

# SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 24(1) - FEBRUARY 2017

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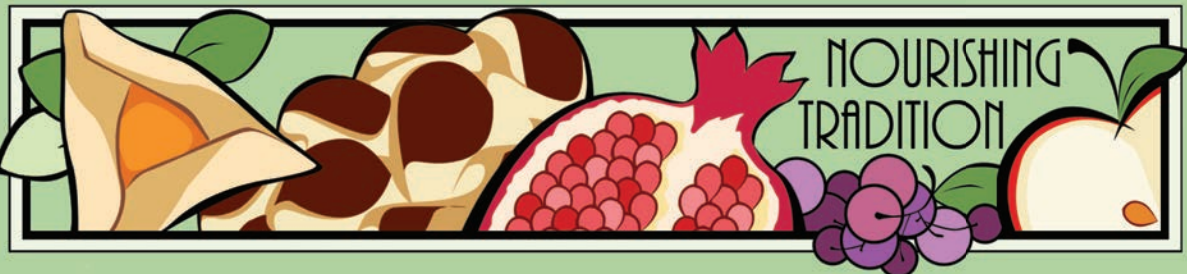
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## JSA Snider Foundation Empowerment Series 2016-17

Presented in partnership with Jewish Museum and Archives of BC and hosting organizations



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

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Cover art:

*"My Messengers of Gratefulness to Ward off Bitterness"*  
by Elaine Charach Campbell (see page 20)

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Dolores Luber

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**PRESIDENT'S MESSAGE**

I have been President of Jewish Seniors Alliance since September 15, 2016. The more I become involved in some of the minutiae (most presidents should never be involved in the daily operation of a not-for-profit social service organization), the more I appreciate what JSA is accomplishing and that we have a very promising future. When volunteers operate an organization it is impossible not to become involved in the day-to-day activities.

To remain relevant, organizations need to review their 'raison d'etre'. Why do we exist? Are the programs and services we provide meeting the changing needs of the clients we serve?

What are the opportunities and challenges we face moving forward? What additional resources do we need to meet these opportunities and challenges?

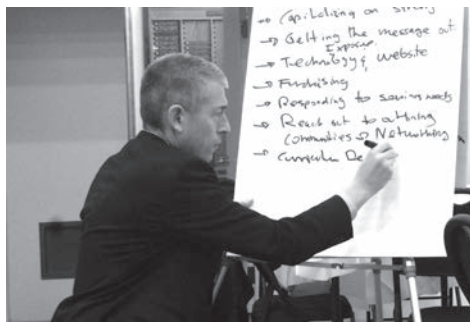
**Strategic Planning Retreat**



**Dolores, Larry and Rita thinking!**

# RENEWING OUR VISION STATEMENT AND DEFINING OUR GOALS

On November 20, 2016, members of the Board of Directors and Staff met for a Strategic Planning session at Beth Tikvah Synagogue to set priorities, to focus our energies, to strengthen our organization and to ensure common goals. The retreat was led by Dan Levitt, CEO of Tabor Lodge in Abbotsford.



**Dan Levitt at work**

We developed four strategic priorities:

**Marketing:** To spread the word; who we are and what we do; to further strengthen our website (we are getting more and more hits); and to make better use of social media.

**Fundraising:** To increase our fundraising efforts and to broaden our donor base.

**New Initiatives:** To encourage persons 55 and older to join JSA; to design opportunities for 'younger' seniors as volunteers.

**Serving the Broader Community through Outreach:** To broaden our Peer Service programs to serve new communities; to teach caregivers communication skills; to seek out new partners for advocacy and receive support on common areas of interest.

## Engaging with Aging Conference in Montreal Sept. 18-20 2016

We participated in a conference entitled, "Engaging with Aging" which was convened by the Canadian Council of Jewish Federations. I would like to share some of the highlights as they are most relevant to what is happening locally.

### 1. The Age of Not Acting Your Age

The traditional model of retiring at age 65 is changing. Spending time in a rocking chair at retirement no longer exists. Planning for the future continues and new careers begin. Work may continue, sex is never over, there are fewer loyalties, all options are open and the new seniors (Baby Boomers) are in charge of their lives. Baby Boomers want different kinds of volunteer experiences; teaching ESL, working on Habitat programs in Third World countries. The challenge for non-profits will be how to harness this talented group of younger seniors to help us serve our clientele.

### 2. Understanding Baby Boomers (born 1946-1965). What We Got Wrong!

Aging is not a degenerative disease. American researchers, David Elliot and Stuart Himmelfarb were commissioned to assist Canadian Jewish Federations to better understand the Boomer Generation; their needs, interests and how they view their Jewish heritage. They interviewed 5,000 affiliated Canadian Jewish adults.

**Continued on page 4...**

# THE POWER OF THE WRITTEN WORD: TO MAKE YOU HEAR, TO MAKE YOU FEEL

**D**ear Senior Line readers, JSA's members, donors and our community,

It is now official! As your editor I will continue to develop and improve the contents and the reading experience of Senior Line magazine. I confess to being a "perfectionist" who pays attention to everything and demands high standards from everyone, including myself. This character trait is a double-edged sword—the magazine is attracting and holding the attention of more and more

readers...and I do sweat the small stuff.

The articles in this issue have been written by no less than 16 authors. Please continue to send in your essays and your letters to the editor. The topics of the articles vary but they all address our goals of engagement, commitment and advocacy for the issues which seniors deal with every day.

I do not underestimate the power of the written word. It has saved lives, circulated powerful ideas and preserved traditions and memories. We on the



## EDITOR'S MESSAGE

editorial committee continue in this valuable, time-tested tradition. We aim to make a difference for the greater good, namely the encouragement of compassion and the implementation of improved services for seniors.

**Dolores Luber**

## LETTERS TO THE EDITOR...

Hi Dolores,

I just want to say thank you very much for delivering such an important and intriguing presentation last Wednesday [Peer Support workshop on the subject of Anxiety held September 21, 2016]. The lively question and answer and sharing during and after I think was a testimonial of how much our Senior Peer Counsellors truly appreciated your presentation. I too, as a new staff here learned a lot. It was very inspiring and empowering and it never ceases to touch my heart, that even with the lack of government resources and disjointed as these resources may be, that organization such as yours, ours and many others, are able to pool together our talents, skills, dedication, and heart to help others in need.

I am devouring the magazine you so generously shared with us and reading

the very informational articles. Thanks so much!

Warm regards,

**Maria Roxas**  
**Manager – Unpaid Caregiver Support**  
**and Let's Do Lunch Programs**  
**Burnaby Community Services Society**

Letter to the Editor:

Just a note to tell you I enjoy the Senior Line. The art was exceptional in June 2016. I would like to see more of the humour bits, I miss them.

Do you submit recipes once in a while, maybe a family Holiday favourite? As a senior I plant a lot of herbs on my balcony and anywhere I can find a spot. Gardening is good for the soul. Thank you.

**Joan**

### **Bequest from George Frank Nelson**

**This edition of the Senior Line magazine is dedicated to the memory of George Frank Nelson and his wife Rosie, in gratitude for their substantial donation from his estate.**

*Dear Joan, I like the idea of publishing favourite recipes.*

*Attention Readers, this is your chance to send us your favorite recipes with the background of the recipe, why, who, when, etc.*

**DL**

### **Correction**

We wish to correct a mistake in the review of the 4th Empowerment Series (Volume 23(3)-2016). In the third paragraph, we should have written SYLVIA YASIN. We apologize for this error.

...Continued from Page 2.

Here are their findings:

Jewish communities need to do a better job in engaging Boomers who constitute 50% of the Canadian Jewish population. Boomers feel less connected to the traditional Jewish community than their parents.

Although Boomers identify with the Jewish community this does not necessarily translate into belonging. They are far more in charge of their lives and interests than were their parents. When Zoomers (born after 1970) are compared with Boomers they are more at risk to drift away from mainstream Judaism. For this group there is much more interest in universal causes, less commitment to financial support of Jewish institutions and decreased membership in synagogues and organized Jewish community.

### **The challenge is how to engage the Boomers and Zoomers**

We need to better understand how this group manifests its Jewish, volunteer and philanthropic interests. We must develop programs and services that meet these interests. Do federations and synagogues budget directly or indirectly to focus on these groups? How do we leverage their skills, assets and interests? What Jewish and non-Jewish (universal) projects can we involve these groups in? Boomers and Zoomers have a role in healing the world.

### **Poverty in Canada is a ubiquitous phenomenon**

It is estimated that 1 in 7 persons in Canada does not have the required amount of/ or access to nutritious food. As evidence, in 2015 an estimated 800,000 Canadian visited food banks across our rich country. According to Stats Canada in 2014 an estimated 12% of seniors lived in poverty. About 17% (down 1% from 1973) or 2,100 members of the Jewish community of BC live in poverty. There are some wonderful programs and services that help to lessen the impact on families and individuals in poverty: food banks, winter coat drives, community diners, shelters and many more do a spectacular job but only deal with the symptoms of poverty.

British Columbia is the only Canadian province without a poverty reduction program. We need a program that promises to reduce poverty: more housing for the homeless, food security, more day care spaces, a provincial and a federal pharmaceutical program, a review of social welfare, handicapped allowances and guaranteed income supplements. These are some of the areas that require concerted and overall coordinated leadership. What do you think we can do to reduce the amount of poverty in our own community and province?

Please let us know.

**Kenneth Levitt, President**



[www.jsalliance.org](http://www.jsalliance.org)

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# JOURNEY THROUGH AGING

Dear Friends,  
Two recent events have inspired this article. The first event was being part of an afternoon of rededication of the Board of Jewish Seniors Alliance (JSA). The meeting was conducted by Dan Levitt. Together we examined where we came from and we charted a new five-year-plan for our future.

Our Strategic Plan is to continue with the work we are doing— Outreach, Advocacy, and Peer Support Services. We hope to increase services to the broader community with more programs and peer support. Engaging our members and volunteers that support our programs, is essential and it is vital to encourage and engage the younger seniors in our community.

