

# SENIOR LINE



MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 30(1) - SUMMER 2023

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES



# INFORMED ADVICE, TESTED BY TIME.

WITH SPECIALISTS IN EACH FIELD OF SERVICE, ZLC HAS YOU AND YOUR BUSINESS COVERED. FOR MORE INFORMATION, CONTACT GARRY ZLOTNIK, OR VISIT US ONLINE TO GET STARTED.



**GARRY ZLOTNIK**

FCPA FCA CFP CLU ChFC

E: gzlotnik@zlc.net T: 604.688.7208

**www.zlc.net**

INSURANCE & RETIREMENT SOLUTIONS | EMPLOYEE BENEFITS | INVESTMENTS  
PHILANTHROPIC PLANNING | BUSINESS FAMILY SUCCESSION | FINANCIAL PLANNING



## A Tribute To Seniors

**We share our thoughts about who you are  
and what you have accomplished.**

You are wise, thoughtful and giving;  
Artistic, musical, athletic and poetic  
Entrepreneurs, leaders, activists,  
Founders & Builders of our Community Organizations  
Volunteers, donors and philanthropists  
Educators, authors, thinkers and healers.  
Mothers, Fathers, Grandparents,  
Aunts, Uncles, Cousins & Friends  
Retainers of our community's collective wisdom.

We honour the memory of our parents Harriet and Arnold Shine<sup>z'l</sup>, Babs and Ted Cohen<sup>z'l</sup>  
~ Gary and Linda Cohen, grandchild Mike and great grandchild Aidan



## Jewish Seniors Alliance of Greater Vancouver

800 East Broadway, Vancouver, BC V5T 1Y1  
Office: 604.732.1555 | Peer Support: 604.267.1555  
office@jsalliance.org | www.jsalliance.org  
CHARITABLE REGISTRATION  
#88362 1401 RR0001

### THE TEAM

#### EDITOR-IN-CHIEF

Dolores Luber

#### EDITORIAL COMMITTEE

Dolores Luber, Ken Levitt, Rita Roling, Shanie Levin, Tamara Frankel, Bob Markin, Tony DuMoulin, Binny Goldman, Serge Haber, Larry Shapiro, Michael Geller, Janet Nicol

#### CONTRIBUTORS

Dolores Luber, Tema (Tammi) Belfer, Larry Shapiro, Serge Haber, Shanie Levin, Tamara Frankel, Rita Roling, Grace Hann, Miguel Mendez, Anthony DuMoulin, Janet Nicol, Fran Berkoff, Sheila Delany, Michael Geller, Lisa Abram, Kenneth Levitt

#### LAYOUT, DESIGN & PRODUCTION

Jennifer Propp and Dolores Luber  
Advertising Solicitor: Violeta Esquinazi  
Thanks to all contributors...and editorial team  
Thanks to Copytek Printers, Sarj and Bal

#### DISTRIBUTION

BACI Team, Gyda Chud, Jackie Weiler, Rita Roling, Larry Shapiro, Rita Propp, Ken Levitt, Toby Rubin, Lyle Pullan

### ADVERTISERS

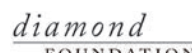
ZLC Financial – *inside front cover*  
Gary & Linda Cohen – *inside front cover*  
Terraces on Seventh – *page 33*  
MLAs Brenda Bailey, David Eby, Niki Sharma, Spencer Chandra Herbert, George Chow, and George Heyman – *page 36*  
Dr. Wilson Kwong: Inspire Dental Group – *page 37*  
Yeartown Monument Ltd. – *page 37*  
Kerrisdale Pharmacy – *page 37*  
Garden City Bakery – *page 37*  
MLA Michael Lee & MLA Kevin Falcon – *page 39*  
The Weinberg Residence – *page 39*  
Temple Sholom Shishim Program – *page 43*  
MLA Teresa Wat – *page 43*  
Team Kleiner Real Estate – *inside back cover*

# TABLE OF CONTENTS VOLUME 30(1) - SUMMER 2023

COVER ART: James Hart, *The Dance Screen (The Scream Too)* (detail), 2010-2013  
Red cedar panel with abalone, mica, acrylic, wire and yew wood  
Audain Art Museum Collection, Gift of Michael Audain and Yoshiko Karasawa  
Photo by Jarusha Brown (see page 14-16)

2-3, 7	EDITOR'S MESSAGE
4	PRESIDENTS' MESSAGE
5	INTRODUCING OUR NEW PRESIDENT
6	SERGE HABER'S MESSAGE
7	LETTERS TO THE EDITOR
8-9	REVIEW: Jewish Seniors Alliance Fall Symposium
9	MEZUZAH CEREMONY
10-12	REVIEWS: JSA-Phyllis and Irving Snider Foundation Empowerment Series
	THE BULLETIN BOARD
13	Seniors Advocate's Report on Home Care in BC
13	Book Launch: <i>A Childhood Unspoken</i>
14-16	PORTRAIT OF AN ARTIST: James Hart
17	PROFILE OF A DIRECTOR: Steven Spielberg
18-19	SENIORS AT THE MOVIES
20-21	IN THE SPOTLIGHT: Documentaries You Do Not Want to Miss
21	CROSSWORD PUZZLE
22-23	CURL UP WITH A GOOD BOOK
	CENTERPIECE
24-25	Jewish Seniors Alliance: Celebrating 20 Years
	JSA PEER SUPPORT SERVICES
26-27	Age With Rights
27	Volunteer Profile
28	Peer Support Services: Training Facilitators
29	The Importance of Emotional Support For Seniors
	ADVOCACY
30-31	Alcohol Consumption: Breaking a Habit
	HEALTH AND WELLNESS
32-33	Breathing for Life: How We Breathe Matters
34-35	Senior Nutrition: Eat the Rainbow
38-39	HAIDA GWAI'I: A UNIQUE HISTORIC ARCHIPELAGO
40-41	HOUSING VANCOUVER'S JEWISH COMMUNITY, PART ONE
42-43	HOW TO SEARCH FOR LOST RELATIVES
44	HUMOUR!
45	CARTOON CAPTION CONTEST
46-48	FOLK MUSIC: THE MELODY AND THE MESSAGE

### WITH GRATEFUL THANKS TO OUR SPONSORS



The Phyllis and Irving Snider Foundation  
Other Foundations and our many generous Donors



# WHAT DOESN'T KILL YOU, MAKES YOU STRONGER

Written by Dolores Luber



## EDITOR'S MESSAGE

**W**arning: I wish to state at the beginning that whatever happened, whenever I felt overwhelmed, the sleepless nights and the emotional meltdowns—were worth it! I am now ensconced in my new home overlooking Lake Ontario, Downtown Burlington at my doorstep, the Lakeshore Promenade and Brant Street Pier a minute away.

**“Begin at the beginning,” the King said, very gravely, “and go on till you come to the end: then stop.”**

~Lewis Carroll, *Alice's Adventures in Wonderland*

## THE DECISION

On my 80th birthday, my youngest of four sons and I had agreed on a plan. I would move to Oakville, Ontario to be close to him and his family—when the time was right. We were close and I trusted him to provide me with the support and assistance necessary in my advanced old age. At age 83, I was in good health, one bout of cancer conquered! My career as editor of *Senior Line* and Board member of JSA was thriving. I worked out in my home gym 4 times a week. My Airbnb business was keeping me busy and profitable. I had friends and my silver Standard Poodle Kesem was now past the puppy stage.

Upon reflection, I began to appreciate that, at 83 years old, I am at an advanced

age and anything could happen to change the situation. Slowly but surely, the idea of waiting until age 85 or 86 seemed foolish **or worse, dangerous.** I went online to research townhouses and homes in Oakville. An agent, Brad Shea, immediately contacted me. In the meantime, Covid-19 was waning. My son in Oakville had organized a reunion of all his childhood friends from our original neighbourhood in Beaconsfield, Quebec. The reunion took place in mid-July, it was a warm and welcoming event. I decided to move to Oakville. I made arrangements to see houses the day after the party. I saw seven small, derelict bungalows—not for me. We visited *Shaarei-Beth El*, a Reform congregation. I returned home to Vancouver.

## SELLING MY HOME

I called the agent who had sold me my home 18 years ago, when I moved from Montreal. We discussed price, inflation and market values. The home was put on the market. A family with two young children fell in love with the house and the location. It sold for less than I had hoped, but was still at a fair price. Enough money, I thought, to buy something in Oakville.

## RESEARCHING PROPERTIES ONLINE

Brad was an excellent real estate agent. The listings of town houses and houses poured into my inbox. I returned to Oakville in early October. My reactions were many: too expensive, too small, too far from town, and what turned out to be

the most limiting condition of all—no dogs allowed over 25 lbs. I was shocked at this! I had to buy something! But there was nothing suitable in Oakville, nor in Bronte. Desperation seeped into my soul.

We started looking at condominiums. I was a total stranger to condos. Elevators, rules, monthly fees, this was a culture shock. Once again, 85% of the condos do not allow dogs over 25 lbs. On the third day of searching, Brad suggested Downtown Burlington! He is a resident of Burlington. Okay. I was panicking! We saw two condos that allowed large dogs. I settled on one small (917 sq. ft.), glamorous unit on the lake. Plan B was a larger (1300 sq. ft.) unit, in an older building, a block down the road.

We placed an offer, negotiations were rough; a purchase price was ultimately agreed upon; the closing date would be November 1, 2022. It was 6:30 pm. My son hustled me to the TD Bank to get a deposit cheque to close the deal. High anxiety! I got back on the plane to Vancouver the next morning. Stressful, you bet!

## THE SITUATION

Moving from a 3-floor, 2,500 square foot home in Vancouver, BC to a 917 sq. foot condominium in Burlington, ON. I, my Poodle, Kesem, my car and all my belongings must be transported from Vancouver to Burlington, a city totally unknown to me or anybody else that I knew. My major anguish was booking the dog on my flight as “carry-on baggage”.



I had to outfit the kennel in a precise manner and acquire specific documents from the veterinarian. The result was that WestJet proved to be efficient and kind; providing me with proof that the dog was actually on the plane with me. I felt an immense sense of relief. And he was returned to me immediately upon arrival at Pearson Airport.

## THE AGONY OF DOWNSIZING

My new condo had windows everywhere, built-in furniture and very few walls. I had collected over the years a large number of Art Deco armoires and buffets. Of course, these chests were filled with dishes, glasses, and all sorts of beautiful things. They had to go. I had a fully-equipped home gym in my garage, it had to go. My long-time tenant, Su-Na, from South Korea, had to find a small apartment—a horror show in Vancouver. I had to cancel commitments and close down my Airbnb business. Depressing! The anxiety was building up, sleep became a problem.

1. I hired a downsizer. She helped me sort out what I could take with me and

what had to go. She boxed and put on auction a huge amount of stuff. Gone!

2. I gave away as much as I could. I offered furniture, bedding, and kitchen ware to everyone I knew. I furnished Su-Na's little studio apartment. Gone!
3. I hauled hundreds of books, linens, dishes, etc. to the local Salvation Army. Gone!
4. Two different auctioneers came in and chose what they could sell. I hired a mover and he took the furniture, lamps, tables, etc., to the two auction houses. The rest went to the dump. Gone!
5. I informed Jewish Seniors Alliance of my plans. They started searching for a new editor for their magazine. It was not to be!

## BEGINNING FROM SCRATCH IN BURLINGTON

I arrived with my son to my condo, dog in hand. He had laid down a foam mattress with bedding, and had provided me with towels. He had shopped for the food and supplies that I had requested.

The items that I had shipped ahead by UPS were there. The new television was installed and the Wi-Fi and Internet worked. I had my iPhone and a laptop computer. My furniture and belongings would take about three weeks to get to me, the same with my car which was on a train. So far, so good!

**Catastrophes:** Losing my major credit card the second week; crashing the back end of my rented car into a post in the underground garage; getting lost in the four levels of the underground garage while trying to find my parking spot. High anxiety!

**Major upsets:** Getting lost while driving to a furniture store, a car wash, a hardware store—solution: telephone my son to figure out where I was. It was a challenge using the various keys given to me—for the front door of the building, for my front door, for my storage area, for my mail box and for the garbage room. Buying groceries which then had to be hauled from the garage to my 4th-floor front door using the entry fob and elevator each time.

**Nerve-wracking procedures:** Acquiring my Ontario Health Card (it was as if I had just landed as a refugee), acquiring my Ontario Driver's License and an Ontario licence plate for my car. The most difficult of all, locating, applying for and being accepted by a Family Physician.

**Minor Inconveniences:** Sleeping on a foam mattress for six weeks and living without furniture for a month. Finding a groomer for Kesem, a hair dresser and nail technician for me, and a dentist, and a podiatrist.

## INTEGRATION INTO THE JEWISH COMMUNITY

I am now ready to find friends and figure out how I will live the rest of my life in Burlington. I contacted Rabbi Stephen Wise. We met for an hour; I attended the *Shaarei-Beth El* Ladies Luncheon; I participated in their Book Club meeting on Zoom; I went to their Second Seder; I was invited to Judy Schwartz's home for coffee; I participated in Rabbi Wise's study groups. I went to Hamilton, to visit the J (Jewish Community Center), and to check out the Kosher Meat Store and the Jewish Delicatessen. I found out that there are no Jewish resources in Burlington. You cannot buy a box of *matzah* in Burlington, a *challah*, yes, at Fortinos and

**Continued on page 7...**



**“EVERY ADVENTURE  
REQUIRES A FIRST  
STEP.”**

—Lewis Carroll, "Alice's Adventures in  
Wonderland", illustration by John Tenniel



# JSA AND YOU: OUR COMMUNITY

Written by Tema (Tammi) Belfer



## PRESIDENT'S MESSAGE

**C**ommunity refers to a group of individuals who share certain characteristics, interests, goals, and values, and are connected by social or geographical ties. Community can foster a sense of belonging, provide support and resources, and create opportunities for collaboration and collective action.

The sense of belonging to a community didn't start today, it began at the beginning of time. Those of us who are lucky are members of many communities; family, friends, religious organization, volunteer, sports team, and I'm sure you can think of many more examples. But let's focus on the following...

## COMMUNITY THROUGH THE JSA LENS

Jewish Seniors Alliance (JSA) is a community that I have chosen and I'm proud to be part of. We fight for the rights of seniors, provide the services for those seniors in need of empowerment. We provide learning and entertainment events for all seniors in the Lower Mainland. Some individuals fight for democracy, freedom, and safety. We, as seniors, must fight to be seen as valued members of society.

We (JSA) can do more – but resources – yes, money is scarce, the need is high. JSA has a strong desire to be a provider of helping you help yourself to find a path to maintain your happiness.

Help us achieve this lofty goal by increasing your thoughtful and appreciated donation. Ask your friends to join you. I invite you to be an active supporter of Jewish Seniors Alliance today.

As we grow older, social connections become increasingly more important for our well-being. Research has shown that seniors who are part of a strong and supportive community can benefit in many ways, from better physical and mental health to increased feelings of purpose and belonging. Seniors who participate in community activities are more likely to maintain social connections and combat loneliness and isolation.

Thanks to Margot Beauchamp, JSA's Quality Assurance Liaison and Advocacy Committee Coordinator; here are some interesting facts:

- Social isolation was associated with about a 50% increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) were associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly four times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

Time has a way of changing our needs. Most of us give up the routine of going to work every day, meeting colleagues for lunch, driving to locations and meetings. Ergo our social interactions have also changed. We know that happiness is wrapped up in having a sense of purpose, a reason to get up in the morning which contributes to feelings of satisfaction and fulfillment and promotes overall well-being. Covid has taught all of us this lesson!

JSA is here to help us evolve into our new normal – our senior years. Join me and become a member of this Community. I am grateful every day to have my organization of choice provide me with this sense of fulfillment and camaraderie. Nothing is difficult when seniors work together for a common goal. Celebrate with us, learn with us, party with us. Jewish Senior Alliance is 20 years old. We will be announcing events during this coming year, and you are all invited to the party. We look forward to sharing a bright and exciting future together. Seniors are stronger together!

**Tema (Tammi) Belfer**  
*President*

**Tema (Tammi) Belfer** is a retired manager from Coast Capital Insurance. She is an instructor at Universal Learning Institute. Tammi serves as President of Richmond Women's Resource Centre and current board member of Beth Tikvah Congregation.



# INTRODUCING OUR NEW PRESIDENT

## WHO IS TAMMI BELFER AND WHAT MAKES HER TICK?

Written by Larry Shapiro

**H**ow does one find the words to describe the force of energy who remains ever focused on the betterment of all people? Brought up in Montreal and marrying her high school sweetheart, the late Irving Belfer (z'l), Tammi always approached life being grateful for that with which she was blessed. She firmly believes in the virtue and value for each individual to volunteer, something Tammi has done from the tender age of twelve years old and continues full speed ahead to this very day.

Upon graduating from Baron Byng High School, Tammi joined the workforce finding employment in Montreal's vibrant *shmattah* (clothing) business. Not one to stagnate, Tammi moved up, advancing her career through better jobs giving her more responsibility. As the quick learner that she is, she landed a plum position with a renowned advertising agency where she excelled, and through hard work and applying herself, she rose to a significantly high-level position.

With a full-time job and a growing family, this ambitious woman somehow made the time to study psychology and accounting at my alma mater, Sir George Williams University, presently known as Concordia University. She has continued studying all her life as she strongly believes in lifelong learning. She received her Management Degree at Simon Fraser University at the ripe age of 54. When her husband's career demanded a move to Ottawa, Tammi found work at a Law Firm where she

learned about real estate law and served as a commissioner of oaths and became a conveyance clerk until the move to Richmond, BC (1977). Their son Lonnie was born in Ottawa and turned two years old in Richmond. Their daughter Mandy was born in Richmond. The family moved to Edmonton for three years and back to Richmond where the Belfer family finally settled down.

Tammi's career expanded into new areas of endeavor including being a manager with Coast Capital Insurance for 25 years before retiring in 2013. She was immediately hired back part-time as a coach for new managers and some front line insurance work. At the same time, she was coaching, teaching and working at a Private Post-Secondary School with new immigrants and young people with multiple barriers, helping them achieve their goals.

This intrepid and accomplished woman has skillfully rolled with the punches and never failed in playing the cards dealt her. While working, Tammi took on many volunteer tasks—from volunteering at Talmud Torah while her children were there, to the swim club they belonged to, which led to a leadership capacity with ORT. Currently is serving as president of Jewish Seniors Alliance. She also volunteers at Beth Tikvah Synagogue and is soon to be outgoing president of Richmond Women's Resource Centre. This dynamic woman has very recently retired as an instructor at Universal Learning Institute and continues as



**FRANCIE STEEN**  
NEW JSA BOARD MEMBER

**Francie Steen** has been involved with Jewish organizations for the last 50 years. Volunteering with Canadian Hadassah-WIZO, with both JNF and UIA, serving as a synagogue's sisterhood president, working for the Jewish Food Bank and her newest endeavor with JSA. Francie and her husband have four adult children and five granddaughters. They recently moved from Richmond to Armstrong, BC to enjoy a more quiet and peaceful lifestyle.

a special guest speaker at both ULI and Back in Motion. Last but by no means least, Tammi makes time to frequently visit her widespread children and grandchildren. Tammi Belfer is the personification of the Energizer Bunny, with whom I have the privilege of serving on our JSA Board of Directors.



