





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.

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Renfrew-Collingwood Seniors' Society Newsletter October 2008

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Welcome to New Members

Iris Gordon

New Volunteers

Natsumi Arai
Poonam Kaila
Jane Zhou
Yuki Oba

RCSS Management

Board of Directors



Jim Park
Chair



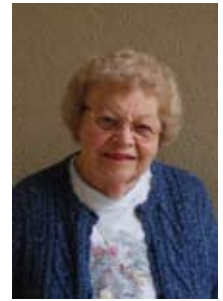
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Vice Chair



Lorraine Abrams
Treasurer



Tara Abraham
Secretary



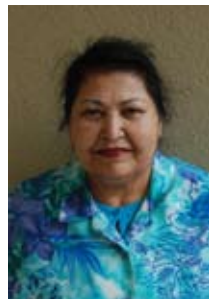
Alice Frith



Coral Heron



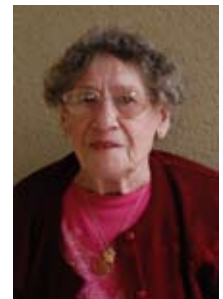
Marilyn Jennings



Kamaljeet Kler



Elaine Moody



Laura Park

Staff



Donna Clarke



Shirley Frank



Audrey Irving



David Kenny

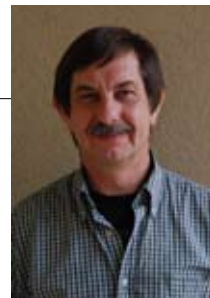


Mac Lal



Annitta Unger

October 2008 Newsletter Contribution



First, I would like to thank all of you for your confidence and support for the new Board of Directors. Although we are still getting to know one another and becoming more comfortable in our roles, I can honestly say that each one of us is enthusiastic about enhancing the quality of life for seniors. Our job is to ensure the Society is provided with the tools and structure necessary to operate a facility that benefits the staff, volunteers, and each one of you. My fellow Board members are compassionate, intelligent, experienced, and each one brings a unique set of skills and abilities to the table. Committees have been formed and tasks have been prioritized. There is much to do and we look forward to the challenges ahead of us.

Running a non-profit facility of this type is not easy. Funding is limited and resources are scarce. Sometimes difficult decisions have to be made. Those of you who are parents can appreciate this. You simply can't give your kids everything they want, no matter how much you'd like to. Sometimes you have to say no. Each of us has to learn personal responsibility and understand the consequences of our actions. I mention this because it is easy to take things for granted, become spoiled, and develop unrealistic expectations. We should always remember to be grateful that this facility even exists, and we should help each other when we can, and be tolerant of each other. Most of the world's seniors do not have places like this where people care about them and want them to be happy and cared for. Enough said on this topic but I want you all to know how grateful and appreciative I am that the Center was there for my Mom when she needed it.

I was born in Vancouver General Hospital and have spent my entire life in Vancouver. I have seen it change from a city with a heart where doors were left unlocked and neighbours knew and helped

one another to a place where fear keeps people trapped behind locked doors afraid to know the person next door. In many ways, our society has become a cold, unfeeling world where greed and power rule our lives and kindness and compassion are glimpses of sunshine from a cloud-filled sky.

I consider myself blessed to have grown up in the fifties and sixties because it was a time of hope, and of joy, and it was a time of innocence. Many of my generation, the baby boomers, believed that we could change the world into a beautiful, caring, loving world where there was no war, where we could live in harmony with nature, and where we could nurture and rejoice in each other's individuality and potential. Our parents were survivors of WWII and the horrors of their experiences were burned into our souls. Many of you were also witness to this terrible time in our history, and some still carry the emotional scars of pain and loss. We swore never to repeat the mistakes that brought the world to the edge of nuclear annihilation.

Instead, we tried to show the world that there was another way, the way of life and love. We rejoiced at the birth of each new day, and danced with each other or by ourselves, happy and grateful that we were alive and able to partake in the wonders of the world around us. Like children, we lived in the moment and laughed and cried together, and played games and had fun. We truly cared about one another and ensured that those without means were clothed and fed, and felt included and loved. It was a magical time when it seemed that we could create a new world of trust, compassion, and creativity. When we worked, our hearts were glad for we were working together for the common good. Although to the older generation, it may have appeared that we were ir-

responsible, we were not. Money had to be earned to provide those necessities that sheltered us, clothed us, and nourished us. In short, we rejoiced in our work for we knew that in so doing, we were making life easier for ourselves and for those we cared about.