The second event that I attended was the conference on “Aging Well”, offered by COSCO (Council of Seniors Citizens’ Organization of BC). Frankly, I did not learn anything new. But it confirmed and strengthened the fact that we at JSA are doing a job of great importance, with the development of our own seniors aging process. The whole conference was dedicated to the topic of what the aging process is, and what to do in order to fare well and thrive in this process.

It also pointed out how well JSA Programs are put together to benefit and assist our seniors in a truly significant way. The seniors population will double in the next ten to fifteen years. By retiring between

the ages of sixty-five and seventy-five years, we seniors have a lifetime ahead of us. The better informed we are of what lies ahead, the better we will fare.

Jewish Seniors Alliance is executing programs in definitive areas: Outreach/ Advocacy and Peer Support Programs. All of our programs are preventative by nature, that is, our goal is to prevent frailty, loneliness and isolation. They are delivered free of charge.

**"All of our programs are preventative by nature, that is, our goal is to prevent frailty, loneliness and isolation."**

Seniors, for their own good, have to be involved, they have to volunteer, they have to keep busy and keep healthy. You cannot say “let him/her do it”. Younger or older Seniors, we all must get involved, both physically and financially to better ourselves and our community. Sooner or later we Elders will need help, and it does not matter if you are rich or poor.

Are you taking for granted the forums, symposiums, empowerment sessions, Senior Line magazine, the website and the crucial services of our Peer Counselling: weekly phone calls, weekly visits, information and referrals, and bereavement support? Many other programs will have to be developed in the near future concerning mental care and support of caregivers, e.g. the



**SERGE HABER'S MESSAGE**

wellness clinic, which must respond to issues as they occur, in order to help the aging population. There are hundreds of seniors in our community isolated, single, abused, marginalized and poor.

Look at yourself in the mirror and say I don't care! I will look after myself and let everybody else look after themselves. Look again in the mirror and see yourself thirty years older and consider your attitude again. Consider the benefit of your being involved and having the support you need, with the kind of programs that JSA can provide you.

Sometimes my outlook for the future is pessimistic or perhaps negative. After all, I am 88 plus years old. I have been involved working with seniors for the last thirty-five years and have experienced a lot. I speak from that experience, sharing with you how I feel about the aging process.

May I take this opportunity to wish you and yours all a happy New Year in 2017, good health, and good support from your children, family and friends.

God bless,

**Serge Haber**  
**President Emeritus**



# Rethinking Aging

NOT THE TRADITIONAL NURSING HOME GRANDMA LIVES IN

"Aging is not lost youth but a new stage of opportunity and strength." *Betty Friedan*

On Sunday November 6, **Ken Levitt**, President of Jewish Seniors Alliance, presented their Fall Symposium at Peretz Centre, featuring a lecture by **Dan Levitt** and his creative approach to residential living.

**Gyda Chud** introduced **The Three Amigos, Yom Shamash, Ian St Martin** and **Steve Glass**, a musical trio who urged us to join in as they sang and played Yiddish and Jewish songs which included *Ba Meir Bistu Shayne, Falling Leaves* and *Do Nothing until You Hear from Me*.



The Three Amigos

**Shanie Levin** introduced Dan Levitt; "In continuing the theme of our Empowerment Series 'Thriving until 120', we have invited Dan Levitt, Executive Director of Tabor Village. Levitt is also an adjunct professor in the Gerontology Department at SFU whose insights and leadership

on seniors' care are sought after in Canada, US, Europe and Asia." Levitt challenges societal attitudes towards aging by introducing new approaches to residential living. The goal of his talk was to start a conversation that reframes Elderhood as an exciting stage in human growth and development.



Gyda Chud and Dan Levitt

## Maintain high expectations and encourage a sense of individual responsibility

Dan encouraged us to discard the stereotypes of aging. Levitt cited an experiment where the all the residents of a first floor seniors residence were each given an African violet to care for. The residents on the second floor were told of a doll that was left in the care of the staff and which they had to make sure didn't get lost. On

follow up, it was discovered that those who were given individual responsibility to care for the plants thrived, requiring less medication and their moods were uplifted whereas those with the collective responsibility did not do as well. The idea of individual responsibility has been successfully introduced at Tabor Village. A resident, remembering her recipe for pancakes, proceeded to make pancakes from scratch for 20 diners. She then approached Levitt saying: "You didn't think I could do it, right?" He had to agree as he looked around the spotless kitchen. She had not only cooked and served the food, she had cleaned up afterwards.

## Reducing the use of anti-psychotic medications with music therapy and computers

Statistics show that, on average, seniors are taking 9 medications,



Serge Haber and Sheila Gordon





Michael Gal, Tamar Cohen, Sarah and Arieh Engelberg

including chemical restraints, anti-psychotic medications, to calm the behaviour of residents. An alternative effective method is music therapy. 'Alive Inside' is an experiment by Dan Cohen which introduced iPods and earphones placed on the residents' ears, into a senior home. The music produced unprecedented recovery in non-verbal residents. They readily responded to the familiar music, singing along. Some were able to hold a conversation, saying that the music gave them hope and happiness inside. Subsequently a program called 'Music and Memory' was instituted successfully. Many residences have had computer classes introduced benefitting residents. Breaking old policies is indeed difficult but must be strived for!



Ron Levitt, Helen Labonte and Nancy Chang

## Changing popular perceptions of seniors

Levitt pointed to a traffic sign saying Elder Crossing in his power point presentation which depicted a couple crossing where the male was bent over using a cane. Following that the audience was asked to call out words describing seniors: forgetfulness, hard of hearing, bad knees, slowing down, nuisance, pains, and dementia- were words used. Levitt then proceeded to enumerate super seniors - one who had climbed Mount Kilimanjaro at age 90, another who golfed and had come close to beating the pros at age 90, and Olga Kotelko who had raced, breaking records, winning medals at age 90 annually until her death.

## Hogewyk, a village built for and devoted to seniors with dementia

An example of an experimental and successful program is Dementia Village, Hogewyk, in Amsterdam. A small Ontario town, Pentanguishene, has recreated a village like Hogewyk. The residents can shop and walk to the market. Residents and their relatives are pleased with how happy those living in this community are. In Florida, Miami Jewish Health Systems is seeking to create a similar program. Green House Project focuses on helping companies and individuals convert or build residential homes where every room has a shower. These residences, which exist in several states in the USA, can provide a high level of care for those who do not wish to be in a nursing home.



Ben and Rita Roling

Levitt ended his inspiring talk with a quote from Margaret Mead "Never doubt that a small group of thoughtful committed citizens can change the world. It is the only thing that ever has." We can change the world...our world; there are great possibilities.

The success of this event is in large part due to the dedicated help of Marshall Berger and the JSA office staff - Rita, Liz, Virginia and Jenn.

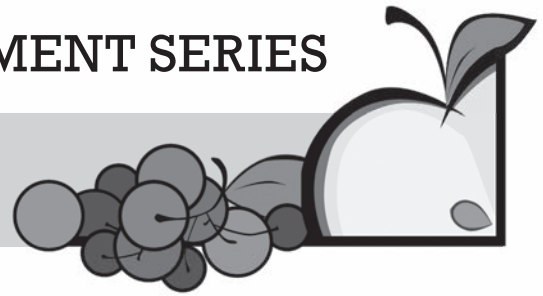
## Binny Goldman

A full version of this article and a video taken by Karon and Stan Shear, will up on the JSA website - [jsalliance.org](http://jsalliance.org) for those who may have missed this exemplary session of sharing possibilities of the future.



Liz Azeroual and Rita Propp

**"Never doubt that a small group of thoughtful committed citizens can change the world. It is the only thing that ever has." Margaret Mead**



## FOOD AND THE STORIES THEY TELL

On Friday, November 25, 2016, JSA's first Empowerment Series in partnership with Jewish Museum and Archives of BC was held at the Peretz Centre. **Gyda Chud** welcomed the people gathered to learn about the theme selected for this year's series, *Food: The Doorway to our Culture*. **Ken Levitt**, President of JSA, wished all a 'Gutehn Taug', *Boker Tov*, thanking Gyda Chud as an example of *koach*, strength in all she did.

**Michael Schwartz**, Coordinator of Programs and Development of the Jewish Museum of BC described how they concentrate on collecting and caring for documents, photographs, artifacts and oral histories which chronicle all facets of Jewish Community History. Their theme this year is "Feeding the Community," thus partnering with the JSA whose theme centered on food was natural fit.



Tamara Frankel and Ben Rolling

Food represents identity, acceptability and relationships.

**Shanie Levin's** first story was an excerpt from *"Rhapsody in Schmaltz"* by Michael Wex in which he listed the various blessings to be said before and after consuming foods. Levin revealed that Ashkenazi Jews remained close to their customs of origin however Sephardic Jews more often adapted their food preparation according to the country in which they found themselves.

A crowd favourite was *"The Chicken Tale"* by Rabbi Daniel T. Grossman which had everyone laughing, hearing about the rabbi who travelling with a group of Jewish choir singers, found himself in a town which knew nothing about the customs of Jews. What happens when his hostess makes some assumptions makes for a hilarious tale.

A personal favourite of mine was *"Challas in the Ark"* by Rabbi Zalman Schacter. The shul caretaker, Jocabo, was desperate to know if he had found favour in God's eyes. Knowing his wife was an expert Challah baker, he asked her to bake 12 loaves which he then placed in the Torah ark thinking that if they were gone in the morning then



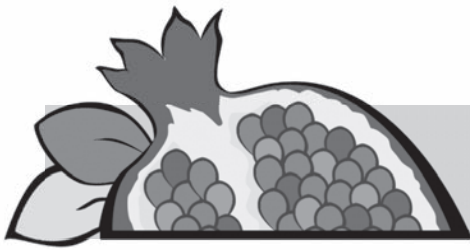
Debbie Fenson and Elliot Dainow

he would know God had accepted his offering. In the meantime the *shamash* who had not been paid for many weeks and had a hungry family, was pleading with God to show him a sign in the Torah ark that his prayers were heard. Great and wonderful things happen! Levin's excellent reading held the listeners' attention enabling them to envision the action as each story unfolded.

