



# SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

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OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES



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(see pg. 22)

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# FAILING TO PLAN IS PLANNING TO FAIL



SERGE HABER

## PRESIDENT'S MESSAGE

Dear Friends

This is the last article that I will be writing for the Senior Line magazine as President of JSA.

For more than eleven years, nine of them as president I tried to understand how one has to adapt to aging. At every stage of this process one encounters different situations and problems. The danger is to do nothing. Being blessed with a longer life span means that we have to deal with more than thirty years of retirement, and its associated challenges.

These may be known as the golden years of one's life, but they are not easy. They CAN be golden years, however, if we think beyond our own personal well-being, and get involved with the well-being of others in similar situations.

When the JSA was founded in 2003, the scope was limited – mainly to inform and to keep in touch with each other. At that stage we had to be very cautious about how we presented ourselves in order not to infringe on what other agencies in the community had on their programs.

For me personally this was not enough. I had dreams to share my

personal ambitions, to include and benefit all seniors in our community.

The first step was to prove to myself, and then to others, that being a senior did not mean that we could not continue to contribute to our community. [any longer].

I realized that this stage of my life provided me with the opportunity to use my life's experience, and acquired knowledge to provide our community with programs of information and education. The challenge was great, as was my perception of how I could use my senior years most effectively.

My intent was to plan and present appropriate programs for fellow seniors. It is one thing to plan programs – but it is another thing to sell them.

It is a very slow and tedious process. It takes patience, meticulous programming and involves a constant and painful process of eliciting financial support. It requires a combination of two kinds of people, those who support you financially and those who don't have the financial ability but have the desire to pursue a worthy cause.

The struggle is to keep individual seniors involved and inspired to continue a life that still has meaning.

Over the years we have built up our organization to excel in in two main directions namely Outreach and Advocacy, and Peer Support Programs.

I am proud to tell you that the success of JSA in these areas has exceeded both my, and the

community's expectations. Neither the Jewish or the general community offers a better program of peer support, and in fact we are the largest organization providing peer support in BC – but funding is always a constant problem.

When I approached a particularly well-known donor in the community, and described what JSA was doing he exclaimed, "You are doing something that the community needs and is critical to its well-being, therefore it is the duty of the community to support and fund your work."

I hope the community listens and acts accordingly.

My dream for the future of seniors in this community is a Jewish Seniors Centre that would provide programs, and use the mental ability of seniors to learn new skills and use their day-time in a most creative manner. It could be a lab for seniors to develop new skills, and give them renewed confidence in their ability to learn new things that were not possible while actively engaged in making a daily living.

There are models for this kind of center in Montreal, Toronto, Winnipeg and many other communities in North America. Individuals within the local Jewish community, as well as provincial and federal governments could fund this facility. Other agencies offering services for seniors could be housed in such a building. (Refer to Senior Line Vol???, and the JSA website for detailed description of these models.)

*If I am not for myself* **אם אין אני לי**  
*who will be for me* **מי לי**  
*And being only for myself* **וכשאני לעצמי**  
*what am I* **מה אני**  
*And if not now* **ואם לא עכשו**  
*when* **אימתי**

Ethics of the Fathers

\Cont: President's Message

**We must start thinking about this concept now, not in ten years when it will be too late. By then we will have more than 10,000 seniors in the Jewish Community alone. I wonder how will we be able to cope.**

At our AGM in September my job as president will be concluded. It is time to let a new generation take over and I am happy that Marilyn Berger will be assuming the presidency of JSA. With Hashem's help and good health I intend to remain involved for many more years. I've promised that to Marilyn, and Serge usually keeps his promise.

Thank you to new and old members of the board for sharing my work, my ideas and the trust in me for all these years.

I would like to express my thanks to our staff for the support that they gave me for many years. Thank you to Karon who has been my right hand for all these years with personal sacrifice dedication and trust.

Thank you to our community for supporting the work I have done for the last few years, and hopefully the trust and confidence will continue with a new generation taking over my work.

Sincerely



Serge Haber

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

## Round Table on the Future of Home Support in BC

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

The panelists were:

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

**Here is the link to the audio of the event along with pictures:**

<http://www.policyalternatives.ca/seniorshomesupport>

Marcy Cohen, CCPA

## SYLVIA HILL Celebrates her 100<sup>th</sup> birthday



CONGRATULATIONS TO JSA'S  
DEAR HONOURARY LIFE  
BOARD MEMBER

Our interview with Sylvia will be published in the October issue in the Celebrating Vancouver's Super Seniors column.

**“Be the change that you wish to see in the world.”**

-Mahatma Gandhi



# CONGRATULATIONS TO ALL "EIGHT OVER EIGHTY" HONOUREES ESPECIALLY INCLUDING OUR VERY OWN PRESIDENT SERGE HABER

EDITH SHIER  
INFORM INSPIRE INVOLVE.

## EDITOR'S MESSAGE

Hello sunny summer days!

It may not be forever, but living to 90 or 100 is still a very long time. However, its unlikely that living to the century mark will ever become the norm so we suggest we make the best of it by simple steps such as sitting less, walking more, eating fresh and lean instead of junk and so forth. Aging, as they say, is not for sissies. Longevity means resilience — Lets hope we have it when we need it!.....

On May 25th Eight Over Eighty was celebrated at the Law Courts in downtown Vancouver. The event, convened by the Louis Brier Jewish Aged Foundation honored eight individuals / couples over 80 years of age who have made and continue to make significant contributions to the Jewish community and to the community in general. Over 350 persons attended this unique, quality and highly entertaining event.

One of the honorees was our venerable President, Serge Haber. To enumerate Serge's list of contributions as a volunteer would take up more space than allotted here. Since his arrival here in Vancouver in 1978 he has been involved in many organizations and was president of several. Serge founded the Jewish Seniors Alliance in 2003 and to date JSA continues to serve, represent and advocate for more than 5000 seniors in the Greater Vancouver area. Serge is the recipient of many awards for his unstinting work done for the seniors of this area, Jewish and non Jewish.

As a Holocaust survivor Serge is a regular speaker for the Holocaust Education Centre.

Those of us close to Serge know there is a "fire burning in his belly" for all seniors who are lonely, depressed, isolated and vulnerable. What separates Serge from the rest is his continued passionate quest to make life better; to maintain and increase independence and to truly add life to the years of seniors.

L'chaim and mazel tov to Serge Haber!

*Exerpt from eight over eighty Tribute Book (page 17)*

## SERGE HABER

I am a survivor of a pogrom  
I've seen 2000 people killed in front of my eyes ... I was 13  
God had nothing to do with the mass hysteria ... People did this  
I don't take no for an answer ... anti-Semitism made me fight  
I became a boxer  
I never had a citizenship ... I came to Canada with nothing  
and Canada kept me as an equal  
I would go from one movie to another in order to learn the language  
I believe that we have a history that shows the world how to survive  
I wanted to be part and parcel of the Jewish community  
We are Jewish and we help each other  
because of persecution we have developed a strong social conscience  
You cannot look at suffering and do nothing about it  
I have a vision for our people and for people in general  
Today ... I fight for the rights of seniors ... It is my duty to do so.

From: Sheila Whitzman

Subject: **latest copy of Senior Line**

To: : 'EDITH SHIER' Sun, Mar 02, 2014 01:42 PM

Dear Edith,

I am full of praises for your magazine, and the latest edition is better than ever. In fact, I don't think it can get more pertinent and inclusive of EVERYTHING THAT MATTERS.

I cut out the quiz (supposedly for seniors, but actually for anyone) on page 20, to send to Molly. Confession: I only got 4 out of the 11 questions correct. But it's not because of my age—I never was good at logic I'm afraid.

Still bitterly cold here. I made a mistake in not going away this winter. Many days I do not even go out, but I have my personal trainer working on me for an hour each time in our well-equipped exercise room. And I'm thoroughly enjoyng my 2 courses, —even if I fell asleep momentarily last week at one, where they darkened the room to show a short film.

Keep up the good work,

Sheila.



# ASK HANNAH

your personal advice column

As a retired psychotherapist, psychology teacher and family counsellor, I am aware that as we get older, what were once ordinary tasks now take on special significance; for example, maintaining a home, driving a car or paying the bills. Today's column responds to a couple of these situations from the perspective of adult children of aging seniors. What you write is confidential. I have signed a Confidentiality Agreement with JSA ✍

## “Driving with Daddy”

Dear Hannah,  
My father is 86 years old and I am an attentive son. He is an intelligent, resourceful and energetic man. We were on our way to an appointment and as we approached our cars, he asked me if I was still comfortable driving in his car, “Did I still trust his driving?” This was a first! He went on to explain “the vision in my right eye isn't so good, actually I can barely see things on the right. I do not drive at night anymore.” We got into his car and indeed, he drove a little too slowly, and a little too close to the curb. My father treasures his independence. I am concerned. What can I do? How can I proceed without offending him or depriving him of his freedom?

Dear “Driving with Daddy,”

Did you know that the vast majority of British Columbians are worried about the safety of aging drivers (Tiffany Crawford, Vancouver Sun, April 9, 2014)? Younger adults care about the road safety of aging loved ones, but they do not know how to begin the conversation. BCAA discusses this issue in their recent Mature Driver Survey. They have also launched a senior drivers' tool kit, an online resource to keep senior drivers safe on the road ([www.bcaa.com/seniordrivers](http://www.bcaa.com/seniordrivers)). This is a conversation guide to help people discuss the issue. The kit includes a driving assessment comprised of a questionnaire about roadway habits and an interactive test measuring leg strength, mobility, vision and reaction time. Senior drivers can also learn about how aging affects their ability to drive and get tips on how to keep their skill up- to- date.

The B.C. Government has listed medical reasons for driving- skills deterioration and concerns about someone's fitness to

drive, as well as information of a “Driver Medical Examination Requirement”

(<http://www.pssg.gov.bc.ca/osmv/road-safety/seniors.htm> ). The Office of the Superintendent of Motor Vehicles (OSMV, Victoria, BC, 250-387-7747) states that medical professionals, vision specialists, family members, allied health care providers, or concerned citizens can send a report to the OSMV regarding concerns they have about a driver's fitness to drive safely.

