

# SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 21(3) – OCTOBER 2014

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

*Shier*



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

**Sunday, Oct 26th, 2014**

Peretz Centre

6184 Ash Street, Vancouver BC

Auditorium - 2nd floor

1:30 pm Registration

**ADVANCE REGISTRATION ADVISED**

Refreshments Served

Free Parking

(No Charge but Donations are Welcome)



**Penny MacCourt**

MSW, PhD

**Setting the Stage:**

What is Mental Health?  
What Does it Mean?  
How Does it Affect Us?



**Martha Donnelly**

MD, CCFP, FRCPC

**Early Warnings:**

Loneliness, Isolation,  
Depression, Dementia,  
Alzheimers



**Grace Hann**

Senior Peer Support Services  
Trainer and Supervisor

**Emotional Support:**

What is this?  
What Does it Look Like?  
How Does This Affect Us?

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With thanks to: Government of BC, Snider Foundation, Jewish Federation of Greater Vancouver, corporate and private donors



SENDER:

Jewish Seniors Alliance  
of Greater Vancouver

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





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Elders

**A SMILE ON YOUR FACE, A SONG IN YOUR HEART**

This year we will empower you through warming your heart as well as stimulating your brain.

## Oy Vey! My Back! My Hip!

LEARN HOW TO MOVE WITH EASE AND GRACE DESPITE MOVEMENT OR PAIN CHALLENGES

**1**

**DATE:** Tuesday November 25, 2014

**TIME:** 1:30 pm

**PLACE:** Sholem Aleichem Speakers Series [SASS]

**ADDRESS:** Peretz Centre, 6184 Ash Street, Vancouver

**FREE PARKING AVAILABLE**

**Light refreshments will be provided**

**VITA KOLODNY: Director, Feldenkrais Centre Vancouver**

In this interactive presentation, you will learn how to manage situations and challenges that affect your ability to do your regular activities with ease.

We will discuss what prevents people living with pain from being able to move with comfort in order to maintain a normal life. You will be invited to do some gentle guided movement experiences while seated and standing.

Bring your questions and curiosity!

Vita Kolodny is a movement educator and nurse. She loves to teach people how they can become more aware of their movements to better use their bodies in ways that help prevent injury and contribute to their well-being. She is continually intrigued with the positive impact of her daily practice of the "Feldenkrais Method" on all areas of her life.

**JUDY NICOL-SMITH:** will warm our hearts with a miscellany of evocative melodies (Jewish, Scottish, English) on the piano. (Bach & Mozart are staying at home)

## Stories That Sing

**2**

**DATE:** Wednesday January 21, 2015

**TIME:** 1pm

**PLACE:** JCC Seniors in the Wosk Auditorium

**ADDRESS:** 950 W. 41st Ave., Vancouver

**Light refreshments will be provided**

**SHOSHANA LITMAN** is Canada's first ordained *Maggidah* (a female Jewish storyteller, inspirational speaker and teacher). Her storytelling, teaching and singing inspires listeners to awaken to the deeper joys of life. Her interactive performances delight audiences of all ages. Shoshanna has performed at both secular and spiritual events held in classrooms, at workshops, conferences and festivals. She contributes quarterly posts to the Times Colonist Newspaper and is a member of the Victoria Storyteller's Guild as well as

Storytellers of Canada.

Shoshanna has a degree in environmental science. She first learned about storytelling from first nations elders and later became aware of Jewish storytelling. Subsequently she completed two years of study in order to become an ordained *Magiddah*.



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



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Martin Zlotnik  
LL.B.



Philip Levinson  
C.A.



Aeronn Zlotnik  
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Cover art: "Rolling Hills of Iowa", by Danielle Shier  
(see pg. 22)

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## THE TEAM

### EDITOR-IN-CHIEF

Edith Shier

### EDITORIAL COMMITTEE

Binny Goldman, Dolores Luber, Janet Kolof,  
Karon Shear, Ken Levitt, Marilyn Berger, Rita  
Roling, Dr. Rubin Feldman, Serge Haber, Shanie  
Levin

### CONTRIBUTORS

Marilyn Berger, Binny Goldman, Edith Shier,  
Dolores Luber, Ken Levitt, Gyda Chud, Charles  
Leibovitch, Grace Hann, Rita Akselrod, Ruth  
Wolochow, Ida Gitlina, Danielle Shier, Moshe  
Denburg, Muriel Kauffmann, Rudy Chin

### LAYOUT & DESIGN

Karon Shear

### DISTRIBUTION

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

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and private donors.

# JOIN JSA: LETS LIVE TO 120—THRIVING



MARILYN BERGER

## PRESIDENT'S MESSAGE

(As presented at AGM)

Dear Friends

It's all Serge Haber's fault. I was innocently shopping at London Drugs in Richmond when there was Serge – also just finished shopping. He knew all about me and my involvement in Jewish community work. He knew I had been the Assistant Executive Director of Canadian Jewish Congress for more than 10 years, he knew that I had been a leader at all levels of United Synagogue for Conservative Judaism, and he knew that I was newly retired after over 10 years as the Head of Judaics and Teaching at Richmond Jewish Day School. So - he asked innocently – what are you doing now? Our JSA secretary on the Executive has just left and we need you now! Like the old American military Uncle Sam posters – WE NEED YOU NOW!

Secretary, I thought – I have Multiple Sclerosis. My writing is illegible. Don't worry –Serge says – we'll get a tape recorder. You'll transcribe the minutes onto the computer. (Serge has a solution for any problem.) Because Serge also seemed to know that the word 'no' is rarely used in my vocabulary, there I was catapulted onto the JSA Executive, cold turkey.

Serge is a wise man. He knew that within months of being involved with

JSA, seeing the importance of the advocacy, information and education that JSA does, envisioning the future programs with so much to be done, that I would be hooked. And here I am, President.

Now many people ask me how I can take on such a huge job – but I also know a few very important facts. I know that Serge has promised - and I hold him to it, to never leave my side, to keep on doing all of the extraordinary things he does for JSA, fundraising, at which he is a master, being among them. Without our financial supporters JSA would not exist and I thank them all for sharing our vision.

I know that my first vice president Ken Levitt is a brilliant, diligent, caring *mensch* who goes above and beyond to accomplish great things, I know that the second VP Shanie Levin shares with me that Winnipeg work ethic and has a dedicated love for JSA; that Rita Roling whose vision spearheaded our Peer support program, a jewel in the Peer support crown for all of British Columbia, is a talented and visionary contributor to all that JSA does. I know that Milton Adelson works diligently to oversee the finances and watches expenditures like a hawk and I know that Gyda Chud our secretary and who, in a short time with JSA, has taken on chairmanships and committee participation, is an outstanding asset to our Executive committee. I know that our JSA Board and committee chairs are comprised of seniors with many years of expertise and experience under their belts. Later this evening we will be presenting the JSA OSCARS to Edith Shier, for her extraordinary and continuing work as editor of the

*Senior Line* magazine and to Binny Goldman, a life member, for her amazing ability to make us all look so good in the pictures she takes and the articles she writes. They represent only a fraction of the quality of membership on the JSA Board and committees.

Looking forward, I know that this year we will have the best Fall Symposium ever – OCTOBER 26, the best Empowerment Series ever, the best Spring Forum ever. The *Senior Line* magazine gets better and better with every issue. Our JSA website is state of the art and our Peer Support Program is flourishing. I know that our Advocacy will get more involved with issues of concern for all seniors and that we will continue to grow our partnerships throughout the Jewish and the general communities. I know that our Peer Support professionals, Charles Liebovitz and Grace Hann are outstanding in the work they do and I know that our co-ordinator Karon Shear, with the able assistance of Rita Propp, are amazing and go above and beyond the call of duty in every instance.

So, my job is in fact the easiest of all. What a blessed president I will be.

IN THE BOOK OF MIRIAM, SARAH THE ANCIENT ONE SUGGESTS: GOD TELLS MOSES TO APPOINT 70 ELDERS TO ASSIST HIM IN HIS LEADERSHIP DUTY. THAT THEY SHOULD TURN TO “ELDERING” AS A SECOND CAREER. THEN, AS NOW, THERE IS MUCH TO LEARN FROM THE WISDOM OF AGE.

How fortunate we are to be living in the 21st century. The word is that 70 is the new 40. Today at 70, 80, 90 even 100 we are living rich, full lives. The Baby Boomer generation

has begun to swell the numbers in the senior population. The Jewish Seniors Alliance is the one and only agency in our Jewish community whose focus is the continued well-being of seniors. It is the JSA who will advocate on your behalf to ensure excellent healthcare, excellent peer support and excellent just-having-fun care. THE TRULY SUCCESSFUL LIFE IS ONE WHICH GOES ON GROWING AND DEVELOPING TO THE VERY END.

SO I URGE YOU TO JOIN ME. JOIN US. BECOME A JSA SUPPORTER. BECOME INVOLVED WITH JSA. SHARE YOUR VISION WITH JSA. CONTRIBUTE BY BECOMING A MEMBER OF JSA (ONLY 18 TAX DEDUCTIBLE DOLLARS) AND SHARE OUR OUTSTANDING PROGRAMS WITH FAMILY AND FRIENDS; FOR ALTHOUGH WE ARE A SENIORS ALLIANCE OUR PROGRAMS ARE OF INTEREST TO ALL AGES. Please notify the office if you are not receiving a copy of our *Senior Line Magazine* or access our website at [www.jsalliance.org](http://www.jsalliance.org). for all information both before and after our programs.

So again I urge you, get involved. Let's do this together. I thank all of you in advance for your support in every way.

As Rabbi Hillel so aptly put it  
*"If I am not for me, who will be?  
 If I am for myself alone, what am I?  
 And if not now, when?"*

## MAZEL TOV TO ALL!

### My personal mazeltov to you all...

I cannot help but feel that we are all at the brink of a new era – when our beloved reigning king is making room beside him on the throne for those who have served him and the JSA so well, who possess some of the same fervour that Serge himself has shown through the years and who share similar visions for the JSA that they can now help to bring to fruition!

*YASHER KOACH* to all of you as you take on your new roles but that only means that you will continue what you have been so ably doing in so many ways...but wearing a different badge.

Thank You! It is gratifying to know that we, of the JSA, will remain in safe hands led by people with your experience, dedication and knowledge.

