

AUGUST 2008 NEWSLETTER



*"Taking Seniors to Heart"*



**RENFREW COLLINGWOOD  
SENIORS' SOCIETY**





## **About the Renfrew-Collingwood Seniors' Society**

Celebrating its 32nd Anniversary this year, the Renfrew-Collingwood Seniors' Society is a non profit organization with charitable status. It is devoted to creating a welcoming environment for the seniors in our community. We have a volunteer Board of Directors that ensures the Society runs efficiently and a team of dedicated staff, many of whom have been part of the organization for a number of years. Volunteers also play a fundamental role in the care and support provided to the seniors by assisting us in the delivery of our programs.

The Centre aims to create a warm, caring environment for seniors to enjoy socializing, sharing hearty meals, and at the same time maintaining their independence.

The Society welcomes donations, bequests, and gifts as it receives minimal governmental assistance. Our official tax receipt number is 11911 5558 RR0001. If interested in making a donation, please send cheque or money order along with your return address to:

Renfrew-Collingwood Seniors' Society, 2970 E. 22nd Ave.,

Vancouver, BC V5M 2Y4

"Taking Seniors to Heart"



# RCSS

Visit our Seniors' Centre  
at  
2970 E. 22nd Ave.  
Vancouver, BC. V5M 2Y4

## HOURS

9:00 am to 4:00 pm Monday to Friday

The Renfrew-Collingwood Seniors' Society's Newsletter is produced by the staff with the help and support of all the seniors, and distributed to a wide number of people in the community.

## CONTRIBUTORS

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# Renfrew-Collingwood Seniors' Society Newsletter July 2008

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*Welcome,  
New Members!*

Isabel Tompkins  
Joan and Jack Magee

*Welcome to our  
new volunteers!*

Zakhra, Denny, JC and Shiny!



# RCSS Management

## Board of Directors



Jim Park  
Chair



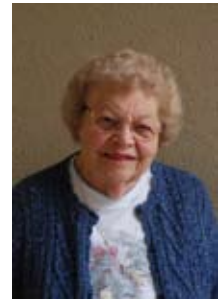
Kim Van Wyk  
Vice Chair



Lorraine Abrams  
Treasurer



Tara Abraham  
Secretary



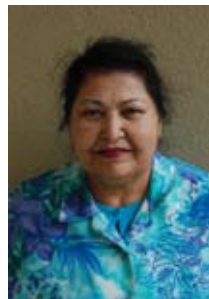
Alice Frith



Coral Heron



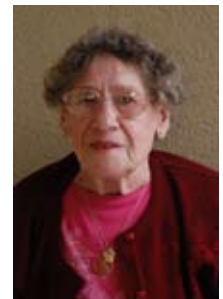
Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

## Staff



Donna Clarke



Shirley Frank



Audrey Irving



David Kenny



Mac Lal



Iris Platt



Annitta Unger



Michelle Pan  
Student



Tehya Mackenzie  
Student



## A Message from Donna....

Exciting times are ahead. We have our new Board Executive and Committees Chairs elected and they are gearing up to launch. I am very optimistic that this Board will be rolling up their sleeves and be taking their roles very seriously. We had a first official Board meeting on Tuesday, July 8th and one of the items on the agenda was to discuss the Board Orientation Workshop that was held on Saturday, June 14th. All of our Board members attended and there was general consensus that it was very beneficial. The workshop was developed and facilitated by Don King and he reviewed the Roles and Responsibilities of a board of directors in the nonprofit sector. It is crucial that we understand what is expected of us in any job and that principal applies to volunteer roles as well. If you would like to pass on a message to our Board there is a folder here for them, so feel free to pass on your suggestions or concerns by sending a note care of the Society's address.

The Fundraising Committee is meeting soon and we would love to have your suggestions on how to raise \$15,000.00. Donations are one way in which we rely on your support. A friendly reminder that an official receipt will be issued for income tax purposes if you do donate. If your children work for big corporations please ask them if they give to Charitable Organizations. Often employees give to the United Way and they may not be aware that they can direct their contributions to a specific nonprofit organization. I'm sure if you make them aware that they will gladly contribute to the Renfrew-Collingwood Seniors' Society of which you are a member.

