

FEBRUARY 2009 NEWSLETTER

Sharing

Happiness

Special Moments



Gatherings

Friendship



"Taking Seniors to Heart"



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 February 2009

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New Members:

Elsie Mah
Yuk Lai
Sandy Rolfe

RCSS Management

Board of Directors



Jim Park
Chair



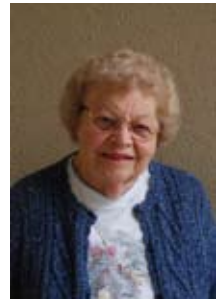
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Vice Chair



Lorraine Arams
Treasurer



Tara Avraham
Secretary



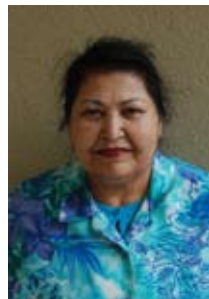
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Marilyn Jennings



Kamaljeet Kler



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Laura Park

Staff



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Shirley Frank



Audrey Irving



Janice Callahan



David Kenny



Mac Lal



Annitta Unger



Thoughts from the Board- Laura Park



The New Year is on its way and my outlook is very positive. I am more pleased than ever to be a part of the Board and also of the Fundraising Committee. Last year's raffle was a huge success and I believe that this year's raffle will do just as well...or even better! I am very thankful to all the seniors who participated in our fundraising events and would like to

encourage those who made contributions in the past to continue your kindness in this New Year. I thank all the members of our centre who make it what it is and also encourage you all to tell your friends to come join us to expand our circle. I think we have a fabulous group of seniors at our centre, who each has an amazing personality. The centre is a place for us all to enjoy, so I think that it is important that we take an active role in voicing our opinions about what changes we would like to see. Although I had a quiet Christmas and New Years I am looking forward to what the New Year will bring. One thing I am looking forward to is the possibility of a trip to England to visit a few of my close friends. I have not made up my mind whether or not I will be going so I shall wait and see. I would like to wish everyone here at Renfrew Collingwood a very healthy and happy New Year! Make sure you stay warm this winter too and take a lesson from my cat, Angel, and bundle up.





A Message from Donna....

Well what a month we've been through, a Christmas that we will remember for sure. In my 24 years in Vancouver I have never seen the likes of it and never want to witness it again. We've learned from it however and we will schedule our future Christmas luncheons earlier so if we have to cancel we still get another kick at the can. I know it has been a difficult time for a lot of you as being trapped in your homes for a month has not been easy I am sure. Just because you were alone doesn't mean that the staff here at the Centre were not thinking of you. We missed all of you so much especially on New Years Eve when all the noisemakers were sitting on the table and the entertainer showed up to play for the event with nobody here. But we are passed that now and it's a New Year and we are going to make the best of it. We have to learn from these experiences though. So the question is, "Were we prepared? "

Did we have enough food, water, oxygen tanks and medication to survive for the period that Vancouver was in chaos? Were you able to cope with a power outage? Did you have flashlights, batteries, a radio or means of keeping warm? These were all questions that were going through my head every day that I did not see you. So to be better equipped for situations like these we have arranged for an emergency preparedness presentation on Tuesday, March 10th at 1:00 -2:00. We are also going to have emergency kits, lights and radios for you to buy at the event. Please feel free to bring a friend or relative, as all of us need to have an emergency plan.

On a more positive note we had lots of time to prepare for our upcoming programs. We have several new workshops planned most of them at your request. The one this month is on Continence. Nancy Cho will be back to talk about this sensitive issue. This topic arose during the presentation that she did on falls prevention and we finally could agree on a date that worked for other organizations in our area. After the presentation we will have a nice social tea. The date is February 17th at 1:00. Arrange for Handy-Dart now so you are guaranteed a ride.

