

Magazine of the Jewish Seniors Alliance of Greater Vancouver

SENIOR LINE

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THIS ISSUE'S COVER IS ANOTHER OF RENOWNED ARTIST LINDA DAYAN FRIMER'S JUDAICA WORK

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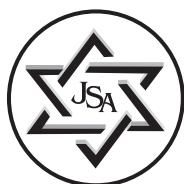
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SERGE HABER

WE CREATED A MOMENTOUS EVENT THAT TRUELY UNITED THE COMMUNITY

PRESIDENT'S MESSAGE

Dear Friends,

It is now time again to publish our *Senior Line* Magazine and for me to talk to you.

On October 24th, we had our fall symposium titled **"Honor Thy Father and Thy Mother - negotiating power shifts"**.

The symposium dealt with a provocative subject. While the attendance was very good, we had hoped that the audience would include more younger seniors.

On November 17th, we all celebrated a special event, Unite2Nite a pre-*chanukah* celebration.

The JSA wanted to recreate another successful event of a few years ago, **Honour your Bubbe and your Zaide**, linking the generations. In creating a partnership between the JSA, The Louis Brier Foundation, Talmud Torah, King David High School and Richmond Jewish Day Schools, was definitely a move in the right direction.

Due to the splended effort of Marie Doduck as chair, the fabulous support of Dvori Balshine and her staff of the Louis Brier Foundation, and aided by the combined effort of all the other partners, **we created a momentuous event that united the community. "My dream came true."**

We all have witnessed a wonderful concert. There were 900+ multigenerational spectators, as well as a colourful stage, beautifully decorated with a *chanukiah* made by the children of the schools and almost 100 children and adults singing together was more than anyone could have imagined. What an electrifying moment for all of us! I am sure that I was not the only one who felt very emotional and shed a few tears. **A tremendous accomplishment of unity for the community by the community.**

On November 12th I was honoured by the Simon Fraser University with a Senior Leadership Award. I was one of six seniors honoured by the university for working with seniors.

If I am writing about it, it is only because seniors were **honoured for working with seniors and helping seniors.**

It showed the wonderful work being done by volunteers. We also recognise the fact that there is a great need in the general community for volunteerism.

No matter what a community or government has to spend, it is not enough to make a program or service successful without the human touch of a volunteer that will make that program work. A true volunteer gives the heart and soul to a particular project. No government, federal, provincial or community could have enough money to satisfy the needs of a community.

When the JSA submits an application for funds to any of the government agencies or funding societies we always identify the volunteer hours that we provide. JSA proudly presents more than 7,000 hours in work done by volunteer seniors in a year.

The makeup of our community could not exist or continue without volunteers.

Money is badly needed by every organisation in our community but can money prevent or address marginalization, abuse, loneliness, exclusion or inclusion, just to name a few of the ills of our senior society? Definitely not. Only the human touch can deal with all this, and the volunteer is in the forefront of it all.

I have attended many meetings and conferences in the community at large and every one is complaining about the same thing. **The need for volunteers.**

**“The volunteer makes the difference.
So give a bit – we need you.”** Serge Haber

The Boomer generation entering our ranks – does not consider themselves seniors. “I am 60, call me when I am 80! Do they think that there will be any services available for them when they reach 80? Some of the boomers are willing to give time and expertise to help seniors in some cases. The great mitzvah “good deed” is to give selflessly wherever there is a need.

I have seen senior volunteers with all kinds of degrees either professional or business just simply driving a sick person to hospital or a shopping centre. This is a great mitzvah ‘good deed’. If a boomer can give their expertise, for example, to teach seniors how to use a computer that is wonderful; but the same boomer should be willing to do any other menial chore to help those in need. Organisations need volunteers and especially the smaller ones that cannot afford to spend their precious little money on staff. We all need leaders willing to assume the responsibilities needed by these organisations in order to do their precious work in the community.

Given the fact that the seniors will double or triple in the next 25 years it is absolutely crucial to develop places for the seniors to congregate as well as an army of volunteers. Regardless of the best intentions to provide some funds to help seniors, in our small communities money is at a premium and it has to cover many needs.

The volunteer makes the difference. So give a bit—we need you. You won’t be sorry, because you will get more than you give.

With the approach of year 2011 we wish you a healthy and prosperous new year.



**Write to Serge Haber at
116-4350 Oak Street
Vancouver BC V6H 2N4
or email karon@jsalliance.org**



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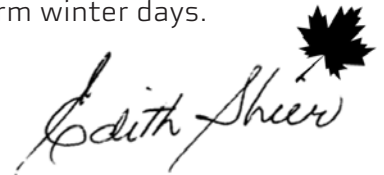


EDITH SHIER

EDITOR'S MESSAGE

Welcome to the first issue for the year 2011! The last one, 2010 was packed with so many wonderful events and we are looking forward to even more fabulous ones to come. In this issue, you will read about the Seniors in our community who were rightfully honoured for their devotion and unstinting work on our behalf, and we congratulate them and thank them for doing so much for our Senior community. Another article will give you important tips to prevent elder financial abuse which is a hidden tragedy by some elders. You will also read about a very familiar situation in our city - the parents here whose children are not near and sometimes live very far away. The article will outline advice on how to care for your parents from a distance. All these and more are here for your information and education .

Enjoy the reading and have healthy and warm winter days.



UNITE2NITE CONCERT BRINGS COMMUNITY TOGETHER



Shalom...

I offer a standing ovation so well earned by this incredible committee who managed to unify our community like never before.

We have come of age thanks to the hard work of so many –our own Serge, Dvori, Marie Doduk, Ed Rothman–and countless others too numerous to mention who worked for months behind the scenes to make this evening the vast success it was.

To hear Serge’s name announced from the stage brought tears to my eyes and a fierce sense of pride to my very being, as well as to all of the JSA members present.

The crowd leapt to its feet moved by shared emotions brought on by the sound of music flowing from the stage right into their hearts. The joy was tangible..the pleasure being given and received.

Sol Zim was outstanding, so professional and charismatic, knowing exactly how to reach his audience. The children representing all the schools were superb as were the choirs and the symphony, achieving a unity –so moving. We loved the selections by the Men’s Choir, so lyrically performed and Stan’s beaming face as he turned to the audience obviously enjoying the triumphant moment.

What an inspiring evening!

Thank you: to our JSA and the Louis Brier Foundation and to all of you who brought this glorious gift to us for Chanukah. You truly brought LIGHT into our community.

Todah Rabbah .. May this be an ongoing event, strengthening the bond of generations..and continuing to unify our community!

by BINNY GOLDMAN

KOL HAKAVOD FROM MARC GURVIS, EXECUTIVE DIRECTOR OF JEWISH FEDERATION OF GV...

A significant number of community organizations banded together to create a new community-wide pre-Chanukah concert that took place Wednesday night Nov. 17 at the River Rock Casino. Initiated by the Jewish Seniors Alliance, it grew to include the participation of King David High School, Louis Brier Home and Hospital Foundation, Richmond Jewish Day School, Vancouver Hebrew Academy, Vancouver Jewish Men’s Choir and Vancouver Talmud Torah. The concert which drew a crowd of about 900, featured renowned New York composer and performer, Cantor Sol Zim, and provided an opportunity for various choirs from across the community to perform together with him. The primary purpose of the concert was to build and strengthen community spirit and unity, by drawing together so many different constituencies across our community.

Kol hakavod to all the volunteers and community professionals involved in making the event happen.

We invite you to come and join us. Show us and the community that you are behind us and encouraging us to continue doing our best for the benefit of all seniors (55 to 120). We value your membership, as a showing of solidarity that we truly value.

Your tax-deductible fee of \$12 a year helps us to continue bringing you comprehensive material for your health and life activities. Our organization is continually engaged in advocacy for your welfare; in conjunction with other senior organizations to lobby government agencies for more and better services for our daily lives.

So do fill out the form below and mail it with your cheque to the office, or give us a call if paying by credit card, and become part of a major Senior Alliance with participation in our ongoing projects.

There are many of you who have the ability and the time to help us on our various committees, in the office, and with this magazine. We welcome new helpers, new advertisers and new ideas for editorial material.



**CO-CHAIRS
LYLE PULLLAN
& BINNY GOLDMAN**

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WELCOME TO NEW MEMBERS

Marilyn Berger	Vladmir Ivanov
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Keep In Touch

Help us keep our mailing list up to date. Please call us at JSA office

604.732.1555 or
e-mail office@jsalliance.org



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JEWISH SENIORS ALLIANCE MEMBERSHIP APPLICATION AND RENEWAL FORM

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PROUDLY SUBMITTED, BINNY GOLDMAN

'WITH GLOWING HEARTS' ...to borrow a phrase heard during the Olympics, as we watched Canada claim gold for outstanding performances, we of JSA , with our hearts glowing, watched our President, Serge Haber, accept the award bestowed upon him by SFU.

On Friday, Nov.12th, 2010, friends and family of 9 recipients of the Simon Fraser Senior Leadership Awards for 2010, gathered at Simon Fraser University, Harbour Centre, to witness a memorable moment in all these people's lives.

The recipients were all individuals who dedicated their retirement years to devote time in making a difference in seniors' lives in many areas and who had succeeded in doing so.

The award ceremony preceded the SFU Annual Ellen Gee Memorial lecture this year given by Dr.Leroy Stone on 'Personal Retirement Risk.'

Dr.Gloria Gutman of the SFU Dept of Gerontology was instrumental in bringing forth this idea of annual awards..

The following is an excerpt of the nomination application submitted by Gloria Levi and Karon Shear on behalf of JSA nominating Serge Haber for the award and which was read by Lillian Zimmerman who introduced each recipient with a brief summary of the amazing achievements by each individual.

