

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 22(1) - MARCH 2015

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

Jewish Seniors Alliance of Greater Vancouver and L'Chaim Adult Day Centre Present

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Speaker: Michael Geller



B.Arch, MAIBC, FCIP

"Lessons My Father
Taught Me"

President, The Geller Group
Adjunct Professor, SFU Centre
for Sustainable Community
Development

Speaker: Dr. Eric Cadesky



MD CM, CCFP

"Getting It Just Right:
How to maximize your
quality of senior life"

Family Physician,
Assistant Professor, UBC
Medical Coordinator, Louis Brier

Moderator: Gloria Levi Gerontologist, Social Worker, Author



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Cover mozaic art: “THE STORY OF ASHKELON”, by Elana Shafir
 (see page 18)

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MARILYN BERGER

PRESIDENT'S MESSAGE

Dear Friends

Shalom, and welcome to the first edition of the 2015 Senior Line. Ever said to yourself how is it that I'm a senior? It was just yesterday that I was in my 30s and 40s. Now my children are in their 30s and 40s and I'm a senior – impossible. Well, you might be right. Let's look. The word is that 60 is the new 40, then 70 has to be the new 50, and 80 has to be the new 60. This means that you must be at least 85 years old in order to qualify as a full-fledged 65-year-old - young senior.

Lucky for us the government still designates 65 as the official year that you become a senior. Personally I have no problem in receiving any benefit that designation might offer me. No longer is it mandatory to retire from your job at 65 and so many of us continue in a full-time or part-time capacity enjoying the career of our choice. For those of us who've had enough of employment, the volunteer sector is crying for qualified young senior adults to fill many exciting and rewarding functions.

I continue to work as a Judaic teacher on a part time basis because I love it. The kids keep me informed and I learn as much from them as I hope they learn from me. But what about the rest of my day? I have a rule that does not allow me to sit at home and do nothing. Housecleaning is out of the question. I disliked doing it even when I could. (My MS limits my physical ability.) So, here I am using my computer Dragon speaking machine and dedicating the rest of my time to the wellness and support of all seniors. (and I play mah jong of course!!)

Why the Jewish Seniors Alliance? The reality is I've been on the boards of synagogues and social groups. The time has come for the chronologically aged 30s and 40s to take over

as leaders of these institutions. The Jewish Seniors Alliance offers an opportunity to use the skills so accurately crafted to enable an increasing number of us who are living long and fruitful lives to do it in the best possible manner.

The Jewish Seniors Alliance offers education, outreach and peer support. While our minds might still be those of the younger person our bodies have in fact begun to break down and our *achs* and *veys* threaten to get the better of us. If you are sitting alone at home feeling isolated from the world or physically or mentally unable to function, please call **Charles** or **Grace** at 604 – 267 – 1555. They will hook you up with our community support friendly visitor program, peer counseling program, shalom again friendly phone call program, senior information referral line and if you have experienced a loss, our newly formed bereavement support group. These programs are offered to you at no charge. If you want to become an integral part of the peer support program in the area of offering support we invite you to join our intensive training program. The JSA Peer Support Services are offered only by wonderful fully trained volunteers. This training is provided to you at no charge.

In my inaugural speech as President I noted, that in fact it is I who would have the easiest role to play at JSA. And I've been right. The support of President Emeritus **Serge Haber** and Vice President **Ken Levitt** has been amazing. The Executive Committee and Board are outstanding. Special commendation goes to **Bev Cooper** and **Gyda Chud** for an outstanding Fall symposium. Two of our most talented and hard working Board members have experienced an unhealthy fall season. As you will note through this magazine **Edith Shier**, our Editor in Chief of Senior Line is back in full force. She is an inspiration to us all. JSA's Second Vice President **Shanie Levin** is continuing to get stronger and stronger. We miss her input and wish her a full and speedy recovery. Much thanks goes to Gyda Chud for assuming the role as the Empowerment Series facilitator in Shanie's absence. Her skilled leadership has ensured 2 successful Empowerment Series programs.

Binny Goldman is an amazing lady. Her amazing sense of humor and sense of style, specially her cool, hats, bring a smile to my face at every meeting. The articles she writes about our programs are terrific and she takes fabulous pictures. Even more important is that she has taken on the role as Good and Welfare Chair for the JSA Board. You see, being part of the JSA Board means that you are surrounded by people who really care about you. Binny fulfills an outstanding mitzvah of keeping us all aware of the ups and downs in our lives. Of course none of this could be done without the support of **Karon** and **Rita** in our office. They are truly two special and amazing ladies.

Last month Serge Haber and I met with **Alice Wong**, the Federal Minister responsible for seniors.

The government of Canada Action for Seniors handbook states the following categories for assisting seniors:- ensuring financial security for seniors; enabling active participation in the labor force in the community; helping seniors to age in place; healthy and active aging; combating elder abuse; ensuring seniors have access to information, services and benefits. How gratified we were to see that we are covering all of these bases in our work with the Jewish Seniors Alliance.

So you're 80 and feeling like you're 60? Volunteer. You're still young, you're still vibrant. To quote Prime Minister Stephen Harper –

“VOLUNTEERS ARE THE LIFEBLOOD OF OUR COMMUNITIES AND ORGANIZATIONS ACROSS THIS COUNTRY. THEY ARE SELFLESS AND INSPIRING CANADIANS WHO PROVIDE THEIR TIME AND ENERGY AND EXPERIENCE FOR NO OTHER REASON THAN TO PROMOTE THE WELL-BEING OF THEIR FELLOW CITIZENS.”

The time is NOW to begin a new, exciting and challenging chapter in YOUR Book of Life.

Marilyn

Today we need to say – "I love you dear"

TOMORROW MAY BE TOO LATE!

Serge Haber, President Emeritus

Dear Friends

Not too long ago a landmark in the city became history.

I am talking about Kaplans Deli that Abrasha & Ida Kaplan established more than half a century ago. I purchased the business in 1982 and sold it twelve years ago, after owning it for more than twenty two years.

For months after having sold Kaplans, I was frequently questioned, by previous customers, as to why I had sold this business, which had provided the Jewish community with such good quality, tasty food for many years.

Repeatedly, Fanny (a fictitious name) asked me why did I sell the business that gave her such good food for many years? I replied, "Fanny, during the three to four times a week that you supported my business, for years, did you ever tell me how good the food was?" "No", she replied. "Why not?" I asked? She said thoughtfully, "I was afraid that you would raise the prices."

The fact is that we do not seem to appreciate the good things that we have and experience, and most of the time we take them for granted. How many opportunities do we have to say to our spouses, "I love you dear". Unfortunately, we just don't do so. Only later when the opportunity is lost, we realize that these few words could have had a phenomenal impact at the appropriate time.

I am now the Immediate Past President of the Jewish Seniors Alliance. I remain fully involved, working together as a team with our new president, Marilyn Berger, and first vice president, Ken Levitt, and I am lucky to still feel needed. This change in leadership affords me more time for reflection.

I look at our Outreach Programs – the Spring and Fall Symposia, the Empowerment Series, the Senior Line magazine, and the website and wonder, "does our Jewish Community realize what this represents to the thousands of seniors in the community? Thousands of hours of volunteering and involvement are invested in these programs. Are we taking them for granted?

Federal and Provincial Governments recognize and acknowledge these programs, as essential services for seniors.

From time to time I visit my children in Toronto. During these visits I am impressed by the number of people who are aware of what we are achieving here and would like to see similar

programs in their own city and community.

Approximately two years ago JSA responded to research which indicated the need to provide emotional support for seniors through the provision of peer support services. This was established incorporating, volunteer peer counselling, friendly home visits on a weekly basis, friendly phone calling on a weekly basis, information / referral service, a bereavement support group, and our new "Ambassador Program" that will seek isolated & marginalized seniors and advise them on senior abuse.

Having achieved recognition and acknowledgement of the success of these programs for the seniors of our community, could we imagine abandoning any of them, due to lack of funding – an ongoing cause for concern.

I can think of at least half a dozen other programs that are needed if we only could receive the financial support of our community.

We need to open our hearts, eyes and pockets in order to establish these much needed services.

We hope that the community can recognize good things for what they are and not to take them for granted. Help us to help our community.

My deepest appreciation goes to our executive, board, staff, and incredible volunteers.

Today we need to say, "I love you dear". Tomorrow may be too late!



"What day is it?" asked Pooh.
"It's today," squeaked Tigger.
"My favorite day," said Pooh.



INFORM INSPIRE INVOLVE.

EDITH SHIER

EDITOR'S MESSAGE

I am very happy to be back on board and must thank **Hannah Lubner** for her, as always, wonderful articles this month and her work on the Events Calendar.

Do make it a point to attend our well-planned events, as outlined in this issue.

Everyone should not miss seeing our new website Events Calendar, which is even more inclusive. Several new locations and events have been added to the website and the Senior Line Calendar (pg. 15 & 16). JSA's goal is to encourage seniors to get out of the house, get involved in activities; and therefore, be healthier and happier. The Calendar keeps you informed daily of the happenings in our Vancouver Jewish world. On page 11 you will find a clear and precise set of instructions on the use of our Events Calendar. Just follow the three steps described in the article. We at JSA are thrilled to offer a comprehensive Calendar of Events to motivate our readers to get out and about, and enjoy the many and various delights of our senior Jewish community.

Don't miss the pertinent articles on our current health care situation.

LETTER TO THE EDITOR

The other day while shopping at the new Omnisky's, I asked someone I knew as an active and dedicated community worker if she happened to be a member of the JSA ..and she answered that she must be as she received the "wonderful" (her word) Senior Line Magazine.

I smiled and told her that all the Jewish seniors in our community receive our magazine whether they are members or not. I am sure that there are others who have this erroneous assumption.

It is one of the aims of the Jewish Senior Alliance to reach as many of the seniors in our community that we can - free of charge, as another one

of our goals is to continue to do so as well as put on information forums, empowerment and life enriching lectures several times a year, we need to continue to enlarge our ever growing membership,

However to proceed in maintaining this mission and increase JSA membership YOU CAN HELP..for only 18 dollars. It is 'LIFE' CHAI..in Hebrew as many of you know and it will be breathing life into the JSA as we regularly reach out to bring life to seniors who may be shut in or even those who are able to show others the way.

To follow an example told to us by our membership Chair **Lyle Pullan**, is that whenever he is asked for any donation,

he says, 'Let's make it reciprocal. I will donate if you will donate an equal sum to the JSA'.

So I say if you enjoy receiving and reading Senior Line, PLEASE send us your 18 (LIFE) dollars. You will find the application in the back pages of the magazine and you will then be allowed to vote if you wish at our AGM and make YOUR voice heard as well.

We need YOU and your 'CHAI'!

