

SENIOR LINE

A watercolor illustration of a rocky stream. The rocks are rendered in shades of blue, grey, and white, with some green moss or grass growing between them. A small waterfall flows over a rock in the middle ground. In the background, there are lush green trees and a person is lying on a large rock, possibly sunbathing. The overall style is soft and artistic.

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 24(2) - JUNE 2017

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"Coastal Steps" by Sandy Blass (see page 13)

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PRESIDENT'S MESSAGE

Recently, I celebrated my 80th birthday with family and friends. Rarely, do I think about my age other than it is mostly 'a state of one's mind'. For me, every day is a new adventure that I can hardly wait to begin. One of my hobbies is gardening and I am proud to say I am very mediocre. I planted a small vegetable garden in our backyard consisting of tomatoes, beets, vine beans, corn, sweet snap peas and cucumber. In addition, we have a number of raspberry bushes that will bear fruit from late June until late September. I forgot to mention the rhubarb we grow and will enjoy for the next few months. If you have an opportunity to do some gardening, be it vegetables or flowers, it is a most personally-satisfying experience. You can literally see the results of your work and enjoy the excitement of harvesting.

With one exception, all of our Board Members are over 65 years of age. Can any other organization make this claim? Probably not. But when the organization is Jewish Seniors Alliance of Greater Vancouver, it all makes sense. Our programs and services are dedicated to seniors. And who knows more about seniors than seniors do! Our infrastructure is very flat. We have no Executive Director but we do have a very hands-on and

HOW DOES A RETIRED PERSON SPEND HIS/HER DAYS?

involved Board. The result is that there is minimal social space between our Board and our trained volunteers. We do not profess to provide a professional service but we do promise to provide a very personalized and supportive relationship for the clientele we serve. There is no cost for our services. In fact, we deliver our Peer Counseling Services for about \$12/hour.

"Advocacy is one of the tenets of JSA. Through Advocacy we try to define those areas of social policy affecting seniors-neglected areas of needs for seniors."

A recent article in the *Delta Optimist* newspaper noted the importance of keeping frail seniors physically active. The article referred to engaging frail seniors with mobility challenges. Persons suffering from poor balance, arthritis and osteoporosis can benefit from sessions lead by trained instructors. There is a gap in community centres, senior-oriented programs and even care facilities which ignore or place a low priority on mobility and strengthening activities. This should be part of the *Wellness Centre Movement*. One such program exists in North Burnaby. It is known as the SAIL program. Elements of this type of training do exist throughout the Lower Mainland. It is time to look at this model more closely, let us close the gaps and provide mobility training, so that the frail seniors in our community can benefit.

Advocacy is one of the tenets of JSA. Through Advocacy we try to define those areas of social policy affecting neglected areas of needs for seniors. Where possible we identify the issues on a personal level. We like to draw attention to these issues and work with other like-minded agencies to make proposals that ameliorate the conditions that cause the issues. Our Fall Symposium and Spring Forum are two well-attended examples of subjects that affect seniors. Information shared presents opportunities to learn how we seniors can better deal with the challenges many of us have: financial, medical, conceptualizing 'seniorhood', or increasing our computer skills. Two further examples of JSA Advocacy: (1) Along with four other Richmond agencies, including Kehila, we sponsored an All Candidates Meeting prior to the recent provincial election; (2) JSA is now a member of the B.C. Poverty Reduction Coalition. This non-partisan organization draws attention to the many problems faced by the poor. Our interest is in how poverty affects seniors. Because poverty is endemic in our wealthy country, we need to look at the whole, not just its parts. Bob Markin has written an excellent article on page 26 of this issue describing how seniors struggle with poverty in BC. It is well worth reading.

Being a senior and being part of JSA is a gift. We know we are making a difference.

Respectfully,

Kenneth Levitt
President

JSA EMPHASIZES THE NATURE OF OUR INCLUSIVE ORGANIZATION AND SERVICES

Dear *Senior Line* readers,
When the Board of Jewish Seniors Alliance created our new 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 program,”

there was one brand-new word added to our previous statement, the word “all.”

Our members, our volunteers and those seniors who are supported by our services come from all ethnic backgrounds and all religious affiliations. We are an inclusive organization.

A reader had noticed that some of our advertisers were not Jewish. In her telephone call to the office, she seemed a bit surprised and taken aback! We explained that anyone (Jewish or non-Jewish) can advertise in our magazine. As long as our advertisers represent legitimate businesses, we gladly accept their support and their confidence in our organization.

Our new motto “Seniors, Stronger Together” emphasizes the strength of common bonds of friendship, causes, feelings and convictions. The contents of this magazine hopefully reflect the universal values of community building and cooperation which lead to healthier, happier lives of **all** our seniors.

For the last many years, Binny Goldman has been writing the reviews and photographing the JSA events for



EDITOR'S MESSAGE

Senior Line Magazine. Our readers have delighted in her spontaneity and her ability to record the factual and the emotional experiences of the events. We are sad to hear that her review of the Spring Forum “Ask the Doctor” is her last. As Binny explains “My energies are needed elsewhere now. Writing this is very hard for me...the hardest words I have had to write.”

We appreciate Binny’s indefatigable energy and her powers of observation. She represents the ultimate model for volunteering and community building. Thank you very much Binny.

Dolores Luber

LETTERS TO THE EDITOR...

Dear Madame Editor,

How about an article for couples ready to retire, looking for a small modest home to buy. There is a plethora of benefits available to first-time buyers, reverse mortgages, etc. These opportunities are scattered all over the Web and one single table listing these programs would, I am sure, be very valuable.

Best regards, **Hugh Nathan**

Dear Mr. Hugh Nathan,

I presume you are speaking about property in Vancouver. I am an editor of a magazine and an advice columnist, I am not a magician! There are no small modest homes to buy in Vancouver. A shack on a small piece of land goes for over \$2,000,000. When seniors do sell their homes, they have several choices: 1. Buy a condo or a town

house (both expensive options); 2. Rent an apartment (expensive if you can find one); 3. “First time” buyer does not apply; 4. Keep your home, create a basement suite, rent it out; and 5. If you need some cash, get a reverse mortgage. If you still want a modest home, move out of the city to the north, south and east—you will get much more value for your money.



metro vancouver

DL

Continued on page 4...

LETTERS TO THE EDITOR...

...Continued from Page 3.

Hi Hannah,

I get the magazine three times a year, and because I am sure I am not the only single senior (Jewish of course, but not religious enough to go to shul, or any religious sites) I always look for an opportunity to meet similarly lonely individuals of the opposite sex, but to no avail.

Wouldn't there be a place in this very useful and interesting magazine to create and advertise a site that would allow people who are in this need TO MEET (preferable regularly)? Just a suggestion. Thank you for what you all are doing!

Best regards, Shalom!

A Single Jewish Senior Gentleman

Dear Friend,

I consulted with my Board members, and they have decided that we do not have the resources to provide this service. However, I do agree with you that such a service would be a valuable addition to the Senior Jewish community. I have spoken to Leah Deslauriers, who is the coordinator of the Seniors program at the JCC. She said there once was such a group, also that they exist at other JCCs in Canada. She agrees that there is a need to initiate such a program for Single Jewish Seniors wishing to meet other single seniors in Vancouver.

I suggest that you contact Leah at the JCC, and that other seniors who are interested in such a group also contact her (leah@jcc.gv.ca; 604.638.7275).

DL

Dear Dolores,

Glad to read the word Elderhood (Rethinking Aging, Senior Line, Feb. 2017). "Senior" refers to longevity, quantity of life. "Elderhood" refers to quality of life. Shalom.