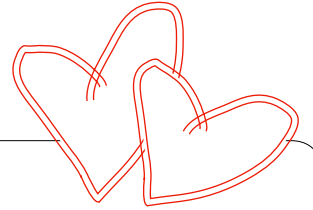
There is another great workshop coming up on March 27th from 11:00 – 12:00 at Renfrew Park Community Centre. The topic is Senior Abuse (financial, emotional etc.) and the workshop will be delivered by Seniors from the 411 Society. Again, please take advantage of this opportunity as you may know a friend who is in an abusive situation and you will be able to assist them in getting the help they need.

If you have other topics of interest please let me know. Information is power.

Donna Clarke



Love and things of the Heart.



Hi Everyone,

This is the month of LOVE AND things of the heart. The heart is such a small organ but it needs to be healthy and strong to keep us going into our older years.

These are certain uncontrollable risks factors to take note of:

Men tend to have heart attacks younger, women catch up to men after menopause.

If you have a parent or sibling who had heart disease before the age of 55, you are at an increase risk. First nations, Inuit, Métis, South Asians and African men and women are at an increased risk.

Some controllable Risk Factors

- 1) Smoking
(and exposure to second hand smoke).
- 2) High Cholesterol.
- 3) High Blood Pressure.
- 4) Physical Inactivity.
- 5) Obesity or being overweight.
- 6) Diabetes (Type 1 or 2).

Statistics show that women are 16% more likely to die from a heart attack, and stroke kills 45% more women than men. To add insult to injury, only 32% of women are referred to a cardiologist following a heart attack, compared to 38% of men, and women are almost 3 1/2 less likely to receive bypass surgery.

Here are 5 Warning Suggestions

- Nausea, indigestion or vomiting.
- Sweating or cool clammy skin.
- Difficulty breathing.
- Chest pain or discomfort (burning, squeezing, heaviness, tightness or pressure).
- Pain in the arm, neck, jaw or back.
- (Sudden discomfort or pain in these areas that does not go away with rest may indicate a heart attack).

For women watch for unusual tiredness, trouble sleeping, indigestion and anxiety up to a month or so before a heart attack. That is all the bad news to consider about your heart, but I hear that chocolate is the answer for any kind of heart problem..so I think I'll head down to Godivas or Purdys and indulge myself.

***Happy Valentines Day to all my Sweethearts
@ Renfrew Collingwood!***

Shirley Frank

Centre Programs

Arts, Health and Seniors

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

Bingo



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

Bean Bag Toss

Test your strength and coordination with this fun and challenging game. It's a game guaranteed to be fun for all!

Crib

Are you a crib shark? Test your skills amongst others and see if you can win big!

Continance Presentation

Join in on an informative presentation that will be a benefit to your health.

Cupcake Hearts Bake Off

It's true- "Nothing says lovin' like fresh from the oven" especially when it comes to the delectable taste of delicious cupcakes.

Desert Island Charades

Ever played charades? What 3 items would you bring with you if you were stranded on an island all alone? Teams compete to discover what their opponent will bring.

Entertainment by Pete Campbell

Listen to some lovely music that will get you feeling merrier than ever!

Entertainment by Lorraine Smith

Lorraine delights us with the sounds of the some lovely songs on piano.

Fat Tuesday Pancake Race

A fun relay race with a twist.

"Fruits of the World" Taste Testing

Make your taste buds happy and see how well they work when tasting foods from around the world.

Fun Fact Trivia

Get your minds working with some interesting and fun facts!

Gilligan's Island Trivia

You have watched the show but how much do you know? Put your knowledge to the test.

Have a Heart Hangman

Lay it on the line when you get your mind working while engaged in this fun word guessing game.

Horse Racing

...and they're off! Enjoy this wild game and see who will be the lucky winner...it just might be you!

Jeopardy

What is- a really fun game? Risk it all in the Daily Double!

Lifeline Presentation

Join in an informative presentation to learn more about the life saving potential of Lifeline.

Lions Den Concert

Taking a trip to Lions Den is always a great time that can be enjoyed by all.

Mardi Gras

Wear your wildest clothes, sport your silliest hair do along with some flash beads to kick off the Mardi gras mayhem.

Mardi Gras Trivia

Wildly entertaining trivia that will get your mind working!

Mardi Gras Mask Making

Put on your best face for the festivities by making one with a mask!

