

# NOVEMBER 2008 NEWSLETTER



*"Taking Seniors to Heart"*

## RENFREW - COLLINGWOOD



## **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

Donna Clarke, Pamela Gervacio, Shirley Frank, Audrey Irving, Iris Platt, Annitta Unger, Mac Lal, Janice Callahan

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## EDITORIAL TEAM

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# Renfrew-Collingwood Seniors' Society Newsletter November 2008

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Welcome to New Staff

*Janice Callahan*

New Members

*Celicio Cartagena*

New Volunteers

*Yu, Grace, Suzanna,  
Indu*

# RCSS Management

## Board of Directors



Jim Park  
Chair



Kim Van Wyk  
Vice Chair



Lorraine Abrams  
Treasurer



Tara Abraham  
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Alice Frith



Coral Heron



Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

## Staff



Donna Clarke



Shirley Frank



Audrey Irving



Janice Callahan



David Kenny



Mac Lal



Annitta Unger

# Thoughts from the Board

From the tone of the Board of Director's contribution to the October newsletter, composed by our Chair of the Board, Jim Park, you may have correctly got the impression that this Board is truly committed to serving for the right reason: We strive to contribute to the RCSS with the interests of those who make-up this warm community at heart.

The Board is excited to be offered this opportunity, and medium, to share what we are doing and how the year's goals are progressing. This is the second Board contribution to the newsletter; the start of a tradition we hope you will enjoy... or at least find informative if not entertaining.

So, picking up from where the story was left.... "Committees have been formed and tasks have been prioritized."..., I'd like to spend this time to introduce a Board committee newly formed this year. The Senior's Liaison Committee has been born, due to the great fortune that we have a number of your peers sitting

on the board, who are more familiar with the society. Along with sitting on other committees, Kamaljeet, Laura, Alice and Marilyn will be helping to open the communication floodgates between the Board and the Seniors. Some great ideas have emerged, which we hope will help you get to know the board, and in turn help us all to get to know you!

You can look forward to one such suggestion in the January 2009 Newsletter, as we plan to include some 'juicy' bio blurbs. These short paragraphs "about us" will share information such as; why we were interested in sitting on the RCSS board, what life experiences contributed to the skills we bring to the board, our professions, hobbies, interests and our most embarrassing experiences. Alright, I am kidding about the embarrassing stories, but I got your attention back didn't I?

However, it is no good for you to know us without us getting to know you. We all plan to make it down to the centre at least a couple times



this year. I feel confident talking for all board members when I say that we are very excited to meet you (if we haven't already). In addition, we will be marking our calendars to join you for occasional events; the Christmas party in December being the next on the list. So prepare your best stories and I'll trade you for one of mine. Until we see you next, stay healthy, happy and strong.

Cheers to seeing you soon!

Sincerely,

*Kim van Wyk*

BOD - Vice Chair



## A Message from Donna....

First of all I would like to take this opportunity to welcome Janice Calahan to our team. She is a wonderful addition and I must say I enjoy hearing another Newfoundland accent around here. The only problem with having another Newfoundlander here is when we get goin' it's hard for others to understand a word we're sayin'. Translation is always available for those of you who do not understand Newfoundlandese.

In the Thoughts from the Board section, Kim mentioned the Seniors Liaison Committee and I just want to reiterate how important it is to have seniors in these roles. They are the people with their fingers on the pulse of this Centre and they are here to represent you. On Tuesday, November 18th at 1:00 there will be a Think Tank led by a couple of the liaisons. The purpose of the think tank is to get more ideas from you regarding programs, meals, guest speakers etc. We are fortunate enough to have \$600.00 left in the Falls Prevention budget and the general consensus was to spend it on workshops or guest speakers. Please come with your ideas for topics of discussion in our workshop series. We will gladly act on your requests.

A note of interest to the vegetarian seniors; we have a new volunteer, Indu who will be introducing some wonderful vegetarian dishes on Mondays. She cooks in the Ayurvedic style and being a vegetarian I am really excited about learning Indian recipes. Audrey will still

prepare our regular menu items but those of you who are adventurous may want to try something different.