Two quotes which can be applied to our own worthy recipient:

“ Be the change you want to see in the world. ”

—Mahatma Gandhi

THE FOLLOWING IS THE APPLICATION SUBMITTED BY GLORIA LEVI:

On behalf of the Jewish Seniors Alliance of Greater Vancouver, it is with great pleasure that we, Gloria Levi and Karon Shear, nominate Serge Haber for the Senior Leadership Award for 2010. We wish to inform you that Serge Haber has accepted the nomination. The following outlines the work and contribution that this man has accomplished.

Serge Haber was born on July 23, 1928 in Rumania. He came to Canada in 1950. Trained in pharmaceuticals in Rumania, he worked in textiles in Montreal. He came to Vancouver in 1978, and took over the restaurant, Kaplan's Deli. He retired from Kaplan's Restaurant in 2003. He was raised with the ethos of serving his community and has volunteered all his adult life.

Serge has actively volunteered his services in a variety of endeavours. He has served on the board of the Louis Brier Home and Hospital for 17 years, and has been the inspiration of religious services there. He served on the Social Planning Committee of the Jewish Federation of Greater Vancouver. Serge was a member of the Jewish Seniors Advisory Council of Greater Vancouver since 1992 and served as its president in 2001. When the Council lost its funding and no longer was the representative group for the seniors, Serge Haber took on the leadership mantle and formed the Jewish Seniors Alliance of Greater Vancouver in 2003. The Jewish Seniors Alliance is a nonprofit society dedicated to the notion that all seniors should be represented and helped to maintain a healthy lifestyle in a safe and helpful environment. Humble and mindful of his own limited knowledge of advocacy, he didn't hesitate to take courses and inform himself about the philosophy and skills of advocacy.

“ In every community there is work to be done. In every nation there are wounds to heal. In every heart there is the power to do it. ”

—Marianne Williamson.



PHOTO: L-TO-R:

Lorilee Koltai, BC HYDRO, Mary Horton, Thomas Mark, Grace Joe, Kehar Singh Aujla, Georgie Cole, Serge Haber, and Mrs. Haber (not a recipient, but holding flowers presented to Serge)

Serge took on this challenge with zeal and vision and surrounded himself with an active Executive and Board. These individuals, have dedicated their work to advocate, educate and inform the community and officials of the needs of seniors.

He is a team builder who started with a few dozen people and a budget of \$8,000. Today it has grown to an organization of 700 members, an active and sophisticated Board, and a budget of over \$100,000. The Jewish Seniors Alliance has conducted eight years of "Empowerment" series in which approximately 75-100 people attend each session and there are approximately eight sessions a year. They have also had increasingly successful forums and symposia on the "How and Why of Representation Agreements", "Elder Abuse", and "Health Issues Common to Older Adults". The attendance has ranged from 170 to over 250 people. Through their quarterly publication, the Senior Line Magazine, they are able to reach over 5,000 seniors.

Serge Haber is both a visionary and a leader. Energetic, persistent, stubborn, forceful and a hard worker would be the words that one can use to describe Mr. Serge Haber, President of the Jewish Seniors Alliance. Serge's efforts on behalf of his respective community are a clear testament to his devotion and caring for his fellow citizens.

Shelley Rivkin representing the Jewish Federation of Greater Vancouver, and Peter Kafka representing the Louis Brier Home and Hospital, submitted letters of support.

DR. GLORIA GUTMAN

WHO: *Renowned gerontologist, President of the International Network for Prevention of Elder Abuse.*

Why: *For influencing policy that affects older Canadians.*

If you're a senior in Canada today, there's probably very little Dr. Gloria Gutman doesn't know about you. That's because this 71-year-old gerontologist from Simon Fraser University has spent her working life sifting through statistics and studies, to determine how we can improve the lives of our aging population.

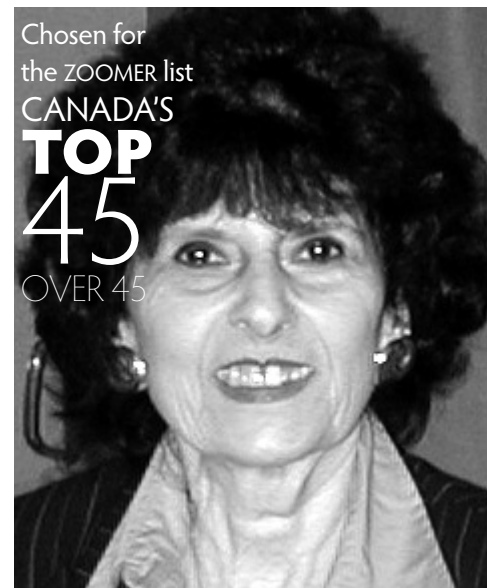
Gutman who gained worldwide academic renown for developing SFU's Gerontology Department and Gerontology Research Centre, is a co-leader of the BC Network for Aging Research.

She's become something of a guru for community agencies and governments, (especially on health and housing issues). In February of this year she was appointed president of the International Network for Prevention of Elder Abuse (INPEA), a body that shares information to respond to the mistreatment of older people.

Gutman only undertakes a project if it will be useful in the community. "I'm an applied researcher. I'm interested in real-life, practical problems. I like my work to have an impact," she says.

Mission accomplished.

—PETER MUGGERIDGE



JSA FALL SYMPOSIUM

Honour Thy Father and Thy Mother

Negotiating Power Shifts October 24, 2010



by DENA DAWSON reprinted with permission of The Jewish Independent

For most of the mature audience, power was probably shifting elsewhere and they were eager to hear the best ideas.

The speakers' panel consisted of five mavens, each of whom had a lot to offer. Rabbi Jonathan Infeld; Cantor Michael Zoosman; Clarissa Green, family therapist; Gloria Gutman, gerontologist at Simon Fraser University; and Gloria Levi, gerontologist and social worker.

Rabbi Infeld spoke first. He started by making a reference to the emergency exits, should we get too exhausted by his speech. He told several classic stories demonstrating the honouring of the parents. He said that the action of honouring them is equivalent to honouring G-d. He gave us the religious perspective.

Cantor Michael Zoosman spoke next. He explained that he is a chaplain for Jewish inmates. In this service, he sees a lot of marginalized people. He gave us five examples of how complicated it can be. For example, when people in a family have been estranged for fifteen years; when a parent has a gambling problem, which the child investigated behind her back; when a parent is in prison for a life sentence and the daughter has never met him. What are the limits here? How might one of us react? Zoosman gave no answers, but gave the examples for us to think about in terms of honouring parents.

The next speaker was Clarissa Green, a family therapist with a specialty in crises. She spoke about midlife children and the pivotal transition that faces them. She showed a seven-minute film that pictured a real family with real issues. She asked us to look at the family history, at who has power, at how the social worker helps with the transition.

She also talked about the difficulty of the family caregiver who had a mixture of hate and love. She noted that they spoke honest words—out loud—and they looked for help. The aunt in the family living with them had an abrasive personality and they all recognized their limits. Finally, after a two-year wait, she goes into a nursing home.

Gloria Levi, a gerontologist, led the discussion that followed. Someone in the audience spoke up and said that the situation in the film was not realistic. She wanted to know what we really have to do when there is a demented elder at home, how much more difficult it is, and how they can't solve the problem at home. The

question remained: what can I do? When can I stop?

Green commented on the danger when a family is isolated and how it is better to be part of a community. She also suggested talking about it in detail after the forum.

The next speaker was Gloria Gutman of Simon Fraser University, a worldwide expert on elder abuse. She has written many books and articles on this subject. There is a range of possibilities but 4-6% of elders suffer abuse. This is also a problem in institutions, which are often understaffed or have poorly trained staff.

Women are abused more than men. Depending on who's counting, there are different views of how many. She said, "We cannot continue to accept caretaker's excuses." Elder abuse is a form of bullying, she noted, and getting money by force from an elder is definitely a crime.

Most women are abused by the spouse and men by adult children. Potentially all of us are victims. The abuser may seem to be helpful and we may become victims because we are not careful about "help."

A group of lawyers in Toronto, whose specialty is abuse, say that the most common complaint is "who decides for me." It is often assumed that seniors have no rights. The Power of Attorney, for example, has been used to sell someone's house, who then was kicked out by her son-in-law. A wise thing to have is a Representation Agreement. In this, we can choose who will make decisions for us, if we are unable. In order to report suspected abuse, there are places out there and we just have to find them.

Gloria Levi then summarized the forums speakers and said that we need to inoculate the next generation. She then thanked the committee members for setting up the forum.

At this point, refreshments were offered and many sat for a half-hour or more to discuss their own issues. This indeed was the only problem with the forum: the need to ask and discuss.

Dena Dawson, a freelance writer, used to be a long-term care ombudsman in Seattle.

Осенний симпозиум.

Симпозиум на тему: «Чти своего отца и свою мать», организованный Альянсом Еврейских Пенсионеров, состоялся 24 октября 2010 года в синагоге Beth Israel/ Все пятеро выступавших по роду своей деятельности знакомы с разными сторонами жизни пожилых людей, с их нуждами и проблемами.

Раввин Дж. Инфельд отметил, что по мере того, как родители детей среднего возраста стареют и становятся немощными, всё больше забот ложатся на плечи их детей. Происходит смена ролей: дети становятся родителями, а родители-детьми. Родители порой остро переживают потерю своей независимости, и хорошо, если дети делают так, чтобы их помощь казалась случайной, ненавязчивой.

Кантор М. Зусман, пересыпая свою речь шутками, разрядил обстановку, развеселил зал. Он призвал детей, т.е. людей среднего возраста, помнить обо всём хорошем, что сделали для них родители, и окружить стариков заботой и любовью. К. Грин, профессор УВС, отметила, что наилучшей альтернативой дома престарелых является так называемое старение на месте, среди родных. Она также обратила внимание слушателей на способы предотвращения конфликтов между отцами и детьми.