The musical program followed consisting of **Debby Fenson, Deborah Stern Silver** and their accompanist **Elliot Dainow**. Introducing their program Deborah Stern Silver said the songs being presented will be of Ashkenazi sources. *"Tiereh Malkeh"* is a Yiddish drinking song included props of a drinking cup and an empty bottle of wine. The audience eagerly joined in with the chorus of *"Bulbehs"* (potatoes), which bemoaned the daily eating of potatoes. The third song transported everyone to the Israeli market place *"Shuk Ha'Carmel"*. *"Rohzhinkehs mit Mandlen"* a lullaby sung to children, brought tears of recognition and nostalgia.

It is impossible to capture the warm feeling of shared *chavershaft* (camaraderie) prevailing in the room, a *Fahrigenigehn*, a deep pleasure and enjoyment. It was a superb session which left everyone spiritually nurtured and nourished, encompassing all that gladdens the Jewish heart within each one of us. *A Hartziken Dank tzu Alemehn!*

**Binny Goldman**



## FOOD THAT NOURISHES OUR SOULS



On Wednesday, January 25 2017, a treat awaited all who attended the screening at the JCC of filmmaker Julie Cohen's - *'The Sturgeon Queens: The Story of RUSS and DAUGHTERS'* presented by The Jewish Seniors Alliance in partnership with L'Chaim for the second in their Empowerment Series with the theme 'Nourishing Tradition: Food -The Doorway to our Culture.'

**Ken Levitt**, President of JSA, welcomed the crowd with a *Groisehn Dahnk* and a *Todah Rabbah*. **Michael Schwartz**, Coordinator of Programs and Development of the Jewish Museum and Archives of BC, a partner of the four JSA Empowerment sessions, affirmed the important role which food played in keeping traditions alive for future generations.

**Stan Goldman**, on behalf of JCC Seniors, introduced today's film as the story of four generations of New Yorkers in the appetizer-shop business, selling smoked fish, lox, herring and sturgeon. He had tasted smoked fish there for the very first time.

Julie Cohen first discovered the famed fish store in 2007. Upon realizing that the sisters Hattie and Anne were still alive, she flew down to Florida to interview them. This is a documentary about the start of the appetizer shop which their father founded almost 100 years ago. Joe Russ came to New York at age 21 and used a push cart to sell his herring. He went on to sell from a horse and wagon in 1917, and finally opened the shop in 1920. He enlisted his daughters to help

him—one, age 12 the other 14. In time the girls became full-time workers and eventually his partners. Russ even added "and Daughters" to the name of the shop - which was a first then. As Ruth Bader Ginsburg (Associate Justice of the US Supreme Court) stated that even though she was not a feminist, this move made her very happy, seeing this was an enterprise where daughters counted.

When immigrants first arrived in this area of New York, fish is what they ate. It was cheap as they struggled to make their way. Russ and Daughters, celebrated 100 years of existence. They strive to maintain the tradition, the quality and the history of their shop, enriching the lives of their customers who come to buy and linger to chat.

Nicki Russ Federman runs the establishment now, along with Josh Russ Tupper. Hattie and Anne had set the stage for their grandchildren to thrive and for future generations to *kvell*. Molly Picon, Zero Mostel and Morley Safer are just a few of the famous who have come to their shop. Herman Vargas, a Dominican, has been with the shop for 26 years, having learned to speak Yiddish many years ago and feels part of the family. New Yorkers feel that they are

connected to a living piece of New York history, part of which was narrated by several seniors gathered around a table telling the viewer the story of the shop.

100 years - 4 Generations, 1,800,000 lbs of pickled herring! Russ Federman said: "It was powerful to watch the expression on my grandmother's face as she watched the movie - she was watching her life affirmed." **Shanie Levin** of the JSA asked the members of the audience if the film had been enjoyed. She was greeted by a huge round of appreciative applause. Comments overheard over refreshments were: 'It warmed my heart!' 'It made me happy to be Jewish.' As Hattie at the end of the film said, after she and Anne had finished singing 'Sunrise, Sunset' from 'Fiddler on the Roof', "We are *'Shepping Nachas'!*" And I must admit, so were we!

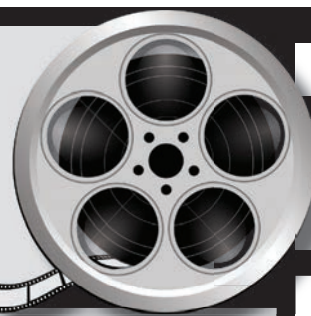
**Binny Goldman**

Michael Schwartz



Ken Levitt and Leah Deslauriers

# SENIORS IN THE MOVIES: The Best is Yet to Come!



On the occasion of his 90th birthday, **Tony Bennett** has written a new book entitled *Just Getting Started*. At his birthday celebration he said “There are so many things in life that bring the public down and the one hour that I perform, I try to lift up their spirits and make them feel good about life. And when they feel good, I sleep well.” We at JSA will drink to that! *L’Chaim* לחיים

We congratulate **Bob Dylan**, age 75, for his winning of the Nobel Prize for Literature “for having created new poetic expressions within the great American song tradition.” His lyrics were valued for their success in stirring pleasure and inspiration. Around the world Dylan has inspired more political change than all our think tanks combined. In fact, there is a stubborn optimism underlying even Dylan’s darkest songs because he embraces faith in people and democratic institutions. Dylan’s moral vision resisted the sudden secularism of the Sixties and stood proudly on religious underpinnings (<http://www.c2cjournal.ca/2016/10/dylans-nobel-dont-think-twice-its-alright/>).

**Churchill’s Secret** is a delightful British movie based on historical facts, slightly embellished. Michael Gambon (age 76) and Lindsay Duncan as Clementine (age 66) are superb as Mr. and Mrs. Churchill. Aided by Nurse Millie Appleyard (a figment of the director’s imagination), Churchill is cared for (secretly at Chartwell, his family home) after a severe stroke; and the world is unaware of this medical and political crisis. Squabblers and alcoholics, the snarky siblings, Diana, Sarah, Mary and Randolph are fun to watch. A lovely picture of hope, power, family and growing old.

**Denial** is a post-Holocaust drama based on the actual trial of Holocaust denier, David Irving. American academic Deborah Lipstadt is sued by Irving for libel on the grounds that her book *Denial: Holocaust History on Trial*, has ruined the once well-regarded military historian’s career. A band of British lawyers are hired by Lipstadt; they must prove that the Holocaust did indeed take place. They must disprove

his evidence. There are compelling courtroom arguments. Tom Wilkinson (age 68) as Lipstadt’s Scottish lawyer makes Irving squirm in the stand. All of the trial testimony comes from court transcripts. Had Mr. Irving won his case, the potential repercussions would have been catastrophic.

## **Farewell to Leonard Cohen (1934-2016)**

Leonard Cohen’s death has brought forth a wave of appreciation and accolades. Moses Znaimer wrote, “He was calm in the face of death...” His song, ‘Going Home’ is the perfect expression of what he knew was coming.

Going home without my sorrow  
Going home sometime tomorrow  
Going home to where it’s better  
than before  
Going home without my burden  
Going home behind the curtain  
Going home without the costume  
that I wore

It’s stunning—he had a sense that he was getting close to his time... But the most lasting image that I will always have of him is of a man in a room, a bare room, trying to write the perfect song (Zoomer Dec. 2016/ Jan. 2017).”

**Excellent Films available  
at the JCC Waldman  
Jewish Public Library**

## **Forget Baghdad, שכח מבגדד, 2003**

In this documentary the director, writer and narrator, Samir, delves into the lives of four Iraqi-born Jews living in Israel. He asks the question “what is it like to change your country, to forget your culture and language and to become the enemy of your own past?” Shimon Ballas, Moshe Hour, Sami Michael and Samir Naqqash, Jewish men in their 70’s, grew up in Iraq at a time when Arabs and Jews coexisted there more or less peacefully.

All four are self-described *Mizrahim* (Oriental Jews) living in a country dominated by *Ashkenazi* (European-descended) Jews. About two-thirds of the movie is devoted to reminiscences. The other third focuses on the work of Ella Habiba Shohat, an Israeli film scholar devoted to analyzing the stereotypes of *Mizrahim* in Israeli cinema. In English with Arabic and Hebrew subtitles.

**Rabin, the Last Day 2015**  
**רבין היום האחרון**

On Nov. 4, 1995, after addressing a large peace rally in a Tel Aviv square, Prime Minister Yitzhak Rabin of Israel was assassinated by a law student named Yigal Amir. The movie *Rabin, the Last Day*, is a mixture of documentary and historical re-enactments which not only relive the actual assassination but also, delves into the lapses of intelligence and the excuses of those responsible for the safety and security of the Prime Minister, as provided by the Shamgar Commission of inquiry, headed by the president of the Israeli Supreme Court. We see the threats, extremist propaganda and religious fanaticism; all of which was known to the authorities and yet, not taken seriously.

Amos Gitai, the director, asks the question “How did it happen?” His anguish is palpable, so is ours. While the earnest bureaucrats of the commission question police officers and limousine drivers, a world of religious and ideological zeal is explored that exists at once in plain sight and beyond the reach of their inquiries. We, the viewer, share in his profound frustration. The movie is in Hebrew, with English subtitles, PAL format.

**Gett: The Trial of Viviane Amsalem,**  
**גט: המשפט של ויויאן אמסלם**  
**To Take a Wife ולקחת לך אישה**  
**and The 7 Days שבועה**

Although the recent movie *GETT* stands alone as a masterpiece, audiences may be surprised and delighted to learn that it is the third film in a trilogy. The first film by sibling directors Ronit and Shlomi Elkabetz in this series was *To Take a Wife* *ולקחת לך אישה*, 2004. Ronit Elkabetz’s brilliant performance as the wife in a troubled marriage reveals, in shattering dialogue and exquisite detail, how a couple can live for years enduring mental torture and perpetual misery. The second film *The 7 Days* *שבועה*, 2008 continues the story of Viviane and her family. Maurice, one of nine brothers and sisters, has suddenly died. The family (the same actors as in *To Take a Wife*) gathers for the traditional seven days of mourning (*shiva*) in which they are not allowed to leave the house. Old resentments, jealousy, gossip, long term rivalry and financial problems come to the fore.