David

(The Rev. David G. Hawkins,
S.T.M., D. Rel.)

Thank you David. JSA is devoted to improving seniors' quality of life.

DL

We'd love to hear from you!
Submit letters, suggestions,
recipes and more to
office@jsalliance.org

COMMUNITY ANNOUNCEMENT

L'Chaim announces a change in Administrators

It is with regret but warm wishes that the L'Chaim Board of Directors announces **Annica Carlsson's** retirement. Annica has been the administrator for L'Chaim since 2009, and has done an outstanding job with our clients, staff and community. Her attention to detail and her willingness to put in extra time and effort to meet the needs of our organization, has demonstrated a commitment to excellence that we have come to depend upon. Annica's retirement is our loss but a well-deserved rest for her.

We are pleased to announce that **Leah Deslauriers**, who has been our Friday administrator for the past two years, is Annica's successor. We wish to express our sincere confidence in Leah's abilities and qualifications to assume this role. Many of you may know Leah, as she has been the Seniors' Program Coordinator for the Jewish Community Centre of Greater Vancouver for the past 10 years.

The JCC Seniors Department



Top: Annica Carlsson
Bottom: Leah Deslauriers

THE BIG MOVE

Dear Friends,
The last month of my life has undergone big changes. Since this relates to changes in the aging process, I thought that it would be interesting to share my experiences.

How time flies! It was like yesterday that I was trying to convince my parents to move to Louis Brier, "Where are you sending us? At Louis Brier there are only old people!" My parents were in their mid-eighties. Finally, when the time arrived to move, the tears in their eyes never stopped. "Our lifetime work are memories!" I did not quite understand their behaviour; I think now I do! It is happening to me.

Elinor and I lived in Richmond in the same house for 40 years, after we moved here from Montreal. It was a big move. We were in our forties. Reflecting upon it, it was a good move, and Elinor and I had a happy life in Vancouver. We thought that this life would never end. We were going to stay in this house until we would be taken out feet first!

I lost Elinor almost six years ago "May she be a blessing for all of us".

I continued my lonely life in Richmond. It was more than a house. It is the place Elinor and I had a happy life together. We built memories and accumulated things that contributed to these memories. Each little thing in the house had an extraordinary value because they were related to our life.

Times change however, and while remaining with the memories, I have to face the reality of the present, and look to the future. I agonized about this for a long time and finally made a decision.

Three years ago, I stopped driving at night. The following winter days became endless. Soon enough I may lose my driver's license. I had to do something and soon, while I am still in good health physically and in full mental capacity. The Big decision! Sell the house and move to Vancouver. My daily life was really in Vancouver. My Shul, JSA, JCC, and my good friend Sheila, are all in Vancouver. The house was sold and I was lucky to find a



SERGE HABER'S MESSAGE

wonderful apartment in Vancouver, on 36th Avenue and Main.

My previous life, my memories, my place! Strange enough, tears were shed and I finally understood very well the tears of my parents. The great decision, the great move.

My good times and memories are still there but in a different form. Having fully accepted my new destiny, I am happy the way things turned out. I love my new apartment; my memories are still with me and I am looking forward to my new life and my new place in space.

Now I understand and I hope you will too!

Blessings,
Serge Haber
President Emeritus



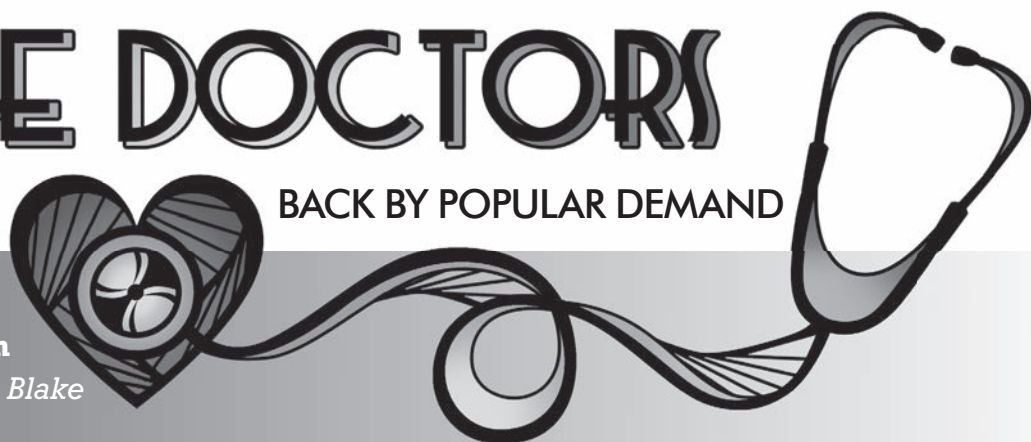
IN MEMORY OF EDITH SHIER

Edith Shier, the dynamic creator and powerhouse of JSA's magazine Senior Line, has passed away. We sadly acknowledge her passing and grieve the loss of a "wonderful whirlwind" who pursued her vision with clarity and imagination. We are committed to building upon the excellent work she did. As a role model and inspiration, her memory will endure. We express our heartfelt sympathy to her family and all who knew, loved and admired her at JSA.

Dolores Luber, Editor and Members of the Editorial Committee of Senior Line Magazine

ASK THE DOCTORS

BACK BY POPULAR DEMAND



"If I had known I was going to live so long, I'd have taken better care of myself" -Eubie Blake

One hundred and twenty people arrived at the Peretz Centre on Sunday May 7th to attend the Jewish Seniors Alliance Spring Forum "Ask The Doctors". President of JSA, **Ken Levitt** welcomed the crowd with the presentation of the new motto, *Seniors, Stronger Together*.



Gyda Chud and Ken Levitt

Gyda Chud introduced our first speaker **Dr. Saul Isserow** who is currently the Director for both Cardiovascular Health at VGH and Cardiology Services at UBC Hospital. He is also Director Sports Cardiology BC at VGH. Dr. Isserow received the People's Choice Award for Clinical Excellence in 2007 and became the Medical Director of Healthy Heart Program for Vancouver Coastal Health.

Chud then introduced **Dr. Larry Goldenberg**, who co-founded the Canadian Uro-Oncology Group as well as the renowned Vancouver

Prostate Centre, the Canadian Men's Health Foundation and VPC Supportive Care Program. Currently Dr. Goldenberg is a Professor in the Department of Urologic Sciences at VGH and Director of Supportive Care, Vancouver Prostate Centre. Dr. Goldenberg was recognized for his contributions by being invested in the Order of British Columbia and Canada's highest honour of merit, the Order of Canada.



Dr. Saul Isserow and Ilona Mermelstein

Dr. Isserow immediately eased our hearts by naming his topic "How to Stay Away from the *Chevre Kadisha*" (the Jewish Burial Society). Humour was used throughout to make hard facts more palatable. As we age, our health deteriorates, since our arteries harden with the progressing years. Showing slides to illustrate his points, Isserow stated that hardening of the arteries starts when young. When the blockage reaches the centre of the

artery, the heart attack occurs. As he stated 'Life is a sexually transmitted disease with 100% mortality.'

There are many risk factors: age, obesity, genetics, hypertension and smoking. Isserow strongly suggested that diet and exercise can halt or reverse immediate risks. A study of bus drivers and bus conductors was cited - the conductors, by virtue of the fact that they walked up and down the bus, were healthier. A similar study illustrated that the same was true of letter carriers vs letter sorters since the carriers walked door to door.