Your father is showing courage and strength in admitting to his problems by taking some appropriate steps to limit his driving and by opening the conversation with you. After looking over the suggested websites, sit down with him and go over the “tool kit”. He may be ready to take the tests, perhaps to improve his skills, or, on the other hand, to further reduce his driving possibilities.

## “Frustrated by my immovable Mom”

Dear Hannah,  
At the age of 80, my Mom slid from her chair and broke her hip. Successful hip surgery was performed. She experienced delirium after the surgery. Two months later she was walking well and back at home. But she is not the same person. She will not go out for her usual walks. She refuses to go to a restaurant. And, most troubling of all, she refuses to see a doctor. She is tidy, dresses, goes downstairs for meals and watches TV for 6 or 7 hours a day. Recently she said “I can't deal with my bills or the bank anymore. You take care of it all!” I have Power of Attorney. She has always been plagued by panic attacks, vertigo, and excessive worrying but she never sought out medical or psychological treatment. She repeatedly

tells me how to distribute her money and her possessions after her death. I want my Mother to be happy, to enjoy her life but she seems indifferent and passive. I only succeed in getting her angry and upset when I pressure her or argue with her. What is happening to my Mom?

Dear “Frustrated by my immovable Mom”,

The fact that your mother probably has a depressive personality style, linked with postoperative delirium, leads me to a possible diagnosis of postoperative depression. Her “indifference” to her health and her lifestyle are important symptoms. Many patients hide their state of mind from families and caregivers alike. Talking with a mental-health professional about details of the surgery and recovery can help provide some assistance in your mother's case, also getting her to talk to you about her hopes and fears can help too (John F. Lauerman, Harvard Magazine, July-August 2000, An “Understandable” Complication: Coming to terms with postsurgical depression). It is imperative that your mother have a current physical and mental status review. This should be initiated through your family physician.

What you can do is visit often, make her comfortable, and supply her with whatever it is that she needs: be there for her in a caring, loving way. Her condition may be more serious than you think. In her own way, she is living a quiet, organized life which suits her. There are times when we cannot change a situation; rather, we must learn to accept the status-quo.

*Hannah*

Hannah Lubner, M.Sc. Counselling

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

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**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. ✍

# Retired / Rewired?!

**T** WAS THE NIGHT BEFORE RETIREMENT WHEN ALL THROUGH THE HOUSE, NOT AN IDEA WAS STIRRING, NOT EVEN THE MOUSE.

I OPENED A BLANK DOCUMENT AND THOUGHT "WHAT SHOULD I WRITE?" I WANTED THE SPEECH TO MY COLLEAGUES TO BE JUST RIGHT.

I NEEDED TO COME UP WITH SOMETHING REALLY QUICK. 'RETIRED' WAS WHAT I WANTED TO BE, BUT THE SOUND OF THE WORD JUST WASN'T RIGHT FOR ME.

AND THEN, WITHOUT A CLUE AS TO WHAT I WAS ABOUT TO DO, I WENT WITH MY FIRST THOUGHT THAT CAME THROUGH.

I TYPED "I'M NOT TIRED". 'SO, CHANGE IT' I SAID.

THEN I BUMPED OUT THE **T** IN RETIRED, AND PUT IN A **W** INSTEAD.

I SURPRISED MYSELF AT MY DISCOVERY.

FROM HERE ON IN, REWIRED IS WHAT I SHALL BE.

I INSTANTLY BECAME A REWIREE.

by Bev Cooper



Co-chairs Gyda Chud & Bev Cooper

**"Retirement is when you stop living at work and start working at living."**

**Gyda Chud**, co-convenor, and on the board of the JSA, enthusiastically welcomed a capacity crowd of 180 to this year's annual Spring Forum which took place at the Peretz Centre on May 4. The theme was RETIRED/REWIRED.

Gyda Chud acquainted those attending with the philosophy, programs and purpose of the Jewish Senior Alliance and reminded us that life learning leads us to the best quality of life.

Advocating that we should all be volunteers- Gyda quoted- **"Volunteers are not paid — not because they are worthless, but rather because they are priceless."**

**Bev Cooper** read her poem about how she came up with the word, ReWired, rather than Retired. ReWirement has become her cue card to search for ways to ride the waves in difficult times. And in the better times, ReWirement propels her to use the opportunity to seek out new challenges.

**Gloria Levi**, social worker and consultant in the field of Gerontology and author of "Dealing with Memory Changes as you Grow Older" was the moderator of the afternoon's forum.

She spoke of her personal connection to JSA and introduced **Roz Kaplan**, Gerontologist, Director of the Seniors Program at SFU Continuing Studies.

We heard the surprising and somewhat shocking news that most of us will live 30 years after retirement and that we need to prepare for that time awaiting us.

We heard that retirement is not a destiny but a journey for which we should 'pack' essentials as we embark on that time and as in all journeys, some of us will be better equipped and prepared than others on this trip.

We were encouraged to learn something new; an instrument, a language, dance steps, the means to rise to challenges and accept change.

We were told we needed confidants, connections, community and having a passion. This journey would be a path to opportunity, and as in all journeys, one should divest oneself of 'extra luggage' to reinvent ourselves. Most of us identified with work. Reinventing would allow us a chance to ease into retirement.

Our stages of life usually encompass — birth, education, work, retirement. It is up to us to fill in the gaps with personal growth as many of us return to an encore career. Family, friends, fitness, travel volunteering, hobbies; all serve to keep us vital.

A book recommended was "Creating a Healthy Retirement" by Dr. Ronald and Lois Richardson.

After a brief question period, Gloria Levi introduced our next speaker John F. Helliwell, who is an officer of the Order of Canada, a Fellow of the Royal Society and Senior Fellow and Co-Director of the Canadian Institute for Advanced Research Programme. As a Professor Emeritus at UBC **John Helliwell** has written articles on "How to Build Happy Lives" and is an Editor of "The World Happiness Report."

We started by singing "If you're happy and you know it, clap your hands", and then were asked if we were any happier after the shared singing. All agreed that we were.

How do we measure happiness? Usually that is not a question asked by one's doctor or therapist-rather we are asked if we are sad/depressed/possess negative feelings. Negativity is not only a state of mind but



affects our physical well-being.

An example was given of students in a hotel room who were all exposed to the rhinovirus. Those with negative feelings/attitude generally succumbed to the cold germ, whereas those with a positive outlook were much less affected, with some even escaping being sick entirely. It was also suggested that we need to concentrate more on health building rather than health repair.

Economic factors are far less important than first assumed, but instead, the bonding together and assisting of one another to overcome strife and difficult circumstances brings added happiness.

Iceland and Ireland were prime examples of the quality of life because the people living there showed concern and care for one another. Aristotle stated that a fine quality of life brings happiness to individuals in a variety of formats.

FOOD | HEALTH | TRUST | FREEDOM (to make decisions and feel actively engaged in ones life) | GENEROSITY (doing nice things for others raises one's own happiness)

Another example was of a care home in Denmark where the staff had been asked to design the home as if they themselves were to be the residents in that home. Their advice was to do away with uniforms for staff, to dispense with bibs and to make mealtimes variable. At one of the homes, the chef even drove the residents to a local movie theatre and they all enjoyed annual holidays together. Much more like one would expect if living in one's home with family.

The last example was of a residence where there were two floors. One known as a happy

floor and the other was the unhappy floor.

There again, the unhappy floor residents were asked to design the floor they would be living on in a new building. Suggestions were made, followed, and happiness ensued.

At another centre, a senior residence combined the facility with a day care and seniors and juniors interacted happily, all benefitting – a little like symbiosis.

No one broke rules; nobody wandered – searching for the home they had left. They all felt they WERE HOME!

A question was asked why Israelis were happy even though they lived such stressful lives. The answer seemed to be that there really was no time for introspection. All were united in the common bond; to continue to defend and build their country and that aim, that purpose, builds happiness.

A last question was how can we continue to be selfishly happy if many of the rest of the world seem to be so unhappy. The answer was 'Whose misery is lessened by our being unhappy?'

Gloria Levi expertly and succinctly summarized the two speakers talks saying that she found John Helliwell's talk on happiness intriguing and encouraged us to follow Roz Kaplan's advice to reassess our lives at the different stages we encounter and not to be afraid to ask for help.

Gloria then spoke of **Serge Haber** and his countless contributions to the community through the years and of his being honoured at the Louis Brier's 8 over 80.

Approaching the podium, Serge Haber asked us all to rise for a moment's silence in honour

of *Yom Hazikaron*, commemorating the fallen soldiers and pointing out the Israel flags in the centre of each flower arrangement also celebrating Israel's Independence Day. As delicious refreshments prepared by the BAGEL CLUB CATERING and served by the volunteers of the JSA, Serge Haber thanked those who had convened the very successful forum and emphasized that much of this would not have been possible without the exhaustive efforts of the staff, Karon Shear and Rita Propp. Karon Shear also took a video of the forum which will appear on the JSA website shortly.

**Herb Calderwood**, the afternoon's musical entertainer, handed out songbooks and announced that he may not know all the songs in the songbook as he does not read music and so we were instructed just to call out our request by number. He delighted us as well with a wonderful game of 'Name That Tune' and those who guessed the tune were rewarded with a prize.

Door prizes further kept the happiness quotient high and the afternoon came to the happy conclusion as the audience did indeed leave REWIRED.

Binny Goldman - 2014

Photography by: Binny Goldman



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



Gloria Levi, Roz Kaplan & John Helliwell





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

## EMPOWERMENT THROUGH TOUCH "Hugs never fail to express what words cannot."

A standing room only crowd filled the hall at the Unitarian Centre on March 27th to listen to **Allan O'Meara** and **Marian Cohen** talk about 'The Healing Power of Touch'.

Marian opened the session by warmly welcoming those gathered and introducing her 4-footed partner, **Mollie**, a delightful Shih Tzu, with soulful Jewish eyes-as described by an audience member. Marian told us that Molly was a rescue dog, who is now, in turn, paying it forward by helping others to live a better life.

Marian has completed the St John's Ambulance program with Molly, and now goes to Crofton Manor as well as the Children's Hospital brightening the day for all whom she and Molly visit.

At the Vancouver Public Library, children who need help in reading seem to enjoy reading to Molly who just laps it all up!