**Larry Shapiro** studied accounting and worked at major firms as well as with the Federal government. In 1977, he studied real estate and opened his own business. Since moving from Montreal to Vancouver, Larry has been an active member of the JSA Board.





## SERGE HABER'S MESSAGE

Being a patient in a hospital is a unique experience. It can change the life of an individual forever.

Recently I stayed at two hospitals, VGH and UBC. The treatment was not bad. It reminded me of being in a hospital, quarantined for 30 days, during the war when I was a young boy. I still remember vividly that time. I don't remember exactly what kind of disease they thought I had, but they found out that I did not have the anticipated disease, so my stay was for nothing, but it is a memory I still recall in detail.

What is different? I don't know exactly, but hospitalization is a kind of isolation that changes you forever. It is not a pleasant story. I am writing as a senior and as a human being in the hospital, so that people will consider that they might one day be in the hospital. The staff try their best, however, the time that they can commit to an individual is inadequate. Because a caregiver has to cope with so many things, the situation changes the individual caregiver as well.

My experience, especially at night when I needed help, was either good, bad or horrible. When you are in a vulnerable position, particularly regarding the more sensitive parts of our anatomy, it felt like I had a disease. There was no kindness whatsoever, there was a roughness that you could not understand when they

# HOSPITALIZATION: THE GOOD, THE BAD AND THE UGLY

Written by Serge Haber

were handling you. No knowledge, no feeling, that the human body has to be treated as such with gentle care. I felt disrespected with the rushed and hurried treatment. I didn't feel visible and I became an invisible person.

Don't be mistaken, some people are excellent, good, kind, giving with their heart and soul to help the sick. But some of them forget we are human beings and that we should be treated with compassion and understanding, even support animals give you a feeling of comfort, kindness and understanding. Why do some people choose to work in Healthcare? I don't know; I wonder if they should be there. It is not a pleasant story I'm writing, but it's a story that at one time or another in your life, particularly if you are an older person, you yourself may experience this tremendous change at the hospital, certainly if you are there for a first time.

Unfortunately as of late, I am familiar with the hospitals because I have to be there when I don't feel well. In fact, it was yesterday that I felt so very weak that I went to the VGH Emergency. I had my dear friend Sheila with me and we were there from midday to 7 p.m. I had three examinations and they were thorough. At least they assured me that what I was feeling was weakness and there was nothing else that was affecting me. It is quite different going into the hospital as an emergency versus going in for a scheduled stay.

I hope that this is not a sad story for you, but the reality is that you may have a similar experience in your life as you age. Hospitalization is not a one-time experience that might occur in your life. Don't be surprised, expect the worst case scenario and hopefully you'll get the better.

After several nights home from the hospital, I began to feel normal, it took time. One of the important factors most elderly will experience is the fact that there will be many things that will happen to you, and it becomes so overwhelming that you have difficulty coping with it. You need someone to be with you, to be a witness to what is happening and to have someone speak for you, because the treatment you may get may not be fair or needed at the time. People are people, and they seem to take advantage of a situation in which you are seeking help. **The best thing is to have an advocate to be a witness and be able to change the situation should it arise.**

**Serge Haber**

*President Emeritus*

**Serge Haber** is the founder and President Emeritus of Jewish Seniors Alliance. His vision, his determination and his continuing commitment are crucial to the development of the organization and its services.

...Continued from Page 3.

at Longos. I met Cynthia Mintz through my first-cousin Peter Seligman; she introduced me to Wendy Schneider, editor of the *Hamilton Jewish News*. Bingo! I am now working with several people at the Hamilton Jewish Family Services. All this, the result of intense **networking**.

## FRESH START, NEW OPPORTUNITIES, RESILIENCE

I have now created a new home with new acquaintances, and, hopefully, new opportunities to contribute to the Jewish community in Hamilton/ Burlington/ Oakville. I use Facetime, WhatsApp and Zoom to maintain relationships in Vancouver. I have lived to tell the tale. Change is hard. As older adults we must refresh our abilities to be flexible, to roll with the punches, to see the positive side of things, that is, to be resilient. We must choose to live our lives as fully as possible. The negative aspects of ageism are constantly affecting our decisions and

our actions. We must resist these 'doom and gloom' scenarios.

## YOUR SUMMER EDITION OF SENIOR LINE

So, dear readers, I gladly continue as editor of *Senior Line* magazine. This issue celebrates 20 years that Jewish Seniors Alliance has been actively serving the Greater Vancouver community. I wish to acknowledge the constant and excellent work that Shanie Levin does for each issue of the magazine. She is where the action is in the community. Her reviews, *Community News* and *Bulletin Board* columns keep us up-to-date and informed. Rita Roling will accept any tasks I ask of her, whether it be interviewing the cover artist or writing about a medical issue. Here, she presents the powerful work of Indigenous woodcarver James Hart. The history of Jewish Social Housing is presented by Michael Geller. Sheila Delaney urges us to get moving, to visit Haida Gwaii. Tony DuMoulin, aka 'Doris', is in a

huff about the new research on alcohol consumption. All you need to know about folk music is presented by Ken Levitt. Janet Nicol urges us to learn to breathe properly. And Fran Berkoff extolls the benefits of eating the rainbow. Now you too can do research through the archives, locating lost relatives, by using the advice of Lisa Abram.

**Remember to frequent the shops and businesses of our loyal advertisers. And support JSA with your generous donations.** Our work with frail and isolated seniors makes a big difference in their lives. You can help us to provide these essential services.

**Dolores Luber** MS is a retired psychotherapist and family counsellor. She taught psychology for many years, and loves to learn. Researching, writing and organizing JSA's *Senior Line* magazine is her passion.

## LETTERS TO THE EDITOR...

**To my readers, you are making my world and the magazine better; keep sending in your comments and suggestions.**

**Write to Dolores at: [editor@jsalliance.org](mailto:editor@jsalliance.org)**

Been thinking about you and wanted to say hi. Hopefully you are enjoying your new home and neighborhood. I've enjoyed reading the magazine. You are very inspiring in your writing and really make a difference in people's lives. Hope you continue.

**Connie and Skip Bradley**

**Editor's note:** Connie's paintings were featured in a previous edition of *Senior Line*. I now reside in Burlington, Ontario.

I've received copies of your *Senior Line* magazine, and I must say how impressed I am with the quality of paper, colour and the article you did on me. Thank you and Tamara for everything. I appreciate it so very much. It makes me feel proud of my work. Have a lovely day.

**Diane Grenier**

**Editor's note:** Diane was our featured artist for the Winter 2022 edition of *Senior Line*.

Just read that Gyda Chud has stepped down [as co-president] at JSA. I grew up with her and her family at The Peretz. She was always a leader, intelligent and funny. I could go on. You can always count on Gyda to do the job. Rock on.

**Avrom Osipov**

## JSA WELCOMES NEW SUPPORTERS

Diane Alkalay  
Ada Glustein  
Barbara Lever  
Hilary Parizat  
Jeffrey Wachtel  
Karen Wichert



# AGING IN PLACE

GERONTOLOGY RESEARCH IN COMMUNITY LIVING

Written by Shanie Levin



On December 4th, Jewish Seniors Alliance presented their Fall Symposium, *Aging in Place: Gerontology Research in Community Living*. The speakers, **Rachelle Patille**, **Cari Randa**, and **Boah Kim**, as well as the moderator, **Eireann O'Dea**, are all graduate students in Gerontology from Simon Fraser University. They shared their research on inter-generational connections, dementia-friendly communities and the role of informal caregivers for older adults. The event took place at the Peretz Centre but was also available on Zoom. Fifty participants joined us online and about twenty were present in person.

**Tammi Belfer**, president of JSA welcomed everyone. She pointed out the Fall Symposium focuses on an educational theme and a more serious discussion than some of our other programs. She stated that JSA wishes to provide outreach, advocacy and education services for all seniors. The goal is “Seniors Stronger Together”. She then introduced the speakers and turned over the mike to Eireann O'Dea, the moderator. Eireann is a PhD candidate in gerontology at SFU. Her interests are in social participation among older adults (particularly in volunteering and intergenerational activities); experiences among ethno-cultural minority groups

and generativity. Eireann has been a board member of JSA for three years. mutual interaction and exchange between generations. She discussed the factors in society that have impeded contact, such as age segregation and geographic divisions among generations that lead to ageism. Older adults living alone is the number one risk factor for isolation and loneliness. These factors underline the need for connections through programming that will bring older adults into contact with others, including other older adults. This can be accomplished through such things as home sharing, community programs, tutoring and art projects. These projects allow older adults to be part of the community through participation and mentoring, increasing the person's feeling of self-worth. For some young people this may be their first contact with older adults and can lead to reciprocity of social networks.

and generativity. Eireann has been a board member of JSA for three years.

The first speaker, Rachelle Patille, conducts research focused on “Intergenerational Opportunities in Bridging the Gap between Generations in Metro Vancouver”. Rachelle stated that she grew up having a lot of contact with her grandmother which led to her interest in this field. She offered this definition of intergenerational contact—a social benefit that facilitates

She spoke about generativity, which is the passing down and transfer of knowledge and information between generations. She will also be looking at “voluntary kin”, that is, using younger members of society to replace missing family for older adults.

The next speaker, Boah Kim, focuses her research interests on integrated care, formal and informal caregiving, continuity of care and healthy aging.



Left to Right: Rachelle Patille, Cari Randa, Eireann O'Dea, and Boah Kim



One of the difficulties for older adults is navigating the complex community and health care systems. Two-thirds of older adults have health limitations and thus need a close connection with the health care system. A geriatric care manager could be helpful in bridging gaps in services and helping to predict difficulties. Many

factors such as age, background or health issues, cannot be changed, but a care manager and caregivers could help with these situations. In other words, formalizing caregiver support could help identify these challenges and support care for older adults.

The third speaker, Cari Landa, is the project manager of the Public Health Agency of Canada funded research project titled *Dementia-Inclusive Streets*

and *Community Access, Participation, and Engagement (DEMSCAPE)*. The focus is on inclusion of those living with dementia in the general community as 70% live in their own homes. What is needed is a community where they are supported and included. Planned inclusion in neighborhood designs are paramount in creating areas of accessibility, especially outdoor spaces. Cari will be interviewing participants mostly in an outdoor setting, balancing safety and comfort, to learn their feelings about public spaces. She is planning a documentary about these environmental issues and the tools available to help. DEMSCAPE is also developing a Design and Planning Guide to aid dementia patients in the community.

Eireann thanked the three speakers and welcomed **Gyda Chud**, chair of the program committee to take questions and comments. Many countries are

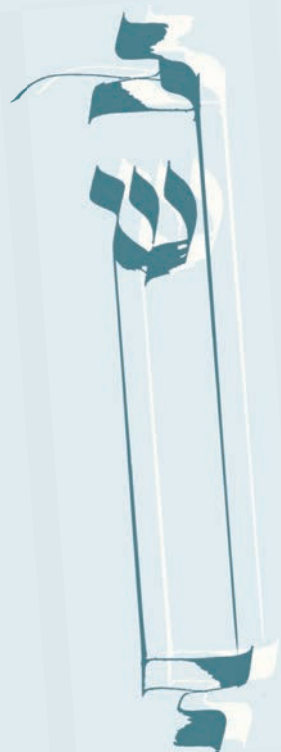
further ahead of Canada in a number of these areas raised. One of these is the availability of affordable home care that would further facilitate aging in place. There was a question about the future Oakridge Mall—would it be dementia-friendly? **Jackie Weiler**, a member of the JSA board and also a member of the Senior Advisory Committee for the city of Vancouver, mentioned the idea of a Senior Planner to promote accessibility. Gyda brought the afternoon to a close with a quote from her 99-year-old mother Gallia, who has expressed a hope for world peace, diversity, inclusion and social justice for all.

**Shanie Levin** is an executive board member of JSA and on the editorial board of *Senior Line* magazine.



## MEZUZAH CEREMONY

Written by Shanie Levin



On January 16th, Jewish Seniors Alliance held a *mezuzah* hanging ceremony at the new office at Mount Pleasant Neighbourhood House, 800 East Broadway. The ceremony was led by **Rabbi Adam Stein** of Congregation Beth Israel. Rabbi Stein is a member of the JSA Board. Rabbi Stein explained the significance of the *mezuzah* and also why it is hung at a diagonal pointing inward toward the entrance of the house or building. Apparently there was a disagreement about whether it should be affixed horizontally or vertically—diagonally was the compromise. **Tammi Belfer**, JSA President, welcomed everyone, and thanked Rabbi Stein and everyone who attended the event at the new office.



**Tamara Frankel, Rabbi Adam Stein, and Tammi Belfer**

The *Mezuzah* literally means “doorpost” and is traditionally affixed to the doorpost at the entrance of a Jewish home or office. The parchment (*klaf*), inside, contains two passages from Deuteronomy. The custom of affixing the *Mezuzah* fulfills the commandment, “you shall write them upon the doorpost of your home and upon your gates”.



# REVIEW: JSA - PHYLISS AND IRVING SNIDER FOUNDATION EMPOWERMENT SERIES

## MEL BROOKS: BEHIND THE SCENES

Written by Shanie Levin

On January 27th and 28th a seminar was held at the Jewish Community Centre sponsored by the JCC Seniors and also by the Jewish Seniors Alliance - Phylliss and Irving Snider Foundation Empowerment Series. The two-day seminar was called *Mel Brooks—Behind the Scenes, The Producers: Propaganda, Provocation, and Promotion*. This event was led by **Adam Roberts**, who is a musical director and teacher. Roberts was a founding artistic director of the Austin, Texas, Jewish repertory theatre. He was director of musical theatre at the New York Public Library and a contributor to *Backstage* magazine. Roberts explained that Mel Brooks' films walk the tightrope between comedy and commentary. He explored how Brooks achieved this balance in the hit *The Producers*. Roberts analyzed the 1967 film and the 2001 Broadway production by showing excerpts from both in order to discuss Brooks' sometimes unusual and successful oeuvre.



*The Producers* (1967)

## FRAUDS AND SCAMS

Written by Shanie Levin

On February 16th, Jewish Seniors Alliance in partnership with the Council of Senior Citizens' Organizations (COSCO) and L'Chaim Adult Day Centre sponsored the program *Frauds and Scams*. This event took place at the JSA offices at the Mount Pleasant Neighbourhood House, 800 East Broadway. The program was accessible both in-person and via Zoom. About 50 people participated, the majority remotely.

The purpose was to investigate the ways in which fraudsters deceive people, especially seniors, in order to rob them of their money and possessions. The question is what are the main types of scams, and how can we protect ourselves?

**Gyda Chud**, coordinator of the JSA program committee welcomed the participants. Gyda reminded everyone of the motto of JSA, "Seniors Stronger Together". She introduced **Barb Mikulec**, of COSCO, who in turn introduced the guest speaker, **Patrick Harkness**. Before retirement in 1999, Harkness worked for the provincial government in the Department of Safety and Emergency Preparedness. Harkness is a volunteer, one of many, who present workshops on topics important to the senior community through COSCO's Health and

Wellness Institute.

Harkness outlined the many types of scams perpetrated on seniors and mentioned that millions of dollars have been lost through the schemes of fraudsters, who take advantage of trusting, isolated and vulnerable senior citizens. The approaches can be made by numerous methods including phone, email, regular mail and even in person, depending on the type of scam involved. He warned that one should not respond to unfamiliar phone calls or email requests and that one should not open attachments included with these requests. Never give out personal information or send money. If the information provided sounds too good to be true, then very likely, it is not true.

Never give out  
personal information  
or send money. ”

**He outlined the most common scams as follows:**

1. Stealing photos from dating sites and engaging in a trusting relationship. Do not send money or photos as these can be used to blackmail you.
2. Emails or calls from the federal government indicating that you owe money and should forward it ASAP. Do not respond and report the information.
3. Purchases on line are usually fake unless you have ordered the item.
4. Do not respond to calls claiming they are CRA agents—they do not call.



Patrick Harkness presented  
*Frauds and Scams*

5. Prize scams—you cannot win a prize for a contest that you have not entered.
6. Free vacation—if you do respond, by law you have ten days to cancel.
7. Do not buy lottery tickets by phone.
8. Fake bank investigators that ask you meet with them in a neutral place to give them money.
9. Grandparent or nephew scam—claiming you must pay bail money to free the relative. They often have the person's name. Be careful to check with your relative. You will find that they are fine.
10. Offers to fix your computer—it is not broken. One of many Internet scams.
11. Be wary of scams involving cheap prescription drugs. Never give your VISA number to those offering the item.
12. Charity scams—be careful as they may say it is for Ukrainian relief but be sure to check the reputable charities.
13. Home repairs—they may come to your door offering their services.

Be sure to check with Better Business Bureau to make sure they are licensed and legitimate.

14. Identity theft—very common and dangerous. They may try to get your SIN (Social Insurance Number) and other identifying information from old mail that you have thrown out. Please shred these items.

Do not carry around a lot of personal info or leave your purse unattended; chose PINS carefully, so they are not obvious, i.e., do not use birthdates or family names. **If you do fall victim to a scam, report it immediately to the police and also to the Canadian Anti-Fraud Centre (CAFC) at 1-888-495-8501.** COSCO's Seniors' Health and Wellness Institute has produced a handout that was updated in February 2022 and is available through their website: [www.seniorshelpingseniors.ca](http://www.seniorshelpingseniors.ca).

Harkness' talk and Power Point presentation was informative and stimulating. **Shanie Levin**, of the JSA Program Committee, thanked the speaker for his instructions and advice. Many people were eager to engage the speaker in conversation during the coffee time.

## THE POSITIVE ADVENTURES OF BEING AN OLDER ADULT

Written by Shanie Levin

*The Positive Adventures of Being an Older Adult* was the theme of the Empowerment lecture presented on Zoom on March 28th, 2023. The program was cosponsored

by Jewish Seniors Alliance, Jewish Family Services and the Vancouver Peretz Centre. The presenter, **Miguel Mendez**, is a clinical psychologist with a Master's degree in Family Therapy. Mendez is also a facilitator for the Peer Support Services program at Jewish Seniors Alliance of Greater Vancouver. The event was opened by **Gyda Chud**, coordinator of the Program Committee of JSA. Gyda introduced Miguel and explained that after his presentation questions would be taken by **Tamar Stein**, coordinator of the Seniors group at Jewish Family Services.

Miguel explained that he would be using a power point presentation to emphasize the main elements of his talk. He started out with a personal touch explaining how he was close to his grandmother and how well she had organized the last ten years of her life. She volunteered at a stationary shop, loved to dance with her grandchildren, to travel, visit family and was passionate in conversing with others. He pointed out that some seniors see growing old as negative, but it is really an adventure.

