

Magazine of the Jewish Seniors Alliance of Greater Vancouver

# SENIOR LINE

VOLUME 19(2) - 2012

Information | Education | Advocacy | Peer Support Services



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## JSA Wish List for Peer Support Services

Our office is in need of:

- 1) A desktop computer – (\$1,800)
- 2) 2 x laser printers – (\$750 each)



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 Photography of the cover art – Adele Lewin

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Edith Shier

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 Mr. Jack Kowarsky in memory of the Lohn Family.



SERGE HABER

## PRESIDENT'S MESSAGE

Dear friends

As we approach the threshold of our tenth anniversary in 2013, we are gathered today to report on this year's Jewish Seniors Alliance activities for the fiscal year of 2011-2012. As president I am representing a very successful executive and board who have worked tirelessly for this year's great success. And what a year!

On July 1st, 2011 we took possession of our new premises on 49th and Oak. To highlight this change of location we had a housewarming gathering in our new location. Close to 100 people gathered to place the mezuzot on the entrance doors. We were graced with the attendance of Mordechai Wosk who placed the mezuzah and gave an explanation of the meaning of a mezuzah on the door. We were also graced by the attendance of Federal Minister Alice Wong, Provincial MLA Moira Stillwell, and Mayor Gregor Robertson of Vancouver.

### NITE OF JEWISH HUMOUR

On July 14th we undertook a new activity namely - Old Jews Telling Jokes. This was our first fundraising event, and attracted

an audience of 250. Although we made some money, all of it went to cover expenses. We gained lots of experience. It was a wonderful social event and a good opportunity to learn how to prepare for such an event for this year. This year's event '**A Nite of Jewish Humour**' will take place on August 9th, at the premises of Congregation Beth Israel. Thank you Michael Geller and Alvin Wasserman for suggesting the idea, carrying it through and being fully involved in the project.

### SENIORS CARE IN CRISIS

As part of our advocacy work, on Oct 30th 2011 with Dr. Rubin Feldman as chair we had our Fall Symposium entitled '**Seniors Care in Crises**'. Wonderful subject, wonderful panel, very good attendance of 175, excellent job Rubin.

### BRAINSMART

On April 22nd 2012, we held our Spring Forum entitled 'BrainSmart' chaired by Jennie Virtue. Attendance of approximately 180 Jewish and non-Jewish seniors of all ages 55+ enjoyed a wonderful event. Serious business, laughter, and social ambience was the net result of this forum.

Thank you Jennie.

### EMPOWERMENT SERIES

The **JSA Snider Foundation Empowerment Series** chaired by Ken Levitt took place at various venues in Greater Vancouver. Each event had its own volunteer organizers, moderator and panel of speakers. The theme was "**You and Your Money**". Subjects like *Managing Your Money; Your*

*Housing Options; Your Healthcare Options; Financial Frauds and Scams; Smart Budgeting; Tzedakkah Wills and Estates;* were extraordinary titles and intended to empower many of our seniors. Although the speakers were excellent, apparently the concern of money possibly was too serious a subject and the attendance was moderately good. I must say that the content of these Empowerment Series have been met with excellent approval from many organizations around the town.

### SENIOR LINE

The **Senior Line** magazine that is now being published three times a year is receiving excellent reports, as one magazine that must be read. Of course the credit is due to Edith Shier and her committee, as well as the able qualities of Karon Shear, our coordinator to have put the Senior Line in such a wonderful format.

### JEWISH SENIORS DIRECTORY

The Vancouver Jewish Seniors Directory, which we edit was distributed in the Greater Vancouver area. This editorial committee was Co-chaired by Edith Shier and Dena Dawson – thank you.

### WEBSITE

As you may well know – or maybe you don't know – we have a website that has recently been updated professionally and it promised to be a source of information for what is happening with our organization, as well as a source of information for all seniors of Greater Vancouver and their families. The success of this website will depend on the quality

of upkeep that we put into it on a regular basis as well as your help in looking at the website on a regular basis...very important. The more people that visit our website, the more we will have a good reason for many advertisers to pay for being part of our site. If successful it could be the only source of funds that we may ever need to run our JSA organization.

## ADVOCACY WORK

Our involvement and participation in **advocacy work** with other Greater Vancouver organizations have created very positive links in the community. We must thank Len Cohen for representing us at the Vancouver Cross Cultural Seniors Network and BC Health Coalition. I was honoured to represent us at COSCO – Council of Senior Citizens Organizations of British Columbia, and BC Coalition of People with Disabilities.

We have also kept in touch verbally and personally with various MLA's and in fact a delegation represented by myself (Serge), Rita and Ben Roling, and Marilyn Berger, visited with MLA Ron Cantelon, Parliamentary advisory to the Minister of Health in Victoria. We presented many concerns that seniors in general and Jewish seniors in particular have to deal with. We were well received, and were introduced at a sitting legislation and generally we have done a good job.

## THE FUTURE

Although I have taken a little bit of time to enumerate the successes of this past year, I would like to deal with the **future of our organization**. All the events and undertakings mentioned so

far have the intent of outreach to seniors, prevention and advocacy. JSA is concerned with forging relationships, making people feel as if they belong, promoting self-esteem, being inclusive, and alleviating loneliness.

## PEER SUPPORT SERVICES

A special opportunity has come our way and we are on the threshold of a very crucial and serious initiative of developing **Peer Support Services**. The first project is **Peer Counselling** which is underway under the able chairperson of Rita Roling and Charles Liebovitch as coordinator. Money for this pilot project has been advanced to us by the Jewish Community Foundation. We are in the midst of developing additional programs, namely friendly visitor support and friendly calling support. This will involve specially trained seniors to do both the calling and the visiting.

## INFORMATION AND REFERRAL

**Information and Referral** will be part of this new Peer Support Project and as such our staff and volunteer seniors will be trained to use the computerized information to provide this very important service. Our website will also play a very important role in this information and referral program.

40% of all seniors are using websites and this number will increase dramatically as new seniors join our ranks.

We have received a grant of \$25,000 from the Federal Government's New Horizons for Seniors Program, and we have confirmation from the Diamond Foundation that we will receive

an additional \$50,000 for the purpose of Peer Support Services.

In my humble opinion, Jewish Seniors Alliance is on the threshold of an extraordinary expansion. The importance of the organization in its ability to deliver services to our Jewish seniors will increase dramatically.

None of this would have been possible if we did not have a wonderful, dedicated, Board and Executive, as well as the exemplary support that we have received from our staff, Karon and Rita who work diligently with all their hearts and many extra hours in order to fulfill our dreams. Rita and Karon, we thank you.

We must not forget to mention and thank Marian Cohen who chaired the social part of our AGM.

To our many volunteers who deserve our thanks – thank you. Last but not least, we must thank the **Mitzvah Makers** for their wonderful support work as volunteers in the many tasks performed for the JSA whenever needed.



Serge Haber  
(604) 271-1990 or  
email karon@jsalliance.org



EDITH SHIER

## EDITOR'S MESSAGE

Welcome members to the coming warm days of summer at last! We have just completed a wonderful year of successful events for our Seniors. You may read the reviews in this issue of Senior Line.

Our Annual General Meeting happened on June 21st, 2012; showcasing this year's seniors honoured. A delicious dinner and musical entertainment were enjoyed by all.

We are also planning a mid-summer comedy event, in August; so watch for news on it to come!

Wishing everyone a healthy, happy and enjoyable summer.

Your Editor-in-Chief,  
Edith Shier

## LETTERS TO THE EDITOR

Re: Federal Budget 2012

Canadians are not well served by a federal government that shifts its costs onto the provinces, the environment, the unemployed and our most vulnerable seniors.

The Conservative government will balance its budget, but as a consequence, you won't balance yours.

Larry Kazdan,  
Vancouver

## A LETTER TO JANE DYSON

President of the B.C. Coalition of People with Disabilities (BCCPD) re Taxi Saver Program

Dear Jane

Re: Taxi Saver Program

Thank you very much for giving me the opportunity to review the very negative effect that abolishing the Taxi Saver Program will have on the lives of our senior citizens and disabled individuals who use this TransLink system every day.

I presented your concerns to a recent meeting of our Board of Directors. There was an expression of support for your efforts to restore this important service. We know that there are some indications that TransLink may reconsider the decision or make some changes so that disabled, and seniors will not suffer. If there is any way that we could be of help to you in your endeavors to reverse this TransLink decision, please let me know.

Sincerely

Serge Haber,  
President Jewish Seniors Alliance  
Board of Directors

## AGM THANK YOU'S

I want to thank my friends and family for being here with me this evening and I would especially like to thank the Jewish Seniors Alliance for this honour they have bestowed on me.

Volunteering has always given me pleasure and has also given me a meaning and purpose to my life.

As a volunteer I have received as much as I have given. I am very touched by this gesture of recognition and I thank you all.