Wishing you strength, stamina, patience, perserverance and the special know-how when to insert the necessary silliness of humour to get you through the sticky situations with a smile

A group hug admiration,

*Binny*

### JSA BOARD OF DIRECTORS AND STAFF FOR 2014-2015



#### STANDING FROM LEFT:

Janet Kolof, Timothy Newman, Marilyn Glazer, Barbara Bronstein, Lyle Pullan, Claire Cohen, Gyda Chud, Ida Gitlina, Rubin Feldman, Binny Goldman

SEATED: Karon Shear (staff), Shanie Levin, Ken Levitt, Serge Haber, Marilyn Berger, Milton Adelson, Rita Propp (staff)

MISSING: Debbie Cossever, Marie Doduck, Lionel Fishman, Sylvia Gurstein, Sylvia Hill, Pamella Ottem, Rita Roling, Edith Shier, Jackie Weiler

Peer Support Staff: Charles Liebovitch, Grace Hann



EDITH SHIER  
INFORM INSPIRE INVOLVE.

## EDITOR'S MESSAGE

A new era begins for Jewish Senior Alliance with the ascending Presidency of Marilyn Berger taking the helm. At the same time, we wish much luck and good health to our retiring and indefatigable President, Serge Haber. A job well done!!

A big thank you to J.S.A for honoring me for my creation and ongoing publication of this Senior Line Magazine, which has brought us to the forefront of advocacy for Seniors in the Lower Mainland, reaching over 4000 Seniors. I will continue to bring articles of varied interest for our readers to enjoy. I must also thank our Coordinator, Karon Shear for her efficient and dedicated work in layout and design, as well as our talented in-house writer, Dolores Luber for her continued wonderful and interesting articles and Binny Goldman for her event reviews and photography.

Editor-in-Chief

## VOLUNTEER NEEDED

To take over the delivery of the *SENIOR LINE* Magazine to libraries, community centers, and various organizations in the Greater Vancouver area, from John Cerny who is engaged to be married.

CAR ESSENTIAL  
ALL EXPENSES WILL BE REIMBURSED.

Contact Rita Propp 604-732-1555

**Mazeltov to John & his fiancée who plan on making Aliyah.**

## SUPPORT FEDERATION AND JSA

The Jewish Seniors Alliance (JSA) of Greater Vancouver receives financial support each year from the Jewish Federation of Greater Vancouver. Federation funding helps support our Outreach and Advocacy and Peer Support Services. When you receive our Fall 2014 magazine the annual Federation campaign will be well underway.

**You can help JSA by designating part of your new or additional Federation donation to JSA.** This is a win-win situation for you, the Jewish Community of Greater Vancouver and JSA. Once JSA is informed by Federation of your donation, we will acknowledge it.

Last year we received some designated funds for which we are most appreciative. Let's do more this year!

Thank you.

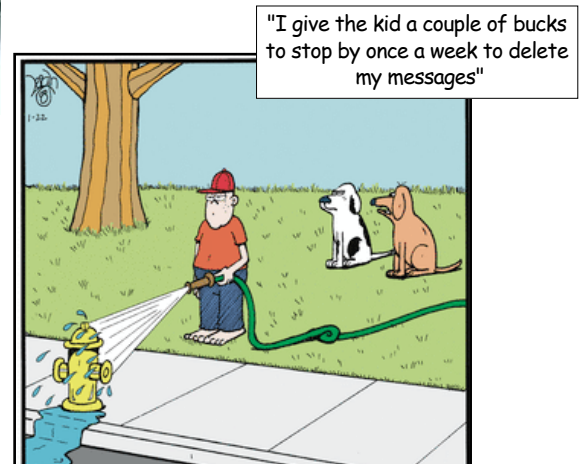
## LETTER TO THE EDITOR

Dear Editor,

Your magazine encourages seniors to get out of the house, to participate in activities and generally to be pro-active in regards to their education, health and well-being. I am enclosing my published "Letter to the Editor" of the Vancouver Sun, as an example of how seniors can make a difference by focusing their energy and skills to fulfill their needs.

Dolores Luber

(please see page 17 for the published letter)





# ASK HANNAH

your personal advice column



**JSA's Fall Symposium on October 26th is dedicated to the topic of Mental Health and the problems of Psychological and Emotional Disorders. I have therefore chosen two questions which are related to these topics. As a retired psychotherapist, psychology teacher and family counsellor, my experience tells me that psychological and emotional disorders are as debilitating to an individual and the family as any physical problem. Awareness, education and a proactive attitude are beneficial to all concerned.** ✎

## "Knowledge is Power"

Dear Hannah.

In your last column "Frustrated by my immovable Mom" you spoke about "delirium after the surgery." I am confused! What is the difference between "delirium," "dementia," and "Alzheimer's"? These terms keep coming up, in the JSA's Fall Symposium, in the newspaper and magazines I read, and among my friends. I am a healthy 74 years man, my wife is 71 years old and has had a couple of bouts of depression. My closest friend is losing his memory, slowly but surely. I want to understand the difference between these terms so that I can be aware of and more supportive of what is happening in my family and amongst my friends.

Dear "Knowledge is Power,"

Your letter sent me scurrying to my bookshelf. I consulted the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR, 2000)* and *Abnormal Psychology* for the short summaries which follow. My challenge is to explain these disorders in a way that does not include technical medical terminology and psychobabble.

Delirium is an acute confusional state that lies between normal wakefulness and stupor or coma. It has a sudden onset and involves a fluctuating state of reduced awareness. In addition to a disturbance in level of consciousness, delirium also involves other cognitive changes. Hallucination and delusions are common, as well as agitation and disturbed sleep cycle. A delirious person is essentially unable to carry out purposeful mental activity of any kind.

Delirium is a true medical emergency and its underlying cause must be identified and managed. Most cases of delirium are reversible. Often the cause is substance intoxication or

withdrawal, use of a medication, or toxin exposure. In the cases of intoxication and medication; removal of the substance will quickly resolve the delirium. Some elderly patients may continue to have orientation problems, sleep problems and other difficulties even months after an episode of delirium.

Dementia, unlike delirium, is not a rapidly fluctuation condition. The onset of Dementia is typically quite gradual. Dementia implies loss, and it is characterized by a decline from a previously attained level of functioning. Even in the early stages, memory is affected, especially memory for recent events. Patients with dementia show increasingly marked deficits in abstract thinking, the acquisition of new knowledge or skills, motor control, problem solving and judgment. Dementia is often accompanied by impairments in emotional control and in moral and ethical sensibilities. At least 50 different disorders are known to cause dementia. They include Alzheimer's disease, Huntington's disease, Parkinson's disease, strokes, syphilis, meningitis and AIDS.

Alzheimer's disease is the most common cause of dementia. It is known as "Dementia of the Alzheimer's type." Alzheimer's disease has an imperceptible onset and a usually slow but progressively deteriorating course, terminating in delirium and death.

This answer is necessarily brief. I suggest that the reader consult on-line sources of information or your library for more details including causes, treatment plans and prognosis.

## "Backed into a Corner"

Dear Hannah

I am a retired 67-year-old woman. I am now looking forward to more leisure time – to be active and creative. Lately I noticed that I get nervous standing in line at the grocery store, my

heart is pounding and I feel dizzy. Once I even left my groceries and ran out of the store. My friends want to use the Canada Line to go downtown. I find myself making excuses not to go. The last time I was at an underground station I felt nauseous and broke out in a cold sweat. I missed some very pleasant excursions. My doctor's office is on the 6th floor. When the door to the elevator opened, I started gasping for air, I thought I was having a heart attack.

I am staying home much more, I do not want to continue like this. My world is getting smaller and smaller. I feel like I am being backed into a corner.

Dear "Backed into a Corner"

Your fears have created anxiety which has in turn caused unpleasant physical responses. This chain reaction of perceived threat, apprehension or worry about having a panic attack, and the negative bodily sensations, causes you to feel that something catastrophic is about to happen. You then avoid certain places and situations. You are embarrassed and scared and do not wish for other people to see you in this state. Also you fear being unable to escape the situation when it occurs.

The psychological term for this cluster of symptoms is "Agoraphobia." The good news is that you can eliminate these physical reactions, called anxiety and panic attacks, and resume your normal life. JSA's Peer Counselling service can arrange to meet with you, assess your problems and symptoms and then refer you to the appropriate psychotherapist or clinician. The cognitive-behaviour method is very successful in eliminating these symptoms which cause you to avoid the triggers of your anxiety. With the assistance of a professional, you will gradually be exposed to the triggers of your behaviours, you will realize that you are not in danger, and your confidence will be restored. The world will again be available for you to explore.

Hannah, M.Sc. Counselling

Email: [hannah@jsalliance.org](mailto:hannah@jsalliance.org)

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

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

# JSA's *heimish* AGM

## Ay, Ay, Ay What A Night!

As our JSA marked its 11th Annual General Meeting on Sept 11th, at the Zack Gallery at the Jewish Community Centre, it was indeed an evening of celebration inspiration and innovation!

Serge Haber, our beloved and esteemed President, welcomed a standing room capacity crowd and lead us in a minute of silence to honour those who had passed during the year.

Adolf Zilbershtain, President of the Most Bridge Russian Seniors, brought greetings and extended thanks on behalf of its 150 members for the financial support JSA had made to this group.

Bernard Jackson, President of Jewish War Veterans Shalom Branch— one of only 3 in Canada— followed and gifted the JSA with warm greetings and a generous monetary donation.

Thanks to careful fiscal management, our Treasurer Milton Adelson reported that we are in good standing and that adequate funding remains an ongoing challenge and priority.

We learned from Pamella Ottem that our Peer Support Program is now the largest in the city, and that we are looked to for guidance, mentorship and support by many organizations offering similar services. In particular, Pamella attributed the Peer Support leadership of Grace Hann and Charles Leibovitch in building this highly respected program, now serving over 150 Seniors and includes Peer Counselling

Services, a Friendly Home Visiting Program, the Shalom Again friendly phone calls to isolated seniors, the Seniors Information and Referral Line, Transport to Medical Appointments and our new Bereavement Support Group.

On behalf of the Membership Committee, Lyle Pullan shared with us that this past year, we gained 46 new members! In order to build and increase our numbers, Lyle urged us ALL to consider ourselves as Committee members, and to "Sign 'Em Up", in our goal of 100 new JSA memberships for the next year!

Shelley Rivkin, Associate Executive Director of the Jewish Federation of Greater Vancouver, spoke to how much she and the JFGV valued JSA and our inspirational, outspoken Serge who always put Seniors issues and concerns at the top of the agenda and served as such a Mentor not only for JFGV, but for all who advocate for the well being of our elders, numbering 5,000 in the community and whose numbers will double in the next decade.

As we celebrated our 11th year, and Serge's 9th year as our esteemed President, his Report highlighted our numerous accomplishments all related to Advocacy (everything we do), Outreach, the *Seniors Line Magazine* which receives rave reviews, and the Empowerment Series, Fall Symposium and Spring Forum where we have achieved a 25% increase in attendance. He honoured the work

the Executive Coordinator Karon Shear, who he said is "my right hand" for her conscientious hard work and dedication, without precedence and the commitment of Rita Propp, Office Assistant. Together with 4,000 hours of our Volunteer activity, this is what makes JSA the "Best of the Best".