Г. Гутман, геронтолог, остановилась на причинах и следствиях издевательствах над пожилыми людьми, которые имеют место не только в домах для престарелых, но и в семьях, со стороны родных.

Завершающим было выступление Г. Леви, геронтолога и социального работника. Она напомнила присутствующим, что наша планета стареет, растёт число пенсионеров. В связи с этим необходимо укреплять социальные и психологические связи между поколениями, чтобы пожилые люди были на попечении любящих родственников. Это позволит государству уменьшить расходы на содержание их в социальных учреждениях. Тема симпозиума как раз и подразумевает упрочение родственных уз между поколениями и нетерпимое отношение к издевательствам над пожилыми людьми.

by IDA GITLINA

CLEVER IDEAS WORTH KNOWING

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

Reheat Pizza. Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat till warm.

This keeps the crust crispy. No soggy micro pizza. I saw this on the cooking channel and it really works.

Easy Deviled Eggs. Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, squeeze mixture into egg.

Just throw bag away when done easy clean up.

Reheating refrigerated bread. To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Broken Glass. Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.

No More Mosquitoes. Place a dryer sheet in your pocket. It will keep the mosquitoes away.

Reducing Static Cling. Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... At DA! ... Static is gone.

Measuring Cups. Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.

Re opening envelopes. If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.

Conditioner. Use your hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

HOW TO BELONG IN A CHANGING WORLD

MULTICULTURAL FABLES HELP PREVENT ELDER FINANCIAL ABUSE

We celebrated the project launch for the Elders Financial Abuse Awareness Dialogue Project with seniors from ethnocultural communities sharing fables that teach people to be wary of those who might trick or take advantage of them.

The Finding Home Initiative has partnered with the Association of Neighbourhood Houses of British Columbia on a regional Elders Financial Abuse Awareness Dialogue Project funded by the Government of Canada, HRSDC New Horizons for Seniors Program.

We are working with Immigrant Services Society of BC and Burnaby Afghan seniors; South Vancouver Neighbourhood House and Punjabi seniors; and John Braithwaite Community Centre / North Shore Neighbourhood House and a multicultural seniors' group.

Other partner agencies include: BC Centre for Elder Advocacy and Support, Mosaic and the BC Association of Community Response Networks. In-kind contributions from the United Way of the Lower Mainland, Ministry of Healthy Living and Sport, and BC211 have helped get this project off to a fabulous start!

This newsletter offers snippets of highlights from our first two Finding Home dialogue series with a multicultural seniors group and an Afghan seniors group. Read on to learn about 15 Ways Family Members Take Advantage of Seniors; Tips To Move Past Embarrassment if you have been conned; and How Self-Respect is a Great Prevention Tool...

15 Ways Families Take Advantage of Seniors:

We have finished the Finding Home dialogues on Elder Financial Abuse with both the Multicultural North Shore seniors and the Afghan seniors group. During both dialogue series, seniors shared ways that adult children, grandkids and other relatives take advantage of them or seniors they know. Here are some of the examples they shared:

- Use spousal sponsorship threats to control and abuse us.
- Control our passports.
- Grandkids nickel & dime us until our finances are drained.
- Power of Attorney abuse.
- Steal through Internet banking.
- Adult child moves back home but does not contribute to the household.
- Control my monthly allowance.
- Forge signatures on my government cheque.
- Expect me to babysit, cook, clean and do laundry.
- Steal my jewelry.
- Take money out of my purse.
- Make false promises about how my money will be spent if I sell my home.

- Telling me I don't need money because I just need to eat and rest.
- Go shopping with adult children who put their purchases on our bill!

Both the multicultural North Shore seniors group and the Afghan seniors group say the lack of core values like honesty and respect is a root cause of elder financial abuse. One Afghan senior explained, "materialism - the valuing of money over people" is at the heart of elder mistreatment."

North Shore seniors offer:

Tips To Move Past Embarrassment

During the Finding Home dialogues on Elder Financial Abuse, North Shore seniors shared how shame, embarrassment and denial often keep seniors from sharing their stories about being conned. In addition, beliefs about family honour, cultural pride and "keeping skeletons in the closet" or "don't show your dirty laundry," make it difficult to speak out and get help.

North Shore seniors recommend the following 5 tips to move past embarrassment:

1. Remember you are not alone, many people are taken advantage of.
2. Gradually tell people, first choose close family and friends, then others.
3. Be humorous, it helps integrate the experience.
4. Exaggerate your shame and embarrassment, it helps diffuse negative energy.
5. Learn from this experience.

At the end of the dialogue, one senior exclaimed:

"We need to stand up and say no. It transcends all cultures, elder financial abuse is not acceptable. It is up to us to shake the tree to make the leaves fall!"

To learn more about the North Shore Finding Home dialogues on Elder Financial Abuse read our blog posts:

- North Shore Seniors Share Stories AND Share Home
- 10 Red Flags You Might Be Dealing With A Wolf
- North Shore Seniors Learn About Community Resources
- Love is Powerful and Precious

Afghan Seniors Say...

Self-Respect Is The Best Prevention

1. Be positive and brave.
2. Know your strengths.
3. Ignore negative attitudes.
4. Show self-respect through sharing and giving.

USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE

COMPILED BY RITA ROLING

GENERAL INFORMATION SERVICES	
Police/ ambulance /fire emergencies	911
Poison Control Centre – www.dpic.org	1-800-567-8911
Ambulance Billing Service	1-800-665-7199
BC 211 Information and Referral General information line accessible 24 hrs, 7 days a week	211
Health and Seniors Information Line – www.health.gov.bc.ca A “one stop” location to obtain information on both health and non-health related federal and provincial government programs and services for British Columbia seniors. The line is accessible 8:30 a.m. - 4:30 p.m., Monday to Friday excluding statutory holidays. Translation services are available in 130 languages.	1-800-465-9411
Jewish Seniors Alliance Information and Referral Services – www.jsalliance.org Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 a.m. - 5:00 p.m. Monday to Thursday excluding statutory and Jewish holidays.	604-732-1555
Medical Services Plan Subscriber Information – www.health.gov.bc.ca/msp Vancouver Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service	1-800-663-7100 604-683-7151
PharmaCare (including the Fair Pharmacare Plan)	604-683-7151
Shalom BC Jewish Information and Welcome Service – www.shalombc.org Jewish information, referral and welcome service targeted to new Vancouver residents.	604-257-1111/238
NUTRITION	
Dial-A-Dietitian – www.healthlinkbc.ca/dietitian Specializes in easy-to-use nutrition information for self-care, based on current scientific sources. Registered dietitians can provide brief nutrition consultation by phone.	604-732-9191
Meals on Wheels Burnaby Coquitlam New Westminster Richmond Surrey/Delta Vancouver White Rock	604.299-5754 604-942-7506 604-520-6621 604-292-7200 604-588-0325 604-684-8171 604-536-3866
For kosher meals contact Jewish Family Service Agency	604-257-5151
Kosher food bank	604-257-5151

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. www.vch.ca	604-736-2033
Fraser Health Authority Serves Fraser North, Fraser South and Fraser East. www.fraserhealth.ca	604-587-4600
HEALTHLINK BC www.healthlinkbc.ca	8-1-1
TTY (deaf and hearing impaired)	7-1-1
Louis Brier Home and Hospital Provides complex residential and extended hospital care. The Louis Brier Home and Hospital. www.louisbrier.com	604-261-9376
COUNSELLING AND SUPPORT SERVICES	
Alzheimer Society of B.C. Resources and Information. Alzheimer resource centres located throughout the province offer information, educational opportunities, support groups and the ability to talk directly with a knowledgeable team members. Services help those concerned with or facing dementia. www.alzheimerbc.org	604-681-6530
BC Bereavement Helpline Lower Mainland. www.bcbereavementhelpline.com	1-877-779-2223 604-738-9950
BC Centre for Elder Advocacy and Support (BCCEAS) Elder law clinic. www.bcceas.ca	604-437-1940
Crisis Intervention & Suicide Prevention Centre of BC (24 hrs.) Provides confidential supportive telephone lay counselling services. www.crisiscentre.bc.ca	604-872-3311
TTY	604-872-0113
The Dementia Helpline – The Dementia Helpline is a service for people with dementia, their care-givers, family and friends. The help-line assists individuals in building the confidence to maintain quality of life. All calls are confidential. www.alzheimerbc.org	604-681-8651
Family Services of Greater Vancouver Provides counselling and supportive services to individuals and families. www.fsgv.ca/	604-731-4951
Jewish Family Service Agency – Provides counselling, supportive, and information/referral services to individuals and families. www.jfsa.ca/	604-257-5151
L'Chaim Adult Day Centre LChaim is a social, therapeutic & recreational services to frail or disabled older adults in a safe, supportive environment. Contact Annica Carlsson. www.adultdaycentres.org/l'chaim	604-257-5111 ext. 400
INFORMATION AND SUPPORT SERVICES	
1-800-Banting – The Canadian Diabetes Association provides people affected by diabetes – those living with the condition, their family, friends, caregivers and others – with information on the prevention and management of diabetes and referral to various community resources. Canadian Offers disease information, programs, www.diabetes.ca	1-800-226-8464
Canadian Cancer Society's Cancer Information Service A national, bilingual, toll-free service offering comprehensive information on cancer. Up-to-date information on a variety of cancer related topic, including prevention, early detection, diagnosis and treatment. The cancer information service can help people find cancer-related services and programs in their local community. Interpreter service is available. www.cancer.ca	1-888-939-3333
Heart & Stroke Foundation of B.C. Vancouver area. Community based organization dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups. www.heartandstroke.ca	1-888-473-4636 604-736-4404
Kidney Foundation of Canada Vancouver area. This line is provided by a voluntary, nonprofit organization dedicated to Research into kidney disease and related disorders, as well as public education and patient services. www.kidney.ca	1-800-361-7494 604-736-9775

