

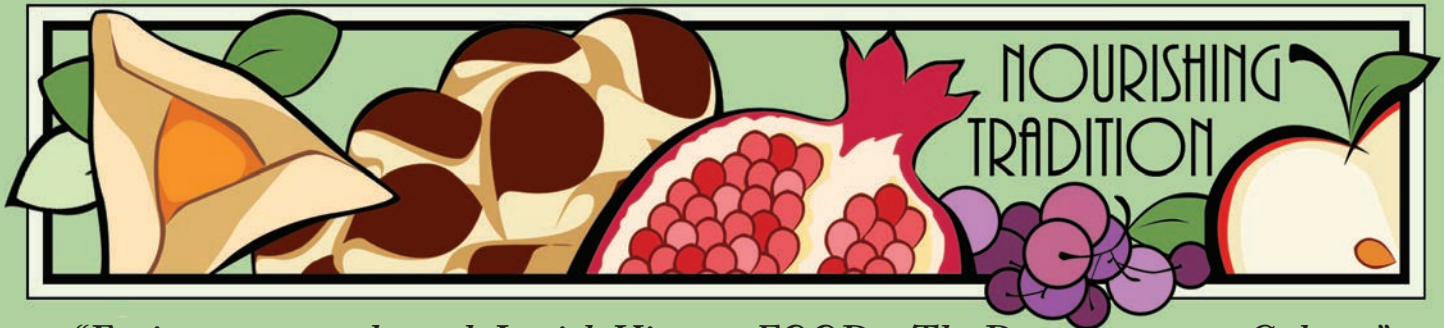
SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 23(3) - OCTOBER 2016

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES



“Eating our way through Jewish History: FOOD – The Doorway to our Culture”



Jewish Food and the Stories They Tell

Friday, November 25th
11:30 am
Peretz Centre
6184 Ash Street, Vancouver

Our first Empowerment Series will begin with an introduction by Michael Schwartz, followed by translations of Yiddish stories read by Shanie Levin on the theme of Jewish food. Sing along with Deborah Stern Silver and Debby Fenson as they entertain us with songs about food. Followed by a light *nosh*.

Contact: Gyda Chud 604-266-0115 office@jsalliance.org



Food and Film

Wednesday, January 25th
1:00 pm
JCC Wosk Auditorium
950 41st Ave W, Vancouver

Our second Empowerment Series features *The Sturgeon Queens: The Story of RUSS and DAUGHTERS*. This documentary tells the history of one food store on the Lower East Side of New York that has survived and thrived for 100 years. The film will be followed by a light *nosh*.

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



Save the Date

Wednesday, March 8th
11:30 am
Unitarian Centre
949 49th Ave W, Vancouver

Join us Wednesday, March 8th for our third Empowerment Series. Stay tuned for more information on this exciting event on the theme of “Nourishing Tradition”.

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



Save the Date

Monday, June 26th
11:00 am
Kehila Seniors at Beth Tikvah
9711 Geal Road, Richmond

Join us Monday, June 26th for our fourth Empowerment Series. Stay tuned for more information on this exciting event on the theme of “Nourishing Tradition”.

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

Cover art: "CAMP MOSCHENDORF"
by Ira Hoffecker (see page 24)

PRESIDENT'S MESSAGE	2
EDITOR'S MESSAGE	3
JSA WELCOMES THE 2016-17 BOD!	3
SERGE HABER'S MESSAGE	4
ASK HANNAH Your personal advice column	5-6
REVIEW: JSA'S EMPOWERMENT SERIES JCC Showtime Presents 'A Smile on Your Face, a Song in Your Heart'	7
OUR 'GRAND' MEETING - THE AGM!	8-9
JSA PEER SUPPORT SERVICES Volunteer Peer Counselling Graduation Class of Spring 2016 Volunteer Profiles	10-11 12
THE MITZVAH OF VALUING PHILANTHROPY	14
CARTOON CAPTION CONTEST	14
PULL-OUT Useful Resources Crossword Puzzle Seniors in the Movies Ongoing Events: Oct, Nov, Dec	15-18 19 20, 27 21-22
PORTRAIT OF AN ARTIST Ira Hoffecker: Berlin Identities	24
NOSTALGIA: From Vancouver to Toronto by Train	25
CROSSWORD SOLUTION	25
ADVOCACY: COMMUNITY NEWS ON TOPIC Re-imagine Aging: Add Life to Years The Caregiving Role of Seniors in Multigenerational Households Who Will Care for the Rapidly Aging Population?	26-27 28 29
VANCOUVER'S SUPER SENIORS Bill Gruenthal - Super-Mensch Ralph Jackson - Our Grandpa Recognizing Milton Adelson	30 30-31 31
LITERARY CORNER The Story of the Sephardim and the Ladino Language	32-33
REVIEW: "We'll Meet Again" Pal Studio Theatre	34
MOST-BRIDGE RUSSIAN JEWISH SENIORS	35
INSPIRATION: The Karma of a Jelly Mold	36
APPRECIATION for Karon Shear and Rita Propp	36

THE TEAM

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Edith Shier

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LAYOUT, DESIGN & PRODUCTION

Jennifer Propp, Karon Shear and Dolores Luber.
Thanks to all contributors...and editorial team.
Thanks to Copytek Printers, Sarj and Bal.

DISTRIBUTION

BACI Team, The Mitzvah Makers, Serge Haber, Rita Roling, Rita Propp

ADVERTISERS

Kontigo Fitness	-pg. 6
Active Vegetarian	-pg. 6
Train on Main	-pg. 6
Superstore	-pg. 23
The Weinberg Residence	-pg. 27
Jax Foot Care	-pg. 33
Pharmasave	-pg. 33
Home Comfort dog care	-inside back cover

A special thanks to DAVIDsTEA for their regular contribution of tea for our events.

WITH GRATEFUL THANKS TO OUR SPONSORS



This project is funded in part by:

The Province of British Columbia.
Foundations: Belzberg (Samuel & Frances Belzberg); Dayson; Diamond; Lohn (Jack Kowarsky); Oasis; Phyllis & Irving Snider; and Zalkow Foundation.
Individuals: Ralph and Robert Markin, Drs. Mordehai & Hannah Wosk and many others.



PRESIDENT'S MESSAGE

When Serge Haber invited me to join the board of Jewish Seniors Alliance of Greater Vancouver (JSA), he asked me three questions to verify my qualifications. Are you on at least two medications? Yes. Do you have a receding hairline? Yes. Do you get up at least twice during the night? Yes. To my pleasure I was invited to join the Board of Directors in 2011.

My background

I was born in Edmonton, Alberta, my family moved to Vancouver in 1940. I received a Master of Social Work degree from the University of British Columbia in 1966. My professional experience includes Corrections, Mental Health, Recreation, Public and Child Welfare. In 2002 I retired from Louis Brier Home and Hospital as Administrator after more than 16 years. As a volunteer I served as Chairperson of Habonim-Dror Camp Miriam, Past VP of the Performing Arts Lodge, and board member of the Beth Israel Synagogue.

Leah and I celebrated our 54th wedding anniversary on August 23. We met at the JCC Day Camp at the old JCC in 1960. We have two married children: Dori (Steve) Whiteside, Dan Levitt and Lisa Romalis and four granddaughters; Chelsey, Alana, Dahlia and Aria.

LOOKING TOWARDS THE FUTURE

Jewish Seniors Alliance.

One of the many things that attracted me to JSA was the fact that the organization was organized and overseen exclusively by volunteers. As a long time bureaucrat and board member I was comfortable with an Executive Director and a medium-to-large infrastructure.

"JSA acts as an advocate on behalf of Jewish seniors to ensure their voices are heard within the community and at all levels of government."

In small organizations like JSA, there is a need to micromanage the organization. Fortunately for me, I was mentored by the venerable Serge Haber, President of JSA during my initial years on the Board. (Serge is President Emeritus). Serge explained:

"The JSA is a grass roots organization supporting Jewish seniors through advocacy, information, education, research and peer support. JSA acts as an advocate on behalf of Jewish seniors to ensure their voices are heard within the community and at all levels of government". I was sold on this summary statement and knew that this was a meaningful organization, with a credible place in the Jewish community and with seniors at large.

For the past two years I have served as 1st Vice President under the presidency and leadership of Marilyn

Berger. Marilyn has provided a role model for me, setting a high standard to which I aspire. Throughout my working life I was privileged to work with outstanding persons; professional, technical and clerical. I knew the front line staff made the world better for their clients. My experience to date with JSA is similar in that we have a Board that is truly committed to our 'raison d'etre', a professional staff who make us proud every day and a caring, hardworking clerical staff that provides the support necessary to keep the many parts of our organization in one piece.

Looking towards the future

There are no major plans to change what has been a most successful organization with Peer Counselling as the core service. At the same time we cannot say "if it is not broken, don't fix it". We need to keep doing the stellar work that has proven successful and to examine how we can make it better. We need to ensure the funds we receive can be counted on not just for one year at a time. We need to develop our new Foundation to a point where we can count upon it to supplement our budget and to help us extend the services and programs we provide.

Thanks to my family for their continued support and in particular to Leah Esther for her encouragement and for looking after me! I look forward to working with our new Board and Executive Committee so that together we may continue to grow from strength to strength.

Kenneth Levitt, President

AU REVOIR AND BONJOUR AGAIN



EDITOR'S MESSAGE

Our appreciation for Edith Shear's role as Editor of Senior Line magazine was manifested in a large collage of the covers of Senior Line magazine. We expressed our gratitude for her devotion and her many creative and productive years on the job.

future years will bring me health, harmony and moments of joy. So I say *Au Revoir* – and *Bonjour* again as an enthusiastic reader of Senior Line.

Edith Shier

Dear Readers,
This is my swan song, after eight years, to the readers and the committee members of Senior Line magazine—my final professional activity as your Editor-in-Chief. However, this is not the final act in my play of life. Shakespeare wrote “All the world's a stage, and all the men and women merely players.”

Act I was growing up in Montreal; **Act II** was my marriage and raising my children; **Act III** was my 35-year career in Interior Design; **Act IV** was moving to Vancouver and creating Senior Line as a new and challenging venture together with Karon Shear, our co-ordinator and Senior Line publisher.

I have thoroughly enjoyed developing Senior Line with her to what it is today. And, as of late, with the help of Dolores Lubber, who will be taking over as Editor-in-Chief, Senior Line has become a 36-page magazine with original, informative and entertaining community-based and cultural articles.

Act V represents a new beginning. I have been chosen as one of seven members of the Residents' Council of Crofton Manor. I am now working with the Seniors Advocate of BC, Isabel Mackenzie, and the City of Vancouver for the approval of better traffic safety in this area.

Having endured a number of medical setbacks, I am now hoping that the

JSA Welcomes the 2016-17 BOD!



Bottom inset: Karon Shear and a kind Police Officer, doing his duty protecting the camera from the sun

Top Row - Left to Right:
Serge Haber - *President Emeritus*
Binny Goldman
Larry Meyer - *Treasurer*
Mariette Doduck
Marilyn Berger - *Past-President*
Rita Roling *Vice-President*
Ken Levitt - *President*
Jackie Weiler
Lyle Pullan
Shanie Levin - *Vice-President*
Larry Shapiro - *Vice-President*

Bottom Row:
Edith Shier
Toby Rubin
Pamella Ottem
Gyda Chud - *Vice-President*
Dolores Lubber
Tammi Belfer - *Secretary*

Missing:
Milton Adelson
Barbara Bronstein
Grace Chandy
Ida Gitlina



RESPONDING TO SENIOR'S NEEDS



SERGE HABER'S MESSAGE

Dear Friends,
I vividly recall when a few years ago our office received an email stating, "I am a lawyer, I am 60 years old, I do not consider myself a senior, call me when I am 80". My response at the time was "What makes you think that we as an organization will be around when you will be 80? – unless you keep us going until you reach the age of 80." I have reflected a lot about this incident and here are my thoughts...