One of the uses for your donation is to subsidize seniors who can not afford programs, outings or even foot care. We strive to be an inclusive organization and our philosophy is to ensure that all seniors get the benefit of

our programs and services. If for any reason you or any of your friends are not participating because of financial reasons, please come and talk to me confidentially.

Speaking of your friends; we have openings in our Community Day Program which is a drop-in for seniors in the community. Our aim with this program is to reduce isolation and enhance the quality of life of the independent seniors living on their own. If you know of any senior who will benefit from some socializing and a good home-cooked meal, come see me or give me a call at (604) 430-1441.

Last but not least, what do you think of our new and improved newsletter? We are currently looking for advertisers to cover the cost of producing this wonderful marketing tool. Again please let me know of any marketing possibilities that you are aware of in the Renfrew Collingwood area. I'm interested in hearing about places you frequent (i.e. drug stores, bakeries or restaurants) and businesses you support so I can approach them to place an ad.

In closing, all is well here at the Centre. The staff are taking well deserved vacations and returning to work all refreshed. If you have family or friends visiting during the summer feel free to invite them over for lunch (\$4.00 cost) and let them see where you go to be with your peers. Make sure you make a reservation though!

*Donna*

# Centre Programs

## Sit Fit

Led by Mac, Sit Fit is a good way to get our bodies moving and have fun all at the same time!

Every day



## Bingo

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

*Every Friday Afternoon at 1:00*

## Pool Noodle Hockey

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

*Thursday Aug. 14, 1:00*



## Sarah's hand massages

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

## Stuart's Lunch Concert

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

*Friday Aug. 8th*

*Monday Aug. 18th*

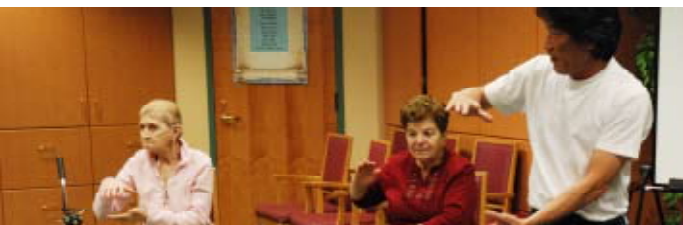
*Thursday Aug. 21st*

*Tuesday Aug. 26th*

## Tai Chi with Sai

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

*Friday Aug. 1st, 11:15*



## Happy Feet with Shirley

Foot care 101! The lovely Shirley shows us what pampering our feet is all about. Ask her for price and availability!

*Tuesday, Aug. 19th*

## Fresh Air Stroll

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



## Entertainment

From Adriano Gentile on piano to Johnny Hsu on Saxophone, all our entertainers are highly skilled and committed to showing us a good time!

*Pete Campbell- Tues. Aug. 5th, 12:45*

*Claire on Violin- Wed. Aug. 6th, 1:00*

*Johnny Hsu- Mon. Aug. 11th, 1:00*

*Adriano Gentile- Thurs. Aug. 7th, 1:00*

*Wed. Aug. 13th, 1:00*

*Mon. Aug. 25th, 1:00*





### **Program Evaluation Survey**

Help us make the Centre better than ever!

*Tues. Aug. 5, 10:30*

### **3-Hole Golf**

Test your golf skills, 3-hole style!

*Thursday, Aug. 28th, 1:00*

### **NamIt's**

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

*Wednesday Aug. 13th, 10:30*

### **News & Views**

Newspaper readers rejoice! Knowing what's going on in BC and around the world is always important, and this is a perfect opportunity to exercise your brain too!

*Friday Aug. 8th, 10:30*

*Friday, Aug. 15th, 10:30*

*Friday. Aug. 22, 10:30*

### **Shake Awake your Taste**

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

*Wednesday Aug. 6th, 10:30*

### **Adriano Gentile**

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

*Tuesday July 29th, 1:00*

### **“Art from the Heart”**

Self-Expression has never been so much fun!

*Thurs. Aug. 7, 10:30*



### **Balance & Core**

Try out some new moves with Mac during physical fitness.

### **“You Be The Judge”**

Pondering legal decisions has never been so fun!