EVENTS CALENDAR FOR SENIORS

PULL-OUT SECTION FOR EASY REFERENCE

BURQUEST JEWISH COMMUNITY ASSOCIATION

Elaine Goodman 604.552.7221

CHABAD OF RICHMOND

Rabbi Baitelman 604.277.6427

CONGREGATION BETH ISRAEL (BI)

Gaynor Levin 604.731.4161

CONGREGATION HAR EL

Michelle Hack 604.925.6488 ext. 7

HOLOCAUST EDUCATION CENTRE

Giselle Levitt 604.264.0499

ISSAC WALDMAN LIBRARY

Karen Corrin 604.257.0499 ext. 248

JEWISH COMMUNITY CENTRE SENIORS (JCC)

Leah DesLauriers 604.257.5111 ext. 208

JEWISH FAMILY SERVICE AGENCY (JFSA)

Queenie Hamovich 604.257.5151

JEWISH MUSEUM AND ARCHIVES

Molly Winston 604.257.5199

JEWISH SENIORS ALLIANCE (JSA)

Karon Shear 604.732.1555

KEHILA SOCIETY OF RICHMOND

Debbie Cossever 604.241.9270

L'CHAIM ADULT DAY CENTRE

Annica Carlsson 604.257.5111 ext. 400

MOST BRIDGE RUSSIAN JEWISH SENIORS

Tamara Vergelis 604.696.5091

PERETZ CENTRE

Donna Becker 604.325.1812

SHOLEM ALEICHEM SENIORS

Lorraine Isaacson 604.873.1777

TEMPLE SHOLOM SYNAGOGUE

Rochelle Garfinkel 604.266.7190

ONGOING ACTIVITIES

Holocaust Education Centre

2-4pm Survivor Drop-in once a month on a Wednesday

Congregation Beth Israel

"Lunch & Learn with Rabbi Infeld"

Discussion on Jewish ethics at BI and DOWNTOWN.

www.bethisrael.ca

Yiddish Reading Circle

3pm - 1st & 3rd Wednesday of the month

PERETZ CENTRE

Vancouver Jewish Folk Choir

7:30pm

Tuesdays at Peretz Centre

Sholom Aleichem Stories

For Adults (in English).

Come and listen to stories of great Yiddish writers read aloud by Shanie Levin 3rd Monday of the month 2:00pm
ISAAC WALDMAN LIBRARY

SAVE THE DATE

JSA Snider Foundation Empowerment Series

1

SUPER PROACTIVE ABOUT SIGHT & HEARING

Wednesday, January 19

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

Congregation Schara Tzedek,
3476 Oak Street, Vancouver

*Grace Shyng, Head Audiologist, Western Institute for the Deaf & Hard-of-hearing (WIDHH)
John Mulka, Executive Director, Canadian National Institute for the Blind (CNIB)*

2

SUPER NUTRITION: NURTURING TRADITIONS

Wednesday, February 16

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

Congregation Har El,
1305 Taylor Way, North Vancouver

*Tricia Sedgwick is a Registered Holistic Nutritionist
Nourishing Traditions: Integrating the wisdom of the past with modern nutrition*

3

SUPER SMART: CONTINUING EDUCATION

Friday, March 11 11:00-12:30 p.m.

Sholem Aleichem Seniors (Peretz Centre),
6184 Ash Street, Vancouver

Keep your mind active & in touch with a changing world

- learn a language: Yiddish, Hebrew, Ladino
- play an instrument; ■ sing, develop your voice
- hear and express new ideas

4

SUPER FITNESS: MIND & BODY

Wednesday, April 6 1:00-2:15 p.m.

JCC Seniors (WOSK Auditorium)
950 W. 41st Ave., Vancouver

A dynamic show and tell using various techniques for strengthening the mind and body

March 27 1:30-4:00 p.m.

JSA ANNUAL SPRING FORUM

Sex and the City



JANUARY

SUN	MON	TUES	WED	THURS	FRI
2	3	4	5	6	7
JCC SENIORS ☞ 1-4pm Poker	JCC SENIORS ☞ 1-4pm Poker ☞ 1:30-3pm Tai Ji Quan L'CHAIM Day Centre ☞ 9:30-3pm JCC	JCC SENIORS ☞ 9:30-10:30am Chair Yoga ☞ 11-2:30pm Duplicate Bridge JFSA LUNCH ☞ 12 noon Hot Kosher Lunch & program at Temple Shalom Cost \$10:00 (transportation provided)	CHABAD RICHMOND ☞ 10-11am Beginners ESL ☞ 1-4pm Arts Club for women JCC SENIORS ☞ 1-3pm Arts & Crafts ☞ 1-4pm Poker & Mah Jongg L'CHAIM Day Centre ☞ 9:30-3pm JCC	CHABAD RICHMOND ☞ 10-11am Intermediate ESL ☞ 11-12pm Advanced ESL JCC SENIORS ☞ 11:00-2:30pm Duplicate Bridge ☞ 1:30-3pm Tai Ji Quan JSA EXECUTIVE ☞ 10am Beth Israel	JCC SENIORS ☞ 9:30-10:30am Chair Yoga L'CHAIM Day Centre ☞ 9:30-2pm JCC SHOLEM ALEICHEM SENIORS ☞ 10:30-1pm Peretz Centre Guest speakers, films, discussions and luncheon
9	10	11	12	13	14
AS PER THE 2ND JANUARY ☆ JCC SENIORS	AS PER THE 3RD JANUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE KEHILA RICHMOND JEWISH SENIORS ☞ 10:30-2pm JCC SENIORS ☞ 11:45-1:15pm Lunch & Learn	AS PER THE 4TH JANUARY ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 5TH JANUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE	AS PER THE 6TH JANUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS	AS PER THE 7TH JANUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS
16	17	18	19	20	21
AAS PER THE 2ND JANUARY ☆ JCC SENIORS	AS PER THE 3RD JANUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE KEHILA RICHMOND JEWISH SENIORS ☞ 10:30-2pm Wellness Clinic	AS PER THE 4TH JANUARY ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 5TH JANUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE JSA EMPOWERMENT SERIES ☞ 1-2:15pm 'Super Proactive about Sight & Hearing' at Schara Tzedek Congregation	AS PER THE 6TH JANUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS	AS PER THE 7TH JANUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS
23	24	25	26	27	28
AS PER THE 2ND JANUARY ☆ JCC SENIORS MOST BRIDGE Russian Jewish Seniors ☞ 1:00pm "What is Kabbalah?" Zanna Linskaya Peretz Centre	AS PER THE 3RD JANUARY ☆ JCC SENIORS ☆ KEHILA RICHMOND JEWISH SENIORS ☆ L'CHAIM DAY CENTRE JCC SENIORS ☞ 11:45-1:15pm Lunch & Learn	AS PER THE 4TH JANUARY ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 5TH JANUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE JCC SENIORS ☞ 1:30-2:30pm Drum workshop	AS PER THE 6TH JANUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS JSA BOARD ☞ 10am Beth Israel CHABAD RICHMOND ☞ 1-3pm Community Kitchen	AS PER THE 7TH JANUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS

FEBRUARY

SUN	MON	TUES	WED	THURS	FRI
30 January	31 January	1	2	3	4
JCC SENIORS ☞ 1-4pm Poker	JCC SENIORS ☞ 1-4pm Poker ☞ 1:30-3pm Tai Ji Quan KEHILA RICHMOND JEWISH SENIORS ☞ 10:30-2pm L'CHAIM Day Centre ☞ 9:30-3pm JCC	JCC SENIORS ☞ 9:30-10:30am Chair Yoga ☞ 11am-2:30pm Duplicate Bridge JFSA LUNCH ☞ 12 noon Hot Kosher Lunch & program at Temple Shalom Cost \$10:00 (transportation provided)	CHABAD RICHMOND ☞ 10-11am Beginners ESL ☞ 1-4pm Arts Club for women JCC SENIORS ☞ 1-3pm Arts & Crafts ☞ 1-4pm Poker & Mah Jongg L'CHAIM Day Centre ☞ 9:30-3pm JCC	CHABAD RICHMOND ☞ 10-11am Intermediate ESL ☞ 11-12pm Advanced ESL JCC SENIORS ☞ 11:00-2:30pm Duplicate Bridge ☞ 1:30-3pm Tai Ji Quan JSA EXECUTIVE ☞ 10am Beth Israel	JCC SENIORS ☞ 9:30-10:30am Chair Yoga L'CHAIM Day Centre ☞ 9:30-2pm JCC SHOLEM ALEICHEM SENIORS ☞ 10:30-1pm Peretz Centre Guest speakers, films, discussions and luncheon
6	7	8	9	10	11
AS PER THE 30TH JANUARY ☆ JCC SENIORS	AS PER THE 31ST JANUARY ☆ JCC SENIORS ☆ KEHILA RICHMOND JEWISH SENIORS ☆ L'CHAIM DAY CENTRE JCC SENIORS ☞ 11:45-1:15pm Lunch & Learn	AS PER THE 1ST FEBRUARY ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 2ND FEBRUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE	AS PER THE 3RD FEBRUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS	AS PER THE 4TH FEBRUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS
13	14	15	16	17	18
AS PER THE 30TH JANUARY ☆ JCC SENIORS	AS PER THE 31ST JANUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE KEHILA RICHMOND JEWISH SENIORS ☞ 10:30-2pm Wellness Clinic	AS PER THE 1ST FEBRUARY ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 2ND FEBRUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE JSA EMPOWERMENT SERIES ☞ 1-2:15pm 'Super Nutrition & Nurturing Traditions' at Har El Congregation	AS PER THE 3RD FEBRUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS	AS PER THE 4TH FEBRUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS
20	21	22	23	24	25
AS PER THE 30TH JANUARY ☆ JCC SENIORS MOST BRIDGE Russian Jewish Seniors ☞ 1:00pm "Efraim Sevela's Biography" Eugenia Naimogon Peretz Centre	AS PER THE 31ST JANUARY ☆ JCC SENIORS ☆ KEHILA RICHMOND JEWISH SENIORS ☆ L'CHAIM DAY CENTRE JCC SENIORS ☞ 11:45-1:15pm Lunch & Learn	AS PER THE 1ST FEBRUARY ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 2ND FEBRUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE	AS PER THE 3RD FEBRUARY ☆ CHABAD RICHMOND ☆ JCC SENIORS JSA BOARD Meeting ☞ 10am Beth Israel CHABAD RICHMOND ☞ 1-3pm Community Kitchen	AS PER THE 4TH FEBRUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS

