

# JUNE 2009 NEWSLETTER

*"Taking Seniors to Heart"*



*Happy  
Father'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

Melody Chan, Donna Clarke, Marty McCune, Pamela Gervacio, Yuwen Huang and Audrey Irving

Photography: Janice Callahan, Yuwen Huang and Melody Chan.

### EDITORIAL TEAM

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Melody Chan

### CONTACT

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# Renfrew-Collingwood Seniors' Society Newsletter - June 2009

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**New Students:**  
*Melody Chan*  
*Yuwen Huang*

**New Staff:**  
*Marty McCune*

**New Members:**  
*Laurie Deguefe,*  
*Julie Deptuck, Lois Dick,*  
*Kay Howell, Gurdev Johal,*  
*Daisy Phillips, and*  
*Mille MacKenna*

**Returning Volunteer:**  
*Poonam*

# 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



Audrey Irving



Marty McCune



Annitta Unger



Janice Callahan



David Kenny



Yuwen Huang



Melody Chan



## A Message from Donna....

The Annual General Meeting is upon us again and I hope everyone is ready to come on Saturday, June 13th at 11:00 to show his or her support for our Centre. We will start on the button so if you or your family members have not had a chance to renew your membership please do so in the next few days. If you will not get a chance, do not despair as you may purchase it a half hour before the meeting.

We are fortunate enough to have eight of our last years Board members run again and believe me they are deserving of holding these important positions. All the members who declared their interest in running have a little write-up in this month's newsletter so make sure you read why they want to serve you for another term.

We are offering rides to and from the Centre so you can vote, all you have to do is let me know that you need transportation and it will be arranged. There will be a social tea after the formalities so please plan on staying for some refreshments. I'm looking forward to seeing you there.

On another note, I would like to take this opportunity to welcome our new Program Coordinator, Marty McCune. Marty will tell you more about himself in his article but I just want to say he is MARVELOUS and a pleasure to have around. He brings many years of experience in recreation and working with seniors and I am excited about seeing his ideas come to life.

We are also blessed with two lovely young women who will be with us throughout the summer. Melody Chan and Yuwen Huang have already proven themselves to be exceptional at their jobs. They will be working on a marketing plan and outreach to the seniors in our community. Both will be returning to school in September but I am confident they will make a difference while they are here.

Since we have four new staff we are planning a workshop in June to go over our newly developed policies and procedures. It is scheduled for Friday, June 19th so the centre will be closed on that day for staff development.

So as we head in to our 33rd year as a thriving community organization, I would like to thank all the members, boards, staff, volunteers and funding bodies (VCH, SMART fund and the City of Vancouver) for making RCSS a wonderful place to work. I look forward to another successful year and I will do everything I can to make it "your place of refuge." Life is good!

See you at the Annual General Meeting.

*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**

**For more information call  
Kim van Wyk (604) 430-1441**

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

## Candidates for the Board of Directors

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*Tara Abraham*

“ My name is Tara Abraham and I have served on the Board as Secretary for the past year. As a Board we have begun important work establishing policies and procedures and supporting Donna as she works towards building a smooth running organization and a healthy workplace. I have enjoyed working with the rest of the Board. I would like the opportunity to continue to be part of the growth of Refrew Collingwood Senior Society that the current Board has envisioned and worked towards this past year. I would appreciate your support in the coming election so that I can continue to utilize my training in management as well my professional experience in Public Health for the furthering of the Society’s mission. “

---

Happy greetings to everyone from Alice Frith.

My work experience over the years has been long term employment as secretary, bookkeeper, and administration. I was also kept busy as volunteer treasurer in a Child Care Centre and also as registrar for United Church conferences. I enjoyed working with the other Board members here this past year. The Board’s aim is to make the time spent here for everyone as enjoyable and fulfilling as possible. I was active on the Personnel and Senior’s Committees and phone convener. At our Annual General Meeting on June 13th, I would appreciate your vote allowing me to serve another term on the Board of Renfrew Collingwood Seniors’ Association. Thank you.



