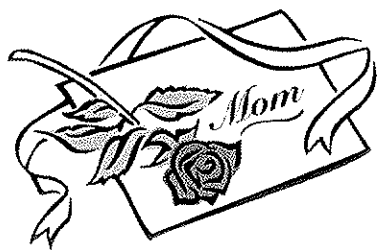


May

2008

The Ren-Coll Rambler



Happy Mother's Day

Renfrew-Collingwood Seniors' Society

'Taking Seniors to Heart'

2970 East 22nd Avenue, Vancouver, B.C., V5M 2Y4

Phone/Facsimile: (604) 430-1441

Website: www.rencollseniors.ca Email: rencollsr@aol.com

Message from Donna.....

The time is passing so quickly I can not believe it. It seems like I just wrote an article for the newsletter but Iris reminded me that was a month ago. April was an interesting month not only because of the weather (snow, hail, freezing cold); it brought the end of our fiscal year. That translated into hours of number crunching for our budget this year and numerous days of grant writing. The worst is over with and the budget will be presented to the membership at our Annual General Meeting scheduled for **11:00 a.m. Saturday, May 31st, 2008. Please note the change of date.** Last month we told you it was in June but our constitution states it has to be held in May, so May it is. We are hoping for the best turnout yet and will have yummy goodies and a social to compliment the business meeting. Please come and vote in our new board of directors.

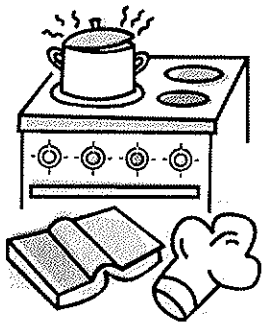
It has been an interesting three months for me thus far. The staff has unionized and we are going through the certification process. This is a positive move for them as it will ensure that they get benefits, higher wages, and more security. They all deserve what they have coming to them as they work very hard to deliver a program that meets your needs. They are very dedicated to their work and to the people they serve.

On another note....

We have started the interviews for our upcoming section of story telling or writing and have decided to broaden that project to include a history book of the organization. Annitta will be doing scrap booking with some of you this month and she has requested that you bring in some photos. The intention is to get you thinking about something significant that happened in your life and generate some interest in sharing your story. The end result will be a keepsake for us to cherish for many years to come. Please be part of this undertaking as you play a big part in our organization.

Looking forward to hearing the yarns and I can't wait to see what you looked like twenty or thirty years ago.

Donna



PONDERINGS FROM THE PANTRY... by Audrey

MAY 2008

PONDER THIS: IT'S A GOOD IDEA TO
KEEP YOUR WORDS GENTLE AND SWEET -
YOU MAY HAVE TO EAT THEM SOME DAY!

HI:

MAY (mer) NOUN - THE FIFTH MONTH OF THE YEAR, CONSISTING OF 31
DAYS. FROM MAIUS (MONTH)MAIA, ROMAN GODDESS.

THAT IS THE MONTH'S ORIGIN IT IS SUPPOSED TO BE THE MONTH OF FLOWERS,
WARM DAYS, GENTLE BREEZES ETC ... A PRELUDE TO SUMMER. BUT AFTER
all the things April threw at us (OOPS) KEEP IN MIND THAT OLD
SCOTTISH SAYING...."NAE CAST A CLOUT 'TILL MAY BE OOT!"

MAY BRINGS MANY THINGS. MOTHER'S DAY, AT REN/COLL WE CELEBRATE
"LADIES" DAY BECAUSE ALTHOUGH WE MAY NOT ALL BE MOTHERS, WE ARE
SOMEBODYS DAUGHTER, AUNTIE, BEST FRIEND. WE ARE ALL IMPORTANT TO
SOMEONE RIGHT? THEREFORE LADIES DAY. I AM SURE ANNITTA AND NAC
WILL HAVE SOMETHING SPECIAL IN THE WORKS. I TAKE ALL MY BROOD
OUT FOR BRUNCH IN THAT WAY I CELEBRATE BEING ALL OF THE ABOVE WITH
THOSE I LOVE (AND NOBODY HAS TO COOK - YEA!!) SERIOUSLY, IT IS
A GREAT DAY WE ENJOY EACH OTHERS COMPANY, LAUGH A LOT AND EAT A
LOT,(TEENAGE BOYS IN PARTICULAR) AND CELEBRATE BEING FAMILY!

