

Magazine of the Jewish Seniors Alliance of Greater Vancouver

SENIOR LINE



OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

Volume 23(1) - January 2016

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noun

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*"Your voice on Senior issues
is heard through my words"*

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(see page 22)

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Legacy Senior Living –inside back cover

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Increasing the Light

PRESIDENT'S MESSAGE

The winter holiday season has come and gone. Although inching toward more precious minutes of daylight we continue to be in the dark months of January and February. While the Jewish community increased the light in the world during Chanukah and our Christian neighbours and friends during Christmas who says the light has to end?

What is the miracle of lights? Whether it is Jewish, Christian or any of the myriads of religions the spreading of light plays an important role. Chanukah is a time of rededication and renewal. If on Chanukah we commemorate the renewal of the ancient temple so must we today rededicate ourselves to ensuring that all seniors have their temples, their homes filled with more than adequate furnishings and food. How are we prepared to rededicate our temples today? During these dark months are we prepared to enhance the quality of that light? In these dark months the light must ignite the flame in our souls, like a spark that cannot be extinguished, that will burn not for eight days but for eternity. In other words DON'T ever let the lights go out.

On November 26, Isobel McKenzie, Seniors Advocate for the province of British Columbia, addressed the Jewish Seniors Alliance board meeting. The Seniors Advocate works with seniors and key stakeholders government, community agencies, private organizations and advocacy groups to identify and understand systemic issues, while retaining the ability to make independent recommendations for change.

This unique collaborative approach strikes a balance between the need for independence and program oversight while retaining the ability to achieve system change. With her permission I will share a sample of the findings as delineated in the 2014 - 15 annual report. Through communication, outreach and engagement the Seniors Advocate listens to seniors, their families, stakeholders and service providers to learn about seniors' strengths and challenges, the range of issues they face and their ideas for possible solutions. Issues such as accessing information and referral, housekeeping and transportation, affordable trips to medical appointments, inappropriate prescribing, the need to move from your housing away from services, financial issues and lack of choice and autonomy are addressed.

The 820,00 seniors in B.C. represent 17% of the total province's population: -56%, 462,000 aged 65 to 74, -30%, 243,000 aged 74 to 84, -14%, 113,000 aged 85 or older. By 2031, B.C. will have 1.35 million seniors representing 24% of the population. At present the seniors' median income is only \$24,600. 52,000 seniors live with an annual income of \$16,200 or less. 80% own their own homes, 20% rent. 165,000 live alone, 60,000 of whom are aged 80 or older.

There is work to be done. As the professional staff in the office of the Seniors Advocate looks to the future they will be examining issues related to supporting caregivers, the efficacy of the provincial home support program, the inequity among low income seniors in the provision of

supplemental health benefits such as dental care, eyeglasses, hearing aids, mobility aids and challenges with Fair Pharmacare among other issues.

I am proud to say that it is the role of JSA to work hand-in-hand with the office of the Seniors Advocate along with the many other organizations who focus on the issues that face us now and will face us even more so in the future. Not to prepare for the onslaught of all of us baby boomers becoming seniors is to stick our heads in the sand. So I encourage you once again to "let the sun shine in – increase that light" become involved with the work of JSA. Make your commitment to caring about seniors' issues by supporting us with your \$18 tax-deductible membership pledge; we invite you to join in all of our programs. Our recently held Fall Symposium, "Living Up to the Promise – Now What?" was excellent thanks to the chairmanship of Ken Levitt and Larry Shapiro and their committee. The first of the Empowerment Series, a Yiddish program of singing and storytelling was amazing thanks to Gyda Chud, Shanie Levin and their committee.

Life does not get easier as we age. But the miracle of lights is that no matter how dark life may be, there remains a source of light inside each of us. This light can accompany us on our way and illumine the darkest corners. The light is there for those who continue to fan its flame. As we look forward to beginning the year 2016 let's pledge to increase the light. Together let's fan that flame brighter and brighter.

Marilyn Berger

אל תשליכני לעת זקנה

(Do Not Discard me In my Old Age)



PRESIDENT EMERITUS MESSAGE

Dear Friends,

To secure the future welfare of our community, I am questioning some of the decisions that were made in the past and, of course, some of the decisions we will have to make today and tomorrow.

You may judge me as an old man who is beginning to lose his marbles and that is ok with me—as long as the things that I have to say are being listened to.

A few years ago, while a member of the Board of Louis Brier, we started a community campaign to raise fifteen million dollars, for what is now the Weinberg facility. The campaign implied that a new building would provide a home for our low-income seniors. A Jewish home with daily religious services, kosher food and all the love we can give to our elders.

With the exception of ten apartments especially designated for low-income seniors, the reality is that the cost for a low-income senior is anywhere between \$60,000 – \$70,000 a year!

A far cry from the original intention! How many low-income seniors can afford to go into the Weinberg facility at these high prices? For sure, I can't.

Lately I have been reading in the Jewish Independent about the attempt by our Jewish community to relieve the financial pressure on low-income people, caused by high rental costs. The plan is to limit the rental cost to no more than 30% of the annual income of the renter. The income mentioned was \$20,000 to \$90,000. Is this sum before

income tax or after? Do I shed my crocodile tears for the \$70–\$80 or \$90,000 households now or later?

Are we forgetting the 16% to 17% of our community (approximately 5,000 individuals) living in absolute poverty, in housing not fit for human dignity?

Are we forgetting individuals or families with a bare income of \$15,000 to \$20,000 a year, living in housing full of lice, cockroaches, rats and other vermin?

Are we forgetting about our children, single women, and single men living in poverty?

Are we forgetting about the needs of our food bank?

Are we forgetting about our seniors that gave their youth and strength to the betterment of our society? They are now in need of our help and support. We may not be there to support them. There are 600 to 900 extreme cases of seniors in trouble because of poverty, loneliness, isolation, marginalization and abuse. What are we doing about them?

I have many times written articles in the Senior Line magazine asking for our community support. \$10 –\$18 –\$36 –\$100 should have been pouring in to assist JSA to provide help to our elders. **Almost 5,000 seniors in our community cannot see themselves spending \$18 a year to be members of JSA!**

If not for the few, wonderful individuals in our community that help with their immense

generosity – nothing could have been achieved.

We should be proud of all the institutions that we, as a Jewish community, have established.

But, there is also a time to question –what else can we do?

Who will we touch with our decisions, whom will we help in the hour of need?

Sincerely yours,

Serge Haber

Happiness is when what you think, what you say, and what you do are in harmony.

– Mahatma Gandhi

So it is with this magazine which you are now reading, the end result of which depends on the actions of those dedicated workers who worked in harmony and spent so many hours alone and together in their efforts – which all happened BEHIND the Scenes.

With gratitude to all,

Karon
**BEHIND
THE SCENES**



Be who you are and say what you feel,
 Because those that matter don't mind and those
 that mind don't matter.
 May you always have love to share - health to
 spare - and friends that care!
 This next issue will be a joy to read so do it with
 my good wishes.

With warmest regards,

EDITOR'S MESSAGE

Delivering More Than A Magazine



Ever wonder how this magazine reaches so many people in our communities?

Through a partnership between the JSA and the Burnaby Association with Community

Inclusion (BACI), a group of 8 adults with intellectual challenge are bringing this magazine to 48 locations across Metro Vancouver.

BACI is a non-profit organization that has spent 60 years providing innovative services for children, youth and adults with disabilities and their families – providing opportunities for people to become as independent as possible, to

participate in and contribute to our community, and to pursue their interests and dreams.

Deliveries to the various libraries, seniors' centres and community organizations in our region are eagerly anticipated by the people supported by BACI, as they provide meaningful work and a predictable routine over a period of several days. They also offer meaningful interactions with a wide range of community members.

Along with magazines, this collaboration is delivering opportunities for people to experience greater social and economic inclusion in our communities.

Richard Faucher, Executive Director

To learn more about BACI, please visit our website at www.gobaci.com, call 604.299.7851, or email info@gobaci.com.

LETTER: Deplorable Road Conditions

I am in my mid-80's and not long ago I decided to give up driving at night. I felt very nervous driving at night and I said to myself that giving up the privilege of driving would be a far better option than causing an accident and hurting or killing someone or myself. My sight is 20/30.

The reality is that Vancouver area and BC has immense amount of days in which daylight is short and rain is abundant. Add to this the fact that the dividing lines on the road get dirty quickly and with darkness and rain the white or yellow line is invisible or barely visible.

It is not only because I am old, but I also question the

competence of many young individuals as drivers, and everybody has the same problem that I have with driving during these conditions.

The ideal scenario is to have the sidewalk where it meets the road marked with a yellow line or even better, using plastic reflective markers. The same reflective markers could, and should be used for demarcations of lanes on city roads and highways. The winter conditions are not severe here and even if there is a little snow on the road, clearing the snow would not interfere with the plastic markers.

Some cities do use a reflective paint that contains ground glass. Painting the dividing lines should be done several times a year or replaced with plastic markers altogether.

When I shared my idea with various people I was told that it would be very expensive! Are accidents not expensive? How about the lives of people who have to live an incapacitated life? How much is the life of a human being worth? What is cheaper? Paint, or proper markers on the road, or human lives?

The purpose of this letter is to encourage COSCO to undertake and deal with this issue. I don't believe that there is any senior or adult organization that would not support such a needy and important undertaking.

By Serge Haber, *President Emeritus, Jewish Seniors Alliance of Vancouver*



ASK HANNAH

your personal advice column

The issues I am highlighting in this column today are talked about in whispers, if at all—romance, love and sex between elder seniors and among Alzheimer’s patients—that is, “Old Love” and “New Attachments.” Sexual attitudes of senior citizens has expanded as they live longer and better lives. The quality of the sex lives of senior citizens has improved as well. A total of 62% of women and 71% of men report being highly satisfied with their sex lives, as opposed to 41% of women and 58% of men in the 1970’s (K. Svahn, *Ageless Living*, p. 33). “A general sense of wellbeing, comfortable circumstances, good physical condition, and vibrant mental health all contribute to sexual satisfaction” (N. Beckman, *Ageless Living*, p.33).

Love in the Time of Dementia

Dear Hannah,

My mother is 86 years old, she is in the early stages of dementia and lives in a seniors’ residence. The good news is that she keeps herself and her apartment tidy, goes down to the dining room for meals and takes a long walk every day. A visit to an off-leash dog park is her greatest pleasure. The bad news is that her desire to speak English has deteriorated, and she only communicates with me in Russian. She understands and speaks English to my English-speaking friend who visits her from time to time. Up to this point, I, her only daughter, was coping well with the situation, visiting two or three times a week. But there is a new and disturbing problem. She has become infatuated with a gentleman who lives in an adjacent building. She watches for him, and is increasingly anxious when she does not see him often enough. He seems interested in her. They take walks to the dog park, hang out in the garden and sit close together on a bench. She is speaking English more often. I find their new relationship rather weird and disturbing. How do I deal with this “romance”?

Love in the Time of Dementia

Dear “Love in the Time of Dementia”

This situation has been called “old love” and “new attachments” by the researchers and journalists. It is not uncommon. The New York Times states that these types of

new attachments and the desire for intimacy persists even when dementia steals so much else. Nursing homes are being forced to confront an increase in sexual activity (www.nytimes.com/2007/11/18). Historically, love in older age has not been given much of a place in culture and your feelings of distaste and even fear are understandable. Your mother finds herself in a new world, gradually forgetting the past; and in this new world she has found a new friend. Her interest is all-consuming and probably very exciting for her. He is not “a dirty old man” and she is not an “erotic old witch”, old stereotypes which do not apply. I believe your feelings of discomfort will change as the “romance” develops. By getting to know the gentleman, your fears of harm coming to your mother will diminish. She will probably blossom with vitality and warmth as time goes by. You may even feel some relief from your sense of duty to her as her focus changes. For some perspective on “old love” I recommend the movie “Away from Her” which highlights love in the time of dementia.