**Time to tribute Serge! On all our behalf, this was in the hands and voice of Ken Levitt, Board Vice President. As Ken posed, how many 86 year olds do we know who are such exemplary leaders and contribute with such vitality on a tiny, shoe-string budget? Very few if any and Serge takes the lead! Serge was elected President Emeritus by unanimous vote.**

Certificates of Merit were then presented to "retiring yet always rewiring" Board Members. Lyle Pullan presented the nominations slate of returning and new Board members. Election included the Executive Board for 2014-15.

Our incoming President Marilyn Berger, in her acceptance speech concluded the AGM with the message, "Let's do This together as JSA continues to grow, flourish and thrive".

Following adjournment, we made our way to the Wosk Auditorium for an absolutely delicious dinner and were welcomed by the Tzimmes Trio (see more about them on page 23). While our maximum capacity crowd did not allow for dancing space, so many of us were joining in the music from our seats—singing, swaying and sticking to the music of the ever-fabulous Tzimmes!



# The honorees were selected by their individual organizations in appreciation for their time "IN SERVICE TO OTHERS"

**A**s we moved to dessert, it was time to recognize honourees selected by their individual organizations for their contribution in service to others and ensuring that they enjoy life to the fullest.

**Natasha Likholatnikov**, nominated by Chabad Richmond has been a volunteer since her arrival in Canada from the Ukraine. She volunteers in an ongoing capacity often several times each week.

According to Rabbi Baitelman, Natasha spends more hours at Chabad than he does. She is involved in the Womens' Art Club whose participants are from the former Soviet Union. She is involved in the Community Kitchen, a monthly communal meal prepared in the Chabad kitchen. This important program provides information about Jewish holidays and other Jewish traditions.

Natasha cooks for Chabad community activities, helps to coordinate volunteers, helps with mailing and does much more.

**Stacey Kettleman:** Beth Tikvah is thrilled to nominate Stacey Kettleman for an award from Jewish Seniors' Alliance.

Stacey has been a part of Beth Tikvah for many years. She has a large heart and it goes out to many seniors and people who are isolated and need assistance.

Stacey thinks nothing of whipping up a meal whether it be for Shabbat, a Yom Tov or just a warm dinner and then delivering it to a senior in need. She also ensures he or she has food in his or her home by getting groceries for them.

If Stacey hears about a senior not attending an event, she will make a point of getting that person a ride – trying to make sure the senior is not alone, but part of our Jewish community.

Aside from being a huge sports fan, Stacey will always be there for that senior in need.

It was a breeze to sing the praises of Binny Goldman as it was to and for Edith Shier for all their endless enthusiasm, energy and dedication to JSA.

**Binny Goldman.** Writer, photographer, tribute card creator, honorary life member, Binny brings an enthusiastic and positive presence to the many activities she undertakes for the JSA. Binny rarely misses meetings, voluntarily undertakes assignments with devotion and the results are inevitably extraordinary. Recognizing Binny as a 2014 honoree was indeed a most deserving and easy choice for JSA.

**Edith Shier**, is the person who invented the JSA Senior Line Magazine now published three times each year. To quote President 'Emeritus' Serge Haber, our magazine "...is the only written communication to the seniors in the Jewish Community and continues to receive rave reviews as the best of the best." An easy and well deserved 2014 Honoree.

A standing ovation then followed for Serge as Marilyn presented him with a Gavel and wall plaque in honour of the work he has accomplished, the legacy he leaves and the contribution he will continue to make as our stellar fundraiser and advocate—our very own Professor Emeritus! In honour of Serge's outstanding contribution to JSA and in memory and honour of his late beloved wife Elinor, **the SERGE & ELINOR <sup>ZL</sup> HABER PEER SUPPORT FUND has been established.**

We urge everyone in our community to contribute generously to this fund and make it part of their yearly plan of giving. **In Serge's reply, he urged us to be here and there with all our heart and to press governments at all levels to play a much stronger role in the well being of Seniors.**

Wow— what a night of Jewish Joy as we shared stories of success and pride and as we celebrated together! **HERE'S TO A NEW YEAR OF GOOD HEALTH AND ADVOCACY AS WE MOVE FORWARD!**

by Gyda Chud



**THANK YOU and L'CHAIM**  
**Bernice Dorfman & Regina Boxer**  
**Co-chairs par excellence**  
**with style and panache!**



## MAZELTOV

Marilyn Berger,  
JSA's new President

and Honourees:

Natasha Likholatnikov,  
Binny Goldman, Serge  
Haber, Edith Shier  
& Stacey Kettleman



## THANK YOU

Derek Glazer for  
the photography  
and Marilyn for  
being assistant  
photographer.

# THE BATTLE LINES ARE DRAWN:

A single-payer public health care system  
or A two-tiered health care system with for-profit services

*Headline: Landmark 2005 Quebec Case (Chaoulli) The Supreme Court of Canada stated that the evidence shows that delays in the public health care system are widespread and patients die as a result of waiting lists for public health care.*

*Headline: For-Profit Clinic Lawsuit May Transform Health Care, A. MacLeod, 17 Apr 2014, The Tyee.ca.*

*Headline: The five-year old case against the B.C. government over extra billing and patient access to private surgery centres will finally be heard in B.C. Supreme Court during a two-month trial starting in September (Fayerman, Apr. 3, 2014, Vancouver Sun).*

*Headline: Dr. Brian Day's health lawsuit against the B.C. government over private care delayed (R. Shaw, Aug.22, 2014, Vancouver Sun).*

*Headline: Medical System Under Siege. Update: Trial Postponed (BC Health Coalition, Sept. 3, 2014).*

This reporter has the task of writing an article clarifying the arguments on both sides of this crucial issue. The scope of the topic is overwhelming, where should I begin? Then I remembered what the King said to Alice: "Begin at the beginning," the King said, very gravely, "and go on till you come to the end: then stop" (Lewis Carroll, Alice in Wonderland).

Dr. Brian Day, a Vancouver orthopedic surgeon and co-owner of the Cambie Surgery Centre, first launched litigation back in January 2009. In 2012, six patients joined the lawsuit as plaintiffs, all of whom contended their health suffered while they endured long waits for care in the public health care system. The crux of the case is

whether patients should be able to pay – with cash or through private insurance – for care in private clinics if they can't get timely care in the public system. (Fayerman, Apr. 3, 2014, Vancouver Sun). Dr. Day explained that "the trial will certainly go ahead, just not on Sept. 8," and the delay will allow both sides to "settle some issues outside of court and to make the trial more efficient."

BC Health Coalition who are interveners in the case, considers this controversy "a dangerous legal attack on Canada's public health care system," and is soliciting funds, "please donate to the campaign." Dr. Brian Day estimates legal fees for his side could be as high as \$2 million. He is asking other private surgery centres across B.C. to "chip in" to a legal fund; and he is seeking donations from members of the public. You might inquire "what is going on here?" "Why is Dr. Day so confident?" "Why is he suing the B.C. government; rather than the B.C. government suing him and closing down his facilities?" There is a precedent- setting judgement by the Supreme Court of Canada involving Chaoulli/Zeliotis vs Quebec and Canada:

On June 9, 2005, by a majority of 4-3, the Supreme Court of Canada ruled that Quebec's ban on private insurance for publicly insured health care services violates the Quebec Charter of human rights and freedoms. Three of the same four judges also concluded that the ban violated the Canadian Charter, while three judges held that it did not... As a result, while the Court ruled that there was a violation of the Quebec Charter, it did not rule that there was

a violation of the Canadian Charter ([www.canadiandoctorsformedicare.ca](http://www.canadiandoctorsformedicare.ca)).

This decision has been trumpeted as a victory by advocates of privatization and two-tiered health care. However, other provincial governments understand it as being limited to the application of the Quebec Charter and to the province of Quebec. Herein lies the dilemma. On the one hand, Dr. Day insists that if the public system fails to deliver care within a reasonable time (including through publicly funded wait time guarantees), individuals have the legal right to purchase private insurance. Moreover he claims that B.C.'s Medicare rules violate the Charter of Rights and Freedoms which gives people the right to seek faster health care through private facilities if they are unhappy with the public system. The government, on the other hand, has said the taxpayer-funded public health care system is based on the idea that access to medical care is based on need, not the ability to pay. According to the BC Health Coalition (M. Dutt & R. Tutte, May 1, 2014, Vancouver Sun) there is "no evidence that for-profit health care results in better outcomes...Studies in Canada, Europe, and the UK show that patients who can't pay, and whose doctors work in both public and private systems have the longest waits."

Dr. J. Edwin Coffey (McGill Journal of Medicine, Nov.2008, p.75-76), in his article "The case for increased privatization of Canadian health care," refuted the claims of the Attorney Generals of Quebec and Canada and their expert witnesses concerning the likely impact of lifting of the ban on private health services and insurance namely:

(a) Increased overall expenditures, as these would be mainly paid voluntarily by private patients and their insurers;

(b) Attraction of patients with less acute conditions to the private sector, leaving the sicker patients with the public sector, as the public sector already looks after the sicker patients and be relieved of many patients with less acute conditions;

(c) Physicians would tend to lengthen public wait lists in order to direct these patients to their private facilities, since if this should happen the government could establish a framework of practice for public physicians who wished to practice part-time in the private sector.

Dr. V. Brcic (Canadian Doctors For Medicare, Oct. 4, 2012) responds to these claims:

It is undeniable that Medicare is underfunded for some services (but not for most), and that some patients are waiting too long for procedures. It is true that Medicare is not living up to its full potential, and we need to change that....Since when do doctors run away from the system that pays them, and pays them well, instead of trying to improve it? ...We must remember that medically necessary procedures are generally covered by provincial insurance plans, paid for by our tax dollars whether they are delivered through public, not-for-profit settings or private for-profit settings. But it costs more to deliver the same care in for-profit facilities....There are two paths for Medicare: the path where the wealthy few get speedy care, and the rest of us wait longer, or the path of

solidarity we've already chosen, where we care for each other based on our health needs, not our ability to pay.

I would encourage each reader to become better informed about this immanent controversy and court case. It will affect us all. The more knowledgeable we become; the more actively we engage in our society; the more our society will reflect our wishes and our values.

Dolores Luber

**Disclaimer:** This article represents an exploration of the issues involved. It is not meant to agree with or support either side of the argument. Jewish Seniors' Alliance has not taken a position on the issues discussed in this article.