*Goldie Kassen*



Dear Friends

I would like to again say thank you for honouring me for my volunteer work in the community and for doing so at a very pleasant evening. I was very pleased to meet Marian Cohen and Serge Haber. It was also great to reconnect with several old friends.

Along with my personal thanks, I would like to thank you on behalf of National Council of Jewish Women of Vancouver - the organization very dear to me.

Best wishes to the Jewish Seniors Alliance of Greater Vancouver for every future success.

*Esther Brauer*



Don't judge each day by the  
harvest you reap,  
but by the seeds that you plant.

# MEMBERSHIP



## KEEP IN TOUCH

Help us keep our mailing list up to date.  
Please call us at the JSA office: 604.732.1555  
or e-mail office@jsalliance.org



CO-CHAIRS  
LYLE PULLAN  
& BINNY GOLDMAN

## WELCOME TO NEW MEMBERS

- Arnold Abramson
- Sam & Ruth Allman
- Helen Alko
- Tammi Belfer
- Barbara Eisinger
- Becky Fayerman
- Ralph & Ruth Jackson
- Fanny Lewis
- Judy & David Mandleman
- Bella Sherman
- Barrie & Ellen Yackness



# WE NEED NUMBERS

In order to advocate to our government – WE NEED NUMBERS.

In the event that they should heed to our needs with any speed – WE NEED NUMBERS. This alliance to sustain and our credibility to maintain – WE NEED NUMBERS. So turn to all those you can and recruit friends ... women or men – WE NEED NUMBERS.

Our wish to all of us in 5772 is that we all strive to do even more than we do!!



## REMINDER: MEMBERSHIP RENEWAL AND/OR APPLICATION FORM.



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<input type="checkbox"/> I wish to become a member @ \$18 a year		<input type="checkbox"/> We wish to become spousal members @ \$36 a year
<input type="checkbox"/> We wish to make a further donation of \$ _____		
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Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance		
Credit Card #		Expiry Date /
Signature		
A tax receipt will be issued for a 1 year membership of \$18 and up.		

# Jewish Seniors Alliance of Greater Vancouver Annual Spring Forum

## BR SM A IN S M A R T

By Binny Goldman  
Edited by Jennie Virtue

“ We don’t stop playing because we have grown old; we grow old because we stop playing.” – George Bernard Shaw

That was the theme made obvious if you were one of the more than 185 people who attended Brainsmart, the JSA annual Spring Forum, on April 22 at Beth



Israel synagogue.

Forum Chair Jennie Virtue, enthusiastically welcomed the crowd, mentioning the many and varied accomplishments of JSA and extolled the qualities of its president, Serge Haber.

She then introduced our first speaker, Dr. Jean-François Kozak, co-director of the Primary Care of the Elderly Research Group at Providence Health Centre and a research faculty member at the University of British Columbia. Dr. Kozak guided us through some

of the preventative measures that can be employed to ward off debilitating signs that may accompany our senior years.

There are sobering facts that are prevalent:

1 person out of 14 million will win Lotto 649

### BUT

1 in 0.615 will develop a devastating and life-altering disease, HOWEVER according to the COCHRANE REVIEW, using mental stimulation, even when we already have mild dementia, and by incorporating challenging and multi-modal exercises using our cognitive and physical abilities we can improve our mental health.

These methods can be geared for us personally as long as we include a daily variety. We now know that social interaction plays a key role in warding off dementia and even is the ingredient to lengthening the years we live. He encouraged us all to tune into an easy-to-follow video by Mike Evans, 23 1/2 hours, which will further ensure our good health in future years.

He left us with: “Running a red light doesn’t count you still have to exercise.”

Jennie Virtue introduced our next speaker, Allan O’Meara, a laughter coach and pioneer in the Worldwide

Laughter Yoga Movement, telling us she didn’t know whether his socks were as mismatched as his shoes, which were enchantingly orange and green.

Allan had us all spinning, twirling, singing, breathing, and doing laughter yoga, sharing thoughts and holding hands with our neighbours. Peals of laughter rang out through the auditorium proving that feeling silly was FUN!

In the reading material that Allan O’Meara left on each table, he stated that the purpose of laughter is to make us feel good, both in mind and body! Research has proven that laughter has a positive impact on various systems of our body and helps to remove the negative effects of STRESS, which has the power to bring on more than 70% of illnesses, such as high blood pressure, asthma, depression, headaches, ulcers, etc. He advocated boosting our immune system through laughter and added that laughing is internal jogging, helping us to maintain internal good health.



So, if we were to follow our first two speakers' regimes, we could be laughing our way through our days happily and pretty much in control of our world.

Our last speaker, Franca Temolo-Jones, the Executive Director of Elder Therapy Design, concurred with Dr. Kozak that it is of utmost importance to keep our minds sharp with challenging games, done competitively with friends, or alone, as in watching 'Jeopardy' or 'Wheel of Fortune'.

Her game of questions had us all loudly shouting our answers to questions about long ago: jingles; song titles; couples in the entertainment industry; famous lines attributed to actresses. We were eager to prove that our long term memory was intact!! Some participants received a mini Rubik's cube for the correct answers.

Satisfied smiles appeared on our faces as our self esteem soared. It seems that Franca was correct that seniors were the smartest people in the world because they have lived long and experienced much.

Jennie thanked all the hard working team of volunteers who had brought this extremely successful forum to fruition, including the Mitzvah Makers and the BI staff. We were all treated to a delicious and healthy assortment of veggies and dip,

fruit, and cookies prepared by the Bagel Club.

Serge Haber thanked Jennie, nostalgically reminding us that she was there at the birth of JSA and had returned to chair the Forum.

We left laughing, feeling sated physically and emotionally and determined to incorporate more laughter into our daily lives.





## Why Laughter?

Allan O'Meara  
www.laughteryoga.ca or  
laughteryoga.org  
Allan@Readysetlaugh.com

### Scientists say that laughter is good for body and mind:

Over the past two decades, extensive research has been conducted all over the world and it has been proved that laughter has a positive impact on various systems of the body. Laughter helps to remove the negative effects of STRESS, which is the number one killer today. More than 70% of illnesses like high blood pressure, heart disease, anxiety, depression, frequent coughs and colds, peptic ulcer, insomnia, allergies, asthma, menstrual difficulties, tension headaches, stomach upsets and even cancer have some relations to stress. Also, it has been proved beyond a shadow of doubt that laughter helps to boost our immune system, which is the master key for maintaining good health.

#### • Scientific Rationale of Yoga and Laughter

All organs are made of tissue. To keep the organs in good health they need a constant supply of nourishment like proteins, carbohydrates, fats, salts, minerals and vitamins. These come from the food we eat. The supply depends on their quality, the power of the digestion and the absorption of the digestive system. The circulatory and digestive systems must be efficient for the nutrients to reach all parts of the body. Then oxygen is required for

the body's metabolism to work. To get more oxygen the respiratory system must be in perfect order.

The act of breathing is a natural form of massage/ exercise for the major digestive organs. The abdominal muscles need to be exercised regularly for this massage to be effective. The act of laughing, e.g. belly laughs and the act of raising ones arms up and taking a deep breath, is what the scientists call 'internal jogging'. Regular laughing not only strengthens the abdominal muscles and gives a constant massage it holds the abdominal organs in their proper place to ensure digestion and absorption.

### Benefits of Laughter:

#### • Anti-Stress

Laughter is the most economical and easy anti-stress measure. It is a muscle relaxant, expands the blood vessels, and reduces the stress hormones in the body such as epinephrine and cortisol. To reduce stress via other methods takes a lot of mental effort to detach oneself from the physical world. To laugh is a natural process and all the senses naturally and effortlessly combine in a moment of harmony.

#### • Best Aerobic Exercise

Laughing drives a sense of well being. 15 minutes laughing in the morning sets you up for the day. Dr William Fry (Stanford University) reckons 1 minute laughing is worth 10 minutes on a rowing machine. This will help sedentary people most of all. e.g. those disabled or in a wheelchair.

#### • Depression and Anxiety

Modern living is taking a heavy toll on the mind. Depression, anxiety, nervous breakdowns and sleeping difficulties are said to be on the increase. Laughing has helped reduce reliance on drugs and people in India are getting better sleep.

#### • High Blood Pressure and Heart Disease

10 minutes laughing will drop blood pressure by 10–20mm. It is not recommended to replace modern medication but it helps. Perhaps the medication can be reduced. Laughter helps the blood circulation and oxygen supply to muscles.

• **Natural Pain Killer**

Laughter increases the levels of endorphins in our bodies which are natural pain killers.

• **Internal Jogging**

Laughing provides a massage for the internal organs. It enhances blood supply and increases their efficiency. The best effect is to the intestines, it improves blood supply and helps the bowels to move properly.