Dysfunction Junction

Dear Hannah,

I am a gentleman of 71 years old, retired professional, in good health, long-time divorced. I decided that enough time had passed, that life was short; so I told all my friends that I wanted to date again. Their reaction was less than enthusiastic but I persisted—I joined a gym and a ballroom dance class. Just when I thought that this was craziness, I met a woman at dance school and we immediately began to share

small parts of our lives together. Slowly but surely, after much trepidation and hesitation, we have begun a romance and we are both interested in sex. But our initial sexual encounters have been disappointing. I suffer from erectile dysfunction. It is embarrassing and distressing to me (she is very understanding); I see the advertisements on television for ED. Am I too old to take these medications?

Dysfunction Junction

Dear “Dysfunction Junction”

Did you know that half of all men over 40 experience some degree of erectile dysfunction (ED)? It can happen to anyone. But it’s more prevalent with age and in men with certain health conditions like diabetes, high cholesterol or high blood pressure (*Zoomer Magazine*, Nov. 2015, p. 46). Your first step is going to your physician and discussing frankly your situation and your desire for sexual intimacy. He will check your medical record, so that side-effects from a new medication will be prevented or minimized. There are many choices—Viagra, Cialis and Daily Cialis. If one doesn’t work, another one might. The response rate varies from 60 to 90 percent. But where one drug fails, another may pass. How wonderful to have found a caring partner. Your ED may indeed become a concern of the past. Good luck to both of you.

Hannah, M.Sc. Counselling
Email: hannah@jsalliance.org

Annual General Meeting



CISSIE EPEL



Cynthia Ramsay accepts award for CISSIE EPEL from Jack Altman



SHANIE LEVIN



IRENE DODEK with husband Dr. Morton Dodek



Dr. RUBIN FELDMAN with granddaughter



Annica introduced Dr. Feldman and Perry Seidelman introduced Irene Dodek



'**SHEPPING NACHAS**' is a term used in Yiddish when one derives pleasure from one's family and that's what the JSA did on September 9th 2015 at their annual AGM which took place at Congregation Beth Israel – since that is what the JSA has become – a large family of close to 700 caring members unified by a common goal of bettering the life of seniors.

A large crowd of 130 gathered to hear President Marilyn Berger open the meeting with a warm welcome and ask for a minute of silence for those who had passed away during the year.

Following the introduction by Berger of two visitors from our member organization COSCO, she called on Adolf Zilbershtain, President of Most-Bridge Russian Jewish Seniors, who thanked, on behalf of his 170 members, JSA's continuous support.

Serge Haber presented the financial report due to absence of treasurer, Milton Adelson. The finances, thanks to Serge and Lyle Pullan, proved to be healthy for the upcoming year.

Pam Ottem, Chair of the Peer Support Program reported that the client base has increased from 68 to 86 and the new Ambassador program has 11 trained graduates who have been going into the

community acquainting those interested with what is available. Ottem expressed gratitude to the leadership of Grace Hann and Charles Leibovitch.

Chair of the membership committee, Lyle Pullan informed us that there were 38 new members this year and urged us all to consider ourselves recruiters and sign up friends and family.

Ezra Shanken, CEO of the Jewish Federation of Greater Vancouver, spoke of his grandfather whom he held in the highest esteem. His wife, he said, had referred to his grandfather as Shanken's hero. Shanken then said he felt that there were many heroes in this roomful of seniors in the audience who also just did what needed to be done.

The President's Report given by Marilyn Berger was positive and validated the deeds of others. She thanked her 'troika' of Vice Presidents as she called them – Ken Levitt, Rita Rolling and Past President Serge Haber. Berger's full report can be read at www.jsalliance.org.

The nomination slate, read by Serge Haber, was voted on and adopted as read. Certificates of Appreciation to outgoing board members were presented to: Debbie Cossever, Janet Kolof, Rubin Feldman, Timothy Newman and Edith Shier.



One of our founding members Jack Altman, truly a master of wit, acted as Master of Ceremonies during the dinner. The four volunteers being honoured this year, were selected by their individual organizations in appreciation for their time 'in service to others.'

Irene Dodek: Perry Seidelman, President of Board of Directors, The Jewish Historical Society of BC/Jewish Museum and Archives of BC and ex-Principal of Talmud Torah High School, introduced Irene Dodek, nominated by the Jewish Museum and Archives of British Columbia where she has served as director for 24 years and has played an essential role in the 45 year history of the museum. Dodek has recorded over 80 oral history interviews, as she feels each one of us has a story to tell.

Cissie Eppel: Cynthia Ramsey, journalist and owner of The Jewish Independent, introduced her. Ramsey quoted Eppel when she said 'personal pasts have been allowed to recede and we mustn't allow our own personal histories to recede into oblivion.' Eppel founded the Jewish Genealogical Institute of British Columbia in 1992 and served as its first president for 8 years, establishing connections with other genealogical societies. Cynthia Ramsey accepted the certificate in Eppel's absence.

Dr. Rubin Feldman: Annica Carlsson stated that their nominee

Dr. Feldman had been involved with L'Chaim Adult Day Care Centre since 2006 when his wife was there and he remained active following her death, becoming President in 2011 until this past August 2015. It was at his urging that the 30-year anniversary of L'Chaim became a festive celebration last year, in partnership with JSA.

Shanie Levin: Shanie Levin was nominated by our JSA and introduced by President Emeritus, Serge Haber. Levin has been actively involved in the JSA, serving in many capacities from secretary to chair of JSA Empowerment Series. Shanie has accomplished this while staying involved singing with the choir at Peretz Centre and reading stories about Yiddish Literature at the Isaac Waldman Library among many other activities.

Levin thanked the JSA and urged everyone to become involved as it is gratifying and satisfying to both the giver and the recipient.

Jack Altman commented in a closing reflection that the four people being honoured were all connected –all fully committed to the continuity of quality of senior life in, for and by the community.

Shepping nachas,

By Binny Goldman,
a proud JSA founding member

The complete version of this text is available at <http://jsalliance.org/about/agm-2015/>



Tell Me a Story, Please...

...which one of us has not made this oft repeated request, of a mother, a father, a *zaydeh* or *bubbe*?

On Tuesday, on Oct.30th 2015, almost 70 people gathered at the Peretz where they were warmly welcomed by Peretz President, Gene Homel who listed some of the activities which can be found at the Centre; namely – B’Nai Mitzvah and Family Education program, adult Yiddish classes as well an upcoming banquet in honour of I.L. Peretz, the celebrated Yiddish author after whom the Centre was named and who passed away 100 years ago in July, 1915.

The Tuesday event was held in partnership with the Sholem Aleichem’s Speaker’s Series (SASS, or ‘SASSY’, as they familiarly call it), celebrating the life of the well-known and much loved author (1869 – 1916), which Gyda Chud, of both Jewish Seniors Alliance and Peretz Centre explained while introducing this year’s JSA first session of Elders Empowering Elders.

It was with a song in their hearts and tears in their eyes, that the audience sat enraptured listening first to a session that propelled them back to their “*kindehr yorehn*” – childhood years – while listening, captivated, to Myrna Rabinowitz, tugging at their heart strings while she sang several favourite Yiddish songs including several of her own original ones as well as the one that she had composed and written for the

birth or her grandson. She explained that she had a passion for Yiddish.

Following that, the age-old request of a story being told was granted, to the delight of everyone who sat riveted, as Shanie Levin and Al Stein read stories, which came alive with their interpretive reading and their excellent voice renderings. Enhanced by the clever use of minimal but appropriate costuming and done with humour, images of the characters and the way of life for Shayneh Shayndel and Menchem Mendel became real to those listening, as did the ongoing dilemma that they each faced. As Sholom Aleichem once famously stated, “You can take the Jew out of the shtetl but you cannot take the shtetl out of the Jew”.

“You can take the Jew out of the shtetl but you cannot take the shtetl out of the Jew”.

In thanking the performers, Chud quoted Al Stein, one of the readers, who had said in his preface to reading his first story –

“In keeping with the Narodnik movement (Power to the People) –the young Russian intelligentsia at the time, and not the elite, Sholom Rabinovitch chose the name Sholom Aleichem – the common Jewish greeting, as his pen name – ‘Peace be unto you’.

Chud added that it was fortuitous that



the Power to the People was what had motivated Sholom Rabinovitch to change his name, as that was indeed the theme of our Empowerment series, namely, “Elders Empowering Elders”.

Ken Levitt, one of the JSA’s Vice Presidents, rose to the occasion by thanking the performers, partly in Yiddish, resourcefully researched on the internet, explaining that he hadn’t grown up in a Yiddish-speaking household, but Yiddish had been used as a secret language between his parents. A shaynehm dahnk, Ken, for your valiant effort. You endeared yourself to all the Yiddish-speaking people in the audience.

The session ended with *eppes zees* – something sweet – *mit a Yiddish ta-am* – (with a Jewish taste) accompanied by hot drinks. To quote one of the characters in the story that Shanie read – “If you have a piece of bread, take your eyes off the cake!”

Well, the audience had “both” – substance and sweets –nourishing both needs.

Thanks so much to the volunteers of both organizations, and to the JSA staff, Karon Shear and Rita Propp!

Ehs eez givehn a mechayeh – it was a pleasure and an *oisgetzaichent* outstanding, and enriching, togetherness time.

By Binny Goldman, JSA



For more information on the JSA-Snider Foundation Empowerment Series 2015-16, see the page 21.

LIVING UP TO THE PROMISE: FALL SYMPOSIUM REVIEW



"I PROMISE YOU," words often said to bring comfort or hope, to a child, a parent, to someone in need, or to oneself! A crowd of 125 had gathered on Sunday, Nov. 15 to learn how to fulfill a promise they had made to live 'well' into one's later years.

The topic was 'Living Up to the Promise – Now What?', and people, anxious to hear just how to do that, arrived at the Peretz Centre to attend the symposium being presented by Jewish Seniors Alliance in collaboration with the BC Centre for Elder Advocacy and Support as well as the BC Health Coalition.

Ken Levitt, of JSA and one of the Co-Chairs of this event, welcomed everyone introducing himself, his Co-Chair, Larry Shapiro, also of JSA, as well as the President of Cosco, Lorraine Logan, a strong supporter of JSA.

In speaking of moderator Gloria Levi, Levitt said she holds a Master's degree in public policy and is well known for her work and advocacy for seniors. Levi is the author of several publications concerning memory challenges as we age. She has been spearheading “integrating models of care for frail seniors.”

Levi proceeded to introduce **Kevin Smith**, staff lawyer with BCCEAS who entitled his talk “Know Your Law-Living Safely: How to arrange Your Affairs to Avoid Problems.” As a graduate of Osgood Hall Law School and a member of BC and Ontario bars, he specializes

in Elder Law and brings extensive knowledge to the issue being discussed.

Kevin Smith spoke of the increasing need to protect seniors from the many forms Elder Abuse can take – financial, physical, psychological (insults, intimidation, harassment) and neglect. Smith focused on financial abuse, saying it may entail misusing or stealing seniors' property or assets; cashing of cheques without authorization; pressuring them to make changes in a will or signing legal documents that they may not fully comprehend.