“*GETT*” is Hebrew for a divorce decree, something which can be very difficult to get in Israel, where rabbinical courts hold jurisdiction and which must be granted by the husband. The movie *GETT: The Trial of Viviane Amsalem* *גט: המשפט של ויויאן אמסלם*, 2014 is a riveting drama which follows the five-year struggle of Viviane (Ronit Elkabetz) to break from her loveless marriage to husband Elisha (Simon Abkarian). Same actors, same intensity—a woman seeking a divorce from her domineering husband in a religiously conservative country. All dialogue takes place in a barren court room, the cast of characters are witnesses and lawyers who flow in and out. It is as relentless as an action-adventure picture. The heroine’s plight is the focus of attention, she is the heroine in a narrative she cannot control.

All three films are in Hebrew, Arabic and French with English subtitles. *Shiva* is in PAL. It requires a special DVD player; or it can be viewed on any computer.

**Dolores Luber**

**HUMOUR!**



# VOLUNTEER PROFILES

## Audrey Richards



My life has always been a mixture of difficulties and blessings. I was born into a home with an alcoholic father who struggled throughout his life. This in itself taught me some very effective coping skills. It also set the stage for me to gain a better

understanding of this devastating disease. At a very young age, I learned to be supportive within our family and I was helping out in our family business at the early age of 10. With a supportive sister we made it through and then we branched out and created our own lives. I became a hair stylist and raised my family in a tiny town in Alberta.

It was in this town that tragedy struck and my little boy died as a result of being plowed over by a car while he was innocently playing on the road, a natural playing field in small towns. As I reflect back to that day, I realize once again the impact this had on my life and my greater understanding of what other moms go through.

In my 60's I moved to Vancouver to be close to my daughter, this was a very positive move as it encouraged me to try something different. I became an apartment building manager. Adding to my already practised listening skills from being a hairdresser, I became a sounding board for tenants going through difficulties, especially seniors. Helping navigate various housing subsidies was a natural fit for me.

When I reached 64, I asked myself what I will do when I retire. I was drawn to the plight of seniors and wondered how I could make a difference. I took the Senior Peer Counselling training and became a peer counsellor. By now, my listening skills became a part of my life and I geared up to help others. Not only have I helped others but I have received as many benefits for myself. I continued for several more years as a building manager, only now, I had more of an understanding of other challenges my peers go through. I became very involved with creating an awareness regarding elder abuse.

Throughout the years, I have been a part of a supportive team and with guidance from Grace Hann, my life has become much richer. I am now 77 years old, I am supporting three of my peers and I am as involved as when I was 64!

Many thanks to J.S.A. for continuing this wonderful program.

## Tatiana Burstyn



After completing high school, I hunkered down and majored in Geology. As I evolved, my interest expanded to Geography, connecting both human and physical sciences.

My interests were put aside in 1986 when the Chernobyl reactor failed, sending plumes of radiation into the atmosphere. Concern for my family grew and my husband Leo and I moved to Canada.

Fortunately, I got my first job at a day care where little children are not as concerned with your different language and inability to speak to them. Their primary instinct is to react to love, patience and empathy. They were able to teach me!

Our life in Canada had taken off, my husband Leo integrated into the workplace with ease because of his technology skills. With my teaching skills I taught both Russian and Ukraine. However, my new home did not allow me to escape all of the challenges, I began to see poverty in my new country. I volunteered with street children in Kamloops, our new home. I felt so fortunate to give back to Canada which I now consider my Mother Country!

In the early 90's, I was able to go on another journey, this time to India for two years. It was here that poverty truly manifested itself to me. I was fortunate to work with an outstanding man, Dr. Shaw at a school for children living in the slums. This was a very humbling experience.

Now it is Vancouver that I call home. From here we are able to travel and continue with our passion. From time spent in Israel to the Outback of Australia where my interest in aboriginal people was piqued.

Two years ago I took the Senior Peer Counselling course with Jewish Seniors Alliance. Now, my focus is with supporting my peers, respecting our differences and understanding the challenges which many people experience.

For now, I am off to New Orleans to experience the Carnival. I will come back invigorated and once again focus on volunteering, my art and jewellery making.

**Interviews by Grace Hann**



**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 feeling 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.**

# CARTOON CAPTION CONTEST

Congratulations to our Winner!

**Evelyn Lazare**

## Our Runners Up:

**"As a Senior You'll Get a 10% discount."**

Dr. Hinda Avery

**"Take Two And Call Me In The Morning!"**

Binny Goldman

**"Moishale, here, have two latkes for your effort."**

Sidi Schaffer

**"I understand your confusion. 1.....10 should help with that."**

Bea and Stephanie Goldberg



**"I'd send it by email but the Internet service is down."**

Thank you to everyone who submitted a caption

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](mailto:office@jsalliance.org)

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



# ASK HANNAH: YOUR PERSONAL ADVICE COLUMN

This column begins with an excerpt from an essay written by Bev Cooper. The question which is evoked in her work is “How can we accept, love and interact with family members and friends who have dementia?”

## DAD’S SILENT VOICE

I feel that some of the people who pass me by think that I am just a body in a wheelchair parked in the hallway of a nursing home. My head droops and I wear a bib and I drool. My vision is poor. My hearing isn't much better. I want to communicate, but the words don't come out. I don't smile anymore. I was a person. I lived a full life. My wife Leah and I raised four children. We worked hard for a living. We volunteered in the Jewish Community. I retrieve fragmented memories, imagination and dreams which carry me through. Each day I travel to those places. They have become my reality...

... I often feel ignored. I know that I am not just a blob in a wheelchair. I know that I am more. So, please talk to me. Please tell me my stories that I loved to tell. Please hold my hand. Please give me a hug. Please sing a song with me...

### Dear “How can we accept, love and interact with those affected by dementia?”

Bev Cooper has captured with empathy and compassion, her father's state of mind. It is incumbent on us, the healthy and the strong, to accept and assist those who struggle with the ravages of dementia. How are we to interact? My advice is to be courageous, to leave behind denial, that is, pretending you won't get it, or pushing aside some strange behaviour that you have noticed in yourself or not having that test that the Doctor suggested. I urge you to educate yourself, prepare yourself, talk about it, and get to know those who are affected by Alzheimer's disease.

Louise Penny's essay “The Last Promise” discusses the ‘new normal’ of her husband Michael Whitehead's deteriorating condition as a result of Alzheimer's (AARP the Magazine, October/November <http://www.aarp.org/home-family/caregiving/info-2016/mystery-writer-louise-penny-personal-essay.html> .

Elaine Campbell's painting “My Messengers of Gratefulness to Ward

*off Bitterness (our cover), Resentment, Indifference and Self Pity”* represents a plea to be grateful for our lives and blessings and not to become complacent, arrogant or uncaring of those less fortunate. When you are knowledgeable, accepting and compassionate, you are ready to interact with those you know and (consider this) those you do not know who have dementia. The Louis Brier Home and Hospital is always looking for volunteers.

### Dear Hannah,

We have sold our large home in Vancouver and moved to a modest condo in our neighbourhood. My wife and I are ready to travel. We are both in our early 70's and want some advice as to suitable travel ideas for “seniors.”

### - Ready to See the World

### Dear “Ready to See the World”,

I recommend River Cruises and Cruises in general! Here is an opportunity to get comfortable on board, and then cruise along the rivers of Europe, Russia and Asia; or visit the towns along the French, Italian and Mexican Riviera; or steam

through the Panama Canal between the Atlantic and the Pacific Oceans. As a couple or as a group of friends, these cruises take the hassle out of travelling. A travel agent can do the initial research and guide you to tours specifically designed for seniors. If you know your way around the Internet, you can find a large variety of group expeditions and cruises, and book it yourself.

Do you and your wife want a “travel companion” to guide you through a country? I suggest that you contact Doug Iannelli, owner of Flying Companions <http://www.flyingcompanions.com/>. He is not alone in providing these services. There is money to be made in catering to aging populations who have leisure time and money but diminished capacity for the rigors of travel such as moving through airport security lines, managing luggage and navigating busy terminals and bustling hotel lobbies (Julie Weed, Travel Companions Offer a Way for Older People to Keep Moving, The New York Times, Sept. 26, 2016). Bon Voyage! נסיה טובה!

**Hannah, M.Sc. Counselling**  
**Email: [hannah@jsalliance.org](mailto:hannah@jsalliance.org)**

# ONGOING EVENTS March, April, May, June 2017

**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 - Mar 6	Purim Lunch
1:00 pm	Poker
TUESDAY	
9:30-10:30 am	Chair Yoga
11:00 - 2:30 pm	Duplicate Bridge
1:00 - 2:30 pm Mar 7 & 21, Apr 4	Circle of Friends for Women
WEDNESDAY	
10:30 am Mar 29	Silverman Morning Music Series
9:30-10:30 am	Chair Yoga
10:30 - 12:00 pm	Bridge Fundamentals
1:00 - 4:00 pm	Poker & Mah Jongg
THURSDAY	
10:30 - 12:00 pm	Beginner's Bridge Lessons
11:00-2:30 pm	Duplicate Bridge
12:30 pm	Mah Jongg
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11:00 - 1:00 pm	Supervised Bridge

**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 SPRING FORUM

DATE: **Sunday, May 7th**  
 TIME: **1:00 pm Registration**  
**1:30 pm Event**  
 PLACE: **Peretz Centre**  
**6184 Ash Street, Vancouver**  
 (See back cover for more information)

JSA-SNIDER FOUNDATION  
 EMPOWERMENT SERIES 2016-17

### #3 Food and Film

DATE: **Wednesday, March 8th**  
 TIME: **1:00 pm**  
 PLACE: **Unitarian Centre**  
**949 West 49th Ave, Vancouver**

Contact Rita Propp at 604-732-1555

### #4 A Day in the Life of Israel

DATE: **Monday, June 26th**  
 TIME: **12:00 pm**  
 PLACE: **Kehila Seniors at Beth Tikvah**  
**9711 Geal Road, Richmond**  
 COST: **\$12 for Lunch**

Contact Toby Rubin at 604-241-9270  
 (See inside front cover for more information)

**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 Mar 14 & May 9. 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 604-558-5709. Cost \$13. Subsidies available. Volunteer drivers bring the seniors to the lunch and back home again if needed.

