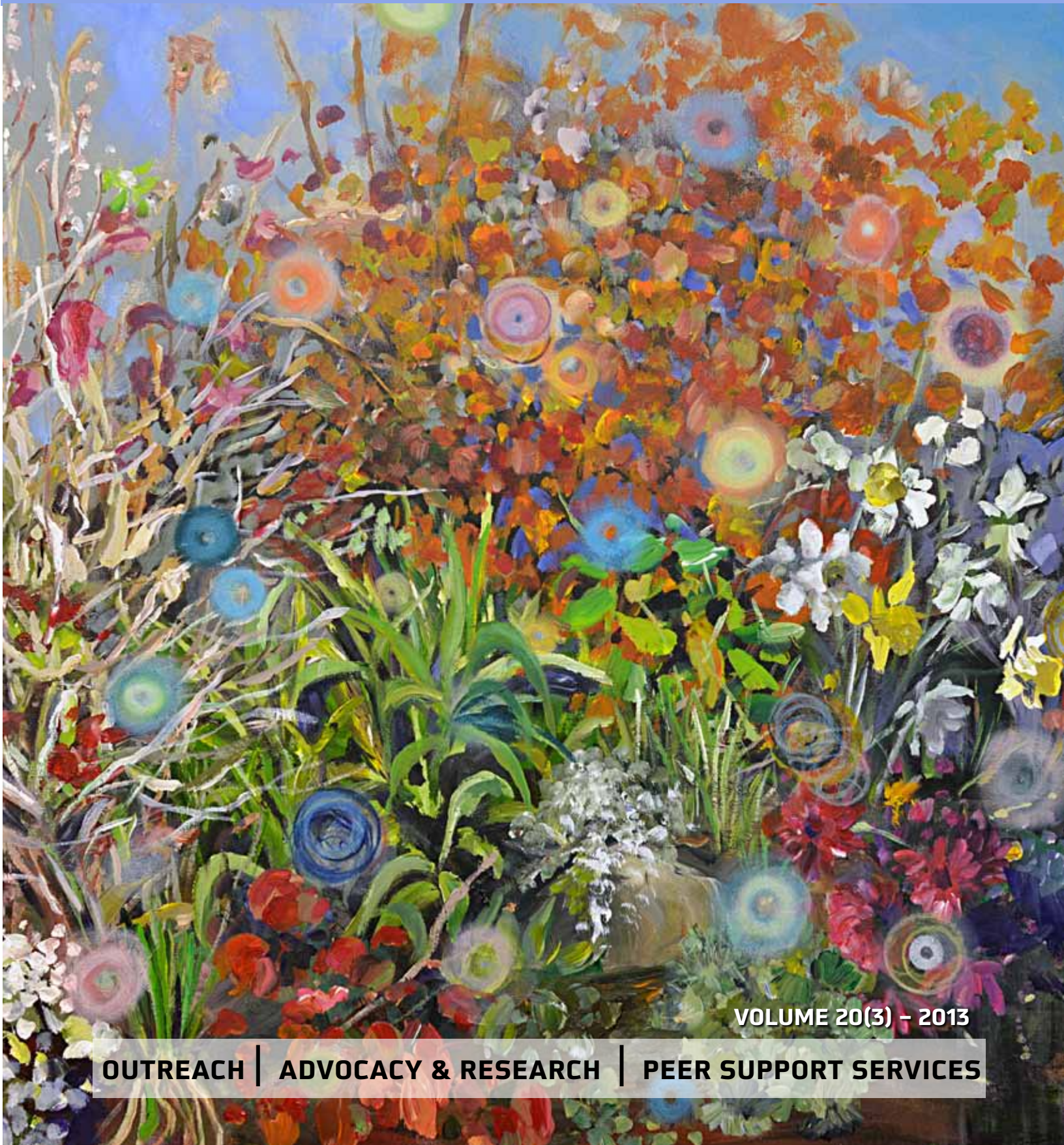


SENIOR LINE

Magazine of the Jewish Seniors Alliance of Greater Vancouver



VOLUME 20(3) - 2013

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES



**Jewish Seniors Alliance of Greater Vancouver
FALL SYMPOSIUM**

BC lags behind Monaco by 8 years in life expectancy; learn how to close the gap.

Live to 120: THRIVING



Sunday, November 3, 2013, 2-4:30 p.m.
Peretz Centre, 6184 Ash Street, Vancouver



Too many PILLS

Multiple-prescription drug use is on the rise among Seniors. When are pills really needed and when are they promoted?



Don't Just Do Something, Sit There! When Less is More in Senior's Health. Challenging the present concept of medical care for older adults.

Dr. Margaret McGregor is a clinical associate professor and a Director of Community Geriatrics with the UBC Department of Family practice. She is researcher in health services policy, and a family physician.



Medical Myths you never learn about before it's too late

Dr. James McCormack is a Professor of Pharmaceutical Sciences at UBC. He is a renowned speaker and gives seminars on drug therapy.



Is Your Mom on Drugs? — Ours Was and Here's What We Did About It

Johanna Trimble is a "World Health Organization Patient Safety Champion" and her primary focus is on prescribing practices for geriatrics.

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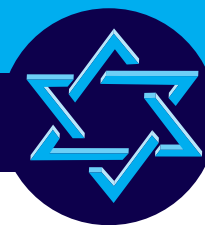
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E Elders **E** Empowering **E** Elders

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

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

EMPOWERMENT THROUGH MUSIC

1

DATE: Friday 29th November, 2013
TIME: 11am-12:30pm
PLACE: Sholom Aleichem Seniors
ADDRESS: Peretz Centre 6184 Ash Street, Vancouver

Outstanding & respected Vancouver musicians Claire Klein Osipov & Wendy Bross Stuart will share the role that music has played in their lives as well as entertain us.

Claire began her singing career in Toronto. She toured Canada as soloist of the Toronto Jewish Folk Choir. After settling in Vancouver, Claire appeared on numerous radio and television programs and had her own CBC radio series "Music on the Menu" featuring international folk songs.

Wendy from New York, is an ethnomusicologist, music director, choral director, arranger, piano accompanist and vocal coach. She spent a number of years studying traditional music in Japan. She has authored two books: and has had over twenty of her choral arrangements published.

Claire and Wendy have recorded four CD's of Jewish music. They love working and performing together.



WENDY and CLAIRE

For more info call:

Gyda Chud Tel: 604.266.0115 (PERETZ)

Rita Propp Tel: 604.732.1555 (JSA)

Coordinators: Gyda Chud & Shanie Levin

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

FREE PARKING AVAILABLE

EMPOWERMENT THROUGH AGING IN PLACE

2

DATE: Wednesday 22nd January, 2014
TIME: 1-2:15 in the Adult Lounge
PLACE: Jewish Community Centre
ADDRESS: 950 W. 41st Avenue, Vancouver

Speakers from various organizations and experts in this important field, will inform us how we can be Empowered to Age in Place. We will learn about new and existing approaches to help seniors of

all incomes to remain at home in familiar surroundings and at the same time to maintain contact with friends and community resources.

For more info call:

Leah Deslauriers Tel: 604.638.7283 (JCC)

Rita Propp Tel: 604.732.1555 (JSA)

Coordinators: Leah Deslauriers & Donna Cantor

Light refreshments will be provided

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SERGE HABER

PRESIDENT'S MESSAGE

Dear Friends

In this issue I will be writing about loneliness and isolation. I do not profess to be a trained researcher on the subject. However, I write about my own observations, involvement, and thoughts in working with seniors for the last twenty-five years.

Humans are social individuals and thrive in an environment of associations with other people both male or female. Recently there have been articles in the newspapers presenting people living happily as singles and enjoying a normal life.

However, the situation changes drastically as we age. We live longer, much longer, and it is not abnormal to reach the late 70's, 80's, 90's and into the 100's. This is where the problems start. While our own families, friends, partners in life, surround us, life continues at a normal pace. Unfortunately, slowly but surely friends pass away. Our children are sometimes too busy with their own lives, or living far away. Our life partner could be very ill or dead. **We feel as if we are totally alone.**

I lost my wife, my partner in life almost two years ago. I am in

Recognizing Isolation and Loneliness and doing something about it

pretty good shape health-wise. I consider myself very fortunate to be working with seniors in the Jewish Seniors Alliance. I get up early to attend morning services at Congregation Beth Israel, and by nine o'clock I go to the JSA office. Many times I have several meetings from morning till early afternoon. I go home and get busy on the phone, busy with the computer, or I work with papers on JSA business. Really I am a very busy man. Suddenly I am finished with all this. I am all alone looking at the four walls. I realize that I am very lonely. I miss the holiday meals surrounded by my family and friends. My life is not the same. It's empty. I knew of an individual who had everything to live for – extremely wealthy, family in town, ongoing business, yet crying all the time of being lonely. He lost his wife not long ago, he died soon after.

I am not writing all this because I am soliciting your sympathy but I am just stating a fact of life. Yet I am truly lucky. I am in good health. I am involved with work, and with other people, and have the support of many good friends. I'm still driving. I'm well.

Take away some or all of these situations and you get a totally different picture. JSA estimates that there are more than 600 individuals in this community, single, lonely, isolated, physically not well, with nothing to do and nowhere to go.

A recent article in the Vancouver Sun dated April 4, 2013 states, **“Social isolation can lead to an early grave** (even older people,

comfortable with being alone, seemed at greater risk of premature death).”

Over the last ten years JSA has been very busy developing programs for the **Empowerment Series, the Spring Forum and Fall Symposium.** These programs aim to inform and educate seniors about how to avoid the pitfalls of loneliness, depression and isolation.