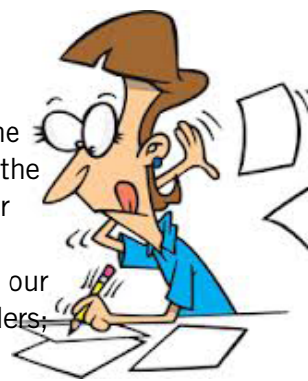
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Binny Goldman, on behalf of

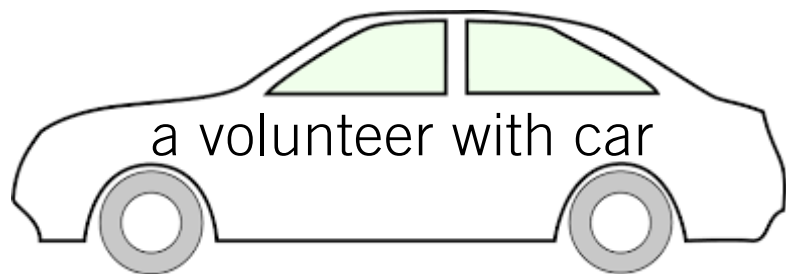
The Membership Committee
(Lyle Pullan, Marilyn Glazer and Binny Goldman)

Speak Out! Write In!

All of us who write for Senior Line, the reporters, the reviewers, the editor, the columnists; we are all volunteers in your community. We invite you to contribute your thoughts, feelings and concerns to our magazine. We are dedicated to our readers; we want to know the topics and issues which are important to you. You can write us a letter, send an email or come into the office to give us your article. We will even assist you in putting your article together. Join the club, be a contributor to Senior Line.



We are looking for



To deliver the *SENIOR LINE* Magazine to libraries, community centers, and various organizations in the Greater Vancouver area.

ALL EXPENSES WILL BE REIMBURSED.

Contact Rita Propp 604-732-1555



ASK HANNAH

your personal advice column

"KNOWLEDGE IS POWER" AND AT WHAT PRICE INDEPENDENCE?

The newspapers and magazines have been swamped with articles about falling, the consequences of the fall and prevention strategies. If you can read only one article, go to Bracing for the Falls of an Aging Nation, by Katie Hafner, a two-part article in the New York Times (<http://www.nytimes.com/interactive/2014/11/03/health/bracing-for-the-fall>). My readers are also gravely concerned about “falling.” As the ‘runway’ of life becomes shorter, I (age 75) and older seniors are facing new and difficult decisions in the journey of aging. I have received several questions about falling and the consequences of these falls; especially the questions “How to approach the decision to move into a seniors residence?”;

“How to decide when one needs assistance?”; “How to assist parents and friends to accept their vulnerability and the importance of changing living conditions and circumstances?” We are dealing here with issues of independence, potential for harm, resistance to change and denial of weakness. This column is dedicated to these questions and concerns.

WHAT PRICE INDEPENDENCE?

Independence vs. Vulnerability—Dependence vs. Safety

I will present two cases at the beginning of the article and deal with them both together.

MAD/SAD CASE:

Dear Hannah,

I am a woman of 89 years old, I live alone and have the support of my daughter who lives nearby. I walk to the nearby village to do my personal shopping, enjoy the company of neighbours and, in general, am very happy. Two months ago I answered the telephone. It was a telemarketer! I was angry because he had interrupted me while watching a TV show I love. I slammed down the phone, lost my balance and hit a big piece of furniture on the way down. The results: I called my daughter, at the hospital they discovered that I had broken my humerus, a long bone in the upper arm. My arm was immobilized for 6 weeks. I had to live with my daughter. A physiotherapist came to the house after several weeks to get me back in good working order. What happened to me? I thought I was healthy and active. I didn't want to, but now I have to use a walker. Am I being foolish continuing to live alone?

Mad @ Sad

BAD/GLAD CASE:

Dear Hannah,

I am a woman of 78 years old. I live alone and have no one who is involved with me on a daily basis. I go to the gym, do weight-training, and take spinning and yoga classes at least 4 times a week. I drove to my son's

house. While walking around my car, I did not notice the two-levels of pavement on the driveway. My feet got caught against the ledge, I fell flat on my face – hard! I cut and bruised my cheek and lips, gashed the palm of my right hand and bashed and scraped my right knee. BUT, I got up, brushed myself off, went into the house and surveyed the damage. Nothing was broken, it was a miracle. That was a bad fall, the worst I have ever taken; and as an athletic person I have fallen many times. What happened there? I was swollen and bruised, but I was so glad that I did not have broken bones. Should I consider getting an emergency alarm system in my home? Do I have to give up my independence?

Bad @ Glad

As the population ages, people live longer and health deteriorates. The number of older Canadians who fall and suffer serious, even fatal, injuries is soaring. Many people do not, or refuse to, recognize their own gradual deterioration, leaving them vulnerable. The experts agree that sitting is bad, walking is good, but that is not enough in terms of physical fitness. “Strong” has become the new “skinny”. Strength and balance are the key elements to strive for. Start regular exercise as soon as possible: weight-training, core and aerobic exercise, flexibility and balance work – any combination of these elements and keep it up in order to keep bones and muscles

strong. Tai Chi is an excellent example.

There are pitfalls everywhere we turn, whether it be in your home, on the sidewalk or in the supermarket. Losing one's balance is not unusual, the issue is having the core strength and sufficient muscle strength in the arms, legs and torso to regain one's balance; or, at least, to mitigate the fall by bracing and falling against something stable like a counter or large piece of furniture. It is not the actual fall but rather the consequences of the fall that make the difference. In the Mad/Sad Case, she did not have the arm bone density or the protection of muscles to withstand the shock of the fall. In the Bad/Glad Case, her cheek, wrist and knee bones and the surrounding muscles were able to withstand the trauma. A current buzz phrase is ‘exercise is medicine,’ which definitely applies to mobility and falls.

Falls happen, whether at home alone or in senior residences. Environments can be made safer: bathrooms can be retro-fitted, better lighting can be installed, furniture can be arranged so that there is something to lean on in an emergency. Softer flooring is available so that the senior will “bounce” rather than smash into the floor. Certain medical conditions cause the incidence of falling to rise. Medications are also the cause of seniors falling. Fears about falling become a self-fulfilling prophecy.

CONTINUED ON PAGE 10

Live to 120–Thriving: Learn, Laugh, Love Our Mental Health and Wellness

How many of us have uttered the words "I must be losing my mind" when confronted by a thought, a deed for which we needed to take responsibility?

A capacity crowd of 175 gathered at the Peretz Centre on Sunday, Oct. 26th to learn more about our Mental Health and Wellness, which was the topic of the Jewish Seniors Alliance Fall Symposium.

Marilyn Berger, President of JSA opened the session by asking the audience to rise in the name of mental health and honour the memory of the soldiers who had lost their lives senselessly and tragically this week in Canada.

The audience joined **Barbara Bronstein** and **Debbie Cossover** in the singing of O'Canada and **Claire Cohen** combined with them in the singing of Hatikvah. **Marshall Berger** accompanied the singing on the piano



FROM LEFT: Debbie Cossover, Claire Cohen, Marilyn Berger, Barbara Bronstein



Gyda Chud, in her unique warm manner introduced herself and her co-convenor **Bev Cooper** and proceeded to inform those in attendance of the various projects which are JSA's main interests; Advocacy, (the 'A' in JSA), Senior Line magazine, the ever-growing Peer Support Services and the Empowerment series. She went on to say that today's topic was chosen by previous audiences through their filling out evaluation sheets after past events and citing this issue as an interest.



Bev Cooper enthusiastically introduced our first speaker, **Dr. Penny MacCourt**,



Past President of the B.C. Psychogeriatric Association who admitted that she, too, will become a senior this summer.

Dr. MacCourt opened with the statement that Mental Health is often equated with mental illness but they are NOT the same. She emphasized that we need to provide protective factors that give people the resilience necessary to cope in the face of adversity; this means to help moderate the impact of stress and to facilitate social and emotional wellbeing. We shelters, continuous inclusiveness and access to these services.

Help should be provided to those in need to maintain self-esteem and achieve effective coping strategies. These are the protective factors, which may ease or ward off the following risk factors, which include: social isolation, limited income, loneliness, challenging life transitions, lack of meaningful activity.

Resources should provide interconnectedness with people and nature and age-friendly community links as well as easy access to green spaces, which seem to foster more positive attitudes to physical and mental wellbeing. These are resources we can all build together in a positive communal effort.

'IT IS NEITHER WEALTH NOR SPLENDOR BUT TRANQUILITY AND OCCUPATION WHICH GIVES HAPPINESS.'

–Thomas Jefferson.

VOLUNTEERS MAKE A DIFFERENCE



Dr. MacCourt introduced

Dr. Martha Donnelly previously director of the Division of Geriatric Psychiatry at UBC and has led the Guidelines for Geriatric Mental Health Practice.



Dr. Donnelly outlined some symptoms that

are red flags – signs of depression in seniors; appetite disturbance, loss of weight, early morning wakefulness, lower energy, wishing life were over – she stated the startling fact that the highest rate of suicide is in the senior years.

One of Dr. Donnelly's patients, Don Carroll, a very young 82, allowed us a glimpse into his former and exciting world, which included being instrumental for the extremely popular TV shows such as 'Mr. Dress Up' and 'Friendly Giant' and his terrifying descent into a dark little room from which he could not emerge or extricate himself on his own.



FROM LEFT: Mrs. Carroll, Dr. Donnelly, Mr. Carroll

It took Dr. Donnelly's professional experience and continued help to assist Don to return to the vital outgoing fun and contributing person he had previously been, a difficult journey for him, his supportive wife, Nancy, and family. It was resolute determination on all their parts to get Don to the stage he is in now– off the medication and sharing with others the fact that one CAN come through to the other side with the correct diagnosis, therapy and trust in one's doctor and regain the ability to rely on oneself. The process was slow including group

therapy, daily exercise, medication and 'thought catching' – tossing out negative thoughts before they take hold.

"There are days I should not be feeling as good as I am" he smilingly told us- a statement which attests to the fact that 'Don' is back enjoying the world fully and smiling once again.

'FALL DOWN SEVEN GET UP EIGHT'
– a Japanese Proverb.

Dr. MacCourt introduced **Grace Hann** who is President of Peer Counselling of BC and is on the YWCA Board of Community Action on Elder Abuse Project. Hann is currently working with the Jewish Seniors Alliance as Trainer and Supervisor of Peer Support Services and acknowledged JSA President Emeritus, **Serge Haber**, as he was the one who had the vision to have instituted the Peer Support Services as a vital project of JSA.

Hann informed us that it takes a peer to fully comprehend the feelings one is experiencing such as; loss of a love one, age related challenges, relocation, family discord—all feelings that need empathy which she said were 'echoes of another person in ourselves'.



FROM LEFT: Peggy Casey, Lorilee Mallek, Nora Paul, Mark Godfrey, Grace Hann

Hann called upon 3 graduates to do 'role playing'—a method used in the actual training of the 55-hour course in Peer Training. We were treated to skits depicting possible exchanges between client and counsellors at week one and culminating at hour 54. It enabled us to see the process which the trainees had gone through and grown from the initial expectations of their own abilities and finally gaining the knowledge and understanding of how to go about dealing with challenges the clients faced i.e. loss of

vision, loss of a loved one, loss of freedom and independence.

The three E's were employed: Empowerment, Empathy and Emotion. Trainees learned not to use JAR = Judgment, Advice or Rescue. Both clients and counsellors benefited from the interactive sessions and there is a waiting list of clients eager to be helped.