All is well on the Centre front. We currently have two openings on Wednesday and Thursday so if you know of anyone who will benefit from coming here one or two days a week, please let me know.

*Donna Clarke*

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# Message from Shirley

Hi Everyone,

It's hard to believe that November is already here. The Cold and Flu Season is upon us. The talk of flu, what it is and what it is not is always discussed as soon as someone says Flu Shot. So here is some information. Getting immunized against influenza or the flu is a safe, effective and healthy choice to make. The flu virus can call serious illness and even death for people with certain chronic health concerns. The flu vaccine, or flu shot, is the best protection against illness and complications.

The flu virus causes illness that tends to be more severe than other viruses.

## FLU FACT AND FICTION

The following are some myths and facts of influenza immunization provided by the B.C. Health Files:

**Myth:** Influenza is not a serious illness

**Fact:** Each year hundreds of people die from influ-

enza complications, such as pneumonia

**Myth:** You have never had influenza, so you do not need to get the vaccine

**Fact:** No one is immune from influenza viruses. Most people can get sick with influenza several times

**Myth:** You should not get the influenza vaccine because you have allergies

**Fact:** Most allergies are not a reason for not getting an influenza shot. People who have an allergic reaction to a previous dose of the influenza vaccine should talk to their doctor before getting the vaccine.

**Myth:** The influenza vaccine prevents against the viruses or bacteria that cause colds or stomach illnesses.

**Fact:** The flu vaccine does not protect against the viruses or bacteria that cause colds or stomach illnesses, often called "stomach flu"

**Myth:** The vaccine does not work because you still get influenza

**Fact:** At any time, there are many different types of viruses that can cause symptoms like the flu, but are not actually the flu virus. The flu virus contains 3 strains or types of flu viruses that health experts think are likely to cause influenza during the winter. The vaccine protects only against those viruses because these strains may change each year. A person needs to get the influenza vaccine each year to be protected against new strains. When the strains in the vaccine are well matched to the stains of influenza viruses in the community, the vaccine prevents influenza in more than 7 to 10 vaccinated persons.

In elderly individuals and individuals who have certain chronic health conditions, the vaccine may not work to prevent infection, but it still decreases symptoms and the risk of serious health concerns or complications.



A Minute with Mac

**"Don't Worry Be Happy!"**

**Believe in yourself! The power within you is much greater than the power without!**

**Cheers, Good Health, Yakioa,**

**Mac**

# 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*

## Stretch and Relax

Relaxing rejuvenation of the body and mind.

Nerve-wracking 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

## Pool Noodle Hockey

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

## Carpet Bowling

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

## Sarah's hand massages

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

## Stuart Martin Plays the 3 B's

The lovely sounds of the piano serenade us as we eat lunch...the sounds of Bach, Beethoven and Brahms

## Tai Chi with Sai

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

## Sing a-long with Marius

Come join in a in some heartfelt singing of some great songs

## John Cronin Entertainment

Come enjoy a pleasant afternoon to delight your soul. Listen the beautiful sounds of the guitar and join in singing!

## 3-Hole Golf

Test your golf skills, 3-hole style!

## Brain Gain

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

## 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!

## Apple Tasting and Rating

Treat your taste buds to some a delicious and nutritious treat and expand your taste buds senses

## Bean Bag Toss

Tons of fun! Come test our agility and target skills!

## "Wheel of Fortune"

With Michelle as our very own Vanna White.

## Step Out

Out on the town! Ask Mac for details.

## Artsway Concert at Lions Den

Taking trips is always fun, but taking trips to the Lions Den always proves that point!

## Remembrance Day Memories

Take time to take a look back to the past to remember those who have served our country!

## Remembrance Day Trivia

Test your knowledge of the past and learn some new facts in history

## Travel Jeopardy

What is-A new take on the old game?

## Musical Bingo

Still fun, but harmonious as well!

*What is- a really fun game?*

## Music in the Morning

We listen and watch some of our favourites...

what a lovely way to start the day!