Our Peer Support Services consisting of peer counselling, home phones calls, home visits, and information and referral, are new tools in trying to support seniors that need help. If you are aware of someone who would benefit from our services, please let us know. **This is also a great opportunity for many seniors to get involved to be trained to help other seniors in need of your precious support.**

There are many other areas where we seniors can get involved in helping other seniors—but additional services would take time and money to organize.

Today you can help; tomorrow it may be you that needs help.

As we have just celebrated the High Holidays may we all be blessed with a healthy, happy and peaceful new year.

Serge Haber

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

The Power of Advocacy

Seniors deserve better — Take Action

Many seniors, their families, and seniors' groups created such a noise that the Vancouver Coastal Health Authority reconsidered their announcement that they would charge a rental fee for the use of wheel chairs in residential care facilities.

A spokesman for Vancouver Coastal Health Authority said, "this fee has been waived indefinitely." The Ministry of Health is now reviewing the entire matter. That is good news. That is the power of seniors voices.

Unfortunately, the Fraser Health Authority has not done so. As of Sept. 1st, they have begun charging \$25 per month to residents for the rental of wheel chairs. That is \$300 per year. In contrast to the Vancouver Coastal Authority, Erin Labbe of the Fraser Authority has said, "this fee is consistent with the provincial policy and will bring consistency across the residential care spectrum"

The outrage is enormous. The independent MLA, Vicki Huntington said, **"The latest decision of Fraser Health to charge a \$25 monthly fee for a wheel chair and wheel chair cushions has me speechless. It's as if Fraser Health feels immobilizing the elderly to their beds is acceptable,** while basic mobility rights are an elective service of our health care system."

How ironic is this new charge since the major criteria for being eligible for residential care is that of limited mobility. That is a critical factor in the care provided by residential care! In all government subsidized care facilities, the resident pays 80% of their annual income, after taxes. The remainder 20% is used for incidentals, dental needs, postage, cable, hair care, outings, etc. Now they will have to pay, out of that 20% of their income, an additional \$25 a month for a needed wheel chair for their health.

Government officials assure us that those who cannot afford the fee can sign a waiver and will be waived in. How will this be done? Are we going back to the old demeaning and degrading 'means test'? For the sake of the small percentage of seniors who will be able to afford the fee, will we submit the vast majority of seniors in care facilities to the humiliation of means testing?

Seniors deserve better.

Take action

Write to your MLA, the Minister of Health, the critic for health care, Premier Christy Clark.

**Your voices
make a
difference**

by Gloria Levi, Coordinator
Integrated Care Advocacy

JSA TAKES ACTION

Sent to the following on 25 July 2013

Terry Lake, Minister of Health
Judy Darcy, BC opposition Critic for Health

Christy Clark, BC Premier
Adrian Dix, Leader, BC Opposition

Jewish Seniors Alliance is an Organization representing over 5,000 Jewish seniors in the Lower Mainland. Our Organization is supported by more than 25,000 families who are related to the seniors that we represent.

We are concerned, amazed and appalled by the action of The Ministry of Health authority to charge a monthly fee for the use of wheelchairs in care facilities.

We are wondering when we will be taxed for the water we drink and the air that we breath. To deny free use of a wheelchair for a senior in order to be mobile, and in order to be able to socialize, amounts to complete disregard and lack of consideration for human rights, and quality of life.

Since it is the custom to pay for a private room in a hospital, would you then take the liberty to charge for the bed in which the patient sleeps?

We hope and we demand that this monthly charge be reconsidered. It has no place in BC's treatment of seniors.

Respectfully yours

Serge Haber,
President JSA Board of Directors



EDITH SHIER

EDITOR'S MESSAGE

We have just enjoyed a wonderful sunny summer and are ready for Fall.

Leaves are changing to warm colours, and we are looking forward to the most informative events that JSA offers i.e. our Empowerment Series to begin shortly; and, of course, our Fall Symposium, to be held on November 3rd. Fascinating speakers will be offering their expertise on "Living to 120 - Thriving!"

Looking forward to meeting you at these great events.

Proudly part of JSA

Hello ALL..

I am floored. With each issue we just seem to grow and surpass the one before.

This one was by far the best yet! Can you tell that I am *KVELLING*, speechless to find words of praise that I have not used before to describe our *Senior Line*.

May I add that I truly enjoyed all the new additions, particularly 'Letter's to the Editor' and 'Ask Hannah', both connecting us with our readers and offering feedback in several ways.

Bin

Dear Ms. Shier,

re: Senior Line Volume (20)-1

Hello again.

HERB JUST READ THE SENIOR LINE COVER TO COVER AND WAS VERY IMPRESSED, AND DECLARED IT VERY PROFESSIONAL!

HE DOES NOT GIVE COMPLIMENTS EASILY!! I MUST TELL YOU A CUTE STORY.

I was sitting , with Herb at Granville Island the other day and a man walked over to me and said

' IS YOUR NAME BINNY? '

Quite surprised, I said 'YES'. and he said ' I SEE YOUR PHOTO IN THE SENIOR LINE OF THE JSA ALL THE TIME.' He walked away before I could recover and ask his name.

WE HAVE READERS EVERYWHERE!!

Bin

From: "Rochelle Garfinkel" <rochelle@templesholom.ca

To: eshier@shaw.ca

Sent: Tuesday, April 9, 2013 6:36:51 PM

Subject: Thank you

Thanks for the nice article in the Senior line about Rabbi Bregman and his contribution to JSA.

Rochelle Garfinkel, Executive Director
Temple Sholom Synagogue



New rabbinical leadership has arrived in Vancouver.

Rabbi Dan Moskovitz has assumed leadership of Temple Sholom, the city's largest Jewish congregation. Rabbi Moskovitz, a tech-savvy Californian previously served a 1250-household congregation in Los Angeles. He brings new energy and an ambitious program of innovation to the Vancouver Jewish community. He is available as a spokesman on a wide range of issues including raising children in interfaith families, the importance of formal and informal Jewish education, social justice and Jewish men's issues.

Menschenings by Alex Kliner Vibrant community conduit

Edith Shier is editor-in-chief of the Jewish Seniors Alliance magazine

Like many native Montrealers Edith Shier has called this town home for years. An interior designer of 46 years whose name can be found in the *Who's Who of Interior International Design*, Edith these days devotes her creative energies to Vancouver's Jewish Seniors Alliance

with her designers eye turned to the organizations *Senior Line Magazine* as it's editor-in-chief. Taking over what was a 12 page newsletter some four years ago, Edith has turned it into a comprehensive 32-page community conduit of information important to seniors. "We publish three issues annually and send it out at no charge to 4,000 seniors throughout the Lower Mainland" she tells me.

Contents—current news interests and issues, humour, human-interest

stories, resources, services and event listings, even original art. "Our cover always tries to feature the work of a local artist."

Edith's editorial philosophy— "to demonstrate through a vibrant magazine that seniors can continue to be active, productive members of the community."

Hey! I'd say Edith's a perfect example!

Seen in the Jewish Independent - July 24

ASK HANNAH

your personal advice column
hannah@jsalliance.org



I continue to be inspired by your heart-felt questions about the problems which you face. Whether they are psychological, marital, siblings, or illness issues, I will assist you in developing a better understanding of the dynamics involved. Professionals will be recommended when necessary. I have worked as a psychotherapist, family counsellor, alcohol and drug abuse counsellor, and a college-level psychology teacher. What you write is confidential, I have signed a Confidentiality Agreement with Jewish Seniors Alliance; you will remain anonymous. ✎

Hannah Lubber, M.Sc. Counselling

“Autumn Romance”

Dear Hannah.

I am a woman of 71 who enjoys living alone. I have many interests and acquaintances. Still, it would be lovely to have dinner with a man, or go to a movie, or just walk along Spanish Banks in the late afternoon. I miss dating and the pleasure which comes from sharing intimate moments. Should I give up on men? Is it too late? Am I being foolish in even broaching the question? Is an “autumn romance” out of the question?

Dear “Autumn Romance”

Men and women are living much longer than 25 years ago. Medications address hormonal deficiencies in women and erectile dysfunction in men: it is time to challenge the stereotypes about older people, their intimate relationships and sex.

Romance is possible at any age. Sexual attraction is the natural consequence of having fun and of feelings of intimacy. Seniors who are willing to get out of their comfort zone and meet potential partners can benefit from the challenge, from the increased self-awareness; and they may eventually form new relationships which includes intimacy and trust.

How can you find people to date and perhaps find a partner?

a) If there is a man in your milieu who you admire; engage him in conversation; men are often shy and shun rejection. You have nothing to lose.

b) There is an internet site called “MeetUp” (<http://www.singles.meetup.com>) where you can join groups of people involved in doing various activities like walking, hiking and taking

tours in Vancouver. Participate in the group that suites your age, your interests and your abilities. Don't forget the activities at the JCC or at your local community centre.

c) I recommend the website “The Top 10 Senior Singles Dating Sites” (<http://www.top10bestdatingsites.ca>). If you wish to restrict your search to Jewish men, I recommend “JDate” (<http://www.jdate.com>). Of course, one must be cautious. I suggest you exchange emails a couple of times, and then meet for coffee in a conveniently-located public place. There is nothing better than meeting the person, face-to-face. Proceed slowly. The internet is a very useful place to check people's credentials.

What is certain dear “Autumn Romance” is that if you do nothing, nothing will happen. By reaching out and engaging in some of these suggestions, you have an opportunity to enrich your life and perhaps that of another person.

