday July 22, 12:00



## Tai Chi with Sai

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

Friday July 4th at 10:30

## Happy Feet with Shirley

Foot care 101! The lovely Shirley shows us what pampering our feet is all about.

## Fresh Air Stroll

Perhaps a stroll around the park, the library, or around the block... fresh air is good for the body and the soul! Even if this is not scheduled, ask Mac, Annitta or Michelle if the mood strikes you.

Tuesday July 22nd at 1:00

## Entertainment

From Lorraine Smith on piano to Johnny Hzu on Saxophone, all our entertainers are highly skilled and committed to showing us a good time!

Lorraine Smith- Monday 7th, 1:00-2:00

John Cronin- Wednesday 16th, 1:00-2:00

Pete Campbell- Thursday 28th, 1:00-2:00





### **Treasure Chest of Memories**

Reminisce and share stories of your life with you friends.

Wednesday July 16th at 10:30

Monday July 28th at 10:30

### **3-Hole Golf**

Test your golf skills, 3-hole style!

Monday July 28th, 1:00

### **NamIt's**

A new game for us to enjoy, it stimulates our brains for optimal mental health!

Wednesday July 9th, 10:30

### **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!

Friday July 11th, 10:30

Friday July 18th, 10:30

Friday July 25th, 10:30

### **Shake Awake your Taste**

A steady diet of fun and laughter is on the menu when this new game is played!

Monday July 14th, 10:30

### **Company's Coming**

Visitors are exciting- but what excites them? We answer the question: Where to take guests in Vancouver?

Monday July 7th, 10:30

### **Fall Prevention**

Learn new strengthening exercises, and talk to a student trained in helping you prevent falling accidents.

Thursday July 22nd & 24th, 1:00- 2:30

### **Travel Jeopardy**

What is-A new take on the old game?

Thursday July 3rd, 10:30

Tuesday July 29th, 10:30

### **Musical Bingo**

Still fun, but harmonious as well!

Monday July 21st, 1:00

### **West Coast Arm Chair Excursion**

Visit the West Coast from your own chair! This video let's us do it.

Thursday July 17th, 10:30

### **Adriano Gentile**

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

Tuesday July 29th, 1:00



# Upcoming Events

Come and Take part in some fun summer activities. Meal will include: Chicken, Potato Salad, mixed green salad, crusty roll, watermelon and a beverage. Games & Prizes.

This Event will take place Rain or Shine! Please buy your ticket before July 23rd.



Renfrew Park Community Centre Presents

## FAMILY BBQ IN THE PARK!

Wednesday July 30th. 1:00- 5:00 pm. \$4.00/person

A **B**ig RenColl **W**elcome to *Kulwant*, who will be joining us as a program coordinator while Mac takes a well-deserved vacation!

*Kulwant* will be with us starting in Early July. Welcome!

### Fall Prevention Presentation

**July 22 & 24, 1:00**

A group of University and High School Students will be here to meet with us. They will help us to understand the best ways to prevent falls on an individual basis. Someone will also be here to teach us exercises we can do at home to strengthen our bodies, also helping us to prevent falling.

### Step Out!

This month's bus trip is a trip to Red Robin Restaurant. We will be going on **Wednesday, July 23rd**. See Mac for a list of delicious meal options!



### Renfrew Community Centre Seniors' Appreciation Day Tuesday, July 8.

Folks from the Renfrew Community Centre will be joining us for afternoon tea and entertainment. It promises to be a lot of fun!





# July 2008

# Programs

Mon	Tue	Wed	Thu	Fri
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>CLOSED</b>  Canada Day	10:30 Canadiana Quiz Vacations Revisited 11:30 Sit Fit 1:00 Vacation Collage Mural	10:30 Travel Jeopardy 11:30 Sit Fit 12:00 Stuart's Lunch Concert 1:00 Vacation Collage Mural	10:30 Tai Chi with Sai 11:30 Sit Fit 1:00 Bingo
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:30 Company's Coming Stanley Park video 11:30 Sit Fit 1:00 Lorraine Smith	11:30 Sit Fit 1:00 Renfrew Community Centre Seniors Appreciation Day	10:30 NAMIT's 11:30 Sit Fit 12:00 Stuart's Lunch Concert 1:00 Pool Noodle Hockey	10:00 "Visit to the Philippines" 11:30 Sit Fit 12:45-1:45 Filipino Golden Dancers	10:30 News & Views 11:30 Sit Fit 1:00 Bingo
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:30 "Shake Away Your Taste" 11:30 Sit Fit 1:00 Carpet Bowling	11:15 Sit Fit 12:15- 2:00 Queen Elizabeth MacMillan Conservatory	10:30 Treasure Chest of Memories 11:30 Sit Fit 1:00 John Cronin	10:30 "West Coast Armchair Excursion" 11:30 Sit Fit 1:00 Fresh Air Stroll	10:30 News & Views 11:30 Sit Fit 12:00 Stuart's Lunch Concert 1:00 Bingo
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:30 "Cruise" Alaska 11:30 Sit Fit 1:00 Musical Bingo	10:30 20 Questions 11:30 Sit Fit 12:00 Stuart's Lunch Concert 1:00 Fall Prevention	11:00 Step Out Red Robin Restaurant	10:30 "Cruise" Alaska 11:30 Sit Fit 1:00 Fall Prevention	10:30 News & Views 11:30 Sit Fit 1:00 Bingo
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
10:30 Treasure Chest of Memories 11:30 Sit Fit 1:00 3-hole golf	10:30 Travel Jeopardy 11:30 Sit Fit 1:00 Adriano Gentile	11:00 Renfrew Community Centre Family BBQ	10:30 B.C. Jeopardy 11:30 Sit Fit 12:45-1:45 Pete Campbell	