Allan O'Meara, a recreational therapist at Crofton Manor, works with elderly seniors who have dementia and other related disabilities, emphasized that touch and holding are part of the most important aspect of his work with them.

Following that vein, he had the audience smile and face a neighbour, first to the left and then right, extend

a hand in greeting and then ask, after awhile, permission to hug them—and that was easily granted by almost all.

A variety of hugs were demonstrated by Marian and Allan; the A-frame, the cheek to cheek and even included the sandwich hug with Sylvia Gurstein, a member of the audience serving as the "cheese"-sandwiched between the two speakers and receiving a 'HUG' t-shirt for participating.

The audience was then asked to name some of the various hugs there are and how receiving them made them feel: cared for, loved, protected, nurtured, in love, validated – were some of the responses.

Pet owners and former pet owners were asked to share their pet stories and many regaled us with some emotion—telling us tales of how having pets enriched their lives, giving them unconditional love, relieving loneliness, bestowing love, easing anxiety, providing excuses for exercise and offering protection. A comment made by Serge Haber, JSA President, that even one's wife doesn't greet her husband with the pure joy that a pet does, brought much appreciated laughter.

Marian and Allan reported that when Marian visits, it is Molly who is

greeted with joy—and then the gaze travels upward to see who MOLLY BROUGHT. The visit often relieves pain in both youngsters receiving therapy and elicits a grateful response from usually non-responsive patients, incredibly bridging all ages, seeming to mend ills and replacing tears with smiles in the hearts of those who need it.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around." Leo Buscaglia

We all felt that our lives were made a little better today by our exchanging hugs, our touching one another with our shared words and stories, and with our hearts.

Our thanks to the JSA and the Day-Timers who brought us this gentle, thoughtful and calming session.. and even topped it off with delicious refreshments to send us on our way.

Binny Goldman

**"Hugs never fail to express what words cannot."**



# EMPOWERMENT THROUGH THE ARTS

## 'With a song in your heart'...

A crowd of 87 people smiled and sang their way through the afternoon at Beth Tikvah in Richmond presented by the JSA in conjunction with the Kehila Seniors on Monday afternoon. June 16th 2014.

**Serge Haber**, President of the JSA, made the blessing over bread and those attending were treated to a delicious lunch, and enabled all to enjoy becoming acquainted with one another as well as with the performers. We felt as if we had been given glimpses into the backstage preparations.

**Toby Rubin**, Co-Executive Director warmly welcomed us, remarking on the large turn-out and enumerated the upcoming events at Beth Tikvah.

**Shanie Levin**, of the JSA added her welcome and introduced **Bev Cooper**, Co-Convener, who informed the audience that **Claire Cohen**, her Co-Convener, an artist and art therapist, had some of her paintings on display for sale, which were all on the theme of music.

**Marilyn Berger** – as narrator then 'set the stage' by introducing the format in which Fiddler on the Roof would be presented which was as a reading along with an improv style.

**Arnold Selwyn**, with his magnificent voice was Tevye and creative **Debbie Cossover** was his 'loving' wife. The 5 daughters all entertainingly played were: **Tamar Cohen, Shoshana Sandelson, Bernice Dorfman, Sara Engelberg,** and **Sally Posternack.**

Serge was an exceptional surprising ad libbing Motel, **Len Cohen**, skillfully acted as Laizer Wolfe, **Shanie Levin** brought Perchick to life

All were clever and quick to contribute lines of their own when called upon. The chorus of well known and beloved

songs in 'Fiddler' lifted our hearts in nostalgia, when sung both by performers and the audience all excellently accompanied by **Marshall Berger** on the piano.

Marilyn Berger was amazing as Narrator, Director, Producer, with scarves hats appearing like magic for necessary scene changes, who kept the story appearing in front of our eyes.

This was a story of eviction and a daunting attempt to survive, leaving their homes for the unknown, some for 'AMERIKA', which Marilyn Berger reminded us was a gamble as to which country would prove to be the safest in which to continue the lives of the family.

The afternoon concluded with a marvelous duo of **Jeni Wright** and **Andrea Engel** in beautiful harmony with renditions of a variety of selections – from Copper Kettle – to Yerushalayim shel Zahav, Nova Scotia and Dona Dona and ended with *Oseh Shalom*.

Jeni Wright's warm inviting personality shone throughout and encouraged all to join in. Shanie Levin joined in to sing the Yiddish version of Dona Dona – thus truly illustrating Henry Wadsworth Longfellow's quote-

"MUSIC IS THE UNIVERSAL LANGUAGE OF MANKIND"

Bev Cooper thanked all attending and Kehila Society for acting as hosts...

We really did go home 'WITH A SONG IN OUR HEARTS'.

Binny Goldman





# INFORM ⇒ INSPIRE ⇒ INVOLVE

The past six months has been a period of growth, and new partnerships. Thanks and warm wishes to Lynn Moss as she continues her professional career with JHub in Richmond. We look forward to working with her in her new capacity.

We are thrilled to welcome Grace Hann who recently joined our organization. Grace has been hired as our volunteer support supervisor and trainer. As many of you already know, Grace has a wealth of professional experience in senior community services, senior peer counselling and peer support.

This is an exciting chapter for J.S.A. Our Senior Peer Support Services continues to grow and flourish and is experiencing continued referrals from various health organizations. As people become more aware of our programs they see the results of our peer support services. **It has been shocking to us to see the incredible need for emotional support and we are merely touching the tip of the iceberg! Reaching isolated seniors is a daunting task but we are making some inroads.**

We, continue to partner with many community senior services and Jewish community services such as Cambie Older Adult, Pacific Spirits, South Granville, South Vancouver Health Services, Three Bridges, Windemere, Icelandic Harbour,

Ravensong Health Services, JFSA, JCC, Jewish Federation, The New Jewish HUB (JHUB) and Kehila.

Senior Peer Counsellors at Gordon neighbor House and Volunteer Richmond have recently joined J.S.A. and will be reporting directly to Grace and myself. Grace has been holding monthly meetings at both places in order to ensure the transition is smooth and both Client and volunteer needs are being met properly. We would like to thank Michael Jarman, who is a trained senior peer counsellor from the Richmond group who has agreed to be our lead volunteer for their group and he will act as a liaison between JS.A. and Richmond.

To facilitate better coordination of our services in Richmond, both Grace and I have started to meet clients at the new JHUB, part of the initiative by Jewish Federation to provide a space for Richmond clients to meet with volunteers and staff. These are great opportunities for J.S.A. as we continue to expand and grow!

Because of recent changes where senior peer counseling is being provided, JSA Peer Support Services is now playing a more pivotal and senior role in the provision of senior peer counseling training and services throughout Vancouver and the Lower Mainland. We continue to provide peer support services to Jewish clients all over the Lower Mainland.

**We appeal to the community to support us as we deliver these amazing programs to some of our most vulnerable older adults!**

Currently at peer support services we provide peer counselling, community

support visiting (friendly visiting) and Shalom Again friendly phone calls.

We created a new training program and redefined our friendly visitor program so it is now called our community support visitor program which has increased the mandate and responsibilities of our volunteers. Grace who is also our peer support services trainer recently facilitated a 12 hour training course in an expanded curriculum with twelve new students. The program was expanded to increase the skill and knowledge of our volunteers and to meet the growing wnumbers of clients requesting friendly visiting.

In April we had our first volunteer appreciation day and it was an evening of fun, laughter, sharing, music and great food. Fifty plus people attended. We realize the importance of validating and appreciating our volunteers and of creating a cohesive team. **Without our volunteers what we are currently achieving would be impossible!**

At this time, Grace and I would like to thank the chair of Jewish Seniors Alliance, **Serge Haber**, and our Peer Support Services Committee chair, **Pam Ottem, Rita Roling, Edith Shier** and **Peter Kafka** for their continued support to us. We would also like to thank Karon Shear and Rita Propp for their in office support.



**Grace Hann**  
Volunteer Support  
Supervisor/ Trainer



**Charles Leibovitch**  
Peer Support Services  
Coordinator

# "ONE SHOULD PROVIDE ONESELF WITH A TEACHER & one should learn something new every day!"

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**O**n July 2nd the fourth graduation ceremony of the Peer Counselling took place at the headquarters of the JSA which included the first graduation of the Community Support Visitors..the revamped Friendly Visitor Program.

Charles Leibovitch, Peer Support Services Coordinator, warmly welcomed those gathered and congratulated the graduates giving a brief resume of the surprising substantial growth and the consequential changes which had taken place.

**Grace Hann, now our Volunteer Support Coordinator, spoke about her not being a teacher but that it truly was a team effort..a mutual give and take as part of a web woven by many.** Needs were being met by the

graduating counsellors and the JSA team as services' reputation grows.

There are now 70 graduates helping clients and as it was later stated by Serge Haber, the JSA may be the largest source of counsellors in BC.

Peggy Casey, a Senior Peer Counsellor and Educator praised Serge Haber for having been a visionary and creating the Peer Support Services thus filling a need in the community at large.

A new graduate, Josee Clauser, shared –

**"the graduates had become better people themselves just by helping and listening to others"** and Miladi Dzevitskaya echoed these sentiments citing examples how **"face to face sessions were so important , seeing and looking into your clients eyes."**

Serge Haber, after congratulating the graduates ,quoted two sayings from Pirkei Avot (Ethics of Our Fathers)..

**'one should provide oneself with a teacher and one should learn something new every day.'**

We learned today that the more we give of ourselves without expecting anything in return the more we derive of life ourselves!

The graduation ceremony followed with the graduates proudly receiving their certificates they had earned. A graduation cake made a sweet moment that much sweeter!

Congratulation graduates  
...congratulations JSA!

Binny Goldman -July 2, 2014

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## BEREAVEMENT SUPPORT GROUP

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

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

To join call JSA at **604-732-1555** Rita Propp

**MEETING DAYS:** Tuesdays 2–4 pm

**MEETING DATES:** Sept. 9 & 23, Oct. 14 & 28,  
Nov. 9 & 25, Dec. 2 & 16

**LOCATION:** JSA 949 W. 49th Ave (corner Oak Street)

**Free Parking Available**

*Join us!*



The facilitators are:

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

# ISOBEL MACKENZIE NAMED FIRST SENIORS ADVOCATE



On March 19, 2014 Health Minister Terry Lake announced that the Government of British Columbia has appointed Isobel Mackenzie as Canada's first Seniors Advocate.