“Shiver of Dread”

Dear Hannah,

My wife is 69 years old, I am 73 years old. When she started forgetting things last Fall I felt a shiver of dread. Her mother had developed Alzheimer's in her early 60's. My worst fears have been realized; she has been diagnosed with Alzheimer's (one form of dementia). She is very anxious since the diagnosis, and I am falling apart—it seems like such a heavy burden. Where should I begin?

Dear “Shiver of Dread”,

You and your wife are facing a daunting challenge and the media is exasperating

the issue with screeching headlines about “the tsunami of dementia” which is contributing to your wife's anxiety and your dread. At the moment you are feeling helpless and out of control, you and she are in a panic. These emotions will probably evolve to anger—why me, why now—this too will subside. The final emotional stage is acceptance.

Dementia proceeds at a slow pace. You and your wife have the time to inform yourselves of the nature of the disease, its symptoms and the resulting changes of behaviour. Your physician will be of great assistance in explaining the process of the disease. Information is power

As the shock wears off, routine will be established in your lives. Given information and guidance you will regain your sense of control. You both can create a long-term plan for the journey ahead. At every step, you and she can decide on the various alternatives (part-time care giver, home improvements, assistance at home, security, change of residence).

I suggest that you and your wife immediately request a peer counsellor from JSA. The counsellor will refer you and your wife to the proper organizations, government services and resources which will help to calm the situation and to provide an informed framework of medical, psychological and family assistance and support.

I strongly recommend that you both see the movies “Still Mine”, “Away from Her” and “Quartet.” Dementia can be approached from a kind, loving place; our society will have to accommodate and care for those who suffer from the disease and those who care for them.

Email: hannah@jsalliance.org

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

Sincerely,

Hannah

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

JSA-Snider Foundation Empowerment Series

**3 REINFORCE YOUR HUMANITY:
Nurture your SOUL**

How fitting that Rabbi Hillel Goelman chose to open his talk with *Hinei Ma Tov U'ma Na'em*, an embracing all inclusive melody, with which we are familiar.

That age old song swept us all into one soul—readying us for the interactive afternoon.

Hillel the Sage said "Separate yourself not from the community" and our own Rabbi Hillel sagely proceeded to teach and demonstrate the importance of nurturing our collective *neshama* as well as our *neshama prati* our inner private *neshama* through the telling of apt and memorable parables and leading us through simple meditations, all of which lasted far beyond our time spent together!

Oliver Wendell Holmes said—"Take a

music bath once or twice a week for a few seasons, you will find it is to the soil what water is to the body."

Myrna Rabinowitz enchanted us with her soft relaxing music which catapulted us back in time when we were sung to by our parents and now we sing to our grandchildren.

Thank you all for this remarkable magical time. Incredible how much pleasure one can derive during a mere 2 hours of one's day as a community sharing the *neshama Klali*, communal soul.

This was reflected over the delicious food presented at the conclusion of the afternoon session, feeling well nourished – both body and soul

Again, *Todah Rabbah* to all who brought about this gift to us! 🌸



Myrna Rabinowitz



Rabbi Hillel Goelman

**4 TIME TO REJUVENATE:
Let's celebrate!**

JSA & Kehila combined forces to create a joyful event.

There was an amazing turnout, with scrumptious food, fabulous toe-tapping music, and a wonderful warm feeling, which we all shared.

It was a celebration for JSA's 10th anniversary—what a decade it has been for our Jewish community.

Sylvia Hill's dancing at age 99 was a highlight of the afternoon!! Many of those present were saying: "99 years old and look at her dance, with her heels on."

We let our hair down, we sang Happy Birthday in Russian, Spanish, Yiddish, Hebrew, Afrikaans and good old English. It was amazing to see how wonderful it is when people spontaneously participate.

The band Bob York and the Nu-Yorkers were marvelous. It was indeed "chicken soup for the soul". We were all swept back in time enjoying those happy songs of yesteryear 🌸



Michael & Marilyn Krygier

Sylvia Hill & Karon

ALL IN THE FAMILY

"Three Generations Speak Out"



Co-Chaired by: Jennie Virtue and Ken Levitt

"Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter."

– Brad Henry

As I sat listening to all the outpourings of the lives lived, I was struck by the thread that linked all of the panelists – the love of family, the need of belonging to family, and the strength that family gives you no matter how far apart you may be from them.

Keynote speaker at JSA's Spring Forum on April 21, Meg Hickling, noted author and a sexual-health educator, shared anecdotes about her grandchildren who asked questions at inopportune moments. She offered advice as to how to answer them truthfully, thoughtfully and appropriately.

She cautioned the grandparents at the forum – whose theme was "All in the Family: Three Generations Speak Out" – to always make sure that the parents of the children are on the same page as you in their thinking, and to constantly reassure the child asking questions that he/she can always turn to you for advice, comfort and information.

Panelist, Dr. Anneliese Robens, also a grandparent, reminded those in attendance at the Peretz Centre for Secular Jewish Culture that we are

models for our grandchildren to emulate. Staying in touch is of prime importance, and with Skype and the Internet it can be done.

Bernie Simpson, another grandparent, admitted that his most precious gift has been his three grandchildren upon whom he dotes. It was they who taught him how to really care, to love and feel, and to express his emotions, and review his priorities in life.

Daniella Givon, a Sabra (an Israeli), said that distance should not be a deterrent to ensuring that grandchildren feel the love that their grandparents want to convey. Through Skype, phone calls and extended visits, the physical distance can be overcome quite successfully.

Dr. Peter Lutsky, emphasized how important role models are for their children. He said that his children are now getting ready to test their wings, flying off to universities of their choice. Their roots have been well established and should hold them in good stead as they mature and make their way into the world.

Teenager Yaakov Bellas expressed that he feels fortunate to have all four grandparents and three great-grandparents in his life. He said his grandparents encourage him in all that he does, telling him he is "great," even when he knows it is mainly for

his comfort. His grandparents' validation gives him motivation to try to succeed.

The youngest presenter was Maglee Blumenkrans, a poised young lady of 12. Enjoying both cooking and athletics, she said she exchanges recipes and goes swimming with her grandparents, among other activities. She said she wants to base her future on what she has learned from her grandparents.

The final two speakers were cousins Rachel Kahn, 17, and Kira Smordin, almost 17. They demonstrated the bond of family, in part, by choosing to present together. They both attend King David High School, in Grade 11, and enjoy traveling and family outings. Having shared a grandfather, the late Leon Kahn, they shared some stories about the fun they had with him and his unconditional love.

Their grandparents had a huge impact on both their lives, they said.

The entire afternoon demonstrated *mi dor l'dor*, "from generation to generation." Many hours of planning and preparation by various volunteers to put it together. 🌸

Panel in order of seating

(left to right): Bernie Simpson, Yaakov Bellas, Dr. Peter Lutsky, Dr. Anneliese Robens, Meg Hickling, Daniella Givon, Maglee Blumenkrans, Kira Smordin, Rachel Kahn



JSA's *heimish* AGM

Reflection and projection prevailed, as a decade of dedication to the Jewish community was celebrated by the JSA at its annual general meeting on June 27.

Serge Haber opened the meeting by welcoming those gathered and leading a minute of silence honoring those who had passed away during the year.

Adolf Zilbershtein, president of Most-Bridge Russian Jewish Seniors, brought greetings and thanks for JSA's continuous support. This was followed by a positive report from JSA treasurer Milt Adelson. Charles Leibovitch then spoke of the three graduate classes of JSA's new Peer Support Services. He read several letters from grateful clients. Lynn Moss shared with the group other

examples of the ongoing success of this venture, which is overseen by Rita Roling. Lyle Pullan reported that the association's membership is continuing to grow yearly.

Serge outlined the many ways in which JSA aids the community. He seems to lead and live by the motto, **"The difficult we do right away. The impossible takes a little while."**

Shanie Levin read out the slate of Board of Directors nominees for 2014 and onward. Those named were elected by acclamation.

Certificates of merits were handed to outgoing board members.

With the meeting concluded, a scrumptious dinner was enjoyed. Then everyone turned their attention to Bernice Dorfman, who MC'd the second half of

the evening. Shelley Rivkin brought "birthday" greetings from the Jewish Federation of Greater Vancouver, praising the many achievements of JSA and its members' perseverance, determination and passion.

Ben Roling – JSA's own stand-up comedian and aspiring emcee – proved to be a great singer. He serenaded Bud Riback, one of JSA's honorees that night, who was turning 85 the next day, with "Happy Birthday" and *Yom Huledet Samayach*.

Dorfman introduced musicians Stan Shear and Harriet Frost, whose voices blended beautifully, each singing with *gefeel*, feeling and Yiddish taam that is so captivating.

JSA Board of Directors for 2013-2014



Standing from Left: Claire Cohen, Shanie Levin, Binny Goldman, Lyle Pullan, Regina Boxer, Edith Shier, Rubin Feldman, Barbara Eisinger

Seated: Ken Levitt, Serge Haber, Marilyn Berger, Pamela Ottem

Missing: Milton Adelson, Marian Cohen, Dena Dawson, Bernice Dorfman, Lionel Fishman, Ida Gitlina, Sylvia Gurstein, Sylvia Hill, Rita Roling, Michael Ross

The AGM's honorees were selected by their individual organizations in appreciation for their time "in service to others".

The AGM's honorees were selected by their individual organizations in appreciation for their time "in service to others," —a phrase so fitting to describe each one of them. These are people whose lives are dedicated to making sure others enjoy life to the fullest of their abilities. Each was presented with a certificate by Dorfman.