## JSA Members Respond

We encourage our readers to write in with their reactions and feelings about this topic.

### DOLORES LUBER

After reading the disturbing case studies of patients who did not receive the medical care they needed, I am in favour of a two-tiered system. I believe the public should insist on a more-responsive public health care system which would eliminate the need for private care. However, the horse has left the barn; for those who can and do prefer private care, I do not see it as the end of Medicare. Quebec's waiting lists have diminished and service is faster since 2009.

### BINNY GOLDMAN

I personally agree with the two tiered system and feel it should be available to those who need it as it should not detract from the system of medicare we already have in use and can actually be beneficial.

### SERGE HABER

I am in favour of a system that provides uniform medical service to everybody. I cannot imagine doctors sharing their time both working independently and for the government. If they want to work independently they should have the right to do so. Their pay should come from clients and not from government coffers.

### EDITH SHIER

Excellent outline of the two systems and the interaction possible. I personally, am in favor of having both to choose from - if the patient can afford it.

### TIM NEWMAN

I believe it is best that medical services not be provided 'for profit' and I strongly believe it is best if medical services be provided without social or economic barrier to all members of the public. I believe it is best if the professional standards of the healthcare providers

should be determined collaboratively in dialogue amongst the professional association—the College of Physicians, centres of care such as hospitals and the provincial regulatory body—the Ministry of Health; their dialogue built upon considerations of all facets of current medical research, from community medicine to epidemiology. Given that the government in power has a duty of care towards its citizens, they have the primary responsibility of ensuring an efficient resource allocation and budgeting towards an effective administration of medicine within the province; that is, making resources available to ensure timely provision of service and appropriate professional development with current research standards and technology deployed. And how they manage this administration becomes, of course, a matter of their tenure and survival in power. ✎

\continued on page 24

# L'CHAIM ADULT CENTRE: Thriving

On June 30th 2014, I was invited into a very special world – that of L'Chaim Adult Centre, which describes itself as a therapeutic day centre for home bound elderly. A place where safe caring monitoring is provided along with kosher homestyle meals in a warm happy embracing atmosphere, with multilingual staff, for members to experience and for care-givers to be able to benefit from the respite. It is all that and so much more!

I was asked by Shoshana Litman, a gifted Magiddah story teller, to come and watch one of her sessions at L'Chaim. After receiving permission from Annica Carlsson who is in charge of the centre, I arrived in time to see 14 seniors mostly women, actively enjoying a ball exercise led by Marla Simcoff.

When that ended, Shoshana entered the circle, smiled, introduced herself, and explained why she was there and said I was there to take photographs.

She opened with a blessing over the water which she drank and then introduced her mother, Shirley Kort, a member of L'Chaim and her mom's best friend, Zoe Oreck who had come to visit.

The story she had chosen was one of Peninah Schramm's 'The Innkeeper's Wise Daughter', which included riddles and a song, and which easily invited audience participation, and the listeners were only too glad to do so.

It was only after I had listened, enjoyed and participated in Shoshana Litman's absorbing presentation and I heard the various questions and answers by both the story teller and the audience...which Shoshana remarkably and easily inserted in her telling, did I begin to realize the scope of what is amazingly accomplished under the watchful eyes of L'Chaim staff and

Annica Carlsson who explained that the wide range work on cognitive skills is easily managed because of the small numbers in the group.

It was obvious to see the pure delight on each of those listening and partaking without any fear that they would be judged.

In honour of her visit and in her mother's name, Shoshana presented a copy of a book commemorating the 151 years of the Synagogue-Emanuel in Victoria and showed photos of the costumes worn that evening making the event a reenactment of those times which suddenly prompted one of the audience members to excitedly say that those photos awakened in her the forgotten but precious memories of having attended that event.

I left with a good feeling- similar to the relaxed and happy feelings I saw reflected on the faces of others who were chatting away over lunch with one another and I truly was thankful and grateful to know how very fortunate we are to have this facility of this calibre in our midst.

Let's grow old together. ☺

–Binny Goldman

**“AGE ISN'T HOW OLD YOU ARE BUT HOW OLD YOU FEEL.”**

–Gabriel García Márquez

## SAVE THE DATE

**We are fortunate to have Shoshana featured January 21 with her program entitled 'STORIES THAT SING'.**

Refer to the inside back cover for information about the JSA-Snyder Foundation Empowerment Series theme for 2014-15. **A Smile On Your Face, A Song In Your Heart.**

## ARE YOU LOOKING FOR A MEANINGFUL VOLUNTEER OPPORTUNITY?

Our Peer Support Services is now accepting applications for our



This volunteer training will prepare you with the skills to interact with seniors in our community and will enhance employment opportunities and personal growth.

Training will consist of five consecutive sessions for a total of twelve hours. You will become more skilled with age related challenges, grief and loss, isolation and loneliness many other issues facing older adults. We are an inclusive organization and reach out to all seniors.

Come and be a part of our great team!

Remember,

**VOLUNTEERS ARE CREATING A BETTER WORLD, ONE PERSON AND ONE ACT OF KINDNESS AT A TIME!**

For more information call:

GRACE HANN  
or CHARLES LEIBOVITCH  
@ 604-267-1555



# JSAGV Peer Support Services

**Peer counselling is a one-to-one service provided by specially trained volunteers who are supervised by professional staff.**

The peer counsellors provide support to you if you are experiencing:

- loneliness and isolation
- grief and loss
- housing transition or relocation
- health related challenges and aging concerns
- a need to connect to your community
- depression and anxiety
- isolation from friends and family

The volunteer counsellors support by:

- visiting you in your home
- not judging
- not advising
- helping you understand your issues and finding coping skills and strategies

**ALL PEER SERVICES ARE CONFIDENTIAL AND OFFERED AT NO COST.**



- JSA provides several peer counselling trainings per year
- Prior to being admitted into a peer counselling training prospective volunteers are required to pass a Criminal Records Check.
- Upon successfully completing 55 hours of intensive training the graduates receive a Peer Counselling Certificate.
- Peer counsellors are interviewed, screened and matched with appropriate clients.
- Counselling sessions are generally provided on a weekly basis.
- Peer counsellors receive ongoing training, support and supervision by professional staff.



JSA provides trained volunteers to make regularly scheduled home visits to seniors and to older shut-ins who express loneliness and social isolation. The services are designed to reduce feelings of isolation and to promote connection and/or re-entry into the community at large.

- The Friendly Visitor services allow time for conversation, companionship and social supports. The visits may take place either in clients' own homes or in the greater community.
- Friendly visitors may accompany clients to medical appointments, social and cultural functions.
- Prospective program volunteers are required to pass a Criminal Records Check.



- Many older individuals experience feelings of loneliness and social isolation
- JSA can provide you with a specially trained volunteer who will contact you on a regular basis and listen to what you have to say
- Shalom Again volunteers are able to provide you with community resources and social supports.



This telephone information line is available for seniors, their families and significant others during regular business hours. JSA has an extensive language bank; thus, if you require service in a language other than English it may be arranged.



Grief is a difficult and emotional journey of pain, loneliness and isolation. Sharing these feelings with others in a caring and nurturing environment helps each person to find ways to cope.

JSA is extending an open invitation to those who grieve a loss of a loved one to join a support group dedicated to help and encourage each other, and to travel the healing journey together.

**Peer Services offer direct programs which are designed to empower, to encourage and to improve the quality of life for seniors.**



In deference of Serge's outstanding contribution to JSA and in memory and honour of his late beloved wife Elinor<sup>z1</sup>, the Serge & Elinor Haber Peer Support Fund has been established. We urge everyone in our community to contribute generously to this fund and make it part of their yearly plan of giving.

This dedicated fund will be used to support the following:

- Peer Counselling | Friendly Home Visits | Friendly Phone Calls |
- Information & Referral | Bereavement Support Group

(refer to Peer Support information on previous page)

Name		
Address		
Email	Postal Code	Telephone
<input type="checkbox"/> I/we wish to make a donation of \$ _____	<input type="checkbox"/> I/we wish to make a monthly donation of \$ _____	
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 donations above \$18.		



## Bereavement Support Group

Grief is a difficult and emotional journey of pain, loneliness and isolation. Sharing these feelings with others in a caring and nurturing environment helps each person find a way to cope.

The stages of mourning and grief are universal and are experienced by people from all walks of life. Mourning occurs in response to an individual's own terminal illness, the loss of a close relationship, or to the death of a valued being, human or animal.

JSA is extending an open invitation to men, women and siblings or anyone grieving the loss of a loved one to join a support group dedicated to helping and encouraging each other by travelling the healing journey together.

The facilitators are:

**Ruth Wolochow** and **Rita Akselrod**

### Join us!

Call JSA at **604-732-1555** Rita Propp

**MEETING DAYS:** Tuesdays 2–4 pm

**MEETING DATES:** Oct. 14 & 28  
Nov. 9 & 25  
Dec. 2 & 16

**LOCATION:** Jewish Seniors Alliance  
949 W. 49th Ave (corner Oak Street)

**Free Parking Available**



# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE



Refer to the JSA website  
for more information.  
[www.jsalliance.org](http://www.jsalliance.org)

### COUNSELLING AND SUPPORT SERVICES

<b>Alzheimer Society of B.C.</b> Resources and Information. Alzheimer resource centres located throughout the province	604-681-6530 <a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>
<b>BC Bereavement Helpline</b> Lower Mainland	1-877-779-2223 604-738-9950 <a href="http://www.bcbereavementhelpline.com">www.bcbereavementhelpline.com</a>
<b>Bereavement Walking Program</b> It is a time to walk and talk with others who are grieving	604-731-8643 Sharon 604-731-7805 Sue
<b>BC Centre for Elder Advocacy and Support (BCCEAS)</b> Elder law clinic.	604-437-1940 <a href="http://www.bcceas.ca">www.bcceas.ca</a>
<b>Crisis Intervention &amp; Suicide Prevention Centre of BC (24 hrs.)</b> Provides confidential supportive telephone lay counselling services.	604-872-3311 <a href="http://www.crisiscentre.bc.ca">www.crisiscentre.bc.ca</a>
<b>TTY at the Vancouver Crises Intervention and Suicide Prevention Centre</b>	604-872-0113
<b>The Dementia Helpline</b> A service for people with dementia, their care-givers, family and friends.	604-681-8651 <a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>
<b>Family Services of Greater Vancouver</b> Provides counselling and supportive services to individuals and families.	604-731-4951 <a href="http://www.fsgv.ca">www.fsgv.ca</a>
<b>Jewish Family Service Agency</b> Provides counselling, supportive, and information/referral services to individuals and families.	604-257-5151 <a href="http://www.jfsa.ca">www.jfsa.ca</a>
<b>Jewish Seniors Alliance Peer Support Services</b> No charge volunteer peer counselling, Shalom Again friendly calls, friendly home visits	604-267-1555 <a href="http://www.jfsa.ca">www.jfsa.ca</a>
<b>L'Chaim Adult Day Centre</b> L'Chaim provides a social, therapeutic & recreational service to frail or disabled older adults.	604-638-7275 <a href="http://www.adultdaycentres.org/l'chaim">www.adultdaycentres.org/l'chaim</a>
<b>Prostate Cancer Supportive Care Program</b>	604-875-4111 ext. 62338 <a href="mailto:www.PCSC@vch.ca">www.PCSC@vch.ca</a>

