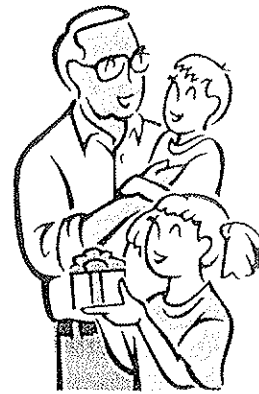


June

2008

# The Ren-Coll Rambler



*Renfrew-Collingwood Seniors' Society*

*'Taking Seniors to Heart'*

2970 East 22<sup>nd</sup> Avenue, Vancouver, B.C., V5M 2Y4

Phone/Facsimile: (604) 430-1441

Website: [www.rencollseniors.ca](http://www.rencollseniors.ca) Email: [rencollsr@aol.com](mailto:rencollsr@aol.com)

Message from Donna.....

Well here we are half way through the year and summer is finally here. One of our accomplishments recently was to get a Summer Student Grant and that translated into getting the funding to hire two students. We have hired two lovely young women; Michelle as a Programming Assistant and Tehya as a Newsletter Assistant. They will be with us until the end of August. So please join me in welcoming them as they are a wonderful asset to our organization.

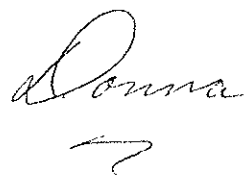
The past month or so has also brought us a few excellent, new volunteers, Layla, Christine, Claudia, Gloria, Dorothy, Elaine, Tomoko, and Machiko. They too have enhanced our ability to offer more options in programming, one-on-one activities and new energy. Welcome to these women as well.

Volunteers are crucial in the running of the Centre and we have been fortunate enough over the years to have regular, committed, long- term volunteers. During volunteer week (last week of April) we honoured the devoted men and women who have made valuable contributions to the organization. Some of them have gone beyond the call of duty on many occasions and should be thanked publicly. They are as follows; Laura, Bob, Francis, Sarah, Fanny, Gigi, Irene, Stuart, and Madeline. Thanks again for your amazing work.

The Board members of the Society are also volunteers and they have worked endless hours over the years. We will have some significant changes at the AGM on May 31<sup>st</sup> as six of our current Board members are stepping down. I would like to extend a word of thanks to the following people; Mike, Ella, Sev, Peggy, Donna and Valerie for their commitment to the Society. For those who are seeking re-election Alice, Deb, Jan, and Terri good luck and thank you for your work over the years.

Speaking of the AGM please make sure you come on Saturday, May 31<sup>st</sup> at 11:00 a.m. It is so important to be part of that annual event. This year the staff will be present to meet your family members and there will be some goodies served at noon so we can socialize and meet the new Board members. Rides will be available so let us know if you need one.

I will be away for a couple of weeks in June; most of which I will spend in Newfoundland with my aging parents.

A handwritten signature in cursive script that reads "Donna". Below the signature is a small, simple arrow pointing to the right.

## Member's Corner

### What Renfrew-Collingwood Seniors' Society Means to Me:



May 20/2008.

To the Staff  
at Collingwood's

My mother is being placed  
in long term care so  
that she has more care.

Thank you for supporting  
her with activities and  
companionship. The program  
is very well run and  
I appreciate the kindness  
and care you have shown  
my mother.

Best wishes to all of you  
in continuing your well  
needed services in the  
community.

Yours truly,

Richard  
(Mabel's daughter)

Hi Everyone!

looks like spring has finally poked its face out and just right around the corner is Summer. Bring on those shades and sun tan lotion!! My article for June is a little more serious than some of my other articles. This June is the 6<sup>th</sup> Anniversary of the World Elder Abuse Awareness month. June 15<sup>th</sup> is the day to remember. At Renfrew Collingwood we do take our Seniors to heart. Shirley

#### ARTICLE: HOW TO PREVENT "ELDER ABUSE"

I'm sure many of you have heard the tragic story of Brooke Astor, the multimillionaire New York socialite who is alleged to have been mistreated by her son, who controls her \$45 million portfolio. Obviously this case is making the headlines because of her celebrity and it's easy - even comforting - to believe that this sort of abuse only happens when there are vast sums of money involved.