Lately the newspapers have dealt quite a bit on the subject of pensions. The federal government is looking at the structure of our pensions and they are slowly coming to the conclusion that it is not only the duty of the government to provide pensions, but we citizens have to be personally responsible.¹ All adults must be involved in securing their financial future. Let's face it! Our golden years are not so golden! Most of us go through life taking for granted that we will always be in good health, and that we will continue to be able to cope with just about anything. Then we wake up to reality – our children are now full-grown adults involved with their own lives.

We seniors on the other hand are trying to cope with our own aging process. Our lifetime friends are

not well, the usual half-hour phone calls with each of our friends are now reduced to a minute or less. As our friends pass away, one by one, we may find ourselves lonely, isolated, depressed, and desperately concerned. We do not know where to turn. It does not matter whether you are rich or poor, age creeps up on all of us and eventually we all need support.

"Our organization does not create the need, we respond to that need!"

This is when an organization like JSA becomes of crucial importance. Our Outreach and Support Services help seniors of all ages to cope and cannot be taken for granted. As a not-for-profit organization we depend entirely on the goodwill and generosity of our governments and benefactors. God bless them! The community needs to understand the pain that we experience as an organization to stay above the water. The community has to be informed in order to learn about and appreciate the value of the work we are doing to help aging seniors on a daily basis.

Season after season we make applications for funds. It takes highly-trained individuals literally weeks to decipher the meaning of the wording of an application. It takes accountants, lawyers and professional individuals to get a sum of money worth much less than the time it has taken to make that application. Not too long

ago we were short about \$10,000 to pay for rental and salaries. We went to meet with one of our benefactors and were subjected to these words of wisdom..." You have to create a sensible budget and live within the limits of that budget". We are being told "Forget about the need, forget about the hundreds of lives that we touch every day!" **Our organization does not create the need, we respond to that need! Can you in good conscience stand by, see the suffering and do nothing about it?**

We worry about our future! We make sure that our children get the support we can offer to aid in their future. After all, they are our future! These children have a full and long life ahead of them. What we seem to forget is that seniors have given a lifetime of committed hard work to the community. Now, when they need our help and support, we cannot or we will not help them. These elders have no future for a pleasant tomorrow. Let us not fall into the trap of thinking that suffering is ok for someone else as long as it does not touch me! The need is now. JSA understands this need and is ready to respond with care, compassion and understanding when it occurs. We are committed to helping seniors now and tomorrow.

God bless,
Serge Haber

¹ For details of CPP coverage, read Moses Znaimer, *A Message from the President*, everythingzoomer.com, Sept. 2016.

ASK HANNAH

YOUR PERSONAL ADVICE COLUMN



The verdict is in! Exercise, any form of strenuous movement done safely, is beneficial physically AND MENTALLY. Positive gains in physical strength and balance as well as the enhancement of mental functioning, especially memory, are possible at any age. The two letters which follow have led me to the same topic: Resistance Training, Aerobic Exercise and Cross Training for Physical and Mental Health.

Dear Hannah,

I had my 65th birthday this year and I am beginning to understand that this is not the end of the story, but rather, it is just the beginning of a whole new chapter in my life. I am a retired administrative assistant who has spent the last 25 years seated in front of her computer. Suddenly I have time for myself, my role is now distant grandmother, not mother. Furthermore, my husband loves golf, plays all year round and took up cooking the meals. There are so many options and so much advice out there, where do I start?

-Beginning a New Chapter

Dear Hannah,

For the last twenty years I have been going to the gym regularly, riding the stationary bike, lifting a few weights and swimming three times a week. I am bored. At the age of 74, I want a new challenge, a new direction for my physical exercise routine. I am a widower, in good health, with an adequate income from my investments. My friend is a "friend" of yours on Facebook, and saw photos of you lifting heavy weights in a "muscle gym." I am intrigued. Tell me about it!

-Intrigued by Weight Training

Dear *Beginning a New Chapter* and *Intrigued by Weight Training*,

At the age of 75 I took up weight training (resistance training) seriously. I bought a squat rack, a barbell, weights, kettlebells and medicine balls; I hired two trainers to coach me. I now workout three times a week—with Martina Yabecova at Train on Main, and with Zuzana Fajkusova and Nikki Lefler, as well as Laina Barber in my home gym. The results are phenomenal; my bone density, which was at the danger level, has increased to a normal healthy level. I have gained muscle and lost fat; and my rowing, cycling and step-machine times are getting better. I have taken on increasingly more intellectually-challenging obligations for JSA, using new creative and computer-skills activities.

I am not alone. Seniors are going to the gym, taking private sessions with trainers and participating in cross-training classes which incorporate weight training with aerobic exercises. The science of fitness is well-documented:

Every form of exercise that speeds up your heart rate increases blood flow to the brain and improves brain function. Lighter weights are just as effective as heavy ones. As long as you attain almost

total muscular fatigue, you will gain strength. Exercise augments adult neurogenesis which is the creation of new brain cells in an already mature brain. Weight training and aerobic exercise lead to the creation of additional blood vessels or new connections between brain cells or between different parts of the brain.

Norman Doidge describes in his book, *The Brain's Way of Healing*, ways to stave off dementia. First on his list is "Exercise (defined as vigorous exercise or walking at least two miles a day, or biking 10 miles a day).

Exercise was the most powerful contributor to decreased risk of both general cognitive decline and dementia. It promotes the general cellular health of neurons and glia (the cells surrounding neurons).

It is now crystal clear that physical exercise helps preserve brain functioning.

Did you know that dementia rates have been plunging? Believe it or not, the latest report finds a 20 percent decline in dementia incidence per

Continued on page 6...

ASK HANNAH: PHYSICAL AND MENTAL BENEFITS OF EXERCISE

...Continued from Page 5.

decade, starting in 1977. With more older people in the population every year, there may be more cases in total, but an individual's chance of getting dementia has gotten lower and lower.

So dear "Beginning a New Chapter" and "Intrigued by Weight Training", have I convinced you to get yourself to a gym—sign up for a weight training or cross-training class for seniors? They exist everywhere, at JCC, at UBC, at the YMCA and at your local fitness centres. Join other seniors who, instead of praying for a cure for dementia, are out there exercising at least three times a week for an hour in order to delay or stave off dementia. You will increase your physical, mental and emotional well-being immediately—that is, there is instant gratification! Forget about long-term goals; rather, you will enjoy the actual physical movements, the interaction with a trainer or the others in your group, and the pride of adding another two pounds to the barbell. Gretchen Reynolds states "Being out of shape could be more harmful to health and longevity than most people expect...poor physical fitness may be second only to smoking as a risk factor for premature death."

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



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FOR MORE INFORMATION...

The Brain Gain, June 2016, www.everythingzoomer.com page 48-5

Being Unfit May be Almost as Bad for You as Smoking, Gretchen Reynolds, New York Times, July 27, 2016.

Can You Get Smarter? Richard a. Friedman, New York Times, October 23, 2015.

Lifting Lighter Weights Can Be Just as Effective as Heavy Ones, Gretchen Reynolds, New York Times, July 20, 2016.

A Medical Mystery of the Best Kind: Diseases Are in Decline, Gina Kolata, New York Times, July 8, 2016.

My Body Zone: The Top Ten Benefits, www.mybodyzone.com/2008/12/11/10-benefits-of-strength-training-for-seniors/, 2016-01-02.

Pool of Thought, Richard A. Friedman, New York Times, July 16, 2016.

Which Type of Exercise is Best for the Brain? Gretchen Reynolds, New York Times, February 17, 2016.

JSA-SNIDER FOUNDATION EMPOWERMENT SERIES

JCC SHOWTIME presents
A Smile on Your Face - A Song in Your Heart



Sunshine and song greeted the 120 people gathered to enjoy the BBQ lunch and watch the sensational JCC Showtime on Monday June 27th at Beth Tikvah.

Toby Rubin, Executive Director of Kehila welcomed everyone and explained what the agenda would be and proceeded to highlight two of her outstanding volunteers:

Stacey Kettleman who at one time had been co-president with Toby Rubin was presented with a bouquet of flowers as a token of appreciation. **Sylvia Yasse**, a 90-year-old dynamo who had directed the setup of the whole room, was also singled out as an exceptional volunteer.

Marilyn Berger, President of JSA, which had partnered with Kehila to present the afternoon's program, informed everyone that it was the fourth and final session in this year's Empowerment series – with the theme 'A Smile on Your Face – a Song in Your Heart' and could not have been brought to fruition without the dedicated efforts of Gyda Chud and Shanie Levin.

The BBQ lunch was professionally prepared by Stacey Kettleman and her staff who offered salads, beef burgers as well as vegetarian to accommodate varying dietary needs. Fruit and chocolate cake were served as dessert.

JCC Showtime's Debbie Cossever announced that this group has now been in existence for 13 years. The

performers are all volunteers and look forward to their 200th show next month. JCC Showtime was created by Beryl Israel, who had done similar work in South Africa, and was inspired to establish an entertainment project here when she arrived in 2002.

The program opened with the whole cast medley of '*Another Opening, Another Show*' accompanied by pianist Muriel Morris and aided by sound technician Gary Zumar. The audience was transported down memory lane with nostalgic laced songs and dances such as '*Chattanooga Choo Choo*', complete with suitcase; the popular '*All that Jazz*', then to a western theme of Debbie's foot stomping rendition of '*You Can't Get a Man with a Gun*' plus the fun cowgirls sequence which required precisely timed twists and turns, and the delightful '*Buttons and Bows*' with Marshall and Jocelyne.

Then off to Africa with '*The Lion Sleeps Tonight*', a wonderful acapella rendition arranged by Marshall and sung together with Debbie, Nassa, Daniella, Dawn and Jocelyne. A trip back in time with heart tugging favourite '*Fiddler*' duet by Arnold and Nassa Selwyn '*Do You Love Me?*' and the crowd pleaser '*I Remember it Well.*'

The '*Doll Medley*' charmed the audience with a visit from '*Dolly*' - a life size doll which danced in the arms of Berger and Selwyn, vying for her attention. Program was interspersed

with a lovely '*Sing Medley*', great solos by Debbie, ('*I love a Piano*', '*Second-hand Rose*') Arnold, ('*To Life*') and Marshall, ('*High Hopes*'). A trip to Israel via '*Tzena Tzena*' and '*Hava Nagilah*' set everyone's hands to clapping as we all sang along with the cast on our last stop through a world tour of songs.

Clever costume changes accomplished in mere minutes and intricate choreography achieved the illusion of instant scene changes and delighted the audience which showed its appreciation by loud sustained applause.

Toby Rubin remarked in thanking the performers that she doesn't mind growing old now that she has seen what seniors can accomplish! Rubin listed those attending today were people from Weinberg Residence, Louis Brier, Le'Chaim Daycare, JSA and of course, Kehila.

We definitely all left wanting more - some smiling - some singing - all buoyed up by this afternoon's session which will carry us into summer heartened by the images created by a group of super seniors.

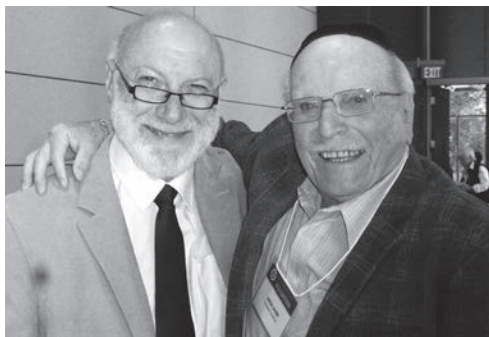
Still humming - *Kol Hakavod!*
Binny Goldman



OUR 'GRAND' MEETING



Barbara Bronstein, Larry Shapiro, Karon Shear and Lyle Pullan



Jack Altman and Serge Haber



Ken Levitt



Dan Ruimy

The Biblical origin of the name and word JEW comes from the time when the JUDEANS became JEWS—the word used in praising or thanking someone in Hebrew '*HODAYA*'. Our foremother Leah said "I will praise" after the birth of her son and names him Judah (Yehuda), and *TODAH* comes from the same verb.