Movement is strongly encouraged. Sitting and watching TV increases the risk of diabetes and obesity. Walking one hour a day can reduce the risk of heart disease by 35%. The Mediterranean diet of fresh vegetables and fruit, healthy fats and whole grains can improve health by 27%.



Marilyn Berger and Shanie Levin

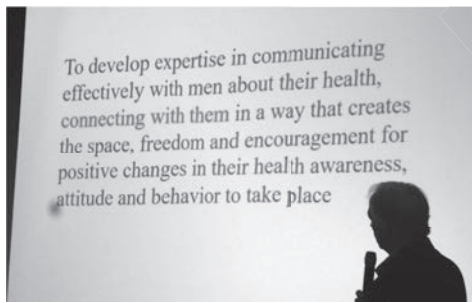
Aspirin reduces heart disease significantly. Although statins may be necessary, there are possible side-effects such as aches and pains. In Scotland, half the patients were given smarties, the others were given statins; the statins group did benefit from the medication. Isserow ended his talk by saying that health is up to the individual: walk once a day; eat well; and take medications as required only when the risk is high.



Dr. Larry Goldenberg

Citing Dr. Seuss, Dr. Larry Goldenberg stated that men die 4.4 years younger than women usually because of the Dr. Seuss 'I will not, cannot, Sam I am' syndrome. Males are unwilling to listen, to stop drinking and smoking, to improve bad eating habits

Doctors are increasing awareness with the slogan of *Precision, Prevention and Pre-Emptive*. The government is developing expertise in communicating effectively with men about their health in order to encourage them to make positive changes in their health awareness, attitude and behaviours. Dr. Goldenberg's initiative of <http://dontchangemuch.ca/> has brought about 72% participation. Dr. Goldenberg has taken the first steps in proposing a Canadian Institute of Male Health as the government seems to take less interest in male health than in women's or children's health.



Dr. Goldenberg's presentation on Men's Health

The big three killers of men are cardiac attacks and strokes, suicide and motor vehicle accidents. Aside from biological factors, male deaths occur as men just naturally appear to take more risks and sign on to riskier jobs. Canadian Men's Health Foundation encourages changes and have had athletes and hockey stars voice their encouragement and health advice as this seems to be an effective way to reach males.

Youcheck.ca is another way of assessing yourself by answering 30 questions. He spoke of "Manopause," with aging being a big factor and a lower level of testosterone which leads to a lower libido level, crankiness, fatigue and the onset of heart and bone disease. Low T has an impact on the body but there is no consensus as to solutions. Doctors need to monitor any symptoms that seem worrying. Men need women to guide them, and to emphasize that their behaviour CAN be changed.



**Standing: Rita Roling
Seated: Arieh and Sarah Engelberg**

An active and varied question period then followed, depicting the keen interest of the audience.

Loud applause of admiration and gratitude demonstrated what the audience was feeling as the session ended, a feeling of well-being that permeated the room due to the incredible presentation by two outstanding doctors.

Larry Shapiro, in presenting the doctors with small tokens of appreciation and continuing with the prevailing humour that had been present that afternoon, said 'VIVE LA DIFFERENCE' referencing the many differences mentioned between men and women and their approach to health.

Kudos to the JSA staff and volunteers for setting the stage and producing this phenomenal workshop; to Stan for his videography; to Gala for their delicious delectables served by our JSA members and enjoyed by all.



Ilana Strummer and Esther Weinstein

With physicians like Drs. Saul Isserow and Larry Goldenberg we will surely live to 120, THRIVING as was our theme for all sessions this year.

Here's to life lived well - Seniors, Stronger Together.

Binny Goldman

The unabridged version of this article can be found in Senior Line, Vol. 24 (2) at www.jsalliance.org

3

BAKING AND BREAKING BREAD TOGETHER



On Wednesday, March 8th 2017, to continue the theme of *Food - Nourishing Tradition - Eating Our Way Through Jewish History*, the film "Dough" was presented by the Jewish Seniors Alliance at the Unitarian Centre.

Ken Levitt, President of JSA, took the opportunity of introducing our new motto - SENIORS, STRONGER TOGETHER, emphasizing the comma as it had been the topic of much discussion.

Gyda Chud, Convener of this third Food Empowerment Series, said she was happy to see so many women in the audience as today was International Women's Day. She was wearing a scarf commemorating the event of the Women's March in Montreal in 2000.



Michael Schwartz

Michael Schwartz, Coordinator of Programs and Development of the Jewish Museum of BC and partner with JSA in all of the Empowerment sessions on food, also credited women for having been responsible for many of the organizations in BC. He spoke of Jewish Museum's new event called "Supper Club Cafe" which will be housed on the Peretz premises. Continuing, he said:

"Without further a dough we hope you enjoy the movie 'Dough'."

'Dough' is a film which depicts the desperation that sometimes drives people together. Widowed and finding it hard to manage, Nat Dayan is desperate to save his London bake shop from closing. His grandfather had opened 'Dayan and Son' 60 years ago. Customers are getting scarce, moving away or dying and his son, a lawyer, is not interested in continuing the family business or helping it survive.

Competition is becoming a concern with a shop next door that is selling baked goods along with groceries and Dayan's apprentice has left to work for them. Struggling to keep his kosher bakery open, Nat hires Ayyash, the teenage son of his cleaning lady. His mom was unaware that Ayyash has been selling drugs to help support them. Suddenly sales at Dayan and Son soar when Ayyash accidentally drops cannabis into the challah dough mix. Long lines appear and the closing of the shop seems far off.

A warm and special friendship develops between the Muslim boy and the Jewish baker as he and his mother go to live at Nat's when their home



floods. A line in the film - 'Fiddler on the Roof' meets 'Westside Story' describes what we see developing.

Tragedy is averted when a fire set by a competitor, instead of destroying the shop as well as Nat's dream forever, serves to bring them closer together with mutual aspirations of continuing to exist. Dayan and Son survives with the 'son' however being the Muslim boy. The theme is an especially moving one, of overcoming racial prejudice and bringing about closeness through the will for openness, acceptance and understanding in unexpected places.

Gyda Chud thanked the delighted audience and invited all to enjoy baked goods, however unlike the cannabis-filled ones in the movie. Huge thanks to the hardworking JSA staff for bringing this successful event to the public. Special thanks to **Stan Shear** for all his technical work.

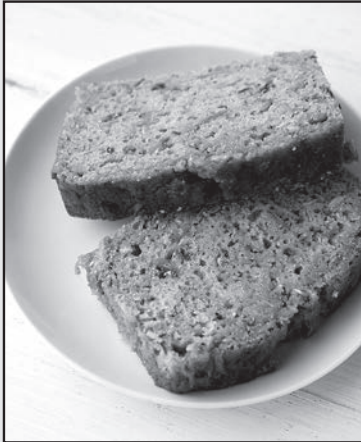
Please allow us to 'break bread' with you all in the future.

B'Tayavon - B'Shalom
Binny Goldman

The unabridged version of this article can be found in *Senior Line Vol. 24 (2)* at www.jsalliance.org



Gyda Chud and Stan Shear



1 cup finely grated carrots
1 1/2 cups water
1 1/2 cups raisins
1 large egg, beaten
3 tbsp butter
2 cups all-purpose flour
3/4 cup sugar
1 tsp baking powder
1 tsp ground nutmeg
1 tsp baking soda
1 tsp ground cloves
1/2 tsp salt
1 tsp cinnamon

Helen Hutton's Carrot Bread

This is an old Nova Scotia recipe given to me by my brother-in-law in the 1980's. This recipe is a family favourite with just the right combinations of spices, a moist cake that is definitely a crowd pleaser.