*Alice Frith*



*Marilyn Jennings*

I am a second generation member and have been involved with the centre for about 12 years. I find the centre very welcoming and I enjoy meeting with all of you. I previously served on the Board of Directors but this past year has been the most rewarding. As Chairperson for the Fundraising Committee, I organized successful raffles to raise funds for programs and outings. I would like to continue working with the Board and ask that you elect me at the AGM on June 13th for the year 2009-2010. Your support will be appreciated.

Arriving in 1904, my family was Vancouver pioneers and my grandchildren are fourth generation. I have a Masters Degree in Literature and Bachelors in Teaching. I was the Principal of a high school in India and then worked in rest homes with seniors. I have a special passion for working with seniors. I love coming to the Centre and seeing each of you- it makes me happy! As a Board member last year I was on three committees: Fundraising, Nominating and Liaison. I did my best to convey all of your voices to the Board. Some of your voices were heard and because of that we have better programs. We also helped raise money. I want to keep doing this with you and with your help, I want to be your voice and work for you any way I can. God bless you and have a happy, healthy and wonderful year to come. Lots of hugs, good luck and best wishes.



*Kamaljeet Kleer*



*Jim Park*

The past year has been one of transition for the Society, and I have been proud to have assisted in this process. There have been tough challenges for both the Executive Director and for the Board itself, and there have been satisfying successes. However, the transition is not yet complete and I would like the opportunity to serve another year as Chairperson to finish those components of the transition in which I am involved. Having served over thirty years in business administration within the provincial public service has given me the knowledge and experience to effectively contribute to the ongoing improvement of the business processes within the Renfrew-Collingwood Seniors' Society. In conjunction with the Executive Director and the other Board members, I have assisted in helping to create a policy and procedural framework in order to ensure a fair, equitable, and supportive structure for staff, volunteers, and members within a unionized environment. Thank you for this opportunity to serve our seniors within the community. They deserve the best we can give them.

I am more pleased than ever to be a part of the Board and also of the Fundraising Committee. I am very thankful to all the seniors who participated in our fundraising events. I thank all the members of our centre who make it what it is. I think we have a fabulous group of seniors at our centre, each of who has an amazing personality. The centre is a place for us all to enjoy, so I think that it is important that we take an active role in voicing our opinions about what changes we would like to see. Thank you all for your support and I hope you continue to do so.



*Laura Park*



*Elaine Moody*

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. I am particularly interested in how elderly people live a life that supports health and independence. 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 Renfrew-Collingwood Seniors' Society team! Through my research at the centre through doing activities and interviews, I found that the Renfrew-Collingwood Seniors' Society and other centres like it are very important for a healthy lifestyle. Becoming a 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 have thoroughly enjoyed serving the Renfrew-Collingwood Seniors' Society, as a member of the Board of Directors, this past year. As an executive member and a committee chair, I have gained valuable experience which I believe has helped to round-out my textbook education of healthcare administration and management. I believe too that the Boards' commitment to the society has made a difference, and I hope that all members have witnessed the changes and growth of the society over this past year. As an Occupational Therapist who believes strongly in the benefits of having meaningful activities and relationships with which to engage on a daily basis, I cannot imagine a more perfect organization to grow alongside. I would feel honored to have the opportunity to serve our seniors and all members for another year. As a healthcare clinician who has had much experience working with our older generation, as a young professional working towards my Master's in Health Administration and as an enthusiastic individual who looks for opportunities to give back to my community, I ask you all to see the unique perspective I bring to the board and hope you say yes to Kim!!