Hann then had a special and very moving surprise for us – a woman **Tanja Truelsen**, 91, who, when Denmark was invaded by the Germans, secretly and at high risk to herself, helped Jewish adults and children escape to Sweden. Tanja told us one of her own very gratifying moments was to witness the uniting of a mother with her child in a kindergarten when the war was over.

Many years later, here in Canada when Tanja, herself was ill with cancer, she reached out for



help and she was given the empathy and understanding she had sympathetically shown to others so many years before. Tanja was given a heartfelt standing ovation by those attending—many of whom had been moved to tears listening to Tanja.

"A THOUSAND WORDS LEAVE NOT THE SAME DEEP PRINT AS DOES A SINGLE DEED."

—Henrik Ibsen

The symposium came to a close as **Marilyn Berger** thanked the speakers, presenting them with gift certificates and with the help of **Serge Haber** handed out flowers to all participants. Co-conveners, Gyda and Bev, the Symposium Committee, and **Karon Shear**, JSA Coordinator were thanked, for an extremely successful symposium without whom this event would never have received the accolades it merited.

Refreshments and discussions followed, nourishing our bodies and minds. The audience left with much to contemplate but assured in the knowledge of where and to whom to turn should the need arise.

Binny Goldman

Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.

—Dr. Wayne W. Dyer



Volunteering is a work of art





REVIEWS by Binny Goldman

LETS GO TO THE MOVIES!

The Outrageous Sophie Tucker

That is exactly what about 80 people did on November 25th at the Peretz Centre to experience a wonderful combined effort between Jewish Seniors Alliance and Vancouver Jewish Film Centre. **Robert Albanese**, Director of the Vancouver Jewish Film Centre welcomed those attending and introduced the film for today 'The Outrageous Sophie Tucker'.

Sophie Tucker 'entered' our world. According to her biographers Lloyd and Susan Ecker, Sophie Tucker was born Sophie Kalish to Jewish Ukrainian parents in 1886 and only became Sophie Tucker after she adopted her ex-husband's name TUCK and adding the 'ER'. That name became a magic password which was used to gain entry to celebrities and even presidents.

When very young, Sophie worked in her immigrant parent's kosher restaurant, a job she didn't enjoy! One day her father asked her to distribute pamphlets at the theatres as the actors left, since most of them were Jewish. She heard music one day and sneaked into the theatre. What she saw changed her life forever. She ran away to New York!

She was now where she belonged. She tried vaudeville but because she wasn't a classic beauty, she found being accepted 'as is' difficult so she sang in 'Black Face' and her powerful voice began to be heard. One day she performed as herself. She was an instant success. Irving Berlin wrote music for her. She would often 'stop the show' as she sang.

Sophie Tucker was respected and she respected others, asking for their names, numbers and addresses upon meeting them and entering those



names in a book which eventually housed 10,000 names. She would write to these people if she were coming to their towns asking them to come see her perform. She was the original Face Book - only it was the 'Tucker-book'. Ted Shapiro, her accompanist for 46 years, had the unique talent of being able to interpret the mood that Tucker wished to portray. Mobsters eventually took over the ownership of nightclubs and Sophie befriended Al Capone. He enjoyed having her sing as she brought people into his 'Chez Paris'. He called her a 'human cash register'.

Sophie Tucker decided to share what she knew. She opened a school and taught young women how to be 'Red Hot Mamas' like herself. She had an instinct for marketing herself; in the 30's, she was the spokeswoman for soup; in the 40's, she advertised blouses for the fuller Mamas with more curves, saying "Too much of a good thing is wonderful!" She prided herself on having creative, huge hairdos, calling herself the 'Modern Marie Antoinette'. Her trademark was a large filmy handkerchief which she always carried as she performed.

In 1929 the biggest entertainer was Al Jolson who starred in the first 'Talkie.' Warner Brothers had Sophie Tucker open in the movie 'Honky Tonk' singing "Some of These Days." This was the song with which she was forever identified. During World War II, she was the star. Soldiers wrote to and received answers from her. She was their pinup girl along with Betty Grable.

There was a young Jewish Soldier who vowed that he would play Sophie Tucker's rendition of 'My Yiddish Mameh' in Berlin when he beat Hitler. Unfortunately, he died before he could accomplish this goal but his fellow soldiers fulfilled his vow much to the extreme anger of the German soldiers since that song had been banned in Germany. They played it for 8 hours through the streets of Berlin.

Sophie Tucker remained on top for 58 years, along the way befriendng Josephine Baker, who because she was black, was having a hard time being allowed to perform until Tucker invited her to sing with her.

Tucker worked in entertainment from the first Talkies motion pictures all the way to TV. Along with her talent and voice she had the extraordinary ability to market herself in an era which was devoid of "media." Sophie Tucker was indeed the last of the 'Red Hot Mamas'— a glowing ember, memorable, still admired, still inspiring!

Expressing what we all felt, **Gyda Chud** warmly thanked Robert Albanese for enriching our lives with this movie as we all went home with the echo of a song in our hearts 'Some of These Days!' 🎵

—Binny Goldman

STORIES THAT SING

or Sometimes Even Your Heart Smiles!

Sometimes even your heart smiles! On January 2015, mine did while attending the special event that was part of the JSA Snider Foundation Empowerment Series that the JSA and JCC jointly hosted in the Wosk Auditorium.

Approx. 70 people attended the afternoon session entitled "Stories That Sing".

Shoshana Litman, Canada's first ordained "Maggidah" (a female story teller) enthralled all who gathered to listen, partake and be inspired by the stories Shoshana shared.

I first had the joy of listening to her perform at L'Chaim this summer and watching her captivate her audience, adapting her storytelling to each of her audiences, involving them with her gentle, genuine ways.

Leah Deslauriers, Seniors Programme Director of the JCC enthusiastically introduced Shoshana Litman who immediately endeared herself to her audience by asking how many of us enjoyed stories. Who doesn't?

Her first story was a tale by Peninah Schramm- "The Innkeeper's Wise Daughter" which included riddles, philosophy and interactive singing. The audience instantly joined in with Shoshana's inclusive style and the song "Morning is Wiser than the Night" echoed in the hall.

Earlier, Litman had introduced her mother and sister in the audience and referred to them often during the breaks between the three stories Shoshana had chosen to tell- allowing us a personal glimpse into her private world.

The next story acquainted us with the teachings of Hillel – something we can



all strive to attain – patience and The Golden Rule –'That which is distasteful to you, do not do onto others". That is really the whole Torah – the rest is just an explanation. We all sang- *V'Ahavtah Rayacha Kamocha* – Love your fellow man as you love yourself –feeling a strong bond between both Litman and with one another.

The last story that Shoshana shared with us was her own – of a return trip to Israel after 36 years and her journey to the grave of Shimon Hatzadik – Simon the Righteous and of the feeling of utter peace that washed over her as she left his grave. That night, as she sat looking out over the city seeing a golden glow, hearing fireworks since it was Purim but also hearing the various calls to prayers of the other religions, the words '*L'Aht L'Aht*' came to her mind..SLOWLY.. SLOWLY.. turning our steps toward peace. Every step we take is a step toward Jerusalem.

We each have stories we hold within us that make our souls sing- we just have to be open to them as Shoshana was told on her walk through the olive grove.

Marilyn Berger, President of the Jewish Seniors Alliance, warmly thanked Shoshana Litman adding how very much we all had appreciated and thoroughly enjoyed the afternoon and then gave a bit of background of the aims and

accomplishments of the JSA saying that its history really does put a song in your heart in the way we seek to connect with one another.

Refreshments and reflections followed a healing memorable afternoon. ☺

–Binny Goldman

*The Gift
I have
for you*

is not what you thought
It is what I feel
not what I bought.
I thank you for the seasons of my life
through which I have walked
beside you as your wife.
The times of plenty...
the times of 'not'..
the times of laughter..
the times we fought..
So although the gift I have
for you is small
I give thanks
for those times ALL.
The gift is constant,
everlasting and true.
It is the infinite,
never ending love
I have for you!!

—Binny





UPDATE

Jewish Seniors Alliance senior peer support services are becoming more and more entrenched into our community! As an ongoing program, we have connected with many isolated, lonely and marginalized seniors in our community and we are making a difference in their lives.

Social isolation is one of our most pervasive challenges in our society and without a doubt, the most difficult one to correct. Social isolation affects the health and well-being of seniors and is known to reduce their quality of life. Through our peer to peer senior emotional support, our friendly visitor, our caller program, and our grief support, we are able to make a difference and we have!

REMEMBER, WHEN WE VOLUNTEER, WE NOT ONLY HELP OUR COMMUNITY, WE HELP OURSELVES.

We are currently doing outreach to seniors at almost a dozen community residences and senior centres. While we recognise the need to reach socially isolated seniors, we also know the challenges associated with reaching many people who have been isolated for long periods. If you are aware of a senior who is experiencing isolation, loneliness, marginalization or abuse please inform us and we would be happy to visit and/or assign an appropriate trained volunteer to help.

We are pursuing partnerships with many senior health community centres and we recognize this as a top priority. We continue to see gaps and lack of services for seniors who are isolated and going through age related challenges.

We continue to provide support to older adults of all denominations who live in the lower mainland.

We are thrilled to have started our 5th Senior peer counselling training in February and for the first time the training will be held at the Peretz Centre. Many thanks to the Peretz Centre for providing us with this great space!

Charles Leibovitch, Coordinator of Peer Support Services
Grace Hann, Trainer and supervisor

PEER SUPPORT SERVICES OFFER DIRECT PROGRAMS WHICH ARE DESIGNED TO EMPOWER, TO ENCOURAGE AND TO IMPROVE THE QUALITY OF LIFE FOR SENIORS.

\ CONTINUED FROM PAGE 9

Katie Hafner writes “After a fall, life is upended in an instant –a sudden loss of independence, an awkward reliance on family and friends, and a new level of fear for those who fall, and their contemporaries” (Hafner, part two). In both of the above cases falling has become a worry and a cause for concern about living alone. Many people resist wearing emergency pendants, people do not want to recognize that they are in mortal danger if they have an injurious fall when they are on their own. It’s likely to be catastrophic if they don’t get help in a timely manner. Moving to a senior residence is resisted, often until it is too late and a serious incident occurs. Most seniors dread leaving behind their home and their neighbourhood. Yet some senior homes are being designed by enlightened architects and interior designers to promote wellness and a happy state of mind.

There is no one answer to the issue of independence/vulnerability versus dependence/safety because this juxtaposition is false. Living in a senior residence is no guarantee of safety and happiness; living alone does not necessarily mean that the person is in danger and unhappy, if certain conditions are met. Each decision is an individual scenario which requires thought, discussion and good professional advice. A team approach consisting of medical doctors, psychologists or social workers, family and friends can inform and guide the senior to make an informed, personal decision about their lifestyle and their lives.