Smith offered preventive measures of protection, which can be taken:

Enduring Power of Attorney: as an aid to someone unable to manage their funds. He stressed that careful choices must be made as that method of POA may sometimes lead to a license to steal from the senior it is supposed to protect.

Joint Bank Account: Two or more people have rights over the same account to withdraw, deposit or deal with funds. Again, it was with a warning that one must trust the individual(s) sharing this right.



Representative Agreement: A legal document for personal planning in BC, which is a way to authorize your personal supporters to help you manage your affairs or make decisions on your behalf for health and personal care. It is also an authorization to assist the senior in legal and financial matters. Smith urged those gathered to read NIDUS—which provides personal planning on line.

Advance Directive: These are given by a competent individual in the event—in the future— the individual becomes incompetent to make healthcare decisions. The patient's right to forgo treatment is paramount to the doctor's obligation to provide medical care.

The Will: forms for which can also be found on line if one has no access to a lawyer.

Smith said the most prevalent form of financial abuse is frequently that of a trusted child, a friend, a neighbour, when, often in the guise of helping the senior, the offender helps himself to funds.

By Binny Goldman, JSA

See Page 27 for a review of Marcy Cohen's presentation.





This dedicated fund will be used to support the following:

PEER COUNSELLING

FRIENDLY HOME VISITS

FRIENDLY PHONE CALLS

INFORMATION & REFERRAL

BEREAVEMENT SUPPORT

The Serge & Elinor^{z1} Haber

PEER SUPPORT SERVICES FUND



Name _____

Address _____

Telephone _____ PC _____

Email _____

I/we wish to make a donation of \$ _____

Cheque enclosed for \$ _____

Credit Card # _____ Exp / _____

Easier by phone? A JSA volunteer will call you

A tax receipt will be issued

JSA has started a new BEREAVEMENT GROUP

facilitated by our senior peer counselling volunteer Victor Halioua.

The group is for people of all ages who have recently experienced the loss of a loved one. The focus is to provide a safe and confidential place where the group can meet to express their feelings of loss and grief in an informal and non-judgemental environment.

The philosophy of the group is that by sharing feelings of loss with other people experiencing similar feelings will promote an increase in coping skills, improved emotional health and an increase in feelings of hope.

For further information please contact Charles Leibovitch, JSA Peer Support Services, at 604-267-1555, 778-840-4949 or charlesl@jsalliance.org.

SENIOR AMBASSADORS: SENIORS ABUSE – SASS

In 2007, the New Horizons for Seniors Program expanded its criteria to include funding to organizations which provide services aimed to raise awareness of Elder Abuse and to combat the escalating numbers of older persons who either are or have been abused. The Jewish Seniors' Alliance (JSA) through secured funding for one year went on to develop an educational Elder Abuse Awareness program.

According to Statistics Canada, 25 per cent of the population will be over the age of 65 by 2031. It is possible that we will also see a growing number of this population report some aspect of Elder Abuse. The most common perpetrators of violence against seniors are adult children (15 per 100,000 cases) or a current or former spouse (13 per 100,000). However, elder abuse may also take place in institutional facilities and by professional care-givers.

Elder Abuse has many faces and may exhibit itself as: neglect, physical abuse, psychological/emotional abuse, economic/financial abuse. Symptoms of abuse vary.

- Neglect may manifest itself as unkempt appearance, broken glasses, lack of appropriate clothing as well as malnutrition, dehydration and poor personal hygiene.
- Physical abuse symptoms include untreated or unexplainable injuries and various stages of healing, limb and skull fractures, bruises, black eyes, burns and welts.
- Emotional abuse symptoms may include drastic changes in behaviours such as agitation, rocking, sucking or biting and they may show withdrawal or be unresponsive.
- Financial abuse is the most common form of abuse and is illustrated by sudden uncharacteristic changes in bank accounts or banking activity and major changes to legal documents such as powers of attorney and wills.

Through the New Horizons Grant, JSA developed educational elder abuse awareness seminars and trained volunteers to deliver these to community agencies, organizations and institutions, which work with the elderly population. The intense training consisted of all aspects of elder abuse and in depth familiarity of issues faced by older adults. Upon their successful graduation the volunteers became ambassadors and have, and are, raising awareness of elder abuse through presentations and workshops. On June 15th, 2015, Elder Abuse Awareness day, ambassadors partnered with other community agencies and passed out educational brochures and purple ribbons highlighting elder abuse. To date these capable and tireless ambassadors have contributed more than one hundred and fifty hours of their time to combat elder abuse within the community.

I would like to take this opportunity to thank the wonderful volunteers who give so selflessly of their time in order to help others, Lawrie Dignan for sharing his art on our new banner and the New Horizons Program for funding the first year of this extremely worthwhile Elder Abuse Awareness project. Since the onset of the project we have become increasingly aware of the extent to this social blight and know that we have barely scratched the surface. But we have begun and with your support we will be a step further in creating even more awareness.

Grace Hann
Trainer and Supervisor of
Peer Support Services

OUR NEW BANNER



© Lawrie Dignan 2008



www.jsalliance.org

see page 22 for artist Lawrie Dignan's explanation of this painting which is entitled "In Dreams".



www.jsalliance.org

A MEANINGFUL VOLUNTEER OPPORTUNITY

Our Peer Support Services is
accepting applications for

Senior
PCounselling
Peer Program.

This volunteer training will prepare you with the tools to interact with seniors in our community. The training will enhance your communication, problem solving and interpersonal relationship skills.

Training consists of eleven consecutive sessions for a total of 55 hours. Upon completion, you will receive a certificate from Senior Peer Counselling of B.C. You will become a part of our volunteer team supporting seniors who are facing life challenges – such as age related changes, grief, loss, isolation and loneliness.

Jewish Seniors Alliance is an inclusive organization and reaches out to all seniors.

Remember,

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

For more information call:
GRACE HANN
or CHARLES LEIBOVITCH

@ 604-267-1555

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Feb 14th**

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big on fresh, low on price.™

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Parmesans, Shredded and Slices**



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

USEFUL RESOURCES

FINANCIAL & LEGAL ASSISTANCE, MEDICAL, NUTRITION & TRANSPORTION

For a more comprehensive and detailed listing of all services available for seniors in B.C, please inquire about the BC Seniors' Guide, a booklet published by the Government of British Columbia.
Telephone Government of BC: 1-800-663-7867 www.SeniorsBC.ca

WHERE TO GO FOR HELP

| | |
|--|--|
| 911 | Police/ ambulance/ fire – All emergencies 911 |
| Old Age Security Program (OAS): Seniors Gateway to Legal Information & Resources | 2nd floor, 411 Dunsmuir St. http://www.seniorsgateway.vcn.bc.ca/subject_categories/oas.html info@seniorsgateway.vcn.bc.ca 604-684-8171 ext. 237 |
| Health and Seniors Information Line | “One stop” for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages. http://www.health.gov.bc.ca 1-800-465-9411 |
| 411 Seniors Centre Society Vancouver | http://www.411seniors.bc.ca 604-684-8171 |
| Seniors Services Society New Westminster | http://www.seniorsservicessociety.ca 604-520-6621 |
| BC Centre for Elder Advocacy and Support | http://bcceas.ca 604-437-1940 or 1-866-437-1940 (toll free) |
| The Office of the Seniors Advocate | The go-to resource for seniors information and referral. http://www.seniorsadvocatebc.ca 1-877-952-3181 |
| BC 211 Information and Referral | General information line accessible 24 hours a day, 7 days a week. http://www.bc211.ca 211 |

COUNSELLING AND SUPPORT SERVICES

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

USEFUL RESOURCES

COUNSELLING AND SUPPORT SERVICES

| | |
|---|--|
| Prostate Cancer Supportive Care Program | http://www.prostatecentre.com/patient-information/prostate-cancer-supportive-care-program-pcsc 604-875-4111 ext. 6233 |
| TTY at the Vancouver Crises Intervention and Suicide Prevention Centre | Text Telephone for the deaf and hard-of-hearing 604-872-0113 |

MEDICAL INFORMATION AND REFERRAL SERVICES

| | |
|---|--|
| Vancouver Coastal Health Authority | Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast. http://www.vch.ca 604-736-2033 |
| Fraser Health Authority | Serves Fraser North, Fraser South and Fraser East. http://www.fraserhealth.ca 604-587-4600 |
| Healthlink BC | At HealthLink BC, you will find medically-approved information on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. You can also search our online Directory to find health services near you. Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night, we have pharmacists available to answer your medication questions. www.healthlinkbc.ca 811 |
| Jewish Seniors Alliance of Greater Vancouver | Outreach, Advocacy & Research, Peer Support Services. Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. www.jsalliance.org office@jsalliance.org 604-732-1555 |
| TTY | Special Telus relay service for deaf and hearing impaired 711 |
| Louis Brier Home and Hospital | Counselling and supportive services to individuals and families. http://www.fsgv.ca 604-261-9376 |
| Jewish Family Service Agency | Provides complex residential and extended hospital care. http://www.louisbrier.com 604-731-4951 |

HOUSING, RENTAL, MORTGAGE DEFERRAL

| | |
|--|--|
| BC Seniors' Home Renovation Tax Credit | A new, refundable Personal Income Tax credit to assist with the cost of permanent home modifications that improve accessibility or help a senior be more functional or mobile at home. CTBTaxQuestions@gov.bc.ca 1-800-959-8281 |
| Home Adaptations For Independence Program | The HAFI program helps low-income seniors and people with disabilities finance home modifications for accessible, safe and independent living. Up to \$20,000 per home in the form of a forgivable loan. www.bchousing.org/HAFI hafi@bchousing.org 604-646-7055 |
| Home Owner Grant for Seniors | The grant reduces the amount of property tax you have to pay. The program has several enhancements for seniors, some persons with disabilities and their families, and certain veterans of older conflict and their spouses. http://www.sbr.gov.bc.ca/individuals/Property Taxes/Home Owner Grant/hog.htm hogadmin@gov.bc.ca 1-888-355-2700 |
| SAFER (Shelter Aid for Elderly Residents) | Provides monthly payments to subsidize rents for eligible BC seniors. www.bchousing.org/Initiatives/Providing/SAFER 604-433-2218 press "1" |

USEFUL RESOURCES

HOUSING, RENTAL, MORTGAGE DEFERRAL

| | |
|---|---|
| Seniors' Supportive Housing (SSH) | The SSH program provides specially modified rental homes in selected subsidized housing developments, primarily to low-income seniors who need some assistance in order to continue to live independently. http://www.bchousing.org/Options/Supportive Housing/SSH/SSH 604-433-2218 |
| SHIP (Seniors Housing Information Program) | Operated by the Seniors Services Society, the directory provides a comprehensive list of housing available for seniors living in or wishing to live in the Lower Mainland of BC. http://www.vcn.bc.ca/ship 604-520-6621 |
| Property Tax Deferment (PTD) Program | A loan program that allows eligible seniors to defer the annual property taxes on their home for as long as they own and live in the home. http://www.sbr.gov.bc.ca/individuals/Property Taxes/Property Tax Deferment/ptd.htm taxdeferment/@gov.bc.ca 604-660-2421 |