The Renfrew-Collingwood Seniors' Center is an oasis in a desert of fear, anger, hopelessness, and loneliness. In this place, people have the chance to share their individuality and contribute each in his or her own way. We can appreciate and learn from the differences between us, and be comforted in our togetherness. We can laugh together. We can work together. We can help each other to become stronger so that we can more easily deal with the challenges that each of us faces when we return to our homes and our community.

I am now, and always have been, an optimist. I believe in the goodness and creative spark that resides in each person I meet. Let us focus on each other's strengths and forgive each other's weaknesses. Let us laugh and joyfully work together for the benefit of others so that this will always be a place of sanctuary, where weary souls can rest awhile and gain strength from the companionship and kindness of those who work and volunteer here, as well as from each other.

I am deeply grateful to you, our seniors, who sacrificed so much in your lives to try and make the world a better place for myself and my generation. It is in service to others that our souls shine brightly and illuminate the path into the future, so that those that follow can continue our work to make the world a happier, kinder, more loving place for tomorrow's children.

Thank-you for allowing me an opportunity to serve you.

Respectfully yours,

Jim Park

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



Monday, October 6, 10:00 am- 12:00 pm.

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.



A Message from Donna....

Many of you have been requesting refunds for bus outings and I would like to address it in this short note. There is no problem with getting a full refund if we know a week before the outing because we haven't finalized the numbers for the restaurant. The price of the meal is determined by the number of participants. We usually get a discount based on at least thirty seniors attending. It is kind of like a bulk purchase rate. After the final count has been sent in to the restaurant and a price established there is no changing it. We pay whatever was agreed upon no matter how many attends. So to issue a refund means a loss to the Society and we can not afford to do this on a monthly basis. Any questions please come see me. Thanks for your understanding.

Donna Clarke

Message from Shirley

Hi Everyone,

As we start into the Winter months, its important to have our immune systems in shape for the viruses and colds that come at us.

One of the many ways to boost our immune system is by making sure that you get your laughter quotation up. In the article "How Laughter Works" by Marshall Brian it states: Researchers are now saying that laughter can do a lot more than helping us cope with major illness. Laughter reduces levels of certain stress hormones. Laughter provides a safety valve that shuts off the flow of stress hormones and the fight-or-flight compounds that swing into action in our bodies when we experience stress, anger, or hostility. These stress hormones suppress the immune system, increase the number of blood platelets which can cause obstructions in the arteries and raise blood pressure.

(In Emma Bombeck's Book "When you look like your passport photo, It's time to go home"). Pick it up in our lending library.

"A traveler going to Dallas said to the ticket agent, "Can you check my luggage through to Honolulu, Pas-saic, and New Jersey First!". The ticket agent said he couldn't do that. "Funny, you routed it there last week!" "Drum roll... groan..."

When we are laughing, natural killer cells that destroy tumors and viruses increase, as do Gamma-Interferon (a disease-fighting protein) cells, which are a major part

of the immune response, and B-cells make disease-destroying antibodies.

From the book "Age happens" given to me by Annitta on my 60th Birth-day. A quote from Emma Bombeck's requested gravestone epitaph: "Big Deal! I'm used to dust"

"There's no advantage to being 102-no peer pressure"

-Dennis Wolf-

gang

"I'm at an age where my back goes out more than I do."

-Phyllis Diller

Laughter may lead to hiccupping and coughing, which clears the respiratory tract by dislodging mucous plugs. It also increases the concentration of salivatory immunogloblin A, which defends against infectious organisms entering through the respiratory tract. Laughter also gives your diaphragm, abdominal, respiratory, facial, leg and back muscles a workout. That's why you often feel exhausted after a long bout of laughter- you've just had an aerobic workout.

Keep laughing! -*Shirley*



RENFREW COLLINGWOOD SENIORS' SOCIETY'S



Annual Raffle!

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Program Notes from Annitta

Autumn... a feast for the senses!!
 Nature produces it's most vivid
 palette of colors in the leaves, and
 an awesome orchestra of sounds in

the wind, rain, and crashing waves. Can you recall a crisp fall day when you enjoyed the swussssh-ing sound of raking leaves, followed by squeals of laughter when your kids dove into the pile of raked leaves and threw them into the air, watching them float down again. Those are memories worth reliving.

We'll start October off right with a toe tapping Oktoberfest. Worth coming for to enjoy the um-pa-pa rhythms in music, and the pretzels and 🍺 "beer", all served up pub style.