• **Makes you look younger – Exercise for the Face**

Laughing is excellent for the facial muscles. When you laugh the face becomes red due to the increase in blood supply nourishing the skin and makes the face glow. It squeezes the tear glands and makes the eyes sparkle.

**Laughter** activities and materials are not designed to take you away from whatever healing or health programmes you are on – whether orthodox or alternative. Instead it is meant to enhance and support your own chosen process and growth. In the field of healing there are no guarantees, and there are as many routes to healing and health as there are people. Hopefully, the Laughter activities and materials will inspire and support you in whatever path you choose.

# ★ Our Cover Artist



**BELLA SHERMAN** is a Vancouver artist who found her voice through painting later in life. It started as a hobby and slowly became a passion. She attended the Arizona Art School, various workshops in Scottsdale, Art School classes at Emily Carr and the Vancouver Academy of Art. She is constantly learning and exploring new horizons and at present is a student under the tutorship of local artist Paul Chizik.

Her works hang in private homes in Canada, the US and the UK. Her approach is mostly classical. This painting, a rendering and study of a painting (original artist unknown), attracted her because of the magnificent colors, the lush clusters of shrubs and trees, and the reflection of the light in the pond. This gives a sense of peace and harmony, which reflects her love of nature.

*Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen.*

*by Leonardo da Vinci*

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# Honouring

These inspiring volunteers keep on enriching our community and were honoured at the JSA Annual General Meeting held June 21.



## **GOLDIE KASSEN**

*interviewed by Joanne Wilson*

Goldie learned about community service early in life. She was born in rural Saskatchewan to Russian immigrant parents who fled the pogroms in Russia. They were the only Jewish family in the community and both parents were proactive contributors to the rural community life.

Goldie met her future husband while volunteering in the Air Force Reserve during the war and they were married in 1945 and moved to Saskatoon. It was a close-knit community that worked together in all aspects of Jewish life.

Goldie was active in Hadassah and served on the board of directors of the Jewish Community in the late 1970's becoming their representative to the Jewish Immigrant Aid Society

“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.” *Erma Bombeck*

(JIAS), welcoming Russian Jewish families to Saskatoon and helping them get settled into the community.

After her husband passed away, Goldie moved to Vancouver, in 1988 to be near her children and grandchildren. She became an active member of the JSA, as secretary. She enjoys playing Bridge at various levels, but now that managing the gift shop at Louis Brier, and being the buyer as well as putting hours in behind the counter, has cut into her free time somewhat, but still continues the game.

Her friends and colleagues describe her as one of the most giving people, always ready to lend a hand or a sympathetic ear, continually thinking of others first.

We of the JSA are truly honoured to honour you Goldie!



## **ESTHER BRAUER**

*interviewed by Debby Altow*

Esther Brauer's volunteer activities are so many that one wonders when she finds time to be with her husband, Fred, children and grandchildren who have been blessed to have her in their midst.

From her earliest studies in Montreal at Concordia through her MA in Social Work, obtained from the school of Social Studies Administration, University of Chicago, through a dedicated career of continuing education in Cognitive Learning as well as in area of team approaches to developmental disabilities, Esther's commitment to social action has been unparalleled.

# our seniors

Her entire work history demonstrates her enormous range: case work with seniors and adolescents; innovations with family day care systems; serving as a psychotherapist/clinician and field supervisor, Esther modelled the kind of professional her students aspired to become.

She was inducted into the Children's Advocate Hall of Fame.

This continued in Vancouver where for the past 10 years, she has worked with children at inner schools, concentrating recently on children needing one to one assistance.

She has also served with a Jewish Federation group examining poverty and homelessness in the Jewish Community of Vancouver. For the National Council of Jewish Women of Canada 's Vancouver section, she has served as Social Action Chair, working to provide a city-wide post partum depression forum, establishing a process for agencies and family friendly initiatives to apply for youth at risk and serving on the Board of Directors.

The JSA is privileged to honour you, Esther.



## IDA GITLINA

*interviewed by Yuriy Rubin and Binny Goldman*

IDA GITLINA, our third honouree is part of the board of the JSA and I have been privileged to have become acquainted with her...just a little, as we somehow manage to sit next to one another at our board meetings. Ida has gained my admiration and that of our board as attending meetings which consist of many discussions in a language not your own, certainly cannot be easy ... but never the less, Ida strives to be an active contributing member of the JSA board.

Ida was born in Kiev, Ukraine and was forced to escape to Uzbekistan when she was only aged two, never to return to her place of birth because of World War Two. She arrived in Canada in 1996.

Ida has a son, living in Seattle, who is married and had two

children. Ida proudly informed me that he is a programming Engineer. Ida also has a daughter who lives in Burnaby with her husband and son. Her daughter works at Willingdon Park Hospital as an office manager.

Being a widow, Ida devotes much of her time and energy to "Most-Bridge" Society where she became a member in 2006 and was subsequently elected to the board in 2008 and appointed as a member of the Editorial Council of the Society's Bulletin.

Her responsibilities include: Representing Most-Bridge Society in the JSA and participating in the Bulletin productions. Yuriy states that Ida fulfills her duties at the highest level possible She effectively interacts with the JSA; she is the author and the translator of many articles published in the Bulletin, English language newspaper "Jewish Independent" and the *JSA Senior Line*.

Ida actively participates in preparation of holiday parties and events. She is a disciplined and responsible person, understanding the importance and meaning of the tasks she is accountable for.

As you can see, Ida too is well deserved of the honour we of the JSA are bestowing on her.

# Empowerment Series 2011-12

The theme of this year's Empowerment Series was "You and Your Money". Considering the economic situation today and the difficulties this poses for seniors, this was a very topical choice.

For those who were unable to attend these sessions they have been filmed and are available on the [www.jsalliance.org](http://www.jsalliance.org) for your viewing.



## 1

### MANAGING YOUR MONEY IN UNCERTAIN TIMES

*Estimating your retirement needs; maximizing your retirement assets; and what pitfalls are.*

The theme of the **FIRST SESSION** of the JSA-Snider Foundation Empowerment Series 2011-12 was "Managing your Money in Uncertain Times" was held at Congregation Schara Tzedek



Nov. 2011. The panel consisted of three financial advisors, Mike Bensimhon, Philip Levinson and Bonnie Rapaport. The panel was moderated by another expert in the field, Sam Shamash. Each speaker focused on a different aspect of the theme.

## 2

### YOUR HOUSING OPTIONS

*Range of options and associated costs. The continuum of housing options; subsidised housing; reverse mortgage, deferring property taxes*

The **SECOND SESSION** "Your Housing Options" took place on Feb. 1st at the Jewish Community Centre. It was co-ordinated by Donna Kantor of the Jewish Family Service Agency. The speakers at this meeting were Kelly Therrien, Banking Consultant Manulife, Mavis Friesen, Manager Supportive Living VCH, Paulona Ho, RN Central Intake VCH, Michelle Cunningham, GM Cavell Gardens. All options from living in ones own home to independent supportive living, to the various levels of residential care available were described.

The extra safety net that has been created by the JFSA for support services offered on a sliding scale was presented. Mention was also made of the advocacy work of JSA and the seniors programming of the JCC as further contributing to the well being of seniors.



### INFORMATION:

**Manulife One** – the "What If" account: [www.manulifeone.ca](http://www.manulifeone.ca)

**Vancouver Coastal Health** on Home Support, Assisted Living, and Residential Care

[www.vch.ca](http://www.vch.ca)

[www.seniorshousing.bc.ca](http://www.seniorshousing.bc.ca)

[www.healthservices.gov.bc.ca](http://www.healthservices.gov.bc.ca)

## 3

### YOUR HEALTHCARE OPTIONS

*Options available – public and private health care*



**THE THIRD SESSION** "Your Health Care Options", coordinated by the Kehila Richmond Jewish Seniors, took place at Beth Tikvah synagogue on Feb. 13th. The event was chaired by Marilyn Berger of the JSA.

Peter Silen, of Diamond Geriatrics, described the passage from independence to dependence, giving details of the transitioning process and the health indicators pointing to the move.

Joanne Haramia, Director of Seniors Services for JFSA, spoke of the importance of life planning for care and retirement. She emphasized that aging in place is always the preferred option where possible. The home care programme, that was developed by JFSA in response to provincial cuts and was mentioned in the session on housing was again discussed. Another type of programme in which neighbours help neighbours that is developing in the USA was also mentioned.

#### INFORMATION:

Counselling and consulting on eldercare:

Diamond Geriatrics:  
www.diamondgeriatrics.com  
tel: 604.874.7764

ElderPost.com contains free classifieds for Seniors, Caregivers, Products, Services

JFSA Seniors Department:  
www.jfsa.ca  
tel: 604.257.5151



#### FINANCIAL FRAUD & SCAMS

*Protect yourself from making uninformed decisions*



**SESSION FOUR**, “Financial Frauds and Scams”, was co-sponsored with the Sholom Aleichem Seniors of the Vancouver Peretz Centre and was held on Mar. 16th. The panel of three was made up of:

Lynda Pasacreta, President & CEO Better Business Bureau, Jeff Bowser, Investigator B.C. Securities Commission, Lynda Grange, Det/Cst Financial Crime Unit, Vancouver Police Dept, and was chaired by Al Stein.