How should we feel about growing older? Should we be afraid, uncertain, reluctant or should we interpret the changes in a positive way. He asked, what is the difference between an emotion and a feeling? The difference is in the interpretation. The cultural value that is placed on beauty and youth is in contrast to the wisdom and guidance that comes with aging. 100% of us will die eventually and ageism ignores this fact. We need to regard aging as a gift and an opportunity to age with vitality. Seniors definitely experience loss of energy and of physical attributes, but can maintain vitality with friends and family.



Purpose is the most important part of aging. If we lose purpose, we can lose our sense of well-being. There is an epidemic of loneliness in the seniors' community that can lead to physical and cognitive decline. Mendez suggests that we all consider the three G's: 1) Grow friendships; 2) Good relationships; and 3) Get along well. We should continue making new friendships and developing worthwhile relationships with others. We need to laugh, have fun and enjoy life—take risks and take chances. These efforts will give “purpose” to life. Attitude follows purpose in ensuring that life is and can be enjoyable. Mendez ended his talk by repeating that Purpose, Attitude and the three G's will help to produce a worthwhile life.

Tamar Stein thanked Miguel Mendez for his very positive views on aging and took questions from the attendees. **Grace Hann** asked about combating ageism. The reply was that it is learned behaviour and that we should listen to our own values and not societal ones. **Tammi Belfer** asked about strategies to keep you going and participating. Mendez suggested that the person should participate in activities, that it is good for them, but to give themselves an out, i.e. some days take a break from taking part. **Larry Shapiro** mentioned that it is important that there should be purpose in ones activities and not just doing things to keep busy. We need to feel fulfillment. **Vladimir Tsvasman** stated that we should be doing what we like to do and that it is not age related. Do not put things off as it may be your last chance.

Tamar Stein wrapped up the event, thanking the speaker and the sixty participants.

## AGING WITH RIGHTS

Written by Tamara Frankel

The JSA - Phyliss and Irving Snider Foundation empowerment session on April 24th, *Aging with Rights*, featured the well-respected **Grace Hann**, JSA's Senior Peer Support trainer and supervisor, and its facilitator **Miguel Mendez**. **Gyda Chud**, JSA's past-president, welcomed the 85 Zoom participants, which Grace attributed to the vast interest in seniors' lives.

The presentation included a number of slides that Miguel and Grace collected, among them a list of rights, the difference between the UN Declaration (which is not implemented by many countries) versus the convention of legal commitment that has to be implemented by hard laws.

---

**We do have a voice and we need to use it within the realm of politics.”**

---

Grace spoke about the invisibility and the loss of dignity as we age. She engaged the audience to give examples, which included a bank teller ignoring the older person and talking directly to the younger one, thereby causing the elder to feel invisible. Another point was that being out of sight equals being out of mind.

There is no question that the pandemic caused a lot of grievances among the elderly. According to Isobel Mackenzie, BC's Seniors Advocate, the health care system increased the administration of antipsychotic medications by at least

10% to treat restlessness and agitation in seniors with dementia. This is a medication commonly used to treat schizophrenia. We know that a gentle interaction and a familiar face would have been a more effective method and far less harmful. Obviously, Covid effected the elderly very hard and caused them to be even more isolated. Covid was responsible for the highest number of deaths among the elders, they were unable to see their doctors or even members of their family. Regrettably, the system failed them. We, therefore, need to ask ourselves what did we learn from it. How could we do better?

Some of the answers offered by the audience included controlling medication, respect for the elders, larger homes, celebrating aging, and most of all—ensure that seniors' rights are human rights. All this is not going to be done in a day, but the very effective advocacy committee of JSA is working hard to reach some goals. One of the issues is resources. We do have a voice and we need to use it within the realm of politics. Seniors today count for almost 25% of the population. This number can no longer be ignored. And lastly—leave it to **Marylin Berger** to remind us that if some of the leaders of the greatest countries in the world are in their 80s. We can lead ourselves towards the betterment of the elderly in our midst. **Shanie Levin** thanked Grace for an inspiring and enlightening presentation.

### Tamara Frankel

serves on the Executive Board of Jewish Seniors Alliance and is a member of the Editorial Committee of *Senior Line Magazine*.



# THE BULLETIN BOARD

## COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

### SENIORS ADVOCATE'S REPORT ON HOME CARE IN B.C.

On February 23rd the Seniors Advocate of British Columbia, **Isobel Mackenzie** released her report on homecare titled *We Must Do Better: Services for B.C. Seniors*. It calls for the fundamental restructuring of the province's home support system and includes five recommendations for improvement. In the live online release, Mackenzie referred to the increased pressure on the healthcare system and related this to the paucity of available home care in this province. Because of this difficulty, many seniors opt for institutional care when they could be better served and pay less at home.

The review is based on personal feedback from 1000 users of the homecare services as well as their families. During the last five years, the ratings for the service have dropped from excellent to good. The main concerns are lack of enough hours and lack of consistency of homecare workers. The costs have increased by fifty percent putting pressure on seniors to opt for long term care. The services are not keeping up with the increase in the over-85 population. Also, client needs have become more complex in terms of moderate to severe cognitive function and physical function.

Only 30% of clients receive daily visits, which is lower than five years ago. The amount of time spent with a client (50% less than one hour) is also down from five years ago. The extra support needed is often provided by family.

Another major impediment is the financial cost to the client. Anyone with income over \$29,000 per year, must pay \$9,000 per year for one hour a day of service. The majority of provinces in Canada do not charge for this service. For example, in Alberta and Ontario there is no cost to the client. In B.C., if you are receiving the Guaranteed Income Supplement (GIS) you do not pay. As a result 65% of those receiving homecare services are in receipt of the GIS and thus receive the help at no cost.

Thus the others, anyone with income over \$29,000 per year are often forced into long term care before it is necessary. The Canadian Institute of Health Data has stated that 34% of seniors on long term care could be accommodated in the community if the services were available. Because homecare is much cheaper for government than long term care, seniors in B.C. would be better served with improvements to the home care system.

The report makes the following recommendations to government:

1. Eliminate the financial barrier to staying at home.

2. Increase respite care to families.
3. Standardize and set targets for home care delivery.
4. Modernize care plans and make them more flexible.
5. Measure, monitor and report on program performance.

Guidelines are necessary. For example, there are licensing requirements in long term care, but not in homecare. Avoiding premature admissions to long term care would lead to financial savings for both client and government. Long term care takes 80% of income from clients but the ceiling is \$3,600. Of course all these plans will take time as well as a needed increase in the work force.

To read details of the report go to [seniorsadvocatebc.ca/reports/](http://seniorsadvocatebc.ca/reports/)

### BOOK LAUNCH: A CHILDHOOD UNSPOKEN

On Sunday, January 22nd, the Azrieli Foundation Holocaust Survivor Memoirs Program and the Vancouver Holocaust Education Centre sponsored a book launch for *A Childhood Unspoken*, by **Marie Doduck**, with assistance and an introduction by **Lauren Faulkner Rossi**. There was a full house at the Annette Rothstein Theatre at the Jewish Community Centre for the launch. Marie Doduck is an active member of the Jewish Community of Vancouver and an original member of Vancouver Holocaust Education Centre. She is also a member of the Jewish Seniors Alliance Board.



# PORTRAIT OF AN ARTIST

## *James Hart*

### MASTER CARVER AND CULTURAL ARCHIVIST

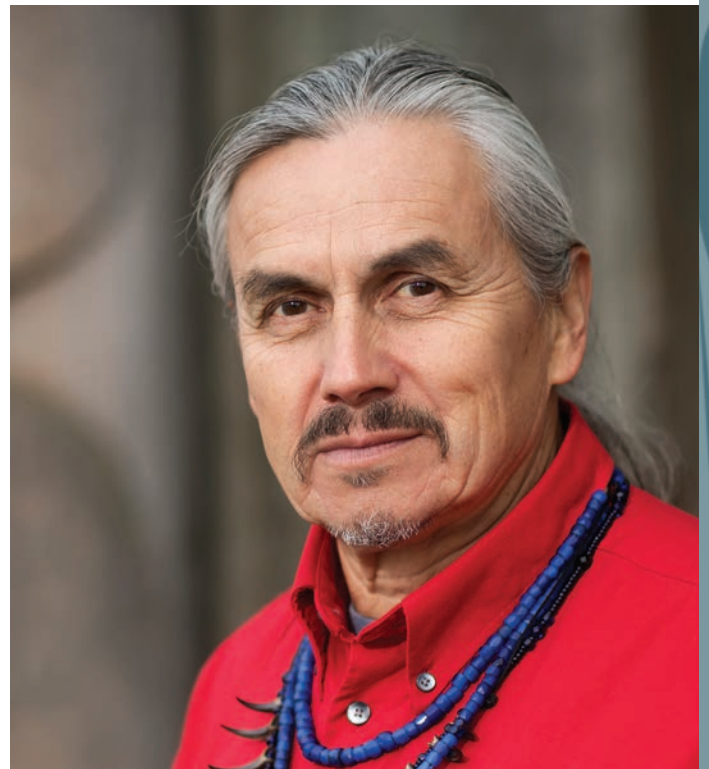
Written by Rita Roling

A few weeks ago I signed up for an intermediate tech course at a local library. Just like me, most of the students were older adults who wanted to become more familiar with technology and its use, thus avoiding making desperate calls to seven year old grandchildren for help. The old adage “you cannot teach an old dog new tricks” comes to mind but science has long ago debunked this idiom. Older adults, just like old dogs, can indeed learn new tricks and scientific studies have verified that mature brains may in fact be better equipped to meet challenges than younger ones. Learning, experiencing new situations, and collecting “aha” moments are all part of healthy aging and when faced head on can make life very interesting.

My most recent “aha” moment came when I went to see a hockey game. Walking into Rogers’ arena at gate 8, I was awed to see three meters above my head a gigantic intricately carved orca whale mounted on a platform. Handcrafted by renowned Haida Gwaii artist James Hart, he translated the Vancouver Canucks’ logo into a majestic wooden sculpture. Previously to seeing the orca, the Editor in Chief of *Senior Line* had asked me if I would write an article about James Hart and his works. I was hesitant as I am not indigenous and lack knowledge about the origins, traditions and spirituality that are the inspiration and embedded in all his work. Thus I can only write this article from the perspective of a person who marvels at the beauty of his art and how it is affecting me as an onlooker.

#### Formative Years and Early Training

Art reflects society back to itself and depicts life as it was, how it is and what we would like it to be. An orca may be the official logo of a hockey team but its true significance is what it represents. It speaks of community and protection but also alerts us about extinctions, as unless we start to follow our own advice and actually adopt some of the environmental policies,



James Hart (Credit: Simon Fraser University)



*The Dance Screen (The Scream Too)*, 2010-2013  
Red cedar panel with abalone, mica, acrylic,  
wire and yew wood  
Audain Art Museum Collection  
Gift of Michael Audain and Yoshiko Karasawa  
Image by Scott Brammer Photography

## The Dance Screen (The Scream Too)

With elaborate carving emphasizing the fundamental role of the salmon within Haida society and ecosystems, the cedar dance screen is a barrier and a doorway. When danced, the screen will allow for a transition between the spirit realm and the human realm.

orca whales will cease to exist. James Hart was born in Masset, Haida Gwaii in 1952 into the Eagle clan. His formative years were spent in Haida Gwaii learning the traditional ancestral ways and developing his view of the world. He comes from a lineage of carvers including his great grandfather the master carver Charles Edenshaw whose title Chief of the Eagle Clan he inherited in 1999. As a young man he worked under the tutelage of the world known artist Bill Reid which allowed him to further explore his artistry and venture into a multitude of multimedia expressions such as wood, metals, silk screening and etching.

James Hart, although a versatile world recognized artist, has received specific accolades for his pole creations and is currently on a commission from the Smithsonian Museum in New York to restore an old Haida totem pole to its original state. The totems themselves are not silent story tellers, but can be thought of as archival documents that on a micro level store family records such as family vital statistics and social status, and on a macro level data regarding events of positive and negative national concerns. The 55 foot red cedar *Reconciliation Totem*





Statue: James Hart, *The Three Watchmen*, c. 2021  
Bronze with red ocher patina  
Audain Art Museum Collection, Funded by the Audain Foundation

Base: Xwalacktun and Levi Nelson, *Ti A'xa7 St'ak' (The Great Flood)*, 2021  
Waterjet cut aluminum and concrete  
Audain Art Museum Collection, Funded by the Audain Foundation

Image by Scott Brammer Photography

was created by Hart and erected in April 2017 next to the University of British Columbia Forest Sciences building. Through its intricate carvings and rough edges it records the time before, during and after the residential school system.

At the top of the structure sits an eagle with stretched wings at the ready to fly courageously into the unknown to meet the unknown future with strength and determination. Embedded in the work are sixty thousand copper nails that represent the approximate number of children who died in the residential schools. "My work has to have integrity for myself, our ancestors and our people," says Chief 7IDANsuu, aka James Hart.

## Worldwide Recognition: Wonder and Mystery

In November 2021, the Audain Foundation recognized James Hart's contributions to art and culture with a \$100,000.00 visual art prize but the relationship between the Audain foundation and the artist started close to two decades earlier when he was commissioned by Audain to design and create a sculpture for the National Museum of Civilization in Ottawa. Based on traditional Haida lore, Hart created the sixteen feet tall bronze sculpture *The Three Watchmen* that has been seen and admired by millions of visitors. Each sentinel is facing a different direction and thus allowing for a 360 degree view over three powerful institutions: The Notre Dame Basilica, the United States embassy and the Canadian Parliament buildings. This writer leaves it up to the readers to determine which one of these poses the greatest threat to tranquility. As the sculpture was cast, its mould can be reused; thus there are several "watchmen" on guard. If you are not able to see the one in Ottawa, you can visit the one outside the Audain museum in Whistler. Although similar to its forerunner, *The Three Watchmen* in Whistler is six meters tall and its base is encircled by a carved aluminium base depicting the *Great Flood* legend. This is meant to remind us to honour our elderly and that preservation of our land is not only physical but also spiritual.

James Hart was recently honoured for his long-time contributions to Haida art, to the cultural mentoring of youth, and for raising awareness of social issues, when he was appointed as officer of the Order of Canada in June 2023.

Little did I realize when I went to see a hockey game that I would experience a significant enriching "aha" moment. James, your numerous awards of recognitions such as the Order of British Columbia, an honorary degree from Simon Fraser University, and an honorary doctorate from Emily Carr University are all to be admired and very deserved but, for me, you and your creations have lifted my curtain of ignorance. Thank you Chief James Hart for allowing me a glimpse into your world of wonder and mystery.

**With thanks to James Hart and the Audain Art Museum, Whistler, BC, for providing information and for permission to share his works. Visit <https://audainartmuseum.com/>**



**Rita Roling** worked in the social service field for over three decades. She is a firm believer in volunteerism and has for many years been actively involved with JSA. She is an executive of JSA and a member of the editorial committee.

# PROFILE OF A DIRECTOR: STEVEN SPIELBERG

Written by Dolores Luber



At the age of 77, Steven Spielberg continues to create movie masterpieces. His most recent film, *The Fabelmans* is a tender, autobiographical reverie based loosely on his youth with wide-eyed children, remote father, complex mother and insistently happy ending. It is a gorgeous, wondrous, feel-good movie. Sounds familiar?

Steven Spielberg is an American film director, writer and producer. He is the pioneer of the modern blockbuster and is the most commercially successful director of all time. After several forays into television and an acclaimed movie *Duel*, he became a household name with the 1975 summer blockbuster *Jaws*. We, the viewers, loved the thrill of suspense and the shiver of fear, we were hooked! He then directed huge box office successes

*Close Encounters of the Third Kind* (1977), *E.T. the Extra-Terrestrial* (1982) and the *Indiana Jones* original trilogy (1981-89). Spielberg subsequently explored drama in the acclaimed *The Colour Purple* (1985) and *Empire of the Sun* (1987). After a brief hiatus, Spielberg directed the science fiction thriller *Jurassic Park* (1993), the highest-grossing film ever at the time, and the Holocaust drama *Schindler's List* (1993), which has often been listed as one of the greatest films ever made. And the list goes on (34 films in all).

There are no less than seven pages about him and his life and achievements on Wikipedia. Just Google: Steven Spielberg. Now back to *The Fabelmans*. One of the movie reviews I read was entitled *Steven Spielberg Phones Home*. Indeed, the movie is loosely based with exquisite detail on his youth at home with his mother, father, three sisters, and grandparents. *The Fabelmans* recounts the moral education of Sammy Fabelman—adored son, budding visionary—who in adolescence learns that life is agonizingly more complicated than he grasped as a child. Written by Spielberg and his frequent collaborator, Tony Kushner,

*The Fabelmans* begins where it must—at the movies. Sammy and his family watch *The Greatest Show on Earth* where Sammy is transfixed by the climactic train crash. Before long Sammy is filming and crashing his model trains as his mother smiles and father frets. We, the viewer, feel at home in this house with this Jewish family, everything is where it needs to be, it is a home filled with love.

*The Fabelmans* is somewhat of a fable and wonderful in both large and small ways, even if Spielberg can't help but soften the rougher, potentially lacerating edges. It's what he does; it's also what the audience expects of him, and he's nothing if not obliging. I suggest you watch *The Fabelmans* first; then watch the superb documentary *Spielberg* (2017) to get a complete rundown of all his films. Absolutely thrilling and delightful. Thank you, Steven Spielberg.

*The Fabelmans* is available on Amazon Prime Video. *Spielberg* is on Crave.





# SENIORS AT THE MOVIES

Written by Dolores Luber



## ALL QUIET ON THE WESTERN FRONT

2022



The third adaptation of Erich Maria Remarque's 1928 novel, directed by Edward Berger, is a German production which features

harrowing recreations of trench warfare. It is a brutal and visually impressive depiction of the mind-numbing violence and chaos of the First World War. This is a gorgeous, powerful and haunting treatise on the evils, stupidity and pointlessness of war, and is a must see for anyone who loves the craft of filmmaking and can endure another reminder of humanity's most tragic flaw. I, personally, needed to see the film which astounds and horrifies the viewer—a necessary history lesson! On Netflix.



## GLASS ONION: A KNIVES OUT MYSTERY

2022



It starts as a game for the amusement of a tech billionaire, Miles Bron (Edward Norton), a would-be master of the universe. A small

group of friends are invited to a party on his private island. The weekend's entertainment will be a make-believe murder mystery, with Miles himself as the victim and center of attention. The film revives the antic, puzzle-crazy spirit of the first *Knives Out*, also written and directed Rian Johnson. Miles's friends are all bought and paid for, a model-turned-fashion mogul, an idealistic scientist, a pumped-up men's rights YouTube influencer, and the governor of Connecticut. They are send-ups of contemporary archetypes. Then, surprise, the world's greatest detective Benoit Blanc (Daniel Craig) arrives. Enough said! The director turns the committing and solving of crimes into a trellis to be festooned with gaudy characters. Murder, for laughs, go for it. On Netflix.