**As the voice of seniors in B.C., Ms. Mackenzie will have a broad mandate to monitor and review system-wide issues affecting the well-being of seniors and raise awareness about resources available to them. The Advocate will also make recommendations to government and those who deliver seniors' services related to health care, personal care, housing, transportation and income support.**

This is indeed long-awaited and long-overdue good news for B.C.'s nearly 700,000 elderly residents. The posting was first proposed after a 2011 investigation by B.C.'s ombudsperson uncovered a wide range of problems with the system and made 176 recommendations. After public consultations in nine communities around the province between May and July 2012, the B.C. government introduced legislation that outlines the duties and authorities of the Seniors

Advocate. Premier Christy Clark then promised to appoint the first advocate in February, 2013. The Seniors Advocate Act was passed on March 14, 2013 and marks an important milestone in establishing the Office.

"Isobel Mackenzie brings with her 18 years of experience working on behalf of seniors at a local, provincial and national level," said Lake. "I am confident that we have found a strong voice for British Columbia's nearly 700,000 seniors and I welcome Isobel as our first seniors' advocate." At the announcement in Vancouver, Mackenzie vowed to protect her independence and represent seniors—not the government—in her new role. "I am honoured to accept this important position and look forward to applying my experience as I set priorities and establish my mandate in the coming weeks and months," she said. The Office of the Seniors Advocate will monitor seniors' services, promote awareness and work collaboratively with seniors, families, policymakers, service providers and others to identify solutions to systemic issues and make recommendations to government on ways to improve care for our aging population.

Skepticism came quickly. New Democrat health critic Katrine Conroy said she supports the creation of the seniors' advocate position, but the post requires more teeth to allow the advocate to work more independently of government. An independent person would be able to investigate the individual and systemic needs of B.C.'s seniors, Conroy said in a statement. Mackenzie will earn as much as \$190,000 and have an office budget of almost \$2 million annually, though she can also be dismissed at the whim of Health Minister Terry Lake or the provincial cabinet.

Lorraine Logan, the president of the Council of Senior Citizens Organizations of B.C. also expressed reservations, "It's about time. We've been asking and asking for the position and now we have a person so that is great. But it's a wait and see process. There's a lot to be done." She listed her organization's three priorities: health care and home care—giving support to people so they can stay at their home and be healthy; affordable housing for seniors; and Pharmacare, ensuring that generic name-brand drugs are made available to seniors at an affordable rate. Isobel Mackenzie states her goals as "Through the office of the seniors advocate, I will be looking at what is working, what should be improved and what are the emerging issues for the future."

Serge Haber president of Jewish Seniors Alliance commented —

**"The choice of Isobel Mackenzie is excellent because of her experience and involvement with seniors. I have no doubt about her abilities but we must not forget that no matter of her recommendations it will be up to the government to make the final decisions.**

**At least her recommendations will become public knowledge and that will put more pressure on the government to act on them."**

Written by Dolores Luber

**Inner peace begins  
The moment you  
Choose not to allow  
Another person or event  
To control your emotions.**



# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE



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

COUNSELLING AND SUPPORT SERVICES					
<b>Alzheimer Society of B.C.</b> Resources and Information. Alzheimer resource centres located throughout the province			604-681-6530 <a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>		
<b>BC Bereavement Helpline</b> Lower Mainland			1-877-779-2223 604-738-9950 <a href="http://www.bcbereavementhelpline.com">www.bcbereavementhelpline.com</a>		
<b>Bereavement Walking Program</b> It is a time to walk and talk with others who are grieving			604-731-8643 Sharon 604-731-7805 Sue		
<b>BC Centre for Elder Advocacy and Support (BCEAS)</b> Elder law clinic.			604-437-1940 <a href="http://www.bcceas.ca">www.bcceas.ca</a>		
<b>Crisis Intervention &amp; Suicide Prevention Centre of BC (24 hrs.)</b> Provides confidential supportive telephone lay counselling services.			604-872-3311 <a href="http://www.crisiscentre.bc.ca">www.crisiscentre.bc.ca</a>		
<b>TTY at the Vancouver Crises Intervention and Suicide Prevention Centre</b>			604-872-0113		
<b>The Dementia Helpline</b> A service for people with dementia, their care-givers, family and friends.			604-681-8651 <a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>		
<b>Family Services of Greater Vancouver</b> Provides counselling and supportive services to individuals and families.			604-731-4951 <a href="http://www.fsgv.ca">www.fsgv.ca</a>		
<b>Jewish Family Service Agency</b> Provides counselling, supportive, and information/referral services to individuals and families.			604-257-5151 <a href="http://www.jfsa.ca">www.jfsa.ca</a>		
<b>Jewish Seniors Alliance Peer Support Services</b> No charge volunteer peer counselling, Shalom Again friendly calls, friendly home visits			604-267-1555 <a href="http://www.jfsa.ca">www.jfsa.ca</a>		
<b>L'Chaim Adult Day Centre</b> L'Chaim provides a social, therapeutic & recreational service to frail or disabled older adults.			604-638-7275 <a href="http://www.adultdaycentres.org/l'chaim">www.adultdaycentres.org/l'chaim</a>		
<b>Prostate Cancer Supportive Care Program</b>			604-875-4111 ext. 62338 <a href="http://www.PCSC@vch.ca">www.PCSC@vch.ca</a>		
MEDICAL INFORMATION AND REFERRAL SERVICES					
<b>Vancouver Coastal Health Authority...</b> Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast.			604-736-2033 <a href="http://www.vch.ca">www.vch.ca</a>		
<b>Fraser Health Authority</b> Serves Fraser North, Fraser South and Fraser East.			604-587-4600 <a href="http://www.fraserhealth.ca">www.fraserhealth.ca</a>		
<b>HEALTHLINK BC</b>			8-1-1 <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a>		
<b>TTY</b> (special Telus relay service for deaf and hearing impaired)			7-1-1		
<b>Louis Brier Home and Hospital</b> Provides complex residential and extended hospital care.			604-261-9376 <a href="http://www.louisbrier.com">www.louisbrier.com</a>		
NUTRITION					
<b>Dial-A-Dietitian</b> Specializes in easy-to-use nutrition information for self-care.			604-732-9191 <a href="http://www.healthlinkbc.ca/dietitian">www.healthlinkbc.ca/dietitian</a>		
<b>Meals on Wheels</b>					
Burnaby	604-299-5754	Richmond	604-292-7200	Vancouver	604-684-8171
Coquitlam	604-942-7506	Surrey/Delta	604-588-0325	White Rock	604-536-3866
		New Westminster	604-520-6621		
For kosher meals contact Jewish Family Service Agency			and for Food Bank (local 230)		604-257-5151 local 218
Suppliers of Kosher meat and poultry		Kosher Food Warehouse	604-709-9889	Sabra	604-733-4912
		Omnitsky	604-321-1818	Superstore	604-322-3702
TRANSPORTATION					
<b>SN Wheelchair Transport</b> special needs door to door			1-800-768-0044		
<b>Translink Bus Service</b> - bus and route timetable advice			604-953-3333		
<b>Driving Miss Daisy</b> - driving service for seniors to appointments, programs etc.			604-290-8874 1-866-351-9696		

# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE

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



# ONGOING EVENTS July, August, September 2014

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

MONDAY	
12:00 pm - 2:00 pm July 7, Aug 11	Summer BBQ
10:00 am July 14	Hearing Clinic
10:30 am July 14, 21, 28; Aug 18, 25	Osteofit
1:00 pm July 14, 21, 28; Aug 18, 25; 2:15 pm July 7 & Aug 11	Poker
11:45 am July 14, 21, 28; Aug 18, 25	Jointworks
TUESDAY	
9:30 am	Chair Yoga
11:00 am	Duplicate Bridge
1:00 pm - 2:30 pm Sept 16	Women's Social Group
WEDNESDAY	
9:25 am	Chair Yoga
10:30 am	Osteofit
11:45 am	Jointworks
10:30 am	'In the News'
1:00 pm	Poker & Mah Jongg
THURSDAY	
11:00 pm	Duplicate Bridge
FRIDAY	
9:30 am	Shabbat Chair Yoga
11:00 pm	Social Bridge

## SAVE THE DATE

### JSA AGM & Closing Dinner

DATE: **Thursday, Sept 11, 2014**

TIME: **5:00 pm**

PLACE: **JCC in the Wosk Auditorium  
 950 W 41st Avenue**

(See back page for more information)

### BEREAVEMENT SUPPORT GROUP

DATES: **Tuesday, Sept 9 & 23, 2014**

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

PLACE: **JSA 949 W. 49th Ave  
 (corner Oak Street)**

To join call JSA at 604-732-1555

(See page 11 for more information)

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

August 28

Summer BBQ at Rmd Jewish Dayschool

MONDAY - Starting Sept 8

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

Every 3rd Monday of the month  
 Wellness Clinic from 9:00 - 12:00 pm  
 Massage therapy, therapeutic touch,  
 reflexology, blood pressure checks,  
 manicure/pedicure. **BOOKING  
 ESSENTIAL** call Ruth 604-271-1973  
 or Marlene 604-275-7543

**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

THURSDAY, JULY 24

Seniors BBQ - Please call Chabad Richmond for location and time details 604-277-6427

TUESDAY, SEPTEMBER 23

12:30-2:30 pm Community Kitchen

WEDNESDAY STARTING SEPTEMBER 3

1-3:30 pm Arts Club for women- Every Week

THURSDAY STARTING SEPTEMBER 4

10 - 11 am ESL Beginners & Intermediates

11 - 12 pm ESL Advanced

**CHABAD RICHMOND-  
 "SMILE ON SENIORS"**  
 CONTACT: Marlene Shore  
 604-275-7543  
 www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11-2 pm  
 Hot Kosher lunch \$8  
 Movies, Music, Guest Speakers,  
 incl. Rabbi Baitelman  
 September 4 and 18



Refer to JSA EVENT CALENDAR  
 on JSA website  
**www.jsalliance.org**

# ONGOING EVENTS July, August, September 2014

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

July 13, Aug 17  
**MOUNTAIN VIEW CEMETERY WALKING TOUR**  
 2:00pm – 3:30pm  
 Meet at 37th Ave. and Fraser St. - \$10