On September 15, the JSA held its AGM at Beth Israel Synagogue, to say *TODAH* to its members and the community for helping it achieve its goals for the past year.

President **Marilyn Berger** along with **Marshal Berger** opened the meeting with *O Canada* and *Hatikvah* followed by a minute of silence for those members we have passed on during the year.

Ezra Shanken, C.E.O. of the Jewish Federation of Greater Vancouver spoke of assisting Vancouver communities to bond with organizations like Jewish Seniors Alliance. JSA is playing a vital role in seeing that seniors can stay in their homes, and assuring that seniors can live well into their 'golden' years without fear of neglect.

Dan Ruimy, Member of Parliament for the Federal Government in Pitt Meadows-Maple Ridge, said that his trip to Israel reinforced his desire to get in touch with his Jewish roots, reminding us to work together to support Israel as well as our own communities.

Adolf Zilberhsteyn, head of Most Bridge, works at connecting his 60 members to their Jewish roots, and

integrating them into the Jewish Community. He thanked JSA for the \$1,500 grant and wished everyone a healthy 5777.

Larry Meyer, our Treasurer, explained that it is an ongoing effort to keep the expenses and income balanced as grants are not constant. JSA maximizes the use of Federal, Provincial, Municipal and private donations so that our programs such as Peer Support Services can continue to flourish.

Pam Ottem, Chair of our Peer Support Program and Senior Counselling program, reported that the program is so well-known that there is a waiting list of people wanting to avail themselves of this vital service and those who wish to take the Peer Counselling Course: everything is offered cost free. Thanks were expressed to **Grace Hann** and **Charles Leibovitch** who lead the program.

Lyle Pullan, Membership Chair, stated that there were 36 new members, 48 life members, 439 individuals, 128 'Most Bridge' members and 20 affiliates. Pullan encouraged all to pay their \$18 dollars and search out new members.

In her final report, President Marilyn Berger, acknowledged the accolades she received and the assistance of her "troika" as she hands the gavel over to **Ken Levitt**. **Bev Cooper** was presented with a certificate in appreciation of her outstanding work. Berger expressed her hope that the sound of the shofar becomes a call to us all to recommit.

Serge Haber, head of the Nominating Committee, read the slate of incoming

board members and then welcomed Ken Levitt as incoming President.

Ken Levitt, in saying farewell to Marilyn Berger, lauded her, stating that she had brought the care and concern of the needs of the community to each meeting, adding that she will be a great role model for him to follow. Declaring that Berger had demonstrated every day her commitment to *Yiddishkeit*, Levitt presented her with a gift from JSA.

The dinner reception which 185 people attended in the ballroom was convened by **Larry Shapiro** and **Barbara Bronstein** and emceed by **Jack Altman**, who proved once more to be a master of wit and words, able to ad-lib at will.

Three volunteers were selected by their organizations in appreciation for their time and service to others. The first nominee was **Ralph Jackson**, nominated by the Royal Canadian Legion Shalom Branch 178 (read the article which follows). Jackson said he truly appreciated the honour and sincerely thanked the Legion and the JSA for this evening.

Bill Gruenthal, nominated by the Jewish Museum and Archives of British Columbia, was introduced by Professor **Chris R. Friedrichs** (see the article which follows). Bill Gruenthal said he was especially glad that family had flown in from out of province for this event making it a family reunion.

Rabbi Infeld encouraged and praised JSA for doing all that it does for the Jewish Community and said we should all heed the call to help when hearing the sound of the shofar this month.

Ken Levitt introduced the honouree nominated by JSA, **Milt Adelson**, who was treasurer of JSA for 8 years (read the article which follows). Saying that he was not a talker but a doer, Adelson thanked JSA for honouring him. Ken Levitt, then spoke to Marilyn Berger, repeated many of the accolades, and presented her with a collage of photos "The Many Faces of Marilyn" put together by **Karon Shear** and **Jennifer Propp**.

This was followed by a scrumptious salmon dinner catered by **Susie Siegal** of Nava Catering.

As part of the entertainment, Ralph Jackson serenaded his wife, of 62 years with 'Because of You' which melted the hearts of the many romantics in the room. **Lorraine Smith** sang some special classic favourites.

The evening ended with the wishes for a peaceful, productive and prosperous year ahead. Special thanks to the Conveners of the dinner, Larry Shapiro and Barbara Bronstein and to the incredible office staff. The work of the many volunteers behind the scenes was acknowledged.

If it takes a village to raise a child - it takes community commitment and support to make sure the world the child lives in is secure and safe onto its senior years. *Shana Tovah U'Metuka*.

Binny Goldman

Go to www.jsalliance.org to read the full review, view a video by Stan Shear and see photos from the event.



Honourees **Ralph Jackson**, **Bill Gruenthal** and **Milt Adelson**



Marilyn Berger, **Rabbi Infeld** and **Larry Shapiro**



Chris R. Friedrichs



Ralph Jackson's Granddaughters



VOLUNTEER PEER COUNSELLING

GRADUATION CLASS OF SPRING 2016

Grace phoned me about a week-and-a-half ago, and asked if I would say a few words this evening on behalf of our class. I asked her for some clarification: should I talk about my experience with the JSA Peer Counseling program, or my personal learning experience, or my classmates, or the quality of the instruction I received, or my thoughts and feelings around volunteering, or my observations about the JSA programs in general? She answered “Yes, that would be good. Five or ten minutes would be fine.”

So, I’m going to speak about several aspects of my personal experience: about volunteering, about my classmates, about the JSA Peer Counselling program, and about the program leadership.



Karon

David

Volunteering

Many of you in this room are experienced volunteers. You have been involved in volunteer work for months, or years. It’s part of your life, of who you are. I, however, am a neophyte, a “newbie”. I’ve only recently begun to understand the value of volunteering.

Over the years, I had all the usual reasons for not becoming a volunteer: no time, too much work, children to take care of, no volunteering skills. I’m sure you’ve heard them all.

I have a box on my desk with a label that says “Roundtoits”. I’ve mentally put all the things that I haven’t gotten around to starting, in that box. “I’ll do that as soon as I can get a roundtoit.” For me, volunteering has always been in that box.



Monica, Charles and Grace

In the spring of 2016 I decided to get a “roundtoit” for volunteering, and peer counselling was the path I chose.

The class of 2016

It’s difficult to talk about something passionately without using clichéd adjectives, like “incredible”, “amazing” “fabulous”, “awesome”. In our final peer counselling training session, while trying to make a point, Grace taught us this about superlatives: when describing something you feel strongly about, you can use the word “very” as many times as you want. Just keep going until you feel you’ve hit the right number.

In that spirit, I want to say that I am very, very, very...very thankful to have been included in this group of very,



Galina

Roxanne

very, very...warm, caring, talented, smart, witty, hard-working people. By way of introduction, please meet David, Karon, Galina, Vladimir, Roxanne, Greta, Cyrile, Jacqueline, Monica, Jessica, and Nancy. Our second Nancy was unable to be with us this evening.

Our class includes a wide range of personalities, skills, and talents. I’m fortunate to have made new friends with people from all backgrounds.

We’re a truly diverse group. I learned that the 13 of us were born in at least seven different countries. About half of the class is fluent in at least two languages. We have very a wide range of education and work backgrounds. We represent the whole spectrum of volunteer experience: some people have already been volunteering for years; others, like me, are novices.

The JSA Peer Counselling Program

For me, this program has been the beginning of a wonderful journey. I discovered in one of our first sessions that all of us in the group shared a desire to learn, a thirst for knowledge about a common theme – peer counselling. To satisfy that thirst, we have been taught, and have started to practice, a whole new set of skills

over the eleven weeks of our training. We have learned to listen. How to listen actively. We have learned the difference between empathy and sympathy. We have learned to be attentive to someone else, and to understand that, often, that person is trying to solve a problem, and wants, more than anything, for someone to listen to them, to hear them without judging, to reflect their predicament, but not to solve it for them. This is the essence of the JSA Peer Counselling program.



Nancy

Jessica

I'm truly grateful to have been given the opportunity to spend so much time with such wonderful classmates. Talking to them, listening to them, sharing with them, learning from them. They have enriched my life immeasurably.

I've already found that the skills I've learned have altered the way I relate to some of my friends, my colleagues, my employees. Even my family. I'm now eager to get started as a peer counsellor, to help someone who needs a listener.

Charles and Grace

So, how did this group happen to come together? Obviously, not by chance. There were a number of applicants for the spring Senior Peer Counseling training program. Like any equal-opportunity situation, there was a screening process to fill the available spaces. Each of us was interviewed – by phone and/or in person – for a

seat in the class. I'm certain that it was only because of skillful and discerning interview techniques, by two very special people, that we became the "Graduating Class of Spring 2016".

Charles Leibovitch is the JSA Peer Support Services Coordinator

Many of you already know him. My personal contact with Charles has so far been brief. He was part of my initial interview for the Peer Counselling program. He came to one of our early classes to introduce himself, and I have had a chance to speak with him briefly at a few shorter encounters since then. While I can't say that I know Charles well, it seems clear to me from the sophistication, efficiency, professionalism, and success of the Peer Support Program, that Charles is a dedicated and competent professional member of the JSAlliance team. I look forward to getting to know him better.



Jacqline

Grace Hann, JSAlliance Senior Peer Support Services Trainer, Supervisor

I'm certain that I speak for all of us when I say that Grace is a "very, very" special lady. These are some of the things we have learned about Grace:

She's passionate about volunteering, about volunteer training, about senior issues, about advocacy.

She feels strongly about family, about gardening, about hiking, about meeting new people every chance



Greta

she gets (Grace seems to constantly have new stories about people she has met, and talked to, on most of her commutes between Vancouver and her home on Sunshine Coast).

She's a role model. She leads by example. She gives freely and generously of her time and knowledge. She's a natural teacher and mentor.

In a time when personal communication, face to face conversations, people actually talking to each other, are fast losing ground to earbuds and thumb-typing and a "you mind your business, I'll mind mine" mentality, Grace is a renaissance woman. She reaches out to people, she embraces them. She shows that she cares who they are, and she gently brings them into her life.

I'm sure I speak for the whole class when I extend a "very" heartfelt thanks to Charles and Grace for guiding us on the beginning of this journey. We hope the relationship will be a long and rewarding one for all of us.

Bob Finkelstein



Bob

Cyriele

VOLUNTEER PROFILES

Merle Linde



Merle joined Jewish Seniors Alliance Peer Support Services in 2015 as a natural progression from participating for many years in community services in both South Africa and Canada.

Merle was born in Johannesburg, South Africa and emigrated to Canada with her husband Ivan and three sons in 1992, settling in Vancouver in 1994. Merle, together with Ivan, worked for many years in both South Africa and subsequently in Canada in the Promotional Products Industry, and both enjoyed interacting with a variety of different people on many levels of business.

When they retired a few years ago she found more time to devote to helping other people. Merle had an excellent role model in her father who was social and philanthropic and who so naturally enforced the humanitarian ideals of "*Tikkun Olam*" and "*Chesed*" - to repair the world with acts of kindness and to ensure a safeguard for those who may be at a disadvantage.

Her participation on the Board of Directors of Chabad of Richmond gave her an insight into the plight of seniors, their need to attend the regular lunches offered, the classes and the entertainment - all so essential during the "Senior Years".

So, when the opportunity to participate in the Senior Peer Counselling (SPC) Training Program at JSA became available, Merle chose to participate to help fill some of the gaps of service in Greater Vancouver in both the Jewish community and the senior service community.