MARCH

SUN	MON	TUES	WED	THURS	FRI
27 February	28 February	1	2	3	4
JCC SENIORS 🕒 1-4pm Poker	JCC SENIORS 🕒 1-4pm Poker 🕒 1:30-3pm Tai Ji Quan KEHILA RICHMOND JEWISH SENIORS 🕒 10:30-2pm L'CHAIM Day Centre 🕒 9:30-3pm JCC	JCC SENIORS 🕒 9:30-10:30am Chair Yoga 🕒 11am-2:30pm Duplicate Bridge JFSA Lunch 🕒 12 noon Hot Kosher Lunch & program at Temple Shalom Cost \$10:00 (transportation provided)	CHABAD RICHMOND 🕒 10-11am Beginners ESL 🕒 1-4pm Arts Club for women 🕒 1-3pm Arts & Crafts 🕒 1-4pm Poker & Mah Jongg L'CHAIM Day Centre 🕒 9:30-3pm JCC	CHABAD RICHMOND 🕒 10-11am Intermediate ESL 🕒 11-12pm Advanced ESL JSA EXECUTIVE 🕒 10am Beth Israel JCC SENIORS 🕒 11:00-2:30pm Duplicate Bridge 🕒 1:30-3pm Tai Ji Quan	JCC SENIORS 🕒 9:30-10:30am Chair Yoga L'CHAIM Day Centre 🕒 9:30-2pm JCC SHOLEM ALEICHEM SENIORS 🕒 10:30-1pm Peretz Centre Guest speakers, films, discussions and luncheon
6	7	8	9	10	11
AS PER THE 27TH FEBRUARY ☆ JCC SENIORS	AS PER THE 28TH FEBRUARY ☆ JCC SENIORS ☆ KEHILA RICHMOND ☆ L'CHAIM DAY CENTRE JCC SENIORS 🕒 11:45-1:15pm Lunch & Learn	AS PER THE 1ST MARCH ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 2ND MARCH ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE	AS PER THE 3RD MARCH ☆ CHABAD RICHMOND ☆ JCC SENIORS	AS PER THE 4TH MARCH ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE SHOLEM ALEICHEM SENIORS with JSA EMPOWERMENT SERIES 🕒 11-12:30pm 'Super Smart: Continuing Education' at Peretz Centre
13	14	15	16	17	18
AS PER THE 27TH FEBRUARY ☆ JCC SENIORS MOST BRIDGE Russian Jewish Seniors 🕒 1:00pm Purim celebration Peretz Centre	AS PER THE 28TH FEBRUARY ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE KEHILA RICHMOND 🕒 10:30-2pm Wellness Clinic JCC SENIORS 🕒 12-2pm Purim lunch	AS PER THE 1ST MARCH ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 2ND MARCH ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE	AS PER THE 3RD MARCH ☆ CHABAD RICHMOND ☆ JCC SENIORS	AS PER THE 4TH MARCH ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS
20	21	22	23	24	25
AS PER THE 27TH FEBRUARY ☆ JCC SENIORS <div style="text-align: center; background-color: #cccccc; padding: 5px; margin: 10px 0;"> PURIM </div> 27 MARCH JSA SPRING FORUM 'Sex and the City' 🕒 1:30-4pm Congregation Beth Israel	AS PER THE 28TH FEBRUARY ☆ JCC SENIORS ☆ KEHILA RICHMOND ☆ L'CHAIM DAY CENTRE <div style="text-align: center; background-color: #cccccc; padding: 5px; margin: 10px 0;"> PURIM </div>	AS PER THE 1ST MARCH ☆ JCC SENIORS ☆ JFSA LUNCH	AS PER THE 2ND MARCH ☆ CHABAD RICHMOND ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE 30 MARCH JCC SENIORS 🕒 1-2pm Dave Ives Quartet Concert	AS PER THE 3RD MARCH ☆ JCC SENIORS ☆ CHABAD RICHMOND JSA BOARD 🕒 10am Beth Israel CHABAD RICHMOND 🕒 1-3pm Community Kitchen	AS PER THE 4TH MARCH ☆ JCC SENIORS ☆ L'CHAIM DAY CENTRE ☆ SHOLEM ALEICHEM SENIORS



TAKE ACTION FOR HOME AND COMMUNITY CARE!

Join public health care supporters across BC in demanding quality and accessible health care for seniors and people with disabilities.

All British Columbians deserve to live with dignity and respect no matter what their age, ability, income or health status. Yet in 2010 alone seniors and people with disabilities were hit with an increase in residential care rates and convalescent care fees. And they continue to face a shortage of publicly-funded, long-term care beds.

CONVALESCENT CARE FEES

Following a policy change in January of this year, the Ministry of Health Services quietly directed health authorities to bill patients who need care to recover from illness or injury \$29.40 per day.

Health authorities began to impose the fees over the spring and summer. These core services had previously been provided free of charge as required by the Canada Health Act.

These fees unfairly penalize patients during their recovery, many of whom are likely to be elderly and suffer from chronic health conditions.

Convalescent care is an integral part of hospital care and needs to be accessible to everyone, not only those who can afford to pay out of pocket for it.

RESIDENTIAL CARE RATE INCREASES

In 2009 the province revealed plans to increase residential care rates to up to 80% of residents' after tax income. The first half of the increase came into effect in January of this year and the remaining half hits residents in January of 2011.

Many seniors cannot afford these fee increases and are suffering profound emotional and financial stress as a result.

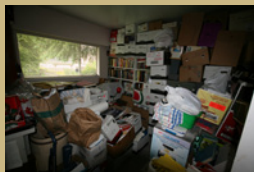
The new rate structure allows for a minimum of \$275 per month for residents to cover personal expenses. For many seniors, that this is not enough to cover basic things like prescription drugs, recreation, dental care, hygiene products, etc. Furthermore, those on income assistance only retain \$95 per month for personal expenses.

Get involved with the BC Health Coalition's Home and Community Care campaign and take action on these issues!

Call 604-787-7945 or go to www.bchealthcoalition.ca to learn more.



MOVING CAN BE VERY STRESSFUL.....



LET TRANSITIONS PUT OUR EXPERIENCE TO WORK FOR YOU

We oversee and co-ordinate every aspect of your move including:

- Assist in sorting and packing
- Hire and supervise movers
- Find a second life for unwanted items
- Organize and set up new residence

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Scott at 604-209-4241

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A GUIDE TO FACILITATE THE INCLUSION OF DISABLED SENIORS IN COMMUNITY EVENTS

Seniors with disabilities are too often judged by the extent of their disabilities... and their personhood is ignored. It is important to make sure that the right kinds of supports are available, in order to enable their participation and contribution to community events, despite their disabilities.

PEOPLE WITH NEUROLOGICAL AND /OR INTELLECTUAL DISABILITIES.

- Sensitive communication is essential. People need to feel that they have some control over their environment and can influence events.
- People who cannot speak or speak with difficulty often understand more than their verbal abilities indicate.
- When speaking to hearing persons with speech disorders:
 - ⇒ look at the person when speaking
 - ⇒ speak to them directly
 - ⇒ speak slowly and use simple sentences
 - ⇒ use pictures and illustrated guides.

PEOPLE WITH VISION PROBLEMS NEED:

- special aids such as
 - ⇒ large print books
 - ⇒ calendars and menus in large print and in Braille
 - ⇒ books on tape
 - ⇒ magnifiers
 - ⇒ watches
 - ⇒ telephones
 - ⇒ aids for independent mobility

PEOPLE WITH HEARING PROBLEMS NEED:

- hearing devices
- sign language interpretation at community events
- sign language classes for people who are interested

PEOPLE WITH PHYSICAL DISABILITIES NEED:

- access to elevators,
- easy access to rest rooms that have enough space to accommodate wheelchairs
- transportation
- seating arrangements at community events.

All the above can be accessed through the various ASSISTANCE TECHNOLOGY CENTRES, as well as ELECTRONIC DATABASES, which carry information on assistance technology and props.

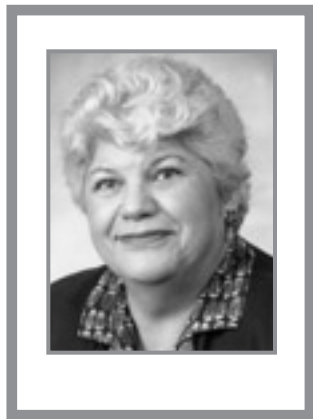
WE HOPE THAT THESE SUGGESTIONS WILL SENSITIZE THE COMMUNITY TO BE MORE COGNIZANT OF OUR SENIORS WITH DISABILITIES. IN THIS WAY WE CAN ENABLE OUR SENIORS TO BE AT AND PARTICIPATE IN ALL OF OUR COMMUNITY EVENTS.

by Sally Rogow

DR. SALLY ROGOW

AN INSPIRING EXAMPLE OF TIKKUN OLAM

— BY BOB MARKIN



She's a modest woman of outstanding accomplishment, a kind and wise person who has helped countless numbers of youngsters with special needs reach their full potential.

"I've been truly inspired by the visually-impaired and multi-handicapped children with whom I've worked with for over a period of 45 years," Dr. Sally Rogow emotionally states. "It's been heart-warming to see these young people discover themselves as people in every way, with talents and interests—it was beautiful.

