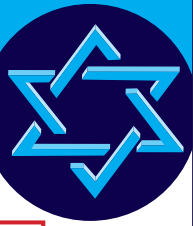


SENIOR LINE

Magazine of the Jewish Seniors Alliance of Greater Vancouver

VOLUME 21(1) - 2014

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES



E Elders Empowering Elders

As Elders we have accumulated knowledge and life experience, but often we forget how much we do know and how powerful we can be. The Empowerment Series hopes to educate and advocate for seniors in an effort to remind us of our strength and power.

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

EMPOWERMENT THROUGH TOUCH

3

DATE: Thursday 27th March, 2014

TIME: 11am–1pm

PLACE: Jewish Seniors Alliance

ADDRESS: Unitarian Centre 949 W. 49 Ave., Vancouver

Light refreshments will be provided,
but a bag lunch is also suggested

FREE PARKING AVAILABLE

Allan O'Meara will be joining us to talk about his work with elderly seniors who have dementia and other related disabilities, and how touching and holding them is one of the most important aspects of his work with them. Allan is also a laughter coach.

Marian Cohen will also be talking about her volunteer work with her dog Molly. Molly

is a qualified St. John Ambulance therapy dog. Marian and Molly visit seniors and children at BC Children's Hospital, and they also visit the local library where children read to Molly.

When a baby is born, the most developed sense is touch and it continues to play a fundamental role in communication development throughout life. However, it has

been shown that the elderly are touched the least, even though there is an increased need for nurturing and touch as we age.

"Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received and let us not be ashamed or slow to do the humble work."

—Mother Teresa of Calcutta

EMPOWERMENT THROUGH THE ARTS

4

DATE: Monday 16th June, 2014

TIME: 11:30–2pm lunch & program

PLACE: Kehila Seniors at Beth Tikvah

ADDRESS: 9711 Geal Road, Richmond

HEALTHY LUNCH \$10.
Reserve by June 9, 2014

FREE PARKING AVAILABLE

MUSIC:

Join us for a fun sing-along with Jenny Wright and Nini Ury who will be performing well known and beloved folk tunes in Hebrew, Russian, and Scottish, accompanied by guitar and melodeon.

INTERACTIVE STORYTELLING:

Always wanted to be an actor!?! Here is your opportunity. No memorizing lines. YOU create your own! Facilitated by Marilyn Berger the interactive story will be FIDDLER ON THE ROOF!! Bring your chutzpah and your imagination and everyone will join in the fun. We'll sing some of our favorite tunes too - accompanied by Marshall Berger

PAINTING EXHIBITION:

Claire B. Cohen,
Painter & Art Therapist



Retired / Rewired?!



A Forum for ALL Ages and ALL Stages

The F words:

Future

Friends

Fulfillment

Fun



Sunday May 4, 2014

1:30–4pm

Peretz Centre

6184 Ash Street, Vancouver

Cost \$5.00

Refreshments

Door Prizes

Entertainment

Free Parking

ADVANCE REGISTRATION ADVISED



John Helliwell

O.C., B.Com., (S.B.C.), M.A., D.Phil. (Oxford), D.Lit.
(Liverpool/New Brunswick), LL.M. (McMaster), F.R.S.C.

'How to Build Happy Lives'



Roz Kaplan

(Gerontologist) Director, Seniors Program
at SFU Continuing Studies

'Navigating the Future'



Gloria Levi

(Gerontologist) Social Worker, Author

Moderator

**Live to 120:
THRIVING**

604.732.1555 | office@jsalliance.org | www.jsalliance.org

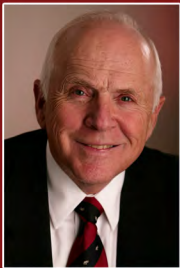
With thanks to: Government of BC and Jewish Federation of Greater Vancouver



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



Mark A. Zlotnik
C.A., CLU



Martin Zlotnik
LL.B.



Philip Levinson
C.A.



Aeronn Zlotnik
B.A.

ZLC Financial Group offers
a wide-range of customized
and innovative solutions
to help PRESERVE and
grow your income,
and fulfill your **legacy**.



ZLC FINANCIAL GROUP

PRIVATE INVESTMENT MANAGEMENT | ESTATE & FINANCIAL PLANNING
BUSINESS FAMILY SUCCESSION | EMPLOYEE BENEFITS & PENSION

1200 Park Place, 666 Burrard Street, Vancouver, BC V6C 2X8
Tel: 604.688.7208 Fax: 604.688.7268 Toll Free: 1.800.663.1499

www.zlc.net



Cover art: **LEAN IN**, by Jill Charuk (see pg. 22)

PRESIDENT'S MESSAGE	2
ROUND TABLE ON THE FUTURE OF HOME SUPPORT	3
EDITOR'S MESSAGE	4
LETTERS FROM OUR READERS	4
ASK HANNAH	5
Your personal advice column	
JSA FALL SYMPOSIUM	6–7
Review: Live to 120–Thriving	
JSA-SNIDER FOUNDATION EMPOWERMENT SERIES	8–9
Review: Empowerment Through Music	
Review: Empowerment Through Aging In Place	
JSA PEER SUPPORT SERVICES:	10
<i>A Mitzvah</i> – Shared by Many	
PULL-OUT: Useful Resources	13–14
PULL-OUT: Ongoing Events: Feb., Mar., April	15–16
A PERSPECTIVE ON ISRAELI LIFE TODAY	18
ISRAELI NEWS CHANNEL	18
New 24-hour news channel on Internet	
MOST-BRIDGE RUSSIAN JEWISH SENIORS	19
Review: Live to 120–Thriving (in Russian)	
COMMUNITY NEWS	
Round Table on Future of Home Support	3
A Community Conversation on Death & Dying	21
For-profit Clinics Attack Medicare in Court	21
Cellphones For Seniors	23
Don't be afraid of our website: jsalliance.org	
BRAIN EXERCISE	20
Keep those <i>aging</i> grey cells active!	
ART & CINEMA	22
CELEBRATING VANCOUVER'S SUPER SENIORS	24–25
Florence Beytin and Dr. Ralph Yorsh	
HUMOUR: The Hypnotist	24
HEALTH:	26–27
Apples, Water and Flu	
MEMBERSHIP	28
JSA-SNIDER FOUNDATION EMPOWERMENT SERIES	Inside
Elders Empowering Elders (Inside Back Cover)	Back Cover
JSA SPRING FORUM: Retired / Rewired	Back Cover
Artwork: by Jenn Propp	

THE TEAM

EDITOR-IN-CHIEF

Edith Shier

EDITORIAL COMMITTEE

Binny Goldman, Dolores Luber, Dena Dawson,
Marian Cohen, Marilyn Berger, Ken Levitt, Rita
Roling, Dr. Rubin Feldman, Serge Haber, Shanie
Levin, Karon Shear

CONTRIBUTORS

Serge Haber, Edith Shier, Marcy Cohen, Dolores
Luber, Binny Goldman, Marilyn Krygier, Shanie
Levin, Marian Cohen, Ida Gitlina, Adam Lynes-
Ford, Jill Charuk, Linda Rodgers,

LAYOUT & DESIGN

Karon Shear

DISTRIBUTION

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

ADVERTISERS

ZLC Financial Group	–inside front cover
B.C. Securities Commission	–pg. 11
Superstore	–pg. 12
B.C. Housing	–pg. 17
Conservative MPs	–pg. 17
Richmond Public Library	–pg. 19
The Weinberg Residence	–pg. 19
Sisterhood of Temple Sholom	–pg. 20
Pharmasave	–pg. 27

WITH GRATEFUL THANKS TO OUR SPONSORS

This project is funded in part by:

The Province of British Columbia.
The Government of Canada's New Horizon for
Seniors Program
Diamond Foundation; Phyllis & Irving Snider
Foundation; Jack Kowarsky and the Lohn Founda-
tion; Dayson Foundation; and Oasis Foundation
Jewish Federation of Greater Vancouver
Robert and Ralph Markin
We also receive donations from corporate
and private donors.



SERGE HABER

We Train Seniors to Help Seniors

PRESIDENT'S MESSAGE

Dear Friends

Jewish Seniors Alliance just concluded the 10th anniversary as an organization and we are beginning the new secular year 2014.

It is always a good practice to take stock and review what JSA has accomplished so far, as well to delve into the future.

We are an organization whose only purpose is to train seniors to help seniors meet the needs of seniors.

It sounds simple enough but in my estimation it is hugely difficult.

Some of the people in their 50's and 60's have trouble adjusting and admitting that they have reached the age of an aging adult which we call senior. In search for a better name – Boomers or Zoomers are being used.

