

SENIOR LINE

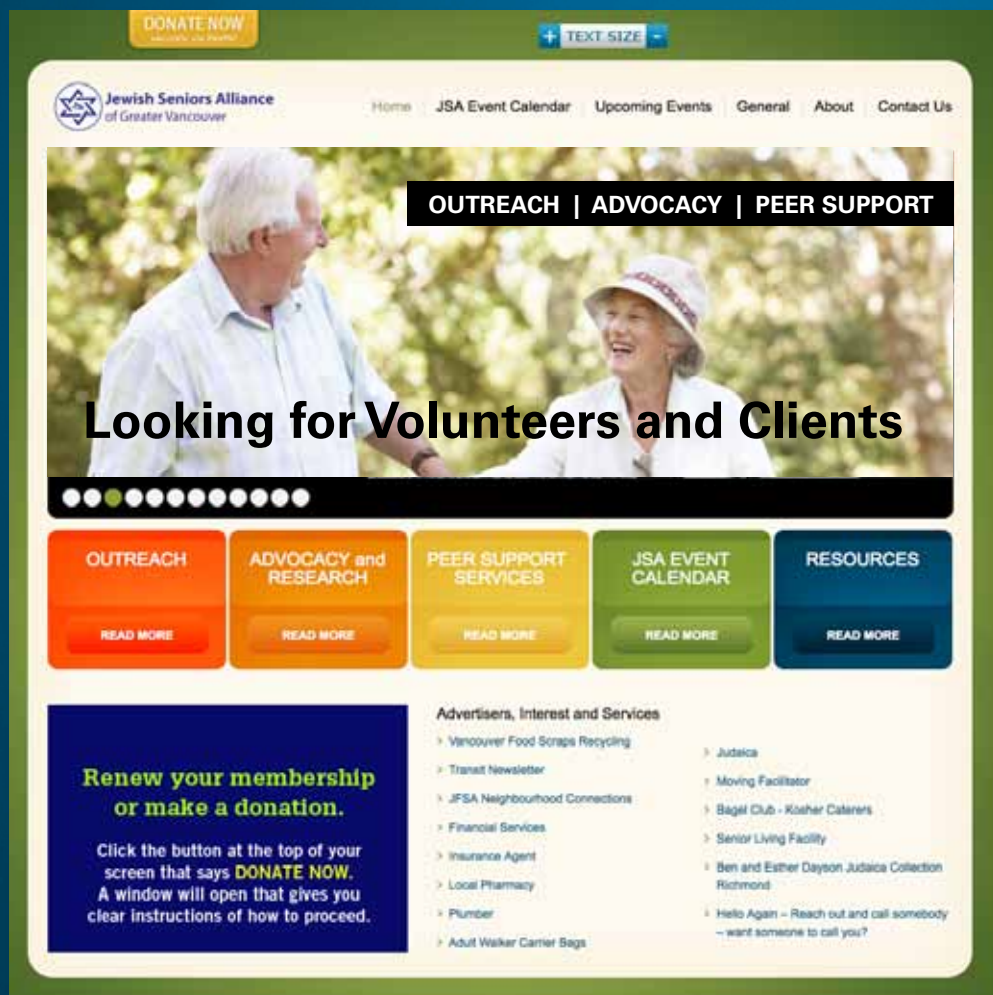
Magazine of the Jewish Seniors Alliance of Greater Vancouver

VOLUME 20(1) – 2013

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

Simple instructions for using our website

1. Click on any coloured square to learn more on each topic
2. When the page opens you will find a list of specific areas of interest on the left hand side
3. Click on the individual area of interest to view details
4. To go back to the home page click the JSA logo (which appears at the top left of each page).



At JSA one of the ways we can include all our members is to keep our website relevant, up-to-date, interesting and fun.

We need to create a movement of seniors who are active online participants.

We look forward to hearing your feedback on how you experienced navigating our website.



SENDER:
Jewish Seniors Alliance
of Greater Vancouver

949 West 49th Avenue
Vancouver, B.C. V5Z 2T1



COVER ART: 'IOWA SKY'
 by DANIELLE SHIER (see page 20)

PRESIDENT'S MESSAGE	2-3
EDITOR'S MESSAGE	4
LETTERS TO THE EDITOR	4-5
REVIEW: Aging for Dummies	6-7
COMMUNITY NEWS: Some Food for thought	8
Key benefits of new health app for seniors	9
Changes to disability assistance programs	24
New PWD earnings exemption	24
ARTICLE: Without seniors the rest of society would be much worse off	10
JSA PEER SUPPORT SERVICES:	
Graduation of volunteer peer counsellors	12
Shalom Again friendly phone calls	12
Put the Men back in Mentoring	18
Benefits of volunteering	18
PULL-OUT: Useful resources	13-14
PULL-OUT: Ongoing Events: Jan.,Feb.,March	15-16
SNIDER FOUNDATION EMPOWERMENT SERIES:	17
Chicken Soup for the Body, Mind & Soul	
HUMOUR: Senior moment	19
ENTERTAINMENT: Our cover artist	20
Performing Arts Lodges & Studio Theatre	
Book Review: Hiding in a Cave of Trunks	21
ONGOING AT 49TH AND OAK:	21
Vancouver Council of Women	
Vancouver Women's Musical Society	
RUSSIAN NEWS: The Concert	22
HISTORY THEN AND NOW: Nostalgia	23
HEALTH: Exercise for seniors	25
Medication-Do you know	
LIVING LEGACY: JNF advertorial	26
JSA NEWS: JSA Board planning session, JSA'S affiliated organizations, advocacy partners, & grateful thanks to sponsors	27
MEMBERSHIP: Welcome to new members	28
Application form	

THE TEAM

EDITOR-IN-CHIEF
 Edith Shier

EDITORIAL COMMITTEE

Dena Dawson	Dr. Rubin Feldman
Binny Goldman	Serge Haber
Shanie Levin	Rita Roling
Marilyn Berger	Helen Aqua
Ken Levitt	
Karon Shear (JSA Coordinator)	

CONTRIBUTORS

Serge Haber	Edith Shier
Binny Goldman	Susan Inman
Hannah Dolores Luber	Kay Abelson
Marilyn Berger	Gloria Levi
Verena Menec	IdaGitlina
Danielle Shier	Dan Propp
Ester Benjamin Shifren	

LAYOUT & DESIGN

Karon Shear

WEBSITE ADMINISTRATOR

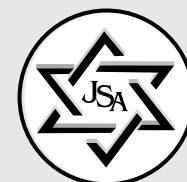
Barbi Braude

DISTRIBUTION

The Mitzvah Makers, Serge Haber,
 Rita Roling, Rita Propp, John Cerny

ADVERTISERS

BC Securities Commission
 Jewish National Fund
 Morley Shafron-Central Agencies Ltd.
 Pharmasave, (Oak & W. 42nd Ave)
 Seniors Services Society
 Temple Sholom Sisterhood Giftshop
 The Weinberg Residence
 ZLC Financial Group





SERGE HABER

PRESIDENT'S MESSAGE

Dear Friends,

As we approach our 10th anniversary it is time to reflect and question the many JSA accomplishments to date.

I am prompted to write this article because I believe that the Jewish Seniors Alliance has finally reached a level of development and a sense of direction of what we really want to accomplish and why.

Our new mission statement says **“The Jewish Seniors Alliance enhances the quality of life by raising awareness of senior issues and providing outreach, advocacy and peer support services”**.

While these simple words are easily understood, what do they really mean?

We are facing a rapidly growing number of seniors ranging from the 80's and 90's to a younger generation of seniors in their late 50's 60's and 70's. Some of the 50's and 60's don't consider themselves seniors and often they could easily be the children of the 70's 80's and 90's.

Our seniors have the best health record in history. Many in our senior population are financially secure. However more than 20% are in serious trouble and we need

to understand their situation. Some of us are okay today because we still have our families, friends and support—then suddenly we lose our friends or family support. Sometimes our family lives out of town or are so involved with their own lives that our needs are perhaps unintentionally ignored.

Suddenly, we are alone and become a statistic: a senior alone in need of support; now becomes part of the 20% in trouble.

We use words like single, isolated, lonely, abused, marginalized, impoverished, disabled, perhaps exhibiting the early stages of dementia and other problems.

I talked to a 92-year-old friend recently, who asked me “Tell me, Serge, why am I here? Why am I still living? My friends are gone, nobody needs me. Why does God not take me? There are so many younger people who are dying every day, and here I am, alone and suffering.”

In our Jewish community we estimate that more than 600 individuals form part of that 20% group.

Our outreach and peer support services try to deal with all these situations. We try to keep 70-80% of seniors in good health and functioning well by providing preventative services.

Prevention is not a very popular word. Our governments and society respond as best as they can to acute situations. They leave prevention to Mother Nature.

Fortunately, we are finally realizing that the current situation is not sustainable. Healthcare and Pharmacare are in serious trouble because there is not enough money to maintain them at this rate, according to government.

Scandinavian countries dealt with this problem 15 – 20 years ago by

applying a system of preventative healthcare.

Initially, it was more expensive but now the number of acute cases has dropped substantially and healthcare is sustainable.

Given the above, perhaps we can better understand what JSA is doing and why.

a) Outreach as a preventative measure:

Our outreach program offers the JSA-SnyderFoundation Empowerment Series, Spring and Fall Forums, an annual Seniors Directory, Senior Line magazines three times a year, and our updated website. All these programs provide information, education, prevention that allow a large percentage of healthy, active seniors to cope with the challenges of aging.

b) Advocacy plays an important role in our organization:

We ensure that our community provides a number of necessary, financially affordable programs

Our advocacy program is unique in that it has reached out to the non-Jewish community for several years.

We are dispelling the myth that all members of the Jewish community are wealthy, and that poverty doesn't exist.

As a community, we are no different from any other. We have more institutions that provide care, but besides that, we are no different.