*Kim Van Wyk*

# JUNE 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
10:30 Fun Fact Trivia 11:30 Sit Fit 1:00 A. Carpet Bowling B. Assorted Games	10:30- 2:30 Roundhouse	10:30- <i>Podiatrist</i> 10:30 Hangman 11:30 Windermere Choir 1:00 A. Pool Noodle Hockey B. Creative Arts Group	10:30 Music around the World 11:30 Gentle Yoga 1:00 Lions Den Concert	10:30 Shopping Trip to Champlain Mall (Lunch at Food Court; No Lunch at the Centre) 1:00- Bingo
8	9	10	11	12
10:30 All About Candy Trivia 11:30 Sit Fit 1:00 Entertainment with Pete Campbell	10:30-2:30 Skytrain Safety Outing	10:30 All About Candy Trivia 11:30 Sit Fit 1:00 A. 3-Hole Golf B. Creative Arts Group	10:30 Personality Type Quiz 11:30 Sit Fit 1:00 Crow City Singers 2:30-4:30 Caregiver Group	10:30 Crossword 11:30 Sit Fit 1:00 Bingo
15	16	17	18	19
10:30 Fun Fact Trivia 11:30 Sit Fit 1:00 A. Baking Group B. Creative Arts Group	10:30- Arts, Health and Seniors 11:30- Gentle Yoga 1:00 A. Musical Bingo B. Yams of Fun with Lois	<b>STEP OUT Knight &amp; Day Restaurant</b>	10:30 Fun Fact Trivia 11:30 Sit Fit 1:00 A. Bean Bag Toss B. Father's Day Card Making	<b>Centre Closed Staff Workshop</b>
22	23	24	25	26
10:30 Famous Fathers Trivia 11:30 Sit Fit 1:00 A. Tie Dying Contest B. Creative Arts Group	10:30- 4:00 Gibson's Outing	10:30 Tropical Tactiles 11:30 Sit Fit 1:00 Mike's Critters	10:30 Gone Fishing Game 11:30 Sit Fit 1:00 "Tie one on" Pub	10:30 Fun Fact Trivia & Crossword 11:30 Sit Fit 1:00 Bingo
29	30			
10:30 Memory Game "Just Picture It" 11:30 Sit Fit 1:00 A. Exercise Group B. Creative Arts Group	10:30 Arts, Health, and Seniors 11:30 Gentle Yoga 1:00 <u>Retire at Home</u> Laughter Presentation with Irene Martin			

# JUNE 2009 MENU

Mon	Tue	Wed	Thu	Fri
1 Pasta with Alfredo Sauce Salad Dessert Tea/Coffee	2 <b>Trip to the Round House</b>  (No Lunch at RCSS Centre)	3 Baked Spaghetti Salad Garlic Bread Dessert Tea/Coffee	4 Sweet and Sour Chicken Rice Veggies Dessert Tea/Coffee	5 Shopping Trip to Champlain Mall  (No Lunch at Centre)
	9	10	11	12
Fish Sweet Potatoes Veggies Dessert Tea/Coffee	<b>Sky Train Safety Outing</b>  (No Lunch at RCSS Centre)	Vegetarian Meal Salad Dessert Tea/Coffee	Chili Salad Roll Dessert Tea/Coffee	Cobb Salad Roll Dessert Tea/Coffee
15	16	17	18	19
Chicken Legs Scallop Potatoes Veggies Dessert Tea/Coffee	Homemade Clam Chowder Tuna Melt Dessert Tea/Coffee	<b>Step Out</b>  <b>Knight &amp; Day Restaurant</b>	Vegetarian Lasagna Roll Dessert Tea/Coffee	<b>Centre Closed</b> <b>Staff Workshop</b>
Fathers Day Lunch 22	23	24	25	26
Roast Beef and All the trimmings Dessert Tea/Coffee	<b>Gibson's Outing</b> (No Lunch at RCSS Centre)	Seafood Salad Roll Dessert Tea/Coffee	Quiche Salad Roll Dessert Tea/Coffee	Chicken Potatoes Veggies Salad Dessert Tea/Coffee
29	30			
Salmon Balls Salad Dessert Tea/Coffee	Meatloaf Baked Potato Veggies Dessert Tea/Coffee			



A.



B.



C.



D.

## GUESS WHO?

Answers on  
Upcoming Events Page



E.



F.



G.



H.

I.

# Centre Programs

## 3 Hole Golf

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

## All about Candy Trivia

Sweet candies...test your knowledge about candy and indulge in learning about some fun facts.

## Arts, Health and Seniors

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

## Assorted Games

Join in with your friends to play some fun, exciting, traditional games.

## Baking Group

Mmm...there is nothing better than some fresh baked goods from the oven.



## Bean Bag Toss

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

## Bingo

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

## Carpet Bowling

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

## Creative Arts Group

A variety of crafts, arts and enjoyment.

## Crossword Puzzle

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

## Entertainment with Pete Campbell

Fun, dancing and music for all!

## Exercise Group

Get fit and active here at the centre with your friends while having some fun!