Elder abuse is possible because it happens to the frailest and most vulnerable - especially if there is dementia and those who are isolated because the abuser lives with them and can keep them inaccessible and controlled.

#### WHAT IS "ELDER ABUSE?"

According to the Department for the Aging, unlike one-time crimes that are perpetrated by con artists and over-zealous telemarketers, elder abuse escalates over time, moves from one level of abuse to another or can be a combination of abuses. It is defined as:

The infliction of physical pain or injury, or physical coercion (and confinement against one's will). For example:

- Malnourished or dehydrated
- Improperly cared for wounds
- Bruises in shapes of objects (eg: hand, belt)
- Wears torn, stained, or bloody clothing
- Injuries that do not match explanations

The infliction of mental anguish including demeaning, name calling, treating as a child, insulting, ignoring, threatening, and isolating and the refusal or failure to fulfill a caretaking obligation, including abandonment, non-provision of food or health-related services. For example:

- Sudden isolation from family/friends
- Prohibited from using the telephone
- Has no opportunity to speak for self
- Prohibited from leaving room/home
- Contact prohibited with family or friends
- Inadequate clothing or personal care items when there seems to be enough money
- Mistreated or abused animals

And the illegal or unethical exploitation and/or use of funds or other assets of the elderly person. For example:

- Missing funds or valuables
- Unpaid bills or rent
- ATM used by a bed-bound person
- Newly opened joint banking account
- Unexpectedly large cash withdrawals
- Property or savings are mismanaged
- Abrupt changes in will or property title
- Inappropriate person banking for them
- Self-report of financial abuse

Indicators of elder abuse may also include the behavior of the elder him/herself. For example:

- Missing funds or valuables
- Tearful, talking about suicide
- Low self-esteem, doubts their sanity
- Flushed or drawn away
- Anxiety/panic attacks
- Very hesitant to talk freely
- Sudden change in appetite
- Repeated accidental injuries
- Appears or hints at being frightened
- Fearful of caregiver or helping professionals
- Self-report of abuse/mistreatment

If you suspect elder abuse - even if you have no proof - you must report it. But what if the person being abused is embarrassed, afraid of retaliation, and/or fears being abandoned, and begs you not to tell? What if you're wrong? First, the abuser is counting on secrets. And second, short-term embarrassment or your loved one's anger is nothing compared to long-term abuse and guilt at not reporting it.

#### HOW TO REPORT ELDER ABUSE

If someone is in immediate, life-threatening danger, call the police or 9-1-1 immediately. If you suspect abuse but the danger is not immediate, you can tell your loved one's doctor (a mandated reporter) or call the police.

You can also find state elder abuse hotlines and contact information through the national Eldercare Locator, a public service of the U.S. Administration on Aging. You can call toll-free 1-800-677-1116 where specially trained operators will refer you to a local agency that can help. This number is available Monday through Friday from 9a to 8p (except U.S. federal holidays). Or go to the National Center on Elder Abuse (NCEA) at <http://elderabusecenter.org/> and click on "State Elder Abuse Hotlines". If the elder lives in another state, call the protective services agency where the elder lives.

However, once you take away the abuser, the elder may be more lonely and isolated so it's important to fill the void with calls and visits from family and with community services such as senior centers, senior day care, and visits with social workers. And finally, look out for seniors in your community who may be vulnerable and speak up if you have concerns. Even if you're not sure, it's better to be safe than sorry.