REMEMBER MAY DAY CELEBRATIONS AT SCHOOL? I WAS A GREAT MAYPOLE
RIBBON DANCER. WE WERE SPLIT INTO TWO GROUPS AND LEARNED HOW
TO MAKE THE MOST INCREDIBLE PATTERNS WITH THE RIBBONS ON THE POLES.
PROBABLY COULDN'T DO THEM NOW TO SAVE MY SOUL. BUT GREAT MEMORIES!
DAISY CHAINS - REMEMBER THE LITTLE WHITE DAISIES THAT POPPED UP
ON THE LAWNS? WE WERE ALWAYS FESTOONED WITH DAISY CHAINS. I MADE
THEM WITH MY GRANDAUGHTERS WHEN THEY WERE LITTLE AND WE WOULD
COME HOME TO SHOW MUMMY HOW PRETTY WE LOOKED WITH OUR CHAINS
AROUND OUR NECKS, WRISTS AND HEADS. THEY STILL TALK ABOUT IT
BUT IT SEEMS THAT THOSE LITTLE PLEASURES HAVE GONE THE WAY OF
THE DODO BIRD. IT'S A SHAME. OH WELL, PROGRESS I GUESS.

REMEMBER TO COME TO THE ANNUAL GENERAL MEETING, IT IS THE TIME FOR
YOU TO HAVE YOUR SAY ON HOW YOU WANT YOUR CENTER TO SERVE YOU BEST!

THE SENIOR'S SERENITY PRAYER

GRANT ME THE SENILITY TO FORGET THE PEOPLE
I NEVER LIKED ANYWAY,
THE GOOD FORTUNE TO RUN INTO THE ONES I DO,
AND THE EYESIGHT TO TELL THE DIFFERENCE.

AMEN

.....'TILL NEXT TIME...

P.S. I FORGOT SOMEONE WHO IS IMPORTANT TO ME AND I AM SURE TO YOU
ALSO...WE ARE SOMEBODYS DAUGHTER, AUNTIE, SISTER AND BEST FRIEND.

Member's Corner

What Renfrew-Collingwood Seniors' Society Means to Me:

When Dad gave up driving, I was still working and could only take him and Mom out twice a week. That left them idling 5 days in front of the t.v. as neither of them could physically manage the transit system. They did use Handidart for medical appointments but that still left them at home most days in a social interaction vacuum.

We had heard good things about RenColl from a neighbour who thought of it as her second home.

On the day we went to make inquiries, we were so warmly welcomed, that Mom and Dad signed up right then to be part of the Tuesday/Friday drop-in program.

Every week they looked forward to going to RenColl, especially enjoying the activities, the outings, the mealtimes, the afternoon teas and the social interaction that all of these provided. They enjoyed celebrating several wedding anniversaries and birthdays with their new-found friends. As they basked in the loving care of the staff, I relaxed, knowing they were in a safe and happy environment.

Even after they moved out of district, they have been warmly welcomed anytime I have taken them back for a visit or to a special event.

As a daughter providing care for my parents, RenColl has been there for me, too, providing monthly Caregiver Support meetings. Through informative speakers, videos and hand-outs, I have gained valuable information on how to address the issues my parents are facing and on how to take care of myself during this season of life. From chatting with others in the group, I have learned helpful bits of information that have saved me time, money and undue stress.

Thank you, RenColl, for being there for our family during these challenging years.

Signed by a grateful daughter

Happy Spring time.
The beautiful blossoms make up for the cold chilly winds.
I was at a Arthritis talk several months ago and was surprised
that there was such a disease as Psoriasis Arthritis. This article
makes for interesting reading. See you after my Cruise. Shelly

Psoriasis & joint pain?

It may be psoriatic arthritis

INTERVIEW WITH DR. DAFNA GLADMAN, RHEUMATOLOGIST, PROFESSOR OF MEDICINE, UNIVERSITY OF TORONTO; SENIOR SCIENTIST, TORONTO WESTERN RESEARCH INSTITUTE CENTRE FOR PROGNOSIS STUDIES IN THE RHEUMATIC DISEASES, UNIVERSITY HEALTH NETWORK, TORONTO WESTERN HOSPITAL

Anyone who has psoriasis and joint pain may have psoriatic arthritis (PsA), although some people experience only joint problems and never develop psoriasis (a skin condition characterized by red inflamed skin with scales and lesions). Dr. Dafna Gladman, Canada's leading expert in PsA, helps us understand the disease.