Merle found the SPC training with Grace Hann (SPC Trainer) intense, exciting and professional and she enjoyed the camaraderie amongst the diverse group of participants. Upon completion of her 55 hours of training she was paired with four clients, who are each now visited once a week.

Merle would like to see many more mature adults (55+) enrol in this training and become Senior Peer Councillors, Friendly Home Visitors or Friendly Phone Callers.

Regularly providing a confidential empathetic ear, no judgement, and no advice can go a long way towards our clients gradually finding their own coping skills.

An excellent Program. Thank you JSA!!

Odelon Manansala



Iwant to be supportive of others: Since I was young, there has always been the deep desire to help and support others as a humanitarian. But during my early adult life I had to set this aside temporarily to tend after my young

family. Later on in my life as I began to approach retirement, the deep longing to immerse myself in the greater community once again hit me with intensity.

One day I spotted an ad for a free Senior Peer Support Counselling course given by Jewish Seniors Alliance of Greater Vancouver. A sense of excitement stirred in me. I knew that this was the answer to the "How" of my search for community involvement.

I then took the 55 hours training course in 2015 with Grace Hann, the Volunteer Trainer and Supervisor at JSA Peer Support Services.

I learned from the training the need and skill to understand first myself so I can then understand others, being totally present, active listening, responding with empathy without judgement, no advice and no rescue. For me, these are the key ingredients for delivering effective peer support.

Visiting a client for the first time was not easy. There was a mixture of excitement and nervousness at the uncertain outcome of my encounter with a client. Fortunately, I had the guidance of our Trainer/ Supervisor and Coordinator, Grace Hann and Charles Leibovitch.

Working from the framework of empowering seniors to find effective solutions to their own challenges, my confidence grew after a series of client visits. Presently, I am regularly visiting three clients and as well teamed up with a retired registered nurse senior peer counselor visiting a senior facility where we see several more clients.

One time a client asked me, "Why are you doing this"? Without hesitation, I said it is something I want to do. It feels right and seems the most natural thing for me.

Thank you Jewish Seniors Alliance for opening the door for me.



www.jsalliance.org

604-267-1555

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

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

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

The volunteer counsellors support by:

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

ALL PEER SERVICES ARE CONFIDENTIAL AND OFFERED AT NO COST.



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



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

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



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



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



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

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

- To join call JSA at 604-732-1555

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



TZDAKAH

THE MITZVAH OF VALUING PHILANTHROPY

Vancouver Talmud Torah (VTT) grade 7 students raised over \$24,000 for 25 not-for-profit service organizations in Greater Vancouver. In *Ethics of our Fathers*, Hillel tells us "If I am not for myself, who will be for me? But if I am only for myself who am I? If not now when?" To paraphrase, "Get out and make a difference in the world". Jewish Seniors Alliance of Greater Vancouver was one of three Jewish community-based agencies to have been chosen as a beneficiary.

On June 16th at Beth Israel, each agency was presented with a cheque by the students. Fund raising activities included babysitting, bake sales and car washes. This year's

theme: Understanding the broad community and making a difference with the 'Mitzvah of Valuing Philanthropy'.

TT students **Aviv David**, **Izzy Freedman** and **Oliver Munt** presented a cheque for \$1,000 to JSA President, **Marilyn Berger**. Berger noted, "Our Jewish future is in great hands. The values and ethics that the VTT class of 2016 have displayed are amazing. Aviv, Izzy and Oliver developed an outstanding, in-depth profile of JSA and recognized our importance to the community. Being a teacher, myself I know the hard work and effort put in by staff and administration in support of this project. Thanks to them. JSA is not only for Jewish seniors. It is our mission to further improve the quality of life for ALL seniors.

Our peer support program boasts both Jewish and non-Jewish peer counselors and clients."

As the baby boomers reach senior status the work of JSA becomes even more vital. The funds provided to us will help to ensure our important mandate. As Aviv, Izzy and Oliver enter King David High School may they continue to grow from strength to strength.

Kol Hakavod!
Ken Levitt



Cartoon Caption Contest



Write a caption for the cartoon below and send it to us by mail or email:

Jewish Seniors Alliance
949 West 49th Avenue
Vancouver, BC V5Z 2T1
Email: office@jsalliance.org

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

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.seniorsservicesociety.ca 604-520-6621
Seniors Abuse and Information Line (SAIL)	SAIL is a safe place to talk, and receive information about elder abuse prevention. 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
South Granville Seniors Centre	Offers information and referral services, social, exercise and educational programs. www.southgranvilleseniors.ca 604-732-0812

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/lchaim 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	
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
Seniors Abuse and Information Line (SAIL)	SAIL is a safe place for older adults and those that care about them to talk to someone about situations where they feel they are being abused or mistreated. SAIL is the first contact point to access information and referrals about elder abuse prevention, victim services, support, and legal services for adults 55+. Operates seven days a week (excluding holidays) 8am - 8pm. www.bcceas.ca 604-437-1940 or 1-866-437-1940 (toll free)

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	Burnaby Coquitlam Richmond Surrey/Delta	604-299-5754 604-942-7506 604-292-7200 604-588-0325	New Westminster Vancouver White Rock N & W Vancouver
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	Kosher Food Warehouse Omnitsky	604-709-9889 604-321-1818	Sabra Superstore 604-733-4912 604-322-3702

USEFUL RESOURCES

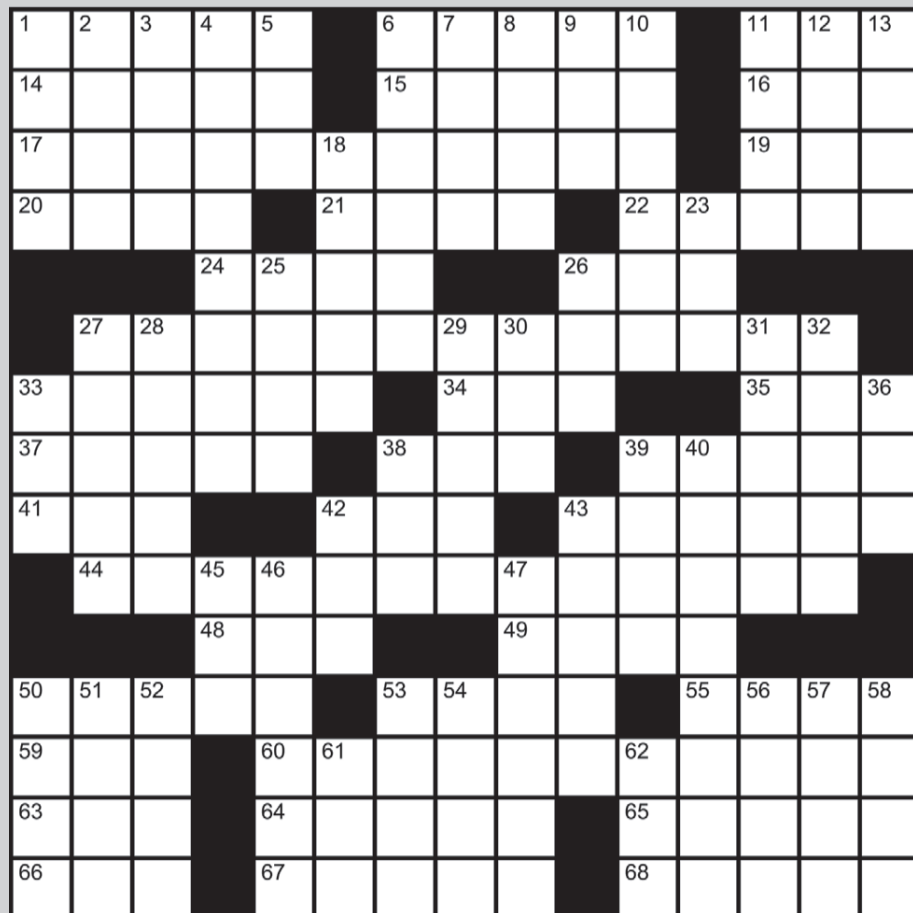
TRANSPORTATION	
HandyDART Vancouver TransLink	http://www.translink.ca 778-452-2860
SN Wheelchair Transport	Special needs door to door. www.sntransport.ca 1-800-768-0044
HandyDART Custom Transit	HandyDART is a special transportation service for eligible persons with a physical or cognitive disability 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

CROSSWORD PUZZLE

"Hosts" by Yoni Glatt - Jerusalem Post

Puzzle Editor Yoni Glatt can be reached at koshercrosswords@gmail.com



- 52. Teen kiruv org.
- 53. Start of Shabbat song
- 54. ___ v'tafel (law for brachot)
- 56. Site often visited by Lubavitchers
- 57. Advanced funds, what many a Jew would do in the Middle Ages
- 58. Woodey Allan's kind in a 1998 film
- 61. Schnapps rocks
- 62. Merceded in Israel, often

Across

- 1. "And I will ___ a morsel of bread..." Genesis 18:5
- 6. Dances Yashivas don't have
- 11. Dead Sea ___
- 14. Major Amora
- 15. Indian coin worth less than a shekel
- 16. Dan, Gad and Levi
- 17. Artist who won Israel's Wolf Prize in 1981
- 19. Preposition for Lazarus
- 20. Israeli singer Golan
- 21. ___ HaTorah, yeshiva that overlooks the Kotel
- 22. Andean animal with only one sign of kashrut
- 24. Follower of Juda (and others)
- 26. Snider of Twisted Sister
- 27. Best Director winner of "Casablanca"
- 33. Israel, once
- 34. What Stark calls Stane in Favreau's "Iron Man"
- 35. Leviathan ___ Field
- 37. How Joaquin Phoenix once notably behaved on Letterman
- 38, 17, 27, 44, and 60 - cross, or and alternative title to this puzzle
- 39. Like Howard Stern
- 41. Historic Yom Kippur event
- 42. El Al complies with it: Abbr.
- 43. Performed like Simon without Garfunkel
- 44. Pulitzer Prize for fiction winner in 2001
- 48. Indiana Jones wears one
- 49. ___-tat, sound made by Tommy Ramone
- 50. Notable agricultural seven
- 53. Made like Jacob's sons after they sold Joseph
- 55. RC or Mayim Chaim drink
- 59. Casspi often shoots behind it
- 60. "Winner" of a "trip" to Alcatraz in 1961
- 63. Some degrees from YU
- 64. One
- 65. "___ you a little short for a stormtrooper?" (Carrie Fisher line)
- 66. Start of a 1999 Oliver Stone football movie
- 67. Fosters, like Abram to Lot
- 68. Gartels, basically

Down

- 1. Scarlett Johansson has it
- 2. Where you might buy used Passover or Chanukah items
- 3. Plantation in Selznick's 1939 classic
- 4. Like shmita
- 5. "___ Ramsey", Richard Boone title character
- 6. Hallel, e.g.
- 7. Jason Alexander has worn them for roles
- 8. Fish also known as Jerusalem haddock
- 9. Legend Brooks
- 10. One (temporarily) getting rid of chametz
- 11. Billy Joel's "Last Play" locale
- 12. Do in many 80's bat mitzvah pics
- 13. On the Mediterranean
- 18. Wicked descenant of Agag
- 23. Give to heter (as a Rabbi might do)
- 25. Actress Mitchell on I. Marlene King's "Pretty Little Liars"
- 26. Driving after a farbrengen might lead to one: Abbr.
- 27. "___ Secretary" (Madeleine Albright's memoir)
- 28. Kind of lemur voiced by Sacha Baron Cohen in "Madagascar"
- 29. Some train stops through Williamsburg
- 30. Mike Wallace's network
- 31. Impossible home in Eilat
- 32. Metushelach, e.g.
- 33. Sacraficial animal
- 36. Hoff who wrote and illustrated "Danny and the Dinosaur"
- 38. West of Hollywood
- 39. How a Torah must be written (3 words)
- 40. Chicken of the Sea "chicken"
- 42. Potato kugel often has a lot of it
- 43. Like a shyster
- 45. Jerry Reinsdorf's teams, on the scoreboard
- 46. Maccabee, literally
- 47. Different sects of Judaism, e.g.
- 50. Cass, for one
- 51. Backer of al-Assad

For solution see page 25

SENIORS IN THE MOVIES: The Older, the Better



“Age is an issue of mind over matter. If you don't mind, it doesn't matter,” wrote Mark Twain. He must have been thinking of the current cohort of first-class actors of stage and screen who continue, in their “old age” to fascinate and entertain their audiences. I can honestly say that the words “riveting performances” came to mind when watching these films.