### **Flu Shots**

Make sure you get your flu shot to stay healthy and happy!

### **Presentation on Library Resources**

Come learn how to get the most from your library and learn some helpful hits

### **Fido Group**

Woof! Doggies come in to keep us company.

### **Price is Right**

Guess the price, win the glory!

### **Arts, Health and Seniors**

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

### **Tongue Twisters**

A fun way to practice your verbal skills and to have some fun...even if you may surprisingly sound super silly

### **Hangman**

Stimulate your brain and have some fun guessing words like \_U\_! FUN

### **Chit and Chat**

Come have a chat and meet some new friends or chat with some old friends

### **Think Tank with Senior Liaisons**

Have a say! Come share your ideas and suggestions about what activities and events you want to have at the center

### **Wooji and Sangrie**

Musical entertainment that will sure to delight.

### **Irene's Nail Salon**

Wow your friends by getting your nails done by Irene in this season's latest fashionable colours

### **Christmas Card Making**

Create a special card to send to a special friend or family member

### **Christmas Ornament Craft**

Come make a unique ornament for your Christmas tree or make a gift for a friend

### **Mystery Bus Trip**

Come along on a surprise trip which will sure to be exciting



# November CALENDAR

Mon	Tue	Wed	Thu	Fri
<p><b>3</b></p> <p>10-2 Irene's Nail Salon            10:30 Remembrance Day Memories            11:15 Stretch &amp; Relax            1:00 Sing-a-long with Marius</p>	<p><b>4</b></p> <p>10:30 Arts, Health, Seniors            1:00 <b>Mystery Bus Trip</b></p>	<p><b>5</b></p> <p>10:30 Remembrance Day Trivia            11:15 Sit &amp; Fit            1:00 Pool Noodle Hockey</p>	<p><b>6</b></p> <p>10:30 Hangman            11:15 Muscles in Motion            1:00 Artsway Concert            Lions Den</p>	<p><b>7</b></p> <p>Presentation on Library Resources for Seniors (10:30-11:10)            11:15 Tai Chi            1:00 Bingo</p>
<p><b>10</b></p> <p>10:30 Sit &amp; Fit            Flu Shots (10:30am-12pm)            1:00 Apple Tasting &amp; Rating</p>	<p><b>11</b></p> <p><b>CLOSED</b>            Remembrance Day</p> 	<p><b>12</b></p> <p>10:30 Wheel of Fortune            11:15 Stretch &amp; Relax            1:00 Christmas Card Making            Irene's Nail Salon (1pm-2pm)</p>	<p><b>13</b></p> <p>10:30 Brain Gain            11:15 Muscles In Motion            1:00 Bean Bag Toss            Flu Shots @ Community Center (1pm-3pm)</p>	<p><b>14</b></p> <p>10:30 News &amp; Views            11:15 Functional Fitness            1:00 Bingo</p>
<p><b>17</b></p> <p>10:30 Jeopardy            11:15 Stretch &amp; Relax            1:00 Christmas Ornament Craft</p>	<p><b>18</b></p> <p>10:30 Arts, Health, Seniors            1:00 Think Tank with Senior Liaisons            1:00 Carpet Bowling</p>	<p><b>19</b></p> <p><b>STEP OUT</b></p> 	<p><b>20</b></p> <p>10:30 Music in the Morning            Lunch            Stuart Plays the 3 "B"s            1:00 Fido</p>	<p><b>21</b></p> <p>10:30 Meet &amp; Greet            11:15 Functional Fitness            1:00 Bingo</p>
<p><b>24</b></p> <p>10:30 Tongue Twisters            11:15 Stretch &amp; Relax            1:00 John Cronin Entertainment Singing &amp; Guitar</p>	<p><b>25</b></p> <p>10:30 Arts, Health, Seniors            Lunch            Stuart Plays the 3 B's            1:00 Musical Bingo</p>	<p><b>26</b></p> <p>10:30 Hangman            11:15 Sit &amp; Fit            1:00 3- Hole Golf</p>	<p><b>27</b></p> <p>10-12 Irene's Nails            10:30 Sound Effects            11:15 Muscles in Motion            1:00 Woojji &amp; Sangrie</p>	<p><b>28</b></p> <p>10:30 Chit &amp; Chat            11:15 Functional Fitness            1:00 Bingo</p>



## STEP OUT

For this month's bus trip, we will be going to Troll's Restaurant in Horseshoe Bay.  
**Wednesday, November 19th, 2008.**  
 See Mac for a list of delicious food options!