Mardi Gras with John Cronin

John Cronin will get us up and moving for Mardi gras!

“Me & My Shadow “Making Silhouettes

Everyone’s silhouette gets posted around the centre. See if you can guess the face behind the shadow. You may win a “spectacular” prize if you are the lucky one with the most correct guesses.

Mystery Trip

Mac will take you on an exciting excursion as long as the wintry snow doesn’t get the best of us.

Musical Bingo (Name that Tune)

Bingo with musical flare! A very fun game you will be sure to enjoy!

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!

Songs of the Heart Trivia

A sampling of various songs for Valentines Day.

Sit Fit

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

Table Games

Be ready to pull up a chair and challenge your friends to some classic games.

Tai Chi with Sai

Fun, relaxing and an excellent exercise- Tai Chi has it all! Sai gets us in the move and in the groove!

Valentines Cupcake Decorating Contest



Show off your impressive creative culinary skills by displaying the most impressive design of all.

Valentines Trivia

Fun fact testing that will get your heart racing.

Windermere Choir

Listen to angelic voices singing a lovely song collection

***Stuart’s Lunch Concerts**

Stuart’s collection of “Love Songs Plus.”

***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!

***Sarah’s hand massages**

Having a stressful day? Unwind with a nice massage from Sarah! Every Monday, Tuesday and Thursday

Irene’s Nail Salon

Irene will give your nails instant glamour that will be sure to impress. (Monday 2nd & Thursday 26th)

*Not listed on the calendar

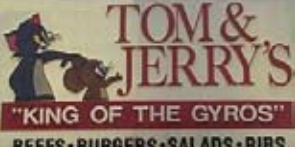


FEBRUARY 2009 CALENDAR

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
10:00 Irene's Nail Salon 10:30 "Me and My Shadow" making silhouettes 1:00 Horse Racing	10:30 Arts, Health, Seniors 11:30 Sit Fit 1:00 Musical Bingo	10:30 "Me and My Shadow" Making Silhouettes & Word Games 11:15 Tai Chi 1:00 Crib and Bean Bag Toss	10:30 "Me & My Shadow" Making Silhouettes 11:30 Sit Fit 1:00 Lion's Den Concert	10:30 News & Views 11:30 Sit Fit 1:00 Bingo
9	10	11	12	13
10:30 Valentines Trivia 11:30 Sit Fit 1:00 Taste Testing "Fruits of the World"	10:30 Arts, Health, Seniors 11:30 Sit Fit 12:45 <i>Lifeline</i> Presentation	10:30 Cupcake Hearts Bake-Off & Have a Heart Hangman 11:30 Sit Fit 1:00 Entertainment by Pete Campbell	10:30 Songs of the Heart Trivia 11:30 Sit Fit 1:00 Valentines Cupcake Decorating Contest	10:30 News & Views 11:30 Sit Fit 1:00 Bingo
16	17	18	19	20
10:30 Desert Island Charades 11:30 Sit Fit 1:00 Cribbage & Mardi Gras Mask Making	10:30 Arts, Health, Seniors 11:30 Sit Fit 1:00 Continnence Presentation	<div style="background-color: #800000; color: white; padding: 5px; text-align: center; font-weight: bold; font-size: 1.2em;">STEP OUT</div> 	10:30 Jeopardy 11:30 Sit Fit 1:00 Entertainment by Lorraine Smith	10:30 News & Views 11:30 Sit Fit 1:00 Bingo
23	24	25	26	27
10:30 Mardi Gras Trivia 11:30 Sit Fit 1:00 Mardi Gras with John Cronin	10:30 Arts, Health, Seniors 11:30 Sit Fit 1:00 Mystery Trip (Weather Permitting)	10:30 Mardi Gras 11:30 Sit Fit 1:00 "Fat Tuesday" Pancake Race	10:00 Irene's Nail Salon 10:30 Gilligan's Island Trivia 11:30 Sit Fit 1:00 Mardi Gras Bingo	10:30 News & Views 11:30 Sit Fit 1:00 Bingo