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

TUESDAY
Weekly Torah Classes - 11:00 - 12:00 pm
Community Kitchen - 12:00 - 2:00 pm Lunch \$6, Fourth Tuesday of the month - RSVP 1 week in advance

WEDNESDAY
Hand Chime Choir - 11:00 am
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  
 Mar 9 & 23, Apr 6 & 20, May 4 & 18,  
 Jun 8 & 22

**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

**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 March, April, May, June 2017

<b>JEWISH MUSEUM AND ARCHIVES OF BC</b> 6184 Ash Street, Vancouver, V5Z 3G9 CONTACT: Marcy Babins, Administrator 604-257-5199 <a href="http://www.jewishmuseum.ca">www.jewishmuseum.ca</a> <a href="mailto:info@jewishmuseum.ca">info@jewishmuseum.ca</a>	
<b>GASTOWN AND STRATHCONA WALKING TOUR</b>	
Mar 19, Apr 23, May 21, Jun 25 - 11:00am, Meet at 700 E. Pender St. - \$10. Tickets must be purchased in advance.	
<b>MOUNTAIN VIEW CEMETERY WALKING TOUR</b>	
Mar 26, Apr 30, May 7, June 18 - 11:00 am, Meet at the gates to the old Jewish cemetery, NW corner 37th & Fraser - \$10. Tickets must be purchased in advance.	
<b>GENEALOGY SUNDAYS</b> - In partnership with the Jewish Genealogical Society of BC - Last Sunday of every month 1:00pm - 4:00pm, Free - by appointment only	
<b>VOLUNTEER OPPORTUNITIES</b>	
Volunteer opportunities available - flexible hours, free training! Please contact us at 604-257-5199 or <a href="mailto:info@jewishmuseum.ca">info@jewishmuseum.ca</a> .	

<b>JEWISH GENEALOGICAL INSTITUTE OF BC</b> 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	
Meets First Tuesday of the month at Temple Sholom 7:30 pm	

<b>ISAAC WALDMAN JEWISH PUBLIC LIBRARY</b> 950 W 41st Avenue <a href="mailto:library@jccgv.bc.ca">library@jccgv.bc.ca</a> CONTACT: Helen Pinsky 604 257-5181 or 604 257-5111 ext 248 Website: <a href="http://www.jccgv.com/content/library-main">www.jccgv.com/content/library-main</a> Online Catalog: <a href="http://www.jlbc.ca">www.jlbc.ca</a>	
<b>MONDAYS</b>	
10:00 - 1:00 pm	TECHIE MONDAYS - Provides instruction and guidance on all things technical (such as eBooks, using iDevices and computer help)
Mar 13 - 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
<b>WEDNESDAYS</b>	
10:30-12:30 pm	IN THE NEWS - Discussion group for people interested in current affairs and global politics.
<b>THURSDAYS</b>	
10:30-11:30am	Genealogy: Who am I? Where did I come from? In partnership with the Jewish Genealogical Society
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.	

<b>MOST BRIDGE RUSSIAN JEWISH SENIORS</b> PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9 CONTACT: Ida Gitlina 604-434-2191 <a href="mailto:idag10@telus.net">idag10@telus.net</a>	
Mar 12 - 2:00pm	Purim Celebration
Apr 9 - 1:30pm	Documentary film about Israel review
May 6 - 2:00pm	Victory Day Celebration
Jun 25 - 1:30pm	Lecture, "What didn't we know about the Great Patriotic War?"

<b>PERETZ CENTRE FOR SECULAR JEWISH CULTURE</b> 6184 Ash Street, Vancouver, V5Z 3G9 CONTACT: Donna Modlin Becker 604.325.1812 <a href="mailto:info@peretz-centre.org">info@peretz-centre.org</a>	
<b>FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE</b> FRIDAYS AT 6:00 PM - MAR 17, APR 28, MAY 19, JUNE 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	I.L. Peretz Discussion Group

<b>SHOLEM ALEICHEM SPEAKER SERIES</b> CONTACT: Gyda Chud 604-266-0115	
FRIDAY 11:00am - Peretz Centre	
Guest speakers, films, discussions and refreshments.	

<b>BETH ISRAEL DAYTIMERS</b> Congregation Beth Israel, 989 West 28th Avenue, Vancouver, V5Z 0E8 CONTACT: Rabbi Infeld 604-731-4161 <a href="mailto:info@bethisrael.ca">info@bethisrael.ca</a>	
Tuesdays - 1:30 pm	World Talk
Thursdays - 1:00 pm	Games Afternoon

<b>VANCOUVER FILM CENTRE</b> CONTACT: <a href="mailto:robert.albanese@vjff.org">robert.albanese@vjff.org</a> 604-266-0245 <a href="http://www.vjff.org">www.vjff.org</a>	
Film Screenings - Last Tuesday of the Month, 1:00pm at Peretz Centre. Hosted by Vancouver Jewish Film Festival	

<b>BURQUEST JEWISH COMMUNITY ASSOCIATION</b> 2860 Dewdney Trunk Rd. Coquitlam CONTACT: Jenny Reznik 604-552-7221 <a href="http://www.burquest.org">www.burquest.org</a>	
Mar 7 & 21, Apr 4 & 18, May 2 & 16, Jun 6 & 20 - 11:00 am	Adult Singing Group
Mar 28, Apr 25, May 30 - 11:30 am	Community Kitchen Club Fee: \$10 per person
April 14 - 6:30 pm	Pesach Seder - Tickets on sale soon
June 27th - 11:30 am	Community kitchen Club Shavuot celebration Fee: \$10 per person

# USEFUL RESOURCES

# JSA

JSA is committed to providing resources for seniors seeking assistance or information. Visit our website [www.jsalliance.org](http://www.jsalliance.org) for a comprehensive list of services available to seniors:

WHERE TO GO  
FOR HELP

- Emergency Services
- Medical Information and Referral Services
- Legal, Financial and Elder Abuse Services
- Housing, Rental and Mortgage Deferral
- Counselling and Support Services
- Transportation
- Nutrition, Food and Meals
- Information and Support Services

[www.jsalliance.org/resources/where-to-go/](http://www.jsalliance.org/resources/where-to-go/)

## 24 HOURS 7 DAYS A WEEK EMERGENCY PHONE NUMBERS:

911	Provides emergency dispatch services to Police, Ambulance and Fire
811	Health Link BC registered nurses can help you with non-emergency health topics and concerns
1-800-567-8911	Poison Control provides assistance if you suspect that someone has been poisoned by medicine, chemical or other substance
604-872-3311	The Crisis Centre and Suicide Prevention Centre can assist you if you are in emotional distress
1-800-273-8255	National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis

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](http://www.SeniorsBC.ca)

## A WORD A DAY WITH ANU GARG: WORDS BORROWED FROM YIDDISH

In his Nobel lecture the writer Isaac Bashevis Singer said, "Yiddish is the wise and humble language of us all, the idiom of frightened and hopeful humanity." In these troubled times maybe we all should speak Yiddish.

Where else can you find such expressive and colorful terms as *kibitzer* and *schlockmeister* and *kvell* and *kvetch*. Learning a language as an adult takes time, so in the meantime we can do with these words borrowed from Yiddish. Words from Yiddish are now a part of the English language. Sprinkle them in your conversation, theses, email, texts, and tweets.

### VERKLEMPPT

**MEANING:** noun: Overcome with emotion; choked up.

**ETYMOLOGY:** From Yiddish *farklempt* (overcome with emotion), from German *verklemmt* (inhibited). Earliest documented use: 1991.

**USAGE:** "But it always makes me a little *verklempt* too, like my heart's in my throat and I'm overcome with love." Christie Blatchford; *All Connected to the Hip*; *The Ottawa Citizen* (Canada); May 28, 2016.

### YENTZ

**MEANING:** verb tr.: To cheat.

**ETYMOLOGY:** From Yiddish *yentzen* (to copulate). Earliest documented use: 1930.

**USAGE:** "Enron's thugs extorted \$30 billion from California: a *yentzing* worthy of the Gilded Age." Richard von Busack; *Scam Artists*; *Metro* (San Jose, California); Apr 29, 2005.

"You'll tell them how you *yentzed* big Herman Wolff out of five hundred grand." D. Keith Mano; *Take Five*; Dalkey Archive Press; 1998.

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# ELAINE CHARACH CAMPBELL

## “MY MESSENGERS OF GRATEFULNESS TO WARD OFF BITTERNESS”

Elaine Campbell departed from her usual subjects of flowers and landscapes to create a series of four mixed-media paintings with face masks which she calls “*My Messengers of Gratefulness to Ward off Bitterness* (on the cover), *Resentment*, *Indifference and Self Pity*.” As I viewed these four paintings, I was immediately attracted and mystified by their beauty and complexity. The face mask is typically worn for protection in rituals and ceremonies. We all need some defense from these four negative emotions.

Elaine lives in Vancouver and spends her winters on the island of Kauai. She has studied art, interior design, graphic design and printmaking in Canada, USA and in Italy. Inspired by her surroundings, she expresses her reactions to her environment through elements of line, colour and texture. Early in life Elaine discovered the magical force of spontaneous expression; “It is

so deep a passion that I cannot imagine life without making art. I make art wherever I am and produce a diversity of styles and mediums ‘on-site’. Painting is my way of ‘keeping my story alive.’ Her art is held in corporate and private collections in Canada, USA, Hawaii, Mexico and Israel.

Her paintings reflect her philosophy “My artwork is about the journey; the experience of making art. I always strive to retain the excitement and connection I feel with the subject.”