Youth (2015) is an Italian lyrical paean to a world (unattainable for most of us) of wealth, sophistication and a culture in decline. Two old friends, Michael Caine (age 82) and Harvey Keitel (age 76) spend time at a luxurious spa in the Swiss Alps. They ruminate about love, careers, and mostly, their inability to remember past events. The director, Paolo Sorrentino, concentrates on the pathos of male senescence. Old age is presented alongside sensuality and youthful vigor; it is a romantic, playfully melancholic, idyllic film.

The Dresser (2016) is a new British screen version of the stage play (1980) by Ronald Harwood. Two of the great actors of our time Anthony Hopkins (age 79) and Ian McKellen (age 77) give “riveting performances” (*N. Genzlinger, New York Times*) which nailed me to my seat. This two-man show has an aging Shakespearean actor, Sir, barely functional, struggling with dementia, and his dresser, Norman, devoted and loyal, in a travelling theatrical company beset with problems. Set in London during World War II, bombs falling, actors doing stage-hands' work; the machinations of backstage theatre life reveal themselves in exquisite detail.

Fluide (2015) is a funny, heart-warming French movie about an elderly gentleman and his eccentric

(think “Alzheimer's Disease”) behaviours towards his daughter and his aggrieved housekeepers. French star Jean Rochefort (age 86) plays this “lead role as juicy as a sun-ripened orange” (*P. Debruge, Locarno Film Review*) with sensitivity and verve without lapsing into sentimentality. *Fluide* is a gentle, irreverent film which blends humour and pathos to crowd-pleasing effect.

45 Years (2016) is a British movie featuring Charlotte Rampling (age 70) and Tom Courtenay (age 79) as an elderly, long-married couple in small-town England. They are about to celebrate their 45th wedding anniversary, when the postman brings a surprise—a letter from Germany. “They've found her.” This is a story of memories, frozen in time, lodged and yet lost, until they are revealed, in focus, again (*C. Knight, National*

Post) provoking jealousy and vital hidden truths. *45 Years* is a triumph of understatement and narrative circumspection as the ghost inhabits their lives and crisis ensues.

The Lady in the Van (2015) is based on playwright Alan Bennett's “mostly true” experience with Mary (Maggie Smith, age 81) a well-spoken vagrant who takes up residence, for 15 years, on his driveway. The movie is largely a mystery which begins with a car crash, and develops into a tale of the relationship between the immaculate, persnickety Mr. Bennet (Alex Jennings) and Mary, who dresses in castoff clothing, is unkempt and unbathed (*S. Holden, New York Times*). Maggie Smith is a tottering, staggering force of nature determined to owe nothing to anybody (*T. Robey, The Telegraph*).

Dolores Luber

Holocaust Films of Special Notice

Phoenix (2015) is a German film which features Nelly (Nina Hoss) a Jewish singer who survived the Nazi death camps, and now must have facial reconstruction to repair the damage caused by a gunshot wound. Her only motivation is to find her husband, a piano player called Johnny. The plot builds suspense, and the ending is a legitimate corker (*R. Brody, New Yorker*). The final scene infuses an old popular song with the full weight of cruelty, betrayal and hope (*A.O. Scott, New York Times*).

Continued on page 27...

ONGOING EVENTS October, November, December 2016

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

12:00 pm - Dec 5 Chanukah Party

12:00 - 2:00pm
 Oct 31 - Nov 21 Portraits of
 Legendary
 Entertainers

1:00 pm Poker

TUESDAY

9:30-10:30 am Chair Yoga

11:00 - 2:30 pm Duplicate Bridge

1:00 - 2:30 pm
 Nov 1 & 15, Dec 6 Circle of Friends
 for Women

WEDNESDAY

9:30-10:30 am Chair Yoga

10:30 - 12:00 pm Bridge
 Fundamentals

1:00 - 4:00 pm Poker & Mah
 Jongg

1:00pm - Oct 19,
 Nov 16, Dec 14 Movies &
 Memories

THURSDAY

10:30 - 12:00 pm Beginner's Bridge
 Lessons

11:00-2:30 pm Duplicate Bridge

FRIDAY

9:30-10:30 am Shabbat Chair Yoga

11:00 - 1:00 pm Supervised
 Bridge

1:30 - 2:30 pm Shabbat Chair Yoga

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

Save The Date

JSA FALL SYMPOSIUM

DATE: **Sunday, November 6th**

TIME: **1:30 pm Registration**

2:00 pm Event

PLACE: **Peretz Centre**

6184 Ash Street, Vancouver

(See back cover for more information)

JSA-SNIDER FOUNDATION
 EMPOWERMENT SERIES 2016-17

#1 Jewish Foods and the Stories They Tell

DATE: **Friday, November 25th**

TIME: **11:30 am**

PLACE: **Peretz Centre**

6184 Ash Street, Vancouver

Contact Gyda Chud at 604-266-0115

(See inside front cover for more information)

JSA BEREAVEMENT GROUP

DATE: **1st Tuesday each month**

TIME: **2 - 4pm**

PLACE: **JSA offices in Boardroom**

949 W. 49th Ave., Vancouver

CONTACT: **Charles Leibovitch or
 Grace Hann 604-267-1555**

**Please join us, or tell your friends and
 family if they are in need of a private
 confidential place to share their
 feelings of loss and grief.**

**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

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

TUESDAY

Community Kitchen - 12:00 - 2:00pm
 Lunch \$6, RSVP 1 week in advance

WEDNESDAY

Arts Club for Women - 1:00 pm

THURSDAY

ESL Classes - 9:30 - 12:00 pm

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

ALTERNATE THURSDAYS 11-2 pm
 Hot Kosher lunch \$9
 Movies, Speakers, Arts and Music
 Oct 20, Nov 3 & 17, Dec 1, 15 & 29

JEWISH FAMILY SERVICE AGENCY

CONTACT: Queenie Hamovich
 QHamovich@jfsa.ca
 604-257-5151 Ext. 274

A WEEKLY HOT KOSHER LUNCH &
 PROGRAM OF INTEREST
 Tuesday luncheons held at Beth Israel
 on Nov 8 & Dec 13. Other Tuesdays
 luncheon held at Temple Shalom.
 Last Tuesday of the month lunches at
 Peretz Centre, featuring Monthly Film
 presented by the Vancouver Film Centre.
 Contact Queenie to reserve.
 Cost \$13. Subsidies available. Volunteer
 drivers bring the seniors to the lunch
 and back home again if needed.

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

ONGOING EVENTS October, November, December 2016

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

GUIDED TOUR - BC Jewish Community Archives

Oct 30, Nov 27 - 11:00 am, \$10, 11120 Horshoe Way, Richmond

SOUTH AFRICAN DIASPORA ORAL HISTORY WORKSHOP

Two sessions: Nov 1 & 3 or Nov 14 & 16 - 4:00pm

GENEALOGY SUNDAYS - In partnership with the Jewish Genealogical Society of BC - Last Sunday of every month

1:00pm - 4:00pm, Free - by appointment only

OAKRIDGE EXHIBIT LAUNCH

Nov 23 - 7:00pm. \$10

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

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

Tuesdays - 1:30 pm	World Talk
Thursdays - 1:00 pm	Games Afternoon

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

10:00 - 1:00 pm	TECHIE MONDAYS - Provides instruction and guidance on all things technical (such as eBooks, using iDevices and computer help)
Nov 21 - 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.
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THURSDAYS

10:30-11:30am	Genealogy: Who am I? Where did I come from? In partnership with the Jewish Genealogical Society
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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.

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

Oct 23 - 1:00pm	Life and creative work of Natalia Saatz
Nov 6 - 1:00pm	"Modern Painting" - Lecturer Ilyasov Arsian
Dec 25 - 1:00pm	Chanukah/New Years Party
Jan 12 - 1:00pm	Institute of Holocaust Memorial - Lecturer Yuriy Rubin

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 - OCT 21, NOV 18, DEC 16

First and Third Wednesday of the Month - 3:00-4:30pm	Yiddish Reading Circle
Tuesday - 7:30-9:30 pm	Vancouver Jewish Folk Choir
Second and Fourth Saturday of the Month - 10:30-12:00 pm	Adult Discussion Group
Dec 18	Chanukah Party

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

FRIDAY 11:30am - Peretz Centre
 Guest speakers, films, discussions and refreshments.

VANCOUVER FILM CENTRE
 CONTACT: robert.albanese@vjff.org 604-266-0245 www.vjff.org

Nov 3 - Nov 10	Twentieth Annual Jewish Film Festival - Fifth Ave Cinemas
Nov 11, 12 & 13	Chutzpah!Plus and FilmFest - JCC Norman and Annette Rothstein Theatre

BURQUEST JEWISH COMMUNITY ASSOCIATION
 2860 Dewdney Trunk Rd. Coquitlam
 CONTACT: Jenny Reznik 604-552-7221 www.burquest.org

Oct 28	Bingo Night
Nov 18	Movie Night
Dec 18	Chanukah Family Celebration
Dec 20	Community Kitchen Club - Chanukah Celebration

NIDUS PERSONAL PLANNING REGISTRY
 www.nidus.ca > Get Help > Presentations

Presentation: "Are You Prepared - For End-of-Life? For Incapacity? For your Future?" Come learn the steps you can take to plan for your future! This in-person presentation will provide an overview of Representation Agreements, Enduring Powers of Attorney, and Wills.

Dates and Locations can be found at www.nidus.ca

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IRA HOFFECKER: BERLIN IDENTITIES



talks about Berlin's former Jewish quarters, the *Scheunenviertel* and *Spandauer Vorstadt*. By the time the Red army liberated Berlin in 1945, of Berlin's one-time population of 160,000 Jews before WWII, 55,000 were murdered, 7,000 committed suicide and over 90,000 emigrated. Nazis had erased Jewish life in Berlin and all over Europe.

My work examines the relationships between people and cities by responding to constant change, reconstruction and restoration in the urban landscape. Decay, erasure, covering, revealing and rebuilding take place at the same time and are part of my painting practice. I see my process of covering as a metaphor of forgetting and suppressing the past. The process of revealing and sanding the surface down alludes to a process of remembering and coming to terms with historic events. These layers are equivalent to the archaeological strata in the evolution of a city. Places are overlaid with multiple histories, layers of paint cover and obscure but each coat is also informed by the previous layer. I adopt geometric shapes inherent in architecture, and maps from different times in history

provide the basis of my compositional language. Studying history books, maps and photograph, as well as digesting the city by walking the streets, all inform my understanding of the identity of a place.

She emphasizes that Germans must never forget, that they must learn from their past and come to terms with the guilt. "As horrible as this guilt and the memory of the Shoah is, Germans must accept it as part of their heritage, as part of their identity instead of trying to forget and trying to suppress the past."

For more details of Ira Hoffecker's career and works, please read Olga Livshin's essay "Exploration of identity" (<http://www.jewishindependent.ca/exploration-of-identity/>).

All her paintings can be seen on her website: <http://irahoffecker.com/> and she can be contacted at ira.hoffecker@gmail.com.