# July 2008

# Menu

Mon	Tue	Wed	Thu	Fri
	<p style="text-align: right;"><b>1</b></p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Canada Day</p>	<p style="text-align: right;"><b>2</b></p> <p>Canada Day Chicken Burger Fries Root Beer Float</p>	<p style="text-align: right;"><b>3</b></p> <p>Pineapple Pork Rice Roast Veggies</p>	<p style="text-align: right;"><b>4</b></p> <p>Pancakes and Bacon</p>
<p style="text-align: right;"><b>7</b></p> <p>Fish Scalloped Potatoes Veggies</p>	<p style="text-align: right;"><b>8</b></p> <p>Moroccan Stew Over Rice</p>	<p style="text-align: right;"><b>9</b></p> <p>Breakfast Sausage Frittata Salad</p>	<p style="text-align: right;"><b>10</b></p> <p>Soup Tuna Melt</p>	<p style="text-align: right;"><b>11</b></p> <p>2 Cheese and Ham Grilled Sandwich Salad</p>
<p style="text-align: right;"><b>14</b></p> <p>Chicken Thighs with Gravy Veggies</p>	<p style="text-align: right;"><b>15</b></p> <p>Fish and Fries * Early Lunch- 11:45</p>	<p style="text-align: right;"><b>16</b></p> <p>Spaghetti Garlic Bread Salad</p>	<p style="text-align: right;"><b>17</b></p> <p>Chicken Legs Salad Potato Patties Veggies</p>	<p style="text-align: right;"><b>18</b></p> <p>Meat Balls over Pasta Veggies</p>
<p style="text-align: right;"><b>21</b></p> <p>Chicken Patties Mashed Potatoes Veggies</p>	<p style="text-align: right;"><b>22</b></p> <p>Pork Roast with Apple Sauce Mashed Potatoes Veggies</p>	<p style="text-align: right;"><b>23</b></p> <p>Bus Outing</p>	<p style="text-align: right;"><b>24</b></p> <p>Meat Loaf Mashed Potatoes Veggies</p>	<p style="text-align: right;"><b>25</b></p> <p>Cheese Burger and Fries</p>
<p style="text-align: right;"><b>28</b></p> <p>Beef Sausage with Sauerkraut Veggies</p>	<p style="text-align: right;"><b>29</b></p> <p>Beef Pies Mashed Potatoes Veggies</p>	<p style="text-align: right;"><b>30</b></p> <p>Renfrew Community Centre Family BBQ! (No lunch served here)</p>	<p style="text-align: right;"><b>31</b></p> <p>Fish Scalloped Potatoes Fries</p>	



## Pondering From The Pantry

Ponder this: The real reason for long summer days and short winter days is that heat expands and cold contracts (think on it!).

Hi;

Well, our poor old newsletter has taken on a modern, slick appearance- one I'm sure we will all enjoy. It just shows that there is lots of life in the old girl yet! I, for one, am very pleased with it. I only have one teensy problem. The monthly menu. I always have months done in advance but it is just as an outline and I add and subtract depending on who's here, availability and whim. What you see is basically what you'll get. The August menu will be more in depth (I hope). This is a learning experience for us all.

I personally wish to welcome May into the fold. She is a volunteer in the kitchen on Thursdays and between her and Fanny I have to get out of the way. She has been volunteering for quite a few years- we are extremely fortunate to have her. Please welcome her as many of you have already.

I don't know about you, I love anything with lemon. A shot of lemon juice and a dash of olive oil on a side salad- yum! Grate lemon peel (just the yellow) and add it with the juice and oil- double yum!! Here is an easy lemon cheesecake recipe which is light and creamy. It is sort of a company dish. But leftovers (if there are any) are yours- all yours! You can save 70 calories, 9 g total fat including 6g saturated fat per serving by using light cream cheese, light sour cream and 4 egg whites. Try it, you'll like it.