## Famous Fathers Trivia

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

## Father's Day Card Making

Show your appreciation for fathers with a creative craft.

## Fun Fact Trivia

Fast fun facts...join a trivia game to get your brain racing.

## Gentle Yoga

Relax, stretch and get in the flow with yoga!

## Gibson's Outing

We will be taking the bus and riding the ferry to Gibson's. It will be an enjoyable day for all.

## Gone Fishing Game

It's that time of year again...to go out and reel the big ones! Join in this fun game all about fishing.

## 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.

## Memory Game "Just Picture It"

Test your memory skills while reminiscing about the good old times.

## Mike's Critters

It will be a wild time here at the centre when Mike is in to showcase a variety of exotic, fascinating animals.

## Musical Bingo

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

### **Personality Type Quiz**

Why are you so energetic? Find out your personality type and learn something about your neighbour too!

### **Pool Noodle Hockey**

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

### **Retire-at-Home Laughter Presentation**

Ha...ha...how do you have fun and learn at the same time? By listening to an informative presentation by Irene Martin that is sure to tickle your funny bone.

### **Shopping Trip to Champlain Mall**

Shop 'til you drop at the Champlain mall. There will be lunch at the food court and no lunch at the centre.

### **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!

### **Skytrain Safety Outing with Constable Heather Brown**

Join Constable Heather Brown to learn how to use the transit system safely.

### **Tie Dying Contest**

A creative, colourful and competitive, fun game that you should try.

### **Tie one on PUB**

A tie theme social with goodies and drinks.

### **Tropical Tactile**

Get hands on with this activity and touch and taste some interesting fruits.

### **Roundhouse**

We will taking a trip to view beautiful artwork make by seniors (Tuesday 10:30-2:30)

### **Step Out**

We will be all going out to enjoy some delectably delicious food at Knight & Day Restaurant.

### **Windermere Choir**

Listen to the angelic voices of the Windermere Choir.

### **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.

### **\*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

Hi!

It's June again. It seems that the months and years roll around faster and faster as I get older and older. June is known as the "Bridal" month and I have no idea how that came about. It might be because in the old days June was the time when the crops were planted, most of the baby farm animals put in an appearance and it was time for celebrations, weddings and other happy times. What do you think? I was a June Bride – I wonder how many of you were? You probably like me, jumped in to marriage and by trial and error, fed your families as your Mother's did before you I'll bet. So many things have changed and it is exciting to use old things when cooking, such as old standbys, used as filler in soups etc. Old cooking techniques have been found to help supply an abundance of nutrients because they can cook food differently, and can maintain a lot of protein. One of my favorite food sources of protein are

Lentils. Lentils have long been used in vegetarian dishes as the protein portion as a way of eating "clean"! If you are like me and have a uric acid problem, lentils, beans and a few other things are off limits. I don't have room anymore to print recipes but if you are at all interested, come and ask about it, that's one of the things I am here for. There is always time to have a chat.

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

*Audrey*



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# WELCOME NEW STAFF!



Hello please let me introduce myself. My name is Marty McCune and I am excited and proud to be working at Renfrew-Collingwood Seniors' Society as your new Program Coordinator.

Over the last twenty years I have worked as a Recreation Therapist in complex senior care and for the last year I have been working as the Recreation Coordinator for independent living seniors.

I graduated from Kelsey Institute in Saskatchewan with a Diploma in Recreation Technology (1986).

Since then I have always kept myself busy learning from the seniors that I have worked with. From my past work experience I have gained the skills and abilities that I am bringing with me to share with all of you.

I look forward to meeting each and every one of you that are involved with the centre and always have my ears open for new ideas. So if you have any ideas running around in your head, please bring them forward so as we might be able to implement them at Renfrew-Collingwood Seniors' Centre.

*Marty*



Hi everyone! My name is Melody and I'm a new student worker here at the centre, along with Yuwen. We're here for the entire summer (until the end of August) so that means you won't be able to get rid

of us until then! We're stuck here like two pieces of stubborn bubble gum ☐

Just a little bit about me: I'm originally from Taiwan, but came to Vancouver when I was 3 years old. Now I go to school at the University of Waterloo, in southern Ontario. For those who haven't been to the east coast, it's much nicer here in Vancouver. The weather

is better, the scenery much more beautiful and even the people are more relaxed here. My "words of wisdom" (although I wouldn't call myself wise): Don't move there. Besides, the centre is here!