*Monday Aug. 11, 10:30*

*Tuesday Aug. 19, 10:30*

### **River Queen**

Enjoy the thrill of being on the water!

*Tuesday Aug. 12*

### **“Wheel of Fortune”**

With Michelle as our very own Vanna White.

*Monday, Aug. 18, 10:30*

*Wednesday Aug. 27, 10:30*

### **Ren-Coll County Fair**

Celebrating our Centre, Country-style!

*Monday Aug. 18, 1:00*

*Thursday Aug. 21, 1:00*

### **Memories of “The Fair”**

We've probably all been to a fair or two... do you remember your first?

*Monday Aug. 25, 10:30*

### **“20 Questions”**

A new take on the classic road trip game!

*Tuesday Aug. 26, 10:30*

### **Sensory Trip to the Fair**

Hot concrete, the smell of the animals in the barn, the taste of hot dogs...

*Thursday Aug. 28, 10:30*

### **Commemorating Labor Day**

How do you choose to spend your long weekend?

We'll share memories of the end of summer...

*Friday, Aug. 29, 10:30*

### **Restaurant Trip**

This month we're going to Ramie's Greek restaurant!

*Wednesday, Aug. 20*



## Program Notes from Annitta

How many of you are enjoying our “*Mural Wall*”? Did you now that the murals we have put up, beginning with the one for Mother’s Day in May, are an “all

inclusive” activity? The majority of people who come to the Centre have participated in some way. The current mural titled: *Where in the World Have You Been?*” is an amazing three-dimensional world map drawn (and stuffed) by some of our wonderful volunteers. Then we got busy and nearly everyone that comes to the centre made lists of where in the world they have visited and/or come from. For those of you who needed assistance or interpretation services, our students, Michelle and Tehya, along with caregivers and volunteers, pitched right in to help. The response was truly overwhelming. Many of you have been true world travelers. Take a good look at all the little flags denoting where people have traveled- it’s a great conversation starter! Many Thanks to all of you for your great participation!

The mural we’re planning for August will stimulate memories of the P.N.E. Did you ever get stuck on top of the Ferris Wheel? What was the first thing you smelled when you stepped on to the fairgrounds? Did you learn the hard way that you should eat before going on the rides? The questions and the memories could go on for a long time. Hopefully you’ll share those with us in August.

We have had the good fortune to have two excellent students this summer. Michelle has been developing and modifying some popular games for us, and Tehya has a sixth sense about being there when it’s time to add the glitter and glitz. So, thanks to these creative and enthusiastic young women, we have a new “Jeopardy” game, and will soon have a new “Wheel of Fortune” game. These are wonderful games to stretch the mind while having fun, and we can modify them for levels of difficulty.

You will notice some new morning activities on the calendar. Thanks to those of you who participated so generously in our “Spring Fling” several months ago, we were able to purchase a variety of new

mental stimulation games, books, and a sing-along DVD. The month is too short to use them all in August, but that just gives us something to look forward to in September.

Last but not least, my sincere THANKS to all of you who have donated so generously. Over the past months we have received CD’s, DVD’s, Videos, books, puzzles, game prizes, and craft supplies. You’d think I’d have no other requests, but I do have one. Do you know an a second-hand book store that will do a book exchange? Our novels are getting stale and we’d like to recycle them for some new ones. If you can help, please let Mac or I know.