Hannah, M.Sc. Counselling

Email: hannah@jsalliance.org

Mail: Ask Hannah, Jewish Seniors Alliance, 949 West 49th Ave., Vancouver, BC V5Z 2T1

Disclaimer: The statements and opinions stated in this column are not intended to replace the professional advice of physicians, psychiatrists, psychologists, lawyers, notaries and accountants. They are intended as guidelines only; please consult your professional caregivers and consultants. ✎

JSA WEBSITE

How to use the Calendar

OUTREACH

ADVOCACY

PEER SUPPORT

EVENTS CALENDAR

One click of the mouse or one tap on your screen, our new website is ready to supply you with information about our many services and activities in Vancouver. By clicking on the **Red-Outreach**, **Orange-Advocacy**, **Purple-Peer Support** or **Green-Events Calendar** button, various highlighted headlines will appear. You then click on the topic you wish to review or the video you wish to see.

JSA's New Comprehensive All-Events Calendar

It is as easy as 1, 2, 3: Just go to www.jsalliance.org/calendar/

The screenshot shows a calendar grid with events for days 9, 10, 11, 12, and 13. A pop-up window for 'Bridge Nights at Beth Tikvah: Mon/Thurs Nights' is open, showing details for February 12, 2015, from 7:00 pm to 10:30 pm. Below the calendar is a 'Categories' dropdown menu with 11 options: COQUITLAM: BURQUEST JEWISH COMMUNITY, CON; JEWISH & CIVIC HOLIDAYS; JEWISH COMMUNITY CENTRE; JEWISH FAMILY SERVICES; JEWISH GENEALOGICAL INSTITUTE OF BC; JEWISH MUSEUM AND ARCHIVES OF BC; JEWISH SENIORS ALLIANCE; MOST BRIDGE RUSSIAN; OTHER ORGANIZATIONS; PERETZ CENTRE FOR SECULAR JEWISH CULTURE; and RICHMOND: BETH TIKVAH, KEHILA, JHUB, CHABAD.

1 You are looking at all of this week's events on the calendar; today's events are highlighted in pale yellow. Place your cursor on an event which interests you. A small box will appear with the name of the event, the date, the time and a short description of the event.

2 To see only the events of a particular organization, put your cursor on the blue tab called "categories" above the calendar. A drop-down menu will list all 11 categories and organizations. Click on the one you wish to view. Now the calendar will display the events of that category. Click on additional categories to add more events to those displayed.

3 Double-click on the event for a larger, detailed listing of the event, which includes contact information, address and other relevant information.

Bridge Nights at Beth Tikvah: Mon/Thurs Nights

WHEN: February 12, 2015 @ 7:00 pm - 10:30 pm

WHERE: Beth Tikvah Synagogue
9711 Geal Road
Richmond, BC V7E
Canada

COST: Monday \$8.00; Thursday \$2.00

CONTACT: Larry Meyer
☎ 604-271-6262
✉ Email
🌐 Event website

The MONDAY night game is an ACBL sanctioned game, masterpoints awarded, entry fee \$8.00.
The THURSDAY night game is an unsanctioned game, no director, no masterpoints, entry fee \$2.00

Our new website offers an easy to use, exciting, comprehensive, all-events calendar in real-time always up-to-date. Vancouver's Jewish Community presents cultural, sportive, educational, spiritual, artistic, musical and fun events to satisfy a diverse, eclectic audience.

REAL QUALITIES
Superstore
Big on Price, Big on Quality

WE HAVE A HUGE VARIETY OF KOSHER CHEESE

Baby Gouda, Brie, Cheddar, Mozzarella,
Parmesans, Shredded and Slices



At the Main Street and Marine Drive location only. 390 S.E. Marine Drive, Vancouver

USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE



Refer to the JSA website
for more information.
www.jsalliance.org

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.	604-638-7275 www.adultdaycentres.org/l'chaim
Prostate Cancer Supportive Care Program	604-875-4111 ext. 62338 www.PCSC@vch.ca

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
Coquitlam	604-942-7506
Richmond	604-292-7200
Surrey/Delta	604-588-0325
New Westminster	604-520-6621
Vancouver	604-684-8171
White Rock	604-536-3866
For kosher meals contact Jewish Family Service Agency and for Food Bank (local 230)	604-257-5151 local 218
Suppliers of Kosher meat and poultry	
Kosher Food Warehouse	604-709-9889
Omnitsky	604-321-1818
Sabra Superstore	604-733-4912
	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 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
The Stroke Recovery Association of B.C. (SRABC) Offers information and programs for stroke survivors after they leave hospital.	1-888-313-3377 / 604-688-3603 strokerecoverybc.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 March, April, May, June 2015

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

SAVE THE DATE

JSA - SPRING FORUM

Presented With L'Chaim Adult Day Centre

Live to 120: Thriving YOU ONLY LIVE ONCE (YOLO)

How Full is Your Cup?

DATE: **Sunday, April 26, 2015**

TIME: **1:30 pm**

PLACE: **JCC Wosk Auditorium**
(See inside back cover for more information)

JSA-SNIDER FOUNDATION EMPOWERMENT SERIES 2014-15

#3 in the series

LEARN HOW TO MOVE WITH EASE AND GRACE despite movement or pain challenges

DATE: **Monday, April 13, 2015**

TIME: **3:00 pm**

PLACE: Oakridge Seniors Centre

#4 in the series

A SMILE ON YOUR FACE A Song In Your Heart

DATE: **Monday, June 29, 2015**

TIME: **11:30–2.00 pm**

PLACE: Beth Tikvah Synagogue
9711 Geal Road, Richmond

(See page 28 for more information)

INFORMATION & SPEAKERS FAIR for Family & Friends Unpaid Caregivers, Saturday, May 2, 2015 — 10am - 2pm Vancouver Public Library

(See page 26 for more information)

BETH TIKVAH SYNAGOGUE

604-271-6262

<http://bethtikvahbridge.wordpress.com>

MONDAY

11:30am–1pm: News and Views and
lunch \$10 — (ongoing program)

7:00 pm : Bridge – ACBL sanctioned

THURSDAY - 7:00 pm

Bridge - Non-sanctioned casual
duplicate game every 2nd Tuesday

**JEWISH COMMUNITY CENTRE
SENIORS (JCC)**
950 W 41st Avenue
CONTACT: Leah DesLauriers
leah@jccgv.bc.ca 604-638-7283
www.jccgv.com/content/seniors

MONDAY

1:00 pm Poker

12:00pm -Mar 2 Purim Party

TUESDAY

9:30–10:30 am Chair Yoga

3:00 - 4:30 pm Drawing &
Painting

11:00 – 2:30 pm Duplicate Bridge

WEDNESDAY

12:00-2:00pm
Mar 4 Portraits of
Legendary
Entertainers

9:15-10:25 am Chair Yoga

1:00 – 2:45 pm Arts & Crafts

10:30 - 12:30 pm 'In the News'

1:00 – 4:00 pm Poker & Mah Jongg

THURSDAY

9:30 am
Mar 5 & 12 Gimel & Beyond
Hebrew Class

11:00–2:30 pm Duplicate Bridge

12:30 - 3:30pm Mah Jongg

FRIDAY

9:30–10:30 am Shabbat Chair
Yoga

11:00 –2:00 pm Social Bridge

1:30 - 2:30 pm Shabbat Chair
Yoga

SUNDAY

Mar 1 & Apr 5 Treasure Trove of
Israeli, Hebrew &
Yiddish Movies

COMPUTER CLASSES

10:00–11:30am
Daily Android
Touchscreen
Tablet

10:00–11:30am
Daily iPad

CHABAD RICHMOND

200-4775 BLUNDELL ROAD

(ACCESSIBLE BY CHAIRLIFT)

CONTACT: Rabbi Baitelman

admin@ChabadRichmond.com

604-277-6427

TUESDAY

12:30–2:30pm Community Kitchen

WEDNESDAY

1:00–4:00 pm Arts Club for women

THURSDAY

9:45 - 10:30 am ESL Beginners &
Intermediates

10:30-12:00pm ESL Advanced

CHABAD RICHMOND—"SMILE ON SENIORS"

CONTACT: Marlene Shore

604-275-7543

www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11–2 pm

Hot Kosher lunch \$8

Movies, Music, Guest Speakers

Mar 12 & 26, Apr 16 & 30, May 14 & 28,

Jun 11 & 25

KEHILA JEWISH SENIORS - RICHMOND

BETH TIKVAH SYNAGOGUE,

9711 GEAL ROAD, RICHMOND, BC V7E 1R4

CONTACT: Toby Rubin

604-241-9270 or kehila@uniserve.com

www.kehilasociety.org

MONDAY

9:30–11:45 am ESL - Different Levels

11:00–11:45 am Easy Fun Seniors Exercise

12:00–1:00 pm Kosher lunch

1:00 –2:00 pm Speaker/entertainment

Every 3rd Monday of the month
Wellness Clinic from 9:00 – 12:00 pm
BOOKING ESSENTIAL call Marlene
604-275-7543 or Ruth 604-271-1973

L'CHAIM ADULT DAY CENTRE

950 W 41st Avenue

CONTACT: Annica Carlsson

604-638-7275

annica@jccgv.bc.ca

www.lchaim.ca

MONDAY AND WEDNESDAYS

9:30–3:00 pm

FRIDAY: 9:30–2:00 pm

ONGOING EVENTS March, April, May, June 2015

JEWISH MUSEUM AND ARCHIVES OF BC
 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Marcy Babins, Administrator 604-257-5199
 www.jewishmuseum.ca info@jewishmuseum.ca

SPECIAL EXHIBIT: Fred Schiffer - Lives in Photos
 257 E 7th Avenue, April 17 to May 30, 10:00am - 5:00pm

INTERSECTIONS - Wednesday, Monthly
 7:00pm - 9:00pm, \$5 suggested donation at the door

GASTOWN AND STRATHCONA WALKING TOUR & MOUNTAIN VIEW CEMETERY WALKING TOUR
 For dates please contact us
 11:00am - 1:00pm, Meet at 700 E. Pender St. - \$10

GENEALOGY SUNDAYS - In partnership with the Jewish Genealogical Society of BC - Last Sunday of every month
 1:00pm - 4:00pm, Free - by appointment only

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: 604-257-5199

FREE access to our databases-(ancestry.com, findmypast.com and footnote.com) and computer, at Jewish Museum & Archives of BC. Phone for appointment, 604-257-5199

First Tuesday of the month at Temple Sholom 7:30 pm	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.
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BETH ISRAEL DAYTIMERS
 Congregation Beth Israel, 989 West 28th Avenue, Vancouver, V5Z 0E8
 CONTACT: Rabbi Infeld 604-731-4161 info@bethisrael.ca

Tuesdays - 2 pm	World Talk
Thursdays - 1 pm	Games Afternoon

VANCOUVER FILM CENTRE
 Peretz Centre, 6184 Ash Street www.vjff.org
 CONTACT: robert.albanese@vjff.org 604-266-2045

MONTHLY FILM AND FOOD EVENT Complementary for seniors.
 DATE: Last Tuesday of every month at 12:30 pm

BURQUEST JEWISH COMMUNITY ASSOCIATION
 2860 Dewdney Trunk Road, Coquitlam, B.C. V3C 2H9
 604-552-7221 www.burquest.org

Mar 1	Purim Celebration
Mar 10	Adult Singing Group
Apr 10	Pesach Seder Dinner
Mar 31, Apr 31	Community Kitchen Club
May 26	Shavuot Lunch

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6 PM - Mar 20, Apr 24, May 22 & Jun 19

Vancouver Jewish Folk Choir 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	10:20-12:30 pm

SHOLEM ALEICHEM SPEAKER SERIES
 CONTACT: Gyda Chud 604-266-0115

FRIDAYS 11-1 pm
 Guest speakers, films, discussions and refreshments.