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## ACROSS

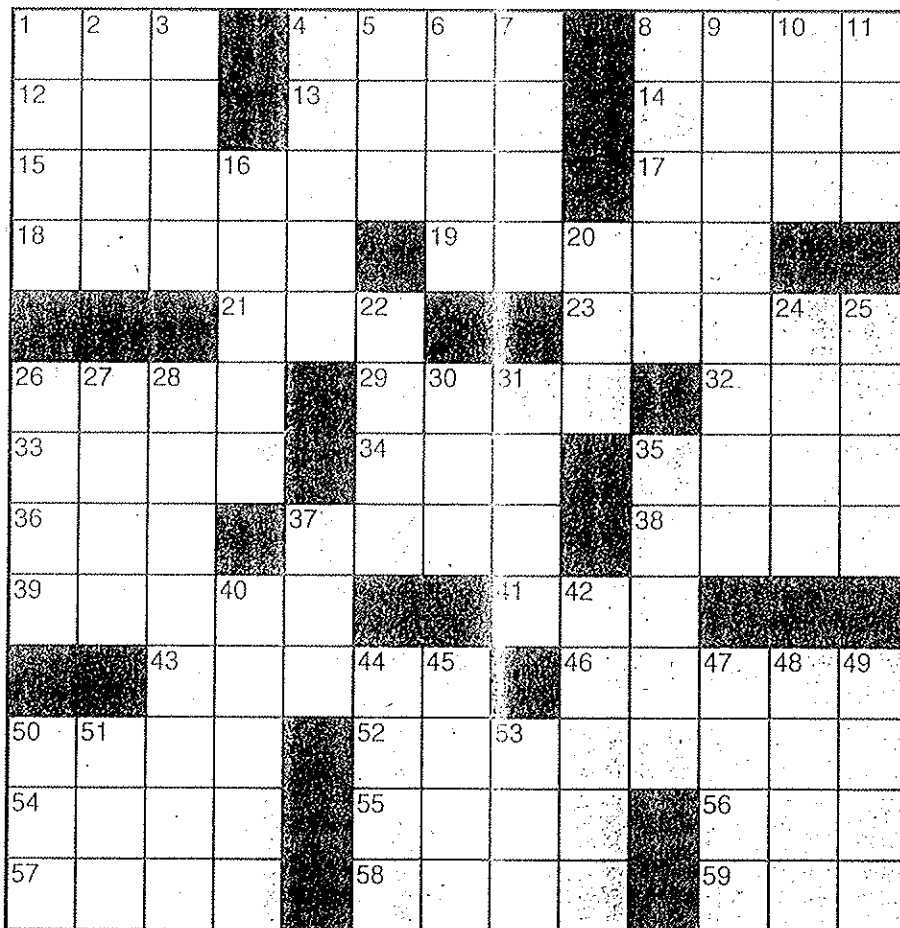
1. Formicary inhabitant
4. "...\_\_\_\_\_ on my blue suede shoes"
8. Zoot suit accessory
12. Hot drink
13. Section of glass
14. French eatery
15. Gravenstein groves
17. Put money in the pot
18. Go by auto
19. Arise
21. Agent: abbr.
23. House
26. Gymnast's pads
29. Shoe part
32. "All the \_\_\_\_\_ Home"
33. Fever and chills
34. Sign of summer
35. "The Razor's \_\_\_\_\_"
36. Peak
37. Jury member
38. "Yes" votes
39. Actress Moorehead
41. Hesitation syllables
43. Bialy topper
46. Weird
50. Etna

- emission
52. Dough around a Delicious
54. Pianist Templeton
55. Falco of "Oz"
56. Grassland
57. Actress Kelton
58. Insignia
59. Escorted

7. Annoying one
8. Barely sufficient
9. Granny Smith in a deep dish
10. Sternward
11. Peg for Palmer
16. Steeplechase animal
20. Bat wood
22. Like a ghost
24. Great anger
25. Watches
26. Hari of spydom
27. Highly excited by curiosity
28. A Pippin in pastry
30. Female ruff
31. Essential part
35. Canvas holder
37. Pressure measurement: abbr.
40. Portray
42. Ward off
44. Poetic works
45. Naked
47. Small brook
48. Curare's kin
49. Oath of old
50. Wash against
51. Pub potion
53. My: Sp.