JSA has partnered, with several advocacy groups, such as Council of Senior Services Organizations of BC, the B.C. Retired Teachers Association, BC Centre for Elder Advocacy and Support, BC Coalition of People with Disabilities, Vancouver Cross

Cultural Seniors Network, BC Health Coalition, Canadian Centre for Policy Alternatives.

Gloria Levi, as an active member of JSA's advocacy committee, has spearheaded a grassroots organization named Integrated Care Advocacy. With representation from other advocacy groups throughout BC, this group will urge the political parties who may form the provincial government after the May 2013 elections, to include in their policies, the idea of an integrated service for homecare support services for elders.

c) JSA's Peer Support program deals with those 20+% of seniors in need of serious help.

Through peer counselling, Shalom Again, weekly phone calls, and weekly friendly home visits, drop-in information and referral and many other programs that are still being developed, we try to help those who need it most.

The ultimate goal of these programs is to bring individuals back into the society in order for them to meet and make new friends and give them an opportunity to enhance their senior years.

Make no mistake! We are training seniors to help seniors. It is a double mitzvah (good deed). Helping seniors to learn new skills, keep busy and involved are the goals of our caring. The senior receiving help is looked after by a caring trained senior that has no problem understanding the person he/she is helping.

All these accomplishments are the proud work of JSA's executive, board, and many volunteers. Our board is comprised of seniors ranging in age from late 50's to late 80's. Former social workers, nurses, teachers, business people, doctors, lawyers, accountants and

others, devote their time, heart and expertise to manage and develop one of the most fantastic and imaginative programs that our community has ever seen. We have acquired a reputation rivaled by none. We have clearly demonstrated that aging does not mean we are over the hill. **Aging can be a significant asset when we, as seniors, give of ourselves and help others. It is not a hardship but a blessing.**

However, despite all of our achievements, we are vulnerable.

Our board members are not fundraisers.

a) We lost our commercial and business ties when we retired.

b) Most of us have raised funds for our community for 30 or more years and feel we have done enough.

Our board members want to use their intelligence, experience and expertise to help other seniors in need. They don't want to be asking for money.

JSA has initiated and implemented a number of successful programs that have had a huge impact for seniors in the Jewish and non-Jewish communities. Yes, our work can be accomplished by government, private or professional institutions, but at 10 times the cost.

The fact is that neither industry nor government can afford to continue supporting these kinds of expenses. (That's the government's position).

We are living in austere times and financial distress is reflected throughout the world. We don't know when or how long it will last. Therefore, we need to attract the attention of younger people, as well as seniors of all ages, to show them that what we are doing

will **benefit them twenty years from now**. It offers the opportunity of a lifetime to **assume responsibility and direction for their own future.**

Jewish communities outside Vancouver look with envy at what we have accomplished so far.

For years, we have been successful in obtaining grants from government, foundations and a very few, but wonderfully generous individuals.

However, we have reached the point where this no longer works – our undertakings are too complex and our budget has grown immensely.

By making our community and the seniors aware of our needs, we hope to find enough enthusiastic individuals who will establish a fund that will guarantee **our financial stability now, and for their future**. The amount of money needed is not of earthshaking proportions—it is small enough, yet large enough for JSA to undertake.

We appeal to our community members who have the insight, understanding and care enough about their own future, to get involved to secure the financial future of JSA.

Please call me.



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



EDITH SHIER

EDITOR'S MESSAGE

With the colours of Fall all around us and the feelings of wanting to do more stirring within us, let me urge you to come and join Jewish Senior Alliance—so we can help you to do more as we ourselves continue to inform, educate and advocate for seniors in our community.

Also, a great place to visit is our web-site at www.jsalliance.org for up to the minute news and views. Wishing everyone a warm and fulfilling winter -

Your Editor-in-Chief,
Edith Shier



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

From: Susan Inman
Sent: November-22-12 5:13 PM
To: office@jsalliance.org
Subject: **Please share this with JSA Board**

Dear Ms. Shier,

I have just seen the Volume (19)2 - 2012 edition of Senior Line and want to congratulate you on the wonderful work of the Jewish Seniors Alliance and for editing such a useful publication.

However, I was very distressed to see the article **"Forced Drugging of Seniors Still Increasing"** by Rob Wipond.

I know very little about this serious problem. However, the article (p.20) contains the following statement:

"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.'"

This statement slanders me. I am not a "dogged campaigner against civil rights."

During the twelve years that my daughter has been living with a severe schizoaffective disorder, I have become an advocate for better services for people who live with psychotic brain disorders and for the families who support them. Although my daughter was profoundly psychotic for an extended period of time, we maintained our commitment to a science-based approach to understanding and responding to psychotic illnesses. My daughter is now sane and stable.

Mr. Vipond doesn't agree with this approach to psychotic disorders.

One of the things I've learned about during these years is that most people experiencing psychosis have a neurobiologically based inability to understand that they are ill. This lack of insight (called anosognosia) leads them to reject the treatment that can help them recover their sanity. <http://www.treatmentadvocacycenter.org/about-us/our-reports-and-studies/2143T>

The BC Schizophrenia Society, of which I am an active member, contributed to the development of the BC Mental Health Act that helps ensure that people receive the treatment that they may not understand that they need. Some people, especially those in the psychiatric survivor movement, don't believe that mental illnesses are real illnesses, don't believe that anti-psychotic medications or psychiatrists are useful, and don't believe that anyone should ever be treated involuntarily. Readers can look at my article, "Suppressing Schizophrenia," in The Tyee, to which Mr Vipond refers, to better understand my concerns about the impact of these beliefs on an earlier draft of the Mental Health Commission of Canada's National Mental Health Strategy: <http://thetyee.ca/Opinion/2011/08/29/Review-Mental-Health-Strategy/>

I would like to request that you publish this letter in your newsletter so that your readers will have more information with which to judge for themselves if I am the "dogged campaigner against civil rights" that Mr Wipond's article accuses me of being.

Sincerely,

Susan Inman

I am also pasting in, below, some information to let you know more about my advocacy work. ➤

\ CONTINUED

Susan Inman's memoir, *After Her Brain Broke, Helping My Daughter Recover Her Sanity*, (Bridgeross, 2010) is recommended by both NAMI and EUFAMI, the largest advocacy groups in the world for families coping with severe mental illnesses. Her articles about severe mental illnesses have appeared in a variety of publications including *Huffington Post Canada*, the *National Post*, the *Globe and Mail* (Facts and Arguments), the *Province*, the *Tyee*, and *BC Teacher Newsmagazine*. She is Past-President of the BC Schizophrenia Society Vancouver/Richmond branch and Past Vice-Chair of Vancouver Community Mental Health Services' Family Advisory Committee. She does frequent presentations at conferences and other public events on how to improve mental health services for people living with psychotic illnesses and the families who assist them.

Susan was recently selected to receive a Queen Elizabeth 11 Diamond Jubilee Medal which is given to "honour exceptional Canadians for their contributions to their fellow citizens, to our communities and to our country."

Date: Thu, 22 Nov 2012
From: Dolores Lubert
Subject: RE: **My letter to the editor**

To: 'JSAGV'

I am a retired psychotherapist (M Sc. in Counselling, UVM, Burlington, VT) and a psychology teacher. In the reading of your article "Forced Drugging of Seniors Still Increasing" by Rob Wipond, April 2012, I came across "...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... (emphasis mine)." I was shocked! How could Mr. Wipond and the editors of this publication have come to this conclusion?

Parents of children and adult-children who suffer from Schizophrenia and other major psychotic and delusional disorders, sometimes must insist on having their adult-children medicated. Without medication these mentally-ill people would lurch from one major catastrophe to another; there would be repeated cycles of hospitalization. Furthermore they would more likely commit suicide or inflict violence on others. Society has Susan Inman to thank for its ability to provide medication when the patient refuses to comply with physicians' recommendations.

The fact that seniors are being forced to take anti-psychotic medication has nothing to do with Susan Inman and the treatment of major psychotic disorders. It would seem that due to inadequate funding and under-staffing; there is a situation in senior residences whereby physicians, nurses and care-givers have become desperate. That is the challenge for all those who are involved in the care of frail and demented seniors.

Susan Inman deserves an apology.

Hannah Dolores Lubert
Shalom ☆

Attending Choices (a Jewish Federation Annual Campaign Woman's event) this year was truly inspirational.

Talia Leman, a 17 year old who is wise beyond her years, at the age of 10 had an idea that she wanted to raise money for victims of Hurricane Katrina. So at Halloween, instead of going Trick or Treating for candy, she, and millions?? of others, went "Trick or Treating for coins". They raised an astonishing 10 million dollars!!

Talia spoke about "the power within all of us to make the unexpected happen. It is not about each one of us doing it all, but creating the space for each of us to contribute, together we can make a difference in the lives of others".

It's easy to sit comfortably in our homes and feel like it is "too much of a shlep" to do something. It takes effort and courage to shift out of our comfort zone – it's a call to action!

Each one of us has the ability to contribute towards the greater good. When we give of ourselves or participate in different community activities, we are rewarded with feelings of fulfillment and satisfaction, having made a difference in the lives of others.

Knowing that we are part of something bigger, something Jewish, also demonstrates to our children how important it is to participate and leave a legacy.

One way we can all make a difference is to consider giving a gift, no matter how big or small, towards the Jewish Federation Annual Campaign, if you have not already done so.

To do so call: 604-257 5100 or e-mail: campaign@jewishvancouver.com.

Shabbat Shalom,

Kay Abelson, Executive Director,
The Kehila Society of Richmond ☆

What do you think?