What exactly is PsA?

Psoriatic arthritis is an inflammation of the joints, usually in the wrists, knees, ankles, fingers, toes, back or neck. Psoriatic arthritis also affects tissues surrounding the joints including tendons and ligaments. It may cause a swelling of the whole digit called "sausage" finger or toe. There is also skin inflammation, particularly on the elbows, knees and scalp. Close to 70% of patients with PsA develop psoriasis before developing the joint and tissue inflammation. PsA usually starts in the mid to late 30s, however children and older people can develop it too.

What causes this disease?

The causes of PsA are unknown, although genetic, immunologic and environmental factors have been implicated. Family members of a person with PsA have a 30-fold higher risk of developing the disease than the general population. Patients with PsA often have immunologic abnormalities which allow the inflammation to persist and cause joint damage. There is also evidence that infections with some bacteria and viruses lead to the development of PsA.

What are the symptoms of PsA?

The symptoms include painful, often

swollen, stiff joints, which are typically worse when the individual is at rest and improve with activity. The symptoms often wake the patients up in the middle of the night. Morning stiffness can last for a few hours and is often accompanied by a purplish discoloration of the affected joints. About 50% of patients have swollen fingers called "sausage digits". There may be small indentations on the nails, or the nails may be pulling away from the nail beds. Nails may also have ridges or be yellowish-orange.

How is PsA diagnosed?

The diagnosis is based on the clinical history, physical findings and x-ray evaluations of the patient. Last year, CASPAR criteria (Classification criteria for Psoriatic ARthritis) were published. These criteria have been tested and shown to be quite sensitive and specific for diagnosing PsA.

What are the complications?

The major complication of PsA is joint destruction. Almost 70% of patients already have a joint erosion when they first visit a PsA clinic, mainly due to the fact that patients with PsA do not have as much pain as patients with rheumatoid arthritis, and the disease often goes undetected until the damage occurs. Other complications include a tendency to be overweight, an increased prevalence of diabetes and gout, and an increased incidence of heart disease.

How is PsA treated?

There is currently no cure but effective treatments are available. In mild cases, the skin disease may be treated with prescrip-

tion creams such as Dovobet or Tazorac, and the joint disease with NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen (e.g. Advil, Motrin) or naproxen (e.g. Naprosyn). In more severe cases, DMARDs (disease-modifying anti-rheumatic drugs such as methotrexate or leflunomide) are necessary. These medications are designed to prevent psoriatic arthritis symptoms from getting worse, but they do not prevent permanent joint damage. It usually takes several months for DMARDs to make a noticeable improvement in the inflammation. Patients using DMARDs must be carefully monitored because DMARDs can cause serious side effects in some patients.

Newer, biological drugs are more effective than DMARDs in treating both psoriasis and PsA and have fewer side effects. Unlike DMARDs, they prevent the progression of joint damage in addition to alleviating symptoms. Several biologic drugs have been approved by Health Canada for treatment of PsA including Remicade, Humira and Enbrel.

Your message to the readers?

If you suffer from psoriasis and develop joint pain, seek medical attention. If you know a person with psoriasis who has joint complaints, ask them to consult a doctor. The best hope for patients with PsA is early diagnosis and treatment to help prevent joint damage and other complications. In fact, all patients with psoriasis should be assessed annually to determine whether they may have developed arthritis. □

Interview by Laura Segall, PhD

EIGHT GIFTS THAT DON'T COST ANYTHING

1. The Gift of Listening...but you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.
2. The Gift of Affection...be generous with appropriate hugs, pats on the back and handholds. Let these small actions demonstrate the love you have for residents and friends.
3. The Gift of Laughter...clip cartoons, share articles and funny stories. Your gift will say, "I love to laugh with you."
4. The Gift of a Written Note...it can be simple 'Thanks for the help' note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.
5. The Gift of a Compliment...a simple and sincere, "You look great in red", "You did a super job" or "That was a wonderful meal" can make someone's day.
6. The Gift of a Favour...every day, go out of your way to do something kind.
7. The Gift of Solitude...there are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.
8. The Gift of a Cheerful Disposition...the easiest way to feel good is to extend a kind word to someone, really it's not hard to say, Hello or Thank You.