Have you ever seen those masks that cover the eyes and nose only, like a Zorro mask . Well, we'll be starting with those as a base and decorating them in glorious or ghoulish fashion, depending on your taste. You are welcome to wear them to our Masked Costume Party on Thursday, October 30, or, if you don't come on Thursday, you can always impress the kids that come to your door on Halloween. The Halloween party should be lots of fun. We invite everyone to attend the Halloween Party. Come in costume or with your mask if you can. There will be some "Ghoulish" prizes in addition to entertainment by Steve Warner.

Something new for October. "Who Am I?" Our mural wall will have a silhouette picture of a famous or infamous person. We'll be adding clues every few days to help you guess who it is. There will be a ballot box, pencil and ballot slips beside the silhouette. When you think can identify the person, fill out the ballot slip and place it in the box. At the end of the month, we will go through all the entries and select those with the correct name. These will be placed back into the box and a winner will be selected from these entries. Enjoy!

Annitta

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-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

Arts, Health and Seniors

We're lucky to have Carmen and Yoko come in to work with us on creative art projects!
Every Tuesday at 10:30

Pool Noodle Hockey

This always exciting, sometimes hilarious game tends to bring out the competitive spirit!
Monday Oct. 6, 1:00

Sarah's hand massages

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

Stuart Martin Plays the Three B's

The lovely sounds of the piano serenade us as we eat lunch...
Wednesday, Oct. 8
Thursday, Oct. 16
Friday, Oct. 24
Monday, Oct. 27

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 Oct. 3, 11:15

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!
Artsway Concert at Lions Den- Oct. 9
Linda Lujan- Oct. 15, 1:00
Jerry Baynton- Oct. 20, 1:00
Steve Warner- Oct. 30, 1:00

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, Oct. 10, 10:30
Friday, Oct. 24, 10:30

Balance & Core

Try out some new moves with Mac during physical fitness.
Friday, Oct. 10, 11:15
Friday, Oct. 17, 11:15
Friday, Oct. 24, 11:15
Friday, Oct. 31, 11:15

Target Practice

A variety of games to test our agility and target skills!
Wednesday, Oct. 29, 1:00

"Wheel of Fortune"

With Mac as our very own Vanna White.
Wednesday, Oct. 8, 10:30

Restaurant Trip

Out on the town! Ask Mac for details.
Wednesday, Oct. 22

Show & Tell

Bring in something that means a lot to you or has a good story to share with everyone!
Monday, Oct. 27, 1:00

Jeopardy

What is- a really fun game?
Monday, Oct. 6, 10:30

Autumn Celebrations

Autumn is here, and we should rejoice!
Wednesday, Oct. 1, 10:30
Thursday, Oct. 2, 10:30

Carpet Bowling

A guaranteed crowd pleaser! Gets us up and moving, and is always good for a giggle and a bit of healthy competition.
Thursday, Oct. 2, 1:00

Thanksgiving Memories

The time of giving thanks is here once again. What are your memories of the holiday?

Thursday, Oct. 9, 10:30

Shake Awake Your Taste

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

Thursday, Oct. 23, 10:30

Ghoulish Memories

OOOOH.... Is that a ghost?

Wednesday, Oct. 29, 1:00

Mask Making

To dress up, we craft up!

Thursday, Oct. 23, 1:00

Monday, Oct. 27, 10:30

Wacky Words

Mind busters to get our brains moving!

Monday, Oct. 20, 10:30

Price is Right

Guess the price, win the glory!

Wednesday, Oct. 15, 10:30

Happy Hour

Mac shows us how it's done.

Friday, Oct. 17, 10:30

Friday, Oct. 31, 10:30

Oktoberfest

"Beer", pretzels and polka!

Wednesday, Oct. 1, 1:00

Presentation by Janet Nutter

Want friendly help going to appointments, shopping, etc.? Janet will be here to help us out.

Tuesday, Oct. 21, 1:00

Bean Bag Toss

Precision is the name of the game.

Tuesday, Oct. 7, 1:00

Family Feud

...without the yelling.

Wednesday, Oct. 8, 1:00



3-Hole Golf

Test your golf skills, 3-hole style!