Seniors in their late 70's, are more frequently starting to encounter signs of advanced aging, and by the time they reach the 80's 90's and over, they are most likely to have experienced many. Please keep in mind that the fastest growing group of seniors is that of the 80's, 90's and over.

The needs are so diversified, that the best you can do is to assist where the need is greatest.

JSA is involved and continuously researching, observing and analyzing

changes in the senior community as soon as they occur.

We live in a global world. The advent of the computer is helping enormously to access new studies on seniors. These studies come from many parts of the world. Exchanges of information with other agencies servicing seniors are all very helpful.

All this contributes to a better understanding of the issues and how to deal with them.

JSA is now involved in three distinct areas – all crucial, all preventative:

OUTREACH – ADVOCACY – PEER SUPPORT.

A. JSA's Spring Forum, Fall Symposium and the JSA-Snider Foundation Empowerment Series are designed to inform, educate and encourage the connection of individuals through social gathering. This prevents isolation and creates a connection to our community and society.

Through education, information and association, seniors of various age groups can learn how to react to their own experiences in life. This knowledge empowers them.

The attention to the social component at these events, is significant, as there is always a time for refreshments and time to meet and chat with other seniors.

The subject and the social format of each Forum, Symposium, and Empowerment Series is entirely different.

The publishing of JSA's *Senior Line* Magazine, Website jsalliance.org, and the Vancouver Jewish Seniors Directory, all provide valuable information for the seniors and their families.

B. Advocacy helps JSA to be part of many organizations in Greater Vancouver, and also to be informed of the availability of services. These are being delivered to the seniors via agencies, care facilities, and by all government agencies – municipal, provincial or federal.

C. JSA Peer Support Services started two years ago through a grant from the Jewish Foundation of Greater Vancouver.

JSA Peer Support Service is most significant because this is where by necessity, JSA will have to expand in the future.

JSA Peer Support Services provides peer counselling, shalom again weekly phone calls, weekly visits, information and referral, and transport of seniors to medical appointments. In April, we will be starting a group bereavement support program. This activity will be headed by **Rita Akselrod** and **Ruth Wolochow**.

JSA Peer Support Services is invaluable because it involves seniors in their late 70's, 80's 90's and over; and JSA Peer Support Services provides an essential emotional support.

Seniors in the 70-90's are extremely sensitive to all kinds of changes in their lives. The specially trained Volunteer Peer Counsellors insert new hope, well-being and reintegration of seniors in our society. Clients are treated in a respectful and friendly manner, with support and confidentiality. The Peer Counsellors support those with depression and anxiety, and helps with their physical well-being.

\Cont: President's Message

Frail and isolated seniors are probably the most neglected. 95% of all seniors' centres, community centres and even the new program of "Better at Home" are giving help to seniors who can get to these facilities. Frail seniors cannot and will not use these facilities for many good reasons.

- they are not well
- they don't look for help
- they don't know they need help
- they are neglected
- they have lost hope
- they lack the financial means
- they are isolated.
- they fear going out etc. etc...

We cannot say it is just too bad and let it go.

In its most recent study JSA has found that there are more than 150 organizations in Greater Vancouver that serve seniors. **Only a handful provide peer counselling and other peer support programs to frail seniors.**

I can proudly say that JSA is the only organization in Greater Vancouver to provide a full range of services as mentioned above.

In conclusion – understanding what an older person faces as he/she ages is imperative.

It is essential to understand and financially support all efforts to help the aging process.



Serge Haber

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

Round Table on the Future of Home Support in BC

Home support is the foundation of our community health system. It provides the basic care and support that seniors need to live relatively independent lives in their own homes and communities.

Today, with the growing problems of overcrowded hospitals and reduced access to residential care, there is a greater emphasis than ever before on supporting frail elderly to remain in their own homes for as long as possible.

And yet, as both the Canadian Center for Policy Alternatives and the Ombudsperson argue, there has been an erosion in access to home support services over the years. This has meant that people with more moderate needs and those who only need help with domestic chores like cooking, cleaning and laundry are much less likely to access publicly subsidized home support than in the past. And although home support increasingly targets frail seniors with complex needs, change has been slow to come.

Challenges remain related to the training of home support staff, the fragmentation of services, the consistency of care staffing and the time allotted to provide care.

On February 20th the Canadian Center for Policy Alternative and UBC's Department of Family Practice, Community Geriatric's program is sponsoring a round table discussion on the current challenges and new strategies for improving the delivery of home support services in BC.

The panelists are leaders in the delivery of home health services. All are trying to find ways to improve continuity and quality of the home support services delivered by the health authorities despite limited resources.

The panelists are:

Suzanne Campbell, Northern Health Authority; **Rosemary Caraham**, Vancouver Health Authority; **Joanna King**, Fraser Health Authority; and **Dr. John Sloan** a geriatric physician who works with Vancouver Coastal Health Home Vive program. The session will be chaired by **Marcy Cohen** from the CCPA.

Registration: 9:00 a.m. Feb. 20th;
Round table discussion from 9:30 to 11:30,
Unitarian Church, 49th and Oak.
(Light refreshments will be served).

No charge but space is limited so please register for the event at:
<http://tiny.cc/homesupportfeb20>, or contact Andrea Smith, 604-801-5121 x234
if you are unable to register on-line or have questions.

**February 20 — Your voices
make a difference**

LETTERS FROM OUR READERS



EDITH SHIER

EDITOR'S MESSAGE

The challenge for us is to treat aging not as a gentle decline, a slipping into the margins of society — but as a new adventure!

Our third act will be a doozy! The aging brain should be cherished for its untapped strengths rather than pitied for its defects.

For a vital evolving old age – MOVE – LEARN – LISTEN – FORGIVE AND LOVE!

From: "Lori Goldberg"

To: "EDITH"

Sent: Tuesday, November 5, 2013 10:29:23 PM

Subject: November and December Art news and new Art Workshop format

Proud to have my painting 'Into The Garden' grace the cover of this magazine.

Lori

From: Binny Goldman

Date: 1 October, 2013 11:54:46 AM PDT

To: Edith Shier

I JUST HEARD FROM MAX (MENACHEM) AND AM SHARING AN EXCERPT OF HIS WORDS!

Binny,

Thanks for sending me the magazine. It's terrific! The Alliance appears so active.

Read your article, you've become a reporter, a journalist. Thank the editor for me, she did a terrific editing job.

It was very fresh for me reading it in the magazine.

I appreciate very much your promoting my stuff. It's such a pleasure thinking other people might enjoy the stuff running through my head.

From: "Lois Raphael"

To: Edith Shier

Sent: Friday, October 11, 2013 7:19:17 PM

Subject: JSA Takes Action – *Senior Line* Volume 20-3 page 3

Dear Editor,

I wish to call your attention to the above mentioned article which appeared in the Seniors Line. I respectfully suggest when petitioning government regarding a serious problem or concern that all sarcastic comments be deleted from the letter. Just state the facts.

Lois Raphael

From: Beryl

Subject: Re: Announcing JSA Fall Symposium_Live to 20: Thriving

Date: 21 October, 2013

To: "JSAGV"

Hi Karon ..I'll be attending the Forum, thanks.

Want to compliment you on the Senior Line –its of a real high standard—it seems to get better each time. Well done and thanks.

Beryl

From: Basya Laye

Subject: Also

Date: 8 November, 2013

To: karon

I was heartened to read Serge's message in the most recent Senior Line. Isolation and loneliness can hit any age group, for sure, but I believe it's especially important to be mindful of our elders in this regard — keeping in touch with "old" (!!) friends and making time to visit. I've tried to do more of this over the last few years, but I know I could be doing even more. Please let Serge know that his message serves as a compassionate reminder to me — and other Senior Line readers, I'm sure!

Basya



ASK HANNAH

your personal advice column

hannah@jsalliance.org



Hannah Luber, M.Sc. Counselling

Getting older is a good thing, but we are bombarded with information about what could go wrong. It takes steady nerves and a good dose of optimism to maintain our confidence and pro-active attitude. Continue to send me your questions, whether they be about psychological, marital, sibling or medical issues. I will assist you in better understanding the dynamics involved. Professionals will be recommended when necessary. I have worked as a psychotherapist, family counsellor, alcohol and drug abuse counsellor, and as a college-level psychology teacher.

What you write is confidential. I have signed a Confidentiality Agreement with JSA; you will remain anonymous. ✉

“Reality Check”

Dear Hannah,

When I moved to Vancouver from the East Coast, my idea was to become closer to my daughter, her husband and her infant son. Ten years later, I am 80 years old, and our relationship is very strained. She has trouble balancing her career and her role of wife and mother. They have moved to a far suburb. There have been some nasty outbursts on her part which lead me to feel that she harbours resentments and criticisms of me which date from the distant past. I see her once in a while, and only for a short time. I am disappointed and worried about what the future may bring if my health fails. I have two other sons. My older son, his wife and two children in Toronto are very fond of me and express love and affection towards me. I do not want to be in a senior residence without visits from family members. Can you sort this out?