FEBRUARY 2009 MENU

Menu subject to change

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Stuffed Pork Loin Potato Carrot/turnip Fruit</p>	<p>3</p> <p>Salmon Loaf Salad Roll Cake</p>	<p>4</p> <p>Turkey Thigh Mashed Potato Stuffing Veggies Tart</p>	<p>5</p> <p>Homemade Soup Cheese Biscuit Fruit</p>	<p>6</p> <p>Meat Loaf Oven Roasted Potatoes Veggies Jello</p>
<p>9</p> <p>Fish Patties Scalloped Potatoes Salad Pudding</p>	<p>10</p> <p>Beef Stew Bread Roll Tart</p>	<p>11</p> <p>White Fish Sauce Potato Salad Fruit</p>	<p>12</p> <p>Vegetarian Entrée Rice Salad Jello</p>	<p>13</p> <p>Valentines Lunch Pasta Salad Roll Valentines Dessert</p>
<p>16</p> <p>Chicken Mashed Potatoes Veggies Sliced Tomatoes Cupcake</p>	<p>17</p> <p>Tuna Casserole Peas Salad Fruit</p>	<p>18</p> <p>STEP OUT</p> 	<p>19</p> <p>Fish and Chips Coleslaw Tomato Slices Pudding</p>	<p>20</p> <p>Chicken Legs Hot Potato Salad Caesar Salad Dessert</p>
<p>23</p> <p>Baked Spaghetti Salad Garlic bread Dessert</p>	<p>24</p> <p>Shrove Tuesday Pancakes Fruit</p>	<p>25</p> <p>Fish Burger French Fries Salad Dessert</p>	<p>26</p> <p>Beef Patties Mashed Potatoes Veggies Tomatoes Tart</p>	<p>27</p> <p>Shrimp/Scallop Puff Pastry Casing Peas Salad Dessert</p>

Happy
Valentine's
Day





Pondering From The Pantry

Hi!

AH! February – the Love month. The days are getting noticeably longer, just a wee bit but longer nonetheless. The first robins start to arrive to fight it out with the crows, the sun starts its northward journey and in my case, the windows start showing the winters neglect and winter boots are fighting with the much more comfortable shoes. The travel bug itch starts and needs to be scratched. In my family birthday after birthday begins all over again and one wonders, could there be more snow? As they say (whoever “they” are). Time marches on and waits for no man. This is the month Chocolatiers get to show their stuff with wonderful chocolate goodies. If you are able, pop into Charlie’s Chocolate Factory on Canada Way which is half a block East of Boundary Road. Charlie is usually around somewhere and loves to show customers around his shop. Go see the chocolate waterfall and all the other Valentine goodies on display. Treat yourself to one or two goodies – you deserve it. Pick up something for a family member or a friend or both because it’s such a lovely way to say hi, I love you, or thanks for being there for you. Doing this gesture will make you feel better and the recipient even better. Try it, you’ll like it!

Remember to eat well, drink lots of fluids, rest, and keep warm and dry because I’m sure winter is not through with us yet.

Take care,’til next year



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Member Profile



Helen is one sweet lady who is guaranteed to make you smile when she comes around. Helen grew up in the small town of Redway, Alberta, with her two sisters and brother. Lazy is definitely not a word to describe Helen. She began working on a farm at a young age and later got a job working as a cook in a hotel. She enjoyed cooking up dishes at the hotel because it had great perks such as nice tips! I'm sure another perk of the job was that she got to work with her husband who she married in 1948. Helen was married for 48 wonderful years until her husband passed away four years ago. Helen had a beautiful wedding with 200 people attending the ceremony. She will never forget the abundance of food dishes at her wedding which she sure appreciated having a culinary background. She received many lovely wedding gifts but the most interesting of all was the livestock she received. Helen's mother gave her a chicken with six baby chicks along with a white cow. Holy cow, we don't have interesting wedding gifts like to good old days. In 1960, Helen's husband landed a new job in Vancouver and she ventured off with him there. Although Helen lives far from her hometown, she still stays in the loop with her siblings over the phone. Helen looks forward to the approach of special occasions such as an anniversary or birthday because these are times she and her siblings get together. Christmas is one occasion that Helen really has to prepare for because she has such a large extended family. She has six sons and three daughters, one who has passed away. With all of those children came twelve grandchildren and three great grandchildren. Helen sees her grandchildren often and enjoys spending time with them. Helen loves spending time with her family and people she cares about. Some of the people she cares about are here at the centre and she would like to thank each of the centre's members for their friendship and the enjoyable atmosphere they create.