Friends and residents are a rare jewel, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their hearts to us. Show your residents and friends how much you care.

-Author Unknown

LESSONS WE CAN LEARN FROM OUR DOGS...

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecclasy.

When loved ones come home, always run to greet them.

When it's in your best interest, always practice obedience.

Let others know when they've invaded your territory.

Take naps and stretch before rising.

Run, romp and play daily.

Eat with gusto and enthusiasm.

Be loyal.

Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone else is having a bad day, be silent, sit close by and nuzzle them gently.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On hot days, drink lots of water and lay under a shady tree.

When you're happy, dance around and wag your entire body.

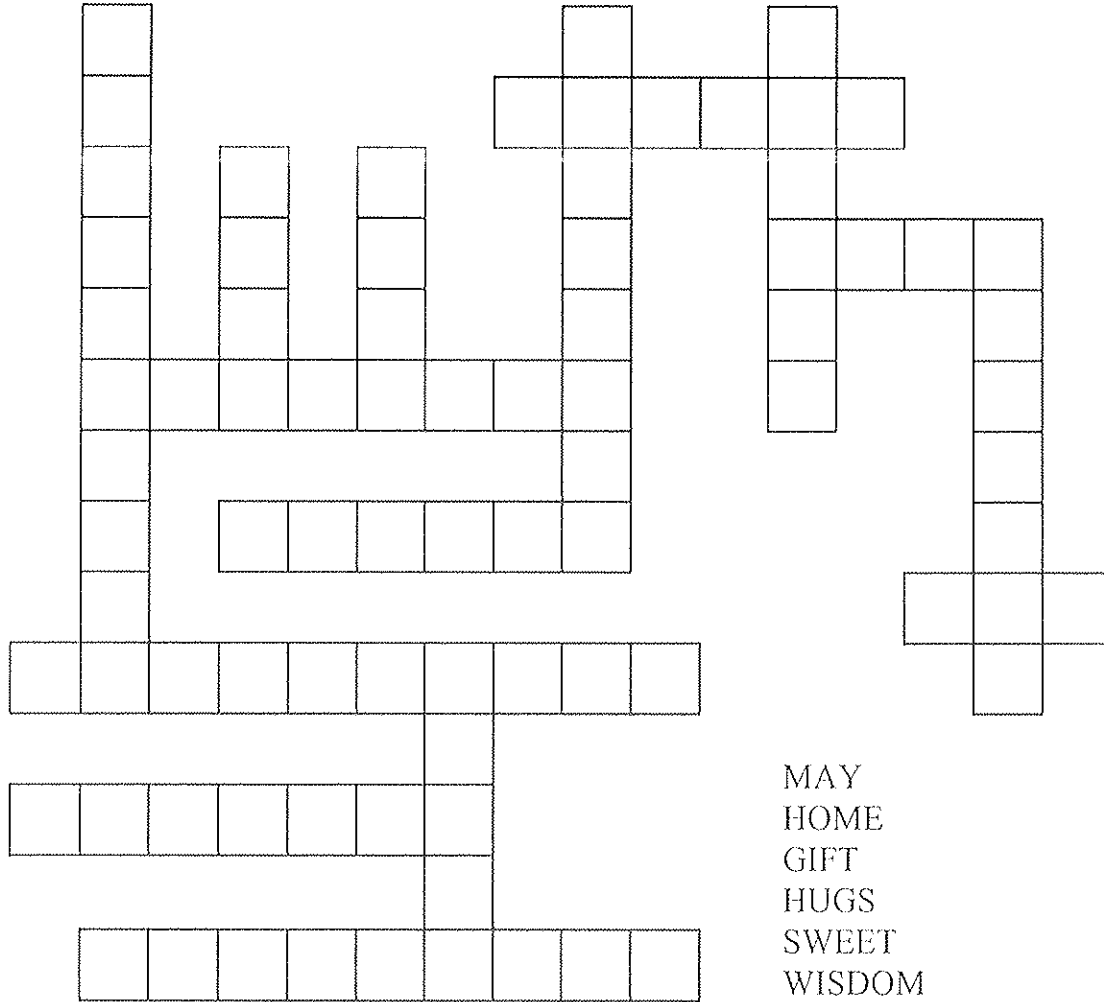
No matter how often you're scolded, don't buy into the guilt thing and pout. Run right back and make friends.

Delight in the simple joy of a long walk.