Many of the scams being perpetrated today were described with an emphasis on those specifically targeting seniors. They mentioned Ponzi schemes, grandparent scams, telemarketing frauds and fake charity representations. We were cautioned to be aware—if it sounds too good to be true don't trust it. Contact police if you feel you are being victimized and you may help others from falling for a scam.

#### INFORMATION:

Invest Right is a program of the BC Securities Commission:  
tel: 604.899.6854 or  
1.800.373.6393 (toll free)

or check the website at  
InvestRight.org OR Email  
inquiries@bcsc.bc.ca

Better Business Bureau of  
Mainland British Columbia Suite  
404, 788 Beatty Street Vancouver,  
BC V6B 2M1 Tel. 604 682 2711  
Toll Free: 1 (888) 803 1222  
Email: inquiries@mbc.bbb.org  
www.mbc.bbb.org

@BBB\_BC www.facebook.com/  
BBBmainlandBC

Consumer Protection BC PO Box  
9244 Victoria, BC V8W 9J2 Toll  
Free in BC: 1 (888) 564 9963  
info@consumerprotectionbc.ca  
www.consumerprotectionbc.ca

@ConsumerProBC www.facebook.com/  
ConsumerProtectionBC

BC Crime Prevention Association  
120-12414 82nd Ave Surrey BC.  
V3W 3E9 Tel. 604 501 9222 Toll  
Free: 1 (888) 405 2288 Email:  
info@bccpa.org www.bccpa.org



#### THE NEED FOR CARE-YEARS PLANNING IN TODAY'S CANADA

*Aging successfully with passion and purpose*



**SESSION FIVE**, “Planning Successfully for the Later Years”, was held at Harel synagogue on Apr. 17th. The speaker was Patty Randall, who has written several books on the subject. There is a longevity revolution going on due to changes in life expectancy because of medical advances. The term “middle-essence”, refers to the one-third of our lives that now occurs in our later years.

Planning is crucial. The speaker listed the following criteria, which if followed would reduce the risks of problems of aging.

STEP ONE: gaining awareness and understanding – education is the key

STEP TWO: organizing documents and information

STEP THREE: becoming informed as to our governments' programs and their benefits

STEP FOUR: gaining an awareness of the 'real costs' of care and an understanding of how

these care needs are going to be paid for when the time comes

STEP FIVE: talking with your family members

STEP SIX: asking questions--always

INFORMATION:

[www.longtermcarecanada.com](http://www.longtermcarecanada.com)

Patty Randall's most informative website with many interesting videos on the topic is highly recommended.



## TZEDAKAH, WILLS & ESTATES

*Options available – public and private health care*



**THE SIXTH** and final event “Tzedaka, Wills and Estates”, took place at Temple Sholom on May 10th. Rabbi Bregman explained the Jewish concept of one generation taking care of the next, and how this is becoming more difficult in present circumstances. At the same time, we must continue to teach our children, by example, the mitzvah of Tzedaka.

Jack Micner, an estate lawyer, spoke of the importance of a clearly outlined will, that would ease the passing of a loved one for the heirs. The executor must be a person trusted by all involved. Minimizing the need for probate can also simplify things both financially and time wise.

Robert Magnusson of the Public Guardian and Trustee, explained the difficulties resulting from dying intestate.

This year's Empowerment Series was ably chaired by Ken Levitt and an active committee of JSA. Those who attended the sessions indicated they found them to be useful and informative.

### **Estate Administration Services:**

If you would like more information about the Estate Administration Services offered by the Public Guardian and Trustee, please call 604.660.4444 and ask to speak to an Estate Administrator or email

them at [estates@trustee.bc.ca](mailto:estates@trustee.bc.ca)

### **Do You Have a Will?:**

If you wish to discuss whether it would be appropriate to name the Public Guardian and Trustee as your executor, please call 604.660.4444 and ask to speak to an Estate Administrator, or email [estates@trustee.bc.ca](mailto:estates@trustee.bc.ca).

The Public Guardian and Trustee can also be reached through Service BC: 604.660.2421

## Medication do you know

what you're taking? why you are taking it?  
when to take it? what not to take with it?

You should know the names and doses of your medications. This may be important in an emergency or if you go to a walk in clinic. Knowing what your medications are for will make you a more educated patient and will help you make better health decisions.

Some medications must be taken at certain times of the day, some with or without food and some apart from other medications. Some non-prescription medications and supplements will interact with your prescription medication.

It's never a bad idea to double check with your doctor or pharmacist when the best time is to take your medication, and whether a non-prescription medication or supplement is safe to take with your medication. Do not stop taking a prescription medication without first consulting your doctor.

We invite you to come in for a medication review and address your medication questions and concerns.

**We're here for you seven days a week.**

**Monday to Friday 9:30am – 7pm**

**Saturday 10am – 6pm and Sunday 10am – 4pm**



The Pharmasave team from left: Allan, Rudy (Pharmacist and Owner), Heather, Willis and Annie

Oak & W 42nd Avenue  
Tel 604 269 3617  
Fax 604 269 3761

**PHARMASAVE**  
We always greet you with a smile.

# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE

<b>GENERAL INFORMATION SERVICES</b>		
<b>Alcohol and Drug Info &amp; Referral</b> – education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse.		604-660-9382
<b>Ambulance Billing Service</b>		1-800-665-7199
<b>BC 211 Information and Referral</b> –General information line accessible 24 hrs, 7 days a week		211
<b>Health and Seniors Information Line</b> “One stop” for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages.	www.health.gov.bc.ca	1-800-465-9411
<b>Jewish Family Services Agency, Senior Services</b> Provides information to seniors and their families in all aspects of the aging journey. Accessible Mon to Fri 8:30am–5pm excluding statutory and Jewish holidays.		604-257-5151 local 217 / 218 / 219
<b>Jewish Seniors Alliance Information and Referral Services</b> Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 am–5:00 pm. Monday to Thursday excluding statutory and Jewish holidays.	www.jsalliance.org	604-732-1555
<b>Medical Services Plan Subscriber Information</b> Vancouver Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service	www.health.gov.bc.ca/msp	1-800-663-7100 604-683-7151
<b>PharmaCare</b> (including the Fair Pharmacare Plan)		604-683-7151
<b>Poison Control Centre</b>	www.dpic.org	1-800-567-8911
<b>Police/ ambulance /fire emergencies</b>		911
<b>SAFER (Shelter Aid for Elderly Residents)</b> Provides monthly payments to subsidize rents for eligible BC seniors 55+ or over and who pay rent.		604-433-2218 press “1”
<b>SAIL (Seniors Advocacy &amp; Information Line)</b> Mon to Fri, 9:00 am–1:00 pm. Hotline for older adults re elder abuse or rights violations. Offers legal information, victim services support, referrals to a lawyer and advocacy. Seniors must be 55+ and meet eligibility criteria for lawyer referral. Program operated by BC Centre for Elder Advocacy.		604-437-1940
<b>SHIP (Seniors Housing Information Program)</b> Operated by the Seniors Services Society, the directory provides a comprehensive list of housing available for seniors living in or wishing to live in the Lower Mainland of BC.		604-520-6621
<b>INFORMATION AND SUPPORT SERVICES</b>		
<b>1-800-Banting – The Canadian Diabetes Association</b> For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canada offers disease information, programs.	www.diabetes.ca	1-800-226-8464
<b>Canadian Cancer Society Cancer Information Service</b> Up-to-date information on a variety of cancer related topics, including prevention, early detection, diagnosis and treatment. Can help find cancer-related services and programs in local communities, and interpreter service.	www.cancer.ca	1-888-939-3333
<b>Heart &amp; Stroke Foundation of B.C.</b> Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups.	www.heartandstroke.ca	1-888-473-4636 604-736-4404
<b>Kidney Foundation of Canada</b> Dedicated to Research into kidney disease and related disorders, as well as public education and patient services.	www.kidney.ca	1-800-361-7494 604-736-9775