"These youngsters", she emphasises, "must be viewed and treated by society as people who happen to have disabilities, not as disabled people".

The word 'positive' comes strongly to mind. Its found in Dr. Rogow's smile, in her choice of words and in a mind-set which consistently looks for the bright side of people and circumstances.

The UBC Education Faculty Professor Emerita has been a stirring example of the high Jewish objective of Tikkun Olam - Repairing The World - throughout her decades-long career as an educator, writer and human-rights advocate.

A resident of the Weinberg for the past 18 months, Sally warmly recalls a life full of interesting times and memorable people. Born in New York City, she earned a B.A. from the University of Wisconsin, a teaching certificate from Bank Street College, an M.A. in anthropology from Columbia and an M.A. in education from Michigan State, before moving to Vancouver in 1996 where she attained her Doctor of Education in special education from UBC.

As she speaks, one can feel Sally Rogow's enthusiasm for her long career, a highlight of which was her development and direction from 1970 to 1995 of UBC's Diploma Program for Resource Teachers of the Visually-Impaired and Multi-Handicapped.

Successful? Well, under her leadership, UBC's Special Education Program became the nation's largest. Counting her time at UBC and her prior teaching at Michigan State School for the Blind, and later at Simon Fraser, she has trained nearly 200 special-education teachers.

And when one considers how many students each of those teachers has instructed, then Dr. Rogow' has indeed had a profound influence on improving the lives of so very many special-needs youngsters.

In a related aspect to her teaching, she has penned numerous influential books and articles on the development of language, communications and literacy, with her publishers including Oxford University Press, Columbia University and Prentice-Hall.

And, of course, Dr. Rogow has received numerous prestigious awards, including, most recently, the Canadian Vision Teachers Association's Canadian Distinguished Service Award. Interestingly, the Association presented its Excellence in Teaching Award to a woman Sally had taught.

Along with her teaching and writing, Dr Rogow has also been passionate about promoting human rights, resulting in her serving as Director of 'The Person Within', a project designed to educate professionals on strategies to prevent abuse and neglect of young people with disabilities. Her admiration for the showing of courage in contributing to the improvement of society, led to her authoring several books for young people about the Holocaust, including *'Faces of Courage'*, *'Young Heroes of World War II'* and *'They Must Not Be Forgotten: Heroic Priest and Nuns who Saved People from the Holocaust'*.

\ continued on page 22

Dr. Sally Rogow continued from page 21

Regarding Jewish matters, Sally is a strong advocate of everything related to Judaism and the Jewish people.

A member of Congregation Beth Israel, she affirms her belief in G-d and in the Jewish religion, and emphasizes that she would "like to see other religions learn more about Judaism and to hold continuing interfaith dialogues".

She participates in various Jewish organizations, has served on numerous Jewish education committees, and was active on the special committee which helped form Yaffa House, the community's mental-health support facility.

Her feelings on Israel? "The Jewish State is an inspiration. I've given educational workshops there and came away most impressed with their special education programs which are very comparable to those in Canada. They're a delightful group of people".

Sally emphasizes that she enjoys her days at the Weinberg Residence — "the staff are so nice, the facilities are fine and the programs are interesting". And, of course, along with cherished memories of her husband, academic Dr. Robert Rogow, she receives special *nachas* - pleasure - from her two devoted daughters and four grandchildren. Daughter Fern Rogow, a speech therapist in Seattle, has two children, as does daughter Andrea Kowaz, a Vancouver psychologist who serves as registrar of the College of Psychologists of B.C.

As to the future, this exceptional lady, whose life has been devoted to bettering others' lives, stresses once again the importance of accepting and respecting all people. "We must get rid of all negativism—so called 'disabled people' are first and foremost 'people' and we must do whatever we can to develop each one's capabilities to the maximum."

She greatly enjoyed her work and wished that retirement had not been an employment policy requirement.

However, this new step in her life has resulted in a wonderful benefit: now, the residents, staff and visitors at the Weinberg and the Brier are able to interact daily with this most intelligent and compassionate lady who continues to have so very much to offer them and the community. ✨

(look for me by moonlight)

today
I watch for that pale shape
in the noonday September sky

again. I am
obsessed

(moonwords of a dream
cool as stone in my ear
reach me
from across a great distance)

this song
stumbles through fragments of moonlight,
moves slowly to its end.

casting out demons.

I have waited for a comet,
a volcano, for some
phase of the moon to make palpable
this sense I have
of my body caught
in a living dance of whirling constellations

entranced. nor have I come
so far to now turn back,
playing out here this oldest
art of spell casting

as I step toward
the end, resolution

last gesture of my obsession

to enact
at last a closing phase,
a dance of dances done

all by the light of

David Dawson (1942-2008)

This is section five of a series of moon poems that were written by David Dawson. He was a member of Vancouver's legendary TISH poets. His wife, Dena Dawson, is a member of the JSA board.



“Call it Sleep”

A novel by Henry Roth

Review by DR. LIONEL FISHMAN



The Isaac Waldman Library has 15,000 stories.

Call it Sleep by Henry Roth is about Jewish immigrants coming to New York in the early 1900's. The story is seen through the eyes of their only child, David Shearl. His father, Albert, left the old country shortly after the wedding, came to America and now two years later, he has saved enough money to send for his wife and child. Adding to his own inner turmoil is the doubt that the child is really his [the birth certificate is lost]. This angry man fights with his employers, is suspicious of his wife and almost ignores David. His mother, Genya, on the other hand is over protective and shields David from his father's wrath.

David grows older, plays with other kids in the street and outwardly seems to have a normal childhood despite his dysfunctional family. They move from the Lower East Side to Harlem when the father gets a new job. One day Albert brings back a friend from the old country, Luter. Albert never had a friend in America before and Luter becomes a regular visitor. Luter is outwardly very friendly but David sees him eyeing Genya. Sure enough, Luter comes back when Albert is not home and tries to get David to get some ice cream down at the store. David catches his mother's look and refuses. Luter realizes that there is no chance to seduce Genya and leaves in a

huff. He then drops Albert like a hot coal, and Albert feels that he is at fault somehow. He is even more surly and unkind to David, but life goes on and David tries to stay out of his father's way.

A sister of the mother, Bertha, comes over to America and lives with the family. Some of the family secrets and intrigues are exchanged between the two sisters that partially explains the inner turmoil of both Genya and Albert. Naturally, Albert hates Bertha and Bertha in turn speaks her mind to Albert. Poor Genya is always in the middle of these family fights. But Bertha finds a suitor and gets married. He works in the garment industry but buys a little candy store that Bertha runs. Her husband, Nathan, was a widower and has two girls around 11 and 13 years old.

David meanwhile meets a non-Jewish boy, Leo, a couple of years older than David. One day Leo talks David into taking him to meet the young cousins, Polly and Esther. Leo has street smarts and has some sexual ideas. He gets Esther to go roller skating on the sidewalk—a real treat as nobody but Leo had roller skates! Then he talks her into going into the basement under the candy store [they lived at the back]. David senses something bad will happen but he doesn't want to lose his new friend. Polly finds

Leo and Esther in the basement and tells her mother on them. The story gets more complex until a surprise ending brings this intriguing tale to a climax.

The storyline may sound familiar, but the use of language is unique! Roth's innovative use of street language is fascinating! Example this exchange «wadcha comm hea fuh?» «Yuh mad on me yet?» The ring of New York jargon rings true to the ear. The tales of going to chadder, the frightening introduction to sex with a lame girl and the violence of street gangs are rendered by a master author who uses language as a powerful tool! When I finished reading “Call it Sleep”, which was first published in 1934, I tried to track other works by Roth, only to run into a blank wall. He had dropped off the literary map. Then, to my surprise in 1990 a friend asked if I had ever read “Call it Sleep”. No one else I knew had read it. I was told that after 60 years of «writers block» Roth had come up with a new novel. Excited, I went to the library and sure enough they had the first of 4 books that eventually made up “Mercy of a Rude Stream”.

Check out the Isaac Waldman Jewish Public Library on the 2nd floor of the Jewish Community Centre. The Library is open to all members of the public. The Library Catalog can be viewed online at <http://www.jccgv.com/home/library.htm>

SHADES OF GOOD HEALTH

By Jane Lockhart



Most of us have a favourite colour when making a choice of sweet candy or clothing. However, understanding colour from a psychological point of view can be very informative in our personal health and well-being. Over the last few decades, much research has been done on colour and its effects in particular situations. Our familiarity with certain colours is often based on experience and interaction with them as we age, though research shows some colour characteristics can evoke universal physical and psychological reactions.

Colour impacts us on a daily basis and on multiple levels. The skin is the largest receptor to colour (not just our eyes), as colour is actually the frequencies of light waves that we absorb. Through a complex network of receptors, colour potentially affects the brain, the nervous system, hormones and glands.

Colour and Mood

If you live in a northern climate, those long, gray winter days can deeply affect your mood. In fact, research has proven that a consistent lack of colour, light specifically, causes millions to suffer from mild depression called Seasonal Affective Disorder (SAD). This affect is relieved simply with exposure to consistent lighting and bold colours. If this is condition that you suffer from, perhaps an abundance of bright artwork, coloured accessories and additional lighting within your home can mitigate or lessen these symptoms over time.

Our homes are often under-lit, as seven sources of light are required within main rooms to provide adequate task lighting, atmosphere and colour rendering. If your space comes up short, it's key to add more lighting. This will add more brightness, and also allow maximum colour viewing so that the full power of colour can be experienced.

What do Colours Mean?

Documentation on the psychological reactions to specific colours are numerous and interesting, depending on how you wish to use colour in your home or life. From red to green to purple, the spectrum continues to be analyzed, as each colour has a specific reaction and psychological effect on the viewer.