Dear “Reality Check,”

This realization has got to be difficult for you; facing up to the reality of unfulfilled expectations and hopes; and dealing with the consequences. It is high time for a “Reality Check.” I presume that you have done the best you can to improve your relationship with your daughter during these past 10 years. Sometimes some people cannot get over their negative past experiences and they allow them to interfere with present relationships. It would seem that your daughter does not like you, and you quite reasonably assume that she would not take the time or energy to be supportive and loving if you were in need of her. Your intuition is solid, I agree with you.

Before you become infirm or frail, you must come up with a plan. I suggest you speak to your son in Toronto and explain the situation with your daughter. It sounds like he loves and cares for you. There are senior residences in Toronto and he would probably be thrilled to have you living nearby. The important thing is to talk about it now, and create a tentative plan for the future. You must be pro-active in regards to your future health and happiness. I sense that you have the courage and fortitude to face this new reality.

“Wonder Woman”

Dear Hannah,

I am 74 years old, independent, healthy and active. I have always kept a very clean house and done my own housework; rearranging furniture, cleaning and vacuuming. I plant annuals every year and maintain my front and back gardens so that they are meticulous. I pride myself on doing these activities and chores. Some people tease me about being “wonder woman.” Lately the vacuum has become heavier, it takes me longer to clean the house. This Autumn I had to give in and hire a gardener to rake the leaves. I am upset. I resent these changes. What is going on? Can I do something about this?

Dear Wonder Woman,

You are indeed a perfectionist and I understand your frustration; you maintain very high standards for yourself and are your biggest critic. It sounds like you are losing strength and stamina. But do not panic; I suggest that you rearrange your life so that

you can go regularly to a recreational facility, such as the JCC. Consult with an advisor there, and begin a program of weight-training and aerobic and flexibility exercises. You are the perfect candidate. Your perfectionism will kick in and you will soon be revelling in your new strength, your increased stamina and your improved balance and flexibility. Get a cleaning lady or a cleaning service every two weeks. Keep the gardener for major clean-ups. You will need the time for your new workouts. Make an appointment with your physician and schedule a bone density scan.

I am guessing that you will not only love what happens to your body and your capacity for work; but you will also enjoy the camaraderie of the trainers and the other people working out at the gym. In effect, your whole lifestyle will improve; not only will you be stronger and fitter; your interactions with people and your sense of well-being will be more balanced.

Email: hannah@jsalliance.org

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

Sincerely,

Hannah

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. ✉



Live to 120: THRIVING

On Nov. 3, 2013, at the Peretz Center, the Jewish Senior's Alliance sponsored a successful forum titled: Live to 120 – Thriving. Close to 200 people, consisting mainly of seniors, were informed and entertained by three outstanding speakers. **Michael Jacobsen**, who chaired the forum briefly highlighted how the medical system is failing our seniors, and then introduced the speakers.

The first to speak was **Dr. Margaret McGregor** (left in photo), Director of Community Geriatrics with the UBC Dept. of Family practice, centered her talk on overmedication of frail elders and the reaction that ensues from this treatment. She urged doctors to "Don't Just Do Something – Sit there! **Less is More when dealing with frail Seniors**". She immediately had our rapt attention.

Truths (facts that we had always held to be the rules to live by regarding drugs) fell by the wayside. Facts difficult to swallow – as difficult as some of the pills some of us were taking. Despite the sharp upward trend in life expectancy, inadequate medications, inappropriate mixing of medications and often debilitating side effects are compromising frail seniors. Many of the studies regarding pharmaceuticals and other procedures do not include frail seniors and as a result what may

work well for younger people is not appropriate for those who are frail.

So what can Seniors and their family members do?

Beware of Polypharmacy

Don't be afraid to question your health providers. Be sure that they are hearing you. You are not just a condition but are a whole person. Be sure that the treatment or medication that is being prescribed will benefit you and will allow you to have good quality years at home. Challenge researchers and ask why frail seniors are not being included in studies. Challenge use of high tech hospitals – encourage home supports and a continuity of care. Challenge cut backs in staffing levels – it is well known that adequate care makes a difference in outcomes. What we need is "Low Tech" – integrated care.

Modern medicine cannot stop the ageing process or people becoming frail, since the longer we live the more frail we become as we age. Exercise does help. Cells do regenerate but cells stop regenerating when telomeres (aging markers on chromosomes) become shorter. Keeping active and a healthy diet can help and as doctors can only fix the part that is broken, it is up to us to keep

ourselves WHOLE!

The second speaker was **Dr. James McCormack**, Professor of Pharmaceutical Sciences at U.B.C. who chose an innovative way of presenting the facts. **He used humour combined with music and audience inter-action to dispel 'medical myths' that we had adhered to for years.** He urged us to become doubters, and to question the medications prescribed to us. He advised us to advocate for minimal disruptive medication. He also spoke about new pharmaceuticals that have become available over the past 10 years. Many medications have not proven to be any more valuable than the old ones and there have been numerous recalls. He suggested that medications need 5-year trials before mass usage.

He advocates a healthy Mediterranean diet, exercise and no smoking. Looking younger starts from the inside. He encourages people to become health skeptics (not cynics), "ask questions, and don't believe everything you read or hear on the news regarding new cures".



Too many PILLS

The third speaker was **Johanna Trimble** (centre in photo), a World Health Organization Patient Safety Champion with a focus on prescribing practices for geriatrics. **“Is Your Mom on Drugs?” and “Is there an epidemic of Alzheimer’s or dementias, or is it over-medication with resulting hospital admissions?”** was the focus of her discussion. She illustrated her point with a personal story involving her mother-in-law, a story that touched many in the audience who had experienced similar disconcerting encounters. Misdiagnosis, leading to incorrect medication can produce dire results and can be extremely difficult to deal with and problematic to change.

Doctors must look at the whole patient and involve the family members, as they are the ones

who best know the patient, and who can advocate for the patients who cannot fend for themselves anymore.

Often frail seniors have a medical setback which lands them in the hospital where they are examined and tested and often receive some kind of diagnosis which requires medication which is given on top of all the other meds they may be on. Then as a result of “polypharmacy” which means over medication and possibly the use of anesthesia in the case of a medical procedure, the frail senior may develop delirium, which may result in dementia type symptoms, but it is treatable and short lived. If the health providers or family members are not astute the frail senior may be diagnosed and labeled as having dementia or Alzheimer and then there will be

other medications prescribed and so it goes.

In summary all three of the health practitioners appeared to be on the same page. They all recommend that we need to be responsible informed health consumers for ourselves and for our loved ones. We must advocate for frail seniors and be sure that medical procedures, hospital stays and prescriptions are helping not hindering or causing further harm.

Review by:
Binny Goldman and Marilyn Krygier

Photography by:
Binny Goldman

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



Ken Levitt & Jack Altman



Lucy Laufer & Rita Roling



Gloria Levi & Serge Haber



Audience



Michael Jacobsen



Bev Cooper



As Elders we have accumulated knowledge and life experience, but often we forget how much we do know and how powerful we can be. The Empowerment Series hopes to educate and advocate for seniors in an effort to remind us of our strength and power.

EMPOWERMENT THROUGH MUSIC

The first session of Elders Empowering Elders featured the wonderful musical partnership of Claire Klein Osipov and Wendy Bross Stuart, it was held on Friday 20 November 2013, jointly with the Sholom Aleichem Seniors of the Vancouver Peretz Centre.

Claire and Wendy explained the influence that music has exerted on their lives – its strong influence on everything they have done in general – and how their involvement with music has been an empowering force.

They followed this explanation with a beautiful recital which certainly demonstrated the power of music, and how it can act as a common language to stimulate and inspire us in our senior years.

Claire and Wendy attracted a record attendance, and the positive and most enthusiastic response of the audience was clearly expressed in the evaluation forms.

We learned that Music is a common thread that unites us all and it knows no boundaries or borders. It is a language that all cultures share, and it manages to transcend cultural conflict.

Music builds self-confidence and self-value, and Musical Empowerment creates a space in which people from diverse backgrounds can help and learn from each other.

Please refer to the pull-out calendar section page 15, and inside back cover for session 3 and 4. ♪

EMPOWERMENT THROUGH AGING IN PLACE

All of us fervently wish that as the years gather, we could gracefully embrace and be embraced by them. Today we learned how to do just that in our own homes and to actually do so as gracefully as possible, at any stage of our aging.