## DOWN

1. Proton place
2. Sleuth Wolfe
3. Savoir-faire
4. Fifth wheel
5. Salt
6. What to make meet



Answer on page 181

# WORD SEARCH #29

A	T	I	R	E	B	M	E	M	E	M	F	B	N	E	V	E	R	M	O	R	E	Q	
E	L	C	R	E	F	J	O	L	L	A	E	C	R	A	B	A	S	I	L	I	C	A	S
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U	R	N	M	I	D	D	L	E	A	R	M	E	S	E	O	R	E	L	I	A	J	S	D
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G	G	L	L	E	N	R	E	K	T	G	Y	H	S	S	E	N	I	Z	A	L	E	T	D
T	I	R	A	A	D	N	A	P	I	E	E	H	I	P	A	I	N	T	E	R	E	N	T
N	C	G	A	P	P	T	E	A	L	C	D	D	I	N	E	W	V	A	O	P	U	H	T
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F	Q	N	L	S	O	G	S	Z	R	I	D	G	M	M	E	B	R	E	E	O	I	A	A
N	A	T	P	K	S	T	K	E	O	O	L	N	Y	A	G	D	H	W	P	G	S	D	T
I	P	E	E	Y	O	R	C	H	N	U	R	O	A	R	I	I	T	A	T	T	N	E	I
K	O	D	N	M	U	N	O	U	A	S	O	S	L	A	C	H	Z	I	C	A	I	R	O
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# WORD SEARCH #29

Allot  
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 Altitude  
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 Basalt  
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 Basis  
 Basket  
 Dravery  
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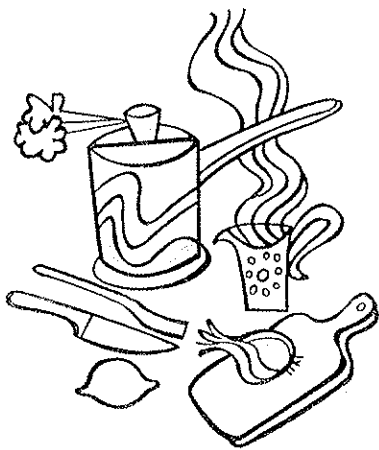
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 Footlights  
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 Frankincense  
 Galley  
 Galvanize  
 Giant  
 Gigolo  
 Granted  
 Grass  
 Heifer  
 Hiccup  
 Hilt  
 Hinder  
 Hippie  
 Ileum  
 Infinite  
 Injury  
 Inlay  
 Inner  
 Iris

Iron  
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 Janitor  
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 Khaki  
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 Laziness  
 Leader  
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 Lightweight  
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 Nevermore

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 Opaque  
 Painter  
 Panda  
 Perception  
 Potatoes  
 Pound  
 Quill  
 Rascal  
 Readiness  
 Reed  
 Reflection  
 Rinsing  
 Skinflint  
 Slimy  
 Tarry  
 Tasty  
 Taxation  
 Tepee  
 Theirs  
 Unthinkable  
 Worldwide  
 Yore  
 Yucca  
 Zany

## PUZZLE 34





# PONDERINGS FROM THE PANTRY... by Audrey

JUNE 2008

PONDER THIS:  
AS YOU AGE, IT'S SCARY WHEN YOU  
START MAKING THE SAME NOISE AS  
YOUR COFFEE MAKER!

HI:

FIRST OFF - KUDOS, HIGH FIVES, HUGS AND KISSES TO ALL WHO CAME OUT TO THE ANNUAL GENERAL MEETING AND SHOWED THEIR INTEREST IN YOUR CENTER! THANK YOU! REMEMBER THE CENTER CAN AND WILL BE WHAT YOU MAKE IT. YOU NEVER KNOW, THERE COULD MORE CHANGES IN THE FUTURE; WE HAVE ALWAYS TAKEN CHANGE BY THE THROAT AND COME THROUGH BETTER AND STRONGER THAN BEFORE. I AM NOT SAYING THERE WILL BE CHANGE BUT WHO KNOWS, THERE COULD BE (I HOPE NOT AND I TRUST NOT). PLEASE DON'T GET YOUR KNICKERS IN A TWIST AND WORRY. ITS NOT HAPPENING. THE POINT I'M TRYING TO MAKE IS WE ARE STRONG AND WE GET STRONGER EVERY DAY! SO KISSY ALL AROUND.