Send your comments to
office@jsalliance.org



Aging for DUMMIES THE J“OYS AND VAYS”



Sunday, October 21st, 2012, 2 – 4:30 p.m at the Unitarian Centre, 949 West 49th Ave. Vancouver

REVIEW BY MARILYN BERGER

Over 200 seniors were no dummies when they attended the Jewish Seniors Alliance annual Fall Symposium, held Sunday Oct. 21st 2012



FROM LEFT: Dr. Larry Dian (Keynote speaker), Serge Haber (President JSA), Judy Mandleman (representing 70's) , Joy Coghill (representing 80's), Chris Friedrichs (representing 60's), Gloria Levi (Moderator). Ken Levitt (Chair Symposium Committee)

The program featured keynote speaker Dr. Larry Dian, followed by panelists Chris Friedrichs, Judy Mandleman and Joy Coghill. The symposium was moderated by Gloria Levi. With her 30 years' experience in the field of aging as a social service consultant, trainer and educator she came well-qualified and did an outstanding job of not only introducing each speaker but providing a comprehensive summary for all that was shared with those present.

Dr. Dian, a clinical professor at the Department of Medicine UBC is a specialist in geriatric medicine with a special research interest in osteoporosis and increased mobility. He is currently involved in the development of academic and clinical links for geriatric medicine in rural and remote areas in B.C.

Dr. Dian stressed that aging itself is NOT a disease. If something is wrong – don't simply blame it on aging – consult a doctor. He noted that while genetics plays a major role in our potential longevity, proper nutrition and plenty of appropriate exercise could increase the life expectancy in us all.

In Dr. Dian's opinion a daily exercise regime is imperative to maintain both the physical and mental wellbeing for us all as we age. He stressed that proper and regular exercise is the best medicine seniors could have.

Exercise program over the Lifespan

- ▶ Endurance/cardiovascular first 50 years
- ▶ Resistance/strength training next 25 years
- ▶ Balance/flexibility final 25 years
- ▶ B.A.R.F.
Balance Aerobics Resistance Flexibility

A.C.S.M. Recommendations on Physical Activity in Older Adults

- ▶ Taking a slow and stepwise approach allows patients to reach attainable goals
- ▶ 30 minutes or more of moderate intensity aerobic activity 5 days per week or 20 minutes or more of vigorous aerobic activity 3 days per week.
- ▶ Vigorous activity should be rated 7-8 and should produce a large increase in heart rate and breathing.
- ▶ Flexibility exercises (stretching) after exercise

Hearing and the disability to hear properly can lead to depression. He encouraged seniors to learn to work with hearing aids sooner rather than when it's too late.

The three panelists presented their perspectives according to their age



Successful Aging

Extension of adult vigour far into a fixed lifespan to compress the period of senescence near to the end of life.



I'm getting so old that all my friends in heaven will think I didn't make it

groups. Chris Friedrichs, Prof. of History at UBC represented all of us who have recently reached the age of 65 and face the dilemma of when is the best time to retire. Already he has begun to question the issues of accessibility, home care and mobility. He noted how fortunate he was that he has been living in a one-level home for many years and therefore does not have to face the problem of moving due to mobility issues in the future.

Judy Mandleman, an active leader in the Jewish community for the past five decades represented those in the seventies. She stressed that being active, not smoking, exercising regularly, and continuing to stay active socially and mentally were vital to her healthy aging. As she bridges the transitions of aging she is always on the lookout for new challenges. These give the spirit to go forward with enthusiasm for all that life might offer.

Joy Coghill, a member of the Order of Canada, spoke for those who were over eighty. A theater producer, artistic director, teacher and founder of the Western Gold Society for seniors and the Holiday Theater for children she is cofounder of PAL Vancouver, an assisted-living facility with focus for those in the arts. She shared with us some of the humorous situations of being in eighties. Being called 'Dear' by perfect strangers was particularly irksome to Joy. She also made note of ensuring that your pension or RRSP be distributed realistically. Due to modern medicine, technology, and lifestyle we all are destined to live longer than we once thought possible. In spite of losses

and challenges, the life spirit for Joy is her creativity. A positive approach helps us to deal with life's struggles and challenges.

The symposium was followed by refreshments. It was gratifying to see so many seniors relaxing and enjoying each other's company.

Special thanks goes to Ken Levitt, Chair of the Fall Symposium and his committee. Special thanks also go to JSA staff Karon Shear, coordinator and Rita Propp, membership assistant. Plus a very special thanks to all the volunteers who assisted on the day.

JSA has videoed the event and it is available for viewing on the website. This enables those who were not able to attend themselves to view the event. It is also useful for those who were there to view it again. For more info check the website at www.jsalliance.org

The JSA looks forward to an exciting Empowerment Series as well as an excellent Spring forum. Don't miss them. 🍷

PHOTOS by BARBI BRAUDE



SOME FOOD FOR THOUGHT

by Gloria Levi

“The Integrated Models for Delivering Care to Frail Seniors” workshop was held at the Unitarian Centre on Wednesday, on the morning of October 3, 2012, sponsored by the Jewish Seniors Alliance of Greater Vancouver (JSAGV), Canadian Centre for Policy Alternatives, Remaining Light and Integrated Care Advocacy. Approximately 80 people attended the session.

The panel consisted of four people who had direct experience in organizing and delivering integrated and comprehensive care to frail elders in their communities. They described what works and why.

Anne Chisholm, director of community and residential services from the Northern Regional Health Authority, spoke about working closely with the community and flexibly tailoring the services to the needs expressed by the community.

Shannon Berg, Executive Director of home and community care for Vancouver Coastal Health Regional Authority, spoke about the ongoing research being done by the health authority to overcome existing obstacles to integrating comprehensive care.

Dr. John Sloan spoke about a project called Home Vive, funded by Vancouver Coastal Health, which provides 24/7 medical care, including physicians, nurses and other services, including physiotherapy and occupational and nutritional services. Sloan elaborated on the need to keep frail elders with multiple chronic conditions in their homes, and the importance of providing comfort and quality of life to those seniors.

Michele Jessop, manager of Choice Day Programs in Edmonton, Alta., described a comprehensive program that has been in existence for several years. It consists of a day-care program that offers socialization, two meals a day and transportation, as well as a full medical clinic for those who might need the services of a doctor, nurse, pharmacy oversight and rehabilitation. They also provide in-home services and outreach to social isolates.

Gloria Levi, coordinator of Integrated Care Advocacy, was the moderator. She urged people to advocate for more integrated comprehensive community-based care and to make it a priority issue in the next provincial election.

The talks given at this workshop are available in video format and can be accessed from the advocacy section on the JSA website.



Refer to the JSA website for photos, videos and more information.
www.jsalliance.org

YOU MIGHT BE FROM BRITISH COLUMBIA IF:

1. You know the provincial flower (Mildew)
2. You feel guilty throwing aluminum cans or paper in the trash.
3. Use the statement “sunny break” and know what it means.
4. You know more than 10 ways to order coffee.
5. You know more people who own boats than air conditioners.
6. You feel overdressed wearing a suit to a nice restaurant.
7. You stand on a deserted corner in the rain waiting for the “Walk” signal.
8. You consider that if it has no snow, it is not a real mountain.
9. You can taste the difference between Starbucks, Blenz, and Tim Horton’s.
10. You know the difference between Chinook, Coho, and Sockeye salmon.
11. You know how to pronounce Squamish, Osoyoos & Nanaimo.
12. You consider swimming an indoor sport.
13. You can tell the difference between Japanese, Chinese, Vietnamese, Korean and Thai food.
14. In winter, you go to work in the dark and come home in the dark –while only working eight-hour days.
15. You never go camping without waterproof matches and a poncho.



(look for part two in the next issue)

Three key benefits of new health app for seniors

TEXT MESSAGING, NETWORKING AND THE SECURE STORAGE OF INFORMATION MAKES MIHEALTH HANDY FOR BOTH PATIENT AND DOCTOR

(NC)—Since 2000, people aged 65 and over have been the fastest growing users of the internet, according to Statistics Canada.

That's not surprising considering that technology is making it easier than ever for seniors – particularly those with mobility issues – to do everything from online banking to staying in touch with family and friends.

Since seniors are one of the biggest consumers of healthcare, it also makes sense that tools to help them maintain their health and independence are a key focus of some new technologies finding their way into the marketplace.

A recently launched digital consumer application is a perfect example. Mihealth helps people and their families to take better control of their health by giving them secure direct access to their personal, physician-validated health information including prescription and over-the-counter medications, allergies, immunizations, chronic conditions and test results.

It works on a desktop computer through the internet, and is also available as an app for Apple, Windows, Android and Blackberry smartphones.

For many seniors, particularly those with chronic conditions, managing their health on a daily basis and keeping track of multiple medications, specialist appointments, and tests can be overwhelming.

Here are three ways seniors can benefit from this technology:

1. Secure text messaging lets seniors communicate directly with their doctor or other primary care provider to ask questions, discuss lab results or book appointments.
2. Networking features give seniors the ability to allow family members, friends and health providers to join their personal health network as limited or full access “guest users”, so everyone involved in their care can view the most up-to-date medical records, doctors' names, medications and health issues.
3. The capability to securely store and access personal health information anytime and anywhere gives seniors more control, and the flexibility to share some or all of those details quickly and easily with a range of care providers, such as medical specialists, pharmacists, and emergency staff, resulting in more informed, better care.

According to Toronto-area physician, Dr. Betty Choi-Fung, there are also advantages for a patient's primary care physician such as fewer telephone tag calls, missed appointments, unnecessary office visits, a permanent record of all messages and changes to a patient's file, and reduced time pressure on the physician and his or her staff.

Dr. Choi-Fung says the biggest benefit of the new app for busy doctors is the time it saves. “An app like this one is much more efficient than sifting through paper copies,” she explains. “As a result, I can spend more time with my patients.”

More at www.mihealth.com & www.newscanada.com

THE WEINBERG RESIDENCE

As part of the Dr. Irving and Phyllis Snider Campus, The Weinberg Residence offers Assisted Living and Multi-Level Care for seniors within a Jewish community.

ASSISTED LIVING

A vibrant place where you can live with independence and choice in a safe, home-like environment. Kosher meals, personal care, emergency response and interesting leisure activities will complement your experience while enhancing your quality of life.

MULTI-LEVEL CARE

Sometimes you need extra help.