- 1 In extra large saucepan combine grated carrots, raisins, butter, sugar, spices and water. Stir, bring to boil, then cook gently for five minutes.
- 2 Cool completely, then add beaten egg.
- 3 Sift flour, baking powder, baking soda and salt together and then add to other ingredients in the saucepan.
- 4 Combine gently with spoon or spatula – do not use electric mixer.
- 5 Line loaf pan with parchment to prevent sticking, including sides, then pour mixture into pan.
- 6 Bake at 350 degrees on lower middle rack of oven for 70 minutes or until toothpick inserted in middle comes out clean.
- 7 Invert onto rack immediately and allow to cool.
- 8 Slice and butter. Loaf keeps well if tightly wrapped, but if it loses its freshness, it's very nice toasted.

Sylvia Pelman's "Bubby's Apple Cake"

My mother-in-law introduced me to her apple cake more than 40 years ago. It was a staple at all family gatherings, from Shabbat to Rosh Hashana. When I got married, I asked her for the recipe because we were leaving Vancouver and I wanted to continue serving this cake at our gatherings. Over the years, it's amazing how many people have asked for the recipe. It's easy to make, serves many, and tastes great!



- 1 Mix sliced apples with sugar and cinnamon. Set aside. Turn oven on to 350 degrees. Grease a 9x11 metal pan. [Glass pan may need additional time to bake.]
- 2 Cream eggs, sugar and oil together. Beat well. Add vanilla. Add flour, baking powder, and salt. Mix well.
- 3 Pour half of batter into greased pan, add the sliced apples, and add the remaining batter, spreading evenly over the apples. There should be enough batter to cover the apples. Sprinkle top with sugar.
- 4 Bake at 350 degrees for one hour.

6 to 8 apples, peeled and sliced
1/2 cup sugar
2 tsp. cinnamon
3 eggs
1 cup sugar
3/4 cup oil
1 tsp. vanilla
1 1/4 cups flour
2 tsp. baking powder
Pinch salt

SENIORS IN THE MOVIES:

ONCE YOU'RE OVER THE HILL YOU BEGIN TO PICK UP SPEED!



I begin with three foreign films which you must see, even if you don't like reading subtitles. The characters are unique and, at the same time, universal in their appeal to intellect and sentiment.

A Man Called Ove (2016) is a Swedish movie which follows a grumpy, persnickety old man who is grieving the loss of his beloved wife of many years. A film like this rises or falls not only with its central performance (Rolf Lassgard as Ove is superb), but also with its ability to engage the viewer's emotions in a credible, honest fashion. Ove is the community bully, handing out tickets for infractions of the rules and, in general, pestering everyone with his officious behaviours. Our sympathy for Ove is elicited by flashbacks to a litany of tragic or unfair past events.

"A Man Called Ove" is a morbidly funny and moving success with jokes which revolve around the Saab/Volvo feud, his compulsive routine and the rules that get broken, and a mangy feisty cat.

Ove is despondent and suicidal. He visits his wife's grave every day (on one occasion he is compelled to buy two bouquets of flowers, telling his dead wife that this offering is a "one-off"). He wishes more than anything to join her in death. However, all his various and sincere attempts at suicide fail! A new boisterous family moves in next door, the pregnant wife of Iranian origin breaks through his tough shell. The story is from the best-selling novel of the same name. Ove is perhaps the stereotypical Scandinavian everyman who saunters on no matter what life

throws at him. As Ove, Lassgard gives one of the year's best performances. We get behind his amusing grouchiness. Lassgard allows us to see deeply under that protective exterior. We feel as if we've walked a mile in Ove's shoes and absorbed his catharsis as our own (Odie Henderson Sept. 30, 2016).

My Love, Don't Cross That River (2016) is a South Korean documentary. There is visual poetry in Jin Mo-young's film and unblinking observation as well. The film covers 15 months with Jo Byong-man and Kang Gye-yeul, married for 76 years and living in a modest, rural riverside home in Gangwon Province in South Korea. We learn of their history, their marriage and the birth and deaths of their children. We meet the surviving children on visits with grandkids. The siblings bicker as family members often do. Over seasons captured in Mr. Jin's lyrical camerawork, we witness Mr. Jo's decline and foreshadowed demise. Many of the passages in this gentle film are universal, but the love here is extraordinary (Andy Webster, N.Y. Times, June 16, 2016). This is the most extraordinary film I have ever seen. Breathtaking!

Toni Erdmann (2016) is a German movie, directed by Maren Ade, about a sixtyish music teacher, Winfried Conradi, in a small German town. He's a practical joker who unexpectedly drops in on his daughter, Ines, in Bucharest. Her lifestyle, her work environment,

her behaviour is actually the subject of the film. The father acts as a warning bell, a witness to Europe's economic stagnation and political instability. Ines is a workaholic. She has no personal life. She is efficient, detached and successful. But not in her father's eyes. He plays the fool, the court jester, interrupting and interfering in her life. He is trying to get her attention.

It took a while for me to relate to the shenanigans, but I came to see the point. Toni Erdmann breaks through her coldness and her competence, disrupting her life. The chaos and confusion that Winfried-as-Toni sows in Ines's working life in Bucharest creates the breaks in her routine that allow him and her to become a witness to it. Ade is portraying the self-abasing humiliations arising from the oppressive and thoughtless norms of corporate ladder-climbing. There are funny, tragic, sexy and weird scenes which gives us a glimpse into European fractures and follies (Richard Brody, Dec. 21, 2016). The film is very long, irritating at times, and well-worth-watching.

And now for something light-hearted and funny:

Hell or High Water (2016) is a gun-toting, bank-robbing contemporary western that is a hilarious and easygoing thriller. The stakes are high,

but the characters seem nonchalant. Jeff Bridges (age 67) is an imperturbable Texas Ranger kicking the doorstep of retirement. He is in pursuit of two brothers, bank robbers who only target small town branches of Texas Midlands banks, and only for small amounts of cash. Marcus (Jeff Bridges) is a tough old bird with a seen-it-all manner and smoked-'em-all drawl.

The film's dialogue has a verve and a tongue-tickling texture which reveals the characters and their mindset. Furnished with faces as beaten as the vehicles the brothers drive and discard, *Hell or High Water* is a chase movie disguised as a western. Its humour is as dry as prairie dust and its morals are steadfastly gray (Jeannette Catsoulis, *New York Times*, Aug. 11, 2016). Director David Mackenzie creates a film which alternates between moods—comic, tragic, ruminative and violent—with seamless self-assurance. Bridges is an utter delight. His performance is a joy to behold. Watch it!

In the category of Post-Holocaust films:

A Tale of Love and Darkness (2016) is an Israeli movie in Hebrew. It is Natalie Portman's directing debut, which addresses a complicated and consequential moment in 20th-century history: the founding of the state of Israel. Ms. Portman's film, closely based on a memoir by the Israeli novelist Amos Oz, is full of mixed emotions and chronological tangles.

In more ways than one, it's also an intensely literary film, preoccupied with language—Hebrew, which Ms. Portman speaks fluently—and

preferring nuances of mood and memory to details of plot. Before he was the acclaimed writer Amos Oz, the narrator and protagonist was Amos Klausner, born in Jerusalem in 1939 to parents who had escaped the accelerating horror of Europe. In the years following the climax of that horror, family members find themselves caught up in the conflict, confusion and excitement leading to the end of the British mandate and Israel's war of independence (A. O. Scott, *New York Times*, Aug.18, 2016).