Mother's Day

Crossword to Fit

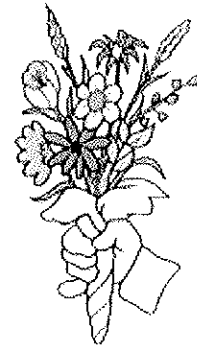
Find where the words fit in this puzzle. Use each word only once.



- MAY
- HOME
- GIFT
- HUGS
- SWEET
- WISDOM
- MOTHER
- KISSES
- SPECIAL
- COURAGE
- PATIENCE
- KINDNESS
- AFFECTION
- DISCIPLINE
- GENEROSITY



Mother's Day



The following list of words can be found horizontally, vertically, diagonally, forwards, and backwards.



BABY	DAUGHTER	KISSES
BIRTH	DINNER	LOVE
BOUQUET	FAMILY	MAY
CANDY	FLOWERS	MOTHER
CARING	FRIEND	PARENT
CELEBRATE	GIFT	POSIES
CHERISH	HOME	PROTECT
CHILDREN	HUGS	SON
COMFORT	HUSBAND	SUNDAY

**Please note the date change for the.....
Annual General Meeting....**

**AGM MEETING DATE IS NOW 11:00 A.M.
SATURDAY, MAY 31ST 2008**

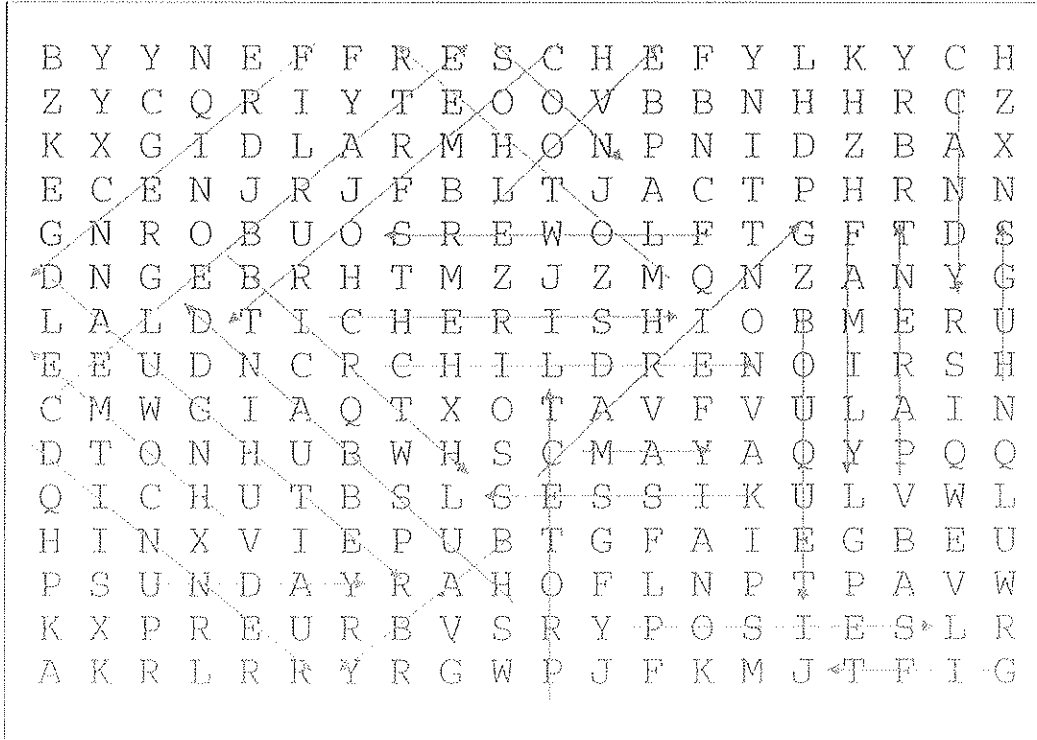
**Originally we scheduled the AGM in June but our
Constitution states it has to be in May**