Rita Akselrod's name was put forth by the Vancouver Holocaust Education Centre. Her accomplishments, as listed by VHEC executive director Nina Krieger, are impressive. It may take a village to raise a child, she said, but it takes dynamic volunteers to care for a community – and Akselrod cares. Among her many roles, Akselrod is the co-founder of Mothers Against Drunk Driving, and a funder, past president and current director of VHEC.

As mentioned, Bud Riback was also honored. Nominated by Temple Sholom, he noted that his monthly seniors group was also 10 years old, having grown from a small group of 10 when he founded it to more than 100 now. Riback also has a monthly outreach group of Temple Sholom members who reside at the Louis Brier Home and Hospital, enabling them to partake in the program.

It may take a village to raise a child, but it takes dynamic volunteers to care for a community

Honorees Frank and Bat-Ami (Binki) Segal were put forward by Or Shalom. The tribute was written by Rabbi Laura Duhan Kaplan but, because she was unable to attend, Dorfman read the text. She delighted the audience when she revealed that Frank Segal had been her first kiss, at age 11 ... obviously, he does not kiss and tell.

Rabbi Laura wrote that she thinks of the Segals as a unity of heart and mind, Frank Segal being the chair of the *Bayit* committee, maintaining the building, while Bat-Ami Segal, chair of the *Gemilut Chesed* committee, helps maintain souls.

The warm, festive AGM evening was put together by a large committee of JSA volunteers, headed by Dorfman and Barbara Eisinger. Thanks also go to coordinator Karon Shear, assisted by Rita Propp. (For anyone who misses a JSA event, videos are recorded and posted online.)

The night wound down with pianist Bob York playing showtunes, such as "Theme from Exodus" and other music by Jewish composers. It had begun with everyone linking arms and singing *Hinei Ma Tov*, led by Harriet Frost and Stan Shear, and the heimish evening epitomized what that song means: how wonderful it is to be together. Here's to the next decade – and the next.

by Binny Goldman



In order from top row (left to right):
 Rita Akselrod, Nina Krieger
 Bernice Dorfman, Frank & Bat-Ami Segal,
 Bud Riback, Rochelle Garfinkel,
 Robert and Gloria Waisman, Rita Akselrod,
 Judy and David Mandleman



A YEAR IN REVIEW

We are happy to announce that we at Peer Support Services have reached a one-year milestone in providing our services to clients. We are thrilled to share with you that we now have over sixty clients seeking our help.

Peer Support Services continues to consist of Senior Peer Counselling, Friendly Visiting and Shalom Again Friendly Phone Calls. All of our services are free and confidential. In our discussions with our clients both of us have observed a recurring theme of isolation, loneliness, depression and lack of connection to community and services.

We recognize the need to provide the above programs to our clients at no cost. We are only able to accomplish this through the generosity and vision of our donors. As well, we have recently completed yet another training session—our third—in Senior Peer Counselling, which is very much in need and in demand. We are very excited to have 14 new graduates. The graduates completed 55 hours training and will receive a certificate in peer counselling.

The philosophy of Senior Peer Counselling is to provide clients with empathetic and active listening through weekly visits with a peer counsellor who supports them in solving their own problems. Some of our clients may be living with a variety of age related issues including grief, loneliness and depression.

Our second program, Friendly Visiting, is very popular with our senior clients who are in need of socialization, one-on-one recreation, assistance with light errands,

and attending appointments and events in their community.

Our third program, Shalom Again phone calls, which involves volunteers calling on a regular basis (either daily, weekly or monthly), consists of checking in with clients, engaging them in conversation and assessing if they may need additional Peer Support Services or a referral for a more in-depth professional community support service.

Some of our clients are receiving all three services to address a variety of needs.

We would like to share with you two new testimonials that we recently received from clients.

Letter from a 60 year old Jewish woman.

To Whom It May Concern,

I found out about the JSA three months ago, and have been getting help from Charles since then. He has found two volunteers for me and visits me himself.

The JSA has been absolutely invaluable to me. It is terrifying and excruciating being homebound, isolated, and disabled. It's terrifying not to be able to get food when I need it and to be without the moral support that can enable me to take care of small things in the home. It's also easy to end up feeling suicidal when I feel totally alone and like no one in the world gives a damn.

What makes all this even more difficult is when a lack of money prevents me from getting the help I need. But I think the most important thing, the thing that any human being can't live without, is just to feel like someone cares enough to come over and listen or talk. And those of us who, for whatever reason, are really isolated can find life an unending hell.

I think there are many, many seniors in Vancouver who are in my position. I wish The JSA could expand much more so that it could relieve some of the suffering of other seniors like me.

Sincerely, D.J.

PS To this end, I think the training in active listening that they give the volunteers is absolutely vital.

Transcription from a 95 year old female Holocaust survivor, called E.S. who phoned me in June 2013.

Hi Mr. Leibovitch.

I really appreciate that you gave me two ladies out of this world. Thank you so much. One volunteer took me yesterday to the doctor and took me all over to get my blood tests taken. Wonderful, unbelievable and very lovely Jewish woman. The other volunteer is also very fine and she comes every Tuesday and I enjoy her company. Thank you very much for thinking about me. Have a nice evening and good health. E.S.

In addition we keep a close and ongoing communication with all of our volunteers and offer monthly or bi-monthly meetings to continue their training. We continue to accept volunteers and clients who are interested in participating in our program.

For further information please call us at 604-267-1555 or please check our web site at www.jsalliance.org.

Thank you,



Lynn Moss, M.A. Psych



Charles Leibovitch, M.S.W.



Kosher in
Vancouver

REAL CANADIAN
Superstore
big on fresh, low on price.™

350 S.E. Marine Dr.

We now carry an assortment of Kosher beef, chicken, lamb, chicken strips, hamburger, sausages, hot dogs, deli meat, beef lasagna, beef and chicken shepherd's pies, egg rolls, beef samosas and Silver Hills Breads.



NOW AVAILABLE
ACE Rosemary Focaccia Triangle Buns and ACE Ciabatta Piccolo Buns

At the Main Street and Marine Drive location only.



Jewish Seniors Alliance of Greater Vancouver

Visit us on the web to view more of JSA's programs
www.jsalliance.org or call 604.732.1555



Vancouver Jewish Seniors Directory

Raising awareness of Seniors' issues

MISSION STATEMENT

JSA enhances the quality of life by raising awareness of seniors' issues, and providing education, advocacy and peer support services.

WHAT WE DO

- Represent seniors' issues to the public, government and community agencies
- Provide educational seminars and informational sessions
- Supply comprehensive information and a referral database
- Train and provide peer support for individuals and personal contact by telephone and home visits
- Produce publications – *Senior Line* magazine and annual *Vancouver Jewish Seniors Directory*



PEER SUPPORT SERVICES

The defined needs of the senior population has directed the JSA into starting four definite services of Seniors Helping Seniors.



USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE



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

COUNSELLING AND SUPPORT SERVICES

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

MEDICAL INFORMATION AND REFERRAL SERVICES

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

NUTRITION

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

TRANSPORTATION

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

USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE

GENERAL INFORMATION SERVICES	
Alcohol and Drug Info & Referral – education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse.	604-660-9382
Ambulance Billing Service	1-800-665-7199
BC 211 Information and Referral –General information line accessible 24 hrs, 7 days a week	211
Dial-A-Law Lawyer Referral Service	604-687-4680 dialalaw.org
Health and Seniors Information Line “One stop” for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages.	1-800-465-9411 www.health.gov.bc.ca
Jewish Family Services Agency, Senior Services Mon to Fri excluding statutory and Jewish holidays. Provides information to seniors and their families in all aspects of the aging journey. Accessible	604-257-5151 local 217 / 218 / 219
Jewish Seniors Alliance Information and Referral Services Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 am–5:00 pm. Monday to Thursday excluding statutory and Jewish holidays.	604-732-1555 www.jsalliance.org
Medical Services Plan Subscriber Information – VANCOUVER Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service	1-800-663-7100 604-683-7151 www.health.gov.bc.ca/msp
NIDUS Personal Planning Registry	www.nidus.ca
PharmaCare (including the Fair Pharmacare Plan)	604-683-7151
Poison Control Centre	1-800-567-8911 www.dpic.org
Police/ ambulance /fire emergencies	911
SAFER (Shelter Aid for Elderly Residents) Provides monthly payments to subsidize rents for eligible BC seniors 55+ or over and who pay rent.	604-433-2218 press “1”
SAIL (Seniors Advocacy & Information Line) Mon to Fri, 9:00 am–1:00 pm. Hotline for older adults re elder abuse or rights violations. Offers legal information, victim services support, referrals to a lawyer and advocacy. Seniors must be 55+ and meet eligibility criteria for lawyer referral. Program operated by BC Centre for Elder Advocacy.	604-437-1940
SHIP (Seniors Housing Information Program) Operated by the Seniors Services Society, the directory provides a comprehensive list of housing available for seniors living in or wishing to live in the Lower Mainland of BC.	604-520-6621
INFORMATION AND SUPPORT SERVICES	
1-800-Banting – The Canadian Diabetes Association For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canada offers disease information, programs.	1-800-226-8464 www.diabetes.ca
Canadian Cancer Society Cancer Information Service Up-to-date information on a variety of cancer related topics, including prevention, early detection, diagnosis and treatment. Can help find cancer-related services and programs in local communities, and interpreter service.	1-888-939-3333 www.cancer.ca
Heart & Stroke Foundation of B.C. Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups.	1-888-473-4636 604-736-4404 www.heartandstroke.ca
The Stroke Recovery Association of B.C. (SRABC) Offers information and programs for stroke survivors after they leave hospital.	1-888-313-3377 / 604-688-3603 strokerecoverybc.ca
Kidney Foundation of Canada Dedicated to Research into kidney disease and related disorders, as well as public education and patient services.	1-800-361-7494 / 604-736-9775 www.kidney.ca