<b>COUNSELLING AND SUPPORT SERVICES</b>		
<b>Alzheimer Society of B.C.</b> Resources and Information. Alzheimer resource centres located throughout the province offer: information, educational opportunities, support groups and the ability to talk directly with a knowledgeable team member. Services help those concerned with or facing dementia.	<a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>	604-681-6530
<b>BC Bereavement Helpline</b> Lower Mainland.	<a href="http://www.bcbereavementhelpline.com">www.bcbereavementhelpline.com</a>	1-877-779-2223 604-738-9950
<b>BC Centre for Elder Advocacy and Support (BCCEAS)</b> Elder law clinic.	<a href="http://www.bcceas.ca">www.bcceas.ca</a>	604-437-1940
<b>Crisis Intervention &amp; Suicide Prevention Centre of BC (24 hrs.)</b> Provides confidential supportive telephone lay counselling services.	<a href="http://www.crisiscentre.bc.ca">www.crisiscentre.bc.ca</a>	604-872-3311
<b>TTY at the Vancouver Crises Intervention and Suicide Prevention Centre</b>		604-872-0113
<b>The Dementia Helpline</b> The Dementia Helpline is a service for people with dementia, their care-givers, family and friends. Assists individuals in building the confidence to maintain quality of life. All calls are confidential.	<a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>	604-681-8651
<b>Family Services of Greater Vancouver</b> Provides counselling and supportive services to individuals and families.	<a href="http://www.fsgv.ca/">www.fsgv.ca/</a>	604-731-4951
<b>Jewish Family Service Agency</b> Provides counselling, supportive, and information/referral services to individuals and families.	<a href="http://www.jfsa.ca/">www.jfsa.ca/</a>	604-257-5151
<b>L'Chaim Adult Day Centre</b> L'Chaim provides a social, therapeutic & recreational service to frail or disabled older adults in a safe, supportive environment. Contact Annica Carlsson.	<a href="http://www.adultdaycentres.org/l'chaim">www.adultdaycentres.org/l'chaim</a>	604-257-5111 ext. 400
<b>MEDICAL INFORMATION AND REFERRAL SERVICES</b>		
<b>Vancouver Coastal Health Authority</b> Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast.	<a href="http://www.vch.ca">www.vch.ca</a>	604-736-2033
<b>Fraser Health Authority</b> Serves Fraser North, Fraser South and Fraser East.	<a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>	604-587-4600
<b>HEALTHLINK BC</b>	<a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>	8-1-1
<b>TTY</b> (special Telus relay service for deaf and hearing impaired)		7-1-1
<b>Louis Brier Home and Hospital</b> Provides complex residential and extended hospital care.	<a href="http://www.louisbrier.com">www.louisbrier.com</a>	604-261-9376
<b>NUTRITION</b>		
<b>Dial-A-Dietitian</b> Specializes in easy-to-use nutrition information for self-care. Registered dietitians can provide brief nutrition consultation by phone.	<a href="http://www.healthlinkbc.ca/dietitian">www.healthlinkbc.ca/dietitian</a>	604-732-9191
<b>Meals on Wheels</b> Burnaby .....604-299-5754 Coquitlam .....604-942-7506 New Westminster .....604-520-6621 Richmond .....604-292-7200 Surrey/Delta .....604-588-0325 Vancouver ..... 604-684-8171 White Rock ..... 604-536-3866		
For kosher meals contact Jewish Family Service Agency		604-257-5151 local 218
Kosher food bank		604-257-5151 local 230

## ONGOING EVENTS

### JEWISH COMMUNITY CENTRE SENIORS (JCC)

950 W 41st Avenue  
CONTACT: Leah DesLauriers  
leah@jccgv.bc.ca 604.257.5111 ext. 208  
www.jccgv.com/contest/seniors

#### SUNDAY

1 – 4 pm	Poker
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#### MONDAY

1 – 4 pm	Poker
7 pm	Duplicate Bridge
11.45 am bi-weekly	Lunch & Learn

Mar. 5 Purim Party at noon

#### TUESDAY

9:30 – 10:30 am	Chair Yoga
11 – 2:30 pm	Duplicate Bridge

#### WEDNESDAY

10:30 am	In The News
1 pm	Poker & Mah Jongg
3 pm	Drawing & Painting

#### THURSDAY

11 – 2:30 pm	Duplicate Bridge
1 pm	Tai Ji

#### FRIDAY

9:30 – 10:30 am	Shabbat Chair Yoga
11 am	Social Bridge



Playing Bridge Dining  
& socializing

### L'CHAIM ADULT DAY CENTRE

950 W 41st Avenue  
CONTACT: Annica Carlsson  
604.257.5111 ext. 400  
annica@jccgv.bc.ca  
www.adultdaycentres.org/lchaim

#### MONDAY AND WEDNESDAYS

9:30 – 3 pm
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#### FRIDAY

9:30 – 2 pm
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## SAVE THE DATE

Jewish Seniors Alliance FALL SYMPOSIUM will be held on Sunday, October 21st 2 to 4:30 p.m., at the Unitarian Centre, 49th and Oak.

The topic of this year's symposium is

## AGING FOR DUMMIES™

the J "oys and Vays" of Aging.

The keynote speaker is Dr. Larry Dian. Dr. Dian is a Specialist in Geriatric Medicine and is a Clinical Professor of the UBC Dept. of Medicine. Dr. Dian will address the different stages of the aging process. His talk will be followed by a panel of seniors who will address the various topics related to aging successfully.



Mark the date on your calendar. More information will follow.

### KEHILA RICHMOND JEWISH SENIORS

PROGRAM HELD AT: BETH TIKVAH SYNAGOGUE, 9711 GEAL ROAD, RICHMOND, BC V7E 1R4  
CONTACT: Kay Abelson, Exec. Director  
604.241.9270

kehila@uniserve.com  
www.kehilasociety.org

#### MONDAY – 9:30 – 2 pm

9:30 – 10:30 am	Beginners ESL
10:45 – 11:45 am	Advanced ESL
10:45 – 11:45 am	Low impact Exercise class
10:45 – 11:45 am	Discussion group
12 – 1 pm	Kosher lunch
1 – 2 pm	Speaker / entertainment

Every 3rd Monday of the month  
Wellness clinic from 9:00 – 12:00 pm  
Massage therapy, Therapeutic touch, Reflexology, Blood Pressure checks, manicure/pedicure. Booking essential.

### CHABAD RICHMOND

200-4775 BLUNDELL ROAD.  
(ACCESSIBLE BY CHAIRLIFT)  
CONTACT: Rabbi Baitelman  
admin@ChabadRichmond.com  
604.277.6427

#### TUESDAYS – EVERY OTHER TUESDAY – TORAH CLASS FOR SENIORS

11 – 12 noon bi-weekly	Torah Class for Seniors
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July 24, Aug 7, 21, Sept 4, Oct 16 and 30

#### 3RD TUESDAY OF EVERY MONTH – COMMUNITY KITCHEN

12:30 – 2:30 pm	Community Kitchen
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July 24, Aug 28, Sept 25 & Oct 23

#### WEDNESDAY

10 – 11 am	Beginners ESL – resuming Sept 5th, 2012
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11 – 2 pm	Arts Club for women – Every Wednesday July, Aug, Sept, Oct
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#### THURSDAY

10 – 11 am	Intermediate ESL – resuming September 6th, 2012
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11 – 12 pm	Advanced ESL – resuming September 6th, 2012
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### CHABAD RICHMOND – "SMILE ON SENIORS"

CONTACT: Pat Hoffman  
604.273.0526  
www.chabadrichmond.com/Seniors

**THURSDAYS 11 – 2 pm – Bi Weekly**  
Hot, Kosher lunch \$7 followed by various, interesting programs, speakers, arts and music.

Smile on Seniors – No program during summer.

Resumes Sept 6, 20  
October 4, 18

### JEWISH FAMILY SERVICE AGENCY

CONTACT: Queenie Hamovich  
QHamovich@jfsa.ca  
604.257.5151

#### A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST EVERY TUESDAY AT TEMPLE SHOLOM. 7190 OAK STREET, VANCOUVER

Cost \$11. Subsidies available. The luncheon helps in two of the most important areas of seniors aging:- good nutrition and socialization. Volunteer drivers bring the seniors to the lunch and back home again if needed.

# ONGOING EVENTS

## JEWISH MUSEUM AND ARCHIVES OF BC

6184 Ash Street, Vancouver, BC V5Z 3G9  
 CONTACT: Kara Mintzberg, Education Coordinator  
**604.257.5199** www.jewishmuseum.ca  
 education\_coordinator@jewishmuseum.ca

### JULY 18, AUG 15, SEPT 19, OCT 17

7 – 9 pm	Philosophers' Café – see our website for more details
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### JULY 22, AUG 12, 19, 26

10:00am – 12:00pm	Historic Jewish Walking Tour Of Strathcona & Gastown
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Meet at 700 E. Pender. 2km WALK, 2hour DISCOVERY \$10 (cash only) at start of tour. Historical walking tours of Jewish Strathcona and Gastown are back for a 6th season!