July 20  
**GASTOWN AND STRATHCONA WALKING TOUR**  
 11:00am – 1:00pm  
 Meet at 700 E. Pender St. - \$10

July 27, Aug 31, Sept 28  
**GENEALOGY SUNDAYS** - In partnership with the Jewish Genealogical Society of BC  
 1:00pm - 4:00pm at JMABC 184 Ash Street  
 Free - by appointment only

Sept 17  
**INTERSECTIONS** - Ethical Reflections for the New Year with Mark Wexler, Professor of Ethics at SFU  
 7:00pm – 9:00pm at JMABC 184 Ash Street  
 \$5 suggested donation at the door

**VOLUNTEER OPPORTUNITIES**

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

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

FREE access to our databases—(ancestry.com, findmypast.com) and 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 - Held from Sept to Dec 2014	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

July 20	Voyage to the Sunshine Coast
August 10	Trip to Burchart Gardens
September 28	Rosh Hashanah Celebration - 1:00 pm at the Peretz Centre

**PERETZ CENTRE FOR SECULAR JEWISH CULTURE**  
 6184 Ash Street, Vancouver, V5Z 3G9  
 CONTACT: Donna Modlin Becker  
 604.325.1812 info@peretz-centre.org

**Art Exhibit featuring four talented Jewish Painters**  
 Grand Opening Wednesday July 16, runs four weeks

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

Friday, Sept 4 11:00 am	"Current Affairs" with Knowledge Expert Ralph Levy
Friday, Sept 12 11:00 am	"An Introduction to Holistic Health" with Holistic Consultant Riva Waldman
Friday, Sept 26 11:00 am	"Let your Artistic Side Shine as you Create Origami Books and a Photo Cube!" with Artist Yoko Nironi

**ISAAC WALDMAN JEWISH PUBLIC LIBRARY**  
 950 W 41st Avenue library@jccgv.bc.ca  
 CONTACT: Karen Corrin and Helen Pinsky  
 604 257-5181 or 604 257-5111 ext 248  
 Website: www.jccgv.com/content/library-main  
 Online Catalog: www.jlbc.ca

**MONDAYS**

June 21 & Sept 8 at 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
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**WEDNESDAYS**

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

11:00 am	INTERGENERATIONAL SHABBAT
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**JEWISH FAMILY SERVICE AGENCY**  
 CONTACT: Queenie Hamovich  
 QHamovich@jfsa.ca  
 604-257-5151 Ext. 1274

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

**VANCOUVER FILM CENTRE**  
 Peretz Centre, 6184 Ash Street www.vjff.org  
 CONTACT: robert.albanese@vjff.org 604-266-2045

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

# MOST-BRIDGE RUSSIAN JEWISH SENIORS

## Общество Русскоязычных Евреев-Пенсионеров

### Весенний Форум Альянса (JSA).

4го мая 2014го года Альянс провёл ежегодный Весенний Форум на тему : “Пенсионер, но полон сил и энергии”. Ведущая форума-Глория Леви, геронтолог, опытный социальный работник. Она представила публике Розу Каплан, геронтолога, Директора Программы SFU для работы с пожилыми людьми и одну из основных докладчиков форума. Роза сообщила присутствующим потрясающую новость о том, что в связи с увеличением продолжительности жизни люди будут жить ещё 30+ лет после ухода на пенсию. Ясно, что сидеть и ничего не делать все эти годы не должно быть опцией. То, что люди достигли определённого возраста, не означает, что пришёл конец их способностям творить, созидать. Необходимо заняться тем, что их привлекает, что им нравится. И тогда они почувствуют себя обновлёнными, полными сил и энергии и не утратившими чувства человеческого достоинства. Успехи, достигнутые в новой фазе жизни, окрыляют. Семья, друзья, спорт, путешествия, волонтерская работа, увлечения помогают нам быть энергичными, полными жизни.

После краткого периода вопросов- ответов Глория Леви представила следующего докладчика-Джона Ф. Хелливэла, заслуженного профессора отделения экономики UBC. Его тема: “Как построить счастливую жизнь”. Он написал много статей о благополучии и счастье. Очень важны дружба и взаимопомощь. Например, как отметил докладчик, Исландия и Ирландия добились хорошего качества жизни благодаря тому, что живущие там люди помогают друг другу и заботятся друг о друге. Джон перечислил всё, что нужно для того, чтобы качество жизни было хорошим. Это: еда, здоровье, доверие (к полиции, соседям и т.д.), чувство принадлежности к тому, что нас непосредственно окружает. Но самое главное, дающее человеку истинное ощущение счастья,-это бескорыстная помощь другим людям. Смысл жизни не в том, чтобы получать, а в том, чтобы давать.

В заключение Глория Леви рассказала коротко о Серже Хэйбере, о его активной деятельности, направленной на благо пожилых людей, и о его чествовании в “На 8 больше 80ти” в Луи Брайэре. Затем Серж попросил всех встать и почтить Минутой Молчания память о солдатах, погибших в Израиле и в Афганистане. Он также поздравил присутствующих с великим праздником- Днём Независимости Израиля. Деликатное угощение было подано на столы волонтерами Альянса. Серж Хэйбер поблагодарил всех, кто организовал такой успешный форум и обеспечил слаженную работу волонтеров. Далее развлекал публику Херб Калдервуд, музыкант, пианист. Особенно всем понравилась игра “Угадай мелодию”. Те, кто угадывал мелодию, получали приз. Прощальный розыгрыш номеров билетов и призы тем, кому повезло, ещё выше подняли коэффициент счастья. Люди выходили после форума радостные, энергичные, окрылённые.

Ида Гитлина. By Ida Gitlina.



### Alert: ROMANCE FRAUD !

Dear Reader,

I recently wrote a column entitled “Autumn Romance” in which I recommended on-line dating. Unfortunately I must sound an ALERT! Romance fraud is now a well-known problem amongst our vulnerable senior population. You form a relationship on line, writing is an easy way to express yourself. You feel connected to this person. Then he or she asks you for money; perhaps for a medical procedure (which never happens), perhaps for the cost of travelling expenses to your city (the trip is cancelled), etc. You don't grasp that this could be some criminal in some country and this is what they do for a living (Yvonne Zacharias, Vancouver Sun, April 3, 2014). You have been scammed. You were actually loving this person. You feel embarrassment, shame and guilt. You don't tell your friends or your family members. Please be careful. Do not send money anywhere to anyone you have not met.

*Hannah*

### THE WEINBERG RESIDENCE



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THE HARRY AND JEANETTE WEINBERG (OF BALTIMORE) RESIDENCE

# Incredible Achievements ISRAELI MEDICINE



**On January 8, 2011 Gabrielle Giffords, a US congresswoman was shot in the head at point-blank range. Her life and those of other victims of the attack were saved by the use of an emergency bandage called the “Israeli Bandage” which stops the bleeding and prevents infection. Israel is leading the world in medical innovation. Here are a few examples of these incredible achievements.**

For cold and flu relief, do you use Sambucol made from elderberries? It is an Israeli product. Instead of a colonoscopy procedure, wouldn't you rather take the “Pillcam”, a pill which takes pictures inside your colon? This Israel innovation reduces the potential damage and side effects of a colonoscopy. Pregnant women in Canada often have an Israeli procedure called “Amniocentesis” which is used to detect prenatal abnormalities.

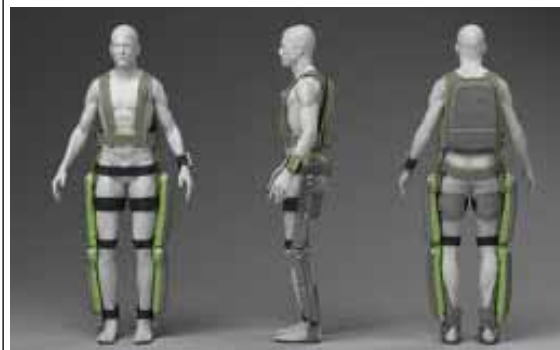
Israeli scientists noticed that dogs can smell cancer, so they set out to create a device which could be used as an early warning instrument in the diagnosis and treatment of cancer. By analysing a patient's breath, this “artificial nose” has proven accurate 86% to 97% of the time in clinical trials. The “artificial nose” detects tumours before they show up in x-rays. It is being customized to sniff out other diseases such as Alzheimer's disease, Parkinson's disease and Multiple Sclerosis. Tumours are being treated by burning them with thermal heat, and by freezing them with liquid nitrogen. There is now a vaccine which target only cancer cells. It boosts the body's immune system and keeps the cancer under control. In the first clinical trial the vaccine triggered the immune system in all 15 patients.

In 1829 the introduction of Braille revolutionized the way blind people operate in the world. Now the Israelis have come up with the ORCAM for people with limited vision. It is a camera/ computer worn on glasses which will read whatever the person wearing it points a finger at. Project Red is a smartphone for blind people which makes phone calls, sends texts and surfs the web. It will give blind people much more independence. For people who have lost their sight through macular degeneration, the Israelis are restoring grey-scale vision with a bionic eye, the nano-retina.

For paraplegics who have been told they will never walk again, there is the Israeli ReWalk. This is a brace which uses motors to help people walk and drive a car. The device has gone global. A young woman “walked” the London Marathon in her ReWalk. The feat took 17 days. She is now called the “Bionic woman.”

For diabetics who constantly have to monitor their insulin levels, the Israelis have created the artificial pancreas. The pancreas has been replaced with a microchip and a smartphone which measures levels of insulin, warns the patient of problems and gives orders to the pump for insulin.

**Israeli life-expectancy is now four years longer than that of Americans. Israeli scientists and entrepreneurs have learned not to bash their heads against problems but to go around the problems by thinking “outside the box.” Their successes have changed the lives of patients and given hope to other patients waiting for the next great innovation** (<http://www.prophecynewswatch.com/Israel-Series/medicine.html>).



**“ Only those who attempt the absurd can achieve the impossible. ”**

**—Albert Einstein**



# SURVIVAL TIPS

## A Senior Alone in Israel

**A**t the age of 66 I traveled to Israel to study Hebrew at an Ulpan. In the next four years I returned three more times, for a month or two. I celebrated my 70th birthday in a classroom at Hebrew University. I was always alone and fiercely independent. The following items were part of my survival kit.