Shanie Levin, the JSA Coordinator of the session on 'Aging in Place' welcomed an overflowing crowd gathered in the JCC Dayson Boardroom on January 22, interested in learning how to do just that. Partnered with the JCC Seniors, the JSA presented a panel of experts on the subject.

Donna Cantor, Senior Outreach Counselor at Jewish Family Service Agency was the Moderator. After briefly outlining her ongoing connection with the JSA, she introduced the panel, with a brief outline of each presenter.

"It's not how old you are, it's how you are old."

—Jules Renard

The first to speak was **Debbie Sharp**, Field Supervisor for the United Way "Better at Home" program, which offers support by paid staff and

unpaid volunteers for seniors, 55 and older, who want to remain at home while aging with the ability and dignity to do so. The United Way offers programs which are funded by the BC government in up to 68 communities across BC, and can offer help in a range of non medical services on a sliding scale of fees. Some programs are offered free.

The specific services offered reflect the different needs of each community. Some of those offered are: yard work, minor home repair, light house keeping, grocery shopping, friendly visiting, snow shovelling, transport to appointments. Thus, they are hoping to ensure that seniors can play an

active role in their communities and continue to enjoy living at home surrounded by family and friends.

The next panelist was **Julie Hirschmanner** - Occupational Therapist at Vancouver Coastal Health who listed ways in which we can stay at home safely.

They can provide health care needs that families cannot such as: nurses, Physio and Occupational therapy, Care Managers to help with bathing.

She recommended equipment which would make each step of aging easier for all: grab bars, raised toilet seats, and general advice. In stressing that prevention is the best tool seniors themselves can use, she listed certain hazards we tend to overlook in prevention of falls:

1. rushing to get things done
2. rising too quickly from a seated position
3. getting overtired
4. carrying too much in both hands so being unable to use rails
5. climbing onto furniture to reach for things too high up
6. wearing slippers with no backs -hence no support
7. dimly lit areas
8. incorrect or overuse of medication
9. clutter in pathways or stairs

She also reminded us that people can call 911 if they have fallen and cannot get up. However she highly recommended a Medical Alert bracelet if one lived alone

The next presenter, our own **Charles Leibovitch**, of the JSA Peer Support

Services spoke and it is interesting to note how many of the services needed were incorporated into the services being offered by the graduates of the Peer Support Counselling after an intensive mandatory 11 week training course. This program was initiated by the JSA and set up by Charles Leibovitch in 2011 after much research using his extensive training in the field.

The Peer Program Support group offers four support services:

- 1) Peer Counselling; in which trained individuals are matches up with clients requiring the service.
- 2) Friendly Home Visits; which will involve a trained graduate to visit a senior's home, one usually too frail to venture out on their own and assist with shopping, light errands, banking or accompany them on medical appointments.
- 3) 'Shalom Again'—Friendly Phone calls; where the loneliness and isolation of individuals is alleviated simply by someone keeping in touch with them. These can be daily, weekly, bi-monthly, or monthly.

It is important to allow time for conversation, some socialization or perhaps even, encourage a slow reintroduction into community activities. This is at NO COST to the client receiving these services.

There have been three graduating classes with about 13-15 in each class with a new class starting this week and there are 30 clients at present, with a waiting list. The clients are matched up with the counsellors and followed up by Charles and Lynne Moss, his assistant after the initial introduction. The client will also receive Charles'

cell phone number to be used if anything urgent comes up.

Donna Cantor remarked that she has met many happy clients of these match ups.

Lisa de Silva, a private Occupational Therapist-our next speaker, described her staff as 4 trained UBC people who offered the services required pre and post surgery, and can be booked just for individual needs and not on an ongoing service as it is quite costly. This may be covered partially by Blue Cross or similar coverage. They too offer all the at home care that others do. She did say they speak four languages which may be helpful in times of stress

Our last presenter, **Devorah Goldberg**, who as an interior designer incorporates function and beauty, specializing in design for seniors, uses ergonomics to ensure each client has a home best suited to his or her own needs.

Some excellent suggestions were:

1. cupboards custom built lower down
2. no gas stove
3. labelling any items to be used or colour coding them so they are easily identified
4. sensor lamps beside the bed
5. large dial phone..with numbers and FACES of DEAR ones for speed dialling
6. grab bars in bathtub/toilet and extra shelves to house toiletries with in easy reach
7. no soft sofas... too difficult to stand up once seated.

Leah Deslauriers, Coordinator of the JCC Seniors, who had been using her wonderful sense of humour throughout the presentations, individually and collectively expressed her thanks to the panelists and presented each of them with a token of our appreciation. There had been many questions by the audience which showed a keen interest in the topics that had been covered. 🌸

Binny Goldman



From left: Leah, Devorah, Lisa, Donna, Julie, Charles & Debbie in front



GRADUATION No.3

A *Mitzvah*—Shared by Many



A *MITZVAH*...in English it means a 'good deed'... but as Serge Haber truthfully and poignantly pointed out to those attending the Peers Counselling Peers ceremonies ..it is really so much more...especially helping those..who may not be able to thank you in return... and that is said to be the biggest *MITZVAH* ..ever.

A warm feeling of shared accomplishment felt and expressed by both the students and those who trained them.. was palpable.

The students of varying ages and talents who had been meeting for 11 weeks for 5 hours on Sundays grew into a cohesive group with interactive sessions and learned how to listen..and understand what they heard, learning that just listening alone-was healing. Thirteen proud students were graduating this evening of November 25th, realizing they could be called upon to help and would be able to do so.

We heard from Charles Leibovitch, Director of the Peer Counselling who introduced and thanked Serge Haber, Chairman of the JSA who was responsible for the initial start up and Pam Ottem who is now at JSA the member of the board responsible for their ongoing support....and from Lynne Moss, Peer Support Worker, who in her positive outlook outlined what had occurred in the past session and the hopes she has for the future.

Victor Halioua one of the students effusively thanked all responsible adding that he too was helped by giving of himself..as giving was also getting..a theme that kept being repeated.

One of the recipients of the Peer Counselling service was moved enough to speak saying that she felt her life had been renewed.. severe loneliness alleviated..and that she was able to smile again.. feeling that she was extremely fortunate to be part of those the JSA was helping.

Grace Hahn, the articulate, easily approachable teacher who helped bring about all these students to this moment expressed emotions of gratitude thanking her students as well, for allowing themselves to be vulnerable, for sharing role playing methods, not always a comfortable situation – who said that

"People may forget what you said — people may forget what you did — but not how you made them feel."

And this evening was all about FEELING.

Photographs, refreshments, smiles and congratulations all were enjoyed and added to the joy of this journey.

There will a new and fourth session starting in the next few months.

Once more, I am so very proud to be part of this giving organization.

Binny Goldman, 27 NOV. 2013

GRADUATION PHOTO

Top row from left: Russ, Kim, Serge (president), Grace(trainer), Charles (JSA).

Bottom row from left: Margaret, Allex, Pauline, Sylvia, Theresa, Lorilee, Lynn (JSA), Victor, Naava, Arthur and Ana.

Missing: Juan and Ann.



Charles



Lynn

JSA Peer Support Services

HIGH RETURN NO RISK



When pigs fly!

Report investment fraud
and download the App at
BeFraudAware.ca

BE FRAUD AWARE |  *invest*RIGHT

A program of the BC Securities Commission

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 (BCEAS) 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 Coquitlam	604-299-5754 604-942-7506
Richmond Surrey/Delta New Westminster	604-292-7200 604-588-0325 604-520-6621
Vancouver White Rock	604-684-8171 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 Omnitsky
	604-709-9889 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 February, March, April, May 2014

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

MONDAY	
11:45 am - Feb 17	Lunch & Learn
1:00 pm	Poker
March 10 - Purim Party at 12:00 pm	
TUESDAY	
9:30-10:30 am	Chair Yoga
3:00 - 4:30 pm	Drawing & Painting
11:00 - 2:30 pm	Duplicate Bridge
WEDNESDAY	
9:30-10:25 am	Chair Yoga
1:00 - 2:45 pm	Arts & Crafts
10:30 am	'In the News'
1:00 - 5:00 pm	Poker & Mah Jongg
THURSDAY	
11:00-2:30 pm	Duplicate Bridge
12:30 pm	Mah Jongg
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11:00 -2:00 pm	Social Bridge

KEHILA JEWISH SENIORS - RICHMOND BETH TIKVAH SYNAGOGUE,
 9711 GEAL ROAD, RICHMOND, BC V7E 1R4
 CONTACT: Barbara Bronstein
 604-241-9270 or kehila@uniserve.com
 www.kehilasociety.org