I've had the pleasure to get to talk to some of you, and to get to know you better. I hope to do that with everyone else as well! Please feel free to stop me when I'm walking all around the centre. I'm excited and looking forward to getting to know you all!

P.S. I love to ballroom dance, so please join me in dancing the next time there is music, piano playing or singing!

*Melody*



Hello everyone, my name is Yuwen and I am very excited to be the new addition to the Renfrew-Collingwood Senior Society. As the summer students, Melody and I will not only be helping out around

the centre but also coming up with a marketing plan for RCSS. Currently, I attend the Queen's School of Business, all the way in Kingston Ontario. Although Kingston is a nice university town, I get home sick all the time and travel back here whenever I have the chance.

On my free time, I enjoy exploring the world with family and friends- indulging myself with different cuisine and observing magnificent ancient architecture. I also have a deep passion for fashion.

If you see me around, don't be shy and say hi. I look forward to working and getting to know all of you throughout the summer!

*Yuwen*

## Member Profile - Cecilio Cartagena

Cecilio was born on Nov.22, 1914 to Pablo and Alejandra Cartagena in Manila, Philippines. He was the sixth of seven children. As a child, Cecilio usually accompanied his father to the railroad company where his dad worked as a mechanical engineer. Cecilio learned the value of hard work and devotion to family from his father. His father's guidance has helped him through his life and Cecilio has passed on this legacy to his children. Cecilio is an extremely talented artist and during his life he obtained a degree in fine arts. At age 27 he met Juliana Alejandro, who he married during World War II. Cecilio and Juliana have nine children, 4 boys and 5 girls. During war time oppression Cecilio and his family were driven to stay in the mountains of San Pablo City. After the war the family moved to Paco, Manila, where they spent most of their lives raising their kids. In 1974, Cecilio faced a tough time in his life when he lost his wife of 32 years. In 1978

Cecilio migrated to Quebec, Canada. This new country was full of new experiences such as weather, culture, and traditions. Overall Cecilio adjusted to this change very comfortably even though there was cold weather. Cecilio is a very personable man so it was easy for him to make many friends in Montreal. Cecilio has led a wonderful life and has had many accomplishments during his lifetime such as, joining the first Filipino Senior Association in 1979. He also became a member of the Filipino Folk Dance Group and edited the Filipino Star in Tagalog. Most recently Cecilio was recognized as "Father of the Year" and was awarded the Plaque of Merit and Appreciation, both in 1999. Currently Cecilio resides in Vancouver, British Columbia with five of his nine children.



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Toll Free 1-888-605-9900

# Upcoming Events

Roundhouse- Tuesday, June 2nd, 10:30-2:30

Skytrain Safety Outing- Tuesday, June 9th, 10:30-2:30

AGM – Sat, June 13th, 11:00am

Step Out- Knight and Day Restaurant-

Wednesday, June 17th, 10:30-2:30

Staff Workshop- Friday, June 19th, Centre Closed

Trip to Gibsons – Tuesday, June 23rd, 10:30-4:00

Retire-at-Home Laughter Presentation, June 30th, 1:00pm

## Treasurer Needed

The Board of Directors of Renfrew-Collingwood Seniors' Society are searching for a person with a Financial background to serve as Treasurer for our organization.

The treasurer will monitor the Finances and make sure that the Society keeps proper financial records.

Interested please contact the Nominating Committee Chairperson Kim van Wyk by calling 604 430-1441.