- Long Term Stay
- Convalescent Care
- Respite Care
- Out of Town Stay
- Palliative Support

Let us make a difference!

**THE HARRY AND JEANETTE WEINBERG
(OF BALTIMORE) RESIDENCE**



5650 Osler Street, Vancouver
info@weinbergresidence.com
www.weinbergresidence.com

*The Dr. Irving and Phyllis Snider Campus for Jewish Seniors,
 site of the Louis Brier Home & Hospital and the Weinberg Residence*



**COME FOR A
TOUR!**

Open 9 am to
5 pm weekdays.
Phone Vanessa
Trester at
604.267.4722.

WITHOUT SENIORS, the rest of society would be much worse off

**VERENA
MENEĆ**

with permission



Vancouver Sun
Aug 25, 2012

Stories abound in the media about how seniors are going to bankrupt the health care system or how the Canadian pension system will collapse under the burden of a growing senior population.

What we don't hear in the midst of all of these doomsday stories - which are not based in evidence, and are simply wrong - is how seniors contribute to society.

The fact that people live longer than ever should be celebrated as one of the biggest success stories in history. As the saying goes: "Getting old is better than the alternative."

How do seniors contribute to society? Like any younger person, they shop, they use services (which employ people), and they pay taxes. They also volunteer; in fact, many organizations would be hard-pressed to function without their older volunteers.

Seniors also give generously. They make more charitable donations per capita than any other age group. Seniors babysit; they look after grandchildren. One can only imagine what would happen to our economy if, suddenly, no grandparents were available to look after grandchildren. How many parents would have to scramble to find other care options (already scarce) - or would have to miss work because they couldn't

find alternatives? How many soccer games or ballet classes would be missed if grandma or grandpa were not there to drive the grandchildren?

Seniors do housework, home maintenance and yard work - not just for themselves, but for others as well. They provide transportation or run errands for others.

They provide emotional support and friendship, like the senior who looks in on a housebound friend to make sure everything is all right and stays for a chat.

Seniors provide care for spouses or friends. Think of the wife who takes on more and more responsibilities in and outside the home as her husband starts to get frail. She may not think of herself as a caregiver, but without her, what would happen to him? Who would get the groceries, run errands, do the cooking, take him to medical appointments?

Other family members are not always available to help. They may live too far away or have health problems themselves. There are organizations that can help out—but the bulk of these supports are made possible because of volunteers.

And the volunteers are typically seniors.

Then there is the husband who takes care of his wife who has Alzheimer's, who, from moment to moment, can no longer remember what day of the week it is, never mind what month or year, whether she has eaten, or what she just did; who keeps asking the same question over and over again, forgetting the answer as soon as it is given. He makes sure she gets dressed, eats properly, takes her

medication, accompanies her to the doctor and keeps her life as normal as possible. Without him, she would not be able to live at home any more, but would have to be admitted to a care home.

Because of him, she is able to stay in familiar surroundings for as long as possible. Because of him, she is not a "burden" on the health care system.

Rather than creating catastrophic visions of the impact of the "grey tsunami," it would help if we took a more balanced approach to the aging population. We need policy solutions to address the real challenges, such as: How do we ensure that family and friends who care for older adults and play such an important role in their lives receive the supports they need? How do we provide supports in communities to make them as age-friendly as possible so seniors can continue to contribute to society and have the best quality of life?

Acknowledging seniors' contributions would help make ours a more age-inclusive society that does not pit one generation against the other. It would also be a more accurate reflection of how most of us engage with each other in our everyday lives.

Verena Menec is an expert adviser with EvidenceNetwork.ca, a professor in the Department of Community Health Sciences at the Faculty of Medicine, and director of the Centre on Aging at the University of Manitoba. Troy Media. 🐾

12%

THE RETURN THEY WERE GUARANTEED ON THEIR INVESTMENT



100%

THE AMOUNT OF MONEY HE TOOK FROM THEM



You can protect yourself from investment fraud.

BE FRAUD AWARE | *invest***RIGHT**

A program of the BC Securities Commission

1-800-373-6393

BeFraudAware.ca

Photocredit: KEITH CUNNINGHAM



On Wednesday September 5, 2012, Jewish Seniors Alliance of Greater Vancouver held its first Peer Counsellor Graduation. As part of Peer Support Services, 14 volunteers were trained over a period of 11 weeks and received their certificate in peer counselling. The programme was run by Lori Wall and Grace Hann, two experienced senior service coordinators. Congratulations to Esther, Grace (trainer), Remy, Nancy, Serge, Lori (trainer), Simone, Karen, Rhoda, Charles, Joanne, Carole, Leora. Missing: Julia, Valya and Rita. **Mazel Tov on their achievements!**

Jewish Seniors Alliance Peer Support Services

www.jsalliance.org

We Are “Hear” For You

Do you or someone you know need Peer Counselling, a Friendly Phone Call or Visit?

Its easy as 1-2-3 and free.

Just pick up the phone and call us, Charles or Lynn at **604-267-1555.**

Our Peer Counselling programme is now up and running and providing one on one counselling and empathetic listening. Our trained volunteers are now visiting clients on a weekly basis. Our second peer counselling training sessions have now started. This will increase our volunteer numbers to meet regularly with clients 55+ who are in need.

Our weekly Friendly Visiting and ‘Shalom Again’ Friendly Phone Calls programmes have started. **If you are interested in participating as a volunteer or if you know anyone who would benefit from our services, please call.**



Volunteer with us, make a tax donation or leave a lasting Legacy.

www.seniorsservicesociety.ca | 604-520-6621

Helping Seniors in Our Community

Who We Are

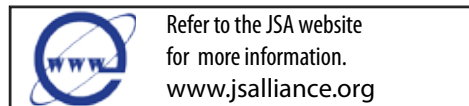
- We believe in **encouraging, informing, & supporting** the independence & wellness of the older adult
- We make sure that all older adults are **well supported, adequately housed,** and are **contributing & valued** in a healthy community
- We offer **customized training & workshops** to increase awareness of senior housing issues

Help Us Help Seniors

You can help Seniors Services assist seniors in your community to live independently & safely in their home of choice!

USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE



COUNSELLING AND SUPPORT SERVICES					
Alzheimer Society of B.C. Resources and Information. Alzheimer resource centres located throughout the province			604-681-6530 www.alzheimerbc.org		
BC Bereavement Helpline Lower Mainland			1-877-779-2223 604-738-9950 www.bcbereavementhelpline.com		
Bereavement Walking Program It is a time to walk and talk with others who are grieving			604-731-8643 Sharon 604-731-7805 Sue		
BC Centre for Elder Advocacy and Support (BCCEAS) Elder law clinic.			604-437-1940 www.bcceas.ca		
Crisis Intervention & Suicide Prevention Centre of BC (24 hrs.) Provides confidential supportive telephone lay counselling services.			604-872-3311 www.crisiscentre.bc.ca		
TTY at the Vancouver Crises Intervention and Suicide Prevention Centre			604-872-0113		
The Dementia Helpline A service for people with dementia, their care-givers, family and friends.			604-681-8651 www.alzheimerbc.org		
Family Services of Greater Vancouver Provides counselling and supportive services to individuals and families.			604-731-4951 www.fsgv.ca		
Jewish Family Service Agency Provides counselling, supportive, and information/referral services to individuals and families.			604-257-5151 www.jfsa.ca		
Jewish Seniors Alliance Peer Support Services No charge volunteer peer counselling, Shalom Again friendly calls, friendly home visits			604-267-1555 www.jfsa.ca		
L'Chaim Adult Day Centre L'Chaim provides a social, therapeutic & recreational service to frail or disabled older adults.			604-257-5111 ext. 400 www.adultdaycentres.org/l'chaim		
MEDICAL INFORMATION AND REFERRAL SERVICES					
Vancouver Coastal Health Authority... Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast.			604-736-2033 www.vch.ca		
Fraser Health Authority Serves Fraser North, Fraser South and Fraser East.			604-587-4600 www.fraserhealth.ca		
HEALTHLINK BC			8-1-1 www.healthlinkbc.ca		
TTY (special Telus relay service for deaf and hearing impaired)			7-1-1		
Louis Brier Home and Hospital Provides complex residential and extended hospital care.			604-261-9376 www.louisbrier.com		
NUTRITION					
Dial-A-Dietitian Specializes in easy-to-use nutrition information for self-care.			604-732-9191 www.healthlinkbc.ca/dietitian		
Meals on Wheels					
Burnaby	604-299-5754	Richmond	604-292-7200	Vancouver	604-684-8171
Coquitlam	604-942-7506	Surrey/Delta	604-588-0325	White Rock	604-536-3866
		New Westminster	604-520-6621		
For kosher meals contact Jewish Family Service Agency			604-257-5151 local 218		
Kosher food bank			604-257-5151 local 230		
Suppliers of Kosher meat and poultry		Kosher Food Warehouse	604-709-9889	Sabra	604-733-4912
		Omnitsky	604-321-1818	Superstore	604-322-3702
TRANSPORTATION					
SN Wheelchair Transport special needs door to door			1-800-768-0044		
Translink Bus Service - bus and route timetable advice			604-953-3333		
Driving Miss Daisy - driving service for seniors to appointments, programs etc.			604-290-8874 1-866-351-9696		

USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE

GENERAL INFORMATION SERVICES	
Alcohol and Drug Info & Referral – education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse.	604-660-9382
Ambulance Billing Service	1-800-665-7199
BC 211 Information and Referral —General information line accessible 24 hrs, 7 days a week	211
Dial-A-Law Lawyer Referral Service	604-687-4680 dialalaw.org
Health and Seniors Information Line “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.	1-800-465-9411 www.health.gov.bc.ca
Jewish Family Services Agency, Senior Services Mon to Fri 8:30am – 5pm excluding statutory and Jewish holidays. Provides information to seniors and their families in all aspects of the aging journey. Accessible	604-257-5151 local 217 / 218 / 219
Jewish Seniors Alliance Information and Referral Services 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.	604-732-1555 www.jsalliance.org
Medical Services Plan Subscriber Information – VANCOUVER Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service	1-800-663-7100 604-683-7151 www.health.gov.bc.ca/msp
NIDUS Personal Planning Registry	www.nidus.ca
PharmaCare (including the Fair Pharmacare Plan)	604-683-7151
Poison Control Centre	1-800-567-8911 www.dpic.org
Police/ ambulance /fire emergencies	911
SAFER (Shelter Aid for Elderly Residents) Provides monthly payments to subsidize rents for eligible BC seniors 55+ or over and who pay rent.	604-433-2218 press “1”
SAIL (Seniors Advocacy & Information Line) 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
SHIP (Seniors Housing Information Program) 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
INFORMATION AND SUPPORT SERVICES	
1-800-Banting – The Canadian Diabetes Association 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.	1-800-226-8464 www.diabetes.ca
Canadian Cancer Society Cancer Information Service 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.	1-888-939-3333 www.cancer.ca
Heart & Stroke Foundation of B.C. Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups.	1-888-473-4636 604-736-4404 www.heartandstroke.ca
Kidney Foundation of Canada Dedicated to Research into kidney disease and related disorders, as well as public education and patient services.	1-800-361-7494 604-736-9775 www.kidney.ca

ONGOING EVENTS Jan., Feb., Mar., 2013

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
MONDAY	
1-4 pm	Poker
7-9 pm	Play & Learn Bridge
12-2pm	Legendary Entertainers
11.45 am bi-weekly	Lunch & Learn
Feb. 25 Purim Party at noon	
TUESDAY	
9:30-10:30 am	Chair Yoga
11 - 2:30 pm	Duplicate Bridge
WEDNESDAY	
10:30-12:30 am	In The News
1-2:45 pm	Arts & Crafts
1-4 pm	Poker & Mah Jong
3-4:30 pm	Drawing & Painting
THURSDAY	
11-2:30 pm	Duplicate Bridge
1 pm	Tai Ji
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11-1 pm	Social Bridge
BUS OUTINGS	
JAN 18	Behind the Scenes
Feb. 22 (USA)	Northwest Flower & Garden Show
Mar. 27 (Tacoma)	LeMay Car Museum

L'CHAIM ADULT DAY CENTRE 950 W 41st Avenue CONTACT: Annica Carlsson 604.257.5111 ext. 400 annica@jccgv.bc.ca www.adulthoodcentres.org/lchaim	
MONDAY AND WEDNESDAYS	
9:30-3 pm	
FRIDAY	
9:30-2 pm	

ANNOUNCING

JSA-SNIDER FOUNDATION
EMPOWERMENT SERIES 2013

Chicken Soup for the
Mind, Body and Soul



FOOD FOR THOUGHT:
Nurture your body

DATE: Wednesday 16th Jan., 2013

TIME: 1-2:15pm

PLACE: JCC in the adult lounge

USE IT AND IMPROVE IT

DATE: Thurs. 14th Feb.

TIME: 11-1pm

PLACE: Unitarian Centre



See poster page 17 for more detail,
and next *Senior Line* Volume 20(2) in April.

SAVE THE DATE

JSA SPRING FORUM

Sunday 21st April, 2013

More info in *Senior Line* Volume 20(2) in April

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

9:45-10:45 am	Beginners ESL
10:45-11:45 am	Advanced ESL
10:45-11:45 am	Low impact Exercise class
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
call Ruth 604-271-1973

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 pm bi-weekly	Torah Class for Seniors
-----------------------	-------------------------

Jan 1, 15, 29, Feb. 12, 26., Mar. 12, 26

4TH TUESDAY OF EVERY MONTH -
COMMUNITY KITCHEN

12:30-2:30 pm	Community Kitchen
---------------	-------------------

Jan. 22, Feb. 26

WEDNESDAY

11-2 pm	Arts Club for women- Every Wednesday except March 27
---------	--

THURSDAY

10-11 am	ESL—Beginner and Intermediate
----------	----------------------------------

11-12 pm	ESL—Advanced
----------	--------------

CHABAD RICHMOND—"SMILE ON SENIORS"
CONTACT: Marlene Shore
604.275.7543 or Kay 604-241-9270
www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11-2 pm

Exercise class, Philosophers Cafe,
Hot, Kosher lunch \$7

Guest speakers, incl. Rabbi Baitelman
(Phone for dates and details)

JEWISH FAMILY SERVICE AGENCY

CONTACT: Queenie Hamovich
QHamovich@jfsa.ca
604.257.5151 Ext. 1-274

A WEEKLY HOT KOSHER LUNCH & PROGRAM
OF INTEREST EVERY TUESDAY AT TEMPLE
SHOLOM. 7190 OAK STREET, VANCOUVER
Cost \$11. Subsidies available. Volunteer driv-
ers bring the seniors to the lunch and back
home again if needed.



Refer to JSA EVENT CALEDAR
on JSA website
www.jsalliance.org

ONGOING EVENTS Jan., Feb., Mar., 2013

JEWISH MUSEUM AND ARCHIVES OF BC
 6184 Ash Street, Vancouver, V5Z 3G9
CONTACT: Kara Mintzberg, Education Coordinator
 604.257.5199 www.jewishmuseum.ca info@jewishmuseum.ca
education_coordinator@jewishmuseum.ca

PHILOSOPHERS' CAFÉS
 7:00pm – 9:00pm at 6184 Ash Street, Vancouver BC, V5Z 3G9
 Hot drinks and sweets served all PM \$5 suggested donation at the door
INFO: www.jewishmuseum.ca | info@jewishmuseum.ca | 604-257-5198

WEDNESDAYS Jan. 16, Feb. 20, Mar. 20, Apr. 17, June 19, July 17, Aug. 21, Oct. 16, Nov. 20, Dec. 18

WALKING TOURS
 Book your private walking tour of historic Jewish Strathcona & Gastown! A great way to celebrate a birthday, Bar Mitzvah, or other special event. Please contact 604-257-5199 or info@jewishmuseum.ca for more information, or to book your tour today!

VOLUNTEER OPPORTUNITIES
 Volunteer opportunities available - flexible hours, free training!
 Please contact us at 604-257-5199 or info@jewishmuseum.ca.

JEWISH GENEALOGICAL INSTITUTE OF BC
 Temple Sholom, 7190 Oak Street, Vancouver
CONTACT: Cissie Eppel 604.321.9870
 FREE access to our databases—(ancestry.com, findmypast.com and footnote.com) and computer, at Jewish Museum

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.



MOST BRIDGE RUSSIAN JEWISH SENIORS
PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9
CONTACT: Ida Gitlina 604.434.2191 idadg10@telus.net

January 20–1 pm	“Yanush Korchak and his methods of raising children” -reporter Olga Medvedeva, Dph
February 24–1 pm	Purim celebration
March 17–1 pm	Famous women

CONGREGATION BETH ISRAEL
 Jewish Community Centre, 950 W 41st Avenue
CONTACT: Gaynor 604.731.4161 gaynor@bethisrael.ca

WEDNESDAYS — Jan. 30, Feb. 27, Mar. 20	“Lunch & Learn”—with Rabbi Infeld noon at JCC
---	--

PERETZ CENTRE FOR SECULAR JEWISH CULTURE
 6184 Ash Street, Vancouver, V5Z 3G9
CONTACT: Donna Modlin Becker
 604.325.1812 info@peretz-centre.org

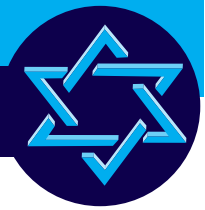
FRIDAYS 6 PM	
FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE	
COMMUNITY SEDER 30 March at 5:30 pm	
Vancouver Jewish Folk Choir Rehearses every Tuesday	7:30–9:30 pm
Yiddish Reading Circle first and third Wednesday of the month	3:00–4:30 pm
Adult Discussion Group: Last Sunday of each month	10:30 am

SHOLEM ALEICHEM SENIORS
CONTACT: Donna 604.325.1812
 FRIDAYS 11–1 pm
 Guest speakers, films, discussions and luncheons.



ISAAC WALDMAN JEWISH PUBLIC LIBRARY
 950 W 41st Avenue library@jccgv.bc.ca
CONTACT: Karen Corrin and Helen Pinsky
 (604) 257-5111 ext. 249
www.jccgv.com/content/library-main

MONDAYS	
3rd Monday of month at 2pm	YIDDISH stories for adults read in English by Shanie Levin
TUESDAYS	
10:30 am	HEBREW CONVERSATION CIRCLE—a fun way to practice speaking Hebrew and improve your conversation skills
1–3 pm	DROP-IN GAMES—Scrabble, Chess, Cribbage (Starting Jan.)
WEDNESDAYS	
10:30–12:30 pm	IN THE NEWS – This is a discussion group for people interested in current affairs and global politics. Discussion chair: Ralph Levy
THURSDAYS	
2:15–3:15 pm	ESL CONVERSATION CIRCLE Do you want to practise speaking english? All welcome. Free. Led by Paulette & Ludmila
Sunday 17 Feb. 1–3pm CREATIVE WRITING WORKSHOP with Lillian Boraks-Nemetz. Registration by 7 Feb. Admission by donation.	



Chicken Soup

for the **Body,
Mind
& Soul**

Social interaction has the capacity to improve individual health and quality of life. JSA encourages each senior to reach his/her potential and to remain active in the community.

SPONSORED BY THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER TOGETHER WITH PARTNERING AGENCIES.

1 FOOD FOR THOUGHT: Nurture your body

DATE: Wednesday 16th January, 2013
TIME: 1–2:15 in the Adult Lounge
PLACE: Jewish Community Centre
ADDRESS: 950 W. 41st Avenue, Vancouver



Tamar Kafka, Dietetics Instructor at UBC
Eating for health and life; what to eat and how to make changes that work for you. Snacks will be provided.
Coordinators: Leah Deslauriers & Shanie Levin
Come to think about food but also to sample.