MONDAY - 9:30 - 2 pm	
9:45-10:45 am	Beginners ESL
10:45-11:45 am	Advanced ESL
10:45-11:45 am	Low impact Exercise class
12:00-1:00 pm	Kosher lunch
1:00 -2:00 pm	Speaker/entertainment

Every 3rd Monday of the month
 Wellness Clinic from 9:00 - 12:00 pm
 Massage therapy, therapeutic touch,
 reflexology, blood pressure checks,
 manicure/pedicure. **BOOKING ESSENTIAL** call Ruth 604-271-1973

SAVE THE DATE

JSA - SPRING FORUM
Retired / Rewired

DATE: **Sunday, May 4, 2014**
 TIME: **1:30 - 4:00 pm**
 PLACE: **Peretz Centre**
 (See back cover for more information)

JSA-SNIDER FOUNDATION
 EMPOWERMENT SERIES 2013-14

Elders Empowering Elders

#3

EMPOWERMENT THROUGH TOUCH

DATE: **Thurs, March 27, 2014**
 TIME: **11:00 am - 1:00 pm**
 PLACE: **Unitarian Centre**

#4

EMPOWERMENT THROUGH THE ARTS

DATE: **Monday, June 16, 2014**
 TIME: **1:00 - 2:15 pm**
 PLACE: **Beth Tikvah**
 (See inside back cover for more information)

ROUND TABLE ON THE FUTURE OF HOME SUPPORT IN BC

DATE: **Thursday, Feb 20, 2014**
 TIME: **9:30 am - 11:30 pm**
 PLACE: **Unitarian Centre**
 (See page 3 for more information)

A COMMUNITY CONVERSATION ABOUT DEATH & DYING

DATE: **Sunday, April 27, 2014**
 TIME: **7:00 pm**
 PLACE: **Temple Sholom**
 (See page 20 for more information)

L'CHAIM ADULT DAY CENTRE
 950 W 41st Avenue
 CONTACT: Annica Carlsson
 604-638-7275
 annica@jccgv.bc.ca
 www.adultdaycentres.org/lchaim

MONDAY AND WEDNESDAYS	
9:30-3:00 pm	
FRIDAY	
9:30-2:00 pm	

CHABAD RICHMOND
 200-4775 BLUNDELL ROAD
 (ACCESSIBLE BY CHAIRLIFT)
 CONTACT: Rabbi Baitelman
 admin@ChabadRichmond.com
 604-277-6427

TUESDAYS - EVERY OTHER TUESDAY -
 TORAH CLASS FOR SENIORS
 Phone to confirm dates

11 am -12 pm bi-weekly	Torah Class for Seniors
4 TH TUESDAY OF EVERY MONTH - COMMUNITY KITCHEN	
12:30-2:30 pm	Community Kitchen
WEDNESDAY	
1-4 pm	Arts Club for women- Every Week
THURSDAY	
10 - 11 am	ESL Beginners & Intermediates
11 - 12 pm	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,
 incl. Rabbi Baitelman
 Feb 6 & 20, Mar 6 & 20, Apr 10, May 8 & 22



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

ONGOING EVENTS February, March, April, May 2014

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

Cost \$10. Subsidies available. Volunteer drivers bring the seniors to the lunch and back home again if needed.

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

INTERSECTIONS

7:00pm – 9:00pm at 6184 Ash Street, Vancouver BC, V5Z 3G9
Sweets served
\$5 suggested donation at the door
www.jewishmuseum.ca | info@jewishmuseum.ca | 604-257-5199

WEDNESDAYS Feb 19, March 19, April 23

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

TUESDAY

7:30 pm 1st Tuesday of the month at Temple Sholom - Jan -June

Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.

CONGREGATION BETH ISRAEL

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

WEDNESDAYS--
Feb 19, March 19, Apr 23
& May 21

"Lunch & Learn"--with Rabbi Infeld
noon at JCC

PERETZ CENTRE FOR SECULAR JEWISH CULTURE

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE

FRIDAYS AT 6 PM - Feb 21, March 21, Apr 25 & May 23

Vancouver Jewish Folk Choir Rehearses every Tuesday	7:30–9:30 pm
---	--------------

Yiddish Reading Circle first and third Wednesday of the month	3:00–4:30 pm
---	--------------

Adult Discussion Group: Last Sunday of each month	10:20–12:30 pm
---	----------------

Community Seder	April 19 - 5:30 pm
-----------------	--------------------

SHOLEM ALEICHEM SENIORS

CONTACT: Gyda Chud 604-266-0115

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

ISAAC WALDMAN JEWISH PUBLIC LIBRARY

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

MONDAYS

Feb 12, March 17, April 28 & May 26 at 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
--	--

WEDNESDAYS

10:30–12:30 pm	IN THE NEWS – This is a discussion group for people interested in current affairs and global politics.
----------------	--

5:00 - 7:00 pm	KLEZMER WEDNESDAYS - Featuring klezmer music from the cd collection of Ethan Minowitz (z'l). Music and refreshments.
----------------	--

MOST BRIDGE RUSSIAN JEWISH SENIORS

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

Feb 1 - 1 pm	Social Privileges for Immigrants who are Seniors
--------------	--

Feb 16 -1 pm	Jewish Actors & Playwrites of Leningrad
--------------	---

Mar 9 - 1 pm	Purim & International Women'ss Day
--------------	------------------------------------

April 20 -1 pm	Holocaust & State of Israel
----------------	-----------------------------

May 11 - 1 pm	Victory Day Celebration
---------------	-------------------------

Best Wishes from your Conservative MPs



**WAI
YOUNG, MP**
Vancouver South

604-775-5323 • WWW.WAIYOUNG.CA



**ALICE
WONG, P.C., MP**
Richmond

604-775-5790 • WWW.ALICEWONG.CA



Make Your Home Safe for Independent Living

Are you a low-income senior or a person with a disability who wants to live safely and independently in the comfort of your home?

Do you have difficulty performing day-to-day activities?

Does your home need to be adapted to meet your changing needs?

If so, you may be eligible for financial assistance under the **Home Adaptations for Independence (HAFI)** program.

Find out today if you are eligible and if you meet all of the requirements as a low-income homeowner or as a landlord applying on behalf of an eligible tenant.

HOME
ADAPTATIONS *for*
INDEPENDENCE

To apply or learn more, visit
www.bchousing.org/HAFI

You can also contact BC Housing:

Phone: 604-646-7055

Toll-free: 1-800-407-7757 (ext. 7055)

Canada



HOUSING MATTERS

A PERSPECTIVE ON ISRAELI LIFE TODAY BY MARIAN COHEN



FROM TOP LEFT:

1. Men only–cafe in Jaffa.
2. Rock songs plus men laying tefillim–Carmel Market.
3. Waiting for customers–Petach Tikvah market.
4. Olives and spices at Carmel Market Tel Aviv.

New TV Station

Israel has a new 24-hour news channel on the Internet, broadcasting in English from Tel Aviv. This news channel will compete with CNN, Al-Jazeera, BBC, etc. covering news from around the world, and specifically from Israel.

Many people are unaware of the existence of this channel
- do not keep it a secret.

www.i24news.tv

MOST-BRIDGE RUSSIAN JEWISH SENIORS

Общество Русскоязычных Евреев-Пенсионеров

Review JSA Fall Symposium: Live to 120: Thriving

Живите долго и счастливо.

Осенний симпозиум Альянса (JSA) состоялся 3го ноября 2013г года. Тема его: “Живите до 120ти лет, процветая и преуспевая”. Присутствовали почти 200 человек, в основном пожилые люди, которых информировали и развлекали три выдающихся оратора. Д-р **Маргарет МакГрегор**, зав. кафедрой геронтологии в UBC, отметила, что старикам предписывают слишком много лекарств и что происходит в результате такого лечения. Несмотря на резкое увеличение продолжительности жизни, неадекватные лекарства, несовместимость лекарств и изнурительные побочные эффекты наносят вред престарелым людям. Современная медицина не может остановить процесс старения, но активность и здоровая диета могут замедлить его. Д-р **Джеймс МакКормак**, д-р фармацевтических наук, в своём выступлении использовал юмор, соединённый с музыкой, и общение с аудиторией, чтобы развеять мифы, в которые мы верили в

течение многих лет. Он настаивал на том, чтобы мы подвергли сомнению предписанные нам лекарства и советовал нам выступать за лекарства, которые обладают минимумом разрушительной силы. **Джоана Тримбл**, представитель Всемирной Организации Здоровья. Её внимание сосредоточено на практической гериатрии. Она объяснила на конкретных примерах, как у немощного старика накапливается всё больше лекарств для ежедневного принятия.