- *Annitta*

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Mon	Tue	Wed	Thu	Fri
 <p>HAPPY B.C. Day !</p> <p><b>PROGRAM CALENDAR FOR AUGUST</b></p>				1
				<p>B.C. Day Celebrations!</p> <p>11:15 Tai Chi</p> <p>1:00 Bingo</p>
4	5	6	7	8
<p>CLOSED FOR B.C. DAY</p>	<p>10:30 Program Evaluation Survey</p> <p>11:15 Sit Fit</p> <p>12:45 Pete Campbell</p>	<p>10:30 Shake Awake Your Taste</p> <p>11:30 Sit Fit</p> <p>1:00 Claire's Violin Concert</p>	<p>10:30 "Art from the Heart"</p> <p>11:30 Sit Fit</p> <p>1:00 Adriano Gentile</p>	<p>10:30 News and Views</p> <p>11:15 Balance &amp; Core</p> <p>Stuart's Lunch Concert</p> <p>1:00 Bingo</p>
11	12	13	14	15
<p>11:00 "You Be The Judge"</p> <p>11:30 Sit Fit</p> <p>1:00 Johnny Hsu</p>	<p>River Queen (bag lunch)</p> <p>11:00 Sit Fit</p> <p>12:45 "Fashions of the '30's, '40's &amp; '50's"</p>	<p>10:30 "NAMiTS"</p> <p>11:30 Sit Fit</p> <p>1:00 Adriano Gentile</p>	<p>10:30 "Art from the Heart"</p> <p>11:30 Sit Fit</p> <p>1:00 Pool Noodle Hockey</p>	<p>10:30 News and Views</p> <p>11:15 Balance &amp; Core</p> <p>1:00 Bingo</p>
18	19	20	21	22
<p>10:30 "Wheel of Fortune"</p> <p>11:30 Sit Fit</p> <p>Stuart's Lunch Concert</p> <p>1:00 Fall Prevention</p>	<p>10:30 "You Be The Judge"</p> <p>11:30 Sit Fit</p> <p>1:00 "Healthy Cooking for One" with Fatima</p> <p>Happy Feet Clinic</p>	<p>Restaurant Outing to Ramie's Greek Restaurant</p>	<p>10:30 "NAMiTS"</p> <p>11:30 Sit Fit</p> <p>Stuart's Lunch Concert</p> <p>1:00 Ren-Coll County Fair</p>	<p>10:30 News &amp; Views</p> <p>11:15 Balance &amp; Core</p> <p>1:00 Bingo</p>
25	26	27	28	29
<p>10:30 Memories of "The Fair"</p> <p>11:30 Sit Fit</p> <p>1:00 Adriano Gentile</p>	<p>10:30 "20 Questions"</p> <p>11:30 Sit Fit</p> <p>Stuart's Lunch Concert</p> <p>1:00 Fall Prevention</p>	<p>10:30 "Wheel of Fortune"</p> <p>11:30 Sit Fit</p> <p>1:00 Joyous Stars 3-6 yr. olds, origami</p>	<p>10:30 Sensory Trip to the Fair</p> <p>11:30 Sit Fit</p> <p>1:00 3 Hole Golf</p>	<p>10:30 Commemorating Labor Day</p> <p>11:15 Balance &amp; Core</p> <p>1:00 Bingo</p>

August 2008

# Menu

Mon	Tue	Wed	Thu	Fri
				1 Beef Pie Mashed Potatoes Veggies
4 CENTRE CLOSED	5 Fish and Fries Veggies	6 Chicken Macaroni Salad	7 Meatloaf Scallop Potatoes Veggies	8 Cold Plate Salads
11 Burgoo over Noodles Bun	12 Sandwich Salad Chips	13 Macaroni and Cheese Veggies	14 Chicken Legs Corn on the Cob Veggies	15 Beef Sausage Scallop Potatoes Veggies
18 Hot Dogs Salad Chips	19 Oven Baked Spaghetti Garlic Bread Salad	20 BUS OUTING	21 Fish Hash Brown Patty Sliced Tomato	22 Chicken Patty Pasta Veggies
25 Chicken Burger Salad Chips	26 Meat Loaf Roast Potatoes Veggies	27 Sandwich Green Salad Chips	28 Beef Sausage Sauerkraut Mashed Potatoes Veggies	29 Fish Hash Browns Veggies





# Pondering From The Pantry

Ponder this: What is a “*nunatak*”? A nunatak is not an attack by a nun, it is a hill or a mountain completely encircled by a glacier. “Cool” eh!

Hi:

I cannot believe it is August already. We had such a lousy spring it seems it should July we are heading into. Oh well! July gave us some outstanding weather. I even got to go to a ball game at the “Nat”. We used to go all the time; then things change and you get involved I other things, time passes, and all of a sudden its been years since I was there. I really enjoyed it. It was firecracker night and they were outstanding. All in all a great time. A beautiful night after a hot day, which segways into “FLUIDS”!