**Lodging:** If you stay longer than a week, consider renting a flat. This is done on the Internet by placing an ad on an appropriate website (use words like “flathunting” and the name of the city in your search) or on Craigslist.

**Travelling to Israel:** Travelling from Vancouver to Tel Aviv in one day is a killer. Rather, spend one or two nights in Toronto, or New York, or a city in Europe that has flights to Tel Aviv. You will keep your sanity and arrive in good shape.

**Weather:** The months of May, June, July, August and September require a special plan to deal with the weather. Avoid touring during midday (between 10 AM and 3 PM). Rise early, take a nap at mid-day and stay up late at night. Wear a hat, carry water and seek the shade, do not over-exert yourself. The weather was cold and fierce in March and April. Check weather charts carefully before you go.

**Luggage:** Take as much luggage as you can handle yourself. I take two medium- size suitcases, rather than one heavy suitcase. I wear a pouch around my waist for passport, money (buy two hundred dollars’ worth of Israeli shekels before you leave Vancouver) and credit cards.

**Taxi Drivers:** Make friends with a taxi driver. If he speaks some English, he could be your

first tour guide. Take his telephone number, I felt more secure using drivers I knew.

**Rent a phone:** On the Internet, arrange to have a local cell-phone waiting for you at your first destination.

**Rent a car:** All you need is your provincial driving license and a lot of nerve. Study the map, learn the route and stay in the slow lane. I do not drive in Tel Aviv; but the trip to Ein Hod and Haifa was delightful.

Good luck and Have a Safe Trip

Dolores Luber

dluber@telus.net

## PLANNING AHEAD... prefunding your final expenses

**T**he loss of a loved one is a very emotional and difficult time in people's lives. There are numerous decisions that need to be made and many arrangements that need to be handled at a time when many are least able to deal with them or afford them. That is why, in recent years, thousands of families in British Columbia have opted to make funeral arrangements, well in advance of need, in a non stressful environment. Preplanning has given peace of mind knowing that their wishes will be respected and that their families will have fewer burdens during a time of grief.

These families would say that funeral preplanning is just as practical, just as important and just as simple as planning for a college education, a future wedding, a new home or even retirement.

David Feldstein  
(ref. back cover)

👉 Did I read that sign right? 📝

**TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.**

In a London Department Store:  
**BARGAIN BASEMENT UPSTAIRS**

Outside a secondhand shop:  
**WE EXCHANGE ANYTHING – BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?**

Message on a Leaflet:  
**IF YOU CANNOT READ, THIS LEAFLET WILL TELL YOU HOW TO GET LESSONS.**

Notice in a farmer's field:  
**THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.**

On a repair shop door:  
**WE CAN REPAIR ANYTHING. (PLEASE KNOCK HARD ON THE DOOR – THE BELL DOESN'T WORK)**

Notice in health food shop window:  
**CLOSED DUE TO ILLNESS**

And the winner is....

**TYPHOON RIPS THROUGH CEMETRY; HUNDREDS DEAD.**

*Did I read that right?*

# DRIVING MY DAISY

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I am approaching a milestone—my magnificence knows few bounds. Soon I will be eighty years old. It boggles the mind. I know that in this New Age, for some it is a commonplace, but for me it is my first time. I have never done this before. And they say we are younger at this age than any previous generation. Why, I may really be sixty bodywise, or even fifty. Wouldn't that be nice?

This accomplishment has not gone unnoticed. When I reach this peak there will a number of admirers that will pay close attention. Certainly my offspring will applaud. This is good news regarding their genetic inheritance. Maybe some of this DNA stuff will stick into the next generation and beyond. This is nothing to be sneezed at.

But there are others who are paying close attention as well.

We travel a bit, having homes here and there, and children here and there. The children sometimes come to see us where we are, but more often we are compelled to travel to where they are if we wish to keep abreast of developments with our valued offshoots. Wisdom dictates that we get health care insurance. In some places illness brings with it bankruptcy, specifically in North America from whence we hale. It seems that at the age of eighty we become a special case, and medical insurance offers become more rare and precious. This could severely limit our mobility.

There is even something more horrible in the offing. I am a late bloomer. It was not till my mid-twenties that I was introduced to the joys of driving my own car. I am a Winipegger, from the vast expanse of the prairies. Having legs is pointless with the distances in question, so it is fortunate we are

blessed with four wheels. My history is reasonably untroubled. Wild adventures are ancient history, though I still have memories of driving in Italy and France.



**IT IS TIME!!!**

**How do you know when it is time to "hang up the car keys"?**

**I say when your dog has this look on his face!**

**A picture is worth a thousand words.**

My bride swears she will never forget the experience. More recently, I never drive where the habit is for cars to move insanely on the other side of the street. I do not trust my reflexes. However, I have retained a driver's licence, and maintain a vehicle in North America.

What was brought rudely to my attention the last time I renewed my Canadian driver's licence was that it could not be extended beyond my eightieth birthday. At that age, the government insisted, they wished to minutely examine my capacity to conduct myself safely behind the wheel of a moving vehicle. And the truth is that I am not sure my driving skills will pass close scrutiny. I grow restive on longer drives, and I no longer revel in racing along America's superhighways.

Do I dare risk making a special trip to Canada to be put under the microscope by government authorities? I can expect no leniency there if I am considered a

threat to public safety. These days there are two of us driving my car- my bride is no back seat driver. She sits right beside me, shouting in my ear. I believe I am the most excellent of drivers. I tell everybody so whenever there is the least break in the conversation. But the truth is we are now a two-man team. It is the height of ecstasy when I return from our vehicular promenades without a comment in my ear.

What does the future hold? Is my driving career coming to an end? Will I no longer be able to drive my Daisy on the highways and byways? Is there a golf-cart in my future? I know my bride will not trust me on a bicycle built for two. The matter is on my mind a lot. In a recent magazine survey I filled out I found that my life expectancy went up by almost twenty years if I responded that I no longer was driving. They practically guaranteed I would live to ninety-five.

My bride refuses to get behind the wheel anymore and wants me to abandon my "Fangio" phase. I find it very hard to square this with my self-image. After all, I know I am an excellent driver. It is definitely common knowledge. Nearly every passenger I wheel around is quick to note this and compliment me on my near-professional skill. Yet my bride is reluctant to let me drive on my own, insisting that her ears and eyes are a necessary adjunct to the professional skills I boast. I find it hard to believe, but I humour her to keep the peace.

Decision day is fast approaching and looming large on my windshield.

Max Roytenberg,  
December 2013 Dublin

# The Seelig Family of Vancouver RETURNS TO ZION

The story begins when one of Roger and Wendy Seelig's three daughters discovers in 1986, an ancient coat of arms of the Seelig family with two six-pointed stars, the symbol we know of today as the Star of David. This was the start of a long and difficult journey of research, revelation, disappointment, rejection and finally acceptance and devotion, into Judaism. Roger, Wendy and their daughter Sharlet have come home to Judaism and to Jewish ritual and culture.

Roger and Wendy (now retired) describe their curiosity in the face of this tantalizing clue. They understood that "Seelig" is a prominent Jewish name which has many variations, e.g. Seligman, Zelig. They were both drawn towards finding out more about Roger's family background in England. As far as they knew the family was Protestant. Whoever they spoke to, here in Vancouver, whether it was family members, or friends, or spiritual leaders, dissuaded them from pursuing the leads which they were discovering. There was no support for this notion of "being Jewish." The phrase which people used was "Forget about it."

Genealogies were sought out, records in Europe were requested. Janette Seelig King, a cousin, joined in the hunt for information. They devoted their energies to the task. The pieces of the puzzle began to come together. They found **Rabbi Philip Bregman** of

Temple Sholom who was welcoming and encouraging. Roger recalls how moved and thrilled he was to hear cantorial music for the first time. They began their studies in Torah, Jewish law, ethics, history, rituals and the Hebrew language. In 1999 circumcision was performed and the women entered the mikveh; they had officially converted to Judaism. Rabbi Bregman married Roger and Wendy under the huppah surrounded by their three daughters and family members.

History had revealed the facts. The Seelig family was a prosperous Jewish family in Germany and then England. The graves of the Seelig family rest in the Old Jewish Cemetery in Dusseldorf, Germany. George Seelig, born in England June 2, 1863 was, according to the records, "100% Jewish". After that, things fell apart. It seems that Emma Seelig gave her son George to a farming family, Hannah and Lewis Bentley, who raised him and considered him their son. George was raised as a Protestant. Emma would visit from time to time. George had many toys and clothes which the neighbouring children did not. Emma eventually returned to live with her son in her advanced years. Her last will and testament bequeathed to her son George a substantial inheritance. Roger Seelig is the direct descendant of George Seelig.

Today Judaism and Jewish ritual guide and enrich the lives of Roger, Wendy



and Sharlet. They attend Shabbat services at least once a week at Temple Sholom. Roger participates in Torah classes twice a week. He wears a yarmulke/ kippah all the time. Sharlet has memorised the songs and prayers of the service. Wendy blesses the Shabbat candles at home. They do not eat the flesh of animals and seafood forbidden by kashrut. They were very active as volunteers who assisted 34 Bosnian refugee families to settle in Vancouver; each Jewish family was to provide support and assistance to one Bosnian family.

A mezuzah has been placed on every door of their home. After their Jewish conversion and Jewish wedding, they visited Israel for two weeks. The return to Zion had become a reality! Their experiences in Israel were the climax of a long and twisted story. Roger, Wendy and Sharlet have found a safe haven in Judaism and at Temple Sholom; a place of love, devotion and service.

Interview by Dolores Hannah Luber

The date of the wedding at Temple Sholom was October 20, 1991. The photo is of Wendy and Roger Seelig, surrounded by their three daughters, Louise, Maria and Sharlet.





CLAIRE COHEN

**Claire Cohen:** painter, teacher and art therapist.

Born and raised in Tel Aviv, Israel, she immigrated to Canada in 1964 with her young family. Moving to Ottawa, Claire attended the visual arts program, and graduated with a B.F.A.Hon. She continued her studies in art therapy with a master's degree in 1986.