LEGAL, FINANCIAL AND ELDER ABUSE SERVICES

| | |
|--|--|
| BC Centre for Elder Advocacy and Support (BCCEAS) | Elder law clinic. http://www.bcceas.ca 604-437-1940 |
| Dial-A-Law Lawyer Referral Service | CBA British Columbia Dial-A-Law-Cbabc.org http://www.dialalaw.org 604-687-4680 |
| Income Assistance | For seniors not receiving Old Age Security (OAS). http://www.hsd.gov.bc.ca/bcea.htm 1-866-866-0800 (press 3 + 1) |
| Medical Services Plan Subscriber Information | Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service. http://www.health.gov.bc.ca/msp |
| MSP (Medical Services Plan) Premium Assistance | On a sliding scale, full premium assistance at \$22,000 (annual income) or less. http://www.health.gov.bc.ca/msp 1-800-663-7100 or 604-683-7151 |
| NIDUS Personal Planning Registry | Representation Agreement Office http://www.nidus.ca |
| PharmaCare (including the Fair Pharmacare Plan) | https://extranet.gov.bc.ca/forms/gov/contact/index.html 604-683-7151 or 604-660-2421 |
| SAIL (Seniors Advocacy & Information Line) | 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. Mon to Fri, 9:00 am–1:00 pm. 604-437-1940 |

NUTRITION, FOOD AND MEALS

| | | | | | | | | | | | | | | | | | |
|---|--|-----------------------|---------------------|-----------------|---------------------|-----------|---------------------|------------|---------------------|----------|---------------------|------------|---------------------|--------------|---------------------|--|--|
| Dial-A-Dietitian | Specializes in easy-to-use nutrition information for self-care. http://www.healthlinkbc.ca/dietitian 604-732-9191 | | | | | | | | | | | | | | | | |
| Meals on Wheels | <table border="0"> <tr> <td>Burnaby</td> <td>604-299-5754</td> <td>New Westminster</td> <td>604-520-6621</td> </tr> <tr> <td>Coquitlam</td> <td>604-942-7506</td> <td>Vancouver</td> <td>604-684-8171</td> </tr> <tr> <td>Richmond</td> <td>604-292-7200</td> <td>White Rock</td> <td>604-536-3866</td> </tr> <tr> <td>Surrey/Delta</td> <td>604-588-0325</td> <td></td> <td></td> </tr> </table> | Burnaby | 604-299-5754 | New Westminster | 604-520-6621 | Coquitlam | 604-942-7506 | Vancouver | 604-684-8171 | Richmond | 604-292-7200 | White Rock | 604-536-3866 | Surrey/Delta | 604-588-0325 | | |
| Burnaby | 604-299-5754 | New Westminster | 604-520-6621 | | | | | | | | | | | | | | |
| Coquitlam | 604-942-7506 | Vancouver | 604-684-8171 | | | | | | | | | | | | | | |
| Richmond | 604-292-7200 | White Rock | 604-536-3866 | | | | | | | | | | | | | | |
| Surrey/Delta | 604-588-0325 | | | | | | | | | | | | | | | | |
| Kosher Meals | Contact Jewish Family Service Agency 604-257-5151 local 218 | | | | | | | | | | | | | | | | |
| Food Bank | Contact Jewish Family Service Agency 604-257-5151 local 218 | | | | | | | | | | | | | | | | |
| Suppliers of Kosher Meat and Poultry | <table border="0"> <tr> <td>Kosher Food Warehouse</td> <td>604-709-9889</td> <td>Sabra</td> <td>604-733-4912</td> </tr> <tr> <td>Omnitsky</td> <td>604-321-1818</td> <td>Superstore</td> <td>604-322-3702</td> </tr> </table> | Kosher Food Warehouse | 604-709-9889 | Sabra | 604-733-4912 | Omnitsky | 604-321-1818 | Superstore | 604-322-3702 | | | | | | | | |
| Kosher Food Warehouse | 604-709-9889 | Sabra | 604-733-4912 | | | | | | | | | | | | | | |
| Omnitsky | 604-321-1818 | Superstore | 604-322-3702 | | | | | | | | | | | | | | |

USEFUL RESOURCES

| TRANSPORTATION | |
|--------------------------------------|---|
| HandyDART Vancouver TransLink | http://www.translink.ca 778-452-2860 |
| SN Wheelchair Transport | Special needs door to door. www.sntransport.ca 1-800-768-0044 |
| HandyDART Custom Transit | HandyDART is a special transportation service for eligible persons with a physical or cognitive disability who cannot use regular public transport without assistance. www.translink.ca/en/Rider-Info/Accessible-Transit.aspx 604-953-3333 |
| Taxi Saver Program | BC Transit and Translink offer a Taxi Saver program for handyDART or handyCard registrants. This program provides a 50 per cent subsidy toward the cost of taxi rides. www.bctransit.com |
| Translink Bus Service | Bus and route timetable advice www.translink.ca 604-953-3333 |
| Driving Miss Daisy | Driving service for seniors to appointments, programs http://www.drivingmissdaisy.net/en 604-290-8874 or 1-866-351-9696 |

| INFORMATION AND SUPPORT SERVICES | |
|--|---|
| Alcohol and Drug Info & Referral | Education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse. http://www.health.gov.bc.ca 604-660-9382 |
| Ambulance Billing Service | http://www.health.gov.bc.ca 1-800-665-7199 or 1-800-465-9411 |
| Jewish Family Services Agency, Senior Services | Mon to Fri excluding statutory and Jewish holidays. Provides information to seniors and their families in all aspects of the aging journey. 604-257-5151: local 217 / 218 / 219 |
| Jewish Seniors Alliance Information and Referral Services | Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 am–5:00 pm. Monday to Thursday excluding statutory and Jewish holidays. No-cost Peer Support Counselling Services. http://www.jsalliance.org/ 604-732-1555 |
| 1-800-Banting – The Canadian Diabetes Association | For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canada offers disease information, programs. http://www.diabetes.ca 1-800-226-8464 |
| Canadian Cancer Society Cancer Information Service | Up-to-date information on a variety of cancer related topics, including prevention, early detection, diagnosis and treatment. Can help find cancer-related services and programs in local communities, and interpreter service. www.cancer.ca 1-888-939-3333 |
| Heart & Stroke Foundation of B.C. | Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups. http://www.heartandstroke.ca 1-888-473-4636 or 604-736-4404 |
| Kidney Foundation of Canada | Dedicated to Research into kidney disease and related disorders, as well as public education and patient services. http://www.kidney.ca 1-800-361-7494 or 604-736-9775 |
| The Stroke Recovery Association of B.C. (SRABC) | Offers information and programs for stroke survivors after they leave hospital. http://www.strokerecoverybc.ca 1-888-313-3377 or 604-688-3603 |

WORD PUZZLES: Circle the Correct Answer

WORD POWER



1. Recumbent

- a. synonym for incumbent
- b. to recommend
- c. to lie down

2. Dystopia

- a. a community that is undesirable
- b. a person with learning challenges
- c. an disease of the internal organs

3. Serendipity

- a. a song by the New Christie Minstrels
- b. a finding by accident & sagacity
- c. a song from a Disney movie

4. Salar

- a. the salary paid to an apprentice
- b. an ethnic minority in China who speak Salar
- c. an immature stick of celery

5. Ichthyology

- a. branch of zoology dealing with fish
- b. the study of the spinal column
- c. the study of DNA

6. Cantillation

- a. the study of pre-Columbian fossils
- b. a form of meditation
- c. a ritual chanting of readings from the Hebrew Bible

7. Atavistic

- a. appearance of remotely ancestral characteristics.
- b. a classical work of art that is expensive and rare
- c. a determined person

8. Sophomoric

- a. a person who is in second year at a university.
- b. a person who grows ancient grains
- c. a person who is poorly informed and immature

9. Prevaricate

- a. to ensure a vacant apartment is on the market
- b. to evade the truth
- c. to consider various employment opportunities

10. Consanguineal

- a. to consign clothes to resale retailer
- b. to be related by blood
- c. to take contrary political positions

1c; 2a; 3b; 4b; 5a; 6c; 7a; 8c; 9b; 10 b

ANSWERS:

WORD QUIZ

1. RESISTANCE TRAINING

- a. A form of self-defence
- b. A form of physical exercise using weights
- c. A psychological test

2. EXECUTIVE FUNCTIONS OF THE BRAIN

- a. Thinking before acting, resisting temptations, staying focused
- b. Shouting loudly and bossing employees around
- c. Learning a new video game

3. SOCIAL ISOLATION

- a. Hanging up on a telemarketer
- b. Refusing to sign a petition
- c. Lack of social integration, spending too much time alone

4. CARP

- a. The delicious pickled fish your grandmother used to make
- b. A national, non-profit association committed to promoting social change for seniors
- c. To complain or find fault continually, typically about trivial matters.

5. PODCAST

- a. An audio episode of an interesting topic found on the internet
- b. A large group of fish swimming together
- c. A concrete or bronze statue that has been replicated many times

6. STRATEGIC VOTING

- a. Voting the same as your spouse or your best friend
- b. Voting for the best-looking candidate
- c. Voting for a candidate other than your sincere preference in order to prevent an undesirable outcome.

7. MARIJUANA

- a. Available in Canada with a prescription from your doctor
- b. Available for purchase at your local high school soccer field
- c. The cure for everything

8. THE BABY BOOMERS

- a. Expression used to instill fear of a tsunami striking at the shores of B C
- b. A large cohort of people now becoming "seniors" who will require additional services
- c. An up-beat form of dance music enjoyed by seniors at your local community centre

9. PET THERAPY

- a. Specially-trained dogs visit and interact with elderly residents, creating smiles and happy faces
- b. A doctor's favourite prescription medication for anxiety and depression
- c. A new treatment offered by your local veterinarian

10. AGM

- a. The Annual General Meeting of an organization, usually followed by a festive dinner
- b. A large tent in which circus performers display their many talents
- c. A new car model shown for the first time at the Convention Center

1b; 2a; 3c; 4b; 5a; 6c; 7a; 8b; 9a; 10a

ANSWERS:

SENIORS IN THE MOVIES: **Stomping and Strutting their Stuff**



What does one do when there is too much of a good thing? These past couple of months I have watched many wonderful movies. Ultimately I had to choose. My choices are five diverse and powerful films which allow seniors and senior actors to perform at their best. You will be impressed by their talent, energy and creativity.

IRIS: (2015) a documentary about Iris Apfel, age 93, a fashion doyenne in New York City. She is an unabashed maximalist who believes in piling the accessories on. “Life is gray and dull” declares Iris. “You might as well have a little fun when you dress and amuse people.” She and her husband, former textile manufacturers, were hired by First Ladies for fabric restorations at the White House. But it was only in the past few years that fashionistas discovered her idiosyncratic style. The documentary has captured Apfel’s passion for both couture and flea market finds, and her encounters with various celebrities. It also highlights a love story, Iris Apfel’s loving relationship with her husband who celebrates his 100th birthday during the filming of the documentary.

GLEN CAMPBELL...I’ll Be Me:

(2014) The documentary, follows American country music singer Glen Campbell on his farewell tour. The film centers on Campbell’s struggles with Alzheimer’s disease. It is an elevating experience, inviting the audience to bear witness to Campbell’s courage, humour and spiritual strength. Mr. Campbell’s wife, Kim, is the main voice in the film, which shows just enough of the worst moments of Alzheimer’s – the raging, the inability to recognize loved ones – to make you appreciate how drastically the disease affects everyone close to the person who has it. His family members offer the instructive and poignant film as an awareness vehicle and a gift to his longtime fans.