The viewer's experience can be claustrophobic (in the Klausner household), depressive (Fania, Natalie Portman, suffers from melancholia), visually exquisite (the cinematography is breathtaking) and emotionally heartfelt (the mood is melancholic and brooding, ominous with the tension of the times).

A La Vie (2014) is a French film which spans from the dark last days of Auschwitz to the bucolic summer of 1962. After years of searching, three former inmates are reunited. They plan a reunion in the beach community of Berck, France. The relationship among these three survivors as they approach middle age is handled with a sharp and profound complexity. All suffer deep scars from their shared experiences, and grapple with layers of contradictory emotions when they are reunited.

Visually, this film is stunning. Seamlessly journeying from darkness to light, somehow it creates a modulated panorama of colour that manages to be both muted and vibrant. It is as much its wealth of images as the performance of the cast that generates the film's indelible mood of hope and regret (Paul

Dervis, Film Director; Algonquin College; Ottawa School of Speech & Drama). The film was inspired by the lifelong friendships that the mother of its French director Jean-Jacques Zilbermann formed in the camps.

Three Movies Worth Watching:

Albert Nobbs (2012) is based on the true story of a waiter named Albert Nobbs who finds safe harbor in male identity. Glen Close (age 70) is superb as the cross-dressing Albert. This sincere, sober story is in keeping with the way Ms. Close interprets the character, as a person for whom tact, formality and decency represent not the denial of feeling but its most profound and authentic expression (A. O. Scott, *New York Times*, Dec. 20, 2011).

Truth (2015) is an American political docudrama starring Robert Redford (age 80) and Cate Blanchett which focuses on the last days of news anchor Dan Rather and producer Mary Mapes at CBS News. A true cautionary tale of the dangers of the search for truth.

Florence Foster Jenkins (2016) is based on the real-life figure of Florence Foster Jenkins (played by Meryl Streep, age 67). Her singing was wretched but legendary. Streep is fabulous in this outrageously funny film. She is aided by her husband, St. Clair Bayfield (Hugh Grant) who pays off critics, and tucks her into bed before running off to his mistress. Mid-century New York is beautifully portrayed. This film is gorgeously and wickedly funny.

Dolores Luber

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.

POTCH

MEANING: verb. tr.: To slap or spank.
noun: A slap or spanking.

ETYMOLOGY: From Yiddish *patshn* (to slap), of imitative origin. Earliest documented use: 1892.

USAGE: "There are two schools of thought on the subject of *potching*. The first is that parents should never *potch*, no matter what was done and regardless of the circumstances."

Dovid Kaplan; *Polishing Diamonds: Bringing Out the Sparkle in Our Children*; Hamodia; 2005.

FUTZ

MEANING: verb intr. 1. To waste time or to idle. 2. To meddle or fiddle with something.

ETYMOLOGY: Perhaps from Yiddish *arumfartsn* (to fart around), from *arum-* (around) + *fartsn* (to fart). Earliest documented use: 1932.

USAGE: "'We don't go down there to *futz* around,' he added. 'We go down there to showcase our skills.'"

Jane M. Von Bergen; *Labor Peace at the Convention*; Philadelphia Inquirer; July 29, 2016.

HUMOUR!

1 One of life's mysteries is how a 2-pound box of chocolates can make a woman gain 5 lbs.

2 The best way to forget your troubles is to wear tight shoes.

3 The nice part about living in a small town is that when you don't know what you are doing, someone else does.

4 Just when I was getting used to yesterday, along came today...

5 Sometimes I think I understand everything, and then I regain consciousness.



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CANADIAN FRIENDS OF THE HEBREW UNIVERSITY OF JERUSALEM
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TED TALK STYLE EVENT | Come Discover Jerusalem ANEW

JERUSALEM'S POPULATION – WHAT DOES THE FUTURE HOLD?
Lior Schillat, Director – Jerusalem Institute for Policy Research

RAISING A START-UP NATION
Maya Halevy, Director – Bloomfield Science Museum

THE MAKING OF A SERIAL ENTREPRENEUR
Yonatan Avraham, Student Ambassador – Hebrew University

MARKETING INNOVATION: CHANGING ISRAEL AND THE WORLD
Tamir Huberman, VP Business Development – Yissum

Sunday, July 16 at 7:30 P.M.

JCC 950 West 41st Ave, Vancouver

Tickets \$45.00 per person
Reception following

For tickets and full bios:
www.cfhu.org/jerusalem-of-tech
vanc@cfhu.org | 604-257-5133

SANDY BLASS:

PORTRAIT OF AN ARTIST

AT HOME IN BOTH VANCOUVER, BC AND IN ISRAEL



Blass says that watercolour is an unstable medium to use, the colour doesn't remain consistent nor does the way it spreads itself on the paper. That is why she prefers it. "I don't have 100 percent control. The painting isn't done when I finish painting. It's done when the water stops moving, when it dries thoroughly." It would seem that the painter is surprised by the finished product; as we are startled by their opposing qualities of vigorous strength and calm serenity. This duality is furthered by both the real and the abstract nature of the scenes.

Blass' discovery of Israel and Judaism came late in life. "My parents were Holocaust survivors. We didn't talk about anything Jewish or about the war....Our home was secular and full of anxiety." The older she grew, the more she wanted to learn about her roots and her family history. Her first trip to Israel in 2012, meeting her relatives who had survived the war in Europe and immigrated to Israel afterwards—were factors which were instrumental in her reconnection to

her Jewish identity. She has painted an homage to her grandfather who was murdered by the Nazis (*For Opa: Death is Swallowed Up in Victory*).

Sandy Blass, through the medium of watercolour, communicates visually both her external and internal landscapes with deep personal meaning.

You can reach Sandy Blass at blassart@yahoo.com; <https://www.facebook.com/sandyblassartist/>

View many of her paintings at: <http://www.blassart.com/english/#gallery>

When I entered the Zack Gallery at the JCC to view the paintings of Sandy Blass, I was struck with their luminosity; they sparkled in their freshness and clarity. Her watercolour paintings, expressing her inner feelings toward her dual identity, highlight the landscapes of both Canada and Israel. The awe-inspiring quality of Canadian and Israeli landscapes is captured on the canvas.

Dolores Luber



Left: "Akko Beach"

Top: "Spring Snow"

On the cover: "Coastal Steps"

CARTOON CAPTION CONTEST

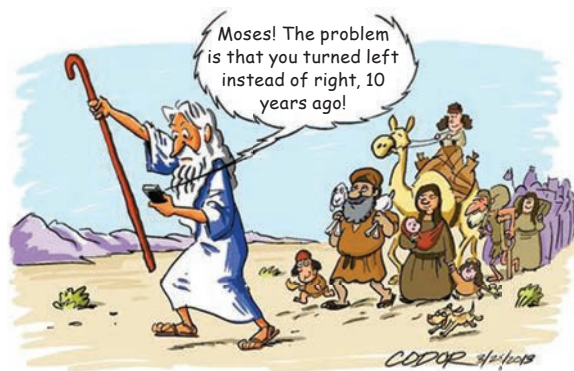
Congratulations to our Winners!

We have declared a tie: The Winners are Alex Kliner and Shirley Cohn. Alex and Shirley, please come to the JSA office to collect your prizes.

Congratulations and continue the great work, all of you!