As an artist, Claire has exhibited in numerous galleries in Ottawa and Que. Region. Her works are displayed in many public buildings and private collections in Canada and U.S.

In 2012, Claire moved permanently to Vancouver to join her family and continue her professional pursuits in the community.

#### Artist Statement:

"In my search for a personal language in painting, my work evolved towards the non-objective and non-figurative imagery.

We all live within an inner world of images, thoughts and memories that shift continually, evoking a rich texture of feelings and mood.

Sometimes images arise vividly in our mind and spark a chain of thoughts and ideas.

Those ideas come to focus and expression in form, color and texture which I use to express a deeper spiritual and intimate relationships between those elements."

You can see Claire's paintings which will be on display.....

at the new Peretz Art Gallery  
6184 Ash Street, Vancouver  
Grand Opening  
7.00-9.00 July 16th  
Peretz Painters

Hinda Avery Simon Bonnettemaker Claire Cohen Colin Nicol Smith



## SENIORS IN THE MOVIES: Star Power at Age 65 and Beyond



**W**hat image does the expression "movie star" conjure up for you?—a man or a woman who possesses beauty or virility or intense sexuality, and, most important of all, youth! Not so fast. Today's column is about movie stars, big stars, famous stars and most of all, old stars, that is, they range in age from 65 to 79 years of age; and the roles they play are at the centre of the story. The film is dominated by the actor, he or she is in almost every scene. They are the movie. I will highlight five movies: *Nebraska*, *Philomena*, *All is Lost*, *August: Osage County*.

**Nebraska 2013:** Bruce Dern (age 77), is a cantankerous old man who insists that he has won \$1,000,000 in a sweepstakes scam. He is determined, come hell or high water, to get to Lincoln, Nebraska to claim his fortune. But he cannot drive, so he walks out of town. Eventually his son agrees to drive his father. What ensues is a "road movie", father and son land up in the father's home town, Hawthorne, Montana. His old buddies catch scent of the money and prey on him. The son has understood that his father "needs something to live for." The flat empty scenery is a metaphor for the father's sense of emptiness, loneliness and despair. Dern's gritty acting performance fills the black and white screen with nuances of emotions, unsaid conversations and the obstinacies of old age. I happily followed Dern's character Woody on his last heroic quest!

**Philomena 2013:** Judi Dench (age 79) plays a mother to a boy conceived out of wedlock in very Catholic Ireland. Her son is snatched from her at the Catholic retreat and disappears from her life. After starting a family years later, and moving on with her life; she decides to find her long-lost son with the help of a BBC journalist. The nuns are resolute, no information will be forthcoming. She insists on pursuing every lead. In her portrayal of the mother, Judi Dench captures all the love, frustration, curiosity, and anger that such a search would entail. I will not give away the plot but I was riveted to my seat, aghast at the facts as they unfolded, and mesmerized by Dench's ability to live this role so completely. This is a true story, the movie fulfills the highest expectations of the viewer. Bravo Judi!

**All is Lost 2013:** Deep into a solo voyage in the Indian Ocean, Robert Redford (age 77) wakes to find his sailing yacht taking on water after a collision with a container ship at sea. He plays a skilled, intelligent and resourceful sailor who finds himself, despite all efforts to the contrary, staring his mortality in the face. Only one person is seen in this full-length adventure tale. Only three words are spoken. I found Redford's acting authentic and spell-binding. Anyone who has faced a dangerous situation or a life-threatening illness can relate to this man and his struggles with his environment and his emotions.

**August: Osage County 2013:** Meryl Streep (age 65) is at the centre of this vortex of a dysfunctional family melodrama. Her role as a drug-addicted, lonely, cancer patient in "The Plains" of Oklahoma is precipitated by the disappearance of her long-suffering husband. Three daughters, assorted husbands, boyfriends, cousins and a sister circle the wagons. The resulting drama is intense, shocking and yet so human. Meryl Streep plays all the classic roles – understanding wife, manipulative mother, greedy and calculating partner, and secret-holder – to perfection. Her emotional yet rational outbursts are in sharp contrast to the bleak, flat, dry landscapes of her homestead that are shown at each crisis point in the movie. Her acting skills are superb, her performance is a "tour de force."

Dolores Luber





# MONTHLY FILM AND FOOD EVENT at Vancouver Jewish Film Centre

## GOOD NEWS!

The program runs on the last Tuesday of each month for 12 months.

Films are scheduled at 1:00pm with refreshments at 12:30 pm prior to the start of the film.

All screenings take place at the Peretz Centre - 6184 Ash Street.

This is a complimentary event for seniors. Family and friends are welcome.

## SCREENING JUNE 24TH

### "The Other Son"

The relative stability of two families, the Israeli Silbergs and the Palestinian Al Bezaaz in the West Bank are shaken up when eighteen year old Joseph Silberg reports for mandatory military duty. An army blood test confirms that he could not be the child of his parents.

While alternately fearful and hopeful mixed emotions become entangled, compounded by a profound cultural divide, it is the coming together of the 'brothers' that offers a ray of hope that in time this all may be resolved.

Tokyo Grand Prix:

2012 Tokyo International Film Festival

Best Director, Lorraine Lévy:

2012 Tokyo International Film Festival

## LINEUP

- Broadway Musicals - A Jewish Legacy
- The Real Inglorious Bastards
- Return to Byzantium - The Art and Life of Lilian Broca
- David
- Nora's Will
- Oma and Bella
- Tony Curtis- Driven to Stardom
- Reemerging - The Jews of Nigeria

## MORE INFORMATION

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1.604.266.0245 www.vjff.org



Funded by the Government of Canada's  
New Horizons for Seniors Program.

## WRITING YOUR LIFE STORY Each of us has our own unique story

**O**ur memories can evoke a wide range of emotions. They can bring a smile and remind us of a time when we were particularly happy. Other memories can bring tears, especially when they are memories of a broken heart.

With some thought, we can also recall experiences that have long impacted on our ideas and ideals. They are the basis of our hopes, distrust and uncertainty. They have contributed to our commitments and distractions. They surely give voice to our dreams and determinations.

Whether you are writing for your grandchildren, to help or inspire others outside your family, or simply want to leave a lasting voice to celebrate your life, you have a story to tell! Your memoir can be about a single period of your life or the whole of your life.

This is your history. Be willing to go on an emotional journey that can be both wonderful and painful. Be willing to tell the truth. It is essential you do your very best to be honest and open about your life experiences.

Organize your thoughts into lists such as important dates in your life, work or career; domestic and foreign travel destinations; moments that left you feeling wonderful or sad; milestones in your childhood or family life; and of course, your personal dreams and passions. Make a note of what was fun, what was frightening and what may have stopped you from doing what you really wanted to do in life. ☺

## SENIOR MEMOIRIST

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Tell your lifestory and share your memories.

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*"In writing my memoir, Marcia was invaluable in helping me. As a memoirist 'consultant,' you are the best!"*

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*"Marcia Rosen is a miracle worker who could coax a memoir out of anyone. Inspiring and creative, she shows us how to shape our ideas and memories into a manuscript."*

— Pesí Dinnerstein, AUTHOR

*"A Cluttered Life: Searching for G-d, Serenity and Missing Keys"*

**Marcia G. Rosen**

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# CELEBRATING VANCOUVER'S SUPER SENIORS

## Introducing Dr. Harold Laimon

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### “When One Door Closes, Another Opens”

Upon meeting Harold Laimon, I am conscious that he is blind. His wife Pat assists him to his chair in their gracious home. The moment he begins to relate the details of his life, his education and his struggles with deteriorating vision, I became aware of his strength of character, his confidence and his modesty: this is a man who faces adversity squarely and regains control of his life.

Eighty-five years ago Harold Laimon was born to a Jewish family in the small town of Kamsack, Saskatchewan. His extensive studies in medicine, including pediatrics and general surgery first led him to the University of Saskatchewan, then to McGill University where he completed his medical school, and then to Mount Sinai Hospital in Cleveland, Ohio to complete his residency. There he met his wife Pat on a blind date. They married and eventually set up their residence in Vancouver. Dr. Harold Laimon practised as a general surgeon and as an associate clinical professor at the University of British Columbia and Vancouver General Hospital. They have three children and four grandchildren.

In 1990 Harold faced a serious visual defect and required emergency surgery. Afterwards life continued apace. However in the year 2000 the problems appeared again, and in 2003 he was declared legally blind. He relates that for the last 3 years, he has been totally blind. He had made major adjustments to his life style, admittedly the process has been difficult and frustrating at times. He avails himself of the Outreach program at the Vancouver Public Library, and

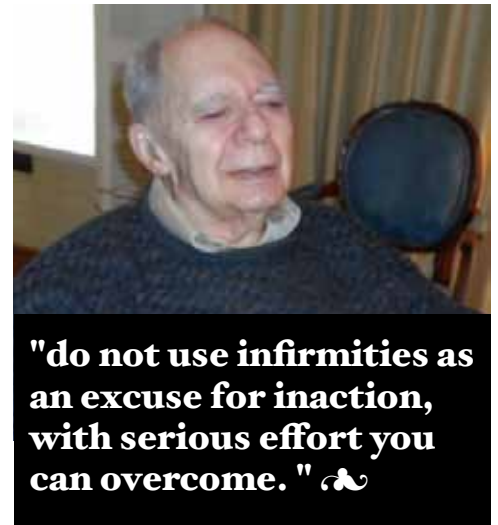
has taken training through the CNIB (Canadian National Institute of the Blind). In the telling of these difficult facts and events Harold solicits no sympathy from the listener. He is honest and forthright.

All of the above is merely a preamble to what he really wants to talk about, that is, his love of music. Harold has a large library of music CD's. He and Pat have previously attended many symphony and chamber music concerts and operas. Pat is a musician, having previously played piano, currently she plays the cello. Harold says “She is a better music critic than I am.” He recounts how his chanting of the Haftorahs began at Beth Israel Synagogue. With the encouragement of David Rubin <sup>Z-L</sup>, the help of CD's, and the enthusiastic reception of Beth Israel members, he has memorized and performed six different Haftorah. He now keeps up three of them. As he expresses his sense of achievement and satisfaction at learning these tracts, he admits that it was an ambitious undertaking, requiring patience, a sound mind and discipline. Much to the delight of those who come to hear him chant at these particular Holiday services, his performance, totally by memory, is enchanting and mesmerizing.