# November MENU

Menu subject to change

Mon	Tue	Wed	Thu	Fri
<p><b>3</b></p> <p>Chicken Mashed Potatoes Veggies</p>	<p><b>4</b></p> <p>Early Lunch Soup and Sandwich Fruit</p>	<p><b>5</b></p> <p>Meatloaf Potatoes Veggies</p>	<p><b>6</b></p> <p>Early Lunch Fish &amp; Potato Salad</p>	<p><b>7</b></p> <p>Chicken Patty Scallop Potato Veggies</p>
<p><b>10</b></p> <p>Breakfast Sausage Pancakes Fruit</p>	<p><b>11</b></p> <p>CENTER CLOSED</p>	<p><b>12</b></p> <p>Salisbury Steak Scallop Potatoes</p>	<p><b>13</b></p> <p>Macaroni &amp; Cheese Salad Fruit</p>	<p><b>14</b></p> <p>Soup &amp; Sandwich</p>
<p><b>17</b></p> <p>Frittata Salad Roll Fruit</p>	<p><b>18</b></p> <p>Beef Sausage Potato Salad</p>	<p><b>19</b></p> <p>STEP OUT Troll's in Horseshoe Bay</p>	<p><b>20</b></p> <p>Pork Roast Potato Veggies</p>	<p><b>21</b></p> <p>Fish Potato Salad</p>
<p><b>24</b></p> <p>Pineapple Chicken Noodles Veggies</p>	<p><b>25</b></p> <p>Spaghetti Garlic Bread Salad</p>	<p><b>26</b></p> <p>Clam Chowder Tuna Melt</p>	<p><b>27</b></p> <p>French Toast Sausage Fruit</p>	<p><b>28</b></p> <p>Beef Pie</p>

In Flanders fields the poppies blow  
Between the crosses, row on row  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies  
grow  
In Flanders fields.

In Flanders Fields  
John McCrae

## Remembrance Day

"We honour those who have given their lives serving Canadians and helping people of other nations."

Photos courtesy of the Dept. of National Defence



# Pondering From The Pantry

Ponder this: One who thinks by the inch and talks by the yard needs to be moved by the foot!

Hi:

Well holidays are over for this year. I for one, really enjoyed my time off- but back to routine!!

Have you sold one book of tickets toward keeping your activities ongoing? If not, could you take one and sell it to your family? Remember, it's your center! (and the prizes deserve good homes)

This month is a very special month. It is a time to remember all the men and women who make the supreme sacrifice so you and I, our families and friends can live freely and safely in our homes, take vacations, feed our families and worship as we choose.

So on the 11th day of the 11th month, at the 11th hour, pause, take a minute of silence and reflect. The center will be closed. Buy your poppy and wear it proudly.

If you have any questions, concerns or need a specific recipe for something, please make sure to come and let me know.

Take care of yourselves, just because we are heading into winter, remember to keep yourselves hydrated. Drink that water with juice, tea, etc. The old saying is true-If you are thirsty you are in the first step of dehydration.

I know-I know- nag! nag! nag!, but we only nag to those we care about.