ONGOING EVENTS October, November, December, 2013

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

MONDAY

12:00 - 2:00 pm Sept 16 - Oct 7	Legendary Entertainers
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11:45 am - Sept 23, Oct 21, Nov 18	Lunch & Learn
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Dec 2 - Chanukah Party at 12:00 pm

TUESDAY

9:30-10:30 am	Chair Yoga
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3:00 - 4:30 pm Sept 17 - Nov 19	Drawing & Painting
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10:30-12:00 pm Oct 22 - Nov 26	Bridge Lessons
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11:00 - 2:30 pm	Duplicate Bridge
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WEDNESDAY

9:30-10:25 am	Chair Yoga
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1:00 - 2:45 pm	Arts & Crafts
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1:00 - 5:00 pm	Poker & Mah Jongg
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Oct 23rd - Silverman Music Series at 10:30 am

THURSDAY

11:00-2:30 pm	Duplicate Bridge
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FRIDAY

9:30-10:30 am	Shabbat Chair Yoga
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11:00 - 2:00 pm	Social Bridge
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COMPUTER CLASSES

Oct 1, 3 & 8 or Nov 5, 7 & 12 - 10:00 - 11:30 am	102 Better than Beginners
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Oct 10 & 15 or Nov 14 & 19 10:00 - 11:30 am	Surfing the Net
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Oct 17 or Nov 21 10:00 - 11:30 am	They Changed my Hotmail to Outlook?
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Mon/Wed Sept 30 - Oct 16 or Nov 4 - 20 10:30 - 12:00 pm	IPAD for Beginners
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SAVE THE DATE

JSA - FALL SYMPOSIUM
Live to 120: Thriving

DATE: **Sunday, Nov 3, 2013**

TIME: **2:00 - 4:30 pm**

PLACE: **Peretz Centre**

(See back cover for more information)

JSA-SNIDER FOUNDATION
 EMPOWERMENT SERIES 2013-14
Elders Empowering Elders

1.

EMPOWERMENT THROUGH MUSIC

DATE: **Friday, Nov 29, 2013**

TIME: **11:00 am - 12:30 pm**

PLACE: **Peretz Centre**

2.

EMPOWERMENT THROUGH AGING IN PLACE

DATE: **Wednesday, Jan 22, 2014**

TIME: **1:00 - 2:15 pm**

PLACE: **JCC - Adult Lounge**

(See inside back cover for more information)

Empowerment Series 3 & 4

**EMPOWERMENT THROUGH TOUCH
 EMPOWERMENT THROUGH ART**

Details will be announced in the next Senior Line and the Jewish Independent

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

MONDAY - 9:30 - 2 pm

9:45-10:45 am	Beginners ESL
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10:45-11:45 am	Advanced ESL
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10:45-11:45 am	Low impact Exercise class
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12:00-1:00 pm	Kosher lunch
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1:00 - 2:00 pm	Speaker/entertainment
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Every 3rd Monday of the month
 Wellness Clinic from 9:00 - 12:00 pm
 Massage therapy, therapeutic touch,
 reflexology, blood pressure checks,
 manicure/pedicure. **BOOKING
 ESSENTIAL** call Ruth 604-271-1973

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

MONDAY AND WEDNESDAYS

9:30-3:00 pm

FRIDAY

9:30-2:00 pm

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

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

11 am - 12 pm bi-weekly	Torah Class for Seniors
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4TH TUESDAY OF EVERY MONTH -
 COMMUNITY KITCHEN

12:30 - 2:30 pm	Community Kitchen
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Sept 24, Oct 22, Nov 26 & Dec 24

WEDNESDAY

1-4 pm	Arts Club for women - Every Week
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THURSDAY

9:45-12 pm	ESL Classes - Every Week
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**CHABAD RICHMOND -
 "SMILE ON SENIORS"**
 CONTACT: Marlene Shore
 604-275-7543 or Barbara 604-241-9270
 www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11-2 pm
 Hot Kosher lunch \$7
 Movies, Music, Guest Speakers,
 incl. Rabbi Baitelman
 Oct 3 & 17, Nov 7 & 21, Dec 5 & 19

	Refer to JSA EVENT CALEDAR on JSA website www.jsalliance.org
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ONGOING EVENTS October, November, December,

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

A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST EVERY TUESDAY AT TEMPLE SHOLOM. 7190 OAK STREET, VANCOUVER
 Cost \$11. Subsidies available. Volunteer drivers bring the seniors to the lunch and back home again if needed.

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

PHILOSOPHERS' CAFÉS
 7:00pm – 9:00pm at 6184 Ash Street, Vancouver BC, V5Z 3G9
 Hot drinks and sweets served all PM
 \$5 suggested donation at the door
 www.jewishmuseum.ca | info@jewishmuseum.ca | 604-257-5199

WEDNESDAYS Oct 16, Nov 20, Dec 18

VOLUNTEER OPPORTUNITIES

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

JEWISH GENEALOGICAL INSTITUTE OF BC
 Temple Sholom, 7190 Oak Street, Vancouver
CONTACT: 604-321-9870

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

TUESDAY

7:30 pm 1st Tuesday of the month at Temple Sholom - Sept-June	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.
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MOST BRIDGE RUSSIAN JEWISH SENIORS
 PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9
CONTACT: Ida Gitlina 604-434-2191 idag10@telus.net

October 20-1 pm	Russian Poet Fyodor Ivanovich Tyutchev; Lecturer - Kolesnikov Yevgeniy
Nov 10-1 pm	Report - Election meeting
Dec 22 - 1 pm	Chanukah Celebration

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

WEDNESDAYS— Oct 16, Nov 27 & Dec 18	“Lunch & Learn”—with Rabbi Infeld noon at JCC
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PERETZ CENTRE FOR SECULAR JEWISH CULTURE
 6184 Ash Street, Vancouver, V5Z 3G9
CONTACT: Donna Modlin Becker
 604.325.1812 info@peretz-centre.org

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6 PM - Sept 20, Oct 25, Nov 22, Dec 20

Vancouver Jewish Folk Choir Rehearses every Tuesday	7:30–9:30 pm
Yiddish Reading Circle first and third Wednesday of the month	3:00–4:30 pm
Adult Discussion Group: Last Sunday of each month	10:20–12:30 pm
Annual Banquet, honouring Harold and Seemah Berson	Sunday, Nov 17 - 6:00 pm
Chanukah Sing-Along	Sunday, Dec 1 - 2:30 pm

SHOLEM ALEICHEM SENIORS
CONTACT: Gyda Chud 604-266-0115

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

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

MONDAYS

Sept 16, Oct 21, Nov 18 & Dec 16 at 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
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TUESDAYS

10:30 am	HEBREW CONVERSATION CIRCLE—a fun way to practice speaking Hebrew and improve your conversation skills
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WEDNESDAYS

10:30–12:30 pm	IN THE NEWS – This is a discussion group for people interested in current affairs and global politics. Discussion chair: Ralph Levy
5:00-7:00 pm	KLEZMER MUSIC - Featuring music from the CD collection of Ethan Minowitz z'l. Coffee and cookies

THURSDAYS

2:15–3:15 pm	ESL CONVERSATION CIRCLE-Do you want to practise speaking english? Free
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FRIDAYS

Nov 1 & Dec 6 11:00 am	Intergenerational Shabbat
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POETRY EVENINGS - Music, Art and Poetry in the Zack Gallery, at 7:00 pm. Oct 3, Oct 22 & Dec 3



Make Your Home Safe for Independent Living

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

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

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

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

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

HOME
ADAPTATIONS for
INDEPENDENCE

To apply or learn more, visit

www.bchousing.org/HAFI

You can also contact BC Housing:

Phone: 604-646-7055

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

Canada



HOUSING MATTERS

JSA Wish List

Our office is in need of
\$2,500 for a **new**
computer and printer.



Grateful thanks to Rochelle Moss
for responding to our previous wish
list and her generous donation to
JSA Peer Support Services enabling
the purchase of a computer.

JSA website has become a useful and necessary tool towards accomplishing our
goals of Outreach, Advocacy and Peer Support Services

jsalliance.org is comprehensive, informative and loads of fun

We have finally got all our ducks in a row!



You can now watch videos of past presentations,
Empowerment series, Forums and Symposiums
on our website.