Вобщем, все три работника службы здоровья призывают больных пожилых людей не принимать слишком много лекарств. Все трое рекомендуют медработникам проводить беседы с больными, разъяснять то, что им непонятно, чтобы они были хорошо информированы прежде чем выполнять предписания врачей. Подробности- на вебсайте JSA (jsalliance.org).

By Ida Gitlina.



Ben and Esther Dayson JUDAICA COLLECTION

**Jewish Books & DVDs
Borrow for FREE at:**

Richmond Public Library

Brighthouse (Main) Branch, 2nd Floor
7700 Minoru Gate, Richmond, BC

Contact Shelley Civkin: 604-231-6416

Monday – Friday 9:00 a.m. – 9:30 p.m.
Saturday & Sunday 10:00 a.m. – 5:00 p.m.

THE WEINBERG RESIDENCE



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

ASSISTED LIVING

A vibrant residence where you will live with independence and choice in a safe and comfortable setting. Kosher meals, personal care, emergency response and interesting leisure programs are designed to support and enhance your quality of life.

MULTI-LEVEL CARE

Sometimes you need extra help:
Long Term Stay • Respite Care • Convalescent Care
• Palliative Support • Out of Town Stay

Discover our community and let us make a difference!

The Weinberg Residence
5650 Osler Street, Vancouver
www.weinbergresidence.com



Come for a Tour
604.267.4722
9 am to 5 pm weekdays

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

THE HARRY AND JEANETTE WEINBERG (OF BALTIMORE) RESIDENCE

SAVE THE DATE – TEMPLE SHOLOM
Sunday April 27, 2014 at 7pm
7190 Oak Street, Vancouver BC

A Community Conversation about Death & Dying

Dr. Romayne Gallagher,

Head of Palliative Care Division, Providence Health Care

Dr. David Silver

Director, Maurice Young Centre in Applied Ethics, UBC

Rabbi Dan Moskovitz

Senior Rabbi, Temple Sholom

Mr. David Karp

Myers, McMurdo & Karp, Criminal Defense Lawyer

Ms. Katherine Hammond

Registered Nurse, personal story

Moderator: Stephen Quinn,

CBC Broadcaster and Journalist



Everyone Welcome – FREE of Charge

Pre-registration required

templesholomsisterhood@gmail.com

or tel. 604-200-0539

Sponsored by:

SISTERHOOD
OF TEMPLE SHOLOM
Journeying Together

It's a startling but simple truth, 100% of us will die.

Most of us can't help but think from time to time about how and when will I take my last breathe; how and when will my brain and body parts stop to function. It's not an acceptable conversation. It is seen as unpleasant and is usually quickly shut down especially by younger friends and/or family members who hold on to the idea that death is not going to happen or it is so far away in time that it is not a relevant conversation.

The reality is, as we age, most of us have a need to let others know how we wish to be treated when the end of life is near. We have a human need to express our fears and our comfort regarding this stage of life. We each have our own wishes, beliefs, values, cultural and religious points of view. Having this conversation with family and friends ought to happen within a realm of comfort. However in most cases, it doesn't.

April 27th event is not a debate. It's not a prescription for one point of view on end of life. But rather, it is an opportunity for family and friends to gather together to gain insight, skills, knowledge and comfort; to learn how to have a conversation about death and dying.

Our panellists will outline various aspects of this topic including tools for getting in touch with our ethical and spiritual background, options for end of life matters, and our legal right to life and death. Attendees will have an opportunity to ask questions of the panellists and listen to others points of view. This event, lead by 5 knowledgeable speakers, will help create some comfort with speaking about death and the process of dying as a community, as a family or with friends.

BRENDA KARP

Keep those *aging* grey cells active!

1. Johnny's mother had three children. The first child was named April. The second child was named May...**What was the third child's name?**
2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers...**What does he weigh?**
3. Before Mt. Everest was discovered,...**what was the highest mountain in the world?**
4. How much dirt is there in a hole...**that measures two feet by three feet by four feet?**
5. What word in the English language...**is always spelled incorrectly?**
6. Billy was born on December 28th, yet his birthday is always in the summer. ...**How is this possible?**
7. In California, you cannot take a picture of a man with a wooden leg. ...**Why not?**
8. What was the President's name... **in 1975?**
9. If you were running a race, ...and you passed the person in 2nd place, ...**what place would you be in now?**
10. Which is correct to say... **"The yolk of the egg are white" or "The yolk of the egg is white" ?**
11. If a farmer has five haystacks in one field and four haystacks in another field, ...**how many haystacks would he have if he combined them all in another field?**

ANSWERS:

1. **The third child's name had to be "Johnny", of course.**
2. **Meat.**
3. **Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]**
4. **There is no dirt in a hole. [You see, if you were right, and there were 24 cubic feet of dirt in that hole, it wouldn't be a hole anymore, now would it?]**
5. **Incorrectly**
6. **Billy lives in the Southern Hemisphere.**
7. **You can't take pictures with a wooden leg. You need a camera to take pictures.**
8. **Same as it is now – Barak Obama [Oh, come on ...]**
9. **You would be in second. Well you passed the person in 2nd place, not 1st.**
10. **Neither – the yolk of the egg is yellow [Duh]**
11. **One. If he combines all of his haystacks, they all become one big one.**

For-profit clinics attack Medicare in court, SEEK USA-STYLE SYSTEM

We risk losing Canadian Medicare as we know it.

Right now, there's a legal attack before the courts that could turn Canada's Medicare system into a US-style system.

The attack is driven by Dr. Brian Day, owner of a Vancouver for-profit surgical clinic, Cambie Surgery Centre, known for unlawfully billing patients and the taxpayer-funded Medical Services Plan.

The case is being called the most significant constitutional challenge in Canadian history. And it's going to trial in BC Supreme Court in 2014.

This challenge aims to break Medicare in Canada by striking down provincial health legislation that limits the for-profit delivery of medically necessary services, claiming that these rules violate the Canadian Charter of Rights and Freedoms.

What does this mean for me and my family?

If Dr. Day wins this case, we'll lose the public health care system that we rely on.

Expensive private insurance will become the new norm, like in the United States where it costs the average family \$16,000 a year. Most bankruptcies in the US are due to medical bills – we don't want to see a system in Canada where we risk losing our homes or go deep in debt when we get sick or injured.

Public wait times will also become longer, as doctors and nurses are drained from the public system to the for-profit system.

Why it's a national issue affecting everyone in Canada.

Even though the case is in the BC Supreme Court, it threatens health care across Canada. If Dr. Day wins the



case, the laws that protect our public health care system will crumble across the country.

We have to make sure Dr. Day is defeated. In contrast to the aims of these for-profit clinics owners, Canadians don't want US-style health care. Poll after poll show that the public favours investment in public

health care to improve the system for everyone, not the expansion of for-profit health care that benefits only a very wealthy elite.

Who's fighting for our public health care system?

The BC Health Coalition and Canadian Doctors for Medicare are interveners in this case. This means that we are participating directly in the case, and we'll be standing up for Medicare in court.

But we know that our participation in the case alone can't ensure this legal attack is defeated. It's going to take a huge public outcry to save Canadian Medicare.

It's going to take talking to our governments, our local newspapers, and our family and friends to make very clear: we want a public health care system that works for all Canadians and this legal attack must be defeated.

This is going to be a big challenge, but we know that together we can win this case and ensure that Medicare is here for generations to come.

To get involved, contact the BC Health Coalition at adam@bchealthcoalition.ca

www.bchealthcoalition.ca

By Adam Lynes-Ford, BC Health Coalition



JILL CHARUK ...Colourist

"I paint the colours that I see in landscapes and surroundings. The greys and greens of where I live are too cool for me, I pump them up, in my paintings. You can still 'read' them even though you know that a road isn't purple."

Born on the west coast, Jill pursued careers in fashion design and decorating before becoming a painter. Her love of strong colour is evident in her vibrant landscapes and oversized florals. "I was always talking clients into more colour in their selection for walls and furniture." She enjoys painting in both oil and acrylic mediums.

Jill's paintings have been sold internationally, in England, the United States and Mexico and have been included as part of several corporate collections. Her studio and home are located in the lower mainland, near Vancouver, in British Columbia, Canada



"The tree is leaning in towards the sunlight & away from the rocky slope behind it. But there is more to the phrase *Lean In* today. More about taking on the challenge, getting the work done and losing fear. I like that idea."

SENIOR ISSUES IN THE MOVIES

Seniors, with the power of a group, forge new bonds and surmount challenges

My column today is about three movies, *Unfinished Song* (2012), *The Best Exotic Marigold Hotel* (2011), *Mid-August Lunch* (2008), and a documentary film, *Young @ Heart* (2007). All four movies feature superb ensemble casts, people in the 70's, 80's and 90's, who create dramas (both serious and funny) with raw emotions and important lessons to be learned.