In today’s arbitrary and less-schooled environment, there’s a valuable technique that is readily self-taught... The first step involves the casual placing of the approximate shape in as few strokes as possible. The second step is to re-examine what you did — often after a bit of time and through squinted eyes — and ask yourself what form the shape or object can most easily become...forms stay fresh because they are not tortured or cajoled out of photographic reference. For many of us, the most effective illusion of form will have evolved from what was suggested



“My Messengers of Gratefulness to Ward off Indifference”

in the strokes of the first step (*The Painter’s Key*, Nov. 22, 2016).

The video <https://www.youtube.com/watch?v=0A1HnOXW5uo> gives us an opportunity to get to know Elaine personally.

Elaine Campbell can be reached at [dashinerose@yahoo.com](mailto:dashinerose@yahoo.com).

**Dolores Luber**

On the cover: “My Messengers of Gratefulness to Ward off Bitterness”



## MORE MEDICINE CAN BE HARMFUL TO SENIORS: MULTIPLE DRUGS INCREASES CHANCE OF HOSPITAL VISIT



The long and growing list of prescription drugs consumed by Canada's elderly is actually making them more likely to end up in hospital, not less so, suggests a striking new study. Rather than keeping senior citizens healthier, use of multiple medications increases their chances of ending up in the emergency department or being admitted to hospital, according to the analysis of Ontario health data. The risk of having to visit a hospital climbs with each additional medication prescribed, the average being seven different drugs a year, the University of Toronto researchers concluded.

The study underscores in unique fashion mounting concern about "polypharmacy," whose perils include side effects from powerful sedatives, antipsychotics or opioids, and reactions between incompatible drugs.

Writing in the journal *Health Services Research*, the authors recommend increased monitoring of doctors' prescribing habits and more awareness by patients of the issue. "When about two thirds of doctor visits ... lead to a prescription, it really becomes a patient expectation," said Sara Allin, professor with the U of T's Institute of Health Policy, Management and Evaluation and the study's lead author. "More is not always better, but that seems to be the assumption behind a lot of what we do in health care."

Experts not involved in the research say the issue is complex — it's important not to undertreat patients with several

ailments — but confirm that excessive prescribing is a serious problem.

### Reduction of drug side effects and interactions

A doctor and pharmacist have even recently launched [www.deprescribing.org](http://www.deprescribing.org), a website that advises doctors, pharmacists and patients when and how they should cut down the number of medications a patient takes. "We're in the red warning belt. It's become excessive," said Dr. Cara Tannenbaum, a geriatrics professor at the University of Montreal and codirector of the Canadian Deprescriber Network. "This is seriously concerning, if that large a proportion of hospitalizations is a result of drug side effects and interactions." Problems can arise because of lack of coordination between doctors and pharmacists, pressure from patients or a multimедication "cascade" — additional drugs used to treat side effects of existing pills, said Dr. Roger Wong, a geriatrician at the University of British Columbia. Tannenbaum cites a scenario she has seen often: an elderly woman who takes a diuretic — for hypertension — that gets her up at night to urinate, plus sleeping pills because she is sick of waking up, but which slow her reflexes. The woman stumbles out of bed, rushes to the washroom and falls, breaking her hip.

We're in the red warning belt. It's become excessive. The problem has grown as prescription drug use soars. Reports indicate that consumption of the most common pharmaceuticals nearly doubled in Organization for

Economic Cooperation and Development countries in 2011.

At the same time, another Canadian study published this year found in 2013 four in 10 older people were prescribed at least one drug deemed inappropriate under specialist guidelines. Allin and her U of T colleagues examined a sample of 6,100 Ontario residents 65 and older, comparing their 2005 claims to the provincial drug plan with hospital records... The study concluded the more drugs they took, the more likely they were to end up in hospital, though it could only prove an association, not necessarily cause and effect. The chance of visiting the emergency department climbed three to four per cent with each extra medicine, and of being admitted to hospital by two to three per cent. Prescription drugs can obviously be vital to a person's health, but physicians should always ask themselves whether an extra drug's benefits will outweigh its risks and try to "clean up the mess" of multiple prescriptions when a patient is moving from one location to another, said the UBC's Wong.

Doctors also need to manage the expectations of patients and family members who insist on drug treatment for each new problem, he said.

"There is no magic bullet, right? That is a really tough message to deliver," said Wong.

### Tom Blackwell

National Post  
tblackwell@nationalpost.com  
(Reprinted with permission)

**REPORT: COMMUNITY SERVICES VITAL COMPONENT OF SENIORS' CARE**

**Z**umba, dragon boating, glee club, Spanish lessons, creative writing, poker, massage, sushi making, peer counselling, digital storytelling... these are not activities you would usually associate with senior centres. Yet, when we visited eight centres serving seniors in Metro Vancouver we learned that many centres offer not only these programs, but also much more.

In Canada, our population is aging, and by 2036, Statistics Canada estimates that almost a quarter of our population will be 65 and up.

Supporting seniors to live in the community is ideal for both seniors and the health care system. Most Canadians want to age in place and live in their own home for as long as possible. It is also cheaper to care for seniors in the community than in residential care. The B.C. Ministry of Health reported in 2015 that the average annual cost of care for a frail senior in residential care was \$59,210; in the community it was \$20,290. That is nearly a \$40,000 price tag difference!

For seniors to live independently as long as possible, the necessary supports need to be in place.

A Manitoba study found that senior centres offer opportunities for social participation, lifelong learning, and volunteering. Altogether, this means active and healthy lifestyles, quality of life, and mental and physical health.

We reviewed services offered at six senior centres, one community centre and one neighbourhood house. Half of these were municipal centres and the other half independent; centres ranged

from 4,000 square feet to over 46,000 square feet; and staff numbers ranged from three to over 30.

What was most impressive at all the centres was the broad range of programs offered to seniors in the areas of food and nutrition, health and wellness, fitness and sport, creative arts, education and information, and recreation. Most offered 50 or more programs to seniors, usually for a nominal fee.

Food services were the most popular programs, and four of the centres had cafeterias that offered lunch 5-7 days a week. All the centres offered fitness and sport programs, ranging from gentle exercises such as Tai Chi to the more vigorous cycling and floor hockey. The centres also provided information and referral services, taught computer basics, and offered planned trips and outings.

As our aging population continues to grow in B.C., we need to ensure that these centres continue to offer quality programming to a growing and increasingly diverse population. Securing funding to sustain and expand current programs is an important concern for centres, particularly for independent ones.

There is also a need to improve the facilities and space available to meet growing demands. Most of the centres we visited are considering or planning for a new space. And then, there is the question of transportation, to ensure that seniors can access the centres. Some of the centres we visited have their own shuttle buses to assist seniors to travel to the centre and other locations in the community, but

systemic changes are needed to make centres accessible to all seniors.

Strategic partnerships and volunteers are two ways that centres augment their resources to provide programs and services that their budgets otherwise would not allow.

In the words of Betty Friedan "Aging is not lost youth, but a new stage of opportunity and strength." By providing seniors with opportunities for socialization, healthy meals, and physical activity, centres serving seniors can play a key role in keeping seniors healthy and independent, and this can delay/prevent seniors from requiring more costly health care services.

Community-based services should be recognized as an important component of the continuum of seniors care. The next step is to build a framework that allows for a cooperative alliance between community service providers, municipalities, health authorities and the province that will meet the needs of seniors and help them live healthy, independent and engaged lives in their communities.



**Gloria Levi and Laura Kadowaki are researchers with the Columbia Institute.**

This article is a summary of the research report "Our Future: Seniors, Socialization and Health" 2016, by Gloria Levi and Laura Kadowaki. Go to [www.columbiainstitute.ca](http://www.columbiainstitute.ca) for the full report.



## N.D.P. FORUM ON SENIORS ISSUES, AUGUST 30TH, 2016

On August 30th, Jackie Weiler and I attended a seniors' forum hosted by the B.C. New Democratic Party. These forums are being held in various locations across the province in order to gather information from citizens regarding their concerns on matters affecting the lives of seniors. John Horgan, leader of the NDP and Selina Robinson, MLA for Coquitlam-Maillardville, opened the session. Selina Robinson, who is the NDP spokesperson for seniors, is a member of the Jewish community.

Also present was Lorraine Logan, president of COSCO, Stuart Alcock, president of 411 Seniors Centre Society, a number of home care workers, Linda McGowan, from Traveling the World

with MS and David Berson for CIJA, a family physician.

Many issues were raised including: problems with home care, short terms of grants, difficulties of proposal writing, cost of BCMP, back up in acute care beds because of lack of appropriate residential beds, separating couples in different facilities and the lack of seniors centres on the east side of the city. An important issue was the method by which home care is administered, that is, contracted to United Way, rather than a direct government service. Other issues mentioned were the disparity of pay for staff in public and private care homes, the cost of vision and hearing aids; the high number of diabetic seniors, and the problem of inactivity.

One of the home care workers described the difficulty of "servicing seniors on the clock". They are given sixty minutes per client and this includes the time to reach the next client so in reality it is fifty minutes. During this time they are to help the client get up, dress, have breakfast or lunch, take their medications and tidy up the residence. This is, of course, an impossible task.

The government appears to be reactive rather than proactive on most of the issues raised.

Many speakers emphasized the need for seniors to be advocates on their own behalf.

**Shanie Levin**

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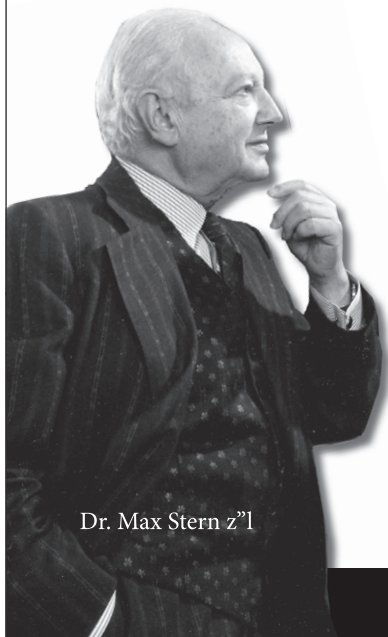
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Financial advisors are generally salespeople employed by a brokerage firm. As with any commission-based salesperson, you should be wary of being sold products that simply generate the highest commission – these investments may be best for the advisor and not for your long-term financial security. Do your research before you even meet them.