### SEPTEMBER 1, 2012 – JANUARY 4, 2013

SFU Gallery   Academic Quadrangle (3000 level)	EXHIBIT: "LEONARD FRANK: BEAUTIFUL BC   Circulated by the Jewish Museum & Archives of BC
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## JEWISH GENEALOGICAL INSTITUTE OF BC

Temple Sholom, 7190 Oak Street, Vancouver  
 CONTACT: Cissie Eppel, Founder **604.321.9870**

### TUESDAY

7:30 pm 1st Tuesday of the month at Temple Sholom	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.
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## ISAAC WALDMAN JEWISH PUBLIC LIBRARY

950 W 41st Avenue CONTACT: Karen Corrin, Librarian  
 library@jccgv.bc.ca  
 www.jccgv.com/content/library-main  
**(604) 257-5111** ext. 249

### MONDAYS

12:00 - 12:25 pm	<b>A TASTE OF TALMUD</b> An introduction to the world of Talmud by renowned Jewish Scholar Rabbi Dubrawsky. No prior knowledge required. All welcome.
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Starting Sept 3rd Monday of month at 2pm	<b>YIDDISH CLASSICS</b> stories for adults read in English by Shanie Levin
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### TUESDAYS

10:30 am	<b>HEBREW CONVERSATION CIRCLE</b> - a fun way to practice speaking Hebrew and improve your conversation skills
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### WEDNESDAYS

10:30am – 12:30 pm	<b>IN THE NEWS</b> – This is a discussion group for people interested in current affairs and global politics. Discussion chair: Ralph Levy
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### THURSDAYS

2:15–3:15 pm	<b>ESL CONVERSATION CIRCLE</b> Do you want to practise speaking English? All welcome. Free. Led by Paulette & Ludmila
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## PERETZ CENTRE FOR SECULAR JEWISH CULTURE

6184 Ash Street, Vancouver, BC V5Z 3G9  
 CONTACT: Donna Modlin Becker  
**604.325.1812**  
 info@peretz-centre.org

### FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE:

September 23	Sheila Delayney: Jews and the French Revolution
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October 28	Neil Ritchie on Irving Berlin
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November 18	Richard Berwick: Miscommunicating interculturally and a few historical humdingers
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December 16	Khanike Party
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### Vancouver Jewish Folk Choir

Rehearses every Tuesday 7:30 pm

### Yiddish Reading Circle

First and third Wednesday of the month 3:00 – 4:30 pm

### Sunday Discussion Group:

Last Sunday of each month 10:30 am

## SHOLEM ALEICHEM SENIORS

CONTACT: Lorraine Isaacson **604.873.1777**

## MOST BRIDGE RUSSIAN JEWISH SENIORS PERETZ CENTRE

6184 Ash Street, Vancouver, BC V5Z 3G9  
 CONTACT: Ida Gitlina  
**604.434.2191**  
 ginda@shaw.ca

### SUMMER BREAK

July – August 2012

Sept 16, 2012	Rosh Hashanah Celebration
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October 21, 2012	Meeting held to hear reports and elect new officials
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## The Jewish Historical Society of BC

# YOU: YES, YOU!

The Jewish Historical Society of BC desperately needs your help to wheedle down our massive waiting list of 100 Jewish BC-ers waiting to be interviewed. To date we have collected approximately 700 oral history interviews – all of which build on our activities to collect and preserve the history of BC's Jewish community.

To make this program successful so we can record our important stories, we need volunteers to conduct and/or transcribe Oral History interviews – volunteers like you! We are proud to provide all our volunteers with training and staff support to make you feel extremely comfortable and confident with our digital recording equipment and interviewing skills. Please email/call anytime. We look forward to hearing from you soon!

Contact: Jennifer Yuhasz, Archivist (604) 257-5199  
 archives@jewishmuseum.ca.

# FORCED DRUGGING OF SENIORS STILL INCREASING

BY ROB WIPOND, APRIL 2012

*Ombudsperson, BCCLA and Greens criticize BC's draconian laws*



I WAS READING THE CORONER'S REPORT on Kathleen Palamarek and something didn't seem right. I'd been following her story since 2006. This was a diminutive, timid, 88-year-old nursing home resident with dementia and a heart

condition, who'd been somewhat controversially diagnosed with dementia-related psychosis. She'd died of a heart attack. The coroner had found the antipsychotic olanzapine in her body.

Palamarek hadn't been taking olanzapine willingly; she'd frequently complained about feeling woozy and "drugged up." She couldn't refuse the drug, though, because her doctors had declared her incapable and, when she'd protested, they'd certified her under BC's Mental Health Act (MHA). Antipsychotics are being used increasingly in seniors' homes as chemical restraints to pacify and control people. But Health Canada has issued the highest possible warnings to doctors that antipsychotics are "not approved for the treatment of patients with

dementia-related psychosis" and that these powerful tranquillizers have been linked to a near-doubling of death rates in the elderly, mostly from heart attacks.

Focus last year uncovered that 47.3 percent of BC seniors' home residents were being given antipsychotics, above the US and Canadian average of 26 percent, and four times the rate in Hong Kong. A December, 2011 BC Health Ministry report showed rates still climbing: 50.3 percent are now being given antipsychotics. Vancouver Island is highest at 51.5 percent.



In February, BC Ombudsperson Kim Carter released a report showing that much of this is occurring with perilous disregard for safety and without residents' consent. Carter found that antipsychotics are routinely doled out by facilities' staff on an ad hoc "PRN" ("as needed") basis, with no policy guidelines or controls. "Having procedural safeguards in place is especially important where the PRN medication is an antipsychotic, because of the potential risks associated with the use of these medications," Carter wrote. Further, it's often done without the consent, or even the knowledge, of residents or family members. "[T]here is currently

no legal requirement to document that a person in care's capacity to give consent has been considered or assessed, or that informed consent has been obtained from a person in care or a substitute decision-maker," Carter wrote.

Meanwhile, when seniors or families resist, care home staff and psychiatric hospital directors sometimes override their wishes by using involuntary committal laws in ways for which the Mental Health Act (the Act) was never designed. Carter uncovered that this, too, is being done in an improvised, autocratic manner, commenting that "we expected that the

Ministry of Health and the health authorities would have created procedures to guide directors of mental health facilities in their use of section 22 of the Act. We found that this is not the case."

Astonishingly, Carter also found, in all 100 cases she examined, that these incarcerated seniors were actually being profited from—charged up to 80 per cent of their after-tax income monthly. "In my view," wrote Carter, "it is unfair for a government to involuntarily detain seniors, subject them to treatment and then charge them fees for that

detention. This is especially true when there is no clear legislative authority for doing so.”

In January, the BC Civil Liberties Association issued a position paper cogently encapsulating the Act's extraordinary powers. The paper states that BC's Mental Health Act “abrogates fundamental patient rights” more than any similar legislation in Canada. The BCCLA notes that in BC a doctor can certify someone “without... even personally examining or observing the person.” And, the paper describes, the Act trumps many other laws. If you're still legally competent to make decisions, or you've appointed a substitute decision maker—too bad. If you want to appeal, you'll have to wait a month while you're forcibly treated first. And you'll be on your own at your appeal, because legal aid “is limited and the number of advocates is insufficient.” If you decide to sue? The Act includes a broad “immunity from liability” that, according to the BCCLA, protects even “substandard” care and “disastrous” treatments.

How did our Mental Health Act get this way? Basically, politicians have been lobbied by doctors, pharmaceutical companies and pharma-backed non-profits, and people like Susan Inman, past president of the BC Schizophrenia Society, mother of a daughter diagnosed with schizophrenia, and dogged campaigner against civil rights. They've influenced public opinion in BC so effectively that even the otherwise human rights-defending Tyee.ca has published articles by Inman in which she has, for example, called it a “major problem” that the Canadian Mental Health Commission might provide “funds for court challenges to human rights abuses.”

The impacts on seniors of these paternalistic attitudes have been far-reaching. For example, since new legislation in September, BC citizens can now write legally binding “advance directives” to guide decisions about our care when we're old and infirm, or fall into a coma. Except there's one situation where your advance directive can be ignored: When you get certified under BC's Mental Health Act.

And of course, all other factors remaining the same, we'll expect use of the Act by doctors to simply increase in proportion to the use of advance

directives by seniors. We're already seeing Mental Health Act use increase as media coverage has made the public more aware of dangers with antipsychotics. BC Ministry of Health statistics show that, from 2002 to 2011, there's been a 50 percent increase in involuntary committals of British Columbians aged 65 or older. On Vancouver Island, it's doubled, from 129 to 267 people. This is because the Act is like carrying a loaded gun; it's so easy for doctors to fill out the one-page form to certify someone, they usually need only wave it around, not actually shoot it, to win compliance.

And we shouldn't dismiss the dangers. While Inman points to a miniscule percentage of people with schizophrenia who have violent tendencies, BC laws allowing doctors to circumvent consent are killing more people than an army of serial murderers, psychotic or otherwise, could ever do.