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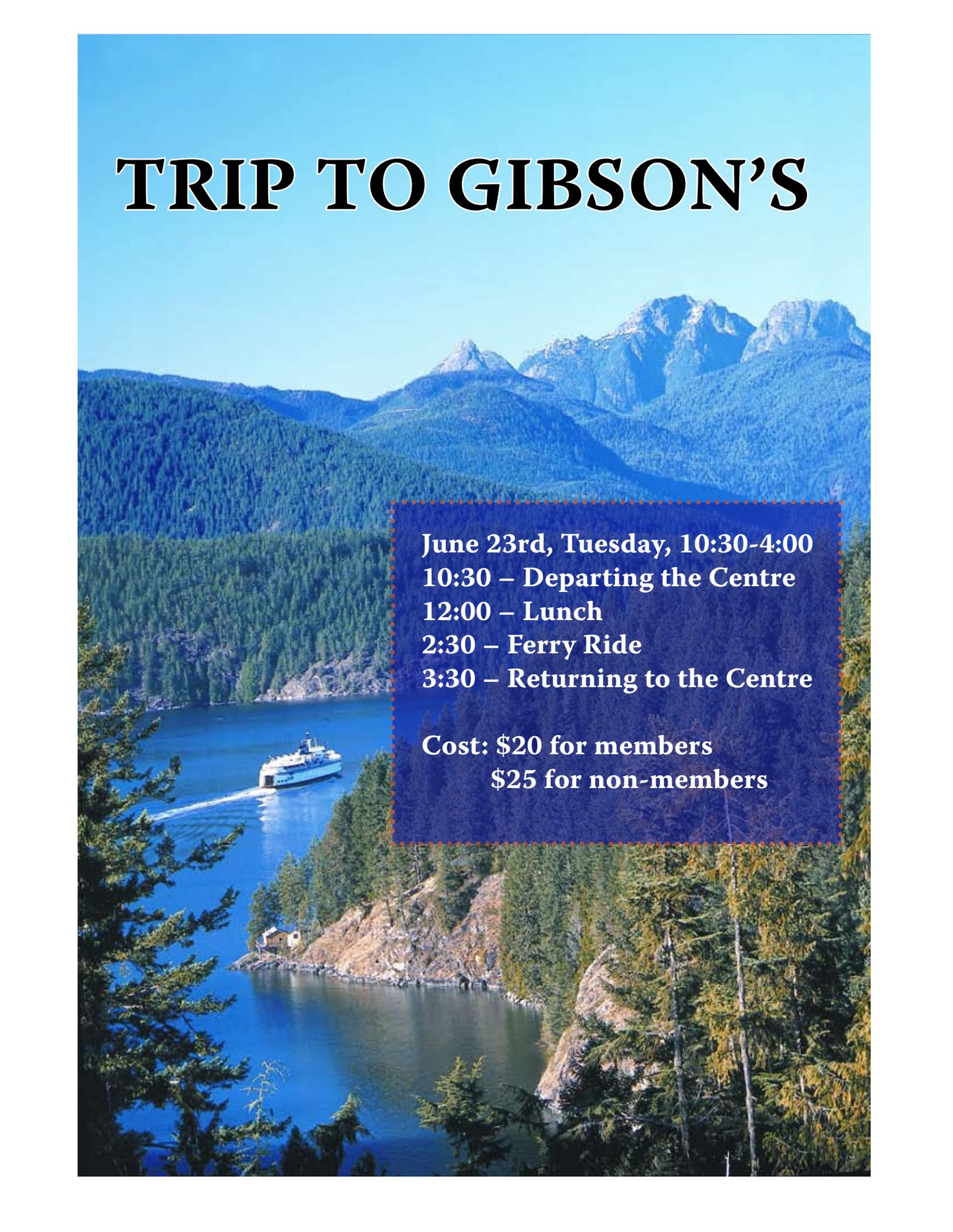
## Happy Birthday

Peggy Webb 9th  
Alice Frith 11th  
George Kurokawa 11th  
Kay Howell 12th  
Bob Clough 15th  
Joan Cook 23rd  
Gurdev Johal 24th  
Mercedes De la Torre 30th

## Answers to Guess Who?

- A. *Tung Tai*
- B. *Laura Park*
- C. *Maria Cota*
- D. *Mauro Gentile*
- E. *Charlie Leung*
- F. *Shirley Frank*
- G. *Bob Clough*
- H. *Sandy Rolfe*

# TRIP TO GIBSON'S



**June 23rd, Tuesday, 10:30-4:00**

**10:30 – Departing the Centre**

**12:00 – Lunch**

**2:30 – Ferry Ride**

**3:30 – Returning to the Centre**

**Cost: \$20 for members**

**\$25 for non-members**