AVAILABLE FOR VIEWING [CLICK HERE](#)

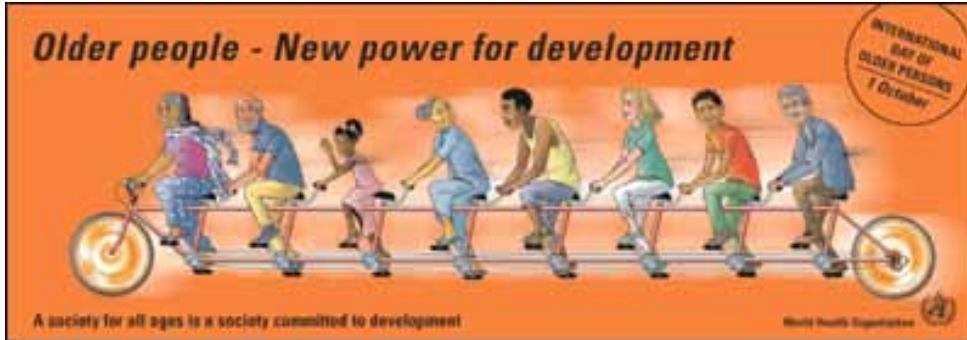


1 October:

International Day of Older Persons

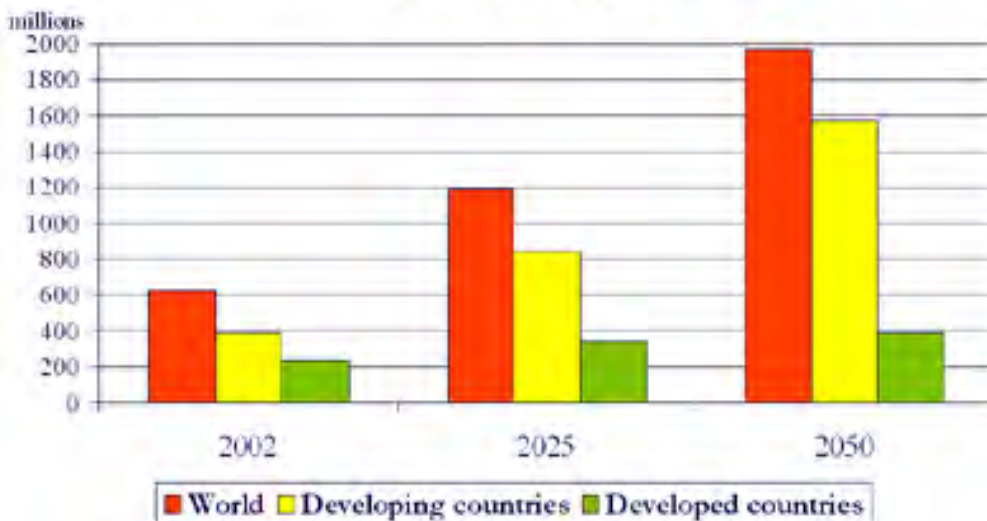
Older people – a new power for development

Why a "new power"?



A demographic revolution is underway throughout the world. Today, worldwide, there are around 600 million persons aged 60 years and over; this total will double by 2025 and will reach virtually two billion by 2050 – the vast majority of them in the developing world.

Number of people aged 60 and over



In our fast ageing world, older people will increasingly play a critical role - through volunteer work, transmitting experience and knowledge, helping their families with caring responsibilities and increasing their participation in the paid labour force.

Already now, older persons make major contributions to society. For instance, throughout Africa –and elsewhere - millions of adult AIDS patients are cared for at home by their parents. On their death, orphaned children left behind (currently, 14 million under the age of 15 in

African countries alone) are mainly looked after by their grandparents.

It is not only in developing countries that older persons' role in development is critical. In Spain for example, caring for dependent and sick individuals (of all ages) is mostly done by older people (particularly older women); the average number of minutes per day spent in providing such care increases exponentially with the caregivers age: 201 minutes if the caregiver is in the age group 65-74 and 318 minutes if aged 75-84 - compared to only 50 minutes

This year, in commemoration of the International Day of Older Persons (1 October), the theme “The future we want: what older persons are saying” has been chosen to draw attention to the efforts of older persons, civil society organizations, United Nations organizations and Member States to place the issue of ageing on the international development agenda.

if the caregiver is in the age group 30-49 (Durán H, Fundación BBVA, 2002).

Such contributions to development can only be ensured if older persons enjoy adequate levels of health, for which appropriate policies need to be in place. In line with the Madrid International Plan of Action, the World Health Organization launched in 2002 a document "Active Ageing - A Policy Framework", outlining its approaches and perspectives for healthy ageing throughout the life course 🐾

MOST-BRIDGE

RUSSIAN JEWISH SENIORS

Общество Русскоязычных Евреев-Пенсионеров

Ценные инициативы Альянса.

Службы помощи людям, организованные Альянсом (JSA), включают консультационную службу для пожилых людей, дружеские визиты к ним и дружеские телефонные звонки. Все эти службы бесплатные и конфиденциальные. Люди, работающие со стариками, прошли специальный курс обучения и получили сертификаты. Основная цель наших служб- вернуть этих людей обратно в общество, чтобы они не чувствовали себя одинокими и изолированными от других людей.

Тем, кто хочет получить полное представление о службах помощи людям и заодно прочитать статью о Леоне Бройтмане, надо пойти на вебсайт JSA (jsalliance.org). На том же вебсайте есть материал о президенте Альянса Серже Хэйбере, чудом уцелевшем во время Холокоста. Сейчас он активист, просветитель, читает лекции о Холокосте, рассказывает молодёжи о пережитом.

by Ida Gitlina

For the LUCKY SNOWBIRDS heading south this winter there is a guide to

"Preventing Heat-related Illness in Seniors"

The Simon Fraser University Gerontology Research Centre's video recording of the Aug 15, 2013 workshop, co-hosted with Health Canada, is available for viewing on the Seniors, Disasters and Climate Change web page.

http://www.sfu.ca/grc/seniors_disasters_and_climate_change/

Dr. Gloria M. Gutman, Professor/Director Emerita SFU Gerontology Dept. & Gerontology Research Centre

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VANCOUVER

Jewish Seniors Directory

Edited by the Jewish Seniors Alliance of Greater Vancouver



NEW Section - Exercise Classes Especially for Seniors

STILL SOME COPIES AVAILABLE:

The 2013 Vancouver Jewish Seniors Directory

The Directory has become an essential part of the Vancouver Jewish community. It fulfills the mandate of Jewish Senior Alliance by informing and supporting our senior population. I have expanded that mandate to include prevention of frailty and isolation by encouraging seniors to exercise regularly in order to sustain physical, mental and emotional health. This Directory contains a new chapter Exercise, with a comprehensive listing of exercise classes specifically for seniors available in Vancouver, and a detailed listing of the 24 City of Vancouver community centres.

The articles are timely and informative. You can read about Laneway Housing, a novel housing arrangement in Vancouver, and how seniors are involved in building them and living in them. The Community Pages and Community Listings, as well as our advertisements have been updated and revised. The Vancouver Jewish Seniors Directory is free and available at the office of Jewish Senior Alliance, 949 West 49th Ave, tel. 604-732-1555.

Dolores Luber

Editor, Vancouver Jewish Seniors Directory



Wisdom from an old Jewish man!

Ahhhh! The wisdom of the ages...

A CNN journalist heard about a very old Jewish man who had been going to the Western Wall to pray, twice a day, every day, for a long, long time. So she went to check it out. She went to the Western Wall and there he was, walking slowly up to the holy site. She watched him pray and after about 45 minutes, when he turned to leave, using a cane and moving very slowly, she approached him for an interview. "Pardon me, sir, I'm Rebecca Smith from CNN. What's your name?" "Morris Feinberg," he replied. "Sir, how long have you been coming to the Western Wall and praying?"

"For about 60 years."

"60 years! That's amazing! What do you pray for?"

"I pray for peace between the Christians, Jews and the Muslims. I pray for all the wars and all the hatred to stop. I pray for all our children to grow up safely as responsible adults and to love their fellow man. I pray that politicians tell us the truth and put the interests of the people ahead of their own interests."

"How do you feel after doing this for 60 years?"

"Like I'm talking to a f_____ wall."



How is Norma ??

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?" The grandmother in her weak, tremulous voice said, "Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

"After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow." The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news." The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me *bupkis* !!!



ROMANTIC COLUMN

Wife, being the romantic sort, sent her husband a text:

IF YOU ARE SLEEPING, SEND ME YOUR DREAMS... IF YOU ARE LAUGHING, SEND ME YOUR SMILE... IF YOU ARE EATING, SEND ME A BITE... IF YOU ARE DRINKING SEND ME A SIP... IF YOU ARE CRYING, SEND ME YOUR TEARS... I LOVE YOU!

THE HUSBAND, TYPICALLY NON-ROMANTIC, REPLIED,

"I AM ON THE TOILET... PLEASE ADVISE."

Dating ads for seniors found in a Florida Newspaper

You can say what you want about Florida, but you never hear of anyone retiring and moving north. (except for certifiable idiots like myself)

These are actual ads seen in "The Villages" Florida newspaper.

(Who says seniors don't have a sense of humor?)

FOXY LADY:

Sexy, fashion-conscious blue-haired beauty, 80's, slim, 5'4' (used to be 5'6'), Searching for sharp-looking, sharp-dressing companion. Matching white shoes and belt a plus.

LONG-TERM COMMITMENT:

Recent widow who has just buried fourth husband, looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath not a problem.

SERENITY NOW:

I am into solitude, long walks, sunrises, the ocean, yoga and meditation. If you are the silent type, let's get together, take our hearing aids out and enjoy quiet times.

MEMORIES:

I can usually remember Monday through Thursday. If you can remember Friday, Saturday and Sunday, let's put our two heads together.

MINT CONDITION:

Male, 1932 model, high mileage, good condition, some hair, many new parts including hip, knee, cornea, valves. Isn't in running condition, but walks well.



SENIOR DRIVERS

are you up to the task

Driving conditions today are more challenging than ever. Even experienced drivers can find it stressful and dangerous on the road.

Aging, health problems or medication can slow your reflexes and affect your ability to drive safely. Here are some tips you may want to consider:

Keep yourself healthy

- Stay physically fit so you feel your best.
- Have regular eye exams to check for vision changes, and wear corrective lenses while driving if required.
- Get medical check-ups as recommended to identify and manage health risks.