Meanwhile, Kathleen Palamarek was “clearly” and “unequivocally” not one of them? I contacted the coroner's office, and they punted general responsibilities for identifying adverse drug reactions back to treating physicians. But doctors obviously have a stake in absolving themselves and their treatments.

Recently, I worked with several academics, activists and people who've experienced forced psychiatric treatment, to draw up proposals for change. Our document garnered the support of Jane Sterk and, this February, became the official “Mental Health and Social Justice Policy” of the BC Green Party. The platform could be especially transformative for seniors' care. So I want to thank the BC Green Party for taking a strong stand, unprecedented amongst BC political parties, in defense of the human rights of our elderly. Why don't you thank them, too? You may need those rights someday.

*Rob Wipond has been researching and writing on mental health issues since 1998. He's posted links to references at [www.robwipond.com](http://www.robwipond.com).*



## Ongoing Activities at 49th and Oak



### OAK STREET FARMERS' MARKET

Wednesdays, 3 – 7 pm, June until January

Venue: Unitarian Centre of Vancouver parking lot

Local organic farmers and other local producers sell a variety of products including produce, meat, fish, bread, eggs, flowers and prepared food.

The rents collected from the farmers pay for advertising and for a part-time market manager. Surplus funds are donated to the church to support its ongoing community services.

The Oak Street Farmers' Market Committee oversees the Oak Street Farmers' Market on behalf of the Unitarian Church of Vancouver. The Market Committee members are dynamic and passionate about helping to build sustainable local food systems in Vancouver.

For more information, or to become a volunteer at the market, please visit our website:  
[www.oakstreetmarket.ca](http://www.oakstreetmarket.ca).



## Russian Jewish Seniors Society celebration of Victory Day

May 6 was a beautiful sunny day. 120 members of the Society Most-Bridge gathered in Peretz Centre to celebrate the 67th anniversary of victory over Nazism. The anthems of Canada and Russia were played. The President of the Society, Adolf Zilbershteyn congratulated all who attended on this great holiday. He said that for most of us it's our second birthday, because without this victory, Nazism would have destroyed us.



Special thanks went out to veterans of the Second World War: Leon Broitman, Yakov Chudnovsky, Anatoli Jarov, Zachar Josfin, Yuri Jakren, Vladimir Pildish. They gave their health and life for victory. All the veterans were presented with flowers and gifts.

A moment of silence honored the memory of all who perished on the battlefields and those who were tortured in concentration camps and ghettos.

After the official part, a video from Moscow, dedicated to Victory Day, was shown of the concert. Military songs, performed by famous Russian actors were played in the hall.

Gala dinner by Boris Shteinberg, and dances led by Lev Shapiro, finished this wonderful event, which continued about 4,5 hours. The President thanked the organizers for the excellent day and the participants went home tired and satisfied.

Written by Yuriy Rubin | Translated by Faina Kagansky

# BC COALITION OF PEOPLE WITH DISABILITIES (BCCPD) CHANGES TO THE REGISTERED DISABILITY SAVING PLAN (RDSP) AND OUR UPDATED RDSP GUIDE



In the March 2012 Federal budget, the government announced a number of amendments to the Registered Disability Savings Plan (RDSP) which will be implemented over the next year.

We believe these changes work to improve the RDSP. They will make the Plan generally more accessible and flexible. The changes in brief are as follows:

- The RDSP 10- Year Rule will be replaced with a new Proportional Repayment Rule. The change means that instead of all grant and bond money having to be repaid if withdrawals are made in the 10-year period after a government contribution, only \$3 of grants or bonds paid into the plan need to be repaid for each \$1 withdrawn (up to a maximum of the assistance holdback amount).

- The annual maximum RDSP withdrawal limit will increase to up to 10% of the Plan's savings, as determined by the Plan's value at the beginning of that given year.
- The period an RDSP may remain open after the beneficiary ceases to qualify for the Disability Tax Credit will be extended to 4 years in length with certification from a medical practitioner.
- The definition of who can be an adult beneficiary's plan holder has been temporarily expanded until 2016 to include a parent, spouse/common-law partner. Plans already opened by a family member before 2016 continue as is .
- Investment income earned in a Registered Education Savings Plan (RESP) will be transferrable tax-free to an RESP beneficiary's RDSP. This will apply to rollovers of RESP investment income made after 2013. (Referenced from PLAN's RDSP Slog)

Thanks to funding from the Legal Services Society we have updated our RDSP Guide, The RDSP and People Receiving Social Assistance to include these changes. The updated guide is available on the BCCPD website at <http://www.bccpd.bc.ca/rdspsgd1.htm>.

In order for us to continue our work it's imperative that we gather feedback to show our funders how we help the community. If you access our RDSP Guide online, please take a minute to complete our short on-line survey at <http://tiny.cc/eyc8ew>

If you would like hard copies of the updated Guide please contact Val at 604875-0188 or at [feedback@bccpd.bc.ca](mailto:feedback@bccpd.bc.ca) to place your order.

If you have any questions about the RDSP, please contact our Advocacy Access Program at 604-872-1278 or 1-800-663-1278 and ask to speak to Lillian Wong or Robin Loxton.

 **What do you think?**

Send your comments to [office@jsalliance.org](mailto:office@jsalliance.org)

# WORDS OF WISDOM

SYLVIA HILL – FEBRUARY 23, 2012

*Family Night Open House at the Louis Brier*



*The Louis Brier is unique! This is a Jewish Home and we as Jews have 613 commandments to guide us in our way of life.*

We are called the People of the Book and we are also called G-d's chosen people. We gave the world the 10 commandments, two of which apply explicitly to our home. Honour Thy Father and Mother and love Thy Neighbour as Thyself. The Bible also tells us exactly how a home should be. Proverb 24, Verses 3-4 and I quote, "By wisdom a house is built and by understanding it is established, and by knowledge the rooms are filled with precious and pleasant riches." If we just observe these laws, this Home will be a shining example to every other senior home in Vancouver.

And now  
This is a Time of Endings  
But of Beginnings, too  
G-d sends us another year  
To make all things new.  
Another hope, another chance,  
Another road to take  
Another star to follow  
And another start to make.

New beginnings, new adventures,  
New heights to attain  
Golden opportunities  
To work and build again  
New and higher aspirations  
For future days.

Seeking, dreaming, moving on  
Down bright and better days.

# THE STRANGER

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mom taught me good from evil, and Dad taught me to obey. But the stranger... he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mom would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honor them.

Profanity, for example, was not allowed in our home - not from us, our friends or any visitors. Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly, and pipes distinguished.

He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing. I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked ... And NEVER asked to leave.



More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name? ... We just call him 'TV.'

He has a wife now....we call her 'Computer.'  
Their first child is "Cell Phone". Second child "I Pod" "And JUST BORN THIS YEAR WAS a Grandchild: IPAD

*(Note: This should be required reading for every household!)*

# PETTY PONDERINGS ...

Isn't it a bit unnerving that doctors call what they do "practice"?

It is hard to understand how a cemetery raised its burial cost and blamed it on the cost of living.

We are born naked, wet, and hungry. Then things get worse.

The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.

It is said that if you line up all the cars in the world end to end, someone would be stupid enough to try and pass them.

Laughing stock - cattle with a sense of humor.

You can't have everything, where would you put it?

Latest survey shows that 3 out of 4 people make up 75% of the world's population.

If the shoe fits, get another one just like it.

# GETTING YOUR DAY OFF TO AN ALLERGY-FREE START

SOURCE: © McNeil Consumer Healthcare, division of Johnson & Johnson Inc. 2010

## HERE ARE A FEW TIPS TO HELP YOU START YOUR DAY THE ALLERGY-FREE WAY.

### HAVE ALLERGY RELIEF MEDICATION ON HAND

Take some at the first sign of an allergy symptom.

### KEEP ALLERGENS OUT OF THE AIR IN YOUR HOME

The fresh morning air can be loaded with pollen, so keep your windows closed. If it's hot, use the air conditioner. Consider installing a HEPA filter on your heating and ventilation system.

### CLEAN BEDDING AND CLOTHING REGULARLY

When allergens get on your skin, they can also get on your bedding. Allergens can also get on your bedding from the air – and from pets and partners. Make sure to wash your bedding in hot water at least once a week. Wash your clothes after one outside wearing if it's allergy season. Dry them in a dryer or inside clothesline rather than outside.

### CLEAN AND DUST YOUR HOUSE REGULARLY

Allergens can be on any surface in your house, not just flat ones that collect dust but also ones that get touched often, like doors. Wear a dust mask while dusting and cleaning.

### ALLERGY-PROOF YOUR CAR

Use these tips to reduce your exposure to allergens:

- Keep your car windows rolled up.
- Use the recirculating air option in your vehicle to avoid pulling in fresh pollen into your vehicle.
- Use sunglasses or eyeglasses to keep pollen grains from getting into your eyes. Wraparound styles are the most protective.
- If you wear contact lenses, consider wearing your glasses instead on days with high pollen counts – you don't want to get pollen trapped under your contacts.