Tuesday, Oct. 28, 1:00



October 2008 Programs

Mon	Tue	Wed	Thu	Fri
		1	2	3
		10:30 Autumn Trivia 11:15 Sit Fit 1:00 Oktoberfest	10:30 Baking Pumpkin Bread 11:15 Sit Fit 1:00 Carpet Bowling	11:15 Tai Chi with Sai 1:00 Bingo
6	7	8	9	10
10:30 Jeopardy 11:15 Sit Fit 1:00 Pool Noodle Hockey	10:30 Arts, Health and Seniors Project 1:00 Dental Presentation	10:30 Wheel of Fortune 11:15 Sit Fit Stuart's Lunch Concert 1:00 Family Feud	10:30 Thanksgiving Memories 11:15 Sit Fit 1:00 Artsway Concert at Lions Den	10:30 News and Views 11:15 Sit Fit 1:00 Bingo
13	14	15	16	17
CENTRE CLOSED THANKSGIVING DAY	10:30 Arts, Health and Seniors Project 1:00 Scenic Drive to Sunny Surrey	10:30 Price is Right 11:15 Sit Fit 1:00 Entertainment by Linda Lujan	10:30 Hangman 11:15 Sit Fit Stuart's Lunch Concert 1:00 Bean Bag Toss	10:30 Happy Hour 11:15 Balance & Core 1:00 Bingo
20	21	22	23	24
10:30 Wacky Words 11:15 Sit Fit 1:00 Jerry Baynton	10:30 Arts, Health and Seniors Project 1:00 Presentation by Janet Nutter	STEP OUT 	10:30 Shake Awake Your Taste (taste testing) 11:15 Sit Fit 1:00 Mask Making	10:30 News & Views 11:15 Balance & Core Stuart's Lunch Concert 1:00 Bingo
27	28	29	30	31
10:30 Mask Making 11:15 Sit Fit Stuart's Lunch Concert 1:00 Show & Tell	10:30 Arts, Health and Seniors Project 1:00 Golfing	10:30 Ghoulish Memories 11:15 Sit Fit 1:00 Target Practice	10:30 Early Halloween 11:15 Sit Fit 1:00 Masked Costume Party Entertainment by Steve Warner	10:30 Happy Hour 11:15 Balance & Core 1:00 Bingo

October MENU

Mon	Tue	Wed	Thu	Fri
		1 Fatima's Selection	2 Fatima's Selection	3 Fatima's Selection
6 Fatima's Selection	7 Fish Potato Hash Browns Salad	8 Small quiche Salad Sliced tomato	9 Pizza Salads	10 Fatima's Selection
13 CENTRE CLOSED THANKSGIVING DAY	14 Fatima's Selection	15 Soup Sandwich	16 Beef Stew Roll	17 Chicken Legs Potato Veggies
20 Cabbage/ Beef bake Veggies	21 Chicken Burger Fries	22 BUS OUTING 	23 Chicken Mashed potatoes Roast Veggies	24 United Nations Day Lunch
27 Roast Beef Roast Veggies Mashed Potatoes	28 Tuna Casserole Salad Brown Bun	29 Salisbury Steak Vegetables	30 Beef Sausage Yorkshire Pudding Veggies	31 Chili and Bun Trick or Treat lunch!



STEP OUT



For this month's bus trip will be going to
Tom and Jerry's Restaurant.
Wednesday, October 22nd, 2008.
See Mac for a list of delicious meal options!



Pondering From The Pantry

Ponder this: *An optimist laughs as he forgets, a pessimist forgets to laugh.* (Think on it!)

Hi!

Well my goodness- October already, holidays done with and time to turn our thoughts to Fall and Winter. Time to plan heartier meals with stews, good soups and warm comforting pasta meals to satisfy our tummies and keep cold days at bay. It is also time to check warmer footwear, gloves, scarves and hats because as they say "hot August days bring cold winter days"- that's what "they" say whoever "they" are.

It also brings two special times at Ren/ Coll. Thanksgiving and "trick or treat, smell my feet, give me something good to eat", in other words Hallowe'en. Thanksgiving for me and mine will be special as all my sisters family and mine are going to my daughter's friends Challet at Silver Star. 18 of us. This could be our last one together as there is wedding talk in both our families so we're hoping for some early snow. It will be quite a change for me from wearing as little as possible in Mexico to bundling up- BRRR. Then comes Hallowe'en- those of you who have been here before know just how off the wall we can be so root out something to wear and plan on fun. Annitta and Mac will have something up their sleeves I'm sure.

A request from a long time member for my rice pudding recipe so here it is. Enjoy!

'Till next time- take time to give thanks and remember the 31st.

Love,



Audrey

Creamy Rice Pudding- Makes a nice creamy dessert using leftover or freshly cooked rice.

Combine all 6 ingredients in top of double boiler. Cook over simmering water, stirring occasionally. When Thickened, pour into serving bowl. Serve hot today and leftover cold tomorrow. Serves 6.

CREAMY RICE CUSTARD: Add 2 slightly beaten eggs at the last. Stir continuously

as it cooks until it coats a metal spoon. Serves 6.