### MEDICAL INFORMATION AND REFERRAL SERVICES

<b>Vancouver Coastal Health Authority...</b> Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast.	604-736-2033 <a href="http://www.vch.ca">www.vch.ca</a>
<b>Fraser Health Authority</b> Serves Fraser North, Fraser South and Fraser East.	604-587-4600 <a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>
<b>HEALTHLINK BC</b>	8-1-1 <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>
<b>TTY</b> (special Telus relay service for deaf and hearing impaired)	7-1-1
<b>Louis Brier Home and Hospital</b> Provides complex residential and extended hospital care.	604-261-9376 <a href="http://www.louisbrier.com">www.louisbrier.com</a>

### NUTRITION

<b>Dial-A-Dietitian</b> Specializes in easy-to-use nutrition information for self-care.	604-732-9191 <a href="http://www.healthlinkbc.ca/dietitian">www.healthlinkbc.ca/dietitian</a>
<b>Meals on Wheels</b>	
Burnaby	604-299-5754
Coquitlam	604-942-7506
Richmond	604-292-7200
Surrey/Delta	604-588-0325
New Westminster	604-520-6621
Vancouver	604-684-8171
White Rock	604-536-3866
For kosher meals contact Jewish Family Service Agency and for Food Bank (local 230)	604-257-5151 local 218
Suppliers of Kosher meat and poultry	
Kosher Food Warehouse	604-709-9889
Omnitsky	604-321-1818
Sabra Superstore	604-733-4912
	604-322-3702

### TRANSPORTATION

<b>SN Wheelchair Transport</b> special needs door to door	1-800-768-0044
<b>Translink Bus Service</b> - bus and route timetable advice	604-953-3333
<b>Driving Miss Daisy</b> - driving service for seniors to appointments, programs etc.	604-290-8874 1-866-351-9696

# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE

<b>GENERAL INFORMATION SERVICES</b>	
<b>Alcohol and Drug Info &amp; Referral</b> – education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse.	604-660-9382
<b>Ambulance Billing Service</b>	1-800-665-7199
<b>BC 211 Information and Referral</b> —General information line accessible 24 hrs, 7 days a week	211
<b>Dial-A-Law Lawyer Referral Service</b>	604-687-4680 dialalaw.org
<b>Health and Seniors Information Line</b> “One stop” for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages.	1-800-465-9411 www.health.gov.bc.ca
<b>Jewish Family Services Agency, Senior Services</b> 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
<b>Jewish Seniors Alliance Information and Referral Services</b> Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 am–5:00 pm. Monday to Thursday excluding statutory and Jewish holidays.	604-732-1555 www.jsalliance.org
<b>Medical Services Plan Subscriber Information – VANCOUVER</b> 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
<b>NIDUS Personal Planning Registry</b>	www.nidus.ca
<b>PharmaCare</b> (including the Fair Pharmacare Plan)	604-683-7151
<b>Poison Control Centre</b>	1-800-567-8911 www.dpic.org
<b>Police/ ambulance /fire emergencies</b>	911
<b>SAFER (Shelter Aid for Elderly Residents)</b> Provides monthly payments to subsidize rents for eligible BC seniors 55+ or over and who pay rent.	604-433-2218 press “1”
<b>SAIL (Seniors Advocacy &amp; Information Line)</b> Mon to Fri, 9:00 am–1:00 pm. Hotline for older adults re elder abuse or rights violations. Offers legal information, victim services support, referrals to a lawyer and advocacy. Seniors must be 55+ and meet eligibility criteria for lawyer referral. Program operated by BC Centre for Elder Advocacy.	604-437-1940
<b>SHIP (Seniors Housing Information Program)</b> Operated by the Seniors Services Society, the directory provides a comprehensive list of housing available for seniors living in or wishing to live in the Lower Mainland of BC.	604-520-6621
<b>INFORMATION AND SUPPORT SERVICES</b>	
<b>1-800-Banting – The Canadian Diabetes Association</b> For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canada offers disease information, programs.	1-800-226-8464 www.diabetes.ca
<b>Canadian Cancer Society Cancer Information Service</b> Up-to-date information on a variety of cancer related topics, including prevention, early detection, diagnosis and treatment. Can help find cancer-related services and programs in local communities, and interpreter service.	1-888-939-3333 www.cancer.ca
<b>Heart &amp; Stroke Foundation of B.C.</b> Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups.	1-888-473-4636 604-736-4404 www.heartandstroke.ca
<b>The Stroke Recovery Association of B.C. (SRABC)</b> Offers information and programs for stroke survivors after they leave hospital.	1-888-313-3377 / 604-688-3603 strokerecoverybc.ca
<b>Kidney Foundation of Canada</b> 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 Oct., Nov., Dec., 2014

Refer to JSA EVENT CALENDAR  
on JSA website  
[www.jsalliance.org](http://www.jsalliance.org)

<b>JEWISH COMMUNITY CENTRE SENIORS (JCC)</b> 950 W 41st Avenue CONTACT: Leah DesLauriers leah@jccgv.bc.ca 604-638-7283 <a href="http://www.jccgv.com/content/seniors">www.jccgv.com/content/seniors</a>	
<b>MONDAY</b>	
11:45 am Oct 20, Nov 24	Lunch & Learn
1:00 pm	Poker
12:00pm -Dec 15	Chanukah Lunch
<b>TUESDAY</b>	
1:00-2:30pm (bi-weekly)	Women's Staying Connected
9:30-10:30 am	Chair Yoga
3:00 - 4:30 pm	Drawing & Painting
11:00 - 2:30 pm	Duplicate Bridge
<b>WEDNESDAY</b>	
12:00-2:00pm Oct 1 - Oct 29 (5 classes)	Portraits of Legendary Entertainers
11:00am-12:00pm Nov 12	The Silverman Morning Music Series
7:00-9:00 pm	Wine Tasting Fundamentals
9:30-10:25 am	Chair Yoga
1:00 - 2:45 pm	Arts & Crafts
10:30 am	'In the News'
1:00 - 4:00 pm	Poker & Mah Jongg
<b>THURSDAY</b>	
11:00-2:30 pm	Duplicate Bridge
12:30 - 3:30pm	Mah Jongg
<b>FRIDAY</b>	
9:30-10:30 am	Shabbat Chair Yoga
11:00 -2:00 pm	Social Bridge
<b>COMPUTER CLASSES</b>	
10:00-11:30am Oct 21 - Oct 30 Nov 18 - Nov 27	Android Touchscreen Tablet
Contact Leah to arrange a time	iPad

## SAVE THE DATE

### JSA - FALL SYMPOSIUM

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

DATE: **Sunday, October 26, 2014**  
TIME: **2:00 pm**  
PLACE: **Peretz Centre**  
(See back cover for more information)

JSA-SNIDER FOUNDATION  
EMPOWERMENT SERIES 2014-15

### Elders Empowering Elders

#1 **Oy Vey, MY BACK MY HIP**

DATE: **Tues, November 25, 2014**  
TIME: **1:30 pm**  
PLACE: **Peretz Centre**

#2 **STORIES THAT SING**

DATE: **Wed, January 21, 2015**  
TIME: **1:00 pm**  
PLACE: **JCC Seniors in the Wosk Auditorium**  
(See inside back cover for more information)

### BEREAVEMENT SUPPORT GROUP

DATES: **Tuesday, Oct 14 & 28, Nov 9 & 25, Dec 2 & 16 2014**  
TIME: **2:00 pm - 4:00 pm**  
PLACE: **JSA 949 W. 49th Ave**  
(corner Oak Street)

To join call JSA at 604-732-1555  
(See page 12 for more information)

<b>L'CHAIM ADULT DAY CENTRE</b> 950 W 41st Avenue CONTACT: Annica Carlsson 604-638-7275 annica@jccgv.bc.ca <a href="http://www.lchaim.ca">www.lchaim.ca</a>	
<b>MONDAY AND WEDNESDAYS</b>	
9:30-3:00 pm	
<b>FRIDAY</b>	
9:30-2:00 pm	

<b>CHABAD RICHMOND</b> 200-4775 BLUNDELL ROAD (ACCESSIBLE BY CHAIRLIFT) CONTACT: Rabbi Baitelman admin@ChabadRichmond.com 604-277-6427	
<b>TUESDAY, OCT 28, NOV 25</b>	
12:30-2:30pm	Community Kitchen
<b>WEDNESDAY</b>	
1:00-3:30 pm	Arts Club for women
<b>THURSDAY</b>	
9:45 - 10:30 am	ESL Beginners & Intermediates
10:30-11:45 am	ESL Advanced
<b>CHABAD RICHMOND—"SMILE ON SENIORS"</b> CONTACT: Marlene Shore 604-275-7543 <a href="http://www.chabadrichmond.com/Seniors">www.chabadrichmond.com/Seniors</a>	
ALTERNATE THURSDAYS 11-2 pm Hot Kosher lunch \$8 Movies, Music, Guest Speakers Oct 30, Nov 13 & 27, Dec 11	
<b>KEHILA JEWISH SENIORS - RICHMOND</b> <b>BETH TIKVAH SYNAGOGUE,</b> 9711 GEAL ROAD, RICHMOND, BC V7E 1R4 CONTACT: Toby Rubin 604-241-9270 or <a href="mailto:kehila@uniserve.com">kehila@uniserve.com</a> <a href="http://www.kehilasociety.org">www.kehilasociety.org</a>	
<b>MONDAY</b>	
9:30-10:45 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 BOOKING ESSENTIAL call Marlene 604-275-7543 or Ruth 604-271-1973	
<b>BETH TIKVAH SYNAGOGUE</b> 604-271-6262 <a href="http://bethtikvahbridge.wordpress.com">http://bethtikvahbridge.wordpress.com</a>	
<b>MONDAY - 7:00 pm</b>	
Bridge - ACBL sanctioned	
<b>THURSDAY - 7:00 pm</b>	
Bridge - Non-sanctioned casual duplicate game	