2 USE IT AND IMPROVE IT

DATE: Thursday 14th February, 2013
TIME: 11–1 pm
PLACE: Unitarian Centre
ADDRESS: JSA 949 W. 49th Ave. Vancouver

Melanie Galloway, Fitness Instructor, Personal Trainer
Zuzana Fajkusova, Fitness Instructor, Personal Trainer
A talk about the importance of exercise including strengthening and endurance, in avoiding and delaying physical, emotional and mental challenges. Followed by a mini-exercise class for seniors. Comfortable clothing & shoes recommended.

Coordinators: Hannah Luber & Lucy Laufer
Followed by refreshments



3 REINFORCE YOUR HUMANITY: Nurture your soul

DATE: Friday 12th April, 2013
TIME: 11am–1:15pm
PLACE: Sholom Aleichem Seniors
ADDRESS: Peretz Centre 6184 Ash Street, Vancouver

Hillel said "Separate yourself not from the community"
Judaism is communal—we even pray in a minyan. Maintain your connection to the kahal (community) through music and art. Keep your soul and mind spiritually, emotionally and intellectually alive.

Coordinators: Shanie Levin & Al Stein
Followed by refreshments

4 TIME TO REJUVENATE: Let's celebrate

DATE: Monday 17th June, 2013
TIME: 11:30–2 pm lunch & program (\$12)
PLACE: Kehila Seniors at Beth Tikvah
ADDRESS: 9711 Geal Road, Richmond

Lets celebrate US, our minds, bodies and souls. Lets do this in style and have lots of fun. It is also JSA's 10th birthday — there will be music, song and dance. So let's celebrate and really **rock**.

Coordinators: Kay Abelson & Karon Shear
Save the date.



Put the **Men** Back in Mentoring

We are looking for male volunteers 55+ to become involved in Jewish Seniors Alliance Peer Support Services.

We have a number of male clients who would like to be matched with a male volunteer of similar age. We are looking for someone to help with peer counselling, 'Shalom Again' friendly phonecalls or home visits.

You may be wondering "why bother ... why me?"

For a few reasons:

- ✓ You can help change a life
- ✓ Be a good influence and support system
- ✓ Help and encourage other men to volunteer
- ✓ Become a positive role model for your family and friends
- ✓ **Change your own life**



If you are interested please call Charles or Lynn at **604-267-1555**
www.jsalliance.org



Benefits of **VOLUNTEERING**

Have you ever noticed how good you feel after you do something for someone else? There's a scientific reason for this, which is often called the "helper's high."

Volunteering is a great way to satisfy what could actually be an innate desire to help others. Find out what drives us to do good for others, the seemingly endless health benefits of volunteering and how to make it work for you.

Healthy Lifestyles e newsletter

WIKIPEDIA

Based on national research that Allan Luks did 20 years ago, he introduced the term "Helper's High"—the powerful physical feelings people experience when directly helping others—to explain the real benefits to volunteers' physical and emotional health. Today, this awareness has become internationally recognized as a way to recruit volunteers. Visit www.AllanLuks.com and also read his blog: www.helpersigh.com

People have known for ages that helping others is good for the soul. But the study that Allan Luks conducted of over 3000 male and female volunteers has proven it is good for the body and mental health too. His research concluded that regular helpers are 10 times more likely to be in good health than people who don't volunteer. And that there's an actual biochemical explanation: volunteering reduces the body's stress and also releases endorphins, the brain's natural painkillers.

His book: "The Healing Power of Doing Good" explains the relationship between good health and volunteering, and the factors that make it possible to allow individuals to maintain their independence as they grow older and face both physical and mental health challenges.

Bernie Siegel, M.D., author of 'Love, Medicine and Miracles,' said about the book, "A wonderful guide for all of us. Read it! Follow its teachings and heal your life and the lives of others."

"New book's Rx: do good. Being good is good for you. It's that simple, according to a growing body of research that links altruism and optimism to better health."

—USA Weekend

GET OUT OF THE CAR!



(This is supposedly a true account recorded in the Police Log of Sarasota, Florida.)

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle.

She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! Get out of the car!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition.

She tried and tried, and then she realized why. It was for the same reason she had wondered why there was a football, a Frisbee, and two 12-packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces further down.

She loaded her bags into the car and drove to the police station to report her mistake.

The sergeant to whom she told the story couldn't stop laughing.

He pointed her to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story?

IF YOU'RE GOING TO HAVE A SENIOR-MOMENT....MAKE IT MEMORABLE. 😊

Sholom Judaica

*The Giftshop
at Temple Sholom Synagogue*

Vancouver's One-Stop Judaica Shop!

*Shabbat Candles- Candle Sticks- Kiddush cups-
Challah Covers- Challah Boards- Mezzuzot-
Books- Chanukiot- Talitot- Kippot - Shofarot- Cards-
Music- Shabbat Supplies- Jewelry-
Ahava Skin Care Products*

Beautiful Gifts for Every Occasion

Location:
7190 Oak Street
Oak and 57th Ave)
Vancouver, BC
604-266-1957

Hours:
Mon-Thur: 10am- 4pm
Fri: 10am-3pm
Sun (Sep-June): 9:30pm-12pm



For 24-hour Shopping
please visit our website
www.sholomjudaica.ca





DANIELLE SHIER, the artist

Born in Quebec, Canada, Danielle Shier moved to the Midwest in the late 1980's and was first recognized by Angel Graphics for her colored pencil work where her prints sold nationwide. Following her success with Angel Graphics, Danielle worked as a stained glass artist for Bovard Studio painting figures, biblical scenes and landscapes for five years. She studied pastels after leaving Bovard's and became known for her ability to render the poetry of nature's forms in the hills, rivers and woods of the surrounding Iowa landscape. Her work is displayed in Galleries in Iowa City, the Amana colonies and Fairfield, as well as many private and public collections.

Archival prints of Danielle's landscapes are now available at artexpstudio.com.



IOWA SKY

"Driving home from Iowa City during an early Spring day I noticed the clouds appeared to be climbing the atmosphere above the landscape in this beautiful formation. I stopped and took a photograph and later attempted to capture the feeling of that upward motion."



Located on the 8th floor of the Performing Arts Lodge (PAL) Vancouver the PAL Studio Theatre Society operates a 150 seat, air conditioned studio theatre as a rental facility for theatre and performing arts producing companies, arts community organizations, PAL resident performances, and other rental clients. The theatre is surrounded by a lush rooftop garden and patio.

ATTEND A PERFORMANCE AT PAL STUDIO THEATRE

Upcoming EVENTS

Please see our Calendar and News & Events page
 Connect with us on Facebook and Twitter
 Sign up for our newsletter

PAL Vancouver Studio Theatre is located at 581 Cardero Street, in Vancouver's Coal Harbour, just north of Georgia.

The theatre is easily accessible by BC transit with bus stops on West Georgia just three minutes away from the theatre entrance. If you are driving there is street metered parking and many pay parking lots.

Check our theatre calendar for production dates and times, ticketing information and other important details.

January 2013: Theatre Closed/Yearly Maintenance
 February 14-24: **NO MORE LIES**, Mi Casa Company Theatre—(8:00 PM–10:00 PM)
 March: **Screaming Weenies Production**: details tba

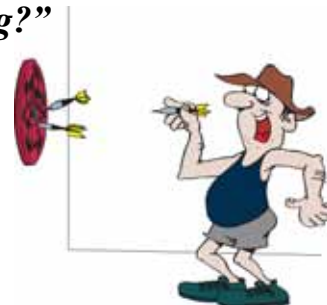
PAL Studio Theatre
theatre@palvancouver.org
 PAL STUDIO THEATRE SOCIETY

Husband throwing darts at his wife's photo and not even a single one hitting the target...

From another room wife called the husband—

"Honey, what are you doing?"

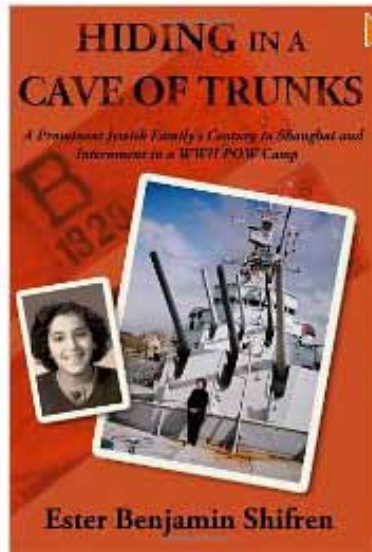
Husband - ***"Missing you"***.



The book we have been waiting for since Senior Line Volumes 17(1) and 17(2), where we published “Growing up Jewish in China” a prepublication extract from this book.

Hiding in a Cave of Trunks:

A Prominent Jewish Family's Century in Shanghai and Internment in a WWII POW camp. Against an impressive historical background, China-born Ester Benjamin Shifren relates the saga of her family's century-long existence in Shanghai, the city often referred to as “The Paris of the East,” and details the culture and tribulations of the colorful multi-ethnic population. In the 1840s a vessel brought the Benjamins from India to Shanghai, where they prospered for five generations. Some members of the family achieved high-level diplomatic positions. Owners of prize-winning horses, the family even conducted business at the race-track, sometimes on a handshake! World War II abruptly terminated their privileged lifestyle. In 1943, the Japanese interned the Benjamins



Publication Date: November 13, 2012



for nearly three years in a POW camp. Along with other internees they endured great hardship and loss of all worldly possessions. In 1948, shortly before the Communist takeover, the Benjamins relocated to Hong Kong, where the ensuing Korean War embargo eventually caused their irreparable financial collapse. In 1951 the family immigrated to Israel. Ester served two years in the army, married a South African, and spent thirty-six years in South Africa. After spending five years in Canada Ester immigrated to the USA in 1997 and now lives in Los Angeles, California. Ester Benjamin Shifren is an author, artist, musician, and dynamic international speaker. In 2005, in England, she was featured in the BBC1 program “We’ll Meet Again,” and was a guest lecturer for several days at the Imperial War Museum. 🐾

ONGOING ACTIVITIES at 49th and Oak

Vancouver Council of Women

Established in Vancouver 1894

The Council of Women is an umbrella organization of non-profit organizations working for the betterment of the community. It is a member of the National Council of Women of Canada [NCWC] and thus of the International Council of Women [ICW-CIF] the oldest women's organization in the world working across national boundaries.