Shady financial advisors love titles like “Senior Investment Specialist”. Consider this a red flag and be cautious.

## 2 Watch Out For "Seniors" Titles

2



## 3 Know What You Are Paying For



It is important that you understand the various ways that your financial advisor will get paid from your investments and exactly what you are paying for the investment product itself.

## 4 Your Advisor Is Not Your Friend

4



Keep professional and personal separate when it comes to your money. Maintain professional boundaries just as you would with your physician or your lawyer.

## 5

## Understand What You Are Buying

Investment products can be confusing, but your advisor should be able to help you understand. If your financial advisor can't – or won't – explain how an investment works, think twice about investing.

## Just Say No To Loans

## 6

For older Canadians, you should be very cautious if your advisor is encouraging you to take out a loan. You should never be asked to provide a personal loan to your investment advisor. Take your money and run.

## 7

## Fill In The Blanks



It is important that you understand the various ways that your financial advisor will get paid from your investments and exactly what you are paying for the investment product itself.

## Nothing "Off The Books"

## 8

You should refuse any 'opportunities' offered to you that are not officially offered by the advisor and their company. If your advisor starts trying to sell you products on the side, you should report them and take your money elsewhere.

## 9

## Get It All In Writing

Tell your advisor that you want a follow-up letter after each meeting. These should include copies of every directive you signed, how your advisor will be paid and the cost of any products you bought. If your advisor won't put it in writing, you should be very wary.



## Trust Your Gut

## 10

Be careful about promises of high return with little risk. Watch out for high-pressure sales. These are warning signs. Sometimes, you just have to trust your instincts. If you don't feel comfortable with an advisor or an investment product – don't invest.

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# TREASURED MEMORIES OF SPECIAL SEDERS TUG AT THE HEARTSTRINGS

**A**s Passover approaches, several well-known community seniors reflect on their special Seder memories spanning the years.

## Marie Doduck

Honoured many times for her outstanding community leadership, Marie Doduck derived much pleasure in seeing her family's participations - from generation to generation - in the cherished Judaic tradition of the Seder proceedings.

"I felt such pride", Marie says, "when my daughters, Bernice (Carmeli), Cathy (Golden) and Sheryl (Young) (z'l), all of whom attended Talmud Torah, did their first readings of the Passover story - I was so pleased that they could all run a Seder". As the years passed there were more joyful times as Marie emotionally recalls being at the first Seder with her then four very young grandchildren, all born just a few months apart. And, yes, they sat in high-chairs (three of which were borrowed from friends) with plastic sheets on the floors.



Marie and Sid (z'l) Doduck with Grandchildren and Sons-in-Law Stuart Michelson and Shmuel Carmeli

The priceless memories Marie felt - from generation to generation - continued over the following years up to the present: "Now they're all grown-up, my daughters and the grandchildren (all seven of whom are graduates of both Talmud Torah and King David High School), all still partake in the Seder services and each one, including my daughters, still sing their parts that they learned as children".

## Shirley Dayson-Barnett



Ben (z'l) and Esther (z'l) Dayson Family Seder

The Dayson-Nemetz-Wosk family was the focus of Passover remembrances for Shirley Dayson Barnett, long one of the community's most dedicated leaders.

"My earliest memories of Passover Seders", Shirley says, "were from the basement of my mother's sister, Chava Wosk (z'l). There were long tables with 60 or 70 people and, of course, tons of food. Not being very religious, the emphasis, was on food!" Later, Passovers at the home of her parents, Ben (z'l) and Esther (z'l) Dayson, saw Seder tables "set beautifully with fabulous flowers, and silver and crystal once again the

emphasis." A home open to family and friends, the Seders were yearly the destination for every Jewish National Fund *shaliach* (emissary). "Even though not religious, it was father's preference to have the men sitting close by so they could be called upon in a moment's notice... and the women, of course, could help serve", Shirley recalls.

## Tzvia Estrin

Tzvia Estrin's remembrances of significant Seders span back to Israel, where as a native-born Sabra, "Passover in the Jewish State had a special meaning for its message of freedom for the Jewish People." "They were happy, inspirational evenings for all of our family and friends", Tzvia stresses.

That elation for Pesach continued when she moved to Vancouver, a joy which she enthusiastically expressed at large family Seders, and as well, at the Louis Brier Home and Hospital where she avidly and compassionately served for 25 years as the facility's Program Director. Tzvia emotionally emphasized that she would "never forget the look of involvement and delight on the residents' faces at the Home's Seders - they were truly special times".

## Maurice Moses

For Maurice Moses, whose stirring tenor voice has graced community events and choirs for over six decades, Passover in his youth in Bangalore, India saw his parents,



**Moses Family, 2015**  
 (Maurice is in Row 3, Second from Left, in Striped Tie)

George (z'l) and Sarah (z'l) Moses, leading large, long-into-the-night Seders.

The family, with 11 children and so many relatives, also warmly welcomed numerous friends as well as many single World War II Canadian, British and American Jewish servicemen to the Seder table. The invitations to the servicemen were light-heartedly extended; Maurice's parents felt that with six unmarried daughters then at home, and with few Jewish men in India, any opportunity for the girls to meet eligible young males should be readily taken. And, yes, it produced four positive results. During the Seders "the soldiers would sometimes, when dipping the wine indicating wishes for plagues, jokingly put a curse on some of their unpopular commanding officers", Maurice said.

The melodies, which were passionately sung throughout the evening, were of Sephardic origin, stemming from Baghdad, Iraq, where Maurice's parents were born, and from India. Additionally, the soldiers offered their favourite Ashkenazi tunes. The family moved to Vancouver in 1954, continuing the tradition of holding large Sephardic Seders, initially at the parents' home and later at the residence of his sister, Joyce (Bernie) Freeman. "They were such wonderful occasions," Maurice recalled, his voice filled with emotion.

Best Wishes to All for a Most Healthy, Happy, Memorable Passover.

**Bob Markin**





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# CONTEMPORARY RUSSIAN-JEWISH LITERATURE

Does hyphenated literature exist? Unlike an author who can live in any country, his or her text inhabits one Fatherland—the language in which it is written. Characters, themes and topics play second fiddle to the solid rock of a language. An ethnically Polish Joseph Conrad writing in English belongs to the canon of British Literature. Sholom Aleichem who had authored 40 volumes in Yiddish, is considered to be a Yiddish writer even if he was born in the Russian empire, and spoke Russian, among other languages. Hyphenated literature is doomed to live as a footnote to the mainstream one.

Yet, marginal as it was in the context of Russian literary tradition, Jewish literature written in Yiddish, existed and continued to thrive in Russia even after the revolution, in the twenties.

The commissars associated Yiddish with the poor Jewish proletariat and therefore didn't forbid it. But the vibrant Yiddish culture that included theatres, magazines, newspapers, publishing houses (more than 60) was expunged by Stalin and, after the Holocaust was never to be revived again. So, in the absence of a Jewish language and the diminishing Jewish population in today's Russia, what are we to latch on to?

According to the Russian-Jewish digital encyclopedia, literature written in Russian can be called Jewish-Russian if it is rooted in a Jewish civilization, organically connected with it and if it addresses the Jewish

themes. Curiously enough, the list of Jewish writers, at least partially fitting that definition, ends in the 90s, as the majority of them moved to Israel after Perestroika. But that is not to say that Jewish life is now non-existent. On the contrary, the collapse of Communism brought about the revival of Jewish traditions as the ban on religion, learning, and languages (Hebrew and Yiddish) was removed. That period is characterized by the establishment of several important publishing houses. "Gesharim" publishes about 50 books a year, focusing on scholarly editions like *Biblioteca Judaica*, monographs on religion, philosophy, Zionism and so on. Other houses publish Israeli authors: poetry, fiction and children's books translated from Hebrew; as well as American-Jewish authors translated from English. The house of Jewish Book in Moscow is in fact the centre of culture and information that runs cultural programs and includes a library, art centre and a book store.

**"The collapse of Communism brought about the revival of Jewish traditions as the ban on religion, learning, and languages (Hebrew and Yiddish) was removed."**

Furthermore the year 2015 saw another important event: the final publication in Russia of the so-called "Black Book", a compendium of documents and testimonials of the Nazi crimes against Russian and Polish Jews during the Second World War.

Here in the West, the existence of such documents we now take for granted. But in Stalin's times the Holocaust was officially denied; producing such a book could cost writers their lives. The book was compiled by two courageous and famous Soviet writers of Jewish origin, Ilya Erenburg and Vasily Grossman, the war correspondents who witnessed the Nazi crimes at first hand. Both writers were members of the anti-Fascist committee that Stalin has dispersed in 1948, executing most of its members: miraculously, Erenburg and Grossman have survived to produce, later, their own masterpieces. The "Black Book" figured at the Nuremberg Trials as the major evidence against other members of the anti-fascist committee. Unfortunately 27 volumes of preparatory materials and testimonies were confiscated by KGB. For the first time, the incomplete version of the "Black Book" was published in Russian in 1980 in Jerusalem. That, of course, didn't make it available to the readers in the Soviet Union, which partly explains why the majority of people in the Communist Russia knew nothing about the Holocaust fifty years after it happened. It was not until the late 90s that writers and researchers were able to access KGB archives and see all 27 volumes of the "Black Book" for the first time. Three generations later it is finally available in the country of its origin.

**Marina Sonkina**  
msonkina@gmail.com



**Marina Sonkina, Ph.D.**, author and academic teaches literature and cultural history in Adult Education Programs at UBC and SFU. Her culture tours to Russia enjoy great popularity among her students. More about the author and her recent trip to Russia can

be found in: <http://bcbooklook.com/2016/10/27/putins-potemkin-village/>

**Vasily Grossman's** magnum opus is *Life and Fate* recently reviewed in New Yorker and NRB.

**Ilya Ehrenburg's** books include: *The Fall of Paris*, 2002; *The Storm*, 2003; and *My Paris*, 2005.

List of books by Marina Sonkina: *Expulsion & Other Stories*, 2015.