"39 years! 364 days! And NOW I find a GPS in the sand? Oy!" - Alex Kliner



"Moses! The problem is that you turned left instead of right, 10 years ago!" - Shirley Cohn

Our Runners Up:

"You are now going to eat and drink in the desert for 40 years."
Mrs. Shirle Carsh

"Oy Vay! The GPS has misled us – we're lost!"
Rose Zukerman

"Turn right; go 375,000 pedes. If you can see a large body of water, you've gone too far"
Gerald Lecovin

Guess what Moshe? I've finally got my phone locator app working. How can you still be so far from the Promised Land?
Keren Gertsman

"I'm sending a selfie to my Barmy class and the two Tribute Cards back to the JSA"
Hugh Nathan

"-----39.9 years-----"
Arnold Shuchat



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

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

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

Sleepless in Vancouver

Dear Hannah,

The CBC had a report about the new sleep program called “The Cognitive Shuffle.” I presume it is not a new dance step! As a senior man of 72 years old, this interests me since I have trouble falling asleep and staying asleep. I am healthy, have an active and satisfying lifestyle, with no major health problems.

- Sleepless in Vancouver

Dear *Sleepless in Vancouver*,

Welcome to the club! They say that “sleep is the new sex.” According to Forbes magazine, “Sleep is something everyone needs and wants. We have to have it, and we have trouble getting it these days.”

Sleep deprivation takes both a physical and financial toll. Research shows that lack of sleep has been linked to obesity, diabetes and cardiovascular disease. Not getting enough sleep leads to huge expenditures in annual health-care costs and millions of dollars in lost productivity (Melanie Wells, Forbes Magazine).

Insomnia is like a thief in the night, robbing millions—especially those older than 60—of much-needed restorative sleep. There are two types of insomnia. One, called primary insomnia, such as obstructive sleep apnea, restless leg syndrome and a tendency to act out one’s dreams physically. The other, more common type of insomnia, is secondary to an underlying medical or psychiatric problem; the side effects

of medications; behavioural factors like ill-timed exposure to caffeine, alcohol or nicotine or daytime naps; or environmental disturbances like jet lag or excessive noise or light—especially the blue light from an electronic device—in the bedroom.

I suspect that you may be suffering from the second, that is, nonmedical causes of insomnia which are treated by practicing “good sleep hygiene.” Here are some suggestions: 1. Limit naps to less than 30 minutes a day; 2. Avoid stimulants and sedatives; 3. Avoid heavy meals and minimize liquids within two hours of bedtime; 4. Exercise moderately every day; 5. Maximize exposure to bright light during the day and minimize it at night; 6. Create comfortable sleep conditions; and 7. Go to bed only when you feel sleepy.

NOW, back to your question about “The Cognitive Shuffle.” Canadian cognitive scientist Luc Beaudoin has invented a new cure for insomnia, which he calls the “cognitive shuffle”. Oliver Burkeman (The Guardian, Friday July 15, 2016) explains it as follows:

Essentially, it’s a method for deliberately scrambling your thoughts, so they make no sense...The cognitive shuffle involves mentally picturing a random sequence of objects for a few seconds each: a cow; a microphone; a loaf of bread, and so on. It’s important to ensure the sequence is truly meaningless, otherwise you’ll drift back into rumination. One option is Beaudoin’s app, *MySleepButton*, which speaks the names of items in your ear. Another is simply to pick a work, such as “bedtime”, then picture as many items

beginning with “b” as you can, then “e”, then “d”, then...Well, by then, if my experience is anything to go by, you’ll be asleep.

I would pull up the articles on the Internet (Google “cognitive shuffle”) and give it a good try. What have you got to lose? Sweet dreams and Good night.

Hannah

Oliver Burkeman: <https://www.theguardian.com/lifeandstyle/2016/jul/15/shuffle-thoughts-sleep-oliver-burkeman>

Patient Voices: Sleep Apnea (New York Times), eight cases studies in problematic sleep. https://www.nytimes.com/interactive/2017/01/01/well/patient-voices-sleepapnea.html?em_pos=large&emc=edit_hh_20170510&nl=well&nid=25009740&ref=headline&te=1

Anxious in Airports

Dear Hannah,

I am a senior woman who enjoys travelling—I like to visit grandchildren in Montreal and Toronto, go to California for a month in the winter and once in a while take a cruise. There have been some truly distressing stories on the television lately about people getting bumped off their flights. Do you have any advice on how to avoid or minimize this happening?

-Anxious in Airports

Continued on page 18...

ONGOING EVENTS July, August, September, October 2017

JEWISH COMMUNITY CENTRE SENIORS (JCC) 950 W 41st Avenue 604-638-7283 www.jccgv.com/content/seniors	
MONDAY	
July 10 and Aug 14 12:00 - 2:00 pm	Summer Barbeque
1:00 - 4:00 pm	Poker
TUESDAY	
9:30-10:30 am	Chair Yoga
11:00 - 2:45 pm	Duplicate Bridge
1:00 - 2:30 pm Twice a month, starting in Sept	Circle of Friends for Women
WEDNESDAY	
9:25-10:25 am	Chair Yoga
1:00 - 4:00 pm	Poker & Mah Jongg
THURSDAY	
11:00-2:45 pm	Duplicate Bridge
12:30 - 3:30pm	Mah Jongg
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11:00 - 1:00 pm Starting in Sept	Supervised Bridge

L'CHAIM ADULT DAY CENTRE 950 W 41st Avenue CONTACT: Leah Deslauriers 604-638-7275 lchaim@jccgv.bc.ca, www.lchaim.ca	
MONDAY AND WEDNESDAYS	
9:30-3:00 pm	
FRIDAY	
9:30-2:00 pm	

BETH TIKVAH SYNAGOGUE 604-271-6262 http://bethtikvahbridge.wordpress.com	
MONDAY - 7:00 pm	
Bridge - ACBL sanctioned, masterpoints awarded.	

Save The Date

JSA ANNUAL GENERAL MEETING AND CLOSING DINNER

DATE: **Thursday, September 14**
 TIME: **5:00 pm Registration**
6:00 pm Awards
 PLACE: **Beth Israel Synagogue**
989 West 28th Avenue
Vancouver, BC
 (See back cover for more information)

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

MONDAY - RESUMES AUG 28	
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	

VANCOUVER FILM CENTRE CONTACT: robert.albanese@vjff.org 604-266-0245 www.vjff.org	
Film Screenings - Last Tuesday of the Month, 1:00pm at Peretz Centre. Hosted by Vancouver Jewish Film Festival	

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

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 - 12:30 - 2:30 pm Lunch \$6, July 25, Aug 22 - RSVP 1 week in advance	
WEDNESDAY	
Arts Club for Women - 1:00 - 3:30 pm	
THURSDAY	
July 13 -Seniors' Summer BBQ at Rabbi Baitelman's home. RSVP required. 604-277-6427	
ESL Classes - 9:45 - 12:15 pm Start Sept 7, please phone for registration	
SATURDAY	
Torah Studies Class - 1:30-2:30 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, Music, Guest Speakers - Oct 19	

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 July 11 and Aug 8. First and third Tuesdays luncheon held at Temple Sholom. 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.	