**Yummy treats and Social gathering to enjoy after
the meeting.**

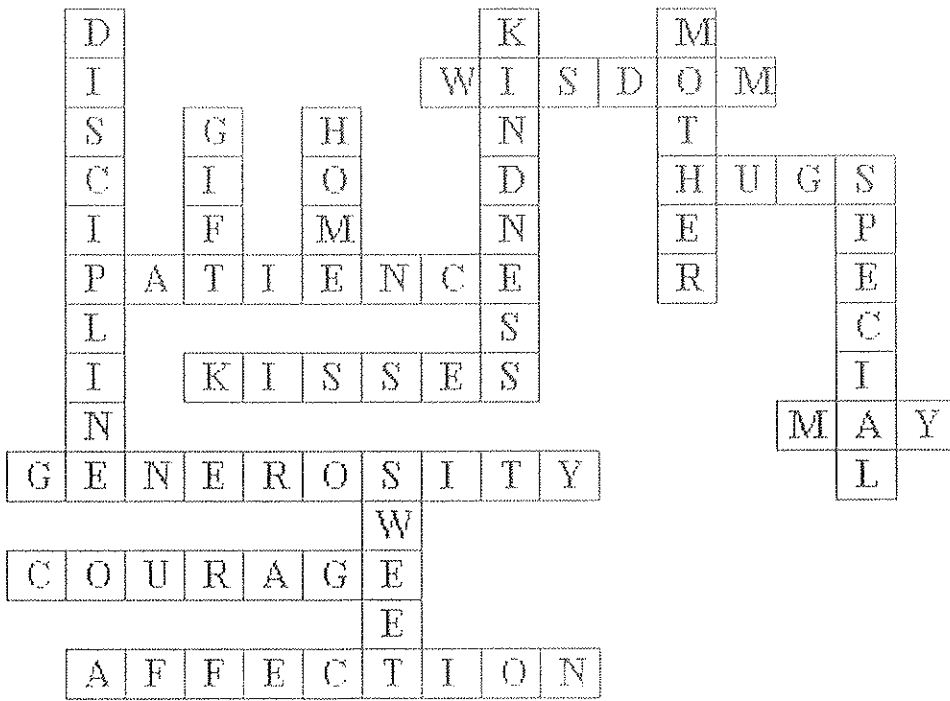
Rides will be provided as needed.

Mother's Day

Solution



Mother's Day Crossword to Fit solution



Carmen & Yoko have provided us with a schedule of activities as outlined below for May and June.

You will have an opportunity for a field trip to the Roundhouse for Seniors' week in June. This should be a super trip as you'll get to see your work and that of other seniors showcased. Also note that we'll have an "End of Season Celebration" on June 10. Carmen has some really good ideas of to exhibit your work for the local community to enjoy.

Arts Health and Seniors – Renfrew Project

May 6th

- talk about water imagery and text,
- short writing exercise to come up with water words and stories
- refresher on Photo transfer techniques
- choosing imagery and text layout for scarves, taping in place, some photo transfer if ready

May 13th

- 10:30 – noon – collecting text and imagery and photocopying. Photo transfer on silk scarves

May 20th

- 10:30 – 10:50 demonstration of block stamping and painting techniques
 - 10:50 – noon – finishing photo transfer and adding colour highlights to scarves with stamps & painting
- Reminders to bring in pre- Christmas work for the exhibition

May 27th

- 10:30 – 11:15 – assembling and arranging all work from the year for the exhibition
- 11:15 – noon – Last year's grade threes and this year's grade threes from Nootka will come and sing for us.

June 3rd Field trip to Roundhouse for Seniors' week

Bus picks everyone up and takes to Roundhouse to see our work exhibited in the gallery and the work of three other seniors' groups

10:30 – noon – showcase of seniors' projects (dance, puppetry, poetry, videos)

Noon – 1pm sit down lunch (free for participants and guests)

1-2pm- socialize and look at our work and others work in the Roundhouse gallery

2pm bus back

June 10th TBC

– End of season celebration at RenColl or Library if exhibit is mounted there.

Entertainers

John Cronin – Thursday, May 1
Stompin' Pete – Monday, May 5
Pete Campbell – Wednesday, May 14

Stuart's Lunch Concerts

Tuesday, May 2
Thursday, May 22
Monday, May 26

Life's Graduations and other reminiscing

Many of life's milestones could be considered graduations. In addition to completing formal education, other events help us "graduate" to new levels in our life. These may include living on our own for the first time, getting our first job, getting married, birth of children and grandchildren, the loss of a spouse or a lifetime friend to name a few. What other "graduations" can you think of? Bring your stories to share.