Seeing Red

One colour to elicit much research is red. Our cultural or learned behavioural response to this colour is often of attention, aggression, stop or alert. Although red is also linked to softer ideas such as love and romance, it's the intensity that it's most recognized for. Physically viewing red can create a rise in heart rate for a few seconds after initially experiencing it. This has also been linked in increased digestion. Most notably, red is a significant colour to every culture on earth, which indicates its importance in human history.

In the Pink

A derivate of red is pink. Unlike red, it has little association to aggression. In fact, pink had been sited as a colour that can

potentially aid in reducing anger and violent behaviour. Now called "Baker Miller Pink", in 1979 it was found that this particular tone reduced the anger and violence of individuals who spent time in a cell that was painted this particular hue. Today, pink is credited for relaxation, and also associated with candy and sweet flavours. Although not favourable in decorating, pink is an excellent colour to use when creating a relaxed feeling in any space.

True Blue

Often considered a neutral in North American fashion due to its overwhelming popularity in jeans, blue has been sited by some researchers as a colour to potentially suppress appetite. Its calming properties affect hunger and reduce heart rate, large amounts of it is used within eating establishments could reduce overall food consumption. Although research continues, it is important to note that most colour effects are strongest upon initial viewing and subside after prolonged exposure.

Conclusion

Whether you believe in the healing power of colour or the role it plays in our psychology, it's key to recognize this new area of health and well-being. As research continues, particular colours could eventually be used in the ongoing improvement of life and health. At the very least, adding beautiful colours to your life can enhance your space, improve your general mood and even provide a sense of adventure! ☺☺

Six reasons to give up multitasking

(a viewpoint)

SIMPLIFY. IT SOUNDS SO IMPOSSIBLE WHEN WE LEAD HECTIC LIVES WHICH WE TRY TO MANAGE BY MULTITASKING OUR WAY THROUGH EACH DAY.

1. Your brain can only think about one thing at a time. When you try to do two or three or more things at the same time what you are actually doing is starting and stopping doing each of those things multiple times. Time is actually wasted in those moments spent switching your focus.
2. In the end nothing gets done any sooner or gets done any better. Actually the probability of errors will increase.
3. Those errors resulting from multitasking take time to rectify. Better to have focused on one task first and gone on to the next without mistakes.
4. Multitasking causes stress and our bodies respond by releasing cortisol. Do this on a fairly continuous basis and your immune cells are not going to be able to fight infection when you need them to.
5. Frequent cortisol overload can contribute to serious medical problems such as high blood pressure, heart disease and strokes.
6. The ongoing stress on your brain from attempting to multitask can impair your ability to concentrate. It becomes difficult to concentrate on anything when you keep interrupting yourself with multiple tasks all the time.



“The hurrier I go, the behinder I get”

-Lewis Carroll

SENIOR HEALTH CARE SOLUTION

according to Maxine



AND WHO WILL BE PAYING FOR ALL THIS? THE SAME GOVERNMENT THAT JUST TOLD YOU THAT THEY CANNOT AFFORD FOR YOU TO GO INTO A HOME.

PLUS, BECAUSE YOU ARE A PRISONER, YOU DON'T HAVE TO PAY ANY INCOME TAXES ANYMORE.

Is this a great country or what ?

So you're a sick senior citizen and the government says there is no nursing home available for you - what do you do?

Our plan gives anyone 65 years or older a gun and 4 bullets. You are allowed to shoot 2 MP's and 2 Ministers - not necessarily dead!

Of course, this means you will be sent to prison where you will get 3 meals a day, a roof over your head, central heating, and all the health care you need! New teeth - no problem. Need glasses, great. New hip, knees, kidney, lungs, heart? All covered. (And your kids can come and visit you as often as they do now).

And who will be paying for all this? The same government that just told you that they cannot afford for you to go into a home.

Plus, because you are a prisoner, you don't have to pay any income taxes anymore.

IS THIS A GREAT COUNTRY OR WHAT?



Maxine's definition of a calorie?



Calories are the little bastards that get into your wardrobe at night and sew your clothes tighter.

My closet is infested with the little sh__s!

HOW TO CARE FOR PARENTS FROM A DISTANCE

One in five Canadians looks after an aging loved one from an hour plus drive away, and it can be overwhelming

by Christine Flegal

Judging aging parents' well-being from a distance is difficult. Are they keeping socially and physically active? How are their diet, hygiene and finances? Asking their friends, neighbours and doctor can help you learn more.

A friend of mine recently received a call from one of her mom's closest friends. She called Jessica because she was worried about her mother (who lives in another province). A few days ago, a group of friends went out to lunch, and Jessica's mom drove them back to her house for tea. On the way home, her mom became disoriented and couldn't remember what street she lives on. Yet she had lived in the same house for the past 50 years.

Looking back, Jessica, too had started to notice changes in her mother's memory. She didn't think much about it at the time as she assumed these were just normal signs of aging. In hindsight, however, she realized that her mom has been repeating herself and has been calling more frequently, not remembering that she had just phoned.

Because Jessica is a busy working woman with a family—a typical member of the sandwich generation—her visits to her mom are sporadic. She had been relying on their phone conversations which she described to me as generally “okay.”

As an adult child monitoring and caring for an elderly parent from a distance, your options can be more limited, particularly if there are no family members or friends living close by who can drop by and assist your loved one.

For those who are caring from a distance, how much do you really know about your parents' life? When was the last time you really observed their activities? How is their driving? Are they gaining or losing weight, maintaining their hygiene? Do they have bumps and bruises from falls? What's in their fridge? Is the household being maintained, chores being done routinely? Are they keeping physically and socially active? How is their memory? Do you know what their finances look like?

If you're feeling overwhelmed by these questions, it is to be expected. Caring for a parent far away who may be declining in capacity or health, is a daunting prospect. The

good news is that research indicates those who converse more often with their parents on these types of topics are generally better prepared to address them. Of course, your willingness to talk to your parents does not immediately guarantee that they will be willing to listen and act.

But my experience in working with families and with my own is that, done right, parents do want to discuss these issues as they are likely worried as well. Go slowly, if possible, and start early. Be prepared that you will likely encounter resistance or denial.

So what else can you do? As mentioned above, the first plan of attack for any adult child, whether or not you live close by, is to become more observant -- look for all those things listed. If you don't see your parent(s) on a frequent basis, enlist the help of their friends, neighbours, relatives, clergy, family doctor, etc. and have them report back to you. In terms of bringing up these topics, particularly if they are unsolicited, here are some tips:

- Try to understand why they don't want to discuss, strategize or plan for the future.
- Share your own feelings. Tell them you are here to assist in any way and that you're concerned.
- Be compassionate and persistent. In other words, don't give up, no matter how frustrating.

Don't wait for that phone call that sends you into a panicked response. Your options will be more limited and you will be making important decisions in a heightened emotional state and with limited time. This doesn't produce ideal results. Plan ahead. Start talking.

Most of all, educate yourself on the various options available to assist your parents, be it additional care, transportation, more supportive housing, etc.

Visit our website for additional tips: www.bcit.ca/mobility.

Christine Flegal is research head at the Dr. Tong Louie Living Laboratory, BCIT Technology Centre. © Copyright (c) *The Vancouver Sun*—reprinted with permission.

The MHMC welcomes the unanimous adoption of Bill C-442 by House of Commons

Montreal, December 10th, 2010

The Montreal Holocaust Memorial Centre wishes to congratulate the House of Commons of Canada on unanimously adopting Bill C-442 to establish a National Holocaust Monument in Canada's Capital Region.

"In choosing to establish a monument in the National Capital Region, the Government of Canada has recognized the significance of the Holocaust for all Canadians. This Bill will assure a tangible form of remembrance of these crimes against humanity, the Jewish genocide, committed during the Second World War," stated Alice Herscovitch, Executive Director of the Montreal Holocaust Memorial Centre. "Let us hope that this monument will serve to remind us of our responsibility to act on crimes against humanity today", she added.

Montreal's community of Holocaust survivors is proud to witness this historic day, on which all members of Parliament took a stand in favor of the monument. This highlights Canada's recent commitment to promote Holocaust remembrance, research and education, in a country which became theirs after the War. Montreal became home to 9,000 Holocaust survivors after World War II, the third largest proportion of Holocaust survivors after Israel and New York. Today, 5,000 of them still live in Montreal.

The Montreal Holocaust Memorial Centre welcomes Bill C-442. The Centre wishes to thank each individual who formally worked for this unanimous adoption by the House of Commons of Canada. It is clearly a message of support for its mission and day to day work with Canadian citizens.

The Montreal Holocaust Memorial Centre educates people of all ages and backgrounds about the Holocaust, while sensitizing the public to the universal perils of antisemitism, racism, hate and indifference.

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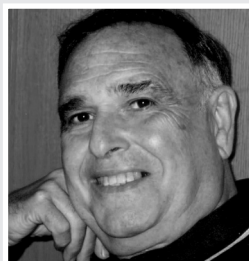
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GITA AND DR. MENGELE

by Zanna Linskaia



Once I read an article by Nick Evans from Buenos Aires. The author was sure that Dr. Josef Mengele had been responsible for an unusual phenomenon: one in five pregnancies in a small Brazilian town had resulted in twins; most of them blond haired and blue-eyed.

The “steely-hearted Angel of Death” as Dr. Mengele was known, whose mission it was to create a master race for the Third Reich, was the resident medic at Auschwitz from May 1943 until his flight in the face of the Red Army advance of January 1945. His task was to conduct experiments to discover the genetic quirk by which twins were produced in order to artificially increase the Aryan birthrate for his master Adolph Hitler.

Now, Mengele’s experiments may have borne fruit. The Argentina historian Jorge Camarasa, a specialist in the postwar Nazi-flight to South America, has pieced together the Nazi doctor’s mysterious later years. After speaking to the town’s people of Candido Godoi, he is convinced that Mengele continued his genetic experiments with twins – with startling results.