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# Smart Sleeping



Sleeping too little -- or too much? Getting the right amount of sleep each night can keep your brain years younger, a study finds.

Are you getting enough sleep — or maybe too much? How long you sleep each night could determine how quickly your brain ages.

Researchers from Great Britain found that middle-aged adults who slept less than six hours each night — and more than eight hours — are more likely to experience cognitive decline. And this decline in brain function is equal to being four to seven years older, researchers said.

“There is an expectation in today’s 24-hour-a-day society that people should be able to fit more into their lives,” study author Jane Ferrie, from University College London Medical School, told HealthDay News.

“The whole work/life balance struggle is causing people to trade in precious sleeping time to ensure they complete everything they feel is expected of them. Our study suggests that this may have adverse effects on their cognitive function,” she said.

For the study, which was published in *Sleep*, researchers looked at the data of 5,431 men and women, aged 45–69, who had taken place in long-term study known as the Whitehall II study. Participants were asked how many hours on average they slept each night and if these sleep patterns had changed over a five-year period. They were also given a battery of standard tests to evaluate memory, reasoning, vocabulary, global cognitive status and verbal fluency.

## **Sleeping smart: The magic number**

Women who slept 7 hours per night had the highest score for every cognitive measure, followed by those who got 6 hours of snooze time, the study found. For men, the findings were slightly different: those who reported sleeping six, seven or eight hours had a similar cognitive function.

For both men and women, however, getting less than 6 hours or more than 8 hours of sleep each night were associated with lower mental performance.

While it is widely acknowledged that sleep is important for the brain to restore and revitalize itself, it is still not understood why seven hours of sleep is optimal for most people, or why longer sleeping seems to be detrimental, Ferrie said.

## Other risks of a sleep-deprived lifestyle

Better brain health is not the only reason to get a good night's sleep. Not only can sleep deprivation affect mental alertness and cognitive abilities, it can have an effect on our physical and psychological health as well. Poor sleep can increase the risk for obesity and diseases such as diabetes, experts say. Studies have also shown that people with a sleep-deprived lifestyle are less satisfied with their lives overall — and getting a good night's sleep has also been associated with better longevity. (See Poor sleep and unhappiness and The Zoomer Report on Sleeping and Longevity.)

## Tips for better sleep

### Set a schedule and stick to it.



Go to bed at a set time each night and get up at the same time each morning. Disrupting this routine may interrupt your inner 'circadian clock' and lead to insomnia. While 'sleeping in' on weekends may seem like a treat, it can make it harder to wake up early on Monday morning because it re-sets your sleep cycles for a later awakening.

**Watch what you eat.** The general rule is: Don't eat for at least 2-3 hours before your regular bedtime. Eating too much may make you less comfortable when settling down for bed. It is best to avoid a heavy meal and spicy foods too close to bedtime.

**Watch what you drink.** Avoid drinks that contain caffeine, which acts as a stimulant. This includes coffee, chocolate, soft drinks, and non-herbal teas. Alcohol tends to keep people in lighter stages of



sleep, robbing them of deep and REM sleep.

**Get regular exercise.** Try to exercise 20 to 30 minutes a day. Keep in mind, however, that while daily exercise often helps people sleep, a workout too soon before bedtime may actually interfere with sleep. It is better to finish your exercise at least 5 to 6 hours before going to bed.

**Establish relaxing rituals.** Leave the day's stresses behind with a warm bath, reading or another relaxing activity. Avoid arousing activities before bedtime like working, paying bills, engaging in competitive games or family problem solving.

### Make your room sleep-friendly.

Select your mattress, pillow and bed linens carefully for maximum comfort. Maintain a sleep-friendly temperature in the bedroom, usually between 18-21°C (65-70 degrees F). (Extreme temperatures may disrupt sleep or prevent you from falling asleep.) You may also wish to consider using blackout curtains, eyeshades, earplugs, 'white noise,' humidifiers, fans and other devices. Install soft lighting in your bedroom and bath. And when reading in bed, consider using a book light.

**Try deep breathing.** If you have trouble falling to sleep, try this relaxation exercise: take deep, slow abdominal breaths, and if possible, inhale through your nose. Even if your mind is a muddle of thoughts, try to focus on the flow of your breathing, inhaling and exhaling slowly. Count your breaths, and when you get to 10 start over again.

**Don't just lie there.** Generally it takes about 20-30 minutes to

fall asleep. If you still can't get to sleep, don't just lie in bed. Instead try reading, watching television, or listening to calming music until you feel tired. The anxiety of being unable to fall asleep can actually contribute to your sleeplessness.



### Rise with the sun.

If possible, wake up with the sun, or use very bright lights in the morning.

Sunlight helps the body's internal biological clock reset itself each day. Sleep experts recommend exposure to an hour of morning sunlight for people having problems falling asleep.



Finally, **see a doctor** if your sleeping problems continue. If you have trouble falling asleep night after night, or if you always feel tired the next day, then you may have a sleep disorder and should see a physician. Most sleep disorders can be treated effectively.

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- Education

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How does a JNF Living Legacy work?

After selecting a project to support in Israel, you give a deposit of 50% of the total cost. JNF will guarantee to complete your project as soon as possible. The balance can be settled from your Estate.

The balance of payment for your project will be covered by a suitably worded Legacy included in your Will, combined with a separate legally binding agreement not to revoke the Legacy.

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Contact Micky Goldwein JNF Jerusalem Emissary directly for more information. Phone: 604 257 5155 or email [micky.goldwein@jnf.ca](mailto:micky.goldwein@jnf.ca)



# Cyanide

A nice, calm and respectable lady went into the pharmacy, walked up to the pharmacist, looked straight into his eyes, and said, "I would like to buy some cyanide." The pharmacist asked, "Why in the world do you need cyanide?" The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he explained, "Lord have mercy! I can't give you cyanide to kill your husband, that's against the law? I'll lose my licence! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a picture of her husband in bed with the pharmacist's wife. The pharmacist looked at the picture and replied, "You didn't tell me you had a prescription."

## JSA'S AFFILIATED ORGANIZATIONS

- Burquest Jewish Community Association
- Chabad Lubavitch
- Congregation Beth Israel
- Congregation Har El
- Jewish Community Centre of Greater Vancouver Seniors Dept.
- Jewish Family Service Agency
- Jewish Federation of Greater Vancouver
- Jewish Genealogical Institute of BC
- Jewish Historical Society
- Jewish War Veterans
- Jewish Women International of BC
- L'Chaim Adult Day Centre
- Louis Brier Home & Hospital
- Most-Bridge Russian Jewish Seniors Society
- Na'amat Vancouver
- National Council of Jewish Women, Vancouver Section
- Okanagan Jewish Community
- Or Shalom Congregation
- Royal Canadian Legion, Shalom Branch #178
- Schara Tzedek Synagogue
- Sholem Aleichem Seniors
- Temple Sholom Seniors
- The Kehila Society of Richmond
- Tikva Housing Society
- Vancouver Holocaust Education Centre
- Weinberg Residence
- White Rock/South Surrey Jewish Community

## WITH GRATEFUL THANKS TO OUR SPONSORS



**Government  
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**As of August 2012, the Jewish Seniors Alliance of Greater Vancouver will accept clients for its new Peer Counselling and Support Services.**

**If you are a senior 55 plus, you may benefit from Volunteer Peer Counselling and Support for any of the following:**

Ageing Concerns	Depression	Loss of independence	Retirement
Anxiety	Grief and Loss	Physical health concerns	Relocation
Caregiver stress and caregiver burnout	Life style Issues	Relationship issues	Social isolation

A trained Volunteer Peer Counsellor is available at **no cost** to meet with you and provide support, empathetic listening, and one on one peer counselling.



**What is a Peer Counselling?**

This **confidential** service, honours personal boundaries, encourages self-awareness and promotes self-responsibility. Counsellors are screened and have successfully completed an extensive lay counselling course. All are certified according to Senior Peer Counselling of B. C. standards.

Individuals who are experiencing challenges in life can benefit from regular one on one counselling and support

through empathetic and active listening from someone else of similar age and similar life experience.

Peer Counselling follows the principles of non-judgmental and **confidential** communication to promote a client's own strengths, self-empowerment and to assist you to solve your own problems.

The JSA Peer Counselling Program provides a service that meets the cultural and religious needs of the Jewish Seniors of Greater Vancouver.



If you feel that you would benefit from Peer Counselling services then please call Charles Leibovitch, Peer Support Services Coordinator at Jewish Seniors Alliance of Greater Vancouver at 604-267-1555 or 778-840-4949 or by email at [Charles@jsalliance.org](mailto:Charles@jsalliance.org).



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