ONGOING EVENTS July, August, September, October 2017

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

GASTOWN AND STRATHCONA WALKING TOUR
July 16, Aug 13, Sept 17, Oct 15
Full details and registration at: <http://jewishmuseum.ca/program/strathcona-gastown/>

MOUNTAIN VIEW CEMETERY WALKING TOUR
July 23, Aug 20, Sept 10, Oct 22
Full details and registration at:
<http://jewishmuseum.ca/program/mountain-view-cemetery/>

THE KITCHEN STORIES - PODCAST SERIES
New episodes released every other Friday. Folks can subscribe at iTunes or wherever they get their podcasts, or stream directly from our website at:
<http://jewishmuseum.ca/the-kitchen-stories/>

THE CHOSEN FOOD - SUPPER CLUB SERIES
New dates are being added soon. Register at:
<http://jewishmuseum.ca/program/the-chosen-food/>

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

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

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

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

Meets Sept 5 and Oct 5 at Temple Sholom 7:30 pm

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

July 23 - 1:30pm	Truth about WW2 and about Jewish people at the war. Discussion
Aug 13	Sea trip to Victoria
Sept 24 - 1:30pm	Concert dedicated to Marina Tsvetayeva, famous Russian poet
Oct 8 - 1:30pm	Meeting held to hear reports and elect new officials

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
FRIDAYS AT 6:00 PM - SEPT 15, OCT 20

Sunday, Sept 24 - 2:00pm	Secular Humanist High Holidays Observance
First and Third Wednesday of the Month - 3:00-4:30pm	Yiddish Reading Circle
Tuesday -7:30-9:30 pm Resumes on Tuesday, Sept 12	Vancouver Jewish Folk Choir
Second and Fourth Saturday of the Month - 10:30-12:30 pm	English Language Discussion Group on I.L. Peretz

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

FRIDAY 11:00am - Peretz Centre
Guest speakers, films, discussions and refreshments.

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

MONDAYS

10:00 - 1:00 pm	TECHIE MONDAYS - Provides instruction and guidance on all things technical (such as eBooks, using iDevices and computer help)
Second Monday each Month - 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin

WEDNESDAYS

10:30-12:30 pm	SHIRLEY STEIN'S NEWS AND VIEWS - Discussion group for people interested in current affairs and global politics.
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THURSDAYS

10:30-11:30am	Genealogy: Who am I? Where did I come from? In partnership with the Jewish Genealogical Society. https://jccgv.com/content/library-geneology
Fourth Thursay each Month	LIBRARY BOOK CLUB - Contact Library for current book list 604-257-5181

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

USEFUL RESOURCES

JSA

JSA is committed to providing resources for seniors seeking assistance or information. Visit our website 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/

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

Ask Hannah

...Continued from Page 15.

Dear *Anxious in Airports*,

Here is my advice on how to avoid getting thrown off an overbooked flight! It almost happened to me. I was on my way to Toronto. I arrived at the airport two hours in advance of my flight. I breezed through airport security and was waiting at the boarding gate. Suddenly, I heard my name being called out. "I'm afraid the flight has been overbooked, we have to bump you." I got mad fast, I said I had booked this ticket three months in advance and I played the "age card" (after all, it was an emergency!). Eventually, they said I

could continue on the flight AND I had been upgraded to Business Class!

The most important things you can do in preparation for your flight:

1. Book your seat in advance. I did not know about this procedure. You must call/ check-in 24 hours in advance of your flight. Why? Because once you've been assigned a seat, the airline cannot take it away. This pre-flight check-in costs you nothing.
2. Pay extra to book your seat when you purchase your ticket. This is helpful if you absolutely want to sit in a particular place (far away from the toilet; extra leg room in the bulkhead, on the aisle).
3. Just in case of a delayed flight, be prepared to wait. Carry a good book, or

a fully-charged smart phone or a laptop computer loaded with an e-book or a movie, get a manicure, get a shoe shine, shop for the grandkids, etc.

4. Check out the free app *GateGuru* for the low-down on restaurants, shops, and amenities in nearly 200 airports worldwide.
5. Go for comfort. Want to get maximum leg room? *Seatguru.com* offers seat maps, airport guides and recommendations for different planes. Check the seat-comparison chart to determine seat width for various flights you're considering (Camilla Cornell, National Post, Oct. 20, 2016).

Have a good trip.

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



Top 5 Priorities

In 2017, CARP will continue to be the leading advocate for improved healthcare and financial security. Based on input from our members and volunteers, here are some of the issues we'll be tackling this year.

1 Surgical Wait Times:

A key priority for CARP members is reducing wait times for medical procedures. BC residents can wait 12 to 24 months for hip and knee replacements. The obvious hardship for patients is the severe pain they endure while waiting for surgery.



2 Homecare:

Access to homecare is vital for aging Canadians. CARP is calling for the federal liberals to honour their pledge for \$3 billion in homecare funding and for the provinces to reallocate resources. More care must be provided to patients living at home including palliative care so that people can end their lives at home or in hospice, with the ease of full medical support and the comfort of loved ones around.



3 Caregivers:

An estimated \$25 billion of 80% of care is provided annually by 8 million informal, unpaid caregivers. CARP wants a refundable federal tax credit, expanded EI coverage for Compassionate Care Benefits, a caregiver's allowance for low income caregivers and a significant expansion of respite care.



4 Investor Protection:

Of 26 countries rated in a recent assessment, Canada ranked 26th, receiving a D- for our high investment fees and expenses. Your money should stay with you, not your financial advisor. CARP will fight to collect the \$30 million in fines outstanding right now from convicted rule-breakers.



5 Elder Abuse:

In 2017, we will develop recommendations to stop elder abuse and improve the financial, physical and emotional security of Canadians as we age. Financial abuse, the most common type of abuse, can have dire consequences. We will be exploring ways to reduce this horrific crime impacting 800,000 seniors every year.



On Guard

We know that no matter how well we plan, other issues will arise. Whether it's proposed cuts to benefits or allowances, or planned increases in costs or taxes, we'll watch out for those seniors who are most vulnerable and in need of our support.

Published with permission: please go to the website to read the unabridged document.

http://s3.amazonaws.com/zweb-s3/uploads/carp/2017/03/CARP-Top-5-Priorities-2017_webfriendlyFINAL.pdf

PEER SUPPORT SERVICES



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



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

604-267-1555
www.jsalliance.org

The peer counsellors provide emotional 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.

Peer Counselling

JSA provides several peer counselling training sessions per year. 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.
- All volunteers receive ongoing training, support and supervision by professional staff.

Community Support Friendly Visitor

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 support. 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.

Friendly Phone Call

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

Information Referral Line
604-267-1555

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.

Bereavement Support

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

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

Please Note:

All volunteers must provide a criminal records check



Seniors, Stronger Together

VOLUNTEER PROFILES

Greta Milton



Greta was born in London England and as a child lived through the blitz, the bombing of London by Germany. Her parents were Polish Jewish immigrants and fled in fear that her father would be sent to Russia to fight in the army.

Her parents had a successful business as bakers and transporters of coal. From 1939-1945, she was sent away from London to Cambridgeshire, as all children were evacuated from London. In 1943, Greta went back to visit her parents and she was then told by her mother that her father died of TB. Greta was six years old. Her mother then took over the coal selling business with the help of her older brother and sister.

Greta was reunited with her mother and siblings after the war in 1946. Life then became normal. She completed her education. She got a job in a solicitor's office where she worked for 12 years. In the 1950's she met her future husband, Jeffrey, who was passing through London, moving to Vancouver after having served in the Russian army. He proposed to her immediately after they met. He was on a temporary visa and needed to be in Canada shortly. Greta accepted his proposal, but then they were apart for six months. Upon Jeffrey's return six months later, they were married and lived in London for 17 years with their two children. Her husband worked making custom-tailored suits but in the 1970's the demand for custom-made suits declined, so they decided to make a life in Vancouver. Upon their arrival they were treated royally. They set up a clothing alterations store and eventually bought the building. They had a loving relationship and were never apart during their 56 years marriage.