Since 1894 the Vancouver Council of Women has been working to improve the lives of women, children and communities in Canada. Vancouver Council of Women meet at noon on the first Monday of the month at the Unitarian Centre in Vancouver. Their monthly meeting is followed by a lunch for \$3.

Membership consists of approximately 18 federate organizations and individual memberships.

To name a few of the organizational memberships:

- ☉ University Women's Club of Vancouver
- ☉ Anglican Church Women
- ☉ Canadian Club of Vancouver
- ☉ Developmental Disabilities Association

Half of the board of directors is over 90. They need the younger seniors to join the organization to continue to keep it going. 🐾



The Farmers Market is closed for the winter. We will notify you when they reopen.



Vancouver Women's MUSICAL SOCIETY

VWMS EVENTS 2013

13th February
Madeleine Hildebrand

2nd March
Voice Competition

13th March
VAM Chamber Music

Visit www.vwms.ca for info

Необыкновенный концерт.

В воскресенье, 14го октября, в еврейской дневной школе Ричмонда демонстрировался фильм “ Концерт”. Это драматическая комедия, в которой участвует франко-русский актёрский коллектив. Режиссёр- Раду Михаэляну-румун, живущий во Франции. Исполнитель роли главного героя-известный российский киноактёр Алексей Гуськов, а роли знаменитой скрипачки Анн-Мари-французская актриса Мелани Лорен.

Главный герой фильма Андрей Филлипов когда-то был дирижёром Большого театра с мировым именем. В СССР брежневской эпохи, 30 лет назад, известного дирижёра уволили за то, что он заступился за музыкантов-евреев своего оркестра. Его, хотя он не еврей, уволили вместе с ними. Вот уже в течение 30ти лет он работает в том же театре-всего лишь уборщиком. Жизнь без музыки для него не жизнь. Он депрессирует, пьёт горькую. Казалось, нечего ждать изменений к лучшему.

Но неожиданно свершилось чудо. Во время уборки кабинета директора Андрею

удаётся перехватить факс. Из него он узнаёт, что оркестр Большого театра приглашают сыграть концерт для скрипки с оркестром П.И. Чайковского в престижном парижском театре “Шатле”. Бывшим легендарным дирижёром овладевает безумная идея: подменить оркестр Большого театра и поехать в Париж со своими старыми коллегами-музыкантами. Осуществление этой идеи даст ему возможность вернуться на сцену. Андрею удаётся собрать свой старый оркестр(тот самый, еврейский), и вся эта компания после многочисленных передрыг прибывает в Париж, выдавая себя за музыкантов Большого театра.

Концерт состоялся. Была заранее достигнута договорённость с театром о том, что солировать будет французская звезда- скрипачка Анн-Мари Жаке. Концерту предшествовали весьма абсурдные моменты, возможно, потому, что фильм снимался не русскими. Например, люди из России, попав на цивилизованный Запад, ведут себя, как дикари. Они шумят, много пьют, пропадают на барахолке в поисках дешёвых европейских товаров вместо того, чтобы готовиться к выступлению. Так что музыканты выступили без единой репетиции, хотя не итрали уже в течение 30ти лет. А история преобразования оркестра? Ведь сначала не было никакой слаженности, а потом он вдруг начинает великолепно играть после вступления звёздной скрипачки Анн-Мари. Всё как в сказке, и верится с трудом. Но далее эта чарующая музыка захватывает зрителя, заставляет его забыть всё негативное, вызывает в нём море положительных эмоций. Несомненно, что эта изысканная, великолепная музыка является главным персонажем фильма. Благодаря ей, фильм ближе к концу становится просто завораживающим. Этот концерт(Дмажор опус35), безусловно, один из самых ярких в мировом кино. Недаром люди выходили после фильма со слезами на глазах. Эта бессмертная музыка объединила все нации и покорила весь мир.

Ида Гитлина.



“ Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties. ”

The “Concert”

The movie contains stories of anti-Semitic persecution and lives turn apart under Soviet rule. The central character of this movie is a former world-famous conductor of the Bolshoi Theatre orchestra Andrey Filipov. He was fired for defending Jewish musicians.

Now he is a mere janitor at the Bolshoi. He learns by accident that the Chatelet Theatre in Paris invites the Bolshoi orchestra to play their Tchaikovsky Violin Concerto. Andrey decides to gather together his former musicians and to perform in Paris in the place of the Current Bolshoi orchestra.

As a solo violin player he wants Anne-Marie Jacquet, a brilliant young virtuoso. Andrey and his friends-musicians overcome many hardships. The concert is a huge success and Filipov is able to restart his career of a conductor.

Best regards.

Ida Gitlina
AUTHOR & TRANSLATER





A HORSE AND BUGGY IN MODERN DOWNTOWN VANCOUVER
— Photo Dan Propp

**If you knew Vancouver,
like we knew Vancouver,
oh, oh, oh, what a town!**

NOSTALGIA

By Dan Propp

of ‘the stranger’s ‘wife’, the computer and their ‘children’, ‘Cell Phone’ and ‘I Pod.’ The message may humble the modern soul in respect to all our concrete developments in recent years.

This reminds me about two retired photographers walking—or hobbling across—the Granville St. Bridge. As they come close to where the bridge ends and the ‘Downtown’ begins, both stop and gaze at the scene. They proudly are still lugging film cameras and even tripods. One old geezer says to the other, “Look at all the concrete... where did all the North Shore Mountains go to?!” Chuckles the other one, “The only developer I ever had confidence in was Kodak D-76!”

Photographic puns tend to make some *shutter*. It depends perhaps upon your view and the swings and tilts of life, *depth of field*, and *focus*. For example, what do we do with all those vinyl long play records collecting dust in the basement? Some might suggest they should go to their *vinyl* resting place. One could continue with more pun-ishment, but I don’t want to break any records... it wouldn’t, be sound judgment, or even *‘groovy’*.

Let’s face it, before the digital age, life was really tough. Canada post delivered oodles of handwritten letters, not like today when we can look forward to exciting full colour flyers and bills!



Dan, known sometimes as ‘Accordion To Dan’, sings the old time songs at Senior Homes (well, accordion to some, anyhow).

Visit www.jewishreflections.com, www.danpropp.com (read Arthur Propp’s (z”l) Kristalnacht In Koenigsberg) and www.accordiontodan.com.

Dan can be contacted at ajpropp@shaw.ca.

The picture, above, of a horse and buggy in downtown Burrard St., might saddle up a few memories plus sentimental ponderings. What ever happened to The Cave Theatre Restaurant, Isy’s and those wonderful days when everyone looked forward to reading Jack Wasserman’s column in *The Vancouver Sun*?

I still remember living in the basement of an old wooden house off Davie St. in 1950 and, as a wide-eyed five year old, watching a horse and buggy delivering milk. One can still recall the klippity-klop, klippity klop sounds and the wonder of the colourful glass pint and quart bottles. The cream was at the top and in the winter it could turn into a kind of delicious instant ice cream!

That piece in the last issue of Senior Line ‘hit home’ big time. The ‘stranger’ so cleverly kept the readers wondering until the end—it was a television set. This was followed by the powerful influence

Agent 1



MORLEY SHAFRON
Insurance Agent
(Home, Business and Autoplan)

CENTRAL AGENCIES LTD.
Next door to the Bank of Montreal in the Sands Plaza
(Steveston Hwy & No. 5 Road)

103 - 11020 No. 5 Road, Richmond, BC V7A 4E7
T: 604-276-0244 C: 604-230-2424 F: 604-271-6547
morley@centralagenciesbc.com

We Welcome Your Enquiries.

BC Coalition of People with Disabilities Our Voice in the Community

Changes to Disability Assistance Programs

Effective this Fall

Posted on July 4, 2012 by BCCPD

In June, the Ministry of Social Development (MSD) announced a number of changes to the welfare regulations that will affect people on income and disability assistance. These changes are generally positive steps that include such things as increasing the asset limits and earnings exemptions for most people on assistance. These changes took effect October 1, 2012

On July 3, the Minister of Social Development announced that funding for some of the medical equipment and supplies that was cut in April 2010 would be restored. These changes were implemented October 2012

Listed below are the new rules and benefits that impact people on disability assistance (PWD):

IMPORTANT CHANGES:

1. **New medical items that will be covered by MSD:**
2. **New exemptions and limits for PWD**
3. **About the earnings exemption**
4. **Other changes in welfare regulations**

For more information: The unedited original document can be found on JSA's website

The link to the provincial government's news release and backgrounder on restoring medical equipment and supplies is: http://www2.news.gov.bc.ca/news_releases_2009-2013/2012SD0016-000962.pdf

The link to the news release and backgrounder on changes to earnings exemptions, asset limits, and other regulations is: http://www2.news.gov.bc.ca/news_releases_2009-2013/2012PREM0079-000835.htm

Or, you can contact Advocacy Access at 604-872-1278 or toll free 1-800-663-1278

Community Update: New PWD Earnings Exemption

Posted on November 22, 2012 by BCCPD

On November 21, 2012, the Ministry of Social Development (MSD) announced the first phase of annualized earnings exemptions for people who are receiving the Persons with Disabilities (PWD) benefit. The idea of an annualized earnings exemption was proposed by a number of disability groups. The BC Coalition of People with Disabilities is pleased that MSD has acted on this recommendation.

The annual earnings exemptions will be phased in over the next year. In the first phase, which goes from January 1, 2013 to December 31, 2013, 5,000 people receiving PWD will be invited to participate. In the second phase, starting in January 2014, the annual earnings exemptions will be available to everyone receiving PWD.