Dolores Luber



**On the Cover:
Camp Moschendorf**

**Right:
Camp Moschendorf II**

**Left:
Occidental Place 2**

NOSTALGIA: From Vancouver to Toronto by Train

Why should one take a train from Vancouver to Toronto? Because be it Air Canada or the others, they just don't 'fly' with me. For this 'old goat' a more relaxing train of thought is to experience part of our nation's expanse well-grounded via the Canadian, eh? For three days, three nights and a bissel more it's possible to read, reflect and literally 'keep track' of everything from memories to puns, trying to branch out and figure out where perhaps they 'stem' from. Then it hits you 'big time' on the prairies at a 'stop over' in Melville, Saskatchewan. An old train station house has the power to help our imaginations recall our past, be it a shtetl in Yahoopitville or an old Schul in Toronto, Ontario.

First a few serious rhyming lines:
On a train you read a bit of Bashevis



From many a Yahoopitsville on the prairies to a schul in Toronto, a train can help us to reflect. (photos Dan Propp)

Singer, perhaps The Magician. Riding on a train, there comes at once that inner admission. The days of the small shtetls, come back again. Where once there was a sense of wonder, where once we had been, and what we had seen.

Then lighter thoughts return to a bit of recent nostalgia such as the 1950's black and white shows on the wonder called TV.

THE GREAT SHOWS WE REMEMBER

Abbott and Costello with 'Who's on first', Jack Benny's suffering violin teacher, played by Mel Blanc. For all those great shows, many of us still thirst. Fred Allen, George Burns and Gracie Allan, for the memories, of course, Bob Hope, we thank.

Steve and Eydie, George Gobel, Phil Silvers, Sid Caesar. Eve Arden, and the way the character Conklin, the principal said, "Miss Brooks!" What would we have done without the great writers such as Mel Brooks? Comedians Myron Cohen, Wayne & Schuster, plus Shelley Berman on the Ed Sullivan 'Shoe'. Carol Burnett, who got that big first break with Gary Moore. They all helped our sense of humor to renew.

Whatever our day-to-day hardships, that 17-inch or huge 21-inch screen was



a cure! Plus there were jugglers, the acrobats, even pantomimist (shhhhhh) Marcel Marceau! Red Skelton and all that amazing TV Show Biz! Burton and Liz, Lana Turner, "Golly-Whiz!" And Walter Cronkite saying, "And that's the way it is."

Dan Propp

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 available on YouTube by searching Dan Propp. Dan can be reached at ajpropp@shaw.ca.

Crossword Solution - Page 19

1	F	E	T	5	C	H	6	P	R	O	M	10	S	11	S	12	P	13	A	
14	A	B	A	15	Y	E	16	R	U	P	E	17	H	E	S					
17	M	A	R	18	C	H	A	G	A	L	L	19	E	R	E					
20	E	Y	A	21	L	A	I	S	H	22	L	L	A	M	A					
				24	I	S	M	S		26	D	E	E							
				27	M	I	C	H	A	E	L	29	C	U	R	T	I	32	Z	
33	C	A	N	A	N			34	O	B	I			35	G	A	S	36		
37	O	D	D	L	Y			38	M	C	S			39	T	A	L	K	Y	
41	W	A	R					42	F	A	A			43	S	O	L	O	E	D
				44	M	I	C	H	A	E	L	47	C	H	A	B	O	N		
								48	H	A	T			49	R	A	T	A		
50	M	I	N	52	I	M		53	L	I	E	D		55	C	O	L	58	A	
59	A	R	C					60	M	I	C	K	E	Y	62	C	O	H	E	N
63	M	A	S					64	E	C	H	A	D		65	A	R	E	N	T
66	A	N	Y					67	R	E	A	R	S		68	B	E	L	T	S

RE-IMAGINE AGING: Adding Life to Years

A revolution in caring for our aging and frail seniors has begun. Ageism is recognized and abhorred by older seniors, their children and grandchildren. Elderhood is now understood as a period of life which should and must provide meaning and a high standard of living to older seniors. The stark demographic shift of aging older adults has been thrust into the spotlight and our organization, Jewish Seniors Alliance, has responded with vibrant programs.

Jewish Senior Alliance's Commitment to Elders

JSA's Peer Support Services include free counselling, friendly home visits, telephone calls, bereavement support, accompaniment to medical appointments and a referral hot line. Our Advocacy and Outreach programs take the forms of a magazine *Senior Line*, published 3 times a year, a website www.jsalliance.org with an Events Calendar, and our four Empowerment Seminars, Spring Forum and Fall Symposium—all of which provide extensive reporting and presentations on current issues and existing programs for the elderly.

B.C. Care Providers

B.C.'s health system is not prepared for the challenges of its aging population which includes 25,000 seniors living in long-term residential care facilities. The B.C. Care Providers Association recommends that B.C. improve services to seniors in the community with the goal of the province becoming "an aging centre

of excellence." This will require more funding and changes in policy: Improvements in dementia training of caregivers and developing new continuing care models with an emphasis on caring for seniors in their own residences.

Developing Better Alternatives to a Difficult Situation

The deficiencies of our present municipal, provincial and federal policies are recognized. More professional caregivers must be trained and budgets must be enlarged. Society is in the midst of a major transition and transformation—largely due to advancing technology. There is hope that the young adults of today will play a key role in this transition as they have the experience of growing up with various technologies and social media in a way that older generations did not. New technologies offer the opportunity to bring people closer together (for example, by facilitating communication over long distances with 'Face Time' and 'Skype').

"The stark demographic shift of aging older adults has been thrust into the spotlight and our organization, Jewish Seniors Alliance, has responded with vibrant programs."

Robots are being developed as an innovative means of caring for the cognitively impaired. Residential facilities are being designed or retroactively renovated to create improved living spaces for people

with dementia. Technology can be used to help seniors living in their own homes avoid social isolation through home health monitoring and increasing their Internet access. "On demand telehealth is in growth mode in B.C. with a handful of businesses putting patients in video contact with a doctor over smartphones, home computers or in specially equipped consultation rooms."

Evolving Attitudes towards Dementia

Most importantly, attitudes towards dementia are evolving. With education and guidance, caregivers can learn to interact with cognitively-impaired seniors in more humane, less stressful ways. University students are living in seniors' residences to the advantage of both populations. A Toronto long-term care centre houses a daycare that brings children by to play with residents. Prevention and retardation of the development of dementia is at the forefront of scientific research. We encourage the establishment of a Provincial Seniors Safety Strategy focusing on falls prevention, resident-on-resident aggression, reducing adverse medication events, suicide prevention, and elder abuse.

What does it take to create caring communities?

The bottom line is: if we want to live in a caring community, then we have to do our part to make it happen. When individuals are separated from their biological families, one can intentionally create support networks with people of your choosing. Whatever your interest is, whether

it is owning a dog, or folk dancing, or working out at a gym, friendships and support systems can be formed. A group of single women can live together and take care of each other.

Non-profit organizations, such as Jewish Seniors Alliance, are working tirelessly to get more governmental financial support for services for the elderly. CARP is launching its new Dementia Campaign, calling for immediate action to address the glaring gaps in the system, including the lack of support (limited financial support and no training) for caregivers. It is our responsibility to 'add life to years,' to create a society that values its elders by providing the necessary services and the respect and dignity they deserve.

Dolores Luber

ARTICLES TO READ...

Erin Ellis, *The doctor is online, anytime-it's the freewheeling world of eHealth*, Vancouver Sun, August 6, 2016.

Kim Pemberton, *Report offers solutions for B.C.'s aging population*, Vancouver Sun, May 16, 2016.

Nick Faris, *Meet Ludwig: a boyish robot that can analyse dementia patients by talking with them*, May 16, 2016.

Launching a National Dementia Campaign, www.everythingzoomer.com, May 2016.

How do we best care for each other? www.nidus.ca/?p=14175, May 13, 2016.

Maureen Matthew, *Caregiving from a Distance*, www.seniorlivingmag.com.

Erin Ellis, *Stark demographic shift thrust into the spotlight*, Vancouver Sun, May 9, 2016.

Nick Faris, *Meet Ludwig: a boyish robot that can analyse dementia patients by talking with them*, Vancouver Sun, July 26, 2016.

Amy Zerba, *Advice for Alzheimer's Caregivers*, New York Times, May 2, 2016.

Holocaust Films of Special Notice

...Continued from Page 20.



Hitler's Children (2011) is an extra-ordinary documentary by Israeli director Chanoch Ze'evi, which examines the shame and guilt felt by the children, grandchildren and grand-nephew of Hitler's senior Nazi commanders, Amon Goeth, Heinrich Himmler, Hermann Goering, Hans Frank and Rudolf Hess. The film also features Israeli journalist Eldad Beck, grandson of Holocaust survivors. The central tension of the movie revolves around the fact that the people being interviewed had nothing to do with what their father or grandfather did; yet within their families, denial of the atrocities committed is common. The five characters create "normal" lives for themselves, all the while, processing the deeds associated with their name and the atrocities of their Nazi heritage. In tracking down five descendants of Hitler's closest accomplices, the director encourages them to talk about how their lineage has affected their lives. The movie is quiet, simple and soaked in sorrow (*J. Catsoulis, New York Times*).



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and Board of
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and prosperous
New Year.*

**Shana
Tovah!**

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604-267-4722

or visit:
www.weinbergresidence.com

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

THE CAREGIVING ROLE OF SENIORS IN MULTIGENERATIONAL HOUSEHOLDS

The opening stanza of a well known Yiddish folksong nostalgically praises the contributions of an older family member.

My Zeyde lived with us in my parents' home,

He used to laugh, he put me on this knee,

He spoke about his life in Poland,

He spoke but with a bitter memory.

The Rise of Multigenerational Households

Multigenerational households are the norm in many cultures but in North America independence and self-sufficiency have for decades been the aspired ideals. Multigenerational living has not been encouraged. However, this trend is reversing. Statistics Canada 2011 reports that approximately 363,000 households consist of three or more generations. This represents a double-digit percentage increase when compared to the census of five years ago, and the 2016 figures will likely show another dramatic upturn.

A 2013 Global Television documentary states that “for many families, surging costs of housing, child care and the need to be in close proximity to aging or ailing relatives makes the option of sharing a space appealing. And beyond the inherent financial benefit, living in close quarters with members of the extended family is viewed by those who’ve embraced the concept as a way to further strengthen familial ties.”

The Roles of Seniors in Extended Families

Sharing a home with adult children and grandchildren has benefits for all involved. Often the senior members are the main providers of support and care for the entire family. They perform child-minding and chauffeuring for the youngest generation when the parents are at work, they run errands, provide general home-management, and do the planning and preparations of meals. In his 2016 report to the Vanier Institute, Nathan Battam points out that “many seniors make significant contributions to family finances. More than half report that at least some responsibility for household payment and the provision of childminding “can have a significant impact on family finances, since childcare costs can consume a significant portion of family income. This is particularly true for parents of infants.”

Reciprocal Roles of Younger Family Members

In cases where the older person may need medical, physical and/or social assistance adult children are available to help and to monitor process and progress. The older generations benefit from interaction with family members in a familial setting. Battam emphasizes in his report that “regular company with family members can prevent social isolation among seniors, which research has shown can have wide-ranging detrimental effects on their health and well-being.”

Research shows that multigenerational households have the capacity to benefit all its members. Aside from the financial

advantages in sharing costs, adult children have “built in” childminders, home-managers and family historians. Children and grandchildren assist the frail elderly relatives with social, medical, and physical needs. Living in a multi-generational home lessens the social isolation and the marginalization felt by so many seniors. The youngest generation gets to truly know their grandparents, learn about family history, traditions and cultural origins.