'til next time

Love,  Audrey

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# Member Profile- Hilda Ruth Wright



*Hilda* is the head of a very large family indeed- she can boast 5 children, 16 grandchildren, and 8 great-grandchildren! She's so sweet it's no wonder why a handsome, tall, blue-eyed Air Force man swept her off her feet. After they got married, they moved to wherever he was posted; consequently, she lived in a lot of different places! She still calls Nova Scotia home, though, and hopes to return again for a visit. She was born Amherst, but grew up under the care of her aunt, in New Glasgow. She has lived in almost every province, and settled in the north of British Columbia, in Prince Rupert. She worked in the

field of Personnel for years... she was so good at her job, in fact, that in 1986 she missed Expo – she planned on going to Vancouver, but got hired to a new job faster than she thought she would, and had to work instead! She made it to Vancouver eventually, though, and settled here about 6 years ago. She enjoys it in the city, saying that although she partially grew up on a farm, she's a “city girl at heart!”. We're all very fortunate that she made the move south, as she's a wonderful asset to the Centre. She's charming and cheerful, and always ready to chat with anyone and everyone!

## Welcome Janice!



*Janice Callahan* is the newest addition to our staff. She recently moved here from Nova Scotia but was born in Newfoundland, which means this Newfie knows a thing or two about having a good time!

Janice is excited to meet and get to know each of you at the Renfrew-Collingwood Seniors' Society, so don't be shy to come up to her and tell her about yourself. Sit with her and have a chat or a good laugh over a nice cup of tea .

Janice will be working with your wonderful Program Coordinators, Mac and Annitta and will be getting to join in many fun activities and events with you! She heard that there are some pretty talented Bingo players at the society, along with Pool Noodle Hockey Superstars, so show her your skills and teach her your tricks. Janice likes music, art, stories, and dancing! So... show her your dance moves and see if she can keep up!

This new staff member will be working on the monthly newsletter, so if you have any suggestions or comments regarding the newsletter don't hesitate to let her know your great ideas. Also, if you have any pictures, stories, or anything you think is special to share, please forward it along to Janice and she will see that it makes its way into an issue of the newsletter!

# Upcoming Events



Angelina DiSalvo	1 <sup>st</sup>
Shell-Lee Wert	1 <sup>st</sup>
Catherine Folkard	5 <sup>th</sup>
Ella Mirk	7 <sup>th</sup>
Mac Lal	9 <sup>th</sup>
Fenwick Jr. Kinniston	15 <sup>th</sup>
Tung Tai	15 <sup>th</sup>
Annitta Unger	17 <sup>th</sup>
Peggy Bullock	17 <sup>th</sup>
Ivo Martinelli	21 <sup>st</sup>
Khatija Subedar	27 <sup>th</sup>
Merilyn Covino	29 <sup>th</sup>

Note: If a senior would like his or her toenails cut and filed in between podiatry visits, the family will be called and if a cut and file is required, a fee of \$20.00 will be added to the senior's bill.



## Flu Vaccinations Dates

November 10th (Monday) 10:30am-12:00pm  
 November 13th (Thursday) 1:00pm- 3:00pm

The Community Center (across the street).  
 There will be 7 nurses to give vaccinations.  
 All seniors welcome at no cost.

## CHRISTMAS LUNCH

Monday December 22nd  
 12:00 Noon

By Invitation Only  
 Entertainment Jesse Arens  
 10:30 - 2:30

Special Appearance by  
 Santa himself!  
 HO, HO, HO!



We are lucky to have Dr. Gary Almas coming in to do podiatry!

**Monday, December 8th, 10:30 am- 11:30 am.**

The fee is \$10.00 for those with premium assistance, and \$25.00 with no assistance. If there are any concerns around fees, please talk to Donna. Call Shirley for an appointment



# Like a trusted Friend.



That's how one might think of our Assisted Living Services. We're always there when you need us. Whether it's bathing, grooming, medications, nutrition, or coordinating care with your doctor—we're ready to help.

But if you don't require personal assistance that's okay, too. All services are à la carte. So you get precisely the help you want, just when you need it. It's very flexible. And did we mention the community itself? Oh my, it's beautiful.

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THE O'KEEFE – ARBUTUS WALK

Renfrew-Collingwood  
Seniors' Society



Laura, Betty and Hilda

Natsulmi & Celicio

Durene, puppy & Stuart



Margaret, Marguerite, Hilda, Yatsheung

Michael & Milton



Charlie