Celebrating Women!

aka Mother's Day

Mother's day Tea in the afternoon
Wednesday, May 7

Mother's Day Lunch
Friday, May 9

Educational Presentations

Pharmacist Presentation (Safeway)

Tuesday, May 6

Your opportunity to ask questions about your medications, counter indications, etc.

Presentation on Fraud

Tuesday, May 20

Learn how to protect yourself against fraud!

Our Thanks to all those of you who purchased craft items at our "Spring Fling" in March. Thanks to your generosity, we will be able to purchase some resource materials to help us enhance the programs.

Scrapbooking 101

What is Scrapbooking? Most of you have photo albums at home where you displayed your photographs. Well, scrapbooking (all the rage in current craft circles) is a way to display photographs on hand decorated pages along with writing little stories or captions to describe the pictures. It's a fun way to reminisce about events in your life...so you need to bring at least one photograph to put into your scrapbook. If you can bring several, then you will have a choice of which ones to use. **The photos can be any size.**

What kind of pictures should you bring? You could bring a photo of a Birthday, of a wedding, a trip, a day at the beach, or anything that reminds you of a pleasant day.

Bring your photos on these highlighted dates.

Monday, May 5

Thursday, May 8

Monday, May 12

Thursday, May 15

Music in the Morning

We've had some very positive feedback with our "music in the morning" program. While watching music DVDs, we reminisce about music of the past and enjoy music of the present. If you have music you'd like to hear and see, let us know. We'll try to get it.

Wednesday, May 7

Thursday, May 29

Price is Right

Test your skill in guessing the price of products. Prizes for the winners.

Tuesday, May 13 (afternoon)

Thursday, May 15 (afternoon)

Show & Tell

Bring in something that had to do with your job or career, if possible. It would be interesting to talk about how you used these items.

Monday, May 26

Gardening

Has anyone seen how our window ledge garden is growing? It's pretty impressive! We will have "surprise" flowers as we planted unknown types of seeds, and hopefully our lettuce can be used in salads.

Wednesday, May 26

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 am	Scrapbooking 101 (bring photographs from home) Sit Fit pm Stompin' Pete's Oldie Goldie's Cinco De Mayo	5 am Arts, Health & Senior's Workshop (see prog. notes) Sit Fit Stuart's Lunch Concert pm Presentation by Pharmacist (Safeway)	6 am Music In the Morning Sit Fit pm <i>Mother's Day Tear</i>	7 am Scrapbooking 101 (bring photographs from home) Sit Fit pm Artsway Concert @ Lions Den	8 am News, Views, & Attitudes Irene's Nail Salon Sit Fit <i>Mother's Day Lunch</i> pm Bingo	9 am News, Views, & Attitudes	10 am
11 am	Happy Teacher's Day	12 am Arts, Health & Senior's Workshop (see prog. notes) Sit Fit pm Price Is Right	13 am Spice of Life Gardening Sit Fit pm Pete Campbell	14 am Scrapbooking 101 Sit Fit pm Price Is Right	15 am News, Views, & Attitudes Sit Fit pm Bingo	16 am	17 am
12 pm	Arts, Health & Senior's Workshop (see prog. notes) Sit Fit pm Presentation on Senior's Fraud	19 am Arts, Health & Senior's Workshop (see prog. notes) Sit Fit pm Presentation on Senior's Fraud	20 am Restaurant Outing TBA	21 am Spice of Life Stuart's Lunch Concert Sit Fit pm Armchair Travel to Tibet	22 am News, Views, & Attitudes Sit Fit pm Bingo	23 am	24 am
18	Pool Noodle Hockey Mother's Day	19 am CLOSED Victoria Day	21 am Spice of Life Stuart's Lunch Concert Sit Fit pm Armchair Travel to Tibet	22 am News, Views, & Attitudes Sit Fit pm Bingo	23 am	24 am	25 am
25 am	Show & Tell Stuart's Lunch Concert Sit Fit pm 3 hole golf Memorial Day	26 am Arts, Health & Senior's Workshop (see prog. notes) Sit Fit pm Mystery Drive Poker	27 am Life's Graduations and other reminiscing Sit Fit pm Carpet Bowling	28 am Music In the Morning Irene's Nail Salon Sit Fit pm Pool Noodle Hockey	29 am News, Views, & Attitudes Sit Fit pm Bingo	30 am	31 am

Renfrew Collingwood Seniors Society 2970 East 22nd Ave. Vancouver Telephone: 604-430-1441