## SCARBOROUGH

2022



This is the story, written by Catherine Hernandez, directed by Shasha Nakhai and Rich Williamson, about three children growing up in Scarborough's Galloway Road area. At the centre

of the sprawling story are three kids, each about eight. Bing (Liam Diaz) is a Filipino boy struggling with his sexuality; he's also quietly brilliant. Sylvie (Mekiya Fox) is a First Nations girl whose younger brother may be developmentally delayed, if only the doctor at the walk-in clinic would pay attention to the signs. Then there's Laura (Anna Claire Beitel), a white girl who has bounced from her mother's care to her father's, though neither of them is particularly good at the job. Filmed in an almost documentary style and from a kid's-eye perspective, the movie finds the three developing a friendship at the school they attend. Before classes they can often be found in its drop-in centre, where the friendly Ms. Hina (Aliya Kanani) entices her tiny charges with a snack program, amuses them with songs and games, and gently tries to encourage reading skills. There are moments of tragedy and heartbreak, but the overwhelming mood is one of resilience in a community. Most of the speaking roles are performed by first-time, largely untrained actors, who create an honest, raw and powerful experience for the viewer. On Crave.



## TOP GUN: MAVERICK

2022



Uncharacteristically (I don't like Blockbusters), I decided to watch the film, *Top Gun: Maverick*. The movie finds Tom Cruise (age 59) called back into service by a rattled Navy. A new

threat has emerged, one that a younger generation of pilots can't crack on its own. This job requires a battle-tested veteran. It is a sequel to the 36-year-old film, and Cruise is perhaps the last old-fashioned movie star. It introduces the audience to a new generation of ace fighter pilots, including Fanboy, played by Danny Ramirez and thrilling scenes of dog-fights in the air. The director, Joseph Kosinski, has produced a witty, exciting and suspenseful action film that will leave the spectator feeling thrilled! On Paramount+.



## THE BANSHEES OF INISHERIN

2022



The island of Inisherin, may exist only in the imagination of the director Martin McDonagh, but it is authentically Irish. The picturesque

and the profane intermingle, jaunty humour keeps company with gruesome violence. The plot is weird, by turns hilarious and grim, painted over with a nearly invisible varnish of sentimentality. You may find yourself beguiled by the wayward sincerity of the characters and touched by the sparks of humanity their struggles cast off. *Banshees* is concerned with an intensely local conflict, between Padraic (Colin Farrell), a sociable cow herder, and Colm (Brendan Gleeson), a melancholy fiddler. They have been drinking together nearly every afternoon at the local pub for as long as anyone can remember, until Colm abruptly and unilaterally declares an end to their friendship. "I just don't like you no more," he tells Padraic, who responds with wounded incredulity. The story is fascinating and grotesque, Inisherin may not be a real place, but its eccentric characters, rugged vistas and vivid local legends make it an attractive tourist destination all the same. On Crave and Disney Plus.



## THE BEAUTY QUEEN OF JERUSALEM

2021



Based on a bestselling novel by Sharit Yishai-Levi, the series follows the vicissitudes of the Ermozas, an upscale Sephardi family in pre-state Jerusalem.

Their loves and disasters, longings and disappointments take place against the backdrop of Palestine from the end of the Ottoman Empire and throughout the British Mandate. This is melodrama, a soap opera, and according to its critics, the history is incorrect or totally absent. According to Michael Oren, "*The Beauty Queen of Jerusalem* fails to present the most basic context to the story it purports to tell." But, I watched it all—I loved hearing the Hebrew language and seeing the clothes and the street scenes, it was interesting and colourful. Enough said, find out for yourself. On Netflix.



## FREUD

2020



If Freud is the topic, I will watch it! This 8-part series is sumptuous, fascinating and binge-worthy. It reimagines the young Dr. Sigmund Freud (Robert Finster) as a coked-up rebel ensnared in a devious conspiracy theory. A duo of Hungarian ex-pats called the Szaparys have been using a talented young medium named Fleur Salome (Ella Rumpf) to help harness the power of Taltos. Their plan? Unleash the Hungarian demon's powers on the Austrian elite, convincing nobels, soldiers, and even royals, to tear each other apart. So very complicated; but fun to watch. The costumes and the cinematography are exquisite. I had to look up the meaning of the ending. Hugely entertaining. On Netflix.



## GUILLERMO DEL TORO'S PINOCCHIO

2022



Glorious in its tactile fabrication, Del Toro's *Pinocchio* epitomizes the melding of tale and technique into a cohesive philosophical unit. In this version of

Carlo Collodi's 19th-century fable, the characters are transported into the beginning of the Great War which ravages Europe. The peaceful countryside is home to chipper woodworker Geppetto, and to his 10-year-old son Carlo, an obedient boy who fulfills all of his father's expectations. But like a cruel stunt from the heavens, a bomb takes Carlo from Geppetto, destroying his once idyllic outlook. Sebastian J. Cricket, a pompous insect narrates the tragedy. Grief-stricken, Geppetto carves a puppet from the pine tree near Carlo's tombstone. In its ominous tone, its dangerous close calls and multiple deaths, this interpretation of *Pinocchio* cleaves close to Collodi's original tale. *Pinocchio* is still an agent of chaos who, by not behaving like a good child ostensibly should, brings grief and even danger to himself and to Geppetto. Yet, in the end, nothing makes *Pinocchio* more wholly, recognizably human than his repeated mistakes. This is a wondrously affecting work, an impeccable masterpiece. Also watch *Guillermo Del Toro's Pinocchio: Handcarved Cinema*, a documentary on the making of *Pinocchio*. On Netflix.



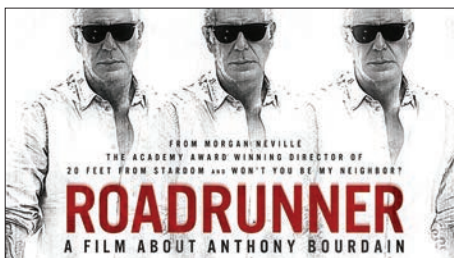
# IN THE SPOTLIGHT DOCUMENTARIES YOU DO NOT WANT TO MISS

Written by Dolores Luber

## NAVALNY

2022 ★★★★★

Aleksei Navalny, the imprisoned Russian opposition leader, has long been adept at using social media to directly convey political messages threaded with dispatches about the corruption and lavish spending of his country's government officials, including some at the highest levels. In August 2020 Navalny was poisoned while on a trip to Siberia to film a video about local corruption. Russian doctors blamed low blood pressure, saying no poison was found in his system. But under duress officials eventually allowed him to be flown to Germany for treatment, where the poison was identified as a military-grade nerve agent from the Novichok family. Daniel Roher, a documentary filmmaker from Toronto, set out to shed light on the dissident, following Navalny for months as he conducted another investigation, this time into his own poisoning. The film is riveting, and serves as a call to action directed at his supporters in case of his imprisonment, a hypothetical that was quickly borne out. On Crave.



## ROADRUNNER: A FILM ABOUT ANTHONY BOURDAIN

2021 ★★★★★

Morgan Neville, the director, follows the life and career of chef, author and travel documentarian Anthony Bourdain, who died by suicide on June 8, 2018, at the age of 61 while on location in France for his CNN show *Parts Unknown*. The documentary is a blend of archival footage and new interviews with Bourdain's friends, family, and coworkers. It covers Bourdain's rise from chef, to best-selling author of the memoir *Kitchen Confidential*, to a world famous television presenter of food and travel shows. As Bourdain traveled the globe, he developed a greater awareness of the hardships many people face in war zones, disaster areas, developing countries, and least developed countries. He began questioning what his life's direction should be, and joked more frequently about death. Bourdain's friends, family, and coworkers reflect on their personal reactions to his suicide and their lingering grief. This is a sensitive, honest portrayal of the man. Very sad—he will be missed by many. I was a big fan of his. On Crave.

## VANCOUVER IS DYING

2022 ★★★★★

Aaron Gunn's hour-long film is proving to be both popular and polarizing. The documentary is part of a series titled *Politics Explained*. In the film, Gunn's interview subjects include past and present members of law enforcement, victims of violent crime, and recovering drug addicts. Gunn hopes to raise awareness about Vancouver's growing struggle with violent crime, drug addiction and homelessness. He states that it is an honest portrayal of the problems plaguing the city. Viewed from diverse perspectives, it would seem clear that the system and the policies that we've been undertaking over the past 20 years have not been working—have been failing. It's time for a dramatically different approach. There are many who criticize his approach and his recommendations. The film is harsh, disturbing and thought-provoking. On YouTube.



## MADOFF: THE MONSTER OF WALL STREET

2023 ★★★★★

Joe Berlinger is the director of this true crime documentary, which takes a very complex issue and unpacks it in a way that's easy to follow. The film exposes Bernie Madoff as a greedy criminal, deftly lays out the extent of his Ponzi scheme and, furthermore, goes a step further to point fingers

at the many people who looked the other way as it was happening. Madoff seduced the wealthy into allowing him to invest their money. His methods are unscrupulous, original and required the assistance of others—it's jaw-dropping and reveals how Bernie didn't do any of this alone. The American financial system failed repeatedly and at many levels. The heartbreaking consequences of his actions are the financial ruin of his investors and the destruction of his family. On Netflix.



## RETURN TO SPACE

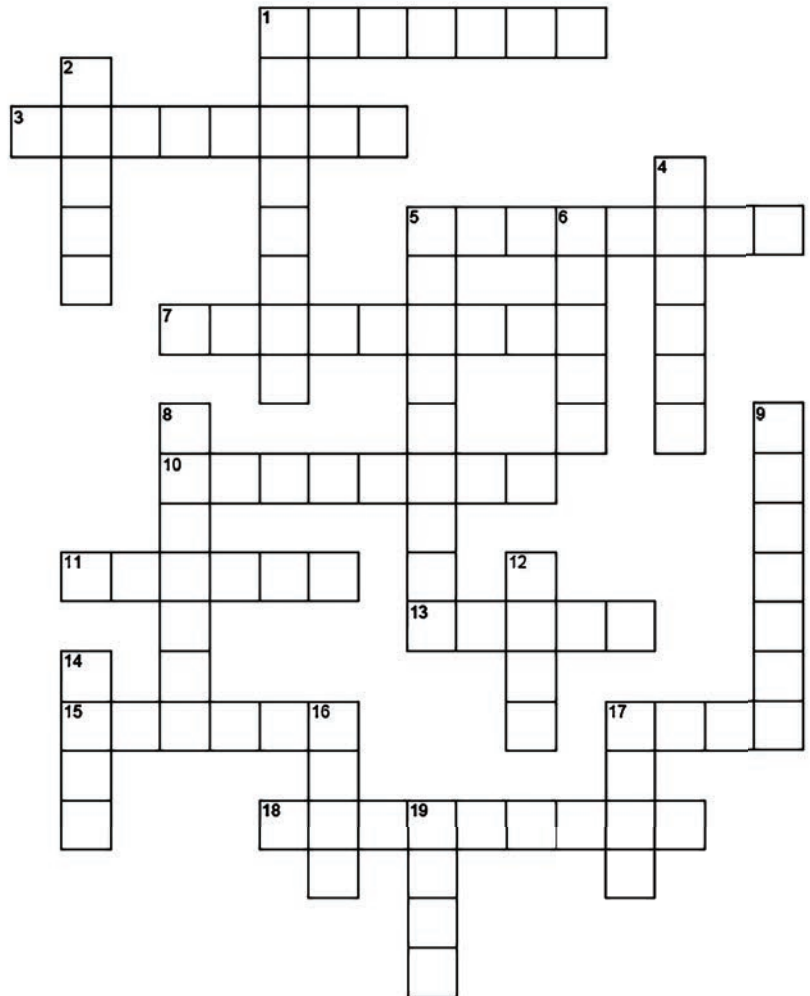
2022 ★★★★★

Yes, this overlong documentary of the partnership between NASA and SpaceX contains grandiose pronouncements and promotional material for Elon Musk's space X, but, I loved it! This is the story of SpaceX's decades-long effort to design a reusable rocket to blast American astronauts into the thermosphere (and onto the International Space Station). We get to know the two astronauts Doug Hurley and Bob Behnken who will make the flight. Footage from multiple sources (including video diaries and NASA space cameras) is woven together with interviews. After two unsuccessful and costly attempts, the rocket is launched and the mission is completed. Elon Musk has nerves of steel; and I applaud his efforts, notwithstanding that the directors did not include any criticisms or naysaying about the project or of Elon Musk. On Netflix.

# CROSSWORD PUZZLE

Crossword by Jimmy and Evelyn Johnson - [www.qets.com](http://www.qets.com)

For Solution See Page 48



## SUMMER

### ACROSS

- 1 Open shoe with sole and straps
- 3 Container to carry camp gear
- 5 Activity of propelling one's body through the water through physical movement
- 7 Cultivation of flowers and plants
- 10 In the open air
- 11 Short trip away from home

13 Release from effort or strain

15 Hot summer month

17 Month with Canada Day holiday

18 Flashes in the sky

### DOWN

1 Land bordering an ocean

2 Open boat with pointed ends that is paddled

4 Informal outdoor meal

5 Tall plant with yellow sun shaped flowers

6 Humid and steamy

8 Activity of using a water craft for pleasure

9 Day on which business activity is suspended

12 Unrestrained movement or action for fun

14 Outdoor space with temporary shelters

16 Journey, voyage or excursion

17 Sixth month

19 Degree of warmth



# CURL UP WITH A GOOD BOOK

Written by Dolores Luber

“Books are a uniquely portable magic.”

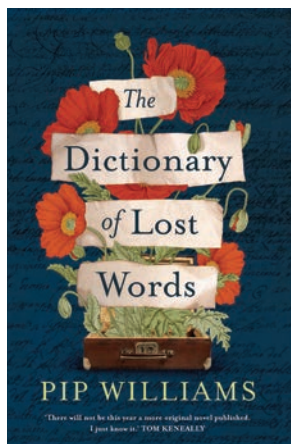
Stephen King (American author of horror, supernatural fiction, suspense, crime, science-fiction, and fantasy novels)

All books are available at the Waldman Library, Jewish Community Center.

We welcome book reviews by our readers, send them in to me at [editor@jsalliance.org](mailto:editor@jsalliance.org).

## THE DICTIONARY OF LOST WORDS

Written by Pip Williams

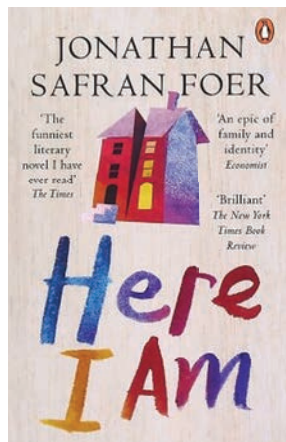


Pip Williams turns history as we know it on its head in this delightful debut, spotlighting the women involved in the making of the *Oxford English Dictionary*, and their contributions using the awe-inspiring power of words themselves to illuminate them. Esme is born into a world of words. Motherless and ever curious, she spends her

childhood in Oxford in the room where her father and fellow lexicographers are collecting words for the first complete edition of the *Oxford English Dictionary*. While they work, young Esme begins to collect other words, ones that have been discarded or neglected by the dictionary men. She realizes that words and meanings relating to women's and common folks' experiences often go unrecorded. Set in the early twentieth century during the height of the women's suffrage movement, *The Dictionary of Lost Words* reveals a missing narrative, hidden between the lines of a history written by men. The author delved into the archives of the *Oxford English Dictionary* to tell this original story. It is a delightful, lyrical, and deeply thought-provoking celebration of words and the power of language to shape the world. Bravo!

## HERE I AM

Written by Jonathan Safran Foer

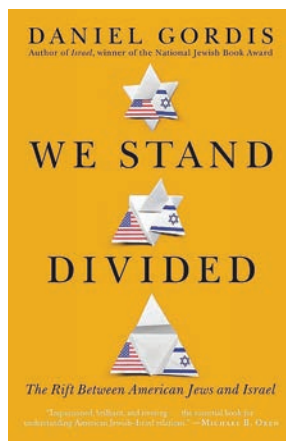


Confession, I loved his books *Extremely Loud and Incredibly Close* and *Everything is Illuminated*, so I happily plunged into *Here I Am*. How do we fulfill our conflicting duties as father, husband, and son; wife and mother; child and adult? Jew and American? How can we claim our own identities when our lives are linked so closely to others? These are the questions

at the heart of *Here I Am*, a work of extraordinary scope and heartbreaking intimacy. Four generations of the Bloch family live in reasonable comfort in Washington, D.C. Their experiences of home are shadowed by terrible memories of Europe and the ambiguous promise of Israel, which even the happiest exiles are supposed to regard as an ideal future home, or at least a refuge of last resort. Showcasing the same high-energy inventiveness, hilarious irreverence, and emotional urgency that readers loved in his earlier work, *Here I Am* is Foer's most searching, hard-hitting, and grandly entertaining novel yet. A must read!

## WE STAND DIVIDED

Written by Daniel Gordis



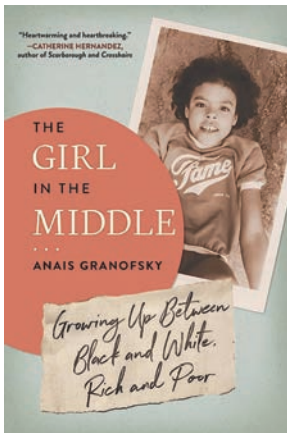
This book examines the growing rift between American Jews and Israelis. What distinguishes Gordis's work is the way he locates the relationship in the histories of both countries. He traces a continuing history of mutual condescension and misunderstanding. The main thesis is that the strife between Israelis and American Jews is not because of what Israel does

(like the conflict or lack of acknowledgement towards non-Orthodox Judaism). Rather, it's because of what Israel is. American Jews are deeply involved with American notions

of religious freedom, pluralism and universalism. Israelis, however, are more concerned with Jewish particularism and Judaism as a nationality. Israelis see themselves as a Jewish state, a country that has a Jewish essence. Israel is an ethnic democracy. Americans see Judaism as a religion. The USA is a liberal democracy. The book informed me and helped me to understand the history and essence of the existing rift between American Jews and Israel, and to deepen my appreciation of both sides of the conflict.

## THE GIRL IN THE MIDDLE: GROWING UP BETWEEN BLACK AND WHITE, RICH AND POOR

Written by Anais Granofsky



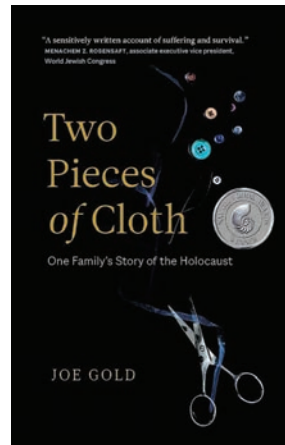
*The Girl in the Middle* is a moving and vivid memoir of a young girl who spends her life navigating between two very different worlds, wanting only to be loved. When Anais Granofsky's parents meet in the early 1970s, they are foreign and fascinating to each other. Stanley is the son of a wealthy Toronto Jewish family; Jean is one of fifteen children from a poor Black Methodist

family. When Jean becomes pregnant at nineteen, Stanley doesn't anticipate being cut off by his parents. Nor does the couple anticipate that Stanley, soon to rename himself Fakeer, will find his calling in the spiritual teachings of Bhagwan Shree Rajneesh on an ashram in India.