Pre time: 20 minutes  
including refrigerating)

Total time: 5 hours (in-  
cluding refrigerating)

- 2 cups Honey Maid graham crumbs
- 6 Tbsp. Butter, melted
- 4 pkg. (250 g each) Philadelphia Brick Cream Cheese, softened
- 1 cup sugar
- 1 cup sour cream
- Grated peel and juice from 1 lemon
- 4 Eggs

PREHEAT oven to 325 degrees F. Mix graham crumbs and butter. Reserve ¼ cup of the crumb mixture; press remaining crumb mixture firmly onto bottom of 13x9-inch baking pan. Set aside.

BEAT cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add sour cream; mix well. Stir in lemon peel and juice. Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Pour over crust; sprinkle with reserved ¼ cup crumb mixture.

BAKE 40 min. or until centre is almost set. Refrigerate at least 4 hours or overnight. Store in refrigerator. Makes 16 servings, 1 piece each.

If you have suggestions or things you would like to see in your newsletter let a staff person know and we will check it out.

'till next time.....







## Message from Shirley...

Hi Everyone,

I find it hard to believe that I've been around Renfrew-Collingwood for just over 3 years now. It's never been such a happening place as it has been this past year. We've had an awesome interim Executive Director, and now an awesome new Executive Director. And at the end of the May, you elected a new board.

Just to remind those of you that are going through transitions in your own lives or are involved with transitions in you family's lives as well, we have a caregivers Share & Care the second Thursday of each month.

This summer I'm grateful to have Michelle helping me out. She's a UBC Graduate in Biology. She'll be going into a nursing program this coming September. She has such a wonderful caring personality that she'll make a terrific nurse.

If there is anything you have questions about I'll be glad to answer them. And if I don't know, I'll just click on to the internet and find out that way.

*- Shirley*

# Member Profile

Milton Raphael Murrill (known in Show Business as Milton Merle) was born in Newark, New Jersey (in his opinion, the “armpit of the world”) in 1924. Music ran deep in his family; his mother was a pianist who would rehearse songs with him for church. In kindergarten, he would lead the class in songs, and joined his church’s choir at a young age. He says that “Music kept me close to my mother- I was a Ma-ma’s boy”.

He enlisted in the Navy as a young man; It was here that he met the people who would eventually make him realize that music was his calling. Many jazz musicians of the time-including band members of Count Basie, Duke Ellington, and Ella Fitzgerald-were in the Service as well, and befriended Milton; they encouraged him to take his music to a professional level. With the help and coaching of Matthew Rivers (who played in Ella Fitzgerald’s band) and some of the other musicians, Milton joined the Navy Jazz band and Orchestra. This brought many opportunities, including the one that would finally convince Milton that he was meant for show business. While touring Navy bases around the U.S., playing Friday night concerts, Milton met Susan Hayward. When he came off the stage, she told him to find her when he got out of the service, and she would help him get his voice heard. He did just that, and had a long singing career for Billy Ward and the Dominoes. Their song “Sixty Minute Man” was only one of many hits, and the band are inductees into the Rock and Roll Hall of Fame. Milton speaks fondly of his Showbiz days, but more fondly of his wife Ruby and his children.





## *Tips to prevent Heat Stroke during the hot summer months...*

- Try to stay indoors, in an air conditioned environment, during the hottest times of the day.
- Drinking water is key! Try to drink as much as you can. Avoid drinking tea, coffee and alcohol, as they will dehydrate you. Start drinking water before you go outside; as soon as you are thirsty, you're already dehydrated!
- Wear a hat or use an umbrella to protect yourself from the harmful rays of the sun.
- Wear light-coloured, loose fitting clothing- dark colours absorb the sun more.
- Wear sunscreen on any areas that could be exposed to the sun! And re-apply the sunscreen often.
- Check with your doctor about the effects of the sun interfering with any medication you may be taking; some medicines interfere with your body's temperature regulators.

### *Visit to Roundhouse Community Centre*

The day started like any other for most of us, but quickly it became clear that it would prove to be much more exciting than an average day! The bus (a big one at that!) picked us up and took us to the Roundhouse Community Centre. There we were offered tea, coffee, and an array of yummy muffins and other snacks. We soon went into the theatre to see the presentations of what seniors in the city had created.

Artsway for Seniors was created to showcase the artistic talents of the community's seniors. And that it did! We saw many examples of how people interpreted art, and their individual efforts to express themselves. A highlight was a play, after which a video made by Carmen showing our efforts was shown. It was exciting to see our hard work recognized, and thrilling to see our art pieces displayed for everyone to see. It was especially fun to see the drawings of us by the kids at Nootka Elementary.

Many thanks to both Carmen and Yoko for running such fun workshops for us. The opportunity to be a part of the final celebration of our weeks of fun and hard work was wonderful, and rewarding. And lunch was delicious too! All in all it was a very nice day out, and a great opportunity to meet people from around the city who contributed to the Seniors Art Week Program.

### *Birthdays in July*



July 2nd	Adeline Eisner
July 8th	Laura Van Hombeek
July 9th	Adelia Diottavio
July 20th	Marie Hoy
July 22nd	Fanny Chong
July 28th	May RoZario
July 31st	Josephine Naples