Keep your driving skills up-to-date

- Stop by an ICBC driver licencing office or go to icbc.com for a Tuning up for drivers manual. It offers step-by-step instructions on important driving skills like shoulder checks and stopping.
- Visit icbc.com to take a practice knowledge test and watch video driving tips.
- Consider a driver training or a refresher course for experienced drivers. It can help you assess your driving skills and brush up on driving regulations and road signs.

Keep your vehicle in good condition

- Clean the outside and inside of the windshield regularly to improve visibility.
- Keep tires properly inflated for good steering and braking.
- Replace the wiper blades at least annually.
- Check monthly that headlights, brake lights and turn signal lights work.
- Have your vehicle serviced regularly to keep it running well.

You have options

- Walking or using public transit, taxis or riding with friends and family are good ways to get around without driving.
- Many larger grocery stores and pharmacies offer delivery services for customers.
- You may choose to avoid driving at night or during rush hour.
- Vehicle equipment like GPS, rear backup camera, and oversized rearview mirrors may be helpful.

If you receive a letter from the Superintendent of Motor Vehicles asking you to take a driver's re-examination road test

- It's good to review your skills so you're prepared for the test.

You may decide it's time to retire from driving. Some of the benefits of parting with your driver's licence include:

- No longer having the responsibility of driving. Why not sit back and relax as a passenger?
- Saving money. The Canadian Automobile Association estimates the cost of driving a new compact car to be over \$8,000 a year (based on driving 16,000 km per year).
- Exchanging your driver's licence for a free B.C. Identification Card at any driver licencing office to provide you with picture identification.

After the age of 80, there is no random selection for a drivers test – only if the doctor's report has a concern.

**B.C. Motor Vehicle Licencing
Bureau 1-800-950-1498**



LORI GOLDBERG
front cover artist

Lori Goldberg is a Vancouver artist whose paintings have been exhibited in Canada and in Europe. Collectors of her work include the Canada Art Bank, The City of Vancouver Art Collection and the Interstate Bank, San Francisco.

Lori attended Langara College Fine Arts, Ontario University of Art and Design and Emily Carr University of Art and Design. Her mentors include prominent Canadian artists Gordon Rayner and Dennis Burton and British painter, Alan Davies.

She currently teaches classes at Emily Carr University of Art and Design as well as private studio workshops. Learn more about her private classes at <http://www.lorigoldberg.ca/teaching/studio-workshops/>



RECENT MOVIES about Aging and Dementia



The best foreign movie of the year, according to the 2012 Oscar Awards was *Amour*, a French film about a married couple facing the indignities of old age. Are you surprised?

In Jay Stone's article about 'cinema's best on the perils of dementia and seduction's last chance' (Vancouver Sun, "Aging not so gracefully", August 10, 2013), he lists his "five best growing-old flicks of the 2000s": *Amour* (2012), *Away From Her* (2006), *Still Mine* (2012), *Venus* (2006), "Iris" (2001) and also *Quartet* (2013). My curiosity has led me to see all of these movies available at Black Dog Video on Cambie Street and Limelight Video on Alma Street.

The topic of dementia and all its ramifications is treated in exquisite detail in most of the films, usually it is the wife who suffers from Alzheimer's, and the (mostly) loving husband who struggles to cope with the steady deterioration of his spouse. *Quartet* is a "comedy" which takes place in the most beautiful senior residence with the most talented and charming people! They carry on, notwithstanding memory losses or changes in personality.

Amour deals with the wife's stroke and the physical indignities she has to suffer as her husband cares for her. *Venus* shows us a couple of 80-year olds whose regular routine changes when an attractive niece comes to visit.

All of these movies represent an opportunity to experience and learn from the characters and their stories. The acting is superb; we become emotionally involved with the drama as the toll of dementia and old age claim their victims. Yet, they are not depressing movies. The intense power of love and devotion, of forgiveness, and of humour, work their magic; instead of fear and ignorance, we have a sense of being enlightened by these powerful dramas.

Dolores Luber

Aging well: Can dance and art keep the mind and body young?

Proponents of the arts have long argued that creative therapy can help aging patients. Now, scientists have begun calling for more research.

Shula Strassfeld holds back the emotion as she describes dancing with her 92-year-old father, a wheelchair-bound victim of dementia.

"I went to visit him for his birthday and we danced. We put on some music and I moved his wheelchair around. The look on his face was absolutely priceless," she says. "Even though the next day he didn't remember it had happened, his soul remembered. His body remembered. There was something in him that had changed because of that experience. He was more alert, he was more active - and I just wish I could do that every day."

Strassfeld, 66, is a professional dancer, teacher, and member of Dance Exchange, a Washington DC-based company that has collaborated with neuroscientists and independent health organizations to explore the benefits of music and movement for older people.

She says the anecdotal evidence of these benefits is overwhelming.

Can art help delay the symptoms of dementia?

Now researchers are beginning to suggest that her attempt to connect with her father through dance may have scientific merit. Studies show that dance might benefit dementia sufferers through its ability to stimulate many different functions of the brain.

"A choreographed dance is not only one in which a person is gaining physical aerobic capacity, but they're also listening to music and moving their body in unison with that," says Thomas Prohaska, dean of the College of Health and Human Services at George Mason University in Fairfax, Virginia. "What's happening is that participants are beginning to understand the nature of movement and sequencing. As a function of that they improve cognitive skills that don't normally show up in other forms of intervention."

"The healthcare system really needs to pay attention much more than it has in the past to primary prevention among older adults, to improve the health of individuals and help them maintain it," says Prohaska. "I would suggest that art has a major role. Where it stands in the scheme of things is yet to be determined."

http://news.bbcimg.co.uk/media/images/66465000/jpg/_66465023_92208411.jpg

Winding Down

Retrospection

So many of us have been there, those of us blessed with the luxury of retrospection. If we are lucky, we have loved ones whose strivings we follow. If we are more than lucky, they may be following OUR goings-on as well. We give advice if we're asked. Mostly not. If we can't help it, we give advice whether we're asked or not. Not a good strategy if we want to be consulted once in a while. If we're wise and patient, we just watch with bemusement as our near and dear make some of the same mistakes we did, learning the hard way. No doubt about it! We're drawing on the emotional capital we have stored up. We are winding down. Well, that's not so bad, not nearly so bad.

Spontaneity

I had always wanted to travel and live in more exotic venues. Such things are never convenient in the ordinary course of events in following the life path you have laid out. But if you are winding down, and it is important to you, why not go for it? The fetters of obligation lie more lightly on your shoulders, looser round your ankles, at that stage. Or that friendship that was so important and was put off developing in the face of more urgent priorities- why not follow-up now? It may not be too late. And if it is, what has been lost in the exploration? Isn't it great when, freed from the care and attention that must be paid to daily life, you have time to really pay attention to people you meet, that you like. When you were working you could never really spare the energy you so closely focused on battling those windmills-they took all your attention, they had to be mastered, they stood in the way of your progress. Now, you can let them whirl on, they are not that important after all. So what if you spend some hours getting to know your friends, finding what makes them tick? What the heck, spend some time just doing nothing but passing time together, have a beer, sing a song, act a little crazy, let down whatever hair you have left, not worrying too much what people think of you. Sure this time is precious. That's why you



can spend it generously finding out who you are. Not who you want to be or who you want people to think you are. All that doesn't really matter anymore. Imagine! What a self-discovery!

Brave New World

So winding down is just another name for changing our priorities, now that we have given up battling windmills. How quickly we are re-defining old age! Every day there are millions more of us, (the pension people are surely tearing out their hair about that). And we are more fit, and even if not, we are still tottering about with the help

of medicines and contraptions, letting people know about our preferences. So what are we going to do with our extended lives, having abandoned the grindstone to search for activities we never had time for before? And what will all those wives do who tolerated their marriages only because hubby was away most of the time at work? Not all of us can busy ourselves conjuring up fantasies on the computer. We can wonder what the future holds. For many of us it may mean just more effort to keep body and soul together as

the economic worlds we know teeter and totter, and governments and companies rethink the obligations all of us have paid dearly for in the past and now find will not cover the bill. I don't really want to talk any more about that. For now, I am relishing the wonderful life I have inherited and dream I have earned. I am demanding the right to prefer to be Pollyanna and believe what is, will continue to be as it is. I know there is a world out there that is far different for many people. My children and your children will have to deal with the rest.

So, what am I going to do with my life next week?

Max Roytenberg August/2013 Burgundy, France.

The Jewish Cemetery Restoration Project at Mountain View Cemetery is pleased to announce that the project is the recipient of 2 grants:

1. \$20,000 from the Jewish Community Foundation of Greater Vancouver to fund project staff for research, documentation and to coordinate the project
2. \$ 20,000 from the Heritage Legacy Fund of B.C. to begin the process of cleaning and restoring the 450 burial sites.

Progress is being made in coordinating several data bases to ensure all recorded data is consistent and available to the public. The 150 burials which are currently unmarked will soon have temporary markers to ensure these burials are respectfully recognized and remembered. All work is being done with the full co-operation and supervision of the Schara Tzedek Cemetery Board, and Mountain View Cemetery .

The cleaning and restorative work will be undertaken by Rosemarie Newall, of JB Newall Memorials Ltd., and will be done over a three year period.

Bill Pechet, of Pechet Studio Architecture , is delighted to be able to enlist the support of Cornelia Oberlander, on the design for restoring the grounds, which will include pathways, a washing station, benches, a new perimeter fence and ornamental gates.