Alone, Anais and her mother teetered on the poverty line, sharing a mattress in a single room in social housing in Toronto, while her grandparents lived a twenty-minute car ride away on the mansion-lined Bridle Path. Anais realizes that if she wants to be loved, she has to switch identities to please each of the adult women in her family. It isn't until she gets a role in the TV series *Degrassi Junior High* that Anais finds a third world—her own—and begins to define an identity for herself. With compassion and vivid storytelling, Granofsky shares her experience of living in opposite worlds, and demonstrates how generational shame, grief and prejudice ultimately lead to love and forgiveness. I recommend this book to readers of all cultures. A moving and learning experience.

## TWO PIECES OF CLOTH: ONE FAMILY'S STORY OF THE HOLOCAUST

Written by Joe Gold



This is a sensitively written account of suffering and survival. Joe Gold has captured the first-hand feelings and experiences coupled with the historical background that contextualizes his family's story of resilience and survival. Joe's father, David Goldberger, is truly a heroic figure and leader—not just of his family, but of the Jewish people.

The story of his survival is a testament to true faith and love. This story will remind the next generations of their past and help prepare them for the future. It is a powerful, authentic and meaningful tribute to memory as we face Holocaust denial.

## HOW TO PRONOUNCE KNIFE

Written by Souvankham Thammavongsa



The fourteen stories in *How to Pronounce Knife* are sharp, quick and anchored in necessity, the quest for acceptance and the perfect life. Souvankham Thammavongsa's stories challenge us to push against the problematic North American standard of beauty, the dangers of assimilation, and the damaging effects of racism, classism, power and

privilege. With exquisite detail, she exposes situations and everyday moments experienced by Laotian immigrants in Toronto. Thammavongsa is able to illustrate the divisive world she's been thrown into. She balances the act of placing the narrator outside of their own body while magnifying the details of their surroundings. This book will be studied by book club members and students in classrooms throughout Canada. It is precise, relevant and a joy to read.





# JEWISH SENIORS ALLIANCE: CELEBRATING 20 YEARS

Jewish Seniors Alliance of Greater Vancouver (JSA) is celebrating its 20th anniversary year and with your generosity JSA will continue thriving for another 20 years! Thank you for standing with JSA. Together we have proudly upheld a senior lay leader approach to being relevant, collaborative, and hands-on to the growing demographic of seniors.

The testimonial below truly describes the essence and value of the services that you support:

"I feel strongly that if not for the additional emotional support provided by the JSA Peer Support Program, many of my patients would be readmitted back to hospital or forced to prematurely move into long term care facilities."

*-Geriatric Psychiatry Outreach Team Nurse, St. Paul's Hospital, May 2023*

Increased costs combined with an increase in demand for our services has escalated expenses. Please consider a meaningful financial gift of \$100 or possibly a \$1000 major donor gift.

With Appreciation,

Tammi Belfer  
President

Jerry Bleet  
Chair, Donor Relations



# ENHANCING SENIOR'S LIVES

## Training Volunteers

Senior Peer Volunteers support senior clients to remain independent and connected to their communities. The training programs include recruiting, training, matching volunteers to the client and supporting them.

## Clients

Peer Support clients are older adults living in the Greater Vancouver Regions who may be isolated and socially disconnected. They are matched with a volunteer who will support them in a one-to-one relationship.

## Advocacy

JSA's Advocacy continues to forge new collaborations to broaden its scope, urging change in government funding and ageist policies.

## Outreach and Education

JSA's Outreach goal is to enhance the lives of all seniors in our community. The programs empower, inform and educate on those issues that are relevant to the 55 plus age group. *Senior Line* magazine is produced by senior volunteers, with over 4000 copies distributed each issue.

## JSA'S IMPACT

- ▶ JSA PEER SUPPORT SERVICES HAS HELPED MORE THAN 1000 CLIENTS AND TRAINED OVER 600 VOLUNTEERS
- ▶ JSA HAS THE CAPACITY TO WORK WITH 100 CLIENTS PER MONTH
- ▶ OVER 50% OF CLIENTS ARE REFERRED BY VANCOUVER COASTAL HEALTH
- ▶ 80% OF CLIENTS REPORT A DECREASED SENSE OF LONELINESS
- ▶ JSA HAS THE CAPACITY TO MANAGE A ROSTER OF 70 VOLUNTEERS
- ▶ JSA AFFILIATES WITH OVER 400 COMMUNITY ORGANIZATIONS

## HELP JSA GROW ANOTHER 20 YEARS

I would like to make a gift of: ☐ \$36 ☐ \$54 ☐ \$72 ☐ \$100 ☐ \$500 ☐ \$1000 ☐ Other \$\_\_\_\_\_

Set up my Monthly Recurring Support in the amount of \$\_\_\_\_\_ (minimum \$10.00 monthly)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Phone: \_\_\_\_\_

Credit Card # (Visa/MC): \_\_\_\_\_ CVV: \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_ Signature: \_\_\_\_\_

Here is my cheque enclosed for \$\_\_\_\_\_ payable to Jewish Seniors Alliance of Greater Vancouver

☐ Save the postage please email the tax receipt

Jewish Seniors Alliance | 800 East Broadway, Vancouver, BC V5T 1Y1 | 604-732-1555 | [office@jsalliance.org](mailto:office@jsalliance.org)



# AGE WITH RIGHTS

Written by Shanie Levin

On February 27th the B.C. Association of Community Response Networks (BCCRN), Age Knowable, and The Global Alliance for Rights of Older People, held a seminar named *Age with Rights*. **Sharon Fisher Johnson** of BCCRN began the seminar. She welcomed viewers from all over the province, stating that there must be policies worldwide for the protection of the rights of older people. “We must advocate for these rights and protect elders from abuse.”

The tools that exist at present are not adequate. Advocacy must extend to the federal government and also globally in order to pressure the United Nations for a convention on the rights of older adults. The rights of older people are not part of the U.N. Convention on human rights.

The first speaker was **Grace Hann**, Volunteer Trainer and Supervisor of the Peer Support Program of Jewish Seniors Alliance. She has twenty years of experience working with elders and is a past president of BCCRN. Grace thanked **Miguel Mendez**, who is a Facilitator in the Peer Support Program, for his help in developing the overheads. She talked about the invisibility and the vulnerability of seniors and gave a number of disturbing examples:

1. An elderly woman living in an apartment infested with mice, being ignored by the building manager who dismissed her pleas by claiming that she is a hoarder. When Grace accompanied the manager to inspect the apartment, it was clear that there was no hoarding and the situation was cleared up.

2. Bathroom issues with people who need aid getting to the toilet and the necessary help not coming in time.
3. A person in hospital calling for oxygen and no help coming to help with breathing issues.
4. Increase in use of anti-psychotic drugs with no diagnosis to control behaviour (this increased during COVID).

The rights of older people are not part of the U.N. Convention on human rights.

”

All the above examples lead to indignity, humiliation, shame and regret.

Can we do better? Yes, through the proper distribution of funds, we can protect the rights of seniors. We must use our voices to demand proper services that assure dignity and the ability to age with rights.

Grace was followed by **Michael Lee**, the MLA for Vancouver/Langara, who has been an active supporter of the rights of senior citizens.

The next speaker from the Tri-City Seniors Action Network, was **Ken Kuhn**. Ken has a background in teaching business and accounting. He has been active for many years with

seniors organizations. Ken stressed the financial difficulties of many seniors who are existing on the OAP and GIS. Many do not have extended health benefits. With the present level of inflation, they have a hard time maintaining their health. In particular, they cannot afford adequate dental care. This can lead to pulling teeth to get relief from pain and poor fitting dentures, also poor eating habits and loss of weight. Poor dental care can affect your general health and well-being. Some General Practitioners do not take these issues seriously and will belittle the problems, putting it down to aging. This is indeed ageism.

Housing on a fixed income is another serious issue. Multiple raises in rent can lead to eviction and homelessness. The elderly are often discriminated against in seeking rental housing by those who see them as hoarders and feel they are a safety concern. We indeed need a declaration on the rights of older adults.

The third panelist was **Kerry Gibson**. Kerry is a member of many international organizations and boards that advocate for diversity and inclusion for the disabled and the elderly. She is involved with the Concierge Health Care Co. in the U.S. Most of their clients are seniors. Many safety issues were discovered during COVID and its rapid spread in long term care homes. Kerry became a paraplegic in 1997. She was acutely aware, while working as an art therapist in a locked unit of a long term care home, how the staff rushed care without explanation. This led to fear on the part of the senior, who had no time to figure out what was happening to them. We need advocates when we can't do it for ourselves, thus we need to inject the language of age into a U.N. Convention.

**Margaret Young**, of Age Knowable, and the co-host, closed the morning with

the following words, “Human rights are fundamental to aging with rights. In 1948 the U.N. began dealing with universal rights. Over the years a number of charters have been introduced that have been accepted by multiple nations. In 1991, a declaration on the rights of the older person was introduced but few countries have ratified it. Ageism seems to be a barrier in many of these countries.”

Margaret stated that we need to push against age discrimination and for an adequate standard of living, independence, autonomy and legal capacity are all important factors in this battle. A convention is needed to set a minimum standard worldwide. How can this be achieved? We need to involve older adults in advocacy, as well as human rights organizations in many countries. The Global Alliance for the Rights of Older People is working globally to this end.

Locally, we can all help by pressuring various levels on government on this important issue. The Madrid International Platform for Action (MIPA) is working toward a charter, but we need more voices. We can write to our Members of Parliament and/or make short videos, to bring forward this problem at many different levels. We need to get our government to push at the United Nations for the ratification of the Charter on the Rights of Older Adults. Margaret thanked everyone for their participation and hoped that all would engage in advocacy on the behalf of older adults.

## PEER SUPPORT VOLUNTEER PROFILE

# TONI STOVEL

Interview by Grace Hann

Oh the wonder of growing up as a young child in Winnipeg! No need for chaperones or chauffeurs, freedom to play outside to our heart's content, skating, downhill skiing on weekends, staying in converted railway boxcars. We spent summers at the lake with daily swimming, water-skiing and playing board games in the evening by kerosene lanterns. Life appeared so much simpler then, with fewer rules and more freedom. Nature was such a part of our family's life and became an integral part of who I am today.

However, one day, I grew up! With this in mind I went on to receive a Master's Degree in nursing. My main interest was in the mental health field as I enjoyed connecting to the emotional needs of others. Eventually, teaching was on my radar and I taught at several Canadian colleges with my longest position being at Kwantlen Polytechnic University.

Retirement brought the opportunity to travel to many wonderful places. There are always some adventures which resonate with me more than others. One in particular, was my first 7-8 day hike in Europe, circumnavigating Mont Blanc, backpack and all. It was where I learned I could accomplish more than I had imagined. Hiking became a passion, and today, I live with so many beautiful memories.

As with so many people, COVID brought change. I discovered how much I enjoyed spending more time at home, meeting neighbours, connecting with



friends and family through Zoom and Facetime. It was during this time that I received an email from a friend introducing me to training and volunteering with JSA. It seemed a wonderful opportunity to be involved with community. During the six-week training sessions, I met others also volunteering with JSA. And, of course with Grace's expertise and gentle guidance, I learned the role of 'Friendly Visitor'. It was an excellent learning opportunity, and I came to realize what a supportive group of people work and volunteer at JSA.

I meet weekly with my client at a local coffee shop and over time we have established a lovely connection; I have come to deeply respect and care for my client. As we got to know each other it also became more of a challenge to maintain the boundaries of 'volunteer and client' verses friendship.

To this day I think I wander between the grey lines of those roles. I am often having to ask myself, and sometimes others, if my communication is consistent with JSA guidelines. It is an intriguing process of learning and growing.



# PEER SUPPORT SERVICES: TRAINING FACILITATORS

Written by Grace Hann and Miguel Mendez

What a pleasure to facilitate an amazing training peer support program for Beacon Community Services at Shoal Centre in Sidney, Vancouver Island. After spending eleven sessions on Zoom, we decided to complete the last two sessions in person. This was the frosting on the cake! What a rewarding experience to share knowledge and wisdom.

Participating in this training is very rewarding, it is gathering the knowledge, experience and wisdom of all the participants to put it at the service of their peers. For us, it is an event to witness how a group of people (strangers to each other) can achieve a level of cohesion, commitment, dedication and generosity in a short period of time. It is about training life experts to give emotional support to other life experts, what a convenient exchange! Growth and learning in both directions, it is a win-win relationship, it is learning to touch another human soul by touching our own.

## **We have included feedback from Jenna Foster and Penny Donaldson:**

"Just recently I completed a Senior Peer Support volunteer training with Grace Hann and Miguel Mendez from the Jewish Seniors Alliance. The training included 11 3-hour Zoom sessions over 6 weeks and 8 hours of in-person training on a Friday/Saturday. We did many role-plays over the course of the training; we role-played summarizing, empathetic reflection,

encouragers, paraphrasing and other core communication skills. There was a lot of group discussion on topics like confidentiality, building respect and trust, appropriate boundaries, obstacles to effective listening, and more serious topics like elder abuse, loneliness and suicide in seniors. As volunteers soon to be matched with a vulnerable senior in the community, our understanding on how to support a senior to build his/her confidence and strength to make choices that increase their connection to others and the community was greatly enhanced. We also were reminded that we will make mistakes because we are human and so are the people we will be matched with...so we go forward with kindness, humility and gratitude."

## **Jenna Foster** *SPS 1-1 Program Coordinator Beacon Community Services, Sidney, BC*

"I am freshly graduated from the Seniors Peer Support Counselling training provided by the Jewish Seniors Alliance. This was a positive experiential learning for me as I navigated getting comfortable with the important exercise of role-playing being a client or being a senior peer support volunteer. The role-playing was pivotal in helping me get into the feeling of the situations. The content was extensive and relevant, especially for me, the review of personal and counsellor role boundaries as well as empathy versus sympathy. The course provided guidance for the volunteers in dealing with emergencies such as

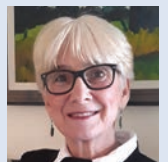


suicide prevention and elder abuse. Many important community resources are discussed. The facilitators, Grace Hann and Miguel Mendez, were knowledgeable, skilled, engaging and encouraging. They built a trusting learning environment and the group developed in a positive way to the in-person classes over a weekend. I have built on my communication skills and come away with a new group of community friends. I feel confident to contribute as a senior peer support volunteer to the Peer Support program and continue my learning."

## **Penny Donaldson** *Graduating student*

*We would like to express our appreciation to the Government of Canada New Horizons for Seniors Program for providing us with this great opportunity to help other communities.*

**Grace Hann** is the volunteer trainer for JSA's Peer Support Services. She has been training volunteers and supporting seniors for over 20 years.



**Miguel Mendez** is a clinical psychologist with a Master's degree in Family Therapy. He is also a facilitator for JSA's Peer Support Services program.

# THE IMPORTANCE OF EMOTIONAL SUPPORT FOR SENIORS

## PRESENTATION TO FRASER HEALTH BY SERGE HABER AND GRACE HANN

Written by Shanie Levin

On November 30th, as part of the Fraser Health Virtual Geriatric Educational Session entitled *The Importance of Emotional Support for Seniors*, **Serge Haber**, President Emeritus and **Grace Hann**, Peer Support Services Supervisor and Volunteer Trainer of the Jewish Seniors Alliance of Greater Vancouver (JSA), made a presentation. **Victoria Alvarez**, Clinical Nurse Specialist, with Frail, Elderly, Older Adult Network at Fraser Health, introduced Grace Hann.

Grace introduced Serge Haber, explaining all the work he has done on behalf of seniors and summarizing his founding of Jewish Seniors Alliance. Serge's remarks were played at the meeting. He pointed out how life changes for many older seniors once they retire. They often cease to be valued and become invisible. JSA through their Peer Support Services (PSS) Program has trained senior volunteers to provide emotional support to other seniors. Emotional support involves providing active and reflective listening, encouraging the senior to talk about their issues and finding solutions on their own with support.

Serge took the Peer Support Training course, learning how crucial this program is for the well-being of seniors. The emotional support provided helps clients deal with the tremendous changes in their lives, such as loss of family, loss of position in society and

health issues. Serge feels that these needs are not usually recognized. The gains made by the clients of PSS are phenomenal. **The issue of emotional support for seniors is universal and needs to be recognized everywhere.**

Grace pointed out that the training and volunteering also helps seniors who become volunteers. She thanked Victoria for inviting them and **Miguel Mendez**, PSS Facilitator, for the video of Serge. The second half of the presentation consisted of an explanation by Grace on

the training process and a description of the program. She introduced **Charles Leibovitch**, PSS Coordinator and the social worker for the program. Charles spoke about Serge's passion for the work they are doing and how his passion has inspired many of the staff and the volunteers. Grace showed a Power Point presentation about JSA and its various programs, including education and advocacy. Peer Support Services consists of Friendly Visitors, Friendly Phone Calls, as well as the Peer Emotional Support. All the volunteers are supported by staff.

Older seniors live longer and can remain alone at home since the government initiated **The Better at Home program**. While light housekeeping consists of four hours per month, there is very little in emotional support; it is not just a gap in this area, but a chasm! Victoria thanked everyone for attending.



**BECOME A VOLUNTEER**

**You can make a difference!**

Help our older adults live with dignity, safety and comfort rather than in loneliness and isolation.

**JSA offers the following volunteer opportunities:**

- Emotional Peer Support
- Friendly Visits
- Friendly Phone Calls
- Support Walking Program
- Help Seniors Learn Technology

**Extending Our Reach:**

JSA offers our professional training free of charge to our community partners.

 **For information on how to join our volunteer team contact Grace Hann or Charles Leibovitch at 604.267.1555**



# ALCOHOL CONSUMPTION: BREAKING A HABIT

Written by Tony DuMoulin

I had the pleasure of once again spending some time yesterday with my dear friend Doris. It was a warm, sunny, summer day, so we met up at one of the many new “street-end” patios that have begun popping up around the Lower Mainland, one of the positive developments to come out of the pandemic years.

While we sipped our lemonades, I asked Doris what was new in her life. For this active, 85 year old “influencer”, there is always something new. “I am reconsidering my relationship with alcohol,” she stated. “Why?” I asked. “What got you thinking about that?”

“Well, it started about three weeks ago, when I attended my grand-nephew’s wedding reception. It was a lavish affair. While I was enjoying the lovely meal at a table with some friends of my generation, the waiter kept on returning to the table to refill our wine glasses. After the third refill, I had to put my hand over my glass to avoid getting tipsy and risking a fall. That alone is a reason to be very careful about how much I drink, especially at my age. But there are other reasons!

“What I found very interesting to observe at this wedding was that the younger guests, those of my grand-nephew’s generation, were drinking much less alcohol than those of my generation. I made a point of asking

one of them why that was, and the young woman explained that she and her contemporaries, who, of course, get their health information on social media, were receiving the message, loud and clear, that alcohol is bad for your health—no matter how moderate your intake. For these young people, the need to drink alcohol was no longer essential as a way to party, the way it was for their parents and their grandparents (meaning US!). Social drinking has long been a regular habit for many.