MOST BRIDGE RUSSIAN JEWISH SENIORS
 PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Ida Gitlina 604-434-2191 idag10@telus.net

Mar 15 - 1 pm	International Women's Day and Purim Celebration
Apr 19 - 1 pm	Lecture "Israel Today"
May 17 - 1 pm	Victory Day Celebration
Jun 21 - 1 pm	Lecture "World War II. Causes and Sources"

ISAAC WALDMAN JEWISH PUBLIC LIBRARY
 950 W 41st Avenue library@jccgv.bc.ca
 CONTACT: Karen Corrin and Helen Pinsky
 604 257-5181 or 604 257-5111 ext 248
 Website: www.jccgv.com/content/library-main
 Online Catalog: www.jlbc.ca

MONDAYS
 Mar 9 & Apr 13 at 2:00 pm YIDDISH stories for adults read in English by Shanie Levin

WEDNESDAYS
 10:30-12:30 pm IN THE NEWS - Discussion group for people interested in current affairs and global politics.

We are accepting donations of used books and DVDs in good condition. Please note that we cannot accept VHS, phonograph albums, encyclopediae or books in poor condition.

JEWISH FAMILY SERVICE AGENCY
 CONTACT: Queenie Hamovich
 QHamovich@jfsa.ca 604-257-5151 Ext. 1274

A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST every Tuesday at Temple Sholom, 7190 Oak Street, Vancouver (Last Tuesday of the month lunches at Peretz Centre, featuring Monthly Film presented by the Vancouver Film Centre). Cost \$10. Subsidies available. Volunteer drivers bring the seniors to the lunch and back home again if needed.

SINGERS OF THE SENIOR KIND

The phenomenon seems impossible to ignore – singers in their 70's and 80's are belting out songs on the stage to packed houses of eager fans, here in Vancouver, all over North America and in Israel. Their albums are high on the Billboard 200 charts. This column is dedicated to these inveterate performers, to their energy, their talent and their ability to stay relevant after 40 years.



When the promotions began appearing for the Vancouver performance of

Leonard Cohen

in the autumn of 2012, I began to take notice. We all grew up with the poetry and songs of this unique, talented and idiosyncratic man from Montreal — poet, balladeer, lover, hippy and Buddhist. Now 80 years old, Cohen has just released his 13th album, *Popular Problems*, which together with his 12th, *Old Ideas*, may constitute his best work yet (*Zoomer Magazine*, December 2013, January 2014):

His great accomplishment was that he kept at it, got control of his voice, acquiring a later-life lower register that's authentic, commanding and different. He remained true to himself, and eventually the world swung back to the beauty and profundity of his work.

His live performance on November 13, 2012 was "pure class". The Vancouver Sun's music reporter Francois Marchand wrote: "Leonard's voice, his style, his lyrics...Cohen's band was flat-out spectacular all around...the second half of the show would be filled with momentous highlights...but with Cohen the evening could've gone on forever, as comfortable as it was to be wrapped in his rapturous embrace."

Ian McGillis (*PostMedia News*, Sept. 24, 2014), wrote... "Cohen isn't just crossing the 80-year line — he's breaking the tape in spectacular fashion, entering his ninth decade as a thoroughly contemporary artist."

....Wow!



Did you attend

Barbra Streisand's

(age 72) spellbinding concert in Vancouver in October, 2012?

Have you heard her latest disc *Partners*? Remember young Barbra in *Funny Girl* (1968), and the Yeshiva boy in *Yentl* (1983)? She is the first singer in history to accomplish being #1 on the charts six decades in a row! Not bad for a nice Jewish girl from Brooklyn. Streisand's new album of duets only includes male singers and features Billy Joel, Stevie Wonder, John Mayer, John Legend and Babyface. In an interview Barbra lamented the fact that the female vocalists she wanted were not available. She loves singing with Celine Dion and Donna Summer and intends directing another movie in the near future. When asked how she maintains her voice, she answers "I don't drink. I don't like the taste of liquor...I don't drink wine even. Maybe that has something to do with it. I smoked when I was 10 years old... on the rooftops in Brooklyn...gave it up when I was 12 (*Mesfin Fekadu*, Sept. 17, 2014)."

Francois Marchand (Oct. 10, 2012) wrote "Streisand proved why she belongs at the top of the heap, to quote Sinatra. The perennially decorated singer/actor/writer/director left an indelible mark on her Vancouver audience with a performance that was pure, undiluted class....**Even at 70, Streisand's voice still retains a power that makes the tender moments warm and intimate, the peaks soaring and powerful, yet never pushy and histrionic...**

...It's hard to top Babs."



Where you there when

Joan Baez,

(age 73), sang her heart out in Vancouver at the Vogue Theatre on November 16th, 2014? The veteran activist and folksinger, an iconic figure of the '60s anti-war and civil rights movements in the U.S., performed much like she has for the past five decades: "Frail yet powerful, always on the verge of breaking, but instead bending with a quiver." Marchand (Nov. 16, 2014) praised her rendition of 'Where Have All The Flowers Gone', 'Swing Low Sweet Chariot' and her signature version of protest songs Joe Hill, the tune she famously sang at Woodstock in 1969. **She is still singing out her message: For people to unite and work out their differences, and rejoice in the power of song... 45 years later!**

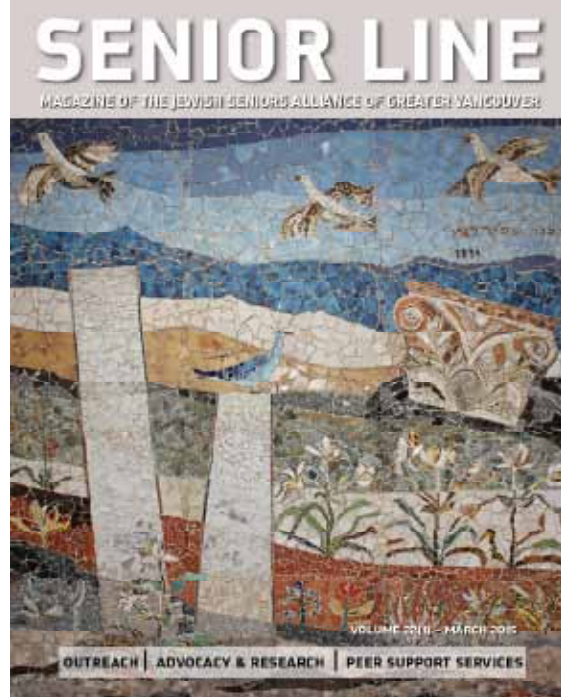
So you didn't go the performances of Leonard Cohen, Barbra Streisand or Joan Baez, but you can still catch two great veteran performers in Vancouver this year: **Tony Bennett** (age 88) who performs with Lady Gaga, two concerts in their "Cheek To Cheek" concert tour beginning on May 25th, 2015; and **Bette Midler** (age 69) who delivers, after 50 years in show business, her dynamic stand-up comedy and singing routine on June 2, 2015. We seniors in the Lower Mainland can admire these role-models, enjoy their exceptional talents and be inspired to achieve our greatest potential.

We shout "Bravo" to them all.

Dolores Luber

ILANA SHAFIR:

The Grande Dame of Contemporary Mosaics



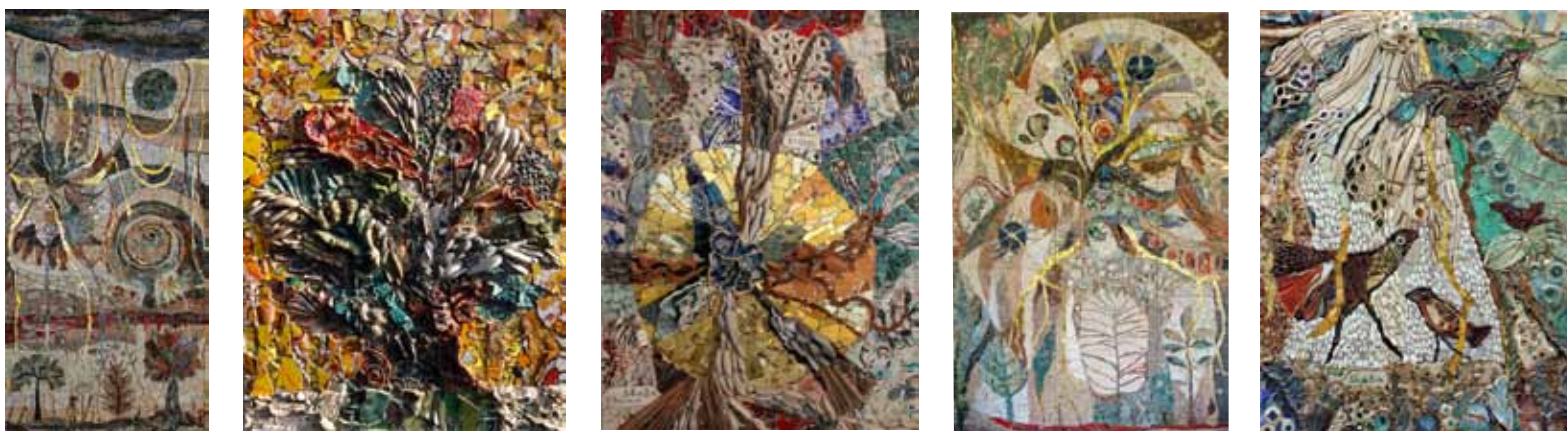
Senior Line's cover is the work of Ilana Shafir, an Israeli artist who was instrumental in re-establishing mosaic as an art form in the 20th century. Her recent death at the age of 90 in Israel, signifies the end of a productive and creative process of "spontaneous mosaic", her definitive artistic language.

Born in Sarajevo, hidden from the Nazis during the WWII in the small town of Kula, she ultimately arrived in 1949 to Ashkelon. Using her signature materials of handmade ceramic, pebbles, found objects and gold smalti, Shafir weaves fantastic stories and creates fruitful universes filled with joy, exuberance and strength. Her work has won numerous international awards and the artist was recently honoured with the only solo exhibition organized in conjunction with the biennale RavennaMosaico 2011 (<http://www.inspirationgreen.com/ilana-shafir.html> or put Ilana Shafir, images in the Google search box).

Her grandson wrote in his eulogy to her: **"She was all at once an artist, a teacher and an entrepreneur. She brought her immense love and creativity to both her career and her family, without compromising neither. She was simultaneously old and young, flourishing both in routine and in change. She was courage, feminism and social justice without talking about it or demanding any praise for it."**

(<https://www.facebook.com/Ilana.Shafir.Mosaics>)

There are a series of 8 short films on www.youtube.com (Ilana Shafir, Mosaic Films) illustrating the various stages of her creativity and her art. She is a role-model for women who strive to communicate through their art and aspire to fulfill their potential as human beings.



BELOW: Ilana Shafir in her Ashkelon studio surrounded by her beautiful mosaics.