As noted, only about 5,000 people will be part of the first phase of the new annualized earnings exemption.

They will be receiving a letter from MSD in the near future, inviting them to participate in the new program. Participation is optional. According to MSD, participants in the first phase must have:

- Had the PWD designation for at least the past 12 months
- Received PWD in at least the past two consecutive months
- In at least one of the past 12 months, had earnings over \$500 for families with one adult receiving PWD and \$750 for families where both adults are receiving PWD.

These are the annualized earnings exemptions maximums, announced by MSD for the period of January 1st to December 31st:

- \$9,600 for one-adult families, where the adult is receiving PWD
- \$12,000 for two-adult families, where only one adult is receiving PWD
- \$19,200 for two-adult families, where both adults are receiving PWD

Contact Advocacy Access at 604-872-1278 or toll free 1-800-663-1278

“ If people ask me for the ingredients of success, I say one is talent, two is stubbornness or determination, and the third is sheer luck. You have to have two out of the three. Any two will probably do. ”

-Fred Saberhagen

There is a fountain of youth. Millions have discovered it - the secret to feeling better and living longer. It's called staying active. Finding a program that works for you and sticking with it can pay big dividends. Regular exercise can prevent or delay diabetes and heart trouble. It can also reduce arthritis pain, anxiety and depression. It can help older people stay independent.

There are four main types of exercise and seniors need some of each:

1. Endurance activities - like walking, swimming, or riding a bike - which build "staying power" and improve the health of the heart and circulatory system
2. Strengthening exercises which build muscle tissue and reduce age-related muscle loss
3. Stretching exercises to keep the body limber and flexible
4. Balance exercises to reduce the chances of a fall

NIH: National Institute on Aging

Start Here

- Exercise and Physical Activity: Getting Fit for Life [http://www.nia.nih.gov/health/publication/exercise-and-physical-activity-getting-fit-life]
NIH (National Institute on Aging)
- Exercise and Physical Activity: Your Everyday Guide [http://www.nia.nih.gov/health/publication/exercise-and-physical-activity-your-everyday-guide-national-institute-aging-1]
NIH (National Institute on Aging)
- Exercise: Benefits of Exercise [http://nihseniorhealth.gov/exerciseforolderadults/toc.html]
NIH (National Institute on Aging)

PLEASE REFER TO THE JSA WEBSITE FOR AN EXTENSIVE SELECTION OF ARTICLES AND INFORMATION RELATED TO EXERCISE FOR SENIORS



www.jsalliance.org

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 Pharmsave 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.



So you've looked after your spouse,
taken care of your children ... consider
leaving a **legacy** to Israel.

A **legacy** can help you achieve tax, financial and lasting philanthropic objectives.
By **including JNF in your will**, you leave a lasting legacy for generations to come.
Plant the seeds of your legacy today.

Contact Micky Goldwein in confidence – JNF Jerusalem Emissary at 604.257.5155
or micky.goldwein@jnf.ca for more information.

vancouver.jnf.ca



JEWISH NATIONAL FUND

Plant the seeds of your legacy today.



Early in this century, JNF established avenues of support (Blue Box, Golden Books, Trees and other inscriptions), which over nine decades have become day-by-day traditions in Jewish life. These have been augmented in the contemporary era through a myriad of imaginative projects, as JNF assumes even broader responsibilities in the development of the Jewish State.



JNF Living Legacy

Traditionally, when someone leaves a Legacy to charity, it is only after their lifetime that the project is implemented. Through a JNF Living Legacy you can now see your Legacy put into action during your lifetime, merely by making a down-payment.

JNF has made it easy to select a project close to your heart – help plan it, watch it develop and see it completed. All of this can be done in your lifetime with only a portion of the total cost of the project paid now.

JNF Living Legacy enables you to establish your very own foothold in the Land of Israel, enjoying the fruits of your generosity now, together with your family and friends.

Connect with the people and the Land of Israel through one of the unique and exciting JNF Living Legacy Projects. JNF Living Legacy projects fall into the following areas to suit your individual interests:

- Afforestation & Ecology
- Research & Development
- Water
- Tourism & Recreation
- Security
- Education
- Community Development

Which ever project you decide to support, with a JNF Living Legacy you know you will be meeting a critical need in Israel.



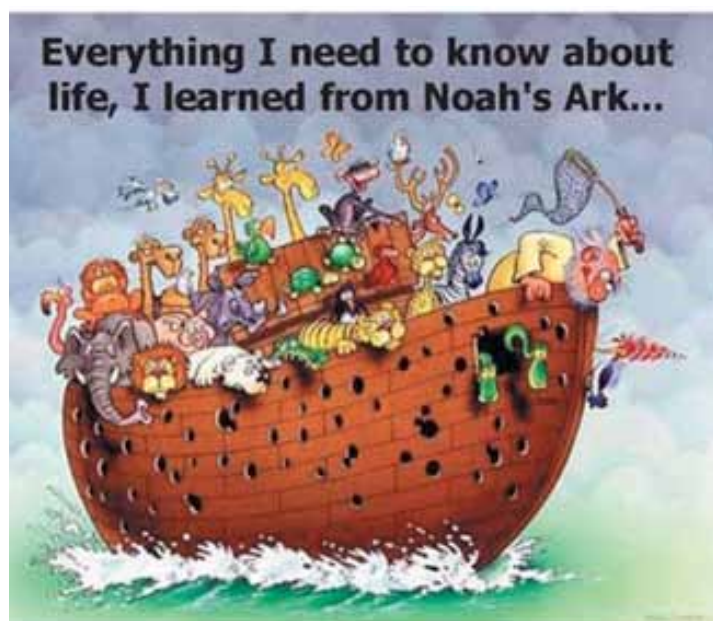
How does a JNF Living Legacy work?

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.

Both the deposit and the balance are tax receiptable. Call your local office to find out more...

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



1. Don't miss the boat
2. Remember that we are all in the same boat
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 600 years old, someone may ask you to do something really big.
5. Don't listen to critics; just get on with the job that needs to be done.
6. Build your future on high ground.
7. For safety sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
9. When you're stressed, float a while.
10. Remember, the Ark was built by amateurs; the Titanic by professionals
11. No matter the storm, when you are with God, there's always a rainbow waiting...

JSA BOARD HOLDS PLANNING SESSION FACILITATED BY SHELLEY RIVKIN



STANDING FROM LEFT: Barbara Eisinger, Shanie Levin (Secretary), Ida Gitlina, Binny Goldman, Lyle Pullan, Dr. Rubin Feldman, Sylvia Gurstein, Milton Adelson (Treasurer), Jennie Virtue, Shelley Rivkin (Guest), Ken Levitt (2nd Vice President), Marian Cohen (4th Vice President),

SITTING: Judy Mandleman, Serge Haber (President), Marilyn Berger (1st Vice President)

MISSING: Regina Boxer, Dena Dawson, Bernice Dorfman, Dr. Lionel Fishman, Sylvia Hill, Jack Micner, Sally Rogow, Rita Roling (3rd Vice President), Michael Ross (5th Vice President), Edith Shier, Barry Yackness

JSA'S AFFILIATED ORGANIZATIONS

Burquest Jewish Community Association • Chabad Lubavitch • Congregation Beth Israel • Congregation Beth Tikvah • 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 • 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 • Peretz Centre • 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

JSA'S ADVOCACY PARTNERS

BC Centre for Elder Advocacy and Support
www.bcceas.ca

BC Coalition of People with Disabilities
www.bccpd.bc.ca

BC Health Coalition
www.bccpd.bc.ca

BC Seniors Advocacy Network
www.povnet.org/regional/british-columbia/seniors-and-elders

Canadian Centre for Policy Alternatives
www.policyalternatives.ca

Council of Senior Citizens Organizations of British Columbia
www.coscob.ca

Vancouver Cross Cultural Seniors Network
www.vcn.bc.ca/vccsn

WITH GRATEFUL THANKS TO OUR SPONSORS



Government of Canada

This project is funded in part by the Government of Canada's New Horizons for Seniors Program.

WE ACKNOWLEDGE THE FINANCIAL ASSISTANCE OF THE PROVINCE OF BRITISH COLUMBIA.

diamond
 FOUNDATION

 **JEWISH FEDERATION**
 GREATER VANCOUVER

 **JEWISH COMMUNITY FOUNDATION**
 of GREATER VANCOUVER

THE PHYLLIS & IRVING SNIDER FOUNDATION

JACK KOWARSKY AND THE LOHN FOUNDATION

We also receive donations from corporate and private donors.

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

- Sylvia Yasin
- Norma Saltzberg
- Bertman Schoner
- Lana & Mark Landa
- Sandra Naiberg
- Gershon Growe
- Aliza & Chaim Kornfeld
- Margot Howell
- Pamela Jay
- Morley & Fay Shafron



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.



RETURN TO:
JSA of Greater Vancouver
6949 W 49 Ave, Vancouver, BC, V5Z 2T1
604 732 1555

PLEASE PRINT		
Name		Email
Address		
	Postal Code	Telephone
<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 \$ _____		
For a donation of \$180 you will be honoured as a Life Member		
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.		



Mark A. Zlotnik
C.A., CLU



Garry M. Zlotnik
FCA, B.Comm.,
CFP, CLU, Ch.F.C.



Philip Levinson
C.A.

Your experts in:

Guaranteed Income Solutions
Private Investment Management
Estate & Financial Planning
Life Insurance Planning
Business Family Succession

ZLC Financial Group offers a wide-range of customized and innovative solutions to help grow, protect and preserve your wealth.

For more information, contact Mark, Garry or Philip.

1200 Park Place, 666 Burrard Street | Vancouver, BC | V6C 2X8
Tel: 604.688.7208 | Fax: 604.688.7268 | Toll Free 1.800663.1499

www.zlc.net

 **ZLC FINANCIAL GROUP**

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)