CHOCOLATE RICE PUDDING: Add 2 tbsp. (30 ml) cocoa.

1 ½ cups	Cooked rice
1 ½ cups	Milk
¼ cup	Granulated sugar
1 tsp.	Vanilla
1/3 cup	Raisins
1 tbsp.	Butter or Margarine

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Member Profile- Fenwick (Fen) Kinniston



Fen was born in Vancouver, at Vancouver General Hospital. He must have felt a connection to the place, because years later he returned to the hospital to work, and stayed there for 37 years. He is the epitome of a hard-worker, working two jobs for many years; as a laundry supervisor at the hospital, and at the Killarney Community Centre (for 40 years!) helping with Bingo. His time as a 'laundry man' prompts stories of poker games and parties as well as hard work. Besides being feisty ("I told the company they had rocks in their heads..."), Fen is also a genuinely kind man. He treasures fairness above all else, as is evidenced in the stories he shares with us. He stepped above and beyond duty at work, making a Lost and Found pile for things dropped down the laundry chute- one of many examples that shows his willingness to help others. Family is also obviously important to him, and he speaks proudly of the fact that both his son and daughter now work at the hospital, as did his wife.

Nicknamed "The Candy Man" for the gifts of chocolate he gives to those around him, Fen certainly is sweet!



Farewell to Iris.....

As most of you know by now Iris, the Administrative Support will be leaving us the end of September. Iris has been with us for the past year and has worked very hard on our behalf. She is known for that very unique laugh, forever smiling face and her hugs. We will miss all of that warmth. Although she will be leaving us physically she will be forever in our hearts and welcomed back anytime to join us for lunch or special event.

The seniors, staff and volunteers would like to thank Iris for her commitment to Renfrew-Collingwood Seniors' Society and we wish her well in her future endeavours.



Upcoming Events

Orientation to Renfrew-Collingwood Seniors' Society

Tuesday October 28th, 2008
6 pm – 8 pm

Who should come:

- Seniors looking for social opportunities, stimulating activities and support services
- Anybody concerned about a parent or an isolated senior in our community

Where:

The Renfrew-Collingwood Seniors' Society Centre,
2970 E 22nd Avenue

What will you learn:

- The services that Renfrew-Collingwood Seniors' Society offers at the Centre
- How to qualify and access these services
- The difference between an Adult Day Centre and Community Days Drop-in
- How a support group can help
- The support services available to seniors from Vancouver Coastal Health

Why you should know:

- If you are caring for a loved one it takes its toll on you, know how to find relief and support
- Avoid long processing time, it's good to be on a wait list
- So when there is someone in need you can help connect them to the resources available for them

How to register:

- Call (604) 430-1441 and ask for Donna or Shirley

See you there!

Birthdays in October



-Oct 6th	Helen Bodnar
-Oct 13th	Ida Yardley
-Oct 14th	Mickey Condio
-Oct 21st	Ivo Martinelli
-Oct 21st	Janet Mense
-Oct 26th	Iris Platt

CRAFT FAIR

The Renfrew Park Community Centre will be holding their 6th Annual Craft Fair on:

Saturday November 8th, 2008
10 am - 4 pm.

The Renfrew Collingwood Seniors' Society will be taking part in the fair by selling crafts made by our seniors in our Arts, Seniors, and Health Program.

As well we will be providing food for the fair. **Please support both of our organizations by attending.**

Thank You.



Community Diwali Celebration



The festival of Diwali is a unifying celebration with different significance, but equal importance in many communities. People give expression to their happiness by lighting earthen diyas (lamps). The lighting of lamps is a way of paying obeisance to God for attainment of health, wealth, knowledge, peace, valor and fame. Doors will be open at 5:00pm. There will display booths, Henna, Rangoli, Diya, and entertainment.

This event will include dinner and door prizes.

Saturday
\$5/Adult

Oct 18
6:30-9:30pm
Children & Youth Free



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Please call to schedule your complimentary lunch and tour.

Ask about our Assisted Living packages.

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by Concert and operated by Leisure Care. **CONCERT™**



THE O'KEEFE – ARBUTUS WALK



5 Tips for Ensuring a Safe Home!

Please keep in mind the following safety tips for your home:

1. Secure all area rugs and floor mats to keep them from slipping.
2. Stairways should be properly lit and handrails must be secured tightly.
3. Electrical and telephone cords should be clear of all pathways.
4. A first aid kit and fire extinguisher should be accessible at all times.
5. If you are dealing with mobility issues, medical equipment should be checked regularly, grab bars should be installed by a professional.



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