WOMAN IN GOLD (2015), stars Helen Mirren and is based on the true story of Maria Altmann, an elderly Jewish refugee living in Los Angeles. Maria and her lawyer struggle against the Austrian government to retrieve her aunt’s artwork, Gustav Klimt’s “Portrait of Adel Bloch-Bauer I” which had been stolen by the Nazis. Ms. Mirren’s portrayal of this sometimes fearsome woman who doesn’t suffer fools is ultimately sympathetic. The film’s most gripping scenes are flashbacks portraying the Nazis’ triumphant entrance into Vienna. Young Maria remembers her parents’ final words “remember us” and, after taking her legal battle all the way to the Supreme Court of the United States, she ultimately regains ownership of the painting.

REMEMBER: (2015) by Canadian director Atom Egoyan. Christopher Plummer and Martin Landau, veteran actors, are superb in this movie. A nursing-home resident Zev (Christopher Plummer) sets out to exact vengeance on the man who murdered his family seven decades earlier. Zev has Alzheimer’s disease and suffers from memory loss; therefore Max (Martin Landau) has scrupulously written down instructions for every step of the journey Zev has agreed to take, in search of a man named Rudy Kolander. Remember is a sinister tale of revenge, infused with moral gravity and black humour. It will keep you in its grips until the tatters of Zev’s memory have finally been stitched back together.

THE FAREWELL PARTY (מיתה טובה): 2015, is an Israeli film in Hebrew with English subtitles. The storyline is about the use of a euthanasia device. We participate in an ultimately moving tale among a small coterie of longtime friends heroically maintaining their independence and dignity in a Jerusalem retirement home. The suffering of a terminally- ill member of their circle forces them to consider the merit and confront the risks, of friend-assisted suicide. There is deadpan comedy, black comedy and bittersweet comedy. Wonderfully played by a cadre of veteran comic actors, it’s the film for anyone who’s every grumbled that nobody makes movies for older audiences anymore.

By Dolores Luber

Movies I highly recommend:

5 Flights Up (2014), a romantic movie of a loving “odd-couple”, Morgan Freeman and Diane Keaton, in the throes of moving (after 40 years) in Brooklyn, NY. Delightful!

Life Itself (2014), a documentary about esteemed film critic Roger Ebert, his intellectual life and his coping with severe medical conditions. Superb!

Son of Saul (Saul Fia) 2015, Auschwitz from the point of view of a Hungarian Jewish member of a Sonderkommando unit. Horrific and enlightening!

ONGOING EVENTS January, February, March 2016

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

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

| MONDAY | |
|---|---------------------------|
| 1:00 pm | Poker |
| 11:45 - 1:15pm Jan 18 & Feb 15 | Lunch and Learn |
| Noon - 2:00pm Mar 21 | Purim Party |
| TUESDAY | |
| 9:30-10:30 am | Chair Yoga |
| 10:30 - 12:00 pm | Beginner's Bridge Lessons |
| 11:00 - 2:30 pm | Duplicate Bridge |
| 1 - 2:30 pm - Jan 19, Feb 2 & 16, Mar 1 & 15 | Circle of Friends |
| WEDNESDAY | |
| 9:30-10:30 am | Chair Yoga |
| 10:30 - 12:00 pm | Bridge Fundamentals |
| 1:00 - 4:00 pm | Poker & Mah Jongg |
| 3:00 - 4:30 pm | Drawing and Painting |
| THURSDAY | |
| 11:00-2:30 pm | Duplicate Bridge |
| FRIDAY | |
| 9:30-10:30 am | Shabbat Chair Yoga |
| 11:00 - 1:00 pm | Supervised Bridge |
| 11:00 - 1:00 pm | Duplicate Bridge |
| 1:30 - 2:30 pm | Shabbat Chair Yoga |

BETH TIKVAH SYNAGOGUE
604-271-6262
<http://bethtikvahbridge.wordpress.com>

| MONDAY - 7:00 pm | |
|---|--|
| Bridge - ACBL sanctioned | |
| THURSDAY - 7:00 pm | |
| Bridge - Non-sanctioned casual duplicate game | |

SAVE THE DATE

For more information call
JSA at 604-732-1555

JSA-SNIDER FOUNDATION
EMPOWERMENT SERIES 2015-16

(See page 21)

#2 Give Us the Tools to Finish the Job

DATE: **Wed, January 27** TIME: **1pm**
PLACE: **Jewish Community Centre,
950 W 41st Ave Vancouver**

#3 Don't Agonize, Downsize!

DATE: **Thurs, March 3** TIME: **11am**
PLACE: **Unitarian Centre,
949 W 49th Ave, Vancouver**

JSA SPRING FORUM

An APP a Day Keeps the DOCTOR Away

DATE: **Sunday, April 3**
TIME: **1:30pm Registration**
2:00 - 4:00pm Program
PLACE: **Peretz Centre, 6184 Ash St,
(See back cover)**

Senior Peer Counselling Training Program

START DATE: **Sunday, February 14**
(See page 11)

JEWISH FAMILY SERVICE AGENCY
CONTACT: Queenie Hamovich
QHamovich@jfsa.ca
604-257-5151 Ext. 274

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.

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

| TUESDAY | |
|--|---|
| 12:30pm - 2:30pm | Community Kitchen Jan 26, Feb 23, Mar 22 |
| WEDNESDAY | |
| 1:00-3:30 pm | Arts Club for women |
| THURSDAY | |
| 9:30 - 10:45 am | ESL Beginners & Intermediates |
| 11:00 - 12:00 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 \$9 Programs, Speakers, Arts and Music Jan 7 & 21, Feb 11 & 25, Mar 10 & 24 | |

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

| MONDAY - COST \$10 | |
|--|---------------------------|
| 11:00-11:45 am | Easy Fun Seniors Exercise |
| 12:00-1:00 pm | Kosher lunch |
| 1:00 - 2:00 pm | Speaker/entertainment |
| Every 3rd Monday of the month Wellness Clinic from 9:00 - 12:00 pm BOOKING ESSENTIAL call Marlene 604-275-7543 or Ruth 604-271-1973 | |

L'CHAIM ADULT DAY CENTRE
950 W 41st Avenue
CONTACT: Annica Carlsson and Leah Deslauriers
604-638-7275
annica@jccgv.bc.ca, www.lchaim.ca

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

ONGOING EVENTS January, February, March 2016

Legacy
SENIOR LIVING
The Leo Weisman Residence

LEGACY SENIOR LIVING
611 West 41st Avenue Vancouver, BC
604-240-8550 www.legacyseniorliving.com

JANUARY

| | |
|------------------------------|--|
| Jan 9 11:15 am – 12:15 pm | Yoga With Chair – Public \$5.00 Drop-in Fee (Saturdays) |
| Jan 16 3:30 pm – 4:30 pm | PERK Brain Activities Public \$5.00 Drop-in Fee (Saturdays) |

FEBRUARY

| | |
|------------------------------|--|
| Feb 6 11:15 am – 12:15 pm | Yoga With Chair – Public \$5.00 Drop-in Fee (Saturdays) |
| Feb 13 3:30 pm – 4:30 pm | PERK Brain Activities Public \$5.00 Drop-in Fee (Saturdays) |

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

INTERSECTIONS: SPEAKER SERIES

| | |
|------------------------|---|
| Jan 28 - 5:00 – 7:00pm | Jewish Architects in Vancouver, 1955-1975 |
| Feb 18 - 7:00 - 9:00pm | On These Shores - Jewish Pioneers of Early Victoria |

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

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

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

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

| | |
|---|---|
| First Tuesday of the month at Temple Sholom 7:30 pm | Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome. |
|---|---|

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

| | |
|------------------|--|
| Jan 10 - 1:30 pm | Meeting dedicated to Sholom Aleyhem's 150th birthday |
| Feb 7 - 1:30 pm | Terrible way to Palestine for the Jews survived in Holocaust |
| Mar 13 - 1:30 pm | Purim and International Women's Day celebration |

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
FRIDAYS AT 6:00 PM - JAN 15, FEB 19 & MAR 18

| | |
|--|---|
| First and Third Wednesday of the Month - 3:00–4:30pm | Yiddish Reading Circle |
| Tuesday - 7:30–9:30 pm | Vancouver Jewish Folk Choir |
| Jan 31 - 2:00 pm | Sarkin Music Series - Featuring Connie Gitlin |
| Jan 31, Feb 28 & Mar 27 10:30–12:30 pm | Adult Discussion Group |

SHOLEM ALEICHEM SPEAKER SERIES
CONTACT: Gyda Chud 604-266-0115

FRIDAYS 11:30am (no meeting Mar 20)
Guest speakers, films, discussions and refreshments.

BETH ISRAEL DAYTIMERS
Congregation Beth Israel, 989 West 28th Avenue, Vancouver, V5Z 0E8
CONTACT: Rabbi Infeld 604-731-4161 info@bethisrael.ca

| | |
|------------------|-----------------|
| Tuesdays - 2 pm | World Talk |
| Thursdays - 1 pm | Games Afternoon |

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

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

MONDAYS

| | |
|-----------------------------------|--|
| Jan 18, Feb 15, Mar 21 at 2:00 pm | YIDDISH stories for adults read in English by Shanie Levin |
|-----------------------------------|--|

WEDNESDAYS

| | |
|----------------|--|
| 10:30–12:30 pm | IN THE NEWS – Discussion group for people interested in current affairs and global politics. |
|----------------|--|

We are accepting donations of used books and DVDs in good condition. Please note that we cannot accept VHS, phonograph albums, encyclopaediae or books in poor condition.



JSA Snider Foundation Empowerment Series



ELDERS! EMPOWERING ELDERS!

2015-16

A smile on your face, a song in your heart

2

Technology: Give us the Tools to Finish the Job

Stan Goldman will present a highly informative workshop about iPads, Tablets and Smart phones, joined by **Philip Morris**, who will speak about Internet Security and **Mark White** who will discuss where to find the best bargains for all of this new technology. Light refreshments provided.

Free
Wednesday, January 27th
1:00-2:15pm
JCC Wosk Auditorium
950 41st Ave W, Vancouver

Contact: Leah Deslauriers 604-638-7283 leah@jccgv.bc.ca www.jccgv.com

3

Don't Agonize, Downsize!

Transitioning to a new chapter in life can be very overwhelming for many seniors and their families. The longer a person lives in their home, the more belongings can accumulate. With a little planning and preparation, downsizing can be a liberating and rewarding experience. Join us to learn stress free strategies for saving money and letting go of unwanted stuff. Workshop by **Ranka Burzan**, professional organizer and author. Light refreshments provided. Free parking.

Free
Thursday, March 3rd
11:00-12:30pm
Unitarian Centre
949 49th Ave W, Vancouver

Contact: Rita Propp 604-732-1555 office@jsalliance.org www.jsalliance.org

4

Empowerment through Song and Dance

JCC Showtime is back by popular demand! Join us for our fourth Empowerment series as their singing and dancing lead us into a summer of empowerment, energy and enthusiasm. Reserve in advance for a delicious lunch. Free parking.

Monday, June 27th
11:30-2:00pm
Kehila Seniors at Beth Tikvah
9711 Geal Road, Richmond

Contact: Toby Rubin 604-241-9270 Trubin@kehilasociety.org

AVA LEE MILLMAN FISHER

Featuring our Cover Artist



Ava Lee Millman Fisher is an artist and accredited music therapist who, at the age of 69, is enjoying immensely her life as a senior, as a mother, and as a grandmother. She loves her work, which is filled with passionate pursuits of many artistic endeavours.