The Jewish Historical Society will expand their walking tours with educational tool kits for schools and brochures, once the site has been restored. A separate committee under the leadership of Norman Franks is beginning to record individual stories of interest. The Jewish Historical Society is also involved in creating displays about the project, which will be on view in various locations within the Jewish community.

The Jewish Cemetery at Mountain View is an initiative of the ScharaTzedek Cemetery Board and has an independent advisory committee under the chairmanship of Shirley Barnett.

If you have family or friends buried at Mountain View, please contact Norman Franks at nef39mgf42@uniserve.com or phone 604-261-3714

For further information, or if you have family or friends buried at Mountain View, please contact Myra Adirim, Project Co-ordinator, at mrya.mvc@gmail.com



THE JEWISH CEMETERY AT MOUNTAIN VIEW

The Schara Tzedek Cemetery Board is pleased to announce the restoration of the Jewish Cemetery located at Mountain View Cemetery (33rd Ave and Fraser Street). The project includes research and documentation relating to the history of the cemetery.

If you have relatives or friends buried at Mountain View cemetery, we invite you to contact a member of our restoration committee (listed below) to learn how you can help us in the research and documentation phase of the project.

- | | |
|----------------------|--------------------------------|
| Lani Levine | llevine@shaw.ca |
| Earl Lesk | lovelesk@shaw.ca |
| Norman Franks | nef39mgf42@uniserve.com |

Your assistance will be very much appreciated.

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NOSTALGIA

A Story From an Old Hat

By Dan Propp



One of the pleasures of browsing through antique and thrift stores are the memories that surface. An old postcard. A piece of furniture from the '50's. A windup-watch and a camera that used 127 spool film and...bingo...thoughts flicker back like an 8mm home movie!

I happened to be at a thrift store recently 'panning' for accordions, old cameras and postcards, but, no 'cigars'. Giving up, all of a sudden, a hat appeared out of the blue in a box. The hat was marked 1958, Richmond Country Club with the B.C. flag, a tree of life design and the Star Of David.



photo by Dan Propp

This was better than an accordion (and much lighter). I paid for it, walked out, found a patch of grass, pulled out the digital camera and went to town!

History unfolded immediately, the days of The Cave, Isy's, Wosks, telephones that were still dialed and Canada Post delivered more hand written letters than bills and flyers. What a concept!

Returning to the modern person one has become, I convinced a Richmond public librarian to access the web and print out a bit of history about the Richmond Country club.

What sparked its beginnings in the 1940's was that few, if any, country clubs in the Lower Mainland admitted Jewish members. So, what else is new?

I still have fond memories applying for employment at some Vancouver dept stores in the early 1960's when applicants were expected to pleasantly jot down their religion.

Richmond Country Club began when a group of golfers formed a club called Cedar Crest. It was a "club within a club" and played at Langara Golf Club. In 1951, this group of young Vancouver Jewish business and professional men led by Alfie Evans, Dave Sears,

Bud Lando, Arthur Sereth and Sam Wasserman purchased a nine-hole golf course in West Vancouver.

Known as Glen Eagles Country Club, eight years later and with a membership that peaked to 240 dues-paying members, it was sold to the Municipality of West Vancouver in 1959.

Proceeds from that sale permitted the purchase of 130 acres of farmland in Richmond., Historically known as "The Jewish Club", in 2008, the club celebrated its 50th anniversary!

As the printout from their website clearly communicates:

"Most of its members are Jewish. While we do treasure our Jewish heritage and will always honour it, we also embrace those who share our values."

Sometimes from an old hat there is a lesson to be learned.

Please visit wwdanpropp.com and www.jewishreflections.com. Dan's two new books are 'Landing On My Feet' and 'The Postcard Photographer'. Both are available directly through ajpropp@shaw.ca or www.Amazon.com (e-book or hard copy).

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VETERANS AFFAIRS & ICBC CLAIMS ACCEPTED

5 Money Issues Families Never Talk About

Avoiding sensitive issues can lead to big trouble down the line

Sensitive Subjects:

Why do we have such a hard time talking with our children about important financial matters affecting the entire family? For some of us, avoiding sensitive discussions, especially about money, is a family tradition. For others, there's concern that bringing up financial worries will harm our relationships with our children and grandchildren.

Managing Hard Times:

Given the ongoing economic slump, there should be no stigma in telling your children that your finances aren't as secure as they once were.

Instead, advises financial planner Jonathan Pond, author of *Safe Money in Tough Times*. It's better to be open about your financial situation with family than to agonize internally about it, or worse, to keep it a secret until you're really facing a crisis.

Dividing Your Estate:

Financial advisers say it's generally best to divide your estate equally among your adult children. But if that's not your plan, talk with your kids about it now to avoid unpleasant surprises later.

Say you have two children, one wealthy and one with a fairly low income. If you know the wealthy child won't need the inheritance money, but her brother could truly use it, "have a detailed conversation about this with the child who will get the lesser share," says financial planner Stewart Welch of Birmingham, Ala. If you can't bring yourself to divide your estate unevenly, "go to the well-off child and say, 'Your brother needs help, so please watch over him,'" Welch says.

Making Residential Plans:

As a group, grandparents are living longer than ever before. That's why you and your children should talk now about where you'll want to live if you wind up needing help with daily activities — and how you imagine paying for it.

Families need to have "the dreaded nursing-home talk," Pond says, "in rational times." Start the conversation in your 60s or early 70s and be candid with

your kids about when you'd want to move. If you wait too long to make decisions and adjust your finances, you may find yourself in a bind when the time comes and neither you nor your kids have the savings to help you make the transition.

Getting Paid for Child Care:

Maybe you've generously watched your grandkids four or five days a week without pay so their parents can work without having to pay for child care. But if you're starting to feel some financial pressure, it may be time to talk candidly about getting paid for your efforts.

You could collect three bids for local or in-home daycare, "then tell your child that you'll watch the grandchildren for 50 percent of what they'd have to pay someone else. This puts the kids on notice that you can provide them with child care at a discount, but not for free."

Getting Scammed:

Have you been the victim of a fraud, or think you might be about to become one? You're hardly alone. Scam artists frequently prey on trusting people; the so-called "grandparent scam" alone has roped in numerous otherwise savvy couples.

If you've been cheated, or worry that you may be the victim of identity theft, discuss it with your children and work together to find out if and how badly you've been taken, and what action, if any, you can take. "Your child is the best second opinion you can get if you are skeptical of something that someone is trying to sell you, or if you feel you are the victim of a scam," Pond says.

By Richard Eisenberg (see Grandparents.com)

**10 years ago the USA had Steve Jobs, Bob Hope & Johnny Cash.
Now the USA has
no Jobs, no Hope & no Cash.**

Reasons Why Butter Is Good for You

Wholesome Health Benefits

When we think of a “healthy” diet, there is one thing almost everyone believes to be true: Butter is bad.

Filled with Immune-Boosting Vitamins

Spreading butter on your morning toast may not only improve your body’s immunity, but also help reduce cancer cell growth and increase red blood cell production thanks to vitamins A and D. One tablespoon of butter contains 7 percent and 2 percent of your daily values (DV) of vitamins A and D, respectively. Plus, because both vitamins are fat soluble, butter is a prime vehicle for aiding absorption of nutrients in the body.

Keeps Bones Strong

Thanks to **vitamin K** and **vitamin D**, butter may also help increase bone and muscle strength.

Adding one tablespoon of butter to a baked potato accounts for 1 percent of your DV.

**Have our prayers been answered?
Is butter good for you?
We found surprising health benefits
of this popular toast-topper.**

Reduces Symptoms of Diabetes

Found almost solely in cheese and butter, sodium butyrate has been linked to an improved

response to insulin for patients with diabetes.

Fights Cancer

Found in dairy products, including butter, conjugated linoleic acid has been tied to tumor reduction in colorectal cancer and may even help fight breast cancer, according to an experimental pathology study conducted at the Roswell Park Cancer Institute.

Better Than Margarine

Contrary to popular belief, some margarines – particularly first-wave varieties – are actually worse for you than butter due to high levels of trans fats. What’s more, researchers have also found that the vegetable fats contained in margarine are more likely to result in death among patients with heart disease than the saturated fat in butter.

By Ashley Neglia, Grandparents.com

10 QUESTIONS To ask your pharmacist

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

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and address your medication questions and concerns.**

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

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Rodney Massel
Maurice R. Jones
Bev Cooper
Gyda Chud
Claire Cohen

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

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

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

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

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

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

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



KEEP IN TOUCH

Help us keep our mailing list up to date.


**Please call us at the JSA office: 604.732.1555
or e-mail office@jsalliance.org**



ENSURE OUR JSA FUTURE

MEMBERSHIP RENEWAL AND/OR APPLICATION FORM

RETURN TO:
JSA of Greater Vancouver
949 W 49 Ave, Vancouver, BC, V5Z 2T1
604 732 1555

PLEASE PRINT		
Name		Email
Address		
	Postal Code	Telephone 
<input type="checkbox"/> I wish to become a member @ \$18 a year		<input type="checkbox"/> We wish to become spousal members @ \$36 a year
<input type="checkbox"/> We wish to make a further donation of \$ _____		
For a donation of \$180 you will be honoured as a Life Member		
Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance		
Credit Card #		Expiry Date /
<input type="checkbox"/> Easier by phone? A JSA volunteer will call you.		
Signature		
A tax receipt will be issued for a 1 year membership of \$18 and up.		