His advice to others who face physical, emotional and mental challenges is to continue contributing to society, notwithstanding their limitations. One must decide to persist, continue to learn and participate in life, utilizing the skills and capacities available. He attributes his success to the support of others; his close associates at Beth Israel and his wife Pat.

Dr. Laimon continues the healing process of others by supporting

seniors in the community with his understanding of age related challenges by participating in the JSA Shalom Again Friendly Phone Call program. Through his efforts we continuously receive very positive feedback from clients who are benefitting from his support and understanding. Every week he connects with 4 seniors referred to him by JSA and also to several friends who are homebound and isolated. **He emphasized the importance of good health and staying fit. He believes in “a sound mind in a healthy body.”** As we wrap up the interview, he reiterates the power of pursuing one's dreams, of not giving up, of maintaining family ties and, most important of all, he states —



**“do not use infirmities as an excuse for inaction, with serious effort you can overcome.”** ♣

Dolores Luber ♣

In this column we are presenting interviews with Seniors who will share what they understand and have learned in the fullness of their years. The only requirement is minimum age 85 years. We invite you to contact Dolores Luber at [dluber@telus.net](mailto:dluber@telus.net) or phone 604.733.6616



# NOSTALGIA

by Dan Propp

Say the secret word, a duck comes down, and the two contestants share a hundred 'smackeroos.' Do most seniors in Greater Vancouver immediately think of Groucho Marx? You 'bet your life' they do! How about an entertainer who just with the word "Well" and a perfect pause could bring the house down with laughter. Do you remember such lines as "Dennis... wait a minute" or "I'm thinking it over!" Jack Benny, of course.

What has all this to do with Senior Line? I'm glad you should ask. The answer is, more than just a little. A 'couple' years ago, well, maybe 'three,' a tailor by the name of David Marx, his wife and three daughters moved up to East Vancouver and rented at 504 E. Hastings. The building, Ferrera Court, built in 1912, still exists today.



There, Marx set up shop and became quite popular because not only did he do tailoring, but he even had a steam pressing machine.

Their oldest daughter, Babe, often frequented Vancouver theatres, movie houses and social gatherings. These were the days of what was known as the Orpheum Circuit. Jewish performers often dropped in to schmooze at the home of Sadie Marks on Hastings, where they felt at home. The Marx brothers happened to be doing a show at the Orpheum in 1922. Zeppo Marx brought along a friend and a performer by the name of Benny Kubelsky for a Passover seder. Zeppo was likely playing the role of shidduch (matchmaker) for Benny and Babe. Jack fell for her sister Sadie instead.

In 1927 he and Sadie married and formed the comedy team of Jack Benny and Mary Livingstone and the rest is, as they say, history!

They performed many benefits in Vancouver over the years. Jack's last in Vancouver was at the age of eighty, a few months before he passed away. It was a benefit to help save Vancouver's Orpheum Theatre. Quite a mensche he was!

Whether or not the tailor, David Marx, was possibly related to the Marx Brothers, one couldn't find out. Coincidentally, I recently happened to watch an old 'You Bet Your Life' program preserved on a DVD. One of the questions asked the contestants was, "Who won that famous four minute mile held at the 1954 British Empire Games in Vancouver, British Columbia?" It was unusual for American quiz shows to feature questions about Canada. Perhaps Groucho's question indicates a connection. Of course, that's only a needle and thread possibility.

Two new books available: Landing On My Feet (about growing up as the only Jewish kid in Gibsons Landing) and The Postcard Photographer (mainly about 1960's Vancouver). Available through [www.amazon.com](http://www.amazon.com) or directly, [ajpropp@shaw.ca](mailto:ajpropp@shaw.ca), and most Greater Vancouver Public libraries.



A 65 year old woman had a heart attack and was taken to the hospital.

While on the operating table she had a near death experience..

Seeing God she asked "Is my time up?"

God said, "No, you have another 33 years, 2 months and 8 days to live."

Upon recovery, the woman decided to stay in the hospital and have a face-lift, liposuction, breast implants and a tummy tuck.

She even had someone come in and change her hair color and brighten her teeth!

Since she had so much more time to live, she figured she might as well make the most of it.

After her last operation, she was released from the hospital.

While crossing the street on her way home, she was killed by an ambulance.

Arriving in front of God, she demanded,

"I thought you said I had another 33 years? Why didn't you pull me from out of the path of the Ambulance?"

(You'll love this)

God replied:

"Oy Vey! I didn't recognize you!!!!!!"

# 11 Foods to Naturally Boost Your Mood AND MAKE YOU FEEL HAPPIER

**If we're stressed and not getting enough sleep, it's easy to feel down, but there's another big contributor to your mood: what you're eating.**

With its refined sugar and trans fats, the Standard American Diet is throwing our bodies off, and if you feel like you're in a funk, a lot of it can be related back to the food that you're consuming. "The smallest choices each day can make a real difference in improving mental and emotional well-being, stabilizing your moods, and improving your focus," says Dr. Drew Ramsey, author of *The Happiness Diet*.

LOOKING TO BOOST YOUR MOOD NATURALLY? HERE ARE 11 FOODS THAT HELP YOU DO JUST THAT.

## 1. Swiss Chard

High in folate, also known as folic acid, swiss chard and other leafy greens are good for your mood. In fact, a study by the University of York and Hull York Medical School found a link between low folate levels and depression.

## 2. Dark Chocolate

If you needed another reason to indulge in dark chocolate, it's this one: dark chocolate can make you happier. A study in the *Journal of Psychopharmacology* found that consuming chocolate high in cocoa flavanols increased levels of calmness and contentedness.

## 3. Eggs

With their essential fatty acids, eggs help your body to naturally produce serotonin. Low serotonin levels are linked to depression, anxiety, insomnia and fatigue.

## 4. Almonds

Almonds pack a lot of nutrients, including folate and magnesium. Magnesium is essential to brain health, and studies have linked it to a reduction in depression, but is often deficient in modern diets. So eat more of those almonds!

## 5. Lentils

Lentils are a good source of folate which is essential for your mood, and a cup of cooked lentils provides 90 percent of the recommended daily allowance of folic acid. Lentils also have the amino acid L-tyrosine, which your brain uses to make the neurotransmitters norepinephrine and dopamine, therefore helping your brain to combat depression.

## 6. Pumpkin Seeds

A zinc deficiency can trigger depressive moods, but fortunately pumpkin seeds are packed with the essential mineral. Pumpkin seeds also contain L-tryptophan, a natural mood booster.

## 7. Oatmeal

While some think oatmeal is one of the most boring foods on the planet, it's good for your mental state. That's thanks to a lot of things, including high levels of magnesium, which help your brain fight depression and anxiety. Since it's also a great source of soluble fiber, it helps stabilize blood sugar levels, which helps you avoid mood swings.

## 8. Honey

The nutrients in honey produce a calming effect, helpful if you're feeling anxious, which is why many mix it into a cup of tea in the evening. A natural sweetener, it's also a good natural energy booster, so if you feel like you're dragging, pop a spoonful in your mouth. Nature's energy gel.

## 9. Flaxseed Oil

Our standard American Diet has left us very omega-3 deficient and that can be bad for your mental state: omega-3 has been shown to be an effective supplement for fighting depression. Flaxseed oil is an easy way to get a mega dose of omega-3 essential fatty acids, helping to improve your mood.

## 10. Water

A glass of water may be the simplest thing you can ingest, but it's very helpful. Mild dehydration has been shown to dampen moods, which means if you want to feel mentally stronger, make sure you're getting enough H<sub>2</sub>O throughout the day.

## 11. Asparagus

Feel like you've been having a lot of mood swings lately? Get some asparagus on your plate, because it is very high in folic acid — a deficiency that is common in people with depression.

by Anna Brones March 28, 2014

from website <http://www.care2.com/>

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# SILVER SURFERS:

## SEARCHING FOR MEDICAL INFORMATION ON THE INTERNET

Are you a silver surfer? I am! **Statistics Canada says 70% of people over the age of 65 were regularly online in 2012. Silver Surfers who use the internet more consistently are one-third less likely to be depressed.** Depression for this age group is thought to arise from lack of mobility and feeling out of touch, but the ability to keep close contact has reversed this phenomenon—internet use is thought to increase avenues of communication and feelings of independence.

The era of patient consumerism and empowerment has arrived, as evidenced by the ever-growing number of B.C. residents who have subscribed to the free “my eHealth” service provided by Excelleris Technologies, a division of LifeLabs. The whole trend is to make patients partners in their care, and having access to these tests is one way to do that.

However...“The only time there’s an issue is when patients get a little anxious about results that are slightly out of range. It generates a lot of phone calls to doctor’s offices,” says Dr. Shelley Ross, a former president of Doctors of B.C. Those telephone consultations are now covered by the Medical Services Plan.

Krystyna Hommen, CEO of Excelleris, said the most common query from patients has to do with the process for registering with a password so they can get their results through the secure web portal. The positive side

is that patients can benefit by having lab test results accompanied by plain language definitions and explanations. This is a still free, but value-added service.



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The major caveat regarding seeking information on the internet is about the credibility of the medical information and Alzheimer’s tests on the Internet. “The internet is a convenient information source for all your health concerns. It’s empowering to do your own research, but you must use discretion; not every site is a credible one...Finding information about your particular health condition generates a feeling of being in control, which, in itself, can be healing. Self-diagnosis and curing yourself, however, is not advised (Eve Lees).”

For health information the experts recommend reputable national advocacy groups like the Alzheimer’s Society of Canada. To challenge your brain, try Lumosity, a popular brain-training service that charges users monthly or yearly fees.

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By Dolores Lubber



# MEMBERSHIP



CO-CHAIRS  
LYLE PULLAN & BINNY GOLDMAN

## WELCOME TO NEW MEMBERS

Sarah Jarvis  
Jackie Weiler  
Sandy Rodin  
Anna Welbourn  
Roger & Wendy Seelig

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

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

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

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

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

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

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Please call us at the JSA office: **604.732.1555**  
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Rita Propp 604.732.1555

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5:00 Registration

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**from 6:30 Dinner \$36**

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