Her paintings, which are hanging in every nook and cranny of her home, reflect that joy and pleasure which she radiates. Her abode is an art gallery, where colours vibrate like notes of music and images repeat themselves in various forms like leitmotifs in an opera. Music is her primary frame of reference and she has translated her musicality into luscious

landscapes and dazzling compositions of Jewish symbols, signs and letters. One must spend a little time gazing at a painting to see the complex depths and configurations which abound throughout the composition. The day following my interview with Ava Lee, 16 of her small paintings were to be transferred to City Square for an exhibition and sale with other local artists. Her art work is very much appreciated and bought by people who share her enthusiasm for her sumptuous palette and iconic imagery.

For a full description of her life, professional endeavours, and works of art, please go to <http://www.creatavalee.net/the-artist.html>. She writes "...I glean great inspiration

from listening to a vast variety of classical music... and an enormous and varied repertoire of Jewish music. Synaesthesia is at play, for I am able to 'hear' colour and to 'see' sound."

On our cover is her glorious painting "Luminary in Luminescence." We include here for your enjoyment the paintings "Miriam: Her Melodies Munificent and Modulations Mellifluous through the Millennia" and "Duets with David: He Put a New Song in My Mouth".

By Dolores Luber



"Luminary in Luminescence."



"Duets with David"



"Miriam: Her Melodies Munificent"

LAWRIE DIGNAN's Explanation of "In Dreams"

This image, or ones similar to it originated in dreams I would have many years ago.

In my early days working in Courtenay BC with Design and Surveys, the majority of our work consisted of cutting out centerline for the Inland Island Highway. After clearing our centerline we would then go back along these cut lies and continue the different aspects of our Design Survey though the bush. Under, over and through branches and underbrush, chopping and cutting as we went.



"In Dreams" 2008 pen and ink on paper

These images that I would see day after day, while chopping down trees and clearing underbrush must have been super imposed in my subconscious mind, as there were times that I would see these bubbles of branches in my minds eye as I was drifting off to sleep at night.

The "Looking Through Branches" series of drawings are born and "In Dreams" would be part of that series.

By Lawrie Dignan

Our gratitude to Lawrie for his generous donation of "In Dreams" for JSA's Peer Support banner as seen on page 11. View www.changingrealities.com for other works of art by Lawrie .

OPINION: FOOD BANKS: A MODERN DAY PHENOMENA

In March 2013, 833,098 persons were served by food banks in Canada. Food bank use remains high and these Canadians depend on food banks for weekly, semi-monthly or monthly grocery items in order to put food on the table. One-half of the families being served include children and close to one-half are two-parent families. More than one third of food bank recipients are children, many of whom are school-age and go to bed hungry.

In Richmond, 1300 persons are served each week by the Richmond Food Bank. Of the 1300 recipients there are 524 persons who actually attend this food bank and they represent 2.4 persons per household. The majority are seniors and the mentally-challenged. Others who use the food bank are on low incomes and use the service as needed. Users must be Richmond residents. Once residency is proven, recipients are granted food packages on an honour system. The average value of a food hamper is about \$100, and includes the 5 basic food groups.

The Jewish Food Bank in Vancouver serves 350 persons of which 55 are children under 18 years of age, 95 are seniors. 16% of the Jewish community lives on or below the poverty level. The value of each food hamper is \$54 for a single individual, larger family units receive more food. This is in addition to food vouchers supplied by Jewish Family Service Agency. Food hampers are delivered every two weeks to those unable to do so themselves.

For seniors this is a very troubling scenario. As of two years ago three out of five women in Greater Vancouver over 65 lived on an

income of less than \$25,000 per year (as reported by United Way). Many seniors on low fixed-incomes must make major decisions each month. Once rent is paid, are there enough funds for food? Do they have to choose between prescription medications (if not covered by a drug program) and food? Will there be funds for clothing and entertainment? Most of us, in the comfort of our warm homes, take these things for granted.

It is generally accepted that food banks had their origins in the early 1980's during a major recession. Hunger was affecting the lives of many unemployed, under-employed or disabled Canadians. It was intended as a stop gap measure until the economy improved. When the situation improved, the need for food banks diminished. However, today, food banks are an integral part of the social fabric. There are currently about 500 food banks across Canada, a sad commentary for a rich nation. In my opinion, food banks have become secondary extensions of weakened social safety nets. Food banks may be seen as undermining the state's obligation to respect and fulfil its requirement to ensure none of its citizens go hungry. Food banks are driven by poverty but in no way solve the problem of poverty. If anything, the good will they provide allows governments to opt out of taking a leadership role in increasing minimum wages and rates of employment; thereby decreasing the need for food banks.

Those persons who staff and volunteer at food banks are not 'do gooders looking for recognition'. Volunteers are the backbone of most not-for-profit organizations.

The volunteers that I met while observing one food bank in action were made up mostly of senior citizens who understood the plight of those being served. They served with respect and genuine caring. Thousands of individual donors, many anonymous, provide millions of dollars each year in support. Many corporations take great pride in supporting food banks, in kind and in cash. They publicize their efforts in the hope of encourage other corporations to do the same.

Food banks will be needed for some time in the future until governments; federal, provincial and municipal develop, embrace and put in place a national viable anti-poverty program. Food banks can collectively lobby for stronger and sustainable social safety nets for those in need. In a recent publication, "Dignity for All: A National Anti-Poverty Plan for Canada" (2013) a number of priorities were considered: income security, housing and homelessness, health, food security, early childhood education and care, jobs and employment. If two or three of these elements were prioritized and made operational, the precarious financial situation of many Canadians would be improved.

Much has already been studied and written about poverty and its effects on too many Canadian citizens. It is time for a concerted and coordinated plan of action. Until that happens, thank G-D for food banks.

By Ken Levitt

CELEBRATING VANCOUVER'S SUPER SENIORS: Mr. and Mrs. Dick and Connie Chong

I emailed Melanie Galloway at Growing Strong Training, asking her to recommend a gentlemen who was 85 years old and athletic. She responded with the name of "Dick" who she knew from his continued participation in Deep Water Aquafit programs at the Jewish Community Centre. I had found my athletic super senior and much more! Dick, in our telephone conversation, gave me his last name "Chong" and told me that "I am not Jewish." I laughed and responded by saying "That's great, we need a little diversity in our super seniors candidates."

I was curious. My first question to Mr. and Mrs. Chong was "How did you come to the JCC?" Dick's answer was immediate, the building was around the corner from his Accounting Practise, and so he joined in 1966. He had always been athletic (basketball, track and field, tennis), so it was a natural fit. Dick expressed how comfortable he felt at the JCC and has made some Jewish friends through his activities there. He has participated in many sports throughout his life including golf, swimming, squash and racquetball. The JCC was one of the first institutions to offer and promote racquetball and Dick was honoured by the B.C. Racquetball Association in 1983 for his time and effort in promoting the sport. At the age of 87, he takes the Deep Water Aquafit program twice a week—and he walks long distances.

He had mentioned on the telephone that he had been living in his present house since 1939. I believe he is the first person I have met who was born in Vancouver and has lived in Vancouver all his life, and, for most of it, in the same house! I asked about his origins. His father, Chong Dot, had come from China looking for work, he learned some English taught by parishioners of a Christian church. Although he was not fluent in the language he was able to cope. This was the era of the Head

Tax and The Chinese Exclusion Act, what has been called a "climate of fear and hysteria" in the 1920's. Despite these restrictive immigration laws, Dick's father was able to gather a few men from the same village as his and offered their services as a labour contractor to various salmon canneries. It was a very competitive business, but Chong Dot was one of two of the best known Chinese contractors. On the off-season, he explored buying and selling the odd property.

He married Dick's mother; Dick is the eldest of seven siblings in the family. His mother knew some English having been born in Victoria. As children he and his siblings learned English by playing with the neighbours' children. "Most of them were Jewish. We were quite close to the Tyer family. I remember Lily (Leepka) well. Our house was next door to the Archeck family, their son's name was Norm. But we were not close." Dick went to Admiral Seymour Elementary School on Keefer St, and then after the family moved to South Vancouver, that is, to the house on 16th Avenue, he went to Simon Fraser Elementary, King Edward High School (Vancouver's first High School), and then to UBC. He is a Chartered Accountant and subsequently opened his own public accounting practise with two partners.

***"Most of the things,
we do together."***

It was Connie, Dick's wife, age 82, who assisted us in sorting out the details; I noticed that Dick referred to her often. They were very much a team and the interview was a joint effort. The "Connie" story then came out. Dick's father had purchased one ticket for Dick, age 28, to go to Hong Kong in August 1955; and two return tickets back to Vancouver for March 1956. The mission



was clear, "meet relatives and try to find yourself a wife." He was concerned about the next generation losing touch with the Chinese language and customs. A wife from the Orient would be more attached to its traditions. Dick, being the "eldest son," a position of great importance and responsibility, complied. He returned with his beloved Connie. As Connie was a Catholic, he converted to Catholicism before the marriage and they returned together to Vancouver. They have been married for 60 years, they have four daughters and 4 grandchildren.

Their lives now revolve around the activities of St. Patrick's Catholic Church on Main Street, and Connie's volunteer work. She manages and works at the Gift Shop in the Youville Residence located on Heather at 33rd Avenue. Dick is the designated "driver" and escorts Connie on her buying expeditions and other duties. Dick has served on committees at his golf club, racquetball association and the Catholic Church. He still works in accounting about twenty hours a month. As he expresses it "It keeps me out of mischief." They enjoy family get-togethers with children and grandchildren; but, most of all, they enjoy their life together. They both expressed gratitude at the good luck they have had and reiterated "Most of the things, we do together."

Interview by Dolores Luber



THE LITERARY CORNER

In this issue we introduce a new column The Literary Corner. We will highlight original works of literature: poems, short stories and book reviews, in English, with the Hebrew, Yiddish, Ladino, Russian, French or any other language of your choice. Jewish Seniors Alliance members and friends will submit their literary choices (with translation in English) for the enlightenment and delight of our Senior Line readers. Our first article is written by Shanie Levin and discusses Isaac Leib Peretz and his short story "If Not Higher" in Yiddish with the English translation.

Isaac Leib Peretz: An Introduction

This year, 2015 marks the 100th "yahrzeit" (memorial) of Isaac Lieb Peretz, best known as I. L. Peretz (May 18, 1852 – 3 April 1915). Peretz was a genius in Yiddish literature during its blossoming at the turn of the last century. He is often called the "Father of Yiddish Literature". He was a Yiddish language author and playwright from Poland. Payson Stevens, Charles Levine, and Sol Steinmetz count him with Mendele Mokher Seforim and Sholem Aleichem as one of the three great classical Yiddish writers. Sol Liptzin wrote: "Yitzkhok Leibush Peretz was the great awakener of Yiddish-speaking Jewry, and Sholom Aleichem its comforter... Peretz aroused in his readers the will for self-emancipation, the will for resistance..."

Peretz stands at the intellectual centre of Yiddish culture and literature. He was exposed at an early age to the conflict of ideas and impulses which was to dominate his mature life as a writer and intellectual leader. That conflict was between traditionalism as embodied in a powerful Hasidic inheritance,

and modernism, the new trend of secular-progressivist thought that was sweeping the world of East European Jewry. Peretz rejected cultural universalism, seeing the world as composed of different nations, each with its own character. He saw his role as a Jewish writer to express "Jewish ideals...grounded in Jewish tradition and Jewish history."

Yiddish literature draws simultaneously from the Hasidic wonder tales and the grotesque fictions of Gogol; from the comic legends of Hershel Ostropolier, and the fiction of Chechov, from the folk stories about the Rothchilds and the world-view of Cervantes (A Treasury of Yiddish Stories, Howe & Greenberg.Eds. Meridian Books, NY).