I JUST SEEM TO GET CARRIED AWAY AND MY BRAIN GOES FASTER THAN MY FINGERS AND THOUGHTS, BEFORE I KNOW IT I HAVE A PARAGRAPH THAT DOESN'T SAY JUST WHAT I WANTED IT TO. OH WELL!

THERE IS A NEW BOOK OUT AND THE TITLE IS "SO THAT'S WHAT YOU CALL IT!" IT'S CREATIVE CONSTRUCTIONS FROM THE NEW BOOK "FAMILY WORDS: A DICTIONARY OF FAMILIES WRITTEN BY PAUL DICKSON. SOME EXERPTS ARE:

BARKATIVE: DESCRIPTION OF DOGS THAT BARK A LOT.

BLOAT AND GLOAT: HOW YOU FEEL AFTER A GREAT NEAL IN A RESTAURANT AS YOU WALK BY THOSE WHO ARE WAITING TO EAT.

DOFER: SOMETHING THAT IS NOT PERFECT, BUT WILL DO FOR NOW

FLABBLE: FAT THAT JIGGLES.

LURKIN: A SINGLE SOCK, SO CALLED BECAUSE YOU KNOW THE MATE IS LURKIN' SOMEWHERE.

YABBOTS: ANY EXCUSE AS IN "YEAH, BUT...."

THERE ARE MANY, MANY MORE LIKE DRESSTITUTE: NOT HAVING ANYTHING TO WEAR. GEE, I SAID TO MYSELF I WOULD STOP SO THAT'S IT.

TAKE CARE ENJOY THE SOFT, WARM DAYS OF JUNE. USE A GOOD SUN SCREEN. DRINK LOTS OF WATER - IT IS IMPORTANT TO KEEP YOUR FLUID LEVELS UP. REMEMBER, IF YOU ARE REALLY THIRSTY, you are dehydrating AND YOUR BODY IS SAYING "HELP".

BYE FOR NOW....TAKE CARE

....'TIL NEXT TIME

*Audrey* x(+)x



Hello Everyone,

As many of you probably know by now, I will be here at the Centre until the end of August as part of the Student Grant program.. I will be coordinating the newsletter, with help from Donna and Iris and the other staff to show me the ropes! Many thanks to Donna for the wonderful opportunity to come here and meet you all, and gain some valuable knowledge to take with back to school with me in September.

I have greatly enjoyed talking to a few of you in the past few days, and learning more about your lives. My hope is that you all will continue to tell me stories and allow me to learn more about you. As many of you may also know, I am a photography student... so you will probably see me with my camera more often than not. I hope to put some of the photos I take of all of you in the upcoming newsletters, so watch for your picture!

It has truly been a pleasure to come into this community so far, and I know that this summer is going to be a fun one!

-Tehya

### **In The News 50 Years Ago....**

*June 17, 1958*

The Worst of four incidents during the building of the Iron Workers Memorial Bridge (Also know as the Second Narrows Bridge). !8 Men are killed when the section of the bridge they are working on collapses. The bridge claimed the lives of 27 construction workers before it was completed in 1960.

*June 26, 1958*

Two men robbed the Terrace branch of The Royal Bank of Canada. They held the bank at gunpoint and made off with quite a large sum of money. They made their escape on the Skeena River, but unfortunately for them their boat capsized and one of the men drowned. The other man survived, and was found in the bush a few days later. No money was ever recovered!



# Classic CHATTER

COMMUNITY HEALTH CARE NEWS FROM CLASSIC CLEANERS LTD.