“My initial reaction was: ‘that sounds like another health fad from on-line doctors just trying to attract followers. It is a good fad, though, especially for those who might otherwise drink and drive. But wait until these young people get older, develop aches and pains, and face more of the stresses life brings. They’ll start to appreciate a nice whiskey or glass of wine after a tough day at work!’” Doris continued, “but I must say that I found myself wanting to know more information about the topic. So the next day I opened up my laptop and did some research.”

“What did you learn?” I asked, then continued. “I like to think of myself as health conscious, and I have tried to follow the two rules about drinking that have stuck with me over the years: first, always drink in moderation, that is, no more than two drinks a day; and



second, one glass of red wine a day is actually good for your heart.”

Doris gave me a kind smile, then wagged her finger. “I’m afraid those popular and well-known rules are now out-of-date”, she said. “If you don’t mind me being rude for a moment, I am going to take out my phone and read you some of what I have learned. I have bookmarked the latest drinking guidelines, and some of the research they are based on. I’m sure it will surprise you.” Doris then read these highlights to me from the notes on her phone:

1. Recent studies in the U.S. have revealed that 140,000 deaths per year can be attributed to excessive alcohol use; 60% of those deaths are from chronic diseases, chiefly, liver diseases, cancers, and heart diseases.
2. “Excessive” alcohol use means anything more than two standard drinks per day for men and one per day for women.
3. But any alcohol consumption can be detrimental to your health. Alcohol damages your DNA in a way that compromises all your organs.

4. The idea that one drink of red wine per day reduces your risk of heart disease is based on outdated, faulty research. It seems that people drinking only small amounts of red wine had good health not because of the wine, but because they had other good habits such as a healthy diet, exercise and not smoking.

5. Here in Canada new guidelines for alcohol use were issued in January 2023, for the first time in 12 years, by the Canadian Centre on Substance Abuse and Addiction. These were based on an examination of more than 5,000 studies of alcohol consumption and its effects.

6. The previous CCSAA guidelines from 2011 had stated that 15 drinks per week for men, and 10 per week for women represented a low health risk.

The latest guidelines, however, change these thresholds substantially:

One to two drinks per week constitutes a low risk; three to six per week is a moderate risk; and more than seven drinks in a week represents a high risk of adverse health consequences, especially for women.

7. The main reason for this dramatic reassessment of the health risks of alcohol consumption was the number of recent studies linking alcohol use to various cancers, including: breast, colon, liver, esophageal, throat and mouth.

Put simply, we now know that like tobacco, alcohol causes cancer. Some health advocates want liquor distributors to be required by law to put labels stating that alcohol causes cancer on the bottles. Guidelines are not mandates. They are just guidelines, based on aggregated data. How much one can safely drink is an individual matter. We all have different tolerances, and different states of health. As with other

health matters, we should be talking to our doctors about our drinking habits and learn more about our personal risk levels, especially anyone taking one or more medications which may not mix well with alcohol.

Doris put down her phone, sipped the last of her lemonade and looked at me as if to ask: so what are you going to do with this information? Let me be frank, I do drink a glass or two of wine most evenings, and always when enjoying an evening meal with friends. I was comfortable with the “old” 2011 guidelines. I didn’t feel ready to bring the latest guidelines on board just yet. So, to avoid addressing the subject for myself, I asked Doris how she was doing with reconsidering her relationship with alcohol.

Any reduction in alcohol consumption, even a small one, would be helpful to my overall health.”

“The first thing I did was to set up a virtual appointment with my family doctor”, Doris explained. “I am very fortunate to still have the same one I have been seeing for the past 20 years. She knows all about my health, my medications and my psychological makeup. We had a very helpful chat about the new guidelines, and what changes I should make in my drinking habits to keep my health risk from alcohol low. She likes the new guidelines, if only because they have been stimulating conversations with her patients like the one we were having. Thankfully, she did not urge me to stop drinking completely. She

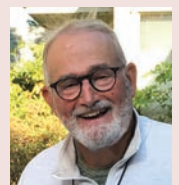
said my level of risk was quite low, and the modest amount I drank would not cause trouble with my medications. But she emphasized that any reduction in my consumption, even a small one, would be helpful to my overall health, and could even extend my life. Drinkers like you and me are not “addicted” to alcohol. Rather, we simply have an unhealthy habit we enjoy, and dropping old habits is hard to do. We have what my doctor called ‘habit memory’.

“So I am working on changing my habits so I can meet the low risk level of the new guidelines,” Doris continued, “while being kind to myself at the same time. I am giving myself months, not weeks. Right now I am experimenting with non-alcoholic alternative drinks, some quite enjoyable, to see what might replace my favourite wine. I found a booklet written by a young bartender who offers recipes for “mocktails”, which contain some very interesting and exotic taste mixtures. He calls the drinks “sophisticated”! I plan to mix some and decide for myself. I hope to limit my alcoholic wine drinking to special occasions with friends.”

As we got up to leave, Doris finally asked me the question I was dreading: “So, what about you, Tony? Are you going to be changing your drinking habits?”

“I am asking myself that very question,” I replied, “but I think you have inspired me to give it a try. The way I feel about my life at this point, it is very much worth living for as long as possible.”

**Tony DuMoulin**  
is a JSA Board  
Member and Chair  
of its Advocacy  
Committee.





# BREATHING FOR LIFE: HOW WE BREATHE MATTERS

Written by Janet Nicol

**H**ow we breathe matters. This is the key message offered by American journalist James Nestor in his best-selling book, *Breath: The New Science of a Lost Art*, (Riverhead Books, New York, 2020).

“The missing pillar in health is breath,” he asserts. “It all starts there.”

The author’s personal respiratory problems led him on a ten year quest to learn about the art—and science—of breathing. Besides sharing his own treatments and breathing techniques with readers, he provides extensive research and interviews with a wide range of experts and lay people. The book reads like an adventure novel, as

the author pokes in to the past for causes and solutions to our breathing practises.

*Breath* also fills a gap in medical research and taps into a widespread societal need, given the significant number of people with breathing difficulties such as asthma, sleep apnea and snoring. Over-breathing may be the cause of hypertension and headaches, Nestor contends, and not the symptom. He notes pulmonologists are focussed on lung emergencies and not preventative strategies.

“Researchers showed that many modern maladies could either be reduced or revised by changing the way we inhale and exhale,” Nestor writes, “upending beliefs in Western medical science.”

It is essential to breathe through the nose—not the mouth, he concludes. “The perfect breath is for about 5.5 seconds, then exhale for 5.5 seconds. You can practice this perfect breathing for a few minutes, or a few hours. There is no such thing as having too much peak efficient in your body.”

The author explains how we normally take 3.3 seconds to breath in oxygen and breath out carbon dioxide. Contrary to the common assumption that our bodies need more air, we actually need more carbon dioxide. Western doctors typically don’t check the balance of oxygen and carbon dioxide in our bloodstream, Nestor points out, or

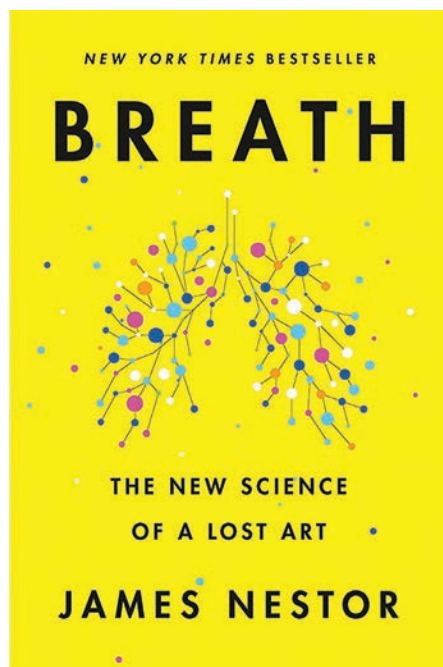
how we breathe and the quality of each breath. Yet our breathing affects the size and function of our lungs, he contends, and allows us to hack into our own nervous system, control our immune response and restore our health.

The history of our respiratory system can be found in surprising locations, as Nestor finds out, such as the catacombs of Paris, the streets of Sao Paulo, Brazil and the Indus Valley. Many early disciples of slow breathing were not scientists, he also learns. Rather they were tinkerers from all backgrounds.

It is essential to  
breathe through  
the nose—not  
the mouth. ”

Past practitioners of breathing techniques include a medical doctor treating traumatized soldiers in the American Civil War. Books of the Chinese Tao dating back to 400 BCE focussed on breathing. Hindus and Buddhists considered breathing a powerful medicine. Nestor’s interviews with like-minded contemporaries range from members of the medical community to coaches in the field of sports. He concludes proper breathing is a lost art, not a new discovery, as underscored in the subtitle of his book.

Readers with serious breathing issues may want to consult their own physician, in conjunction with Nestor’s breathing exercises, as provided at the end of the book. Readers will also want to keep in mind Nestor is approaching his subject as an ‘everyman’ as opposed to a medical expert. That said, *Breath* is flying off the shelves for its readability



and practical wisdom. Testimonials on the Vancouver Public Library website show people who have read the book and followed his advice are exercising more effectively and having deeper sleeps.

Neil Godbout, editor at the *Prince George Citizen*, out of northern BC, decided to try one of Nestor's suggestions and taped his mouth shut before going to sleep. In an article published (in print and on line) last January, Godbout writes about the results—no snoring and a “quieter, deeper sleep.” All that is required, Godbout suggests, is paper medical tape from the pharmacy. “Rip off a short moustache strip each night, and tape those lips together.” Godbout writes it is not as restrictive as one might think. “Forced nose breathing demands calmness,” he writes, “the exact state you want to be in after the lights go out and your head hits the pillow.”

For a more detailed breakdown on

the science of breathing, Nestor recommends *The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You* by Patrick McKeown (New York, NY: William Morrow, 2015). Also consider the recently released, *Breathe In, Breathe Out: Restore Your Health, Reset Your Mind and Find Happiness through Breathwork*, by Stuart Sandeman (Toronto, Hanover Square Press, 2022). Indeed, Nestor predicts there is and will continue to be a lucrative consumer market for breathing techniques.

Breathworks is a private alternative medical practise in Vancouver offering individual and group “mind-body” sessions, including breathing exercises. Several Yoga and Pilates studios employ instructors who encourage deep breathing exercises in their classes. Vancouver Coastal Health

provides online breathing exercises at the following link: <https://www.healthlinkbc.ca/illnesses-conditions/rehabilitation-and-exercise/stress-management-breathing-exercises>.

Nestor's breathing techniques can be found in the form of videos and apps, available at his website: <https://www.mrjamesnestor.com/>. The best advice the author offers however is simple and without a price tag: breathe slowly and through your nose.

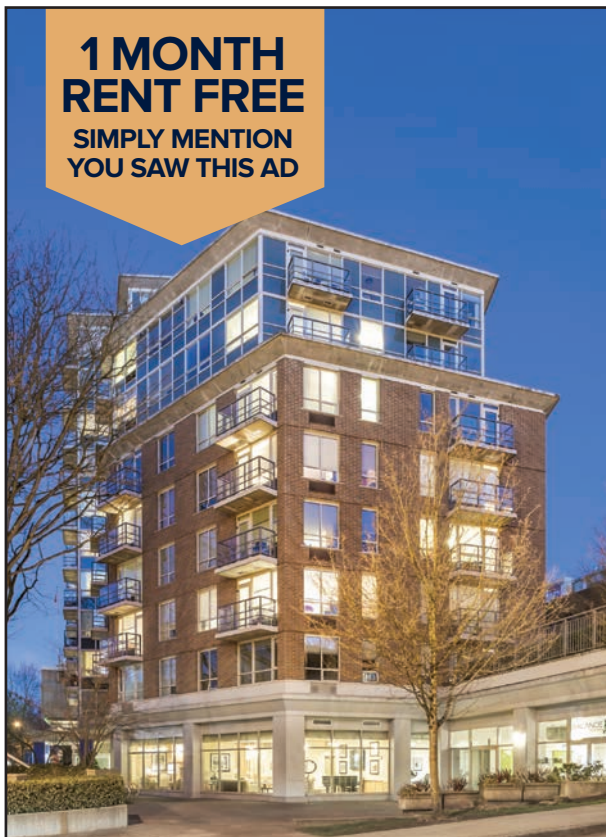


**Janet Nicol** taught at a Vancouver high school for 29 years and is a freelance writer with a blog at <http://janetnicol.wordpress.com/>

*Sponsored by*

GYDA CHUD

**1 MONTH  
RENT FREE**  
SIMPLY MENTION  
YOU SAW THIS AD



Boutique 55+ retirement community in the heart of South Granville, close to theatres, restaurants and shopping. Beautiful city and mountain views with a roof top deck plus outstanding dining.

**CALL CHERYL AT 604-816-6350 TO  
BOOK YOUR PERSONAL TOUR**



Join us for lunch at one of our special  
Taste of Terraces events –  
call now to reserve your spot

**TERRACES**  
*on Seventh*

1570 W 7th Ave, Vancouver, BC V6J 5M1  
604.816.6350  
[terracesonseventh.com](http://terracesonseventh.com)

Contact [ccook@wcsh.m.com](mailto:ccook@wcsh.m.com) for more information



## SENIOR NUTRITION

# Eat The Rainbow

Written by Fran Berkoff

**W**e all know a healthy diet is important at any age and especially as we age. It plays a huge role in creating and maintaining a strong body and in lowering our risk for disease. It's never too early or too late to start maximizing the power of a healthy diet and lifestyle. Here are some important steps you can take.

### ***Drink, Drink, Drink***

What we don't hear as much about is dehydration, a common but often overlooked issue for seniors. As you age, your thirst signal decreases so you may not feel thirsty even if you are and you may not know when your body needs hydrating. Regardless of the temperature outside, you must stay hydrated. Your goal should be six to eight cups of fluid a day. The good news is that all drinks (except alcohol), including tea, juice, milk and even soup counts.

Fortunately, water is a star player because it's free of calories, sodium and sugar. Aim to drink a glass at every meal and keep a bottle in the

fridge and one in your car. If you're not a big drinker, start slowly and gradually increase. If it's difficult to drink a whole glass at a time, try sipping it through the day.

Not a fan of plain water? Consider sparkling or carbonated or add lemon or lime slices. And don't forget watery foods—lettuce, celery, cucumber, watermelon, tomatoes, spinach and berries.

Since some medical conditions have specific fluid restrictions and needs, best to check with your health care professional before making big changes.

### ***Protein Power***

Because appetites decrease with age and sometimes your interest in food wanes, getting enough protein can be a challenge. In addition, there are rising food costs that can influence your food choices.

Protein is the building block of your bodies and essential to maintain and repair our muscles. Aging can bring a loss of muscle mass which can unfortunately impact your lives in many ways. You may already find it more difficult to get up from a chair, lift your grandbabies or even carry a bag of groceries. Falls and fractures are more likely.

While good quality protein comes from animal sources such as fish, poultry, lean meat, milk, cheese, yogurt and eggs, it's good to know there are excellent sources of plant protein in lentils, beans, soybeans,

***The more colorful, the better!***



tofu, fortified plant beverages, whole grains, nuts and seeds.

To keep up your energy, it's best to spread your protein throughout the day. Plan to have some at each meal and at snack times. For example:

- Breakfast or lunch of scrambled or poached eggs on a whole wheat English muffin.
- Have a nutritious smoothie of Greek yogurt and fruit. Consider adding peanut or almond butter for extra flavor and protein.
- Make oatmeal with milk or a soy/almond or coconut beverage and sprinkle with a handful of seeds.
- Enjoy a salmon, tuna or egg sandwich.
- Add cheese to your mashed potato.
- Snack on whole wheat crackers or pita with cheese, hummus or peanut butter.
- Scatter a tossed salad with tuna, chickpeas or edamame.
- Have lentil soup with whole grain bread.

### ***Eat The Rainbow***

Fruits and vegetables of all colors provide fiber, vitamins, minerals and a load of protective antioxidants.

Remember that frozen or canned are not a nutritional cop-out, sometimes being more nutritious than fresh. With canned, look for reduced salt and sugar free options. If slicing and chopping are a challenge for you, buy pre-cut. And, of course, the more colorful, the better.

#### **Some suggestions:**

- Try to incorporate fruits and/or vegetables in all meals and snacks.

- Enjoy a sliced banana or mango on your cereal, in yogurt or in a smoothie.
- Snack on berries and sliced melons.
- Dip raw veggies in hummus or guacamole.
- Buy jars of vegetable soups.
- Frozen mixed vegetables are great sides at your main meal and usually less expensive than fresh.
- Add extra vegetables to top your pizza.
- Make applesauce with left over apples.
- Canned mandarin orange sections are an easy dessert.

### ***Ordering In***

Most home delivery services offer nutritional options and often discounted starter trials. For example, Heart to Home Meals ([www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)) gives you a wide selection of frozen meals, even mini meals, and is able to look after most special dietary needs. These certainly are helpful if you are living on your own or just have lost interest in cooking. Discuss with friends and family to see which meal service best suits you.

### ***Some Helpful Tips***

- Discuss supplements with your physician or care person. For example, it's almost impossible to get enough vitamin D from foods alone and a supplement of 800 to 1000 IU is generally recommended. Also, adults over 50 may not be absorbing enough B12 from foods and a supplement may also be recommended.
- Stick to a regular scheduled meal plan as much as possible.
- Limit your intake of processed foods.

## ***Stay Active***

While you're at it, don't forget exercise. Physical activity, especially resistance exercise, is very important for maintaining muscle mass as you age. It's never too late to regain some muscle and maintain it with a combo of resistance training and adequate protein.

- If you're not motivated or find it tiring to cook a dinner meal, try switching your hot meal to lunch time and follow with a lighter meal in the evening.
- If you don't feel as hungry as you used to, try mini meals/snacks through the day.
- Enjoy a meal or two with family, neighbors or friends. Eating with others can help your appetite.

**Fran Berkoff** is a Toronto based consulting dietitian whose practice combines nutrition, counseling, writing and delivering nutrition seminars and workshops.



*Sponsored by* **FRANCES BELZBERG**



# IN YOUR COMMUNITY, AT YOUR SERVICE



**BRENDA BAILEY**

Vancouver-False Creek  
(604) 775-2601

[Brenda.Bailey.MLA@leg.bc.ca](mailto:Brenda.Bailey.MLA@leg.bc.ca)

f /BRENDA BAILEY BC  
t @BRENDA BAILEY BC  
i @BRENDA BAILEY BC



**DAVID EBY**

Vancouver-Point Grey  
604-660-1297

[David.Eby.MLA@leg.bc.ca](mailto:David.Eby.MLA@leg.bc.ca)

f /DAVE.EBY  
t @DAVE\_EBY  
i @DAVIDEYBC



**NIKI SHARMA**

Vancouver-Hastings  
(604) 775-2277

[Niki.Sharma.MLA@leg.bc.ca](mailto:Niki.Sharma.MLA@leg.bc.ca)

f /NIKISHARMAVANCOUVERHASTINGS  
t @NIKISHARMA2  
i @NIKISHARMA.BC



**SPENCER CHANDRA HERBERT**

Vancouver-West End  
(604) 660-7307

[S.ChandraHerbert.MLA@leg.bc.ca](mailto:S.ChandraHerbert.MLA@leg.bc.ca)

f /SCHANDRAHERBERT  
t @SCHANDRAHERBERT  
i @SCHANDRAHERBERT



**GEORGE CHOW**

Vancouver-Fraserview  
(604) 660-2035

[George.Chow.MLA@leg.bc.ca](mailto:George.Chow.MLA@leg.bc.ca)

f /GEORGECHOWBC  
t @GEORGECHOWBC  
i @GEORGECHOWBC



**GEORGE HEYMAN**

Vancouver-Fairview  
(604) 775-2453

[George.Heyman.MLA@leg.bc.ca](mailto:George.Heyman.MLA@leg.bc.ca)

f /GEORGEHEYMAN  
t @GEORGEHEYMAN  
i @GEORGEHEYMAN



**FROM YOUR VANCOUVER BC NDP MLAS**



Confident  
smiles  
transform  
lives.