He claims that Mengele found refuge in the German enclave of Colonias Unidas, Paraguay, and from there, in 1963, began to make regular trips to another predominantly German community just over the border in Brazil – the farming community of Candido Godoi. Camarasa discovered that Mengele,

under a pseudonym, began his medical practice with female patients. He treated them with new types of drugs, injections, artificial inseminations and then monitored their pregnancies. Soon afterwards, the birthrate for twins began an upward spiral.

‘I think Candido Godoi may have been Mengele’s laboratory, where he finally managed to fulfill his dream of creating a master race of blond-haired, blue-eyed Aryans,’ states Camarasa. Those who visit Candido Godoi can see a road sign welcoming visitors to a “Farming community and Land of the Twins”.

In connection to this article, the tragic story of Gita K., who passed away many years ago, came to my mind. On her arm Gita branded a tattoo: a number that was forcibly inscribed in a concentration camp. She and her husband Pol worked as caretakers of a rental building occupied by immigrant tenants. Gita was very polite and kind to all the tenants, probably because long ago she herself was once an immigrant who came to Canada from Europe.

“Have you been in a Nazi concentration camp?”, I asked her one day.

“Yes, in Auschwitz”, answered Gita concealing the tattooed arm behind her back.

“But how did you survive, you couldn’t been more than a child?”

“I had a twin sister Miriam”, - began Gita and she proceeded to tell me her story of how they became guinea pigs for the evil Dr. Mengele.

“We were six years old, when together with our mother and hundreds of others arrived by train to the camp from Poland. Our father had been shot by the Germans. As we were herded off the train, tired and hungry, I heard an SS soldier shout: “Zwillinge (twins!)” I remember how my mother tightened her grip on us and hissed “Shvaig (be quiet!)” A well dressed man stood by the soldier. His hands were full of candies and he offered them to the children. Miriam and I wanted to take some of the candies, and as we leaned forward the SS officer spotted us. We were taken away from our mother. My sister and I began to scream, however, our screams fell on deaf ears. As we were being led away, I remember looking back and seeing my mother with such anguish in her face - her arms outstretched. That was the last time I saw her. Many years later I found out she died in the gas chamber.

All of the children were younger than us, some a bit older. It’s difficult to remember and impossible to forget”, - said Gita. I was afraid to broach the topic with her again.

One early late August morning I returned from my vacation. It was in the wee hours as I had booked on over-night flight, and there at 4:00am in the lobby of

our building was Gita. She was polishing the tiled floor.

“Why are you working at such an early hour?”, I asked. “I have insomnia from the time I was a child in the camp. I sleep only two to three hours a night.”

I invited her into my apartment for a cup of coffee.

Once inside, I put the coffee on and brought out a box of candy that I offered to Gita.

“No, no, I hate candies, it reminds me of Mengele!” She began to cry. I was shocked but I did not know what to do.

She calmed herself and said: “You know, after we were selected we were taken to the showers and even allowed to keep our long hair and own clothes. Miriam and I were taken to the barrack. Mengele asked us questions and looked for any unusual traits. At the beginning he seemed very kind. His pockets were always full of sweets. He patted us on the head, talked to us, even played with us... We called him “uncle Mengele”. After two weeks however, everything changed. We were tattooed with numbers, Miriam’s arm swelled and she cried during the night. Then every day every twin would have blood drawn. They would draw the blood from my arm and Miriam’s neck. She could not sleep. Her procedures were so frightened and painful.

Soon they called my sister’s number, and a truck came to pick her up and several other kids. They were taken to the laboratories. I did not know what they did to her, but when I saw her again her stomach was covered with scars. She could not eat and Mengele would visit her. He was always interested in Miriam more than in the other children. He performed several

surgeries on her. One particular surgery, on her spine, left her paralyzed. She could no longer walk. Then they removed her reproductive organs. She had one more operation and then I never saw my sister again.” Gita became silent; an empty look enveloped her blue eyes.

“Did they perform medical experiments on you?” I asked softly.

“Every day I had injections and pills. Also, drops would be put in my eyes that caused severe pain, infections and sometimes temporary blindness. Then I began to menstruate. I was terrified when I saw the blood, but Mengele calmed me down and excitedly proclaimed that I had become an adult woman. I was only seven years old. Then began my turn to have surgeries. Mengele performed several operations on me including artificial insemination without anaesthetic. I did not understand what they had done and I suffered a lot. Soon I became pregnant and they began to feed me very well. At age eight I gave birth to a little boy by induced labour. I did not know what happened to this baby. He was taken away immediately. Then Mengele performed another surgery on me, which I learned several years later was sterilization. After that surgery he told me that I will not suffer anymore”.

I could not process the horror of her tale and could not speak. Gita continued:

“I cannot tell you how I felt. It is impossible to put into words. They had taken away my father, my mother, my twin sister and my baby. They took away my childhood and my future, but I hope to find my boy if he is alive. I sent out an inquiry to the Red Cross in Germany”.

After that visit in my apartment we never spoke about her past again. The memories were too painful for any human being to bear.

...One year passed. I moved to another location and lost Gita’s trace. Then, suddenly one day I saw Gita at the bus station. We embraced, and Gita was very excited. With glowing eyes and unsuppressed joy she told me that her son had been located.

“I am so lucky, he lives in Germany, and he was adopted by a couple from Bonne after war. The people of Eli Veizel Centre discovered this fact. We passed the DNA test: everything matched. I have been corresponding with him, and he can hardly believe his mother is older than him by only eight years! We are to meet in Canada soon”.

Sadly, Gita’s fate continued on its tragic path: she died of cancer – robbed of the opportunity to meet her unknown son...

Edited by Connie LaMarca

**“ God must
have been
on leave
during the
Holocaust.”**

–Simon Wiesenthal

Around the world I've searched for you,
I travelled on when hope was gone
to keep a rendezvous,
I knew somewhere, sometime, somehow,
you'd look at me and I would see
the smile you're smiling now.

It might have been in County Down,
Or in New York, in Gay Paree, or even London Town
No more will I go all around the world,
For I have found my world in you.

—Bing Crosby 1956 (Songwriters: Victor Young,
Harold Adamson)



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A NEW YEARS GREETING

—by SYLVIA HILL, Honorary Life Member
JSA Board of Directors

Another year, another chance
to start our lives anew.
This time we'll leap old barriers
to have a real breakthrough.

We'll take our little step,
And then we'll take one more.
Our unlimited potential
we'll totally explore.

We'll show off our talents
Everyone will be inspired;
(Hmm - while I'm reading this,
I'm getting very tired.)

We'll give up all bad habits;
We'll read and learn a lot.
All our goals will be accomplished,
Sigh!... or maybe not.

*Oh well,
Happy New Year anyway to you all.*

A NEW YEARS RESOLUTION
is something that goes in one
year and out the other.

*Just remember in the winter
Far beneath the bitter snow
Lies the seed
That with the sun's love,
in the spring
Becomes the rose*



—Bette Midler



**Government
of Canada**

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

Jewish Seniors Alliance of Greater Vancouver presents
Our Annual Spring Forum

SEX AND THE CITY

**Sunday
March 27, 2011
1 - 4 pm**

**Delicious tea
Free parking**



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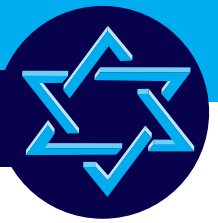
REGISTRATION IN ADVANCE

604-732-1555

office@jsalliance.org

TELL ME SOMETHING NEW

An exciting keynote speaker to be announced
Men's Health ❖ Its a guy thing.
Safe Sex after 60 ❖ STD's is it still an issue?
Beauty of Aging ❖ Looking good feeling good.
Let's Laugh ❖ Comedy wrap-up



"BE A SUPER SENIOR"

1

SUPER PROACTIVE ABOUT SIGHT & HEARING

Wednesday, January 19

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

Shelley
(604) 736-7607

Congregation Schara Tzedek,
3476 Oak Street, Vancouver

*Grace Shyng, Head Audiologist, Western Institute for the Deaf & Hard-of-hearing (WIDHH)
John Mulka, Executive Director, Canadian National Institute for the Blind (CNIB)*

2

SUPER NUTRITION: NURTURING TRADITIONS

Wednesday, February 16

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

Michelle
(604) 925-6488 x7

Congregation Har El,
1305 Taylor Way, North Vancouver

Tricia Sedgwick is a Registered Holistic Nutritionist Nourishing Traditions: Integrating the wisdom of the past with modern nutrition

3

SUPER SMART: CONTINUING EDUCATION

Friday, March 11 11:00-12:30 p.m.

Sholem Aleichem Seniors (Peretz Centre),
6184 Ash Street, Vancouver

Lorraine
(604) 873-1777

Keep your mind active & in touch with a changing world
● learn a language: Yiddish, Hebrew, Ladino
● play an instrument; ● sing, develop your voice
● hear and express new ideas

4

SUPER FITNESS: MIND & BODY

Wednesday, April 6 1:00-2:15 p.m.

JCC Seniors (WOSK Auditorium)
950 W. 41st Ave., Vancouver

Leah
(604) 257-5111

A dynamic show and tell using various techniques for strengthening the mind and body

5

SUPER SPIRITUALITY: FOR OUR LIVES TODAY

Thursday, May 12

12:00 p.m. lunch optional at \$TBA
1:00-2:15 p.m. program

Rochelle
(604) 266-7190

Temple Sholom,
7190 Oak Street, Vancouver

Rabbi Philip L. Bregman & Mrs. Cathy Bregman

6

SUPER CONFIDENT: WITH SELF ESTEEM

Monday, June 13

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

Debbie
(604) 241-9270

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at Beth Tikvah 9711 Geal Road, Richmond

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604 732-1555

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