SPRING 2008



## How "Green" is Your Spring Cleaning Routine?

Spring is the perfect time to purify your surroundings. However what cleans your home can too often be toxic for the earth. 3 key ingredients to a more natural clean are vinegar, lemon and baking soda. Here are some tips for a more Green Cleaning Routine:

**Vinegar:** is itself an all-purpose cleaner (The smell will disappear once the cleaned area dries).

- Mix a solution of 1 part water to 1 part vinegar in a new (store bought) spray bottle and you have a solution that can be used on countertops, appliances, and ceramic bathtubs, sinks and floors.

(Be cautioned that it is not to be used on marble and to always get the ratios correct, as improperly diluted vinegar can eat away at tile grout).

- Spray the solution on windows and wipe with (recycled) newspaper, for a streak free shine!

**Lemon juice:** can dissolve soap scum and hard water deposits in the kitchen and bathroom.

- Cut a lemon in half and sprinkle baking soda on the cut section. Use the lemon to scrub dishes, surfaces, and stains.
- To freshen the garbage disposal, put a lemon down it and let it run.
- For a hard working paste, combine 1/4 - 1/2 a cup of either vinegar OR lemon with 1 cup of Borax. Spread the paste on any surface that needs a good clean and let it sit a while. Scrub it with a sponge (washable kind, not the disposable kind) and rinse.



**Baking Soda:** for really greasy dishes mix one part baking soda and one part washing soda or borax with water to make a thick paste. Add a little white vinegar for bubbles and coat the dirty pans. Leave overnight, and wash as usual in the morning.

- For the oven and BBQ try a paste of baking soda and water left on overnight and then scrubbed away the next day.
- In place of commercial fabric softener, add 1/4 cup of baking soda to the wash cycle. 1/4 cup of white vinegar in the rinse cycle will also soften clothes, and eliminate static cling. And remember to always rinse in cold water (cuts co2 emissions) and hang dry.

### Other things to keep in mind:

- The bigger the better-large containers of supplies cut down on waste. Refill or recycle cleaning containers, and ensure packaging has recycled content.
- Avoid disposable! Use natural fibre, washable cloths. Old t-shirts make great rags.
- If doing a major clean out, donate reusable items to charity or host a garage sale to reduce items sent to the landfill.
- To get your home smelling fresh, look to the natural deodorizing properties of vinegar or baking soda. Choose essential oils rather than heavy perfumes; or try simmering some water and cinnamon on the stove. Opening the windows, and filling a vase with fresh flowers from the garden can go a long way!

For more information on Green cleaning visit: [www.thegoodhuman.com](http://www.thegoodhuman.com) and [www.thegreenguide.com](http://www.thegreenguide.com)

WORTH THINKING ABOUT ... AT LEAST ONCE

Money doesn't bring you happiness,  
but it enables you to look for it in more places.

@

Your conscience may not keep you from doing wrong,  
but it sure keeps you from enjoying it.

@

Middle age is when broadness of the mind  
and narrowness of the waist change places.

@

Misers aren't much fun to live with,  
but they make great ancestors.

@

Be careful what rut you choose.  
You may be in it the rest of your life.

@

The trouble with bucket seats is that not everybody has the same size  
bucket.

@

When you see the handwriting on the wall,  
you can bet you're in a public restroom.

@

Opportunities always look bigger going than coming.

@

The real reason you can't take it with you is that it goes before  
you do.

@

Junk is something you throw away three weeks before you need it.

@

Hospitality is making your guests feel at home, even if you wish  
they were.

@

A closed mouth gathers no feet.

@

A man (or woman) who can smile when things go wrong has found  
someone to blame it on.

@

A modern pioneer is a woman who can get through a rainy Saturday with  
a  
television on the blink.

@

The world is full of willing people:  
some willing to work and some willing to let them.

@

Money isn't everything....  
there's credit cards, money orders, and travelers checks.

@

Some people are like blisters. They don't show up until the work is  
done.

@

A true friend is one that lets his grass grow as tall as his  
neighbor's.