Young @ Heart and *Unfinished Song* are both films about seniors who sing regularly in a chorus and prepare for competitions. The documentary *Young @ Heart* follows a large group of seniors in Northampton Mass., as they are encouraged by their empathetic and skilled leader to rehearse and to learn new songs. They must also face difficulties of memory and mobility, they deal with illness and the death of a member of their chorus. The viewer shares in their tenacity and accomplishments, bemoans their difficulties, and is filled with joy and appreciation at the privilege of sharing their experiences.

The movie *Unfinished Song* begins with an elderly couple. The wife is a devoted member of a chorus, and attends rehearsals until she dies of cancer. The husband is a bad-tempered, grumpy old man; he never liked the chorus, he tried to stop her from attending, and, in his grieving, he retreats from friends and his son and granddaughter. The young woman who leads the chorus takes an interest in him and gradually lures him into singing for her and then for the chorus. Singing and participating in the chorus revitalize him. He allows himself to become vulnerable, and repairs the damage he has done to those around him. The issues of dying, death, and grieving represent lessons to be learned by all viewers. And there is a happy ending.

Mid-August Lunch is an Italian jewel of a movie. It is August in Rome; it is hot, humid and only the old and the poverty-stricken are left in the city. We meet the devoted son who takes care of his feisty aged mother. He reads to her, he shops, cooks, cleans. This is a good son; and soon his friends and acquaintances insist that he takes care of their mothers and aunts. Now there are three more elderly women in the apartment. The four women and the son must get to know each other and get along in very restricted circumstances. Well, with a little wine and some good food and music, they quickly crystalize into a joyous group of singing, dancing women who exhibit a joy of life that is palpable and contagious.

In the movie *The Best Exotic Marigold Hotel*, seven elderly Britons, for a variety of reasons, respond to an online ad and travel to Jaipur, India, where they find run-down hotel with a young, exuberant, and optimistic host. Evelyn, newly widowed, wants low-cost experience, Graham seeks a long-ago love, Douglas and Jean have lost their pension in a family investment, Muriel needs cheap hip surgery, Madge seeks a rich husband, and Norman is chasing women. India affects each in different ways, enchanting Douglas and Evelyn while driving Jean deeper into bitterness. Their host, young Sonny, has dreams but little cash or skill; he also has a girlfriend whom his mother dismisses. Stories cross and discoveries await each one (www.imdb.com). This movie has it all, romance, sex, adventure, prejudice, frustration, and fear. Yet somehow, this disparate group finds answers to questions, comes to grip with being out of their comfort zone and ultimately learns valuable lessons about living life in the here and now.



You can find some of these movies at Black Dog Video and all of them at Limelight Video.

Dolores Luber



Don't be afraid of our website

jsalliance.org

built by seniors for seniors

Did you know?

1. You can watch videos of previous events
2. Find out what's happening and where
3. Get advice from professionals

AND LOTS MORE....

QUESTIONS?

Call Karon: **604.732.1555**

'Cellphones For Seniors' give elderly a fighting chance



The assault left her with permanent nerve damage and back problems from torn muscles after she was thrown to the ground. "He got my wallet, my credit cards and 60 cents." That attack—along with the murder of a friend—prompted her to develop a program called Cellphones For Seniors (B. Morton, Vancouver woman's 'Cellphones For Seniors' gave elderly a fighting chance, Vancouver Sun, Dec. 6, 2013).

This program aims to ensure Downtown Eastside seniors have 911-only cellphones at no cost.

Portland Hotel Society has recently joined this successful endeavor, along with Vancouver City Hall, Vancouver police, Vancity, Telus and Free Geek. More than 500 cellphones for seniors, set up so they can only call 911 have

been distributed.

Jewish Seniors Alliance encourages its members and its readers to contribute their old, unwanted cellphones to this worthy cause.

Organizers hope people will donate 500 phones and chargers in drop boxes at seven Vancity branches, at Creekside Community Centre and at Roundhouse Community Centre. We will also accept the phones and chargers at our JSAGW office located at 949 W.49th Ave. Let us adopt this program as a way to give the elderly a fighting chance!

Excerpt from article in Vancouver Sun

Try to imagine not having a cellphone in your pocket and your handbag. Well, maybe you don't. But now try to imagine not having a land line at your home. No telephone, no ability to connect, to reach out in the case of an accident or trouble. Gladys Jewson was attacked in 1999 in broad daylight.

Written In Stone

Two friends were walking
Through the desert.
During some point of the
Journey, they had an
Argument; and one friend
Slapped the other one
In the face

The one who got slapped
Was hurt, but without
Saying anything, wrote in the sand ,

Today my best friend
Slapped me in the face .

They kept on walking,
Until they found an oasis,
Where they decided
To take a bath.

The one who had been
Slapped got stuck in the
Mire and started drowning,
But the friend saved him.

After he recovered from
The near drowning,
He wrote on a stone:

'Today my best friend
Saved my life'

The friend who had slapped
And saved his best friend
Asked him, 'after I hurt you,
You wrote in the sand and now,
You write on a stone, why?'

The friend replied

**'When someone hurts us
We should write it down
In sand, where winds of
Forgiveness can erase it away.**

**But,
When someone does something good
for us, we must engrave it in stone
where no wind can ever erase it.**

***Learn to write your hurts in the sand
and to carve your benefits in stone.***



Introducing FLORENCE BEYTIN

Florence Beytin celebrated her 98th birthday in October, 2013. I first met her in August when she accompanied her daughter and son-in-law, Joyce and Gordon Cherry, to the off-leash dog park. I was immediately impressed by how articulate and confident she was. She shatters any preconceived ideas or assumptions that one might have of a person of advanced age.

I arrived at her apartment and followed her trim figure, dressed in jeans, smart boots and a lovely violet sweater, into her living room. In response to my questions, she spoke with clarity, her gaze steady. After living her married life with Sam and raising her two children, Mark and Joyce, in the Catskills of New York State; and many years after Sam's death, she eventually arrived in Vancouver 16 years ago, to be near her daughter Joyce. At 82 years of age, she made the necessary difficult adjustments with skill and success.

After Florence had related the story of her early working years, her marriage and family relationships, I finally asked the question "What is your secret, Florence?" I say "finally" because she responded immediately "I was waiting for that question!" She proceeded to tell me the three qualities which she believes has brought her happily to the present time.

CELEBRATING VANCOUVER

In this column we are presenting information about what they understand and have learned. The only requirement is that you share.

We invite you to contact Dolores Luber at dolores@vancouvercelebrating.com

Number 1: "Look for the silver lining." Florence told of her diminishing vision and how that led to her participation in the Vancouver Public Library program Outreach whereby recorded books and movies are delivered to her home. She adores the service. She told of her problem with her teeth which makes chewing more difficult. The silver lining—she lost 30 lbs. and is now fashionably slim and loves it. She said that when there is a setback, she refuses to dwell on it.

Number 2: "Avoid stress." She recalled how travelling had become very stressful with events like lost luggage and flight cancellation. She now avoids air travel; all her family and friends come to Vancouver. She is thrilled.

Number 3: "Cultivate younger friends." Through her daughter Joyce, Florence has participated in many group events and become an important personality within these warm, loving groups of people. She is deeply grateful for the care and attention of Joyce and Gordon, for the nightly telephone call from her son, Mark, for the visit from her next door neighbour, for the compliments and festivities which she attracts. "People are very nice to me."

These are the secrets of Florence's success. What I have come to understand is that she is so appreciative and grateful for the good people and happy events which come her way that people naturally respond positively to Florence Beytin. 🌸

VER'S SUPER SENIORS

Interviews with Seniors who will share
earned in the fullness of their years.

minimum age 85 years.

dluber@telus.net or phone 604.733.6616



Introducing DR. RALPH YORSH

To enter the home of Dr. Ralph Yorsh is to witness and participate in his long personal and professional life of 92 years. Photographs, articles, books, souvenirs, furniture—all articulate his productive and creative lifestyle. It is with difficulty that we can describe Ralph Yorsh as “retired.” True, he no longer practises as a dentist; and he no longer teaches Hypnosis in Dentistry at UBC; but he has a full schedule of lectures to inform seniors how to achieve and maintain a healthy and happy mouth. Furthermore, I suspect that his techniques of hypnosis which allowed his dental patients to have confidence in the dental office procedures and to learn to love their time with their dentist, are still at work encouraging people to realize their potential and lead more successful and healthier lives.