Short stories: *Runic Alphabet*, 2009; *Tractorina's Travels and Other Stories*, 2008. *Lucia's Eyes and Other Stories*, 2011; *The Violin That Wanted To See The World*, 2011, a children's book; *Comrade Stalin's Baby Tooth*, 2012.

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## A BRAND NEW HIP IS THE BEST THING SINCE SLICED BREAD!

I can't believe that I just swam two lengths with a good breast stroke leg kick! Last week, using my Nordic walking sticks I accomplished 4km. Hard to believe that a few months ago I was carefully calculating the distance from car to grocery store. I am thrilled with my 18-week-old total hip replacement!

Yes, I was anxious pre-surgery, but I was resolved to have a good outcome. I attended OASIS clinic, did all their excellent education classes, and arranged a visit with their knowledgeable physiotherapist who showed me pre-op exercises most suitable for my hip. I read every piece of information given to me, went on line to learn all I could about the surgical procedure—how to use the “sock putter-on”, the correct height for the toilet seat and what I could expect during my rehabilitation.

I dutifully rode the spinner bike and joined a pre-surgery water exercise class. I worked hard on my core muscles. I used a cane for short distances and poles, which take 30% of body weight, for longer walks. I listened to my body and tried not to overdo it. I found many “hip mentors” and borrowed or bought all the recommended equipment. All this preparation most certainly helped to build my muscle strength and mental confidence.

### Back Home Again

The first three physiotherapy visits were courtesy of our B.C. medical plan and OASIS. I found a competent physiotherapist who made home visits and her expertise was invaluable. We found that my surgical leg was slightly longer, just as the surgeon predicted, but necessary for best gait pattern.

To conquer that discrepancy, tiny wedges are inserted into my shoes and people have complimented me on my walking—but that result comes with a “nose to the grind-stone” exercise regime to maintain hip flexibility, build strength and endurance. I am progressing well. I have a new pain-free lease on my life. I plan to achieve my goal this winter to cross country ski with my daughter, albeit with new, safer skis. If there is any moral to post-op hip surgery success I would have to say “Prepare, Practice with a Positive outlook. Listen to your Body and Increase your Activity Carefully and Slowly.”

**Janice Masur**



## REVERSING HEART DISEASE WITH A VEGAN/NO-ADDED-FAT DIET

I became involved in teaching Dr. Dean Ornish's method of reversing heart disease in 1991.

My husband had previously had bypass heart surgery so I developed a vegan diet that was similar to my other non-vegan recipes which we followed. In view of his health improvements, people asked me to give them recipes. Instead I gave cooking classes, dietary information and recipes.

Several of my clients had miraculous benefits. A Winnipeg client who was

waiting for bypass surgery for eight months, had his surgery cancelled. One blockage that was 90% closed went to 60%, another artery went from 60% to 40% and the left lower artery created a number of new collaterals which nourished his heart. His medical team agreed he no longer needed bypass surgery. Both my client and I were elated!

Another client's husband was declared inoperable because his distal arteries were severely blocked (arteries in the abdomen). He has been following this

diet for twenty-five years and is alive and well at eighty-eight years of age.

In 1990 Dr. Dean Ornish published his ground breaking study “*Dr. Dean Ornish's Program for Reversing Heart Disease*”. His study group members were waiting for bypass surgery and were considered genetically predisposed to heart disease. They were put on his diet and were given a mild exercise program. Their blockages

**Continued on page 32...**



# BECOME A JSA MEMBER!



## MISSION STATEMENT:

Jewish Seniors' Alliance of Greater Vancouver is dedicated to enhancing the quality of life of all seniors, by providing peer support services, advocacy for seniors' issues, education and outreach.

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

Three times a year the **Senior Line Magazine** will come to your door, chock full of informative, innovative and cultural articles. No extra cost for jokes, cartoons and word games. The centerfold is a pull-out section with all the upcoming senior- oriented events for the following four months.

Our website [www.jsalliance.org](http://www.jsalliance.org) is unique, with an up-to-date Events calendar for seniors in Jewish Vancouver. Not only does the website describe our **Outreach, Advocacy and Peer Support Services**; but it also offers movie reviews, travel advice and humorous videos.

Best of all, you can participate for free in our four **Empowerment Series** activities, in our **Spring Forum** and in our **Fall Symposium**. All events include expert speakers and opportunities to learn, socialize and have fun. Our **Annual General Meeting** is the talk-of-the-town with recognition of community volunteers and a gourmet dinner with entertainment.

Membership in JSA will bring you knowledge of senior advocacy and the issues at stake in our Jewish Seniors community. You

will be stimulated to get involved; to participate in improving the health care of seniors and creating a more friendly and enjoyable lifestyle for the elderly. Membership is about you, your family, your friends and your community.

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

### KEEP IN TOUCH!

Are you moving? New email address? Help us keep our mailing list up-to-date. Please call us at: **604.732.1555** or email [office@jsalliance.org](mailto:office@jsalliance.org) and give us your new information.



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

## ENSURE OUR JSA FUTURE



### MEMBERSHIP COMMITTEE:

Lyle Pullan, Binny Goldman,  
Marilyn Glazer, Bev Cooper

### WELCOME TO NEW SUPPORTERS

Barbara & Frank Levine, Sheila Gordon,  
Jose Riga, Chris Friedrichs,  
Heather Lewin, Eitan Richard McArter,  
Art Hister, Verna Gropp, Theresa  
Waterhouse, Bob Finkelstein,  
Neil Baker, Saul Geller, Lionel Tenby,  
Zev & Elaine Shafran, Esther Roubini



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Yes, I would like to become a JSA Member/ I would like to renew my membership:	
<input type="checkbox"/> \$18 single/year	<input type="checkbox"/> \$36 couple/year
<input type="checkbox"/> \$180 lifetime	
I wish to make a donation in the amount of:	
<input type="checkbox"/> \$18	<input type="checkbox"/> \$36
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A tax receipt will be issued for a donation of \$18 and up.	

# MOST BRIDGE

## RUSSIAN JEWISH SENIORS' SOCIETY

### Интервью с Руби Бойчук.

Я-медсестра по профессии. Для меня вполне естественно помогать людям, особенно больным. Хотелось также внести что-то новое в лечение людей и уход за ними. Я побывала в Саудовской Аравии, в Эмиратах и Иордании и легко овладевала разными видами работы медсестрой и разными типами культур. Я всё больше узнавала, какой трудной была жизнь многих людей. Удручающее впечатление произвели на меня визиты в лагерь беженцев. Я чувствовала себя виноватой перед этими людьми за то, что живу так обеспеченно и интересно в Канаде. С уходом на пенсию и возвращением домой я испытывала необходимость быть вовлечённой в дела моей общины. Возник вопрос: “Какую пользу я могу принести общине?” Я знала, что я буду продолжать лечение людей и уход за ними. В то же время я чувствовала непреодолимое желание помогать другим пожилым людям (таким же, как я). Я догадывалась, что даже в нашей общине преобладают отчаяние и безнадежность. Я закончила курс службы помощи людям, организованный Альянсом (JSA). По окончании этого курса я поняла, что это то, что мне нужно. Осуществилось моё желание быть частью команды, работающей слаженно. Много дней я провожу в различных сениорских резиденциях, объединяя, слушая и поддерживая тех, кто чувствует себя одиноким. Ведь старикам много не надо. Даже измерение давления крови иногда успокаивает их. Они зачастую рады, если кто-то поздоровается с ними или кто-нибудь захочет с ними поговорить.

### ...Continued from Page 30.

all diminished and to this day (to my knowledge) they are all alive.

Dr. Dean Ornish became a member of a medical group which advocates a low fat vegan diet for high cholesterol, stroke, heart disease, diabetes and cancer. This group called the “Physicians Committee for Responsible Medicine” sued members of the American government in 2001 for including meat, eggs and dairy products on their food guide found in grade schools. They won their suit and showed that members of the US Government were financial partners

### Современная русско-еврейская литература. “Чёрная книга” и её история.

В 2015 году была опубликована на русском языке так называемая “Чёрная книга”, представляющая собой сборник документов и доказательств преступлений нацистов по отношению к русским и польским евреям во время 2ой мировой войны. Здесь, на Западе, наличие таких документов считается чем-то само собой разумеющимся. Но в сталинские времена официально считалось, что Холокоста не было. И за выпуск подобной книги писатели могли лишиться жизни. Книга была создана двумя мужественными знаменитыми советскими писателями-евреями: Ильёй Эренбургом и Василием Гроссманом. Они были военными корреспондентами-непосредственными свидетелями преступлений фашистов. Оба писателя были членами антифашистского комитета, разогнанного Сталиным в 1948 году. Большинство членов было расстреляно. Каким-то чудом Эренбург и Гроссман выжили и позднее создали свои произведения-шедевры. К сожалению, 27 томов подготовительных материалов для “Чёрной книги” КГБ конфисковало. Вполне понятно, почему большинство людей в Коммунистической России ничего не знали о Холокосте в течение 50ти лет до 90х годов, когда писатели и учёные смогли попасть в архивы КГБ и увидеть все 27 томов “Чёрной книги” в первый раз. Спустя 3 поколения, эта книга смогла, наконец, оказаться в стране, где она была создана.

Перевела на русский язык-Ида Гитлина.

### Translated into Russian by Ida Gitlina

with the meat, egg and dairy producers. Countless studies confirm that a vegan diet can benefit the aforementioned diseases. Moreover, by adopting a vegan diet, it is very easy to be kosher. The Kaiser Institute which employs 17000 physicians, recommends plant-based diets to their patients, rather than reaching for prescriptions.

### Judy Shane PhD

Judy Shane can be contacted at 604-739-9417; judyshane@qlink.ca





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## Jewish Seniors Alliance



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Jewish Seniors Alliance of Greater Vancouver | Annual Spring Forum

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