Documentary about Ilana Shafir, in German.
Mein Paradies aus Scherben Link zum Inhalt:

<http://br.de/s/1ZXfJg6>



MOST-BRIDGE

RUSSIAN JEWISH SENIORS SOCIETY

Общество Русскоязычных Евреев-Пенсионеров



Джек Ример.

Три струны Ицхака Перлмана.

18го ноября 1995го года скрипач Ицхак Перлман вышел на сцену, чтобы дать концерт в Линкольн центре Нью Йорка. Большинство зрителей знали, что выйти на сцену-это уже немалое достижение для него. В детстве этот выдающийся скрипач переболел полиомиелитом и теперь передвигается с помощью костылей и специальных фиксаторов на обеих ногах. Он идёт по сцене к своему сидению медленно, шаг за шагом, преодолевая боль. Затем он садится на своё кресло, кладёт костыли на пол, отстёгивает фиксаторы на ногах, наклоняется, достаёт скрипку, подсовывает её под свой подбородок, кивает дирижёру и начинает играть. Публика уже привыкла к этому ритуалу. Люди терпеливо ждут того момента, когда начнётся концерт.

Но в этот раз случилось нечто непредвиденное. Не успел Ицхак взять несколько первых аккордов, как одна из струн его скрипки лопнула. Звук лопнувшей струны прозвучал, как оружейный выстрел. Ицхак Перлман решил продолжать играть вместо того, чтобы, хромая, сойти со сцены и попытаться найти другую скрипку или другую струну для своей скрипки. Он посидел с минуту, закрыв глаза, затем дал сигнал дирижёру начинать сначала. Оркестр заиграл, и Перлман вступил с того места, где остановился. Он играл с такой страстью и так безупречно! Он старался извлечь из оставшихся 3х струн звуки, которых они никогда не издавали. Он творил, вносил что-то новое в это произведение прямо по ходу игры.

Когда Перлман закончил, в зале несколько секунд была гробовая тишина. Затем люди в едином порыве вскочили со своих мест. Они кричали от восторга, аплодировали, делали всё, что могли, чтобы показать, как они ценят всё, что он сделал. Музыка, которую он играл с 3мя струнами, была более прекрасной, более духовной и более запоминающейся, чем та, которую он играл раньше, когда у него были все 4 струны.

Перевела с англ. - Ида Гитлина.

ABOUT PERLMAN'S CONCERT IN SHORT

This is a wonderful story about how the world famous violin virtuoso **Itzhak Perlman** once finished a concert on a three stringed violin after the fourth one snapped. As a child the concert violinist contracted a severe case of polio; subsequently he wore braces on both legs and walked with the aid of crutches. The audience waited patiently for Perlman to start playing, but just as he finished the first few bars one of the strings of his violin broke. Perlman made a decision to continue playing rather than to interrupt the concert by slowly and awkwardly leaving the stage to restring the instrument. He was concerned that the spell and beauty of the music would be diminished and that the audience would suffer from the interruption. Thus, the violin virtuoso played from where he had left off, and he played brilliantly. The concert that the audience heard that night was more than beautiful, more sacred and more memorable than any other one that he had played with a violin that had all four strings intact.

Ида Гитлина. By Ida Gitlina.

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THE HARRY AND JEANETTE WEINBERG (OF BALTIMORE) RESIDENCE



Bill Ornstein: Storyteller with a sharp Mind for Detail

Bill Ornstein, age 91, was raised in Cabano, Quebec. The Ornstein family – father and mother from Romania and Austria respectively, two brothers and a sister, were the only Jewish family in the small Fraser Lumber company town. Bill's mother kept a kosher home but the meat and the poultry had to be brought from the shochet in Quebec City. Bill grew up with three languages, Yiddish, English and French. His devotion to Judaism strengthened throughout his childhood especially when his father would bring him every year to his Uncle in Montreal for the High Holidays and Yom Kippur. There he attended the Beth David Synagogue (a.k.a. The Rumanishe Shul). Bill fondly recalls the magnificent voice of Cantor Schlepak and how much he appreciated listening to the davening. His strong love of Judaism has never wavered and he is a regular at the Louis Brier Synagogue services. **Bill advises people to hang on to their religion and to enjoy it. He feels that: "it can make your life much better."**

At age eleven, Bill was sent to school in Montreal where he boarded with the Shatner family. Within three years, his mother and siblings joined him, and after he had disposed of the family clothing store in Canada his father followed. Recalling these details triggered a "vignette" which Bill related with pleasure... "There was an Englishman who dressed as a First Nation's person in animal hides and with long black braided hair who would come into his father's store. This was Grey Owl, a famous character who had joined the Ojibois tribe and had married a native woman. "Eventually a book and a movie were made about

Archibald Belaney's (a.k.a. Grey Owl) colourful life.

Bill was an excellent student, and after completing his science pre-med courses he was accepted as a medical student at McGill University. Sadly, he was not able to afford the tuition and at that time there was no such things as student loans. "I know I would have been a good doctor, a surgeon" he said. But life went on, and Bill landed a good job as a pharmaceutical sales representative. Bill developed his own personal style in sales, resisting company directives and selling the way he felt was most effective. "I learned to sell from my late Dad. He could sell snow to the Eskimos."

Somewhere in between all this, Bill went to New York City, he visited with friends, became an orderly at Mt. Sinai Hospital, worked at creating narcotic-kits for the army and met his future wife, Anita Apfel. After a four year long distance courtship between Montreal and New York they married when they were both twenty-six years of age. Bill still smiles at the thought of the big Cadillac that Anita's boss loaned them to drive to Montreal. Back in Canada Bill started to work for Geigy Pharmaceuticals and eventually Bill and Anita had four daughters. "We were married sixty-one years, it didn't seem like such a long time", he says fondly. At this time of his life he "loves to see his children, his grandchildren and now, his two great grandchildren."

Bill Ornstein has a fabulous memory and he recalls details of many "vignettes" during his long life. I asked him about the "wine episode" and he filled me in on the details. For five years he was President of Schara Tzedec

Synagogue. He would buy kosher wines from an Ontario distributor, some not available in Vancouver, sell the wine to Schara Tzedec members and make a profit for the synagogue. Regrettably someone mentioned these transactions to the wrong person, and the Liquor Control Board shut them down.

A man of many talents and interests, Bill took a candy-making class and produced truffles with cherry and orange liqueur from Callebaut chocolate which he distributed to a restaurant and family members. I learned of his "Peach bread pudding" which he loved to make... "I like creating stuff" he says. Another fond memory came to mind: "I loved to go trout fishing, my mother prepared the fish and my daughters gobbled it up." He spoke of his stamp and coin collections, describing the old coins of yester-year... "Those were the days."

His passion these days is reading — The Vancouver Sun, Time Magazine and books, He is understandably proud of earning a Master's Degree in Health Planning at UBC. His thesis was on "Prevention of Coronary Heart Disease." When asked about his philosophy of life he replies... **"I am happy to open my eyes in the morning; take one day at a time, - ok maybe think ahead a day or two."**

Bill acknowledges the physical problems he has had with his legs since he was young. He moves about with a walker and a power chair. Bill appreciates the devotion and attention of his companion Jennifer several days a week and the many visits of family and friends. One of his favourite expeditions is to Omnitysky's Kosher Delicatessen. He reminds me

CONTINUED on PAGE 21

Time Exposure

The nostalgic emotions at a wedding are much more than a 'bissel', especially for those of us 'youngsters', fifty and better. The expressions of seniors standing up, both in the eyes and the posture, have memories written all over them as the procession to the chupah begins.



That certainly was my experience, plus possibly even more, because of having worked as a wedding photographer for a time. Now, here I was, not with a heavy twin-lens reflex plus 'hernia producing' Megalume electronic flash unit and a dozen rolls of film. No,

simply another guest with a little digital camera. I just took it off the flash mode, placed the camera on something steady and technology said, "Leave me alone already," ...and did the rest! I felt like I was 'out of the picture! What kind of a 'development was this?" It 'fixed me good' cause the automatic time exposure worked out perfectly!

At least in the good old days, humans had some input, but now? We've almost become redundant! It was enough to make me 'shutter!' To at least reprise some depth of field, for the sake of photographic nostalgia, I partially thought of the melody to 'Daisy, Daisy, give me your answer do...' as inspiration for my following *meshugena* song... entitled.....

...'Its Enough to Make You Shutter'



Kodak, Kodak, you and most films have GONE. Come back, come back, so I don't always have to turn that digital camera ON! I miss

all that processing and WAITING, the magic of ANTICIPATING. Making all those human MISTAKES, today FOR GOODNESS SAKES, those digital cameras never seem to do anything WRONG!

I miss my old Polaroid Land Camera, with the metal rollers that squeezed out all that GOO.



And waiting a whole sixty seconds for the black and white picture to develop, and coating each one gave us humans at least something to DO. Or how about a Pentax SPOTOMATIC or an Ansco with 120 SPOOL, it wasn't even semi-AUTOMATIC, plus figuring out how to use one of those exposure meters was oh, so very COOL.



Just think, no more schlepping films to Mortifee Munshaw, or 8mm Kodachrome three minute movies and waiting sometimes two weeks for processing in Toronto, to project the results. How so many things have changed in only the past two decades! Can we even begin to visualize what changes our grandchildren will perceive when it's their time as seniors to stand in honour and reflection at a future wedding at the Schara Tzedek.

Listen to Dan's many songs for free by going to www.soundcloud.com/dan-propp-1 and his selection of CD's can be purchased from www.cdbaby.com

Dan can be reached at ajpropp@shaw.ca. Dan's three books are available at www.amazon.ca

\ BILL ORNSTEIN CONTINUED FROM PAGE 20

"Don't regret getting older, there are things available for each age."

After all, his mother lived alone until the age of ninety-six and passed away at one hundred. But he says: "Now time is not so important." I mentioned to Bill that I was going home to walk my dog – this unleashed another story about his relationship to his beloved dog Shai. Bill is a raconteur. As I was leaving the room, Rabbi Brody was running down the hallway toward Bill's room to get him for the Louis Brier minyan for the four o'clock services.

Interview by Dolores Lubner

Be the person
that makes others
feel *special*.
Be known for
your *kindness* and
grace.

APPEAL FOR NATIONAL STRATEGY FOR SENIORS CARE: Gridlock and Consensus

On Nov. 28, 2015, the Vancouver Sun's Editorial read:

Caring for a senior in a B.C. hospital costs the taxpayer between \$825 and \$1,968 daily, compared with \$200 for long-term residential care.... Canadian Medical Association (CMA) chief, wants Ottawa to work with other levels of government to develop a national strategy for seniors' care, with an early contribution of \$2.3 billion to help provinces invest in more long-term care resources.

Within days (Vancouver Sun, Dec. 4, 2014) Terry Lake, B.C. Minister of health responded:

We spend over \$2.8 billion each year on home and community care alone, an increase of more than 79% since 2001. During this time, we have increased the number of publicly subsidized residential-care, assisted-living and group-home beds by over 6,400—to nearly 32,000 beds province wide—and provide home health services to more than 96,000 people, up 23 % since 2001...Since the federal changes to the Canada Health Transfer penalize provinces such as B.C. with a higher number of seniors, we are advocating the federal government create a national seniors' strategy, which reflects the demographic realities of each region.