Remember, if you are really thirsty you are becoming dehydrated. If water is not your game try juice or any of the beautiful juicy fruits that are available at this time of year. You must keep fluid level up as we perspire in the heat and lose necessary fluids. Also when you perspire you lose salt and other necessary elements from your body. Hot weather is the only time I say use a little salt, not a lot. This is why a cold beer on a hot day tastes so good and is good for you, it is replacing elements that you have lost. Keep up your food, vegetable and fruit intake- here is a recipe and a hint for good nutrition in the heat or any time.

Enjoy!

.....’Til next time,

 Audrey

## *Creamy Macaroni and Cheese* (4 servings)

- 1 ¼ cup Elbow macaroni
- 2 tsp. Margarine (or butter)
- 2 Tbls. All purpose flour
- 2 cups Milk (2%)
- ½ tsp. Salt
- Pinch Ground Pepper
- 1 ½ cups Aged cheddar cheese (grated)
- 2 Tbls. Dry bread crumbs
- 1 ½ tsp Worcestershire Sauce (or to taste)

Cook macaroni in lightly salted boiling water ‘til Al Dente, drain. Melt margarine in a medium saucepan; whisk in flour, milk, salt, pepper, and Worcestershire sauce (if used). Cook over medium heat until mixture bubbles. Reserve 2 Tbls. cheese for top. Layer macaroni, cheese and sauce two times in a lightly greased 6 cups casserole dish. Combine bread crumbs with reserved cheese and sprinkle over top. Bake at 350 degrees for 30 minutes or until slightly browned and bubbly.

370 Calories per serving. Serve with a salad and whole wheat bun. Fresh fruit for dessert- whole meal just over 500 calories. 339 carbs, 19 g protein, 18 g fat.





# Foot Care 101

*Keeping our feet healthy and clean is always a challenge. In order to keep our feet in tip-top shape, there are some simple steps we can follow every day:*

## *Daily Care*

1. Wash both feet thoroughly with warm water, and dry them well (especially between your toes)
2. Apply lotion onto feet and massage lightly to avoid dryness, no cream between your toes.
3. Make sure the person trimming your nails is trained in nail care.
4. Daily exercise should be done to ensure good blood circulation.
5. Choose footwear with good support that fit properly and use insoles to spread your weight more evenly.
6. If at any time you are feeling pain, tingling, numbness or any other unusual feelings in your feet, always consult a doctor or other medical professional.
7. Do not apply treatment or drugs onto your feet until you talk to your doctor or foot care person.

## *Daily Inspection*

1. Inspect the feet on skin color, dryness, swelling or tenderness
2. Look out for blister, crack, sores, ulcers, corns and any ingrown toenail ( Nails growing into skin)
3. Any unusual sensation tingling or pain
4. If there is joint pain or deformity, seek proper treatment

*If you are having problems with your feet or just want your nails trimmed, Shirley (our nurse) offers foot care service approximately every six weeks for \$20/session. Phone for an appointment or ask Shirley when she can fit you in. She is doing her Happy Feet clinic this month on Tuesday, 19th of August.*

*-Michelle*

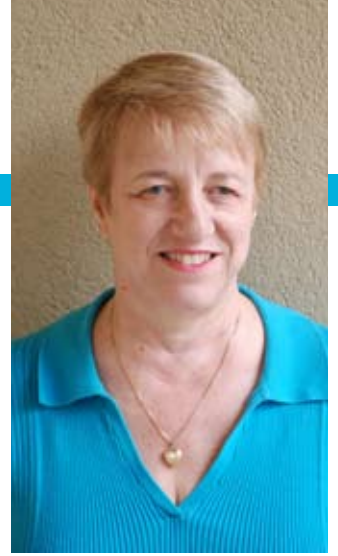
## **Fall Prevention Presentation August 18th & 26th**



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



## *“Emergency Preparedness” - Iris*



Twice a month I attend an Emergency Preparedness Meeting with the Three Links staff and we have learned how to prepare and respond in the event of any kind of Emergency. We are becoming well equipped to deal with a disaster here; but here are some tips for you to keep in mind for protecting yourself and your home.

### **Set up a Family Meeting**

Discuss how you can best prepare for an Emergency; remember that your family may not be all together when a disaster occurs. Have a plan in place.