# ONGOING EVENTS October, November, December 2014

**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, \$5 suggested donation at the door

WEDNESDAYS Nov 19, Dec 10

**INTERSECTIONS - Built City: Past and Future Landscapes**  
 With Cornelia Oberlander and friends  
 Co-sponsored and hosted by the Museum of Vancouver  
 7:00pm - 9:00pm at the Museum of Vancouver, 1100 Chestnut St.  
 \$11 students & seniors, \$14 general, \$10 MOV members  
 Get tickets: <https://oct23builtcityoberlander.eventbrite.ca/>

Oct 23

**GASTOWN AND STRATHCONA WALKING TOUR**  
 11:00am – 1:00pm, Meet at 700 E. Pender St. - \$10

Oct 19

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

Oct 26, Nov 30, Dec 21

**ANNUAL GENERAL MEETING** - 6pm

Nov 19

**VOLUNTEER OPPORTUNITIES**

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

**JEWISH GENEALOGICAL INSTITUTE OF BC**  
 Temple Sholom, 7190 Oak Street, Vancouver  
 CONTACT: 604-257-5199

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

First Tuesday of the month at Temple Sholom 7:30 pm	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.
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**VANCOUVER FILM CENTRE**  
 Peretz Centre, 6184 Ash Street www.vjff.org  
 CONTACT: robert.albanese@vjff.org 604-266-2045

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

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

Oct 5	Community Sukkot Celebration
Oct 19	Community Simhat Torah celeb
Nov 30	Chanukah Fair
Dec 14	Chanukah Community Celebration
Oct 28, Nov 25, Dec 23	Community Kitchen Club

**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 - Oct 24, Nov 28, & Dec 19

Vancouver Jewish Folk Choir every Tuesday	7:30–9:30 pm
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Yiddish Reading Circle first and third Wednesday of the month	3:00–4:30 pm
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Adult Discussion Group: Last Sunday of each month	10:20–12:30 pm
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**SHOLEM ALEICHEM SENIORS**  
 CONTACT: Gyda Chud 604-266-0115

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

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

Oct 5 - 1 pm	Festival dedicated to Russian poetess Marina Tsvetayeva
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Oct 26 -1 pm	Lecture “Forgotten Jewish melodies and their authors”
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Nov 16 - 1 pm	Lecture “Poetry by Anna Akhmatova”
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Nov 23 -1 pm	Meeting - Reports and elections
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Dec 21 - 1 pm	Chanukah celebration
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**ISAAC WALDMAN JEWISH PUBLIC LIBRARY**  
 950 W 41st Avenue library@jccgv.bc.ca  
 CONTACT: Karen Corrin and Helen Pinsky  
 604 257-5181 or 604 257-5111 ext 248  
 Website: www.jccgv.com/content/library-main  
 Online Catalog: www.jlbc.ca

**MONDAYS**

Oct 20, Nov 10 & Dec 8 at 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
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**WEDNESDAYS**

10:30–12:30 pm	IN THE NEWS – Discussion group for people interested in current affairs and global politics.
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**JEWISH FAMILY SERVICE AGENCY**  
 CONTACT: Queenie Hamovich  
 QHamovich@jfsa.ca 604-257-5151 Ext. 1274

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



## 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](http://www.bchousing.org/HAFI)

You can also contact BC Housing:

**Phone: 604-433-2218**

**Toll-free: 1-800-257-7756**

Canada



HOUSING MATTERS

Vancouver Sun, May 1, 2014

## BUILD COMMUNITY In Public Space

Re: Placemaking comes to Vancouver; The grassroots movement that creates inviting public spaces is a hit in Portland, April 29



Three years ago, after spending over an hour a day at 'Oak Meadows' off-leash dog park, I realized I needed colour, that is, flowers. I dug a small garden with the help of a fellow dog owner, Ellen. I filled it with perennials, annuals, rocks and a few garden ornaments. It was a great success. So I built another small garden. Suddenly a sign was posted in the two gardens which said these elements were illegal and must be removed. Ellen phoned the number on the sign and a meeting was arranged with Alex Downie, superintendent of neighbourhood parks. Alex was greeted by 15 avid and angry dog-owners. We negotiated; we assured Alex the garden would be well maintained.

Last summer we brought chairs, a table and a couple of pots of plants and set up a charming sitting area under a large pine tree. The chairs were stolen by high school students, we found them. They were stolen again. We met with the vice-principal and that was the last time the students took the chairs. However, they disappeared again. I telephoned Alex. Indeed he had our chairs, table and pots of flowers. They were returned immediately. I made a sign which explained these chairs were here with permission of the Park Board and invited others to relax and enjoy the shady spot.

As many as 15 people and dogs gather at the off-leash dog park every day. Passing people compliment us on the garden and the shady sitting area. We have built a community with total strangers who now know each other very well and look forward to exercising their dogs and communicating with their friends.

DOLORES LUBER, Vancouver



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**Superstore**   
*big on fresh, low on price.™*

# WE HAVE A HUGE VARIETY OF KOSHER CHEESE

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



At the Main Street and Marine Drive location only. 350 S.E. Marine Drive, Vancouver

# MOST-BRIDGE

## RUSSIAN JEWISH SENIORS SOCIETY

Общество Русскоязычных Евреев-Пенсионеров

Ха Ха Ха



У 65-летней женщины случился инфаркт, и её поместили в больницу.

Лёжа на операционном столе, она была на волосок от смерти. Увидев Бога, она спросила: “Что, уже наступил мой смертный час?” Бог ответил:

“Нет, ты проживёшь ещё 33 года, 2 месяца и 8 дней.” Женщина рассудила, что если ей суждено прожить ещё так много времени, она могла бы взять от жизни всё, что можно. Но прежде всего надо стать молодой и красивой.

Поэтому, выздоровев, женщина решила остаться в больнице и сделать под-тяжку лица, шеи, подбородка и живота. Кто-то вошёл в её палату и по-красил ей волосы в другой цвет, а также привёл в порядок её зубы, доведя их до блеска.

После последней операции её выписали из больницы. Когда она переходила улицу по дороге домой, она попала под машину скорой помощи. Снова пред-став перед Богом, она горестно упрекнула его: «Я же думала, что проживу 33 года.

Почему же ты допустил, чтобы машина скорой помощи убила меня?»

Бог ответил: ” Ой, вэй! Я тебя не узнал!!!!”

Ида Гитлина. By Ida Gitlina.

## THE WEINBERG RESIDENCE



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

### ASSISTED LIVING

A vibrant 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 Phyllis Snider Campus for Jewish Seniors, site of the Louis Brier Home & Hospital and the Weinberg Residence  
THE HARRY AND JEANETTE WEINBERG (OF BALTIMORE) RESIDENCE

**They Said It!**

*"Two wrongs don't make a right but three do."*

**—The Smothers Brothers**

*"Whatever it is, I'm against it!"*

**—Groucho Marx**

"

"

**—Harpo Marx**

*"I don't mind dying. I just don't want to be there when it happens."*

**—Woody Allen**

### **YossiLinks – a special offer to the community**

As a community service Yossi Havusha is offering courtesy service milestones, bar and bat mitzvahs, births, deaths, birthdays, graduation etc.

Send your announcement to [yossilinks1@gmail.com](mailto:yossilinks1@gmail.com) and we will post them.

Toda raba, Yossi **604-726-2555**

(max free words 20)

# Introducing Sylvia Hill, Our Centenarian

When I first met Sylvia, she was sitting in front of a computer absorbed in answering her email. I was impressed! We walked into her room—the celebrations of the previous week on the occasion of her 100th Birthday were evident. In fact, there were 17 floral arrangements and 40 cards—Sylvia wants you to know!

I asked her to tell me straight out. “What is your philosophy, what do you wish to communicate to our readers?” She readily answered “Love thy neighbour as thyself” and “Have faith.” These expressions are her guiding lights. She is a religious woman who loves her Judaism. She prays three times a day, quotes from the prayers, and gives credit for all her many blessings to Hashem. Sylvia explained that Louis Brier is the only Jewish Senior Residence in Vancouver; therefore, she has chosen to live her traditional Jewish lifestyle at Louis Brier. It has been 21 years. She participates in all the religious and cultural activities. The Rabbis, the volunteer Shabbat, Holiday and prayer leaders, and the staff members are all her close friends.

As long-time President of the Residents’ Council, Sylvia is always chosen to make the necessary speeches. She was involved in the rezoning struggle against the neighbouring home-owners, in order to get the adjoining Weinberg Residence built on Osler Street. Not long ago she made a speech expressing the Louis

Brier’s residents’ gratitude to their many devoted volunteers and I quote: **“A volunteer is a person who makes a real difference in people’s lives and programmes and renders such qualities as love, compassion, joy and creativity.”** By the end of our interview, I understood that she possesses these same qualities. As a long-time (and life-time) member of the Board of Directors of Jewish Seniors Alliance, she was very active in producing programs and achieving the organization’s goals. Expressions like “Captain of Louis Brier” and “JSA’s Ball of Fire” (courtesy of Binny Goldman) have been used to describe Sylvia’s energy and accomplishments.

Born in Calcutta to an affluent Jewish family, “her life was nothing but blessings.” She had an excellent “Catholic education” with the Nuns, and earned an Honours degree in English and a degree in Education. The Adjutant of the British army, George Hill, who informed her that her fiancé, a sailor in the American Army, had perished, said “Take off your ring. Don’t be so sad. Have dinner with me tonight.” The rest is history. George and Sylvia married and eventually came to Vancouver from England. Sylvia was nine months pregnant when she and George stepped off the ship. They were penniless (not quite, they had £10) and homeless. George was a proud man. He resisted all assistance offered by well-meaning

acquaintances and the supportive Jewish community. Somehow they persevered, she learned to clean, to cook, to care for her two sons, Ivor and George. All of this while they subsisted in very dire straits. No matter, Sylvia recounts. There was one thing she did not ever learn to do and that is, to drive a car. “There was always someone to drive me”, she admits. She tells me the stories of the past with affection, with gratitude and with love for her husband.

Her ability to see the positive side of situations, to minimize the difficulties she encountered, to rise above pettiness, to see the “bigger picture”, has created a warm, gracious, loving person who profoundly touches the people with whom she comes in contact. At the age of 100, Sylvia retains her enthusiasm for life and her gratitude for her blessings. I could not detect a hint of cynicism or negativity, rather I felt that I was in the presence of a generous spirit.