The Demographic Challenge of Aging for the Elderly

The conclusion of a US National Institute on Aging study states that support and caregiving among generations is fluid. Older people help the younger generations and they in turn are the primary source of support for their older relatives. However the report points out that in “countries with very low birth rates, future generations will have few if any siblings. Thus there will be fewer children to assume care and support for older people.”

The alarming part of demographic research shows us that in the developed world, the birthrate is declining; thus in the future, there will be fewer children looking after more seniors. These findings must be taken as a challenge to all of us who are older to advocate on our own behalf and teach the younger generations how to provide appropriate, respectful and dignified programs and services for the elderly.

As the song goes: Who will be the Zaydes of our children, who will be the Zaydes, if not we?

Rita Roling

WHO WILL CARE FOR THE RAPIDLY AGING POPULATION?



There are more people over 65 years of age today in Canada than children under the age of 15. At the same time, there are 261 geriatricians and more than 3,000 pediatricians.

One has to ask the question: Are there enough geriatricians in Canada to cope with the increasing number of older adults? While the country's population rapidly ages, so do the number of geriatricians — 1/3 are over 55 years of age coupled with, until recently, a stagnant rate of practicing geriatricians. Could this critical situation lead to a perfect storm for the health-care system?

Geriatric medicine deals with the prevention, diagnosis, treatment, and social aspects of illness in older people, mainly patients 75 years of age or more. Geriatricians work with other members of the health-care team to prevent illness and restore a medically complex older person to a level of optimal ability and, wherever possible, return the person to an independent life at home.

Despite the shortage of geriatricians, some of the best models of care of the elderly have been born in Canada. An early pioneer of the "home is best" approach was Dr. John Sloan who developed the ViVE program providing multidisciplinary care for home-bound seniors. This Vancouver-based program targets frail seniors who would otherwise be in residential care, and allows them to have access to the medical and home supports needed to age in their community.

In Edmonton, the Comprehensive Home Option of Integrated Care for the Elderly (CHOICE) assists seniors to continue living independently and in their own home longer by managing all their health requirements. Not every senior is fortunate enough to be supported through home and community-based programs. Unfortunately, many seniors move into a nursing home often through the acute-care system with the entry point being the emergency room.

"Despite the shortage of geriatricians, some of the best models of care of the elderly have been born in Canada."

The ER is not the friendliest nor most welcoming place for a 90-year-old. It was not designed for a frail elder. The effects of lying horizontal in a hospital bed for 72 hours and not moving may lead to a post-hospital syndrome as the senior becomes nursing-home eligible.

But what if we redesigned the ER to be elder friendly? What if the first point of contact for an elder in the ER was a geriatric social worker whose care approach fast-tracked homeward bound to their community? To be reunited with their previous self. In elder-friendly ERs, staff are trained how to administer a geriatric assessment and taught how to communicate with someone who might have a cognitive impairment, rather than relying on the conventional emergency triage procedure. The outcomes of redesigned ERs in the

Trinity Health System in the United States have proven that elders have shorter lengths of stay, lower hospital readmission rates and better health outcomes reducing the social costs to the health care system and most importantly leading to superior quality of life for elders.

Geriatric social workers connect the elder with the programs and services within their community that will extend their independence beyond what was previously possible. Community supports like home care, nursing care, rehabilitation, and seniors' community centres focus on getting elders moving, eating healthy, attaining better sleep patterns all with a healing service approach as an effective alternative to acute care and nursing homes.

But there is hope. As the baby boom generation that was served well with a robust pediatric system are now caring for their aging and increasingly frail parents, they will insist the older generation have access to frail elderly home and community based programs supported by geriatricians who have expertise in the care of the most complex older adults. What is needed is a revolutionary different approach to elderhood as a life with meaning to shape a better world for children, adults and elders.

Dan Levitt is executive director at Tabor Village and an adjunct professor of gerontology at Simon Fraser University.

To read the unabridged version of this article, go to <http://jsalliance.org/hot-topics/>

Bill Gruenthal - Super-Mensch



At age 81, Bill Gruenthal lives life to the fullest. For over 40 years, he has

devoted countless hours of volunteer work to the Jewish community and beyond. He is truly a super-mensch, an example to both his fellow seniors and to younger generations.

The youngest child of German immigrants Hans and Herta Gruenthal, Bill was born in Netanya, Palestine in 1935. It is said that he was the first child to be born in the newly established city, where his parents were partners in a small hotel. After Hans' death, Herta eventually remarried and in 1947 the young family immigrated to Canada, settling in Silverdale, just west of Mission, BC.

In the fall of 1952, Bill set out for Vancouver. Perusing the Vancouver Province, he chanced upon an ad for an insurance firm seeking a junior clerk. His interview evidently went well as he has remained in the business for over 63 years.

A few years later, in 1960, a friend invited Bill to a Sunday night dance at the old JCC at 11th Avenue and Oak Street. That night he met Noemi Yadlow, who had arrived from China in 1952. They were married the following year at Schara Tzedek. They have been married for 54 years and have three daughters, two of whom live in Calgary and one who lives in Ladner.

In the 1960s, the Gruenthals joined Temple Sholom during its early days and Bill served as treasurer during the campaign to buy the congregation's

first permanent location on West 10th Avenue. The family later joined Burquest Jewish Community Centre in the late 1970s, where Bill served as President for five years. He has been a supporter of the JNF for over thirty years and served as President from 1996 through 1999. Two years later, in November 2001, Bill became President of the Jewish Historical Society. In this position, he saw the organization through the transition into the Jewish Museum and Archives of BC, which opened in 2007. In the years since, Bill has remained a Director and become a member of the Council of Governors. More recently, Bill has joined the Board of Directors of Temple Sholom, overseeing the monthly Seniors Lunch Program. He is a member of the Jewish Advocates for the Conservative Party of Canada.

Bill is equally committed to community work outside the Jewish community. In 2015, he concluded fifteen years as a Director of the Nikkei Place Foundation. For over twenty years he has been a Director of the Canada Japan Society of BC. In the 1950s, he was Photo Editor and a member of the Editorial Board of the Junior Chamber of Commerce Magazine.

Miraculously, amidst all these commitments, Bill finds time to follow his passions for gardening and walking the breathtaking parks of Metro Vancouver. Tonight we honour and thank Bill for his generous and incomparable devotion to community. Thank you Bill.

Bev Cooper with appreciation to Michael Schwartz for his valuable input

Ralph Jackson -



Our grandpa, Ralph Jackson, is always ready for new adventures, travel,

service and family fun! We can't believe he will actually be turning 90 years old on August 17, 2016. He was born in Glasgow, Scotland in 1926, and after many adventures throughout the UK, he came to Vancouver in 1966 with our grandma, dad and uncle, who were just small boys at the time. In 1994, he became the proud grandpa of us – twin granddaughters! He beamed as he held us up in each of his arms – so we've been told.

Over the past 22 years we have had the good fortune of having Grandpa live close enough to watch us grow up into adulthood. He has cheered us on at numerous soccer and softball games, thrown the first pitch at Nat Bailey stadium for the Vancouver Canadians, and given his time to endless meetings and events as a loyal member of the Royal Canadian Legion, Shalom Branch #178.

Throughout our lifetime with Grandpa, we have watched him with pride as he provided service and mentorship to the Jewish War Veterans and to organizations associated with them. We have also watched both Grandma and Grandpa sell poppies at Oakridge Mall throughout the month of November. We have stood by Grandpa's side at the Vancouver Cenotaph during Remembrance Day Ceremonies and we have walked together with him on behalf of the Shalom Branch to lay many wreaths. One time after the ceremony, he invited both of us to have lunch at

Our Grandpa

the Louis Brier Retirement Home with all of the veterans. We were honoured as we watched our grandpa lead the group in old wartime songs.

Grandpa has been described as a "true example of service above self". As a long serving member of the Shalom Branch he has held many positions on the executive. He is currently the Vice President and member of the financial committee, as well as being the President for many years in the past. He strives to continue to encourage others, including the younger generation to serve in the same or similar capacity. This is definitely a value that he has modeled for us.

Our grandpa will be reaching 90 this month, but don't let that fool you - he is extremely "young at heart". He has an amazing ability to keep up with the times, using his iPhone to text and to communicate with us. Throughout his life he has remained witty, joyful and optimistic about the future. He loves to sing, dance and make people laugh with his quick wit and sense of humour.

At 90 years old, grandpa will be recognized at the Jewish Seniors Alliance Annual General Meeting on September 15th for his tireless community work and service. This time we will all be cheering him on for his incredible achievement!

Thank you grandpa for showing us your dedication, service and honour towards the Royal Canadian Legion and other organizations. You have truly been a valuable role model for us! You're an inspiration to all!

Megan and Rachel Jackson

Recognizing Milton Adelson



Fact: On Saturday, November 13th, 1954 Milton Adelson set

a new British Columbia record at the old Aristocratic restaurant at the south-west corner of Broadway and Granville streets for consuming the most French fries in one sitting!

Fact: For the past 5 years Milton has been walking and I mean walking; 21,300 steps per day or 38,872, 500 steps over 5 years; looked at another way, Milton walks 8.65 miles each day or 15,786 miles over 5 years. This is tantamount to walking from Vancouver to Manhattan and back 2 1/2 times. I get tired just thinking about this!

Milton, along with his parents and sister, moved from Winnipeg to Vancouver in 1949. Milton graduated from Magee High School and attended UBC. In high school he played English Rugby and Canadian Football as a tackle. We became friends in the early 1950's through Habonim and Camp Miriam. In 1959 Milton married the former Vivienne Stusser and they are celebrating 57 years of marriage!

Most of Milton's working years were spent with Nelson Brothers Fisheries. However, during the last 7 years of his working life Milton was self-employed selling insurance for fisherman's boats, i.e. fisherman who were engaged in the fishing industry. Milton reported that these were very successful years due to his vast knowledge of the commerce of fishing.

Milton's interest in volunteering began

with his board membership on Camp Miriam and Schara Tzedek Synagogue. More recently, Milton served as Treasurer for L'Chaim Seniors Day Care a position he held for four years. In his own words, "We were helping people. It was a very small group. We supplied an important service to elders, many of whom were aged and frail".

About 10 years ago Milton was approached by the Serge Haber to join the Board of JSA. Serge told Milton, "I need you!" With that command Milton served as JSA Treasurer for 8 years retiring from that position 2 years ago. He continues as a board member. Again in Milton's words, "I had much pleasure in working with the Board of Directors. The work we were doing made it all worthwhile".

His children, Sarah and Lyle describe their father as a very thoughtful and active parent. Sarah said "Dad always encouraged us personally and professionally with compassion and tolerance. He is a very generous and loving father-in-law to Jordan and Lylia, and a Zaida to Oliver, Julia, Mikayla and Dany. "As a family we are so proud of our dad for all of his accomplishments and how he has contributed to the Jewish community."

Milty, all of us at JSA and those who know you personally take pleasure in honoring you. You talk the talk quietly but you walk the walk (literally) with much vigor. May you and Vivienne have many more anniversaries, great times with your children and grandchildren and may our friendship continue for many more years.

Kenneth Levitt

THE STORY OF THE SEPHARDIM AND THE LADINO LANGUAGE



WORDS OF A TRADITIONAL LADINO LAMENT

Arvoles lloran por llluvias - Trees weep for rain

Y montanas por aires - And mountains for air

Ansi llora los mis ojos - Thus my eyes weep

Por ti Querida mante - For you, dear beloved

Torno y digo que va ser de mi - I repeat, what will happen to me

En tierras ajenas yo me vo morir - In foreign lands, I will die.

After the destruction of the second temple in Jerusalem, those Jews who were not taken to Rome as slaves scattered all over the world. A large group of these Jews settled in Spain and became known as Sephardim (from the Hebrew word Sepharad meaning Spain). They learned the Spanish language and for the next 700 years led a very peaceful life there, living side by side with both Christians and Moors. At that time Spain was ruled by the Moors, Muslims from North Africa, who were happy to have Jewish neighbours who possessed so many talents. This period is called Spain's Golden Age.