On Friday, February 6, 2015 there will be a special event called "System Change for Seniors Care." This forum features BC's Ombudsperson, Kim Carter, who will speak about her office's ongoing role in monitoring the government's response to her recommendations on seniors care; and the new Seniors' Advocate Isobel Mackenzie who will talk about her plans to monitor and advocate for better services.

It would seem that everyone is on the same page—more resources are needed and ideally the Federal Government should be the ones to coordinate and subsidize the plans. The CMA has asked the federal government for \$25 million over five years to put together a plan. But wait; there are things you should know:

Canada is the only G8 (now G7) country without a national dementia plan. The G7 consists of France, Germany, Italy, Japan, United Kingdom, United States and the European Union, Russia (Suspended). The G7 is composed of the seven wealthiest developed countries on Earth (by national net wealth or by GDP).

Establishing a national plan for Canada would be a challenge because health care falls under provincial jurisdiction. The federal government could play a role in ensuring minimum standards and best practices are shared between the provinces and territories. CMA president, Dr. Chris Simpson declared "It's really leadership, I think, that we need. That's where the federal government can help" (Leadership needed on national seniors' care strategy, Jim Day, The Guardian, Aug. 28, 2014; Canada urged to develop national dementia strategy, Jessica Barrett, Post Media News, Dec. 11, 2013).

In the CMA's 2014 National Report Card on health issues, 95% of Canadians aged 45 years and over identified the need for a national strategy for seniors care. The report also found that 81% of these Canadians are concerned with the quality of health care they can expect in the future. As well, 78% are concerned about their ability to afford quality home and long-term care during their retirement. In response, Health

Minister Rona Ambrose said the federal government is committed to working with the provinces and territories to ensure Canadians of all ages have access to high quality health care. "The government has invested millions of dollars into research on age-related illnesses such as Alzheimer's and other forms of dementia"... "The economic cost of treating these illnesses in the future is estimated at billions of dollars per year" (Baby boomers call for national seniors care strategy, Marlene Leung, Aug. 18, 2014).

There you have it, it has been recognized by all levels of government, municipal, provincial and federal that we are in crisis mode, that changes need to be implemented to care for seniors as they age, become more vulnerable and need increasing levels of care. As of January 2015, the Conservative Party and Prime Minister Stephen Harper have been silent on the issue of creating a national senior care strategy. The organization CARP (Canadian Association of Retired Persons) is calling "for national senior care strategy, with or without Ottawa." What does Canada need to make a countrywide strategy to care for an aging population? Ten premiers in agreement and not much else, according to CARP, an advocacy group for senior citizens There's no point in spending our time pummeling the dead horse of a federal role...the organization and its members aren't waiting for a federal partner that may or may not arrive after next year's federal elections they want to see the premiers take action on a national senior-care plan now (CARP calls for national senior care strategy, with or without Ottawa, www.carp.ca/2014/09/10/).

continued on next page \

EDITH SHIER'S PERSONAL EXPERIENCES With Our Medical System

Continued from previous page

In Canada a large proportion of older citizens exercise their right to vote. It will take a concerted effort by citizens, politicians and advocacy groups to break this gridlock. There is consensus as to the immanent dangers to seniors and to the system in general. Examples of national strategies of seniors' health care exist in many countries. I recommend reading Denmark's Organization and financing of social support to people with dementia and carers [care-givers] (<http://www.alzheimer-europe.org/Policy-in-Practice2/Country-comparisons/Social-support>) to understand exactly what is a national strategy for seniors' health care and to motivate each one of us to act now!

Dolores Luber

Maxine's yearly Dementia Test



It's that time of year for us to take our annual senior citizen test. Exercise of the brain is as important as exercise of the muscles. As we grow older, it's important to keep mentally alert. If you don't use it, you lose it!

Below is a very private way to gauge how your memory compares to the last test. Some may think it is too easy but the ones with memory problems may have difficulty. Take the test presented here to determine if you're losing it or not.

OK, relax, clear your mind and begin.

1. What do you put in a toaster?
2. Say 'silk' five times. Now spell 'silk.' What do cows drink?
3. If a red house is made from red bricks and a blue house is made from blue bricks and a pink house is made from pink bricks and a black house is made from black bricks, what is a green house made from?

Let me tell you of my experiences – it would perhaps help you make a decision.

I spent five and a half weeks at Vancouver General Hospital for various simple repairs and found the care adequate because every nurse has an aide to carry the load. However it appeared to me that what they really want is for every patient to be lying in bed with heavy meds so they wouldn't bother anyone – even if the pain you are experiencing is minimal, really not requiring morphine derivatives. They do not encourage the patient to get up from bed and walk around – the consequence of this protocol resulted in my inability to walk!! AT ALL!! After so many weeks lying in bed, (really for no reason) my muscles turned to Jello!!

Then it was determined that I could rehabilitate at UBC Hospital, the so-called Transitional Care Unit. Well, again this was another story. The rehab there is very minimal: an exercise class every morning – in-the-chair movements with your arms, very little with your legs. In the afternoon the physiotherapist used a large machine to get me used to the movements of walking. I asked if she could give me more intense therapy she said she had no time – if I wished I could hire a physiotherapist privately. I knew if I did so, she wouldn't do anything for me. After the week, I could walk slowly with a three-sided walker, so she helped me out of the wheelchair and said "walk now". I walked as much as I could gingerly, slowly and then sat in the wheelchair. That was the end of my therapy. She said "now you can go back to your room".

The nurses are given 8-9 people to look after and there are no aides to take up the slack. Therefore you can wait 30 minutes before a nurse can come to your aid. This, I can say, can be devastatingly stressful.

Something else that was a shocker was that they ran out of materials to change wounds! One day, my nurse wanted to change the dressing on the wounds on my leg but she said she had nothing to do it with. She said, "Let's wait till tomorrow, maybe a shipment will come in". The next day there was no shipment so this nurse, in her frustration went down to the Emergency Room and stole enough bandage material to change the dressing on my leg. Why can't the Government oversee this facility and fill in what is sorely needed? The nurses in their spare time must do work on stacking supply items, so at that point you cannot reach your nurse! They obviously need more funds to fill in what is sorely lacking here.

This place is supposed to help you rehabilitate but they cannot do so because of lack of staff. Therefore after two weeks, I opted to come home and get P.T. to help recover my walking ability. The Government will give me a P.T. session once a week so I will see to hiring another if that is inadequate.

My experiences using the hospital medical system was a sad commentary as they pertain to my specific requirements on Rehabilitation.

Edith Shier

4. Without using a calculator – You are driving a bus from London to Milford Haven in Wales. In London, 17 people get on the bus. In Reading, 6 people get off the bus and 9 people get on. In Swindon, 2 people get off and 4 get on. In Cardiff, 11 people get off and 16 people get on. In Swansea, 3 people get off and 5 people get on. In Carmathen, 6 people get off and 3 get on. You then arrive at Milford Haven.
Without scrolling back to review, how old is the bus driver?

ANSWERS:

1. 'bread' If you said 'toast' give up now and do something else. If you said, bread, go to Q. 2.
2. Cows drink water. If you said 'milk,' don't attempt the next question. Your brain is over-stressed and may even overheat. .
3. Greenhouses are made from glass. If you said 'green bricks,' why are you still reading these?.
4. Oh, for crying out loud! Don't you remember your own age? It was YOU driving the bus!!

Opinion: Homes for aged have come a long way, baby

Residential care now gives elderly a sense of purpose

BY DAN LEVITT, SPECIAL TO THE VANCOUVER SUN APRIL 14, 2014

For the first time, by 2017, Canada will be home to more people older than 65 than children under 15.

The demographic shift has already been marked by an increase in the prevalence of chronic diseases, resulting in the larger number of long-term care residents with multiple complex diagnoses.

At the same time, the rising tide of dementia is impairing the ability of many Canadians to live independently. The baby boom cohort exhibits stronger preferences for independent living arrangements, greater autonomy, and choice in services than previous generations. These forces create an urgency for innovation in how seniors age.

The good news is the paradigm shift has begun, as the culture within senior care living communities fundamentally changes. Residential-care facilities are no longer the nursing homes of yesteryear, as innovations in the care of the elderly have ushered in a new era in which choice, purpose and service are paramount.

Families are more involved as partners in the delivery of programs and services to loved ones. An example is family councils, which support families dealing with the loss experienced when a loved one lives in a residential care facility. Through this council, a complaint process exists to resolve issues on an individual basis, and to identify concerns that have an impact on more than one family and resident. The council is also a place for staff recognition programs, established to compliment employees who go the extra mile.

Family councils organize education sessions for families on the issues they face. Families offer caregiver support to

each other — the elephant in the room — as there is a perceived gap in subsidized support for informal caregivers. In addition, at Tabor Village in Abbotsford, the family council led two consecutive annual fund-raising dinners, to improve programs and services transforming an institutional style multi-purpose room into a living room, and changing a basic outdoor space into a therapeutic garden.

Seniors in long-term care facilities are increasingly involved in choice, and have progressively more responsibility. Residents have rights and responsibilities to articulate their privileges and obligations. Seniors living in care facilities have lost much of their independence, and basic quality of life indicators often focus on food. Seniors are now involved in the dining experience choosing menu items, recommending recipes, and deciding on the way the dining rooms are decorated. Through the resident council, seniors directly determine how programs and services are enhanced to better meet their needs.

A more robust government funding formula has increased direct care hours and enabled a more diverse care team, in addition to nurses and care aides, who shoulder most of the heavy care. Seniors benefit from recreation staff, music therapists, social workers, chaplains, occupational therapists, physiotherapists, and mobility aides. The hope is a more diverse staff mix will lead to better health and better health outcomes.

As seniors are increasingly tech savvy, the expectation that long term care facilities will offer high speed Internet access is the new norm. Smart phone apps have been designed to enable seniors to measure their vital signs and extend their independence. The aging population will benefit from new practices, knowledge and products that

have an impact on care delivery, quality of life and wellness, transforming the journey of aging.

New technology has been integrated through collaborative approaches to enhance the lives of seniors. Pharmacy services, electronic health records, point of care assessment touch screen tablets and global positioning systems provide a needed solution to reduce the stress when a senior with dementia wanders away from a long term care community.

Regardless of the innovations in long-term care facilities, seniors — especially aging baby boomers — want to stay at home as long as possible and have new expectations of what home care should be, ensuring they can age in place. Likewise, baby boomers will expect residential living environments to have a workforce highly customer service oriented; engaging programs and specialized services for seniors with advanced dementia; values that uphold health safety and dignity, and space for couples who desire privacy for intimate encounters, to name a few.

Society cannot build enough residential care facilities and there is not enough government funding available. An obvious truth that is either ignored or going unaddressed is that all the programs and services that baby boomers will need is unsustainable given the current delivery model and tax base. The big question to answer is: who will pay for increased costs to meet the increased demands?

Dan Levitt is Executive Director of Tabor Village and adjunct professor, Gerontology Department, Simon Fraser University.