Unlike many other *Maskilim*, he greatly respected the Hasidic Jews for their mode of being in the world; at the same time, he understood that there was a need to make allowances for human frailty. His short stories such as "If Not Higher", "The Treasure", and

"Beside the Dying" emphasize the importance of sincere piety rather than empty religiosity.

In the 1880's, when his career as a lawyer foundered, Peretz moved to Warsaw, and became an official of the Jewish community. He toured the provinces to collect statistics about the Jewish economy and life style, even as it was rapidly changing. Much of what he saw and learned during this period as well as his extensive Jewish education and experience in the law influences his writing. The following story *אויב נישט אנך העכער* (*oib nicht noch hecher*), "If not Higher" is an example of his world view.

The Waldman Library has the complete works of Peretz in both Yiddish and English as does the Library at the Peretz Centre. The Waldman Library has the documentary film "A Bridge of Books: The Story of the National Yiddish Book Center", a documentary in English and Yiddish with English subtitles, 2001. It also has classic Yiddish language movie.

By Shanie Levin

Excerpt from "If Not Higher" - Isaac Loeb Peretz

And the Rebbe of Nemirov, every Friday morning early at Sliches-time, disappeared, melted into thin air!

He was not to be found anywhere, either in the synagogue or in the two houses-of-study, or worshipping in some Minyan, and most certainly not at home. His door stood open, people went in and out as they pleased--no one ever stole anything from the Rebbe--but there was not a soul in the house.

Where can the Rebbe be?

Where should he be, if not in heaven?

און דער נעמיראווער פֿלעגט סליחות־צייט יעדן פֿרימאָרגן נעלם ווערן, פֿאַרשווינדן!

מען פֿלעגט אים נישט זען אין ערגעץ: נישט אין שול, נישט אין ביידע בתי־מדרשים, נישט בני אַ מנין, און אין דער היים אַוודאי און אַוודאי נישט. די שטוב איז געשטאַנען אָפֿן. ווער עס האָט געוואָלט, איז אַריין און אַרויס געגאַנגען: געגנבעט ביים רבין האָט מען נישט, אָבער קיין לעבעדיק באַשעפֿעניש איז אין שטוב געווען.

ווי קען זיין דער רבי?

ווי זאָל ער זיין?

AGING IN PLACE: THE IDEAL, THE PROMISE AND THE REALITY

When Seniors Advocate Isobel Mackenzie reported earlier this year that up to 15 per cent of B.C. seniors living in residential care may be incorrectly housed, it was a call to action. The report noted that as many as 4,400 seniors in residential care in B.C. –15 per cent of the total—could potentially live more independently. They had lower care needs than residential care is designed to accommodate and could be cared for in other settings either at home with support, or in assisted living residences. Carole Holmes, president of the B.C. Seniors Living Association states that “we need improved planning and implementation of home health services provided by the Ministry of Health and the health authorities to residents of independent living communities to allow them to remain in the communities for as long as possible (Vancouver Sun, 2015-10-03).

When Erin Ellis wrote that a not-for-profit provider of home-care services is laying off 89

staff at the end of October because Vancouver Coastal Health is turning the work over to volunteers (Vancouver Sun, 2015-10-19), alarm bells rang out. Bonnie Wilson, director of home and community care for VCH replied “Over the past three years, Vancouver Coastal Health has been reassessing the authorization of home support hours to ensure they are being applied fairly and are consistent with provincial guidelines. The primary focus of home support is on personal care with services that include bathing, dressing, toileting, mobility assistance, medication management and meal setup.” The purpose of home care services administered by health authorities throughout the province is to help clients stay out of institutional care... but many seniors in Vancouver had their home care hours cut to a weekly one-hour window for a shower after years of receiving help in taking care of their home.

Herein lies the dilemma: all

statistics support the medical and fiscal value of allowing seniors to stay in their homes for as long as possible. However, without adequate home support services, most seniors are unable to sustain their health and an adequate lifestyle. We offer, in this section, three perspectives on the issue.

1. The review of Marcy Cohen’s presentation to guests of Jewish Seniors Alliance’s Fall Symposium, challenging the B.C. government to fulfill their promises “Living up to the Promise” written by Binny Goldman.
2. Edith Shier’s first-hand account of her arduous move out of her apartment, into one senior residence and then, forced by circumstances, to move again.
3. Dan Levitt’s article “Beyond the Comfort of Home: New Residential Model of Living Turns Traditional Nursing Care Model Upside Down”.

We at Jewish Seniors Alliance suggest that seniors explore all their options carefully when it comes to deciding whether to downsize and move out of the family home or condo. When the decision is made to do so, have a frank discussion with your physician or family friend about potential health issues and the consequences of such problems. Lastly, before signing a lease for an apartment in a seniors’ residence, ask a lot of questions—and perhaps get a lawyer to look over the lease before you sign.

By Dolores Lubner



REVIEW OF MARCY COHEN'S PRESENTATION AT THE FALL SYMPOSIUM AGING IN PLACE: LIVING UP TO THE PROMISE, NOW WHAT?



Gloria Levi introduced Marcy Cohen of BC Health Coalition, an adjunct member of Simon Fraser University and a Research Associate with Canadian Centre for Policy Alternatives who recently co-authored a study that was critical of BC's home support system—Living Up to the Promise'.

Marcy Cohen adamantly stated that the goal is to create a better world for future generations but first we have to change the system, which is fragmented and broken. We need a 'One Stop Shop'- where a team of health providers- a care advocacy group can provide services and supports needed for seniors to maintain their independence, remain socially active yet still be supported as their health declines.

Rising health costs of an aging population and finding solutions that maximize both cost effectiveness and health outcomes is one of the biggest challenges facing BC's health care system and therefor affecting seniors.

From 2002 to 2010 access to home support services for people 75 and over declined by 30 percent. In 2014 the number receiving services was virtually unchanged. Yet, over those intervening 12 years, from 2002,

there was a 49 percent increase in clients 80 and over and an increase in demand for home care.

BC had been a leader in providing prevention oriented home support services from 1960's-to the mid 1990's but this is no longer true. Now it provides the least. There is no continuity in caregivers and thus time is wasted in learning anew what the needs of each client are. Task-oriented care workers are unable to provide the care that the person in need is asking for at the moment since it wasn't specified in the originally requested care package.

Discouraged, lonely, isolated, many seniors present themselves at the ER, blood pressure elevated from not having eaten, disoriented, depressed, they are admitted to the hospital as "social admits".

Often, even after a needed hospitalization for a procedure, there can be a gap upon release because although capable to function when fully recovered, the period to recovery – is the gap time, where the system fails them. Some resort to private care but it is beyond the means of many at \$24,000.

What makes a quality care health system? One that helps people remain functioning, capable and mentally stimulated. The

Medical Association is now on board and suggesting that help is needed earlier on so it won't be as traumatic when the time comes to help with personal care. Community health care workers and the system must support seniors with early intervention by alerting case managers or primary caregivers.

Multi-Disciplinary teamwork is a definite need, one based on Restorative Care focused on rebuilding connections for the seniors and helping them do tasks for themselves – although more time-consuming for caregivers – may result in assisting the seniors back into community life.

Marcy Cohen recommended an excellent pamphlet as a guide. It is called 'My Voice', and is available online as a download.

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

Gloria Levi summarized the session by saying that senior care is a complex issue on many levels that needs to be dealt with by continual discussion and adjustment. She stressed the need to combat society's biased concept of ageism.

By Binny Goldman



MY ODYSSEY

Hello from me again, giving you another update of my trials and tribulations. When I arrived here from Montreal in 2004, I was very fortunate to find a lovely, spacious apartment on Balsam St. close to all the charming shops on 41st Ave. Living there was comfortable and having my car here made shopping and socializing so easy. However, I always believed in "Aging in Place" and often said I won't ever move from my place. However, the day came when I developed very bad osteoarthritis in my knees and was forced to make the decision to give up driving and sell the car! This was very traumatic for me, having driven for more than fifty years in my capacity of Interior Designer. I now found myself in a wheelchair, sitting in front of the TV all day long and becoming more depressed not seeing enough visitors.

Last January, my children suggested that I look into senior residences so as not be alone so much. I agreed to research this option and settled on a new Seniors Residence in a convenient neighbourhood. It looked like a five-star hotel and they signed me up for a tiny apartment for a big rent and I moved in mid-March. Imagine directing the downsizing from a wheelchair, without any help at all (All my family live in the USA - nobody is here)—deciding which furniture to give away, which to sell, which to keep, which antiques to sell to a dealer. There was also the kitchen - what do I keep, what do I give away! All this was a gargantuan job but it had to be done—I had to check everything for a decision and I made numerous lists.

Well, the move went pretty well but a month later, I had an overdose of Coumadin (blood thinner) and was rushed to the hospital where VGH welcomed me again with four pints of

blood (I hope it was from a healthy and strong guy). After three weeks of bed rest I was transferred to a rehab floor where a very talented Physio Therapist took me in hand to help me learn to walk all over again. You can be assured that this is more difficult than it sounds. After two months I was ready for more intense P.T. but with my painful luck, I pushed too hard on the brake of my chair and tore a ligament in my left hand. This kept me there another two months for this to heal enough so I could use a walker to learn to transfer (to a chair, to the bathroom, to the bed). Finally I was able to be transferred to Holy Family Rehab Hospital where I spent the next five weeks doing more intense P.T.

These events kept me out of my new apartment at the Seniors Residence for five whole months. As I was now in a power-chair, I understood that the situation had changed, and I preferred to move on to a more accommodating environment. So, while still at Holy Family, I searched the web for a seniors' residence on the west side and luckily found Crofton Manor, which turned out to be a wonderful, welcoming facility for seniors. Another move had to be arranged! Although everything from there came with me, and my son came up from Seattle for two days to facilitate this move, it was a formidable task. I have now moved in and am living comfortably in a spacious one-bedroom, very nice apartment and happily, thank G-D. I pray to G-D I never have any more unpleasant occurrences. Perhaps the lesson to be learned is that seniors, once they move out of their home or condo into rented accommodations, must try to anticipate their future needs and rent from an appropriate facility.

Sincerely,

Edith Shier

TUMOUR TUMULT

The curves in our lives could be smooth and gentle ones that and you look forward to. Or they could be rocky with sharp edges that leave you feeling afraid, sad or tense. Change is constant. Sometimes you roll with it. Sometimes you resist it. Sometimes you create it. There are always the ups and downs. In 2001 I had a non-malignant brain tumor removed. I wrote the poem below when I first tried to deal with the shock that I had been diagnosed with a tumor.

TUMOUR TUMULT

Not suspected,
a squatter set to claim my brain,
is detected.

Taunted and haunted,
I plummet into
a pit of
electrocuting nerves.

A panorama of fear
veils my vision.
I am here, but not here.

I shrink into myself.
Eaten and beaten,
I birth a beast of self-pity.

Then, jolted by the thumping
of my heart, I bolt
from my slump and
silently scream,
"Foil the Recoil!"

Shaken awake by my thoughts,
I evict the muddle in my mind.
Trees, lawn and lake filter into focus.
Breath taken, I inhale splendor.

Hope emerges. Gratitude surges.
A respect for each moment is born.
I vow to nourish and cherish my now.

By Bev Cooper

BEYOND THE COMFORT OF HOME: NEW RESIDENTIAL MODEL OF LIVING TURNS TRADITIONAL NURSING CARE MODEL UPSIDE DOWN

Maria is 105 years of age. In her bedroom, the centenarian sits comfortably in a high-back chair with a view of Boston Harbour. Within an arm's reach is a remote control designed for her with large numbers to enhance independent TV watching.