Legacy of Life

...we built a garage first and were going to live in it until the house was finished. However, it was never used as a garage in spite of the fact that it had reinforced planks to hold the weight of a car. Eventually it developed into a house by adding additions to the original structure; first a bedroom, then lifting it and putting in a basement...after that another bedroom and so on.

This is a segment of one of many stories in my mother's journal. When she passed away recently, we (her children) read her stories again. It was good to remember, to laugh, and to be astonished and amazed at my mother's journey through life. It was a wonderful legacy of life.

What stories do you have to tell? If you cannot record them yourself, ask a family member to do it for you. The easiest way to write your stories is to start with a question or a thought, so below are a few questions to get you started. You'll probably think of many more once you start recording your stories.

- If you were not born in Canada, when did you come to Canada? Did you come by air or by sea? Where did you land? Do you remember your first impressions about Canada?
- Where did you first go to school? Do you remember anything about the school? (size of building, type of heat, how many grades in a class, discipline, etc.)
- What memories do you have of your wedding day? How did you meet your husband?
- What is your favorite holiday memory?
- What are some of the memorable historical events you've lived through?

Leaving your life stories for your children and grandchildren can be a wonderful gift to them, and a life affirming experience for you. Are you interested in participating in story writing workshops? I'd be happy to facilitate those for you.

Annitta

RENFREW COLLINGWOOD SENIORS' SOCIETY

is hosting a

CONTINENCE WORKSHOP

Everyone is welcome!

Tuesday, February 17th, 1:00 to 2:00 pm
at the Renfrew Collingwood Seniors' Centre

2970 E. 22nd Ave. Vancouver, BC. V5M 2Y4



CALL 604 430-1441

RENFREW COLLINGWOOD SENIORS' SOCIETY

is hosting a

PODIATRY SESSION

Doctor Gary Almas is coming to do your feet.

COST: \$10.00 for those with premium assistance,
and \$25.00 with no assistance.

Monday **February 9th**, 10:30 to 11:30 am
at the Renfrew Collingwood Seniors' Centre

2970 E. 22nd Ave. Vancouver, BC. V5M 2Y4

Upcoming Presentations

Continence Presentation-
Tuesday, February 17th at 1:00.

Emergency Preparedness Presentation - Tuesday,
March 10th at 1:00 -2:00

Senior Abuse Presentation
(financial, emotional etc.) – Friday,
March 27th from 11:00 – 12:00 at
Renfrew Park Community Centre.
The topic will be delivered by
Seniors from the 411 Society.

February 2009

Frances Bird	3rd
Mary Mielczarek	5th
Estelle Demers	27th



Eugene Shmitsman, B.Sc. R.D. Denturist

Are you a denture wearer who:

1. Cannot enjoy a meal?
2. Stopped smiling?
3. Is feeling sore & uncomfortable?
4. Has loose dentures or is in need of dentures for the first time?

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RENFREW COLLINGWOOD SENIORS' SOCIETY'S

"Taking Seniors to Heart"



"Spring Raffle"

PRIZES!

1. Handmade quilt
2. Queen size comforter and set of sheets
3. Queen size bedspread and set of sheets



Tickets: 3 for \$5.00

DRAW DATE: Friday, April 3rd, 2:00 pm
at the Renfrew Collingwood Seniors' Centre
2970 E. 22nd Ave. Vancouver, BC. V5M 2Y4

"KNOW YOUR LIMIT, PLAY WITHIN IT."

Problem gambling helpline: 1.888.796.6111

www.bcresponsiblegambling.ca

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