## **June 2008**

### **Program Notes**

#### **Celebrating Men**

As June is the month of Father's Day, we will be:

- ☉ **Telling Tales and Fishy Stories** on Wednesday, June 4  
(bring your best fishing stories, and we'll add some of ours)
  
- ☉ **making a fishing mural** for our feature wall, June 4 in the afternoon
  
- ☉ **"Celebrating Men"** through some fun quizzes and humorous stories,  
June 9 in the morning
  
- ☉ enjoying **"donuts and coffee"** after the **saxophone concert with Johnny** on the afternoon of June 11
  
- ☉ reminiscing through the **"Days of Our Lives"**

#### **Entertainment**

Johnny Hzu on Saxophone, Wednesday, June 11 in the afternoon  
John Cronin on Thursday, June 19 in the afternoon  
Royal Arch Comical Show, June 25 in the afternoon  
Windermere School Choir, June 30 11:15-12

#### **Stewart's Lunch Concerts**

Monday, June 9  
Friday, June 13  
Tuesday, June 17  
Thursday, June 26

#### **Educational Presentations**

##### **"Lifeline" Presentation**

Tuesday, June 10 12:45-2:00  
Learn about this valuable service

#### **Outings**

Roundhouse Community Centre, June 3  
9:30-2:00  
Artsway Concert at Lion's Den, June 5  
Restaurant outing to "Tom & Jerry's", June 18  
Drive to Deep Cove, June 24

### Gone To The Dogs

Monday, June 23

Bring **pictures of your pets for show & tell** in the morning

We have the **Fido group** visiting in the afternoon.

### Think Tank

June 17

Bring your ideas for July & August planning...activities, outings, speakers, etc.

### Fresh Air Stroll

Since we don't have a garden to enjoy the fresh air, we may go for a stroll to the park, the library, around the block, or just along the sidewalk on nice weather days. This will be a spontaneous activity that can be done in addition to, or instead of, the planned activity. If you'd like to go for a walk, ask Mac, Annitta, or our summer program student, Michelle.

### Happy Feet Clinic

Foot care with Shirley

Tuesday June 17

10 am-2:30pm

Call Shirley to book appointment. 604-430-1441

Cost: \$20.00



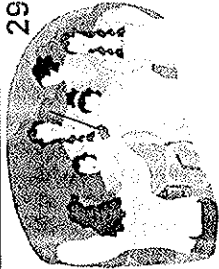
### Irene's Nail Salon

Enjoy being pampered.

Monday, June 2

Thursday, June 12

Friday, June 27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Music in the Morning Irene's Nail Salon Sit Fit Carpet bowling	2 Fieldtrip to Roundhouse Community Centre for Seniors' week	3 Tall tales & fishy stories Sit Fit Get creative-help make fishing mural for wall	4 Artway Concert at Lion's Den Sit Fit Pool Noodle Hockey	5 Tai Chi with Sai Bingo	6 Father's Day Reminiscing Stuart's Lunch Concert Bingo	7 
8 Celebrating Men Sit Fit Stuart's Lunch Concert Price is Right	9 Arts, Health & Seniors end of Season Life Line 12:45-2:00	10 Sit Fit Dads & Donuts Johnny Hzu Saxophone	11 Days of Our Lives Irene's Nail Salon Sit Fit Assorted physical games	12 Price is Right Sit Fit John Cronin	13 Wheel of Fortune Sit Fit Irene's Nail Salon Sit Fit Stuart's Lunch Concert Bingo	14
15  Spice of Life Sit Fit Jerry Baynton	16 Think Tank Sit Fit **Happy Feet with Shirley 10-2:30 (\$20)** Stuart's Concert Carpet Bowling	17 Sit Fit Royal Arch Comical Show	18 Restaurant Trip "Tom & Jerry's"	19 Drive to Deep Cove	20 Mutual Moments Irene's Nail Salon Sit Fit Bingo	21
22 Gone to the Dogs Sit Fit Fido Group	23 Drive to Deep Cove	24 Carpet Bowling	25 Royal Arch Comical Show	26 Wheel of Fortune Sit Fit Stuart's Lunch Concert Carpet Bowling	27	28
29  Sit Fit 3-Hole Golf	30					

# JUNE 2008