This quiet period in Jewish history was spoiled by wars between Christians and Muslims. When Spain became a Catholic country, King Ferdinand of Castile and Queen Isabella of Aragon banished all non-Catholics. The ensuing new laws made it impossible for Jews to live there. Neither Moors nor Jews could deal in spices, be doctors or moneylenders and had to live in separate districts which would be

locked and guarded at night. After the final battle, the Jews were offered a choice - become Catholic or die.

Some Jews pretended to convert but practised Judaism in secret, lighting candles on Friday nights with drawn blinds. The ones who were caught were first tortured and then burned in front of the Spanish people. This "Auto Da Fe" or "Act of Faith" resulted in the death of many thousands of Sephardic Jews. In 1492 Ferdinand and Isabella issued an Edict of Expulsion ordering all Jews to leave. In fact the very last ships left Spain on August 5th of that year. Legend has it that this date was also the ninth day of Av, Tisha B'Av, a day remembered in Jewish history for the destruction of both the first and second temples, and which is now included in the Expulsion from Spain.

The Mediterranean was covered as far as the eye could see with small ships carrying fleeing Sephardic Jews—for which the Jews paid enormous fares. Areas of the Ottoman Empire, modern Albania, Bulgaria, Greece and Turkey, became Jewish havens while others headed for Ottoman North African possessions.

Welcome and resettlement in Turkey

The Sultan of Turkey, Beyazit II, sent his Turkish Navy to bring these Sephardim to his country at the eastern end of the Mediterranean. Beyazit realized that these Jews would bring to his poor people all the skills which Spain had enjoyed. So he promised them freedom of religion; and the Sephardim settled. They built beautiful synagogues and used their talent and skills. During this period, the Jews in the rest of Europe were being killed because of their religion. Turkey continued to welcome them in peace as traders, linguists, doctors, astronomers, mathematicians, mapmakers and printers. They also excelled in textile design and embroidery, carpet weaving, precious metalwork for jewellery and making weapons.

The development of Ladino

Thus Sephardic Jews, including my own family, who had lived in Spain for so many centuries settled to a relatively good life in Turkey for the next 500 years. To this day many of us still speak 15th century Spanish, the Judeo-Spanish language

called Ladino, which over the years incorporated many Turkish, Hebrew and Greek words. Those Jews who settled in the countries around North Africa adapted their language to the Judeo-Arabic Haketia.

For most of its lifetime, Ladino was written in the Hebrew alphabet, in Rashi script, or in Solitro, a cursive method of writing letters. It was only in the 20th century Ladino began using the Latin alphabet. The language continued to be spoken amongst all those fortunate people who managed to escape the Inquisition and ended up in any part of the Ottoman Empire. Ladino was the 'lingua franca' amongst all Sephardim where a Greek born Jew could speak to an Albanian Jew with ease, or a Turk with a Bulgarian.

Ladino was spoken in the home and widely in the Sephardic community. Much of the Shabbat services in our synagogue was also in that language.

Ladino today as a spoken language

Our nearest Ladino speaking community is just over the border in Seattle, with others in Los Angeles, San Francisco, New York and South Florida, and I am a member of a Ladino Internet group based in Texas which has members around the world. In Europe the Spanish government is actively encouraging Jews who can prove their Spanish ancestry to apply for citizenship, the same goes for Portugal, and are also sponsoring programs based in Madrid for learning the Ladino language. The Nazis destroyed most


of the communities in Europe where Ladino had been the first language among Jews. Israel is now the country with the greatest number of Ladino speakers, with about 200,000 people who still speak or understand the language. Many citizens have kept their Ladino alive in print through newspapers, food and music.

Ralph Levy



You can read the complete version of this article at:

<http://jsalliance.org/category/entertainment/culture-and-literary-corner/>



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"WE'LL MEET AGAIN" PAL STUDIO THEATRE

On Saturday evening, June 4th, a friend and I attended a concert at PAL (Pacific Arts Lodges, Vancouver), in honour of their tenth anniversary. It was a fund raising event for the PAL studioTheatre, PAL Vancouver and the garden committee. To quote from their on-line information, "PAL Vancouver's mission is to provide veterans of Vancouver's performing arts industry with affordable housing within a vibrant and creative community setting." The negative impact of isolation on age-related illness and disease is well understood.

PAL's mandate

Performing Arts Lodges offer an innovative solution for members of the professional arts and allied industries who often lose touch with the vibrant, dynamic collective that underpins so much of the creative efforts that we all enjoy." PAL provides residents with both a safe, affordable home and a supportive dynamic environment where they can stay active and creatively engaged in the community.

Focus on creativity and the arts

Their focus on creativity and the arts makes PAL unique among Social housing provider. In 2008 they were awarded a prestigious CMHC Best Practices in Affordable Housing Award. PAL was co-founded by Vancouver actor Joy Coghill and theatre director Jane Heyman in 2001. In 2004 they received approval for the development of the housing project at 581 Cardero (at the foot of Georgia Street. In 2006 the eight story social housing and theatre complex opened.

The Play: We'll Meet Again

That evening performance in the PAL studio theatre was called "We'll Meet Again" and featured Lorraine Foster and Patricia Duval singing the songs of Dame Vera Lynn. The singers were supported by Bill Costin on piano, Tim Stacey on bass, and Mike Higgins on drums. The theatre was set up cabaret style with round tables and a few rows of seats on tiers at the back.

Besides singing, and encouraging the audience to join in, Lorraine and



Photo: Vera Lynn in the 40's
(credit: Associated Newspapers)

Patricia regaled us with information about Dame Vera Lynn-- for example that she is still alive, which most of the audience were surprised to learn. The audience was extremely enthusiastic and almost everyone joined in the singing. During the intermission people socialized and wandered around the beautiful rooftop garden that surrounds the eighth floor where the theatre is located. PAL often presents events in the studio theatre that are excellent performances and worth attending. The level of artistry is high, the setting is lively and Pal is certainly worth supporting. For more information on PAL and the events in the theatre please see their web site www.palvancouver.org. JSA's website features PAL at <http://jsalliance.org/category/entertainment/movie-reviews/page/2/>

To hear Vera Lynn sing "We'll Meet Again" visit YouTube: <https://www.youtube.com/watch?v=cHcunREYzNY>

Shanie Levin



Photo: Vera Lynn, 2016



The Serge & Elinor²¹ Haber

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MOST BRIDGE

RUSSIAN JEWISH SENIORS' SOCIETY

Интервью, которое Грэйс Энн провела с Пеги Кэйси.

Недавно овдовевшая и переехавшая в другой, незнакомый район, я задала себе вопрос: “Что мне теперь делать?” Множество мыслей сверлило мой мозг по мере того, как я перебирала разные возможности и размышляла о следующей фазе моей жизни. Но самой главной для меня необходимостью была связь с людьми. Я ходила к Грэйс Хэнн, чтобы узнать о работе волонтера, который бы организовывал собеседования с пожилыми людьми, давал бы им советы и рекомендации о том, как осуществить их намерения и планы. Но мне сначала надо было пройти курс обучения, который состоял из 55 часов тренинга, а по окончании курса поработать волонтером в течение года. Мне понравилось, что по завершении учёбы я буду встречаться с пожилыми людьми и проводить с ними индивидуальные беседы. Я чувствовала, что я могу многого добиться благодаря моему богатому жизненному

опыту и пониманию того, как его использовать. Обучение помогло мне поддержать моих сверстников, таких же пожилых людей, как я. И оно также улучшило общение с семьёй и с друзьями.

Поскольку у меня самой были проблемы со зрением, ко мне прикрепили человека с серьёзным заболеванием глаз и, кроме того, ему сказали, что он со временем потеряет зрение полностью. Его страх, когда я встретила с ним впервые, был вполне очевидным. Через несколько месяцев он уже мог свободно общаться и размышлять о причине своих страхов. Когда есть с кем поговорить, это существенно меняет дело. В течение последних 10ти лет я встречала многих людей, которые были уверены, что их жизнь не сложилась нормально и становится почти невыносимой. Прийти на помощь таким людям было для меня величайшей наградой. Моя личная жизнь изменилась к лучшему и продолжает улучшаться потрясающе быстро. Я почувствовала, что смогу наиболее полно выразить себя теперь и быть ещё более полезной для моей общины. У меня появилось много друзей благодаря волонтерской программе.

Ida Gitlina



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THE KARMA OF A JELLY MOLD

In 1965, I got engaged. My first household purchase was a jelly mold. My mother asked me if I had bought anything for 'setting up house.' I told her that it was a jelly mold. She said that a jelly mold wouldn't have been her first choice. I had bought the jelly mold because I was at a Tupperware party and I didn't want to leave without buying something! For the next 36 years, I gave very little thought to my jelly mold, for it had no special significance to me. Throughout the years, the jelly mold was kept at the back of a cupboard and I used it infrequently. Typically when I made gelatin dessert, the first dish of appropriate size that I chanced upon would be the one that I used.

Then, in 2001 an incident happened that hammered out the importance of a jelly mold. My dad married Jennie

in 1980. They were both 69. By 2001, they were no longer able to take care of themselves and they were moved to the Louis Brier Home. Jennie's life, as she had known it, had been wrenched from her. It was so difficult for her to leave the life that she had lived. She brought her china dishes and her jelly mold. My dad and Jennie brought way too much stuff.

The room was cluttered beyond acceptable safety standards. I scanned the room. I spotted Jennie's copper jelly mold that had been hanging on a hook on their wall in the kitchen. I picked up the jelly mold thinking that she couldn't possibly need it anymore. I explained to Jennie that she wouldn't be able to make Jello at the Louis Brier Home. Gaping with astonishment, she bolted towards me and grabbed the jelly mold. She quickly encased

it tight in her arms and held it to her chest whilst battling tears of anger and fear. She stammered that my dad loves Jello. She was so concerned that he wouldn't be able get Jello when he wanted it. I felt that I had been swatted by a boomerang!

It was then that I realized that the jelly mold was a part of Jennie's identity. It gave her purpose. I heard her desperation. I developed a respect for the many difficulties that many seniors face when they no longer are able to take care of themselves. And sadly, for many seniors, it might mean losing their sense of purpose. As for me, I wouldn't miss my jelly mold, but perhaps I would miss a pen and paper and the computer. What about you?

Bev V. Cooper

APPRECIATION FOR KARON SHEAR AND RITA PROPP

When it was announced at the Board of Directors meeting at the end of August that Karon Shear, our services coordinator, was taking a well-deserved leave of absence, there was silence in the room. Not one of us could imagine Jewish Seniors Alliance functioning without Karon Shear's knowledge, energy and dedication to our organization. How would we survive without Karon?

One month later, at the Board meeting before Rosh Hashanah, we presented Karon with a woolen scarf and a card which expressed our gratitude and

appreciation for the many years of dedication and hard work. Rita Propp was also honoured with a stunning autumnal bouquet of flowers and a card expressing our recognition and approval of her skills and her positive attitude towards us all.

This project was conceived and executed in secret: Emails were exchanged, gifts and cards were bought and money was contributed. We were able to maintain the secrecy, and both Karon and Rita were

astonished to receive their gifts and the good wishes. Furthermore, the BOD donated \$175.00 to JSA.

I don't know who was more grateful for the giving and sharing, Karon, Rita or every single board member in the room. It was a touching and meaningful event.

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Rethinking Aging



NOT THE TRADITIONAL NURSING HOME GRANDMA LIVES IN



By Jennifer Propp

Dan Levitt challenges societal attitudes toward aging by introducing a new approach to residential living. The goal of this interactive talk is to start a new conversation that reframes elderhood as an exciting stage in human growth and development.

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