As Toastmaster par excellence he still tries to give one Toastmaster recruiting talk each day. He is unstoppable, and unflappable. His enthusiasm joined with his conviction that communication skills are the bedrock of success in every field, propel him forward each day. His idea of “giving back” to society is to encourage people to recognize their capabilities and to learn how to transmit these qualities to others. He relishes the roles of coach, trainer, and therapist; he believes that behind every great athlete is a great trainer.

The quality which he emphasized

as the most important part of his personality is curiosity. His curiosity has created challenges which he gladly accepts. In his own words, he has “worked libraries”, that is, searched through written and oral material to learn about the topic at hand. By achieving a delicate balance between chutzpah, knowledge, and personal charm, many doors have swung open for him. He is master of “the ice-breaker,” the manner in which people introduce themselves to a new group or person.

His belief in the power of the mind over the body (psychology before chemistry) has been integrated into his optimistic world view. He also acknowledges that good nutrition is essential for good health. Dr. Yorsh is a people person who uses his vitality and intelligence to enhance the lives of those with whom he comes in contact. They are indeed fortunate! 🐾

Dolores Lubber

The Hypnotist at a Senior Home

It was entertainment night at the senior citizens' centre.

After the community sing along led by Alice at the piano, it was time for the star of the show - Claude the Hypnotist!

Claude explained that he was going to put the whole audience into a trance.

"Yes, each and every one of you and all at the same time." said Claude.

The excited chatter dropped to silence as Claude carefully withdrew from his waistcoat pocket; a beautiful antique gold pocket watch and chain.

"I want you to keep your eyes on this watch" said Claude, holding the watch high for all to see.

"It is a very special and valuable watch that has been in my family for six generations" said Claude.

He began to swing the watch gently back and forth while quietly chanting

"Watch the watch — Watch the watch — Watch the watch"

The audience became mesmerized as the watch swayed back and forth.

The lights were twinkling as they were reflected from its gleaming surfaces.

A hundred and fifty pairs of eyes followed the movements of the gently swaying watch.

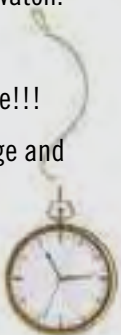
They were hypnotized.

And then, suddenly, the chain broke!!!

The beautiful watch fell to the stage and burst apart on impact"

"SHIT" said Claude.

It took them three days to clean the Senior Citizens' Centre and Claude was never invited there again.



The Apple, Once Again the Fruit of Choice

In spite of advertising and promotions extolling me to buy and eat exotic fruits such as mangoes, kiwis, quinces and pomegranates, I never did take a liking to them. Now I feel vindicated. Once again the apple is THE fruit. When I was a child, the expression “An apple a day keeps the doctor away” was a common way of encouraging the consumption of fruit, especially apples. Recently Oxford University researchers published their results (www.ox.ac.uk/media/news) in the British Medical Journal. Their findings: Prescribing an apple a day to all adults could reduce deaths from heart disease and strokes about as well as cholesterol-lowering statins. The Victorian-era health slogan matches modern medicine (www.cbc.ca/news/health/apple-a-day-vs-statins-produces-similar-outcomes).

The English organic heritage-variety apple called the Pendragon gets the highest marks, with Granny Smith and Red Delicious apples rated very highly. If you can only buy a few organic fruits to benefit your health; buy apples! What makes apples so great? Antioxidants are disease-fighting compounds. Scientists believe these compounds help prevent and repair oxidation damage that happens during normal cell activity. Apples are also full of a fibre called pectin—a medium-sized apple contains about 4 grams of fibre. Pectin is classed as a soluble, fermentable and viscous fibre, a combination that gives it a huge list of health benefits (www.besthealthmag.ca/eat-well/nutrition/15-health-benefits-of-eating-apples).

Of course munching on an apple is the most common way to consume the fruit; but if you have dental problems, slicing it thinly would do as well. Making a fresh batch of applesauce would be appealing, but do not add sugar. Apple Pie and Apple Crisp may present problems due to the wheat flour and the sugar. Apple juice is not the same as an apple, the fibre is missing and sugar may be added.

My New Year's resolution is to eat an apple a day. Join me. 🍏



A British study suggests 8,500 deaths could be prevented a year if people in their 50s ate an apple every day. 🍏

All About Water

You know you need your minimum water to help flush the toxins out of your body, and according to a Cardiac Specialist the correct time to drink it is very important.

Drinking water at a certain time maximizes its effectiveness on the body:

Two glasses of water after waking up helps activate internal organs.

One glass of water 30 minutes before a meal helps digestion.

One glass of water before bathing helps lower blood pressure

One glass of water before going to bed avoids stroke or heart attack.

Drinking some water at bed time helps prevent nighttime leg cramps. Your muscles are seek-

ing hydration when they cramp you up with a Charlie Horse. Water lubricates and cushions your joints, protects your spinal cord and other sensitive tissues and transports wastes from your body through perspiration, urination etc. Being hydrated also helps with memory and cognition and improves your mood and immune function.

For normal healthy adults, thirst is an excellent indicator of your hydration needs. If you take multiple medications or rely on certain drugs like diuretics, antihistamines and other prescriptions, your hydration needs might be greater. Check with your pharmacist or doctor. Certain illnesses and health conditions require you to drink more water, i.e. fever, diarrhea, bladder infections and urinary tract stones. Taking a lot of medications without drinking

enough water could put a strain on your kidneys. Other ways to hydrate are to eat foods like watermelon, carrots, grapes, cucumbers and spinach which have very high concentrations of water – the added bonus is you are getting health benefits like fibre, vitamins and minerals. There is no evidence that you are safer drinking bottled water over tap – in fact just because water comes from a bottle, there's no assurance it is any cleaner or safer.

Many experts advise that people who think they are hungry should drink a full glass of water and wait a few minutes to see if the desire to chow down goes away. 🍏

10 QUESTIONS

To ask your pharmacist

1. What does this medication do?
2. How long will it take for me to see some effect from this medication?
3. Is there a generic form of this drug, or can you recommend a less costly therapeutic alternative?
4. Do you have any other written material about my medication?
5. Where should I store this medication?
6. What should I do if I miss a dose or stop taking my medication?
7. What are the risks and side effects of taking this medication, and which should be reported immediately to you or my doctor?
8. Are there foods, drinks or activities I should avoid while taking this medication?
9. Will this medication interact with over-the-counter medication, herbal products or other prescribed medication?
10. Are there any non-prescription products you can also recommend for my condition?

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

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 and Sunday 10am – 4pm



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

SPECIALTY COMPOUNDING PHARMACY

Main & 30th (4628 Main St.) Tel 604-873-3138

Monday to Friday 9am – 7pm

Saturday 10am – 5pm and Sunday closed

Flu Season Ahead

STAY HEALTHY

Even if you're the most diligent hand-washer and get your flu shot, you could be laid low by any one of the hundreds of viruses that can cause the common cold or flu.

1. **Serve protein at every meal:**

Eating protein-rich foods helps your body make antibodies that fight colds. Also, these foods are rich in zinc, which plays a role in white blood-cell production. Snack on nuts, they also contain magnesium, another mineral with immune-boosting properties.

2. **Meditate:**

One reason why yoga and meditation may be cold and flu fenders is that they reduce stress, which has a negative

effect on your immune system.

3. **Hand Sanitizer:**

Stashing hand sanitizer in your purse or pocket can keep infections at bay, but so will carrying your own reading material the next time you visit the doctor or dentist. Public surfaces are teeming with germs as well as elevator buttons, handrails, light switches, pens on credit card machines, plane and train seats, and poles and straps in buses and trains.

4. **Gargle:**

Try a simple salt-water solution. Mix half a teaspoon of salt in a glass of warm water, and gargle for a few seconds before spitting out.

5. **Drink Warm Liquids:**

While it won't prevent an upper respiratory infection, a bowl of chicken

soup or a mug of hot tea and lemon will relieve the worst of your symptoms and shorten the duration of your cold or flu. Like gargling, hot liquids can help thin out infected mucus and make it easier for you to clear your sinuses. And the oils in chicken soup stimulate the release of cytokines, molecules that play a role in clearing up infections. It's also a soothing stress buster and just what the doctor ordered. 🍵

Excerpt from article by Linda Rodgers



MEMBERSHIP



CO-CHAIRS
LYLE PULLAN & BINNY GOLDMAN

WELCOME TO NEW MEMBERS

Estelle Fogell
Yosef Wosk
Harry & Jeanette Roitberg
Heather Korvin
Gerald Abramson
Barbara Bronstein

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.

Every 15 months we edit and assist with the distribution of the Vancouver Jewish Seniors Directory which informs, educates and directs you to the services and activities available within the Vancouver 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.		