**" COUNT THY BLESSINGS,  
NAME THEM ONE BY ONE –  
AND IT WILL SURPRISE YOU  
TO SEE WHAT THE LORD  
HAS DONE. "**

Sylvia Hill (June 2014)

–by Dolores Luber

**Sylvia surrounded by family and friends at her 100th birthday party**





# Remembering, Growing Older & Thriving

All of us think about the past; where we were born; how we grew up; where we went to school; getting our first paying job; marriage; children and grandchildren. Our memories may be vivid, cloudy, unhappy, ecstatic, painful and everything in between.

For me being born in Alberta and growing up in British Columbia were happy years, unaffected by global conflicts, a world wide depression, the holocaust (which I was unaware of until my pre-teen years), and being relatively insulated by a close knit large family.

I WANT TO SHARE WITH OUR READERS MY RECOLLECTIONS.

I remember the train trip from Edmonton to Vancouver when I was 3 years old.

I remember my parents poultry farm in Surrey.

I remember my years as a student at the University of B.C.

I remember meeting Leah in 1960 while we were on the staff of JCC Day Camp.

I remember interviewing someone for a job at Louis Brier and realizing I was old enough to be this person's grandparent.

I remember the birth of our children and grandchildren.

I remember the first time someone asked me if I was a senior in order to purchase an admission ticket at a reduced price...I was insulted at the time to be identified as a senior.

I remember rear-ending another car and the driver talking to a relative and describing me as "some old man".

I remember the first time I asked for a senior's discount.

I remember receiving my first Canada Pension Plan cheque.

I remember starting medication for high blood pressure.

I remember taking a stress test for possible atrial fibrillation.

I remember making a print out of all the medications I am taking.

I remember with glee current time spent with family and friends.

I think about the wonderful friends I have made at JSA.

I think about the highly successful programs and services we provide at JSA on a shoe string budget.

For me growing older has meant staying involved, never dwelling on the past in order to account for my unhappiness (which I do not have) or harbouring ill will to others for your current situation.

Life will go on and we need to *'carpe diem'*, grab the day.

I look forward to each and every day..  
What excitement will the day bring?  
What book shall I purchase (fiction or non fiction)?  
What shall we have for supper?  
What will be do this weekend?  
We need to live each day to its fullest.

We need to keep planning for tomorrow and the day after tomorrow.

We need to face the future with self confidence, take control of our lives.

As the Johnny Mercer song says:

**"YOU HAVE TO ACCENTUATE  
THE POSITIVE**

**ELIMINATE THE NEGATIVE**

**LATCH ON TO THE  
AFFIRMATIVE**

**DON'T MESS WITH  
MR. IN BETWEEN."**

—by Kenneth Levitt





# SENIORS IN THE MOVIES:

Four outstanding documentaries relating to the Holocaust

During the last 6 months I have watched four exceptional documentaries, all with connections to the Holocaust. Three of these documentaries, *Remembering the Holocaust: Defiant Requiem* (2013), *The Last of the Unjust* (2013), and *The Lady in Number 6: Music Saved My Life* (2014), have the concentration camp in the Czech town of Terezin (Theresienstadt in German) as their focus. The fourth film *The Flat* (2011, HaDirah in Hebrew) moves between Tel Aviv and Germany. All of these films will take your breath away; they are moving and painful in their portrayal of the complexity of the human spirit.

These films are available on Netflix. *The Flat* is available at Black Dog Video and at Limelight Video.

**Defiant Requiem** is a masterpiece, the inspiration of Murry Sidlin, a veteran American conductor who stumbled upon a book which would take him on a long journey of discovery. This haunting documentary is about Jewish conductor Rafael Schachter who formed a secret choir in the Nazi concentration camp of Terezin during the Second World War. It is also about the modern re-creation of the choir's last performance before the International Red Cross and SS officers; also to be held in Terezin. The music of Verdi's Requiem Mass pervades the film. Survivors of the camp tell their stories. For the viewer the experience is overwhelming.

**The Last of the Unjust:** a documentary by Claude Lanzmann which features Benjamin Murelstein, Elder of the Jews at Terezin in 1944. No character that you see onscreen this year will match the impact that is made by Benjamin Murelstein, who dominates the film for almost 4 hrs, during interviews between Lanzmann and Murelstein which took place in Rome in 1975. They were meant for use in Shoah, Lanzmann's masterpiece of 1985. There was too much material, so Lanzmann realized that "I had no right to keep it [the footage] to myself." Murelstein was the man who came closest to Adolph Eichmann. Although he survived the camp, he never went to Israel or testified in Eichmann's trial because he was accused and condemned as a "collaborator." Lanzmann is an old man of 87 who is defying age for the sake of bearing witness.

The Last of the Unjust must be seen.

**The Lady in Number 6: Music Saved My Life** is an inspirational and uplifting story. 109 year old, Alice Herz Sommer, the world's oldest concert pianist and Holocaust survivor shares her story on how to achieve a long and happy life. As an inmate of Theresienstadt (Terezin), she continued to play classical music. It is her positive thinking which allowed her to maintain equilibrium and survive in the concentration camp. The film is short, 39 minutes, but it is beautifully crafted and photographed with an underlying philosophical theme which is edifying and inspiring.

"HATRED EATS THE SOUL OF THE HATER, NOT THE HATED."

—Alice Herz Sommer

**The Flat** is the work of documentary filmmaker Arnon Goldfinger who participates in the clearing out of his grandmother's apartment after her death in Tel Aviv. His grandparents had immigrated to Palestine from Germany before World War II. The main protagonist is his mother, a woman in her 70's, the only daughter of the couple who maintained their German language, customs and friendship with a German couple, senior Nazi SS officer, Leopold von Mildenstein. The movie is like a suspense mystery. Gradually mother and son uncover the truth which is disturbing and shocking. The capacity of human beings to be in denial and to experience self-delusion is revealed. It is an excellent film.

—Dolores Luber



"Rolling Hills of Iowa"

DANIELLE SHIER has been an artist for over 30 years, working with colored pencils, oils, stained glass and pastels.

Born in Quebec, Canada, Danielle moved to the Midwest in the late 1980's and was first recognized by Angel Graphics for her colored pencil work where her prints sold nationwide. Following her success with Angel Graphics, Danielle worked as a stained glass artist for Bovard Studio painting figures, biblical scenes and landscapes for five years. She studied pastels after leaving Bovard's and became known for her ability to render the poetry of nature's forms in the hills, rivers and woods of the surrounding Iowa landscape. Her goal is to capture the ambiance of place through her internal imagery, be it dramatic clouds and moody weather or the sparkling water glimpsed while walking along the tree lined creeks and rivers of Iowa.

Danielle is best known for her poetic and award winning pastel landscapes. Her work has been shown in galleries throughout Iowa, and is exhibited in both public and private collections. She is represented by the Iowa Artisans Gallery in Iowa City, Catiri Art Oasis in Amana and the Sunrise Gallery in Fairfield.

Cover painting "ROLLING HILLS OF IOWA".

"This is a typical scene in the far northeast corner of Iowa. The landscape here is more dramatic than much of the state, with layered hills and high views of patterned fields."



## DEFINITION OF A TZIMMES

**T**zimmes (pronounced: tsi'-mes), is a Yiddish word for a sweet culinary concoction made variously of stewed carrots, honey, raisins, and prunes; it is considered to be the perfect complement to the main course of a Jewish feast.

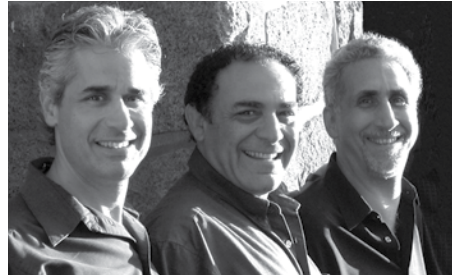
In another, more humorous connection, Jewish people are warned not to complicate a simple matter, with the adage: "Don't make me a big Tzimmes!" (It is safe to say that the warning is usually ignored!).

## THE TZIMMES TRIO Klezmer music at JSA AGM

Over the 20 years of its existence, this talented trio has presented concerts in Canada, the U.S., Mexico, and England, at Folk Festivals and Communal Events, for Jewish and non-Jewish audiences alike.

Tzimmes is at the forefront of the multi-faceted approach to Jewish music making today. There is something here for every taste - a musical cloth woven of the strands of tradition and innovation, songs that will make you dance, and laugh, and cry.

The concert trio consists of:



CONTACT:

Moshe Denburg, Band Leader

t. 604-879-8415

info@tzimmes.net

www.tzimmes.net

**Saul Berson** - Saxophone, Clarinet, Flute

**Yona Bar-Sever** - Electric Bass, Guitar, Vocals, Hand Percussion

**Moshe Denburg** - Lead Vocal, Guitar, Band Leader

**Their contribution to the AGM provided a lively and lebedick atmosphere to our event - a mix of both background music and entertainment which was well received.**

*Celebrate Our* **SENIORS**

*We pay tribute to the seniors who've helped build our country as they continue to make valuable contributions to Canadian communities.*

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## CONGREGATION BETH ISRAEL comes home to new building

On Sunday, September 13th 2014, Rabbi Jonathan Infeld led his congregation in a ceremonial Torah Procession to their new building, Congregation Beth Israel. A Mezuzah Ceremony was performed and the Torah was returned to its proper place in the Synagogue Sanctuary. Rabbi Infeld is a happy man and reflects the logo on Beth Israel’s website: “B.I. The Place to be.”

I began our interview by asking about the capacity of the building, its cost and the process of rebuilding. It has been almost two years since the congregation moved out of the old building and installed itself at the Jewish Community Centre. Rabbi Infeld marveled at the generous financial support of members of the congregation, over \$16 million to date. When asked about the dislocation, the inconvenience, and the complex process of rebuilding, Rabbi Infeld was resolute; it had to be done and everyone – staff and members – showed patience, flexibility and ingenuity.

They now have double the space and modern facilities dedicated to programs for infants, young children, youths, young married couples and especially seniors. Beth Israel has the largest kosher facility in the city. Rabbi Infeld spoke about child-minding on Shabbat. He described the 'Play and Pray Room' which is a sound-proof area where mothers, fathers and grandparents can follow the service while allowing restless children to play. The Play and Pray area has a view of the Bima, the Rabbi, the Cantor and the congregation. The building and the Sanctuary are accessible, with ramps allowing easy access to all spaces (including from the underground parking and a ramp to the *Bima*) by wheelchairs, walkers and strollers. There is a special area for family seating in the Sanctuary. As Rabbi Infeld explained 'Accessibility from A to Z'.

He is confident that the ever-increasing Jewish population of Vancouver and the growth of Beth Israel’s membership can support and participate in his Conservative congregation. He welcomes the challenge of creating a renewed and vibrant community which brings Jews closer to God and Israel through education, community and spirituality. We at Jewish Seniors’ Alliance say *Mazel Tov* to Congregation Beth Israel.