DISCOVER  
TRANSFORMATIONAL  
DENTISTRY AT ANY AGE

If you are thinking about having a straighter, more complete, or whiter smile, Dr. Kwong has a suite of dental options uniquely customized just for you. Call today and discover how a Dr. Kwong smile will transform your life.

604.261.9111

- Smile Design and Whitening
- Restorative Dentistry and Invisalign®
- Dental Implants and Teeth Replacement

**inspire**  
DENTAL GROUP

DR WILSON J KWONG | [INSPIREDENTAL.CA/OAKRIDGE](http://INSPIREDENTAL.CA/OAKRIDGE)

Oakridge Centre South Tower, Suite 218 – 650 West 41st Avenue, Vancouver, BC Canada V5Z 2M9



**HEADSTONES**  
ADDRESS STONES



RELIABLE – QUALITY GUARANTEED  
FAST DELIVERY, LATEST TECHNOLOGY  
FRIENDLY– COMPATONATE  
RESPECTFUL



Yeartown Monument Ltd.



**YEARTOWN MONUMENT**

135 - 5751 CEDABRIDGE WAY, RICHMOND

ASK FOR AMANDA 604 - 270 - 1219

LOCALLY OWNED CANADIAN COMPANY

**KERRISDALE  
PHARMACY**

*"For over 45 years we have helped  
generations of families stay  
healthy and happy.  
We'd love to help you too."*

Colin Holyk,  
Pharmacist and Owner

**Specializing in Medication Compounding**

prescription delivery • compression stockings • vaccines/flu shots  
sport & injury rehab braces • homeopathic remedies • online orders  
organic skin care • vitamins & nutritional supplements

5591 West Boulevard (@ 40th Ave), Vancouver, BC V6M 3W6

604-261-0333

[www.kerrisdalepharmacy.com](http://www.kerrisdalepharmacy.com)



BAIRED  
**Challah**

WORLD FAMOUS JEWISH SWEET EGG BREAD

KOSHER LACTOSE FREE NO ANIMAL FAT PARVE

**NOW AVAILABLE in the ff. LOCATIONS**

**RICHMOND**

SAFEWAY  
Seafair No. 1 Rd.  
SAVE-On Foods  
Ironwood  
Terra Nova  
SUPERSTORE  
No. 3 Rd.  
PRICE SMART  
No. 3 Rd/ Ackroyd  
FRESHCO  
No. 3 Rd & Williams  
HAPPY HOUSE  
Supermarket  
Blundell & Railway Ave  
**COQUITLAM**  
SAFEWAY Burquitlam  
(Clarke Rd & Como Lake)

**VANCOUVER**

Omnitsky Kosher  
41st & Oak  
SUPERSTORE  
Marine Dr. & Main  
SAVE-On Foods  
Dunbar & 41st  
SAFEWAY  
King Edward & oak  
Marpole (70th/ Granville)  
Arbutus  
MEINHARDT  
14th & Granville  
Loblaws CITYMARKET  
16th/ Arbutus  
STONG's Market  
Dunbar

**\*NEW LOCATIONS\***

SAFEWAY  
W Broadway  
(Broadway & Macdonald)  
SAVE-On Foods  
Kerrisdale  
(W 49th & West Boulevard)  
NESTER'S MARKET  
Main St. & 29th  
88 SUPERMARKET  
Main St. & 29th  
**VANCOUVER**  
88 SUPERMARKET  
49th & Elliot  
**NORTH SHORE**  
Congregation Har-El

#360 - 9100 Blundell Rd., Richmond, B.C. V6Y 1K3  
604-244-7888 • [gardencitybakery@gmail.com](mailto:gardencitybakery@gmail.com)



# HAIDA GWAI'I, A UNIQUE HISTORIC ARCHIPELAGO

Written by Sheila Delany

**H**ello from Haida Gwai'i, the archipelago—formerly known as the Queen Charlotte Islands—at the northwestern edge of the province and the country. This is the ancient territory of the Haida nation, a seafaring, warfaring, slave-holding, trading and art-making people. It lies about 350 km (around 215 miles) north of Vancouver Island. Its southern portion, Gwai'i Haanas, is a protected National Park Reserve and Haida Heritage Site, uninhabited except for seasonal Watchmen who supervise it, controlling access to trails, seashore and abandoned Haida villages decaying back into the forest; from these sites were taken many artifacts now at UBC's Museum of Anthropology. The Haida language is a linguistic isolate

with several dialects; SFU supports a program there to record and teach it.

On the northern portion, one road connects six villages (one of which, until recently, called itself, with some grandiosity, Queen Charlotte City). Skidegate is an important cultural centre; carving and indigenous language are taught, and there is a fine small museum of artifacts and documents. Charles Edenshaw, Bill Reid, Robert Davidson and many other artists worked here and still do, weaving, painting, carving in various materials. At Old Masset at the end of the road, artifacts are bought by collectors and institutions worldwide. Port Clements has a fascinating historical museum and the site of the tragic story of the Golden



**Haida totem pole by master carver Kiltthguulans Christian White found on the North shore of Graham Island near Tow Hill. (Credit: Chase Clausen, 2019)**

Spruce. From the northern coast, a speck of southern Alaska, also part of Haida territory, is visible. The beaches are pristine, and isolation has given the area distinctive plant and animal species. If you walk along that road or by the tidal Tlell River, you get the scents of meadow, forest, and sea. I remember Emily Dickinson's lines: "Inebriate of air am I/ And débauchée of dew".

Haida numbers fell drastically after contact with European colonial settlers and their diseases; today about 5,000 people live on Haida Gwai'i, fewer than half of them Haida. The first export of interest to Europeans and Russians was sea-otter pelts, resulting in the near extinction of that animal. Fisheries, whaling and timber soon took over, with devastating consequences for the environment and limited access to their traditional lands for the Haida people. Major corporate players in the province were the Hudson's Bay Company (early on), MacMillan Bloedel, Weyerhaeuser,



**Skedans (Koona or K'uuna Llnagaay) is an ancient Haida village which is part of the Gwai'i Haana National Park Reserve in Haida Gwai'i. (Credit: Chase Clausen)**

Western Forest Products and, more recently, BC Hydro.

But Haida Gwai'i is more than nature; it's fight. The territory's condition and its new name are due to Haida militancy. BC differs from other provinces in that most of its land is unceded, i.e., without treaties with aboriginal inhabitants. Thus First Nations here have legal claims within the present colonial-settler system and have won significant court victories. First Nations blockades of logging roads were organized starting in the 70s; they continue to this day all over the province and the country to protect hunting, fishing and ceremonial sites from mining, dam construction, or new ski or golf resorts. One of the best known was at Clayoquot Sound near Tofino in 1993, preceded by several others there during the 80s.

In Gwaii Hanaas, the long, militant 1985 blockade on Lyell Island, together with its ensuing legal cases and treaty agreements with federal and provincial governments, eventually produced the current cooperative system of governance. There are no guarantees for the future in this arrangement, as ownership remains tactfully undefined; and none of it compensates for Canada's national disgrace, the long genocidal attack on aboriginal people and cultures. But see Haida Gwai'i for yourself, and meet some of the people who were here first.

### TO FOLLOW UP:

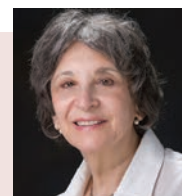
John Vaillant, *The Golden Spruce: A true story of myth, madness and greed.*

Karen Duffek, ed. *Bill Reid and beyond. Expanding on modern native art.*

Glen Coulthard, *Red skin, white masks. Rejecting the colonial politics of recognition.*

This article first appeared in the SFU Retirees Association Newsletter in September 2016 and is reprinted with the editor's and the author's permission.

**Sheila Delany** is Professor Emerita of English at Simon Fraser University in British Columbia and the author of *Medieval Literary Politics*, among other books. She now writes for SFURA, the online publication of SFU Retirees Association.



Sponsored by

DOLORES LUBER

# WE'RE HERE FOR YOU

Your local BC Liberal MLAs

**KEVIN FALCON**  
LEADER OF THE OFFICIAL OPPOSITION  
MLA | VANCOUVER-QUILCHENA  
604-664-0748  
Kevin.Falcon.MLA@leg.bc.ca  
/kevinfalconbc  
@kevinfalcon  
@kevinfalconbc

**MICHAEL LEE**  
MLA | VANCOUVER-LANGARA  
604-660-8380  
Michael.Lee.MLA@leg.bc.ca  
/MichaelLeeBC  
@MichaelLeeBC  
@MichaelLeeBC

A message from your BC Liberal MLAs

**THE WEINBERG RESIDENCE**  
ASSISTED LIVING AND MULTI-LEVEL CARE FOR SENIORS

A WARM SENSE OF COMMUNITY  
AND EXCELLENT, AFFORDABLE CARE  
IN THE HEART OF OAKRIDGE  
**YOUR PEACE OF MIND IS WORTH IT.**

Call 604.261.9622  
or visit [weinbergresidence.com](http://weinbergresidence.com) to book a tour.

THE DR. IRVING & PHYLISS SNIDER CAMPUS FOR JEWISH SENIORS,  
SITE OF THE LOUIS BRIER HOME & HOSPITAL AND WEINBERG RESIDENCE



# HOUSING VANCOUVER'S JEWISH COMMUNITY

## PART ONE

Written by Michael Geller

Over the past 50 years, a considerable number of developments have been built to serve Vancouver's Jewish community. I have been fortunate to participate in many of them.

In 1974, I moved from Ottawa to Vancouver with CMHC, the federal housing agency. My role was to oversee the initial planning for Granville Island and redevelopment of the south shore of False Creek. I was also involved with the design and development of dozens of government-funded social housing projects.

One of the first was Maple Crest, a 3-storey 102 suite building at 2229 Maple Street for low-income independent seniors and individuals with disabilities. The Shalom Legion #178 Building Society, comprising Jewish war veterans, was the sponsor. Through the leadership of the late Adolph Ingre and John Gordon, the city was convinced to close off a portion of the street to enhance the development. Today Maple Crest continues to house Jewish seniors.

Alan Tapper, who immigrated to Canada from England with a longstanding interest in Jewish housing, once authored an excellent article in the *Jewish Western Bulletin*. Headlined *Jewish Seniors Housing had its roots in England*, he recalled how John Gordon played a significant role in another Jewish community development by the B'nai Brith Lions Gate Building

Society (now the Jewish Building Society). In the 1970s, it purchased land in the West End and partnered with the Netherlands Association for Senior Care led by Simon Oosterhuis. Simon was a dedicated volunteer and humanitarian with a particular interest in senior care, innovative housing, and health care. In 1993, the Queen of The Netherlands knighted him for his efforts.

Simon and John proposed an innovative concept for the property. It would provide multiple levels of care from independent housing to residential care on one site. Until then, CMHC, the Ministry of Housing, and Ministry of Health had never collaborated on a project.

With financial support from CMHC and the Ministry of Health, Haro Park Centre was officially opened in November 1980. Today it offers 154 complex care

residences and 64 subsidized apartments for independent and assisted living facility. However, over the years, the number of Jewish residents has reportedly declined.

In the 1970s, B'nai Brith and the Netherlands Association collaborated on another project located within the once controversial redevelopment of South Shore False Creek. While today this community is internationally acclaimed and a highly desirable place to live, prior to the start of construction, a senior city hall planner resigned since he thought it was a terrible place to build housing, especially for seniors and families.

In his *Jewish Western Bulletin* article, Alan Tapper recalls that John Gordon was also instrumental in getting another B'nai Brith development off the ground. Located at 1260 Howe Street, B'nai Brith Manor was completed in 1989. While some questioned the appropriateness of the location for Jewish people, the majority of the 65 suites were occupied by Jewish households, including many Russian immigrants.

Around the same time, the Richon Housing Cooperative was developed on West 71st between Granville and



View of Oak Gardens entry (Credit: Geller)

Southwest Marine Drive. It included twenty self-contained apartments catering to seniors and families with children. In a cooperative, the residents collectively own the building, but do not have title to the individual suites as they would in a condominium. However, they do have security of tenure. Upon completion, approximately 40% of the homes were occupied by Jewish households.

In the late eighties and early nineties several other Jewish housing initiatives got underway. By chance, I met Dr. Josephine Mallek at a wedding. When she learned I had been a CMHC architect helping to develop seniors housing around British Columbia, she urged me to develop a project for Vancouver's Jewish seniors. And she knew exactly where it should go—on the parking lot of the Jewish Community Centre.

I prepared concept sketches and met with the JCC Board. While all agreed the parking lot was a most suitable location for seniors housing, the board rejected the concept since expansion plans were being contemplated. Eventually I assembled four single-family lots along Oak Street between 42nd and 43rd. Thanks to the support of late Mayor Phillip Owen, the necessary zoning approvals were eventually obtained, and Morris Wosk and his son Ken agreed to partner with me.

The development, known as Oak Gardens, was completed in 1994. All forty-five homes were purchased by Jewish seniors. One day I plan to write a book about the building. It will have 45 chapters - one for each suite. There are so many marvelous stories to tell.

In the mid-nineties, the Yaffa Housing Society was formed by Robert Fisher and others. Its goal was to create a group home for Jewish individuals who



**It is hard to believe that the 3-storey Weinberg Residence was once a highly controversial development. (Credit: Weinberg Residence)**

required various degrees of supportive housing. In the next issue of *Senior Line*, I will provide more information about this and other wonderful Yaffa Housing Society initiatives.

In the late nineties, a committee led by the late Hershey Porte, Bernie Reed, and then Louie Brier Executive Director Ken Levitt began planning a significant development next to the Louie Brier Home and Hospital on Osler Street. While the proposal was controversial with many neighbours opposed, today the attractive Weinberg Residence offers both assisted living for those who wish to live independently, and multi-level care for those requiring more extensive nursing care. One day, we can expect to see significant expansions of the Louie Brier campus including much taller buildings along Oak Street.

Since the completion of the Weinberg residence, other new Jewish housing developments have been created. The Tikvah Housing Society has been instrumental in the development of most. Details of Tikvah's successes will be included in a future *Senior Line* magazine.

In the meantime, I invite readers to join me in remembering those in the community whose considerable efforts were instrumental in building Vancouver's Jewish community housing. They include Jerry Kushner, a past-president of the Jewish Federation Non-Profit Housing Society, realtor Marjorie Groberman, former JCC president Karl Taussig, and Arnie Nemetz who recently passed away.

Special thanks should also go to gerontologist Dr. Gloria Gutman and structural engineer Geoff Glotman. Without their efforts, and the generous contributions of so many others, the homes described in this article would not have been built.



**Michael Geller**  
FCIP, RPP,  
MLAI, Ret.  
Architect AIBC is  
a JSA director with  
a longstanding  
interest in community housing. He  
can be reached at [geller@sfu.ca](mailto:geller@sfu.ca), on  
twitter @michaelgeller and at [www.gellersworldtravel.blogspot.com](http://www.gellersworldtravel.blogspot.com).



# HOW TO SEARCH FOR LOST RELATIVES

Written by Lisa Abram

I was a curious, persistent child, and these qualities have extended well into adulthood. After my father's funeral in August 2021, I asked an older cousin of mine what happened to our great-grandmother; why did she not immigrate to Canada with our grandmothers? Having spent half my life looking at her portrait, that hung in my bubby's apartment, decades later I could not recall the muted answer that I received. Perhaps the reply was devoid of details to cloak the immense longing and sadness that my grandmother felt at leaving her mother behind, in 1924, when she committed to take the solo voyage to Canada from Romania.

But the response I received from my cousin—that our great-grandmother was killed in the Holocaust—both stunned and shocked me and sent me on a yearlong journey to uncover the truth. While my research was a personal one, its intuitive, self-reflecting approach can hopefully guide you.



Lea Perla Blumenfeld



Family Photo

## TALK TO THE EXPERTS

First, talk to your extended relatives. They are the gatekeepers of history in your family and can help identify who is in your photos. For me, my father's first cousin was able to unlock a key part of our family puzzle, telling me who stood beside my grandmother in a 1970 photo.

Additionally, one of the obstacles that I faced was navigating through a myriad of different family names—both real and adopted ones—arising from antisemitism in Romania, and the anglicizing of names in the Canadian immigration process. In this context, social media can be your best friend by connecting you with relatives that you lost touch with. One day I took notice that a cousin with a different spelling of our family name was a Facebook friend with my mother. Once I received her contact details, this distant cousin was able to tell me about the additional spellings of our respective grandparent's last names.

Ask relatives to get you reconnected with family members who may be able to answer your research questions.

Next, you may have neighbours, colleagues, family, or friends who work at an academic institution who can connect you to subject experts. It was fortuitous that I was able to talk to a Holocaust Studies professor who informed me about online databases specific to my needs. She also e-introduced me to colleagues, Holocaust survivors, and local members of my synagogue who told me stories about my bubby's *shtetl*, and of survival from the same forced labour camp that my family was sent to.

## ONLINE MUSEUM DATABASES

While you may not be able to fly to the museums that can support you, the next best thing is to surf their online databases and fill out a request for more information. When I was starting to get impatient with the delay in hearing from the U.S. Holocaust Memorial Museum, I turned a planned family vacation to Washington D.C. into a fact-finding mission and was able to talk with the museum librarian. Upon my return home, I was then sent an abundance of requested documentation.

The *Yad Vashem* online form to obtain information on my surviving great uncle (now deceased) eventually put me in touch with a staff member. This researcher then sent me an academic paper with historical context to better understand the Romanian-Nazi collaboration, and my great uncle's post-Holocaust paperwork held at the Arolsen Archives in Germany.

## LISTEN AND REFLECT

Next, I sought to verify our Jewish-Romanian family name. Sometimes casual conversations can hold the one clue that

you need to move your research forward. One day, a cousin told me about a family wedding in Halifax, and how she obtained her mother's immigration and ship records at the Canadian Museum of Immigration at Pier 21. I then realized that if I could get digitized scans of my grandmother's Canadian marriage license and that of her siblings, I would finally confirm our Jewish last names. Which I did!

At the same time, I obtained my grandmother and her siblings' Declaration of Passenger to Canada records from Pier 21. In reviewing the paperwork, it provided noteworthy details like place of birth, the name of their mother, who sponsored them, and their Canadian destination address. Once received, this information can then be used to further your research by looking up their Naturalization Records at Library and Archives Canada.