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(see editor's note on opposite page)

PUBLIC TRANSPORTATION: A personal letter to Senior Advocate Isobel Mackenzie

Nov 20, 2014

Dear Everyone,

As promised at the last Board Meeting I wrote a letter to Ms. MacKenzie. As you can see I wrote it as a private individual and not on behalf of JSA. It was the general feeling that this would leave the door open for JSA to have further contact with her. I just wanted to share the letter with you.

Rita



From: Rita Roling
Sent: Sun., November 16, 2014
Subject: public transportation

Dear Ms. MacKenzie,

It is my understanding that it is the intention of your office to look into the lack of adequate, safe, and affordable transportation for seniors. Hopefully this will not entail years of research, community tables, discussion groups etc. as most seniors can already tell you from personal experiences that an adequate, affordable, senior-friendly transportation system does not exist.

I am a senior who happens to live outside of Vancouver proper. I am not interested in bingo, bowling, arts and crafts etc. and prefer to be involved with seniors' issues such as: education, social relations and public affairs, and I have for many years been actively involved with Jewish Senior Alliance. The majority of meetings and activities take place at either 49th and Oak or other Vancouver locations. For

me to take public transportation to the aforementioned address, I need to walk one kilometer to the closest bus stop, take a bus to the sky train and then take another bus which will take me to my destination. On a good day, this trip will take me close to two hours one way. If I take public transit back home I will spend a total of four hours traveling and spend over seven dollars for tickets. It takes me less than 45 minutes to drive my car to the same address. One can argue that it is my own choice to attend activities that take place outside my immediate geographical area, and that is the price that I have to pay. In other words, stop grumbling and be happy that you are mobile. However, research has proven that involvement in social and community affairs promote seniors' physical and mental health, and therefore they are better equipped to live independent and productive lives. To put it bluntly and in economic terms, an active senior will be less of a "burden" on the public health system and on the government coffers period.

Barriers such as inadequate, expensive transportation systems need to be eliminated or at least reduced. (Many European countries do not charge fares for seniors') I am looking forward to learn more about the plans for improvement to the system, how these will benefit the older adult, and when we can expect the process to start. Until then I thank you for your time and consideration.

Sincerely Yours
Rita Roling



RESPONSE

From: Seniors Advocate
HLTH:EX
To: 'roling'
Sent: Monday, November 17, 2014 2:06 PM
Subject: **RE: public transportation**
Re: 294847

Dear Ms Roling

Thank you for your email of November 17, 2014, regarding the transportation difficulties you experience. One of the roles of the Office of the Seniors Advocate is to listen to seniors, caregivers, and those who work with seniors, to identify the issues and concerns that impact B.C. seniors the most and make recommendations to government on ways to improve care for our aging population. We have heard from other individuals who share similar concerns about the availability of affordable and accessible transportation.

We appreciate the time you have taken to share your story with us. The input we receive from you and other British Columbians will help us to identify the priority issues that our office will focus on over the coming months and years. Please visit us at www.seniorsadvocatebc.ca for updated reports and information on issues we are following.

Sincerely

Patricia, Information and Referral Analyst
1-877-952-3181
Office of the Seniors Advocate British Columbia

editors note:



Dan Levitt has written an article for the Vancouver Sun entitled "Is this the future for nursing homes?" (December 7, 2014). In it he describes his first-hand impressions of an idyllic Dutch town called Weesp which has a neighbourhood designed and built exclusively for people with advanced stages of dementia who can no longer live independently.

He has been interviewed on TV (<http://www.davidberner.com/tvshow>) about his visit to Weesp Dementia Village and his observations of how people with dementia are housed, fed and provided a lifestyle which encourages their independence and sense of pride and dignity. Dan Levitt has been working in the field of Senior's Health Care for many years and he believes that this marvelous new program in the Netherlands points the way to the future for here in Canada. It's all about dignity.

Are you caring (unpaid) for a frail older family member or friend?
If you are concerned about your role as a family caregiver, you are not alone!

**The Sandwich Generation
A JEWISH PERSPECTIVE**

The Jewish Community Centre Launched
“The Sandwich Generation –
A Jewish Perspective”

A unique new series for people juggling their own needs along with the needs of their aging family members and growing children.

The first lecture was excellent and will be followed by another workshop which will be announced in the spring.

The sandwich generation is a term originally coined by social worker Dorothy Miller in 1981, referring to a segment of the middle aged population who simultaneously provides care for their young and old family members yet receives no reciprocal support in exchange. The term is meant to paint an unappealing picture of being squeezed from both sides. According to Statistics Canada, one fifth of professionals in the country are working and taking care of their children as well as an elder family member.

The Torah commands us to honor our father and our mother and also to treat our children well. This task can become very difficult for multigenerational caregivers, trying to do what they can within the confines of our halachic mandate without sacrificing their own psyches and families. There are many strategies to help us along our care giving journey.

The Sandwich Generation series explores the Jewish perspectives on aging and care giving as well as review practical advice. Sociologist and Jewish educator Stephen Schechter started the evening with a discussion about what the Torah teaches with regard to care giving. Rosalyn Kaplan, director of SFU’s Liberal Arts and Adults 55+ Program, and renowned gerontologist Dr. Gloria Gutman from SFU lead a discussion on time management when juggling competing demands as a caregiver.

The For more information, please contact Leah Deslauriers at (604) 638 7283.

**INFORMATION & SPEAKERS FAIR
for Family & Friends Unpaid Caregivers**

A FREE DROP-IN EVENT:

Are you caring (unpaid) for a frail older family member or friend?

If you are concerned about your role as a family caregiver, you are not alone!

Learn about programs and services that can help at the FREE...**INFORMATION & SPEAKERS FAIR for Family & Friends Unpaid Caregivers,**

Saturday, May 2, 2015 — 10am - 2pm

Vancouver Public Library

350 Georgia St (at Homer),

Main Floor. Drop-in

(no registration required)

to visit the 20 exhibit tables –

be sure to look for our very own Grace Hann at the Seniors Peer Counselling of BC table.

Hear 5 speakers throughout the day on topics including

- Family Caregiving,
- Caring for a Loved One with Dementia,
- Planning for Incapacity,
- Representation Agreements, and more.

The event is sponsored by the **Family Caregiver Network Society – BC,** and organized by gerontologist **Katherine Willett.**

This program is supported by the **Ministry of Health Patients as Partners Initiative.**

How to get there:

The library is close to the Granville Station stop on the Expo Line, the Vancouver City Centre stop on the Canada Line, and near the Granville & West Georgia bus stop for buses #4, 6, 7, 10, 14, 16, 17, 20, & 50. Under-ground paid parking, run by EasyPark, is located at 775 Hamilton, just north of Robson.

We always greet you with a smile.

PHARMASAVE

SPECIALTY COMPOUNDING PHARMACY
–seven days a week
Oak & W 42nd Avenue
Tel **604.269.3617** Fax **604.269. 3761**

Monday to Friday: 9:30am–7pm
Saturday: 10am–6pm Sunday: 10am– 4pm



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

SPECIALTY COMPOUNDING PHARMACY
–six days a week
Main & 30th (4628 Main St.)
Tel **604-873-3138**

Monday to Friday: 9am–7pm
Saturday: 10am–5pm Sunday: closed

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

MEMBERSHIP



MEMBERSHIP COMMITTEE:
Lyle Pullan, Binny Goldman & Marilyn Glazer

WELCOME TO NEW MEMBERS

- Shoshanna & Moshe Fidelman
- Noemi & Bill Gruenthal
- Marianne Haebler
- Charl & Claire Hammer
- Derek & Reva Henriques
- Becky Herrmann, Angels There For You
- Leslie Janet MacLean
- Stanley & Nora Shawn
- Lihuen Kwan

Membership in JSA costs \$18.00 tax-deductible. How can you justify this expense?

First of all, you will receive three **Senior Line** magazines throughout the year. Each issue includes interesting articles about culture and people, and a list of the senior events of the Jewish community.

And, if that is not enough, our **website** www.jsalliance.org is bursting with useful information; with an **up-to-date calendar** listing everything going on for seniors in Jewish Vancouver. The website describes our programs **Outreach, Advocacy** and **Peer Support Services**, and supplies you with many articles of cultural and historical interest in Resources.

Last but not least, there are our major events: four **Empowerment Series** activities, a **Spring Forum** and a **Fall Symposium**. All events include expert speakers on a wide range of topics; as well as opportunities to learn, socialize, eat, sing, dance, and generally have a wonderful time. To top it all off, you can attend our **Annual General Meeting**, which includes reports of the work that JSA does, descriptions of its programs and recognition of people's service to the Senior Jewish Community. A gourmet dinner with entertainment is provided to complete the busy and productive year.

Your knowledge of senior advocacy and the issues at stake will increase. You will find that you too can contribute your opinion on matters of grave concern to our community.

**Only \$18.00—it's a bargain.
We hope to see you soon.**

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**



ENSURE OUR JSA FUTURE

MEMBERSHIP RENEWAL AND/OR APPLICATION FORM



RETURN TO:
JSA of Greater Vancouver
949 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 /
<input type="checkbox"/> Easier by phone? A JSA volunteer will call you.		
Signature		
A tax receipt will be issued for a 1 year membership of \$18 and up.		



SAVE THE DATE



Elders Empowering Elders

A SMILE ON YOUR FACE, A SONG IN YOUR HEART

3

Learn how to move with ease and grace DESPITE MOVEMENT OR PAIN CHALLENGES



Monday April 13, 2015 at 3 pm

We are delighted to be partnering with
Oakridge Seniors Centre

**Oakridge Centre Mall
513-650 W 41st Ave, Vancouver**

(Southwest side, front doors face the west parking lot, or from inside the mall behind the Apple store.)

**FELDENKRAIS CENTRE VANCOUVER
VITA KOLODNY, Director,**

When we pay attention to how we are moving, the quality of our movements become smoother and easier, enhancing our overall well being.

In this interactive presentation you will be invited to do some slow and gentle guided movements, while seated and standing, to help you learn how to move with greater ease and comfort and thus improve your ability to enjoy your everyday activities.

Bring your questions and curiosity!

See Dr. Norman Doidge's new book, The Brain's Way of Healing, for more on neuroplasticity and the Feldenkrais Method®

FREE PARKING AVAILABLE
Light refreshments will be provided
Call: **604.263.1833**

4

A Smile On Your Face A SONG IN YOUR HEART



Monday June 29, 2015

11:30am – 2pm lunch & program

We are delighted to be partnering with
Kehila Seniors of Richmond

**Beth Tikvah Congregation
9711 Geal Road, Richmond**

**JCC SHOWTIME
BERYL ISRAEL, Choreographer & Director,**

JCC Showtime is an ongoing outreach program from the Jewish Community Centre.

Its volunteers bring joy with song and dance to audiences throughout the Lower Mainland, as they are taken on a trip down memory lane.

The commitment and dedication of a group of amateur performers, willingly giving of their time to spread happiness in a caring and fun filled way and sharing their talents has kept this program running successfully for the last 12 years with a total of 183 concerts at this time.

FREE PARKING AVAILABLE
LUNCH: reserve by June 22
\$8 members – \$11 visitors
Call: **604.241.9270**

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. THIS YEAR WE WILL EMPOWER YOU THROUGH WARMING YOUR HEART AS WELL AS STIMULATING YOUR BRAIN.