Dolores Luber

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### Responses continued from page 9

DR. RUBIN FELDMAN

Access to medical care should be governed by the degree of urgency. In that regard there would be three levels of care.

1. Patients with severe urgency of life threatening illness should be admitted to the public areas of care in the general hospital.
2. Patients with routine and non threatening illness should be sent to the for-profit area, if the patient can afford it.
3. If the patient is unable to finance their stay in for-profit areas they should be admitted to the public domain.

This would allow for maintenance of the presently-existing treatment domains depending primarily on need and secondarily on ability to pay for the care received. ✎

KEN LEVITT

In some respects a two-tiered system is already here: a local public hospital is selling excess operating theater time to a for profit clinic. This earns revenue for the hospital and allows the for-profit clinic to serve its patients. Eye clinics are contracted by the provincial government to undertake certain types of eye treatments. Is this what Canadians want? Can the public system be made more cost effective? Do for profit clinics take the cream of the crop for elective surgeries leaving the rest for the public system? Do

for-profit clinics take the most skilled medical practitioners (with the promise of higher wages) away from the public system? Is the quality of care better in the public system or in the private system?

Personally, I am OK with a for-profit user pay competing system providing that no public funds go to the for-profit clinics and they are never allowed to over-bill the users. This is an ideological/ political debate that has no easy answers unless you are on a particular side. ✎

**Please continue to send in your responses to JSA.**

# SNOWBIRDS AND TAXATION:

“Snowbirds” are retirees who, while maintaining residential ties with Canada, spend their winters in the United States. If you are one of these Canadian residents and were present in the US for 31 days or more in the current tax year, you may be considered to have a “substantial presence.” This means you could be subject to special reporting requirements with the Internal Revenue Service (IRS).

To find out if you have a “substantial presence” in the United States, complete the following calculation:

\* Determine the number of days you were present in the United States in the current tax year.

\* To this figure, add 1/3 of the number of days you were present in the United States in the preceding year.

\* Then add 1/6 of the number of days you were present in the United States in the second preceding year.

If the total number of days you were present in the US is more than 182, then you are substantially present.

Here’s an example: If you were present in the United States for the following number of days:

Current tax year	115 days
Preceding year	150 days
2nd preceding year	120 days

To determine if there is a substantial presence, add the following numbers as shown:

115 days x 1	=	115
150 days x 1/3	=	50
120 days x 1/6	=	20
Total	=	185

Because the total is more than 182, you are considered to have had a substantial presence in the United States in the current taxation year.

If you do not have substantial presence, or are present in the United States for less than 31 days in the current year, nothing is required unless you have US income or income connected with the conduct of a US business.

## MORE THAN 30, LESS THAN 183

If you are present in the United States for a period of time greater than 30 days and less than 183 days, and have a substantial presence, one of two following options must be taken: File Form 8840 – Closer Connection Exception Statement for Aliens; or claim an exemption from tax under the tie-breaker rules of the Canada – United States tax treaty.

(Tax rules change from time to time. Please verify this information with Revenue Canada or with the IRS.)

## COMPUTER SCAM targeting vulnerable B. C. seniors

Seniors in B.C. have reported a surge in cold calls warning them that their computers have been infected with a virus—and if they give the caller remote access to their machine, it can be fixed. The problem is, there’s no way for anyone to know if you are having computer problems, until they access your machine and, in this particular scenario, that access comes with a fee. One 79-year old Vancouver man was convinced by a cold caller to provide remote access to his machine—along with his credit card details—and then watched in horror as the charges began to appear on his statement. In June alone he was charged \$833.00 by two tech companies—SafeCart.com, and

Fast Fix. The senior was surprised, because he thought he had been dealing directly with Microsoft. When a family member saw the bill, they demanded—and—received—a full refund.

Seumus Gordon, spokesperson for the B.C. Better Business Bureau confirmed that complaints about this kind of phone scam had increased across the Lower Mainland and Vancouver Island recently. The message is “Do not trust any cold caller asking for remote access to your computer

(<http://www.cbc.ca/m/touch/canada/britishcolumbis/story/1.2765086>).

Dolores Luber



Did you know?

### The origin of Coffee

Legend has it that the first known discovery of coffee berries was made by goat herder, Kaldi, of Ethiopia, who noticed that his goats were friskier after eating the red berries of a local shrub. After experimenting with the berries himself, he began to feel happier

and strangely energetic...

## LIVE AND LEARN

As time passes, I've had to change my mind on many issues — just one of which is wondering why otherwise intelligent people can throw money away on promises of unlikely cures. I didn't understand, for instance, why people with cancer would pay thousands of dollars to go to some Mexican clinic to be given shots made of apricot pits. Did they really think it would work? Why, I thought, would they be so gullible as to believe charlatans and frauds who offer magical cures for whatever? (Thank goodness delicacy required me to keep my mouth shut on the subject at the time.)

You know I've dealt with dizziness, nausea and imbalance for years. Episodes in the past were awful, but less frequent. During the 1990s, they hit with a vengeance and tenacity I was unable to cope with. I, myself, became one of those "gullible" people. I now realize it is not so much gullibility as desperation.

The dizziness was so persistent, I was unable to cope

I, who had flatly refused to take hormones, who questioned and refused just about every prescription any doctor tried to give me, suddenly accepted, bought, payed for, swallowed and did whatever my doctor or anyone else suggested might help. I wanted my life back!

Antivert didn't help, so I tried SERC, then Dramamine, then, as recommended, I doubled the SERC. I tried a diuretic. I was willing! I was desperate! I was even ready to try inner ear surgery which causes deafness but "might" eliminate the dizziness. (I

later did have that surgery, but whatever was causing the dizziness had by then also caused deafness in that ear, so there was nothing to lose.) It too did NOT cure the dizziness.

"We just got a brand new product in for nausea," suggested my local pharmacist, who no longer had to ask my name. I bought it... It didn't work.

"Have you tried acupuncture?" inquired a business associate over the phone.

"No, do you know someone?"

I didn't know her, but I accepted her recommendation anyway.

"How about a holistic practitioner?" someone else proposed.

What's his number?" I asked.

I was ready to try anything. If someone had promised the dizziness, imbalance and nausea would go away if I stood on my head and spit nickels, I'd have tried that too.

Off-balance, dizzy and suffering with nausea, I would try anything

As you can imagine, I wasn't doing much cooking and jokingly threatened to turn my kitchen into a bedroom, but the shelves began to look more like a large medicine cabinet,

lined with containers full of prescriptions and remedies that didn't work. I thought I'd have to toss out some dishes just to make more space.

I popped pills, was poked by needles, swallowed vile-tasting, expensive Chinese herbs and solutions as directed, plus I obeyed and consumed nothing but cooked foods. My body had "too much dampness and too little energy", and there was a heck of a lot of work to be done on my "spirituality"!

Finally, I came to the conclusion that what I definitely didn't have enough of was — money, to pay for it all — I had become too ill to work.

Being desperate enough to grab at any solution myself, I learned an important lesson and was, once again, humbled. Vestibular disorders don't kill you, but they can make you wish you were dead. So I now fully understand how others suffering from incurable and possibly life-threatening diseases can succumb to the hope held out by those bastards who prey on our vulnerabilities.

And, I'm still learning.....

by Muriel Kauffmann, Aug 5, 2014



# LIFESTYLE FACTORS AND GENERAL HEALTH:

When I first thought of writing this piece, I was going to write about lifestyle factors affect general health but you really didn't need someone else telling you something you already know. Exercise at least 2<sup>1/2</sup> hours a week, eat less than 2300mg of sodium daily, get enough sleep and so on. Instead, I share with you my battle with a chronic disease with the hopes that you will take a harder look at your own lifestyle and perhaps make some changes that could change your life.

As a pharmacist, I dispense high cholesterol, high blood pressure, diabetes medications on a daily basis. At one time, I was one of those taking a high blood pressure medication. It came as a shock to me when I was first diagnosed with hypertension in 2009. I considered myself a healthy, slightly underweight individual. I blamed in on genetics – my parents both had hypertension. For a whole year, with my doctor's approval, I tried lifestyle modifications in order to avoid taking medicine. I signed up for 6am bootcamp-style exercise 5 days a week and I ate well...or so I thought. I checked my blood pressure every day and the lowest it seemed to go was 140/90. After that frustrating year, I went to my doctor and she told me what I knew was coming. I would have to take a blood pressure medication. I did as instructed, took my pill dutifully every day. I continued to exercise 5 days a week. My blood pressure was great as long as I took my pill. The thought of taking a pill every day for the rest of my life pissed me off. I wanted to do something about it. I took an honest look at what I was doing with my diet and I started reading food labels. I found out that I was fooling myself. In

my mind, I was eating well but in reality I was eating out about 5 times a week. I was eating foods loaded with sodium, both labelled and hidden. I started to eat out less and tried to avoid sodium-rich foods. Shortly after that, in spring of 2012, my wife, Pat, all of a sudden decided that we would drastically change how we ate. She had been reading up on the paleolithic diet and all of a sudden, Boom! There we were, gluten-free and no processed food. Our food now consisted of veggies, meat, nuts and fruits. I lost 6lbs in 3 weeks which was scary for me since this was weight that I couldn't afford to lose. We added more carbs back in our diet and my weight stabilized. A side effect of this way of eating for me was lowered blood pressure. I started to take my pills every other day (with my doctor's consent) and after about 6 weeks, I stopped my blood pressure pills altogether and my blood pressure remained normal. I was ecstatic!

It's been more than a year, and my blood pressure is still normal. I still maintain the good eating habits. I am addicted to my 6am exercise classes. Trying to get enough sleep is still something I'm working on. I believe that I have won my battle with hypertension but I must stay vigilant.

I am a believer that the right foods can heal a person. You will have to find the foods that work for you. Start by eliminating processed foods and fine tune it according to what your body tells you.

I am also a big believer of exercise. There is no one exercise that will suit everyone. What is the right exercise for you? It's the one that isn't a chore to do. It's the one that will get you moving on a consistent basis.

I could go on and on about how lifestyle factors can improve your general health. Hopefully, I have given you something to think about in your quest for better health.

As always, please check with your physician before starting a new exercise regimen.

by Rudy Chin



We always greet you with a smile.

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The Pharmasave team from left:

Allan, Rudy (Pharmacist and Owner), Heather, Willis and Annie

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## 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](http://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.**  
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### KEEP IN TOUCH

Help us keep our mailing list up to date.

**Please call us at the JSA office: 604.732.1555**  
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## ENSURE OUR JSA FUTURE

### MEMBERSHIP RENEWAL AND/OR APPLICATION FORM

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 JSA of Greater Vancouver  
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