When this was initially overwhelming to organize, I created a free online account with My Heritage to add names of relatives (living and deceased) as I got deeper into the details.

Having family support is also key to a successful outcome with your research. Try to find one family member who can become your personal cheerleader. My father's first cousin helped identify family in photos, answered my questions about genealogical relationships in her generation, and encouraged my research efforts when I felt emotionally exhausted.

As the research journey can be long and winding, my most important piece of advice is to always be curious but patient. The payoff will far exceed your expectations and delight your relatives with the fruits of your labour.

## ADDITIONAL RESOURCES

- **UVic story: Puzzles from the Holocaust (Lisa Abram's family story):** [www.uvic.ca/news/topics/2023+holocaust-puzzles+news](http://www.uvic.ca/news/topics/2023+holocaust-puzzles+news)
- **U.S. Holocaust Memorial Museum:** [www.ushmm.org](http://www.ushmm.org)
- **Yad Vashem:** [www.yadvashem.org](http://www.yadvashem.org)
- **Arolsen Archives:** <https://arolsen-archives.org/en/>
- **Canadian Museum of Immigration at Pier 21:** <https://pier21.ca/>
- **My Heritage:** [www.myheritage.com](http://www.myheritage.com)

**Lisa Abram** is a Communications Officer at the University of Victoria.



**Temple Sholom**

# **SHOLOM SHISHIM**

## **Monthly lunch and program for Seniors**




Led by  
**Cantor Shani Cohen**


More information:  
**[www.templesholom.ca](http://www.templesholom.ca)**

7190 Oak Street, Vancouver, BC, V6P 3Z9  
604.266.7190 [info@templesholom.ca](mailto:info@templesholom.ca)  
[www.templesholom.ca](http://www.templesholom.ca)

## Proud to serve you as your MLA

for Richmond North Centre





**TERESA WAT**  
MLA | RICHMOND NORTH CENTRE  
**604-775-0754**  
[Teresa.Wat.MLA@leg.bc.ca](mailto:Teresa.Wat.MLA@leg.bc.ca)  
f /teresa.wat3  
t @Teresa\_Wat

A message from your local MLA

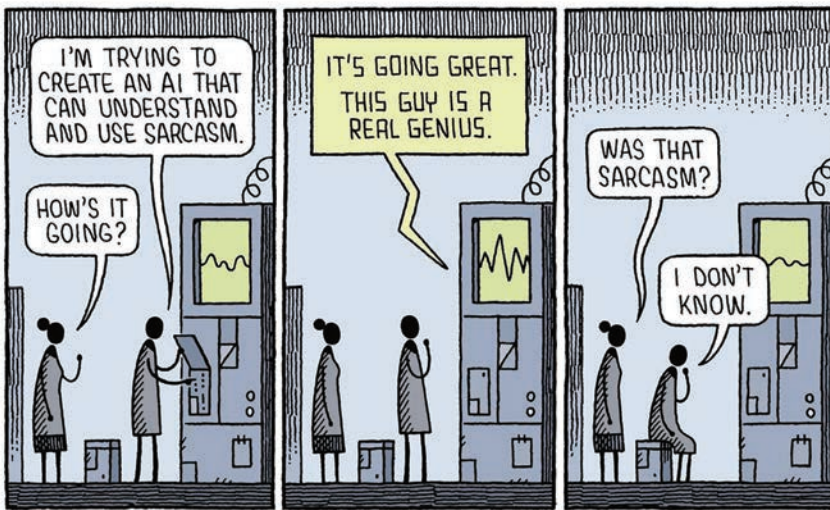


# HUMOUR!

My face in the mirror isn't wrinkled or drawn.  
My house isn't dirty. The cobwebs are gone.  
My garden looks lovely and so does my lawn.  
I think I might never put my glasses back on.



**IT'S BETTER TO  
GROW OLD WITH  
A SENSE OF  
HUMOR THAN  
TO GROW OLD  
WITH NO SENSE  
AT ALL**



TOM GAULD for NEW SCIENTIST



I like having  
conversations  
with kids.  
Grownups never  
ask me what  
my third favorite  
dinosaur is.

We live in a  
time when  
smart people are  
being silenced  
so stupid  
people won't be  
offended.

Reading gives us  
someplace to go  
when we have to stay  
where we are.



~ Mason Cooley

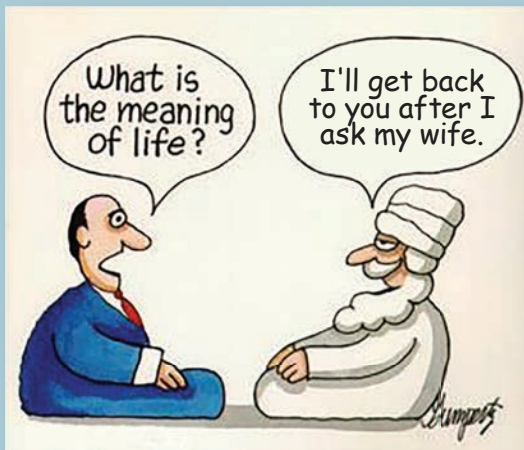
CONGRATULATIONS TO OUR WINNERS:

**SHIRLEY COHN**

"I'll get back to you after I ask my wife."

**MORRIS HAROWITZ**

"Beats me!"



## CARTOON CAPTION CONTEST

THANK YOU TO ALL OUR CONTRIBUTORS,  
READ THEIR ENTRIES BELOW:

### What is the meaning of life?

Why are you asking me? I'm going to the  
Hillel costume party

- **Edward Korbin**

I can't answer that question yet, I've only been reading  
*Oprah Magazine* for six months now.

- **Leslie Benisz**

I'm too young to answer that. Get back to me in maybe...  
Three hundred years!

- **David Kirkpatrick**

Let me go turn on my computer.

- **Shirley Cohn**

1. Oy! Don't ask!! More important untangle my legs.

2. Meaning! Smeaning! More important to go to  
*shul* and to keep shabbos.

**Alex Kliner**

Your guess is as good as mine!

- **Morris Harowitz**

1. Ommmmmm not sure.

2. That's beyond my pay grade. You'll have  
to ask a higher authority

- **Barry Corrin**

*Nu*, so what's new?

- **Dan Propp**

## ENTER THE CARTOON CAPTION CONTEST!

Write a caption, fill in the blank:

"iPhone," "iPod," "iPad," "\_\_\_\_\_"

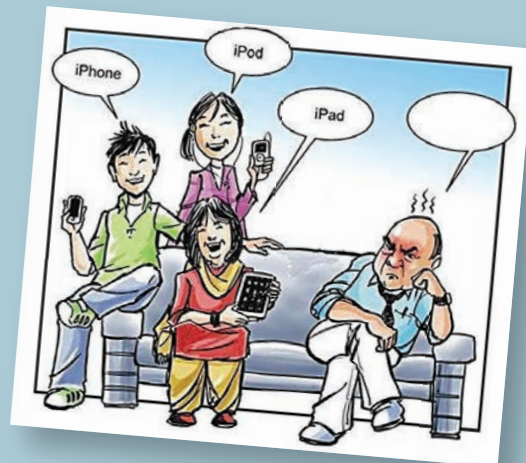
and send it to us by mail or email by October 2023.

**Jewish Seniors Alliance**

**800 East Broadway, Vancouver, BC V5T 1Y1**

**Email: [office@jsalliance.org](mailto:office@jsalliance.org)**

Be sure to include your name and address. The author of the winning caption will receive a JSA T-shirt and two Tribute Cards worth \$18.00 each. We will publish the cartoon with your caption in the next *Senior Line*.





# Folk Music

## THE MELODY AND THE MESSAGE

Written by Kenneth Levitt



**W**hat is folk music?

There are dozens of definitions. For the purpose of this column, I am going to suggest the following: the word 'folk' refers to the common people of a nation. Folk music is a traditional or composed song that speaks about their lives, struggles, aspirations and how individual and society's woes can be resolved. Not every folk song has a political message. The majority of folk music makes us happy; we want to be entertained and to sing along.

This piece is defined by those folk song groups and individuals that have a personal meaning for many.

There is no right or wrong regarding the origins of folk music. Some believe it came from the European settlers who brought their music and stories that were remembered by the oral tradition and passed down from generation to generation. It was a way to glorify folk and peasant life. Others believe folk music was a by-product of the Afro-American experience. For Black America, it was an expression of a downcast and marginalized people. Contemporary folk music was primarily developed and popularized in the USA.

When trying to recall the early folk singers and groups we need to delineate those artists whose music became the songs we loved and sang. It started in the 1950s and peaked in the 1960s. There are a number of individuals and groups who made folk music special.

All of the artists can be found on YouTube.

# Huddie Ledbetter

## BETTER KNOWN AS LEAD BELLY 1888-1949

Any discussion of folk music must begin with Lead Belly whom many consider the father of contemporary folk music.

He was in and out of jail and prison a number of times for a range of charges from committing petty crimes to being charged with murder.

Impresarios who saw Lead Belly perform were instrumental in having his prison time reduced and even arranged early releases.

His genre was folk music and the blues and he was a master of the 12-string guitar. His music style was related to the growing Black culture.

Music historians are not sure if Lead Belly wrote the songs he played and sang or was a collector of songs. In any event, he had a very large repertoire of songs.

Some of his works were popularized by music performers that many of us can recall. Here are a few that became part of mainstream commercial music:



- Jimmy Rodgers - *Kisses Sweeter than Wine*
- Lonnie Donegan - *Rock Island Line*
- Tennessee Ernie Ford - *Sixteen Tons*
- Trini Lopez - *If I Had a Hammer*
- Harry Belafonte - *Pick a Bale of Cotton*



## Woody Guthrie

### (ARLO'S FATHER) 1912-1969

Guthrie had a natural affection for music and was an accomplished guitar and harmonica player. He learned traditional English and Scottish songs.

Guthrie spent time in the U.S. Dust Bowl in the 1930s and eventually moved his family to California. He knew firsthand what poverty and unemployment were and this had a profound effect on his music and socio-political beliefs and activities.

Guthrie wrote many country, folk and children's songs and was a major influence on Bob Dylan, Pete Seeger, Johnny Cash and Tom Paxton to name a few.

While living in Southern California, Guthrie was introduced to socialism and communism. Although he never joined the communist party he considered himself a fellow traveler.

We can characterize his music as pro-union, anti-war, anti-fascism and had an affinity for the Soviet Union.

Among the songs he wrote was *This Land is Your Land*. This song was in response to Irving Berlin's *God Bless America*. Guthrie's was written during the Depression when people were standing in relief lines, hungry and out of work.

In addition to *This Land is Your Land*, Guthrie wrote *The House of the Rising Sun*, *Cumberland Gap* and *The Sinking of the Reuben James*.

## The Weavers

The Weavers consisted of Ronnie Gilbert, Lee Hays, Fred Hellerman and the iconic Pete Seeger.

They were formed in 1948 and disbanded in 1954. During their performances in New York's Village Vanguard, they had two big hits that popularized, *Tzena, Tzena* and





*Irene Goodnight.* Their music was often anti-war and pro-desegregation as they not only sang about the woes of the world but offered solutions. During the Red Scare of the early 1950s they were advised to soften their music messages.

They sang in many languages including Spanish, Hebrew and Indonesian.

*Wimoweh, Lonesome Traveler, On Top of Old Smokey* and *Guantanamo* were some of the popular songs of The Weavers.

They were the best in presenting folk music as an authentic art form rather than purely commercial. Their songs were often sung by other artists but never equaled.



## Peter, Paul and Mary

Peter Yarrow, Mary Travers and Paul Stookey were one of the most popular folk song singing groups.

There were two periods of this trio; their formation in 1961 and dissolution in 1969 and their re-formation in 1981 that lasted until 2009.

They were the inheritors of The Weaver's messages to society. We should consider them progressive as heard in many of their songs.

Their first album was released in 1962 and included *Lemon Tree, 500 Miles, If I Had a Hammer* and *Where Have All the Flowers Gone?*

In 1963, Peter, Paul and Mary performed *If I Had a Hammer* and *Blowin' In the Wind* at the August March on Washington, DC for Jobs and Freedom. The march was led by Dr. Martin Luther King Jr. Many of you will remember the extraordinary speech, "I Have a Dream".

In 1981 they re-united and continued the tradition of protest songs. But much of their music was pure entertainment which often included audience participation.

They released 14 albums between 1962 and 2003. On a personal note, one of my favorites is Gordon Lightfoot's *In The Early Mornin' Rain*.

Their songs are still popular and they often can be seen on PBS television programs.

The four individuals/groups noted above are but a small sampling of the many fine folk singers past and

present. A few who come to mind:

The Brothers Four, The Kingston Trio, The Chad Mitchell Trio, Ian & Sylvia, Bob Dylan, Arlo Guthrie, Joan Baez, Harry Belafonte, Theodore Bikel and Gordon Lightfoot. Hope this column brings back happy memories of an important part of our heritage.

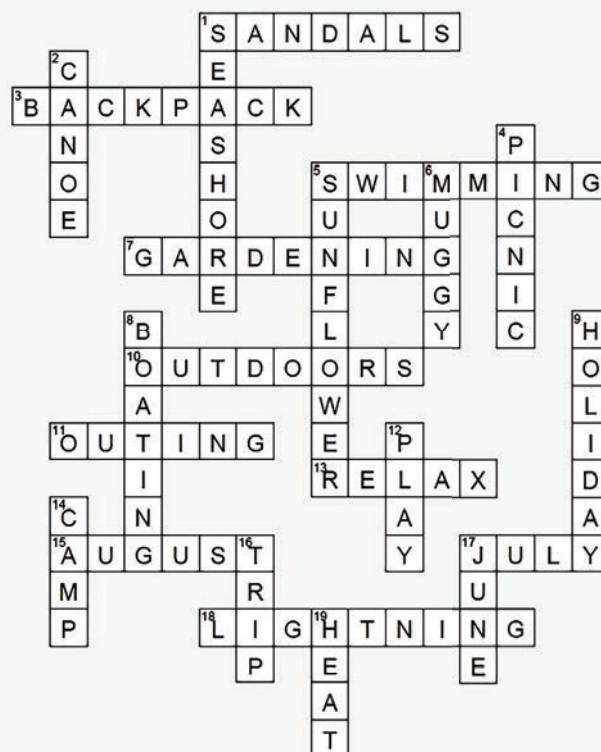
Hint, all the above and more can be found on YouTube.



**Ken Levitt** is Past-President of JSA and served as Administrator of Louis Brier Home

and Hospital from 1985-2002. He has a background in recreation, corrections, child welfare and services to seniors.

## CROSSWORD SOLUTION - PAGE 21





## All-Inclusive Real Estate Experience

We do it all, so you don't have to!

- ✓ Buying
- ✓ Selling
- ✓ Decluttering
- ✓ Storage
- ✓ Packing
- ✓ Staging
- ✓ Photography
- ✓ Marketing
- ✓ Moving



**TEAM KLEINER**  
REAL ESTATE PROFESSIONALS

**Konstantin & Mary**

Oakwyn Realty Ltd.

**604-332-8335**

[WWW.TEAMKLEINER.COM](http://WWW.TEAMKLEINER.COM)



## ACCESSING HEALTH SERVICES NOT COVERED BY MSP **A Resource Guide for BC Seniors**

Jewish Seniors Alliance (JSA) recognizes that in BC, our Medical Services Plan (MSP) specifically excludes coverage of dental, vision, hearing, and other services such as physio, massage, podiatry, and assistive devices. As a result, many do not receive necessary care and those who do are subject to high out-of-pocket costs.

JSA is pleased to present **Accessing Health Services Not Covered By MSP**. This Resource Guide provides information about financial benefits seniors are entitled to and tips on how to access some extended health services.



**To access the JSA Resource Guide visit [www.jsalliance.org](http://www.jsalliance.org) or scan the QR Code.**



Jewish Seniors Alliance of Greater Vancouver | 800 East Broadway | 604-732-1555 | [office@jsalliance.org](mailto:office@jsalliance.org) | [www.jsalliance.org](http://www.jsalliance.org)





# Support JEWISH SENIORS ALLIANCE

LEAVE A LEGACY TO THE JEWISH SENIORS ALLIANCE  
ENDOWMENT IN HONOUR OF SERGE HABER

## Celebrating 20 Years of Dedicated Service to Seniors in our Community

The only Jewish Seniors Organization that is run by Seniors and operates  
exclusively for all Seniors.

Join us as we commemorate two decades of dedicated service to our community and honour  
the extraordinary legacy of the Jewish Seniors Alliance founder, Serge Haber, whose vision, passion,  
and hardwork in making JSA an important organization, has improved the lives of so many seniors.  
We invite community members, organizations, and businesses to join us in this momentous endeavour.

We are elated to announce the establishment of the **Jewish Seniors Alliance Endowment in honour of  
Serge Haber**—at the **Jewish Community Foundation**. This is a testament to our commitment to empowering  
and supporting senior members in our community, by providing essential services, fostering social connections, and  
promoting the well-being of our valued seniors for years to come.

An endowment fund for the Jewish Seniors Alliance is a critical step towards ensuring the long-term stability and success  
of the organization. By providing a reliable income stream, the fund will allow JSA to continue its valuable work, sustain  
its programs and services, and expand outreach efforts. We invite you to support this worthy cause and contribute to the  
enduring well-being of seniors in our community. Together, we can make a profound difference in the lives of those who  
have contributed so much to our society.

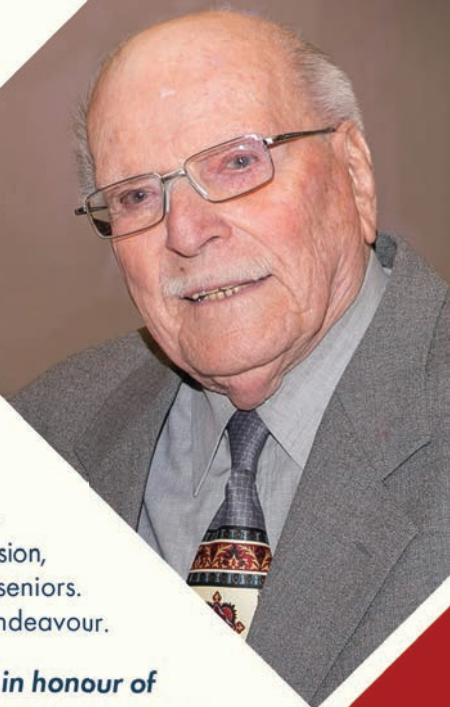
**For donations or bequests to the Jewish Seniors Alliance Endowment in Honour of Serge Haber, please  
contact the Jewish Community Foundation at 604-257-5100.**



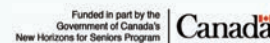
[www.jsalliance.org](http://www.jsalliance.org)  
604-732-1555



[www.jewishcommunityfoundation.com](http://www.jewishcommunityfoundation.com)  
604-257-5100



*Thank you*  
TO JSA'S SPONSORS:



The Phyllis and Irving Snider Foundation, other Foundations and our many generous Donors

Sender:  
 **Jewish Seniors Alliance**  
800 East Broadway  
Vancouver, BC V5T 1Y1