Next to her wall-mounted flat screen TV is a chalk board with the activities of the week: hairdo every Tuesday, bingo at 2 p.m. every Tuesday and Thursday, communion at 10 a.m. on Sundays, and the times and channels for her favourite TV shows. Her bed is adorned with a knitted wool artisan comforter that matches the colours of her window coverings. A hand pendant is within easy reach should she need assistance and a large numbered digital clock is placed on top of her bedside table.

Her home at the Leonard Florence Center for Living in Chelsea, Mass., is the newest model of care combining the comforts of home with individualized complex nursing care. It does not look like a nursing home. It looks like a home, providing dignity, privacy and the comfort of living in a household environment. Her residence is the first urban multi-storied Green House building as conceived by Dr. Bill Thomas, a Harvard-educated geriatrician who helped create a nurturing living model. The Green House Project is a radically new approach to long term care in which conventional nursing homes are replaced with small, homelike settings where people can live a full and interactive life.

There are 10 seniors living in each of 10 households. As you enter the homes, one is greeted with

a front porch doorway, complete with a welcome mat, mailbox and doorbell. Each resident has a private space with a bedroom, bathroom and shower. A single ceiling track allows seniors to be lifted and transferred from the bed into the bathroom. In many nursing homes, seniors share their room with another resident that also includes sharing a standard toilet and sink with privacy and dignity neglected in the design. Losing privacy is among the issues that seniors fear the most when moving into a traditional nursing home.

The private bedrooms open into a comfortable living room centered around a fireplace, dining room and kitchen, all within a small open floor plan. All the action is visible for the residents simply by wandering out of their room to look at what is going on and to decide if they wish to participate. An outdoor area is accessible in each neighbourhood with patio furniture and views of the gardens below.

This senior living residence is all about choice. A full working kitchen, one of which Julia Child would have been proud, is at the center of the house providing lovingly prepared meals, served family-style at a single dining table. Each of the 10 households operates its kitchen independently. There is no central kitchen shipping prepared meals on steam tables to each dining room. There are no name cards on the dining room tables. As a result, seniors can sit wherever they wish. Menu and dining times are chosen by the seniors so they can eat what they want, when they want. A

wheelchair-accessible countertop displays delicious home baked goods next to a bowl of bananas, pineapple, cantaloupe and honeydew. Another bowl is filled with green and red grapes. The menu and recipes would satisfy even the most discerning palates. The majority of the residents living at the center were once esteemed cooks in their households and expect the same quality in old age.

Of the 10 homes, one household is designated for people with Multiple Sclerosis and one for people with Amyotrophic Lateral Sclerosis, Lou Gehrig's disease. These houses employ technology that provides people living there with more freedom to live independently. The residents have complete control over the doors, lights, thermostat, elevator, home theatre, and window coverings. With a sensor on his eyeglasses, a resident is able to pinpoint letters on his computer to form words and sentences that are spoken through automation. As a result, he can communicate with all the eye-gaze technology in the home. The technology application in the home extends individual freedom in one's living environment.

The Main Street ground floor is where residents find Betsy's Bakery Cafe, Eisenberg's Kosher Deli, Adelson Field Synagogue Chapel, a living room, conference room and a European day spa. Some residents spend their time in common areas relaxing. A nearby cascading waterfall feature that provides

\continued on page 30

NOSTALGIA

a calming background sound while other residents choose to participate in group activities. It's their preference. The residents have the choice to dine in their household or go to the main floor eateries.

It takes the nursing-home industry as we know it and it flips it, creating a very homelike residential model of care. There is no central nursing station and no long corridors as those in a traditional nursing home. When you enter the home you feel a sense this is the best place for your mom or dad. The Center for Living creates a private residence where 10 people live and complex care is offered in that household. It is difficult to see anything that would tell you that you are in a nursing home. Each residence has a multi-skilled worker who provides personal care, prepares meals and performs housekeeping for elders. Known as a Shabaz, the versatile caregiver becomes recognized by the people living in the Green House as a friend, not as someone who is just another employee.

It takes visionaries to create a home that redefines institutional living. The home gives residents, families and friends their lives back.



Dan Levitt is executive director of Tabor Village and Adjunct Professor in the Gerontology Department at Simon Fraser University.

I still 'shutter' at all the negatives and prints one captured during the non-digital last years of the past millennium. One rainy, nostalgic Greater Vancouver day recently, I was going through stacks of 4 by 6 colour glossies when, what should I uncover? A snap of a B.C license plate, "Beautiful 'OI-VEY", 1989!



The 1980's seem like yesterday. We were still spring chickens. Without being overly 'provincial', that image, upon reflection, became a 'vehicle', indeed a type of 'poetic license' to turn the speedometer back, just a 'bistle' to those archaic Vancouver days.

In the 1980's there still prevailed amazement and excitement watching colour TV and playing Pac-Man on a Commodore green screen computer.

A net was for either fishing or playing at the Q.E. or Kitsalino tennis courts. Delightful demolition fences on 41st and King Edward Ave. were non-existent. The only big time colourful developers that I recall were found at commercial photo labs such as Mortifee, Munshaw or Williams Bros. Photo Finishing. A few of us black and white dinosaurs, still immersed ourselves in Kodak Dektol or Microdol -X developers in our home made darkrooms, often a temporarily converted washroom.

So, whatever happened to Woodwards, Eatons, the old Krak-A-Joke Shop on Granville, 'etc., etc., etc.,' as Yul Brynner pondered in *The King and I*. The following home cooked song

lyrics may evoke further Vancouver recollections:



"It's just fifteen cents to take a bus on B.C. Electric, and about a nickel for a chocolate bar. Life in Vancouver is never, ever hectic and in the basement of the old Grosvenor Hotel, good old radio station CJOR."

If you knew Vancouver, like we knew Vancouver, oh, oh, oh what a town! There was none so classic, simply fantastic, do you remember downtown Granville when it was still magic.

The Sylvia Hotel still covered in vines, and CHQM'S 'Candlelight and Wine'. Bill Bellman's 'ALMANAC on CBUT Channel TWO. Bob Fortune still doing the weather using a weather balloon! If you knew Vancouver, like we knew Vancouver, oh, oh, what a town!"

Please visit www.Nostalgicroads.Weebly.com. Search for Song CD's by Dan Propp via cdbaby.com and also www.soundcloud.com, plus books via www.amazon.ca. Songs and videos now available on Youtube by searching Dan Propp. Accordion to some, Dan can be reached at ajpropp@shaw.ca.

MOST-BRIDGE

Russian Jewish Seniors' Society

Мемориал 9/11 в Израиле

Израиль построил мемориал 9/11 из обломков, оставшихся после террористических атак, в результате которых были разрушены обе башни-близнецы Всемирного Торгового Центра в Нью-Йорке. Мемориал является памятником жертвам атак 11го сентября 2001го года. Он был построен в 2009ом году. На строительство было потрачено 2 млн. долларов. Мемориал занимает 5 акров склона одного из холмов и находится в 20 милях от центра Иерусалима. Мемориал представляет собой сделанный из бронзы американский флаг высотой в 30 футов. Получается форма пламени, служащая напоминанием о пламени, охватившем обе башни во время атак.

Основание монумента сделано из измельчённых кусочков стали, найденных среди обломков Всемирного Торгового Центра. Здесь же выгравирован текст на иврите и на английском языке. Приведём заключительную часть текста. “Все эти металлические остатки были посланы в Израиль Городом Нью-Йорком. Этот кусок металла является показателем особого родства между Нью-Йорком и Иерусалимом.” Монумент окружён пластинками с именами жертв атак 11го сентября. Это единственный мемориал вне территории США, который включает имена всех, кто погиб в террористических актах, в том числе 5 граждан Израиля. Памятник часто используется для мемориальных служб и различных празднований.

About the Memorial to 9/11

Israel built a beautiful 9/11 memorial out of Ground Zero wreckage in 2009. It is 20 miles from the center of Jerusalem. This memorial is a 30 foot bronze American flag that flows up into the shape of the flame to reflect the flame of the Twin Towers. The 9/11 Living Memorial Plaza commemorating the victims who died in the Sept.11, 2001 terrorist attacks, is made partially from steel taken from the wreckage of the Twin Towers and is the only memorial outside the US that includes the names of all who perished in the attacks. This memorial is dedicated to victims of the Sept.11, 2001 attacks. It is located in the Arazim Valley, Ramot, Jerusalem.

Перевела на русский язык и сократила англ. текст- Ида Гитлина.

Translated by Ida Gitlina



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WHAT YOU SHOULD KNOW ABOUT JSA

The Jewish Seniors' Alliance of Greater Vancouver (JSA) is a non-profit volunteer driven organization for seniors over the age of 55 regardless of their gender, culture, ethnicity, sexual orientation, physical/mental ability, socio-economic status and religious/political beliefs systems. The Organization has approximately 700 members and 34 affiliates representing over 5,000 seniors in the Greater Vancouver area. JSA's mission is to reach out to seniors through information, support, research, advocacy, social programming and networking. The Organization aims to inform, support and involve seniors in a contemporary complex world and to promote active community and social involvement and wellness.

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| For a donation of \$180 you will be honoured as a Life Member | | |
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| Credit Card # | | Expiry Date / |
| <input type="checkbox"/> Easier by phone? A JSA volunteer will call you. | | |
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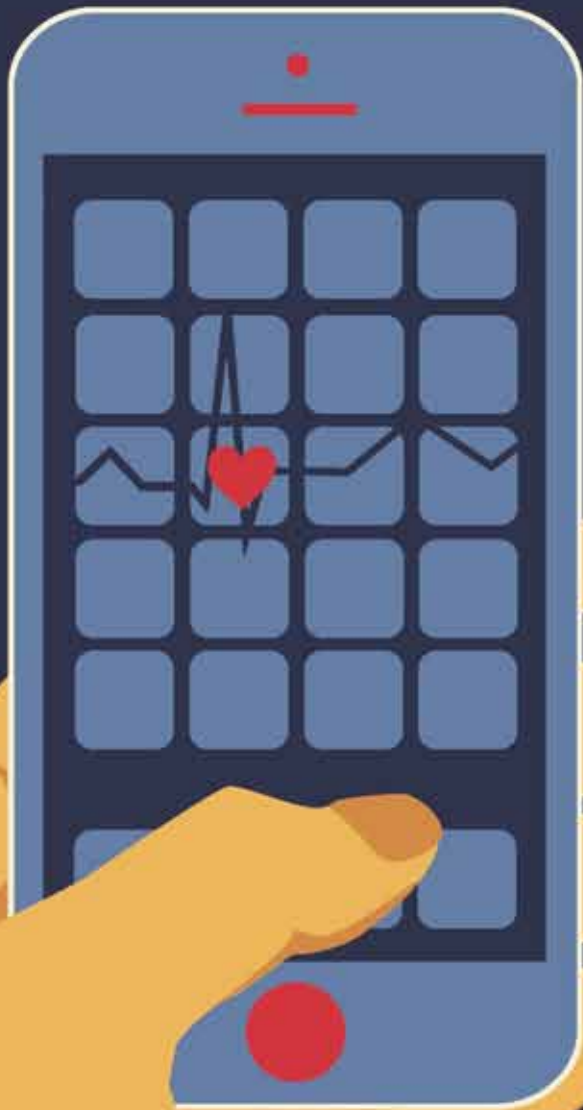
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