### **Prepare an Emergency Survival Kit.**

Aim to have a Kit that will keep you and your family self-sufficient in your home for at least 3 days. A few things that are essential supplies are: Flashlight, a battery operated or crank radio, food, bottled water and blankets.

*There is some very good reading material available to everyone; if you would like some good informative brochures and helpful handouts let me know....*

***The most important thing to remember is Be Prepared, Not Scared!***



### ***A Poem by Kamaljeet Kler***

Love is in the air  
Happiness is on its way  
Come on lets hold it tight  
Don't let it get away  
Flowers are blooming  
Trees Grooming  
Looks like spring is on its way  
Let us enjoy the sunshine  
Be happy and dance the sorrows away  
God give us health and happiness  
Let us all together pray

## Chelsea Park: Non-Profit Supportive Housing For Seniors

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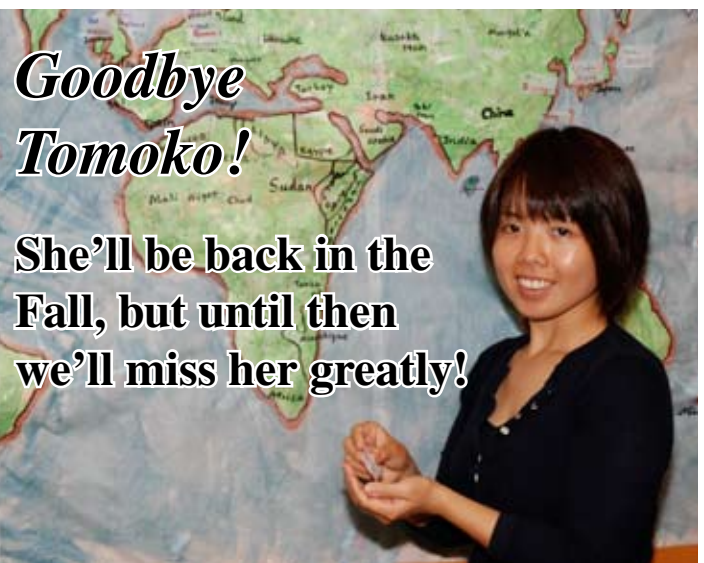
## Birthdays in August



August 4th	Ted Hobbs
August 8th	Hilda Wright
August 17th	Frank Kish
August 21st	Lai Leong
August 23rd	Alvin Ivey
August 28th	Durene Eikenberry
August 31st	Terry Tayler

## Book and Video Library!

Recently we had donations of books from our friend Marty Testa and videos from Lois Ketcheson to add to our library-donations that were very much appreciated indeed! If you want to borrow them all you have to do is put your name and the title on the sign-out sheet! If you have any questions, just ask a staff member, we'll be happy to help you.





# Member Profile



**Driving Miss Daisy** is a seniors' service that provides accompaniment and assistance with incidental transportation. We cater to the special needs of clients on an individual basis.

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*Ella Mirk*, although always modest, knows that she has led an interesting life. Born in Estonia, Ella grew up in the city of Barano, one of three children (she had a brother and a sister). She was enjoying herself at a dance when she spotted the man who would be her husband from across the room- he was playing in the band. They got married 6 years later, and she and Andre were married for 67 years. At 32, Ella and Andre made the decision to go to Canada to escape the political strife of the area. After a tearful goodbye to her parents, the two set off in a boat with 152 other people, bound for Halifax. The journey was a grueling 16 ½ days, and the ocean was so choppy that most on board were sick the entire time. They arrived in the Halifax Harbour on August 2, 1949, and were kept in a quarantined immigration area for eight weeks. "It was hard, very hard", says Ella of this time. From there they went to Winnipeg. They were asked if they knew anybody in Canada, and they did: a friend in Vancouver. They were placed in Vancouver because of this connection. They arrived on the west coast on Friday, the 13 of October, but the move turned out to be anything but unlucky. Andre found work quickly working in a shop, and then by the following July was working in his previous profession as a fisherman. They built themselves a house, which Ella still lives in, and eventually both her siblings and their families moved here as well. Ella will be forever modest, but everyone at the centre knows her as a kind and caring soul.