In 2014, her husband was diagnosed with Alzheimer's disease. The last two months before her husband passed away she never left his side. Grace Hann visited her in 2016. Greta expressed a wish to become a senior peer counsellor at JSA. Since then Greta has been seeing several clients, including calling clients every evening to check in and provide emotional support. Since becoming a volunteer at JSA, Greta has become a dedicated and caring

volunteer. Although her life threw her many curve balls she always was able to embrace life and help others. On behalf of her clients, the staff and board of JSA, we thank you for your ongoing commitment and care that you give our clients.

Nancy Potenciana Bennett



Nancy has been a peer support services volunteer with Jewish Seniors Alliance for over two years. She was born in the Philippines, the second of five children. She was brought up in a loving family but life was a struggle making ends meet.

Nancy and her family lived on a farm and her parents, siblings and Nancy all supported each other by growing and selling their own crops.

At age 19 Nancy wanted to move to Manila to find employment. Her father was overprotective and struggled with letting her go. Nancy then found employment as a housekeeper and caregiver. She acquired skills as a cook and housekeeper. It was during these years that Nancy acquired a love and skill for giving and caring for others. Nancy married in 1983. Later, in the 1990's, her husband became ill and she cared for him until his passing.

From 1989-1993, Nancy learned to care for the elderly as a home support worker. Then in the 1990's her elderly parents moved to Texas to live with her sister. Nancy then began to stay with them six months out of each year to help care for her parents and give her sister relief. Her parents passed away in 2011. Afterwards, she retired. Nancy still felt a need to care and support others, so she applied to JSA to be a friendly visitor. Since then Nancy has impressed Charles and Grace with her dedication and devotion to her clients. She currently has two clients she calls each morning to check on their safety. She notifies staff if her clients are not answering to ensure that there is a safety plan in place for staff to call their emergency contacts. On behalf of her clients, the staff and board of JSA, we thank you for your ongoing commitment and care that you give our clients.

Interviews by Charles Leibovitch

GRADUATION CELEBRATION OF VOLUNTEERS FOR PEER SUPPORT SERVICES

Another special evening for Jewish Seniors Alliance filled with enthusiasm, fun and a blending of Senior Peer Counsellor graduates, Friendly Visitor graduates along with our great team of volunteers.



Charles Leibovitch and Grace Hann

Grace Hann and **Charles Leibovitch** welcomed all the volunteers and the graduates. Hann then thanked all of our funders and acknowledged **Shelly Rivkin** from Jewish Federation who was unable to attend. **Ken Levitt** sent warm wishes and a special thank you to all volunteers.

Dr. Moira Stilwell was introduced as a former M.L.A. who cares deeply



Dr. Moira Stilwell

about seniors and their issues. Stilwell said if there was anything she could change about her life it would have been to become a volunteer earlier in her life. She expressed the importance of volunteering and how positive it is not only for the clients but for the volunteers themselves. She said her life became much richer through volunteering.

Serge Haber was introduced as President Emeritus and as a man with a clear and passionate vision. He spoke about the challenges facing seniors and the incredible role volunteers play. Serge placed great emphasis on the partnerships which have been created between JSA and the volunteers. He expressed gratitude and appreciation for the support and hope they provide for seniors who are facing loneliness and isolation.



Serge Haber

Nancy Chu spoke about her experience as a volunteer and expertly defined our role by using the acronym ABC's. Her message was based on accepting our clients wholeheartedly; recognizing they



Charles, Grace and Nan

are not friends, as our value systems may be different; and understanding that one day we may ring their bell and there isn't an answer. In summary, Nancy used three words, Acceptance, Boundaries and Connection. She stated "By accepting my clients feelings unconditionally, I can connect with them on an emotional level while observing and respecting boundaries".

Other highlights consisted of Senior Peer Counselling graduates and Friendly Visitor graduates doing something special to showcase their training.

Hann was the recipient of praise and appreciation from her graduating students of the senior peer counselling training course. They thanked her by singing their own version of "Amazing Grace", which included phrases about active listening and non-judgemental communication. The graduates as well spelled out her first name "Grace" as an acronym and took

each letter to represent an aspect of peer support:

- G: Gather My Attention**
- R: Recall My intention**
- A: Active Listening**
- C: Caring Attitude**
- E: Empowerment**

Teresa, a Friendly Visitor Graduate spoke of the difference it would have made to her mom if only she had a visitor who would brighten up her day.

Merle and **Odelon** did a cool skit depicting Grace and Charles. Merle called into the office to speak to Grace Hann and was told by Grace to just hold a moment, I have another call. Merle then mimicked another call, this time for Charles from Odelon, asking for help with a client. Charles responded with "sing to them"! Odelon then brought people to tears by singing "Somewhere over the Rainbow."



Merle and Odelon

The magical evening continued as the band **David** and **Julie Ivaz** warmed up the volunteers by playing some popular folksongs by Leonard Cohen and Simon and Garfunkel. The little dance floor became very vibrant with disco tune "We Are Family"! The wafting of the barbeque by **Baruch Azeroual** through the hall created an ambience of anticipation and a much needed rest! Watching



Deb, Jacquelin, Cyrille and Greta

volunteers connect and bond while sharing a meal is a unique experience. Charles and Odelon made singing look easy as they held us spell bound with their incredible voices and exuberant energy for several songs.

Deborah James wowed us with her beautiful rendition "As Time Goes By". Charles led the group with two appropriate songs, "Lean On Me" and "You Raise Me Up." It was thrilling to watch so many different people from diverse backgrounds join in and use song to illustrate important messages of love and humanity. A freilich time was had by all!

Many thanks to **Pam, Rita, Gyda, Liz** and **Rita** for creating a fabulous ambience and to **Binny** who circulated throughout the evening capturing some stunning photos!

Charles Leibovitch and Grace Hann



Diane, Odelon, Peter and Cindy

AMAZING GRACE FOR GRACE



Amazing Grace how sweet you are
How smart and wise and kind
A better mentor, teacher, guide
We could never find.

You gathered us as raw recruits
You saw potential there
You looked into our hearts and saw
Capacity to care.

You taught us active listening
Your modeling is our guide
We learned to put our clients first
And set ourselves aside.

You taught us true respect for all
And keep an even keel
You taught to trust in everyone's
Ability to heal.

You told us not to judge or fix
Or psychoanalyse
You said to keep our boundaries
And not to fraternize.

So here we are new graduates
With wisdom, you've endowed
We'll serve our clients as you've taught
And hope to make you proud.

And when we need some good advice
We know to call on you
Your ready generosity
Will help to pull us through.

We raise a glass of gratitude
Amazing Grace to you
We wish you health and happiness
May all your dreams come true.

SENIOR-FRIENDLY COMMUNITIES NOT JUST IN FAIRY TALES

Lake Constance is in the heart of Europe bordered by Switzerland and the Alps to the south, Germany to the north and Austria to the east. The region is lined with lakeside retreats, beer-stein-size ferries taking mini-cars and visitors across the lake, fairy book castles, quaint villages with cobblestone pedestrian streets, vineyards and apple orchards. What most tourists who visit the area never see and what most locals take for granted is a ground-breaking community in the town of Eriskirch, Germany, where Haus St. Iris is, an “*Altenpflegeheim*” (old-persons caring village) operated by Stiftung Liebenau, a European Catholic organization.

As you walk into the lobby, a framed graphic in large font displays the latest government inspection of the community. On a happiness scale, the nursing staff, caring, socialization, cleanliness and food are individually rated and an overall grade is assigned to the community. Unlike other government inspection rating systems, this scale is based not just on the staff and management’s performance, but on how the community functions as a whole. A central concept to the philosophy of the charitable organization is *Gemeinschaft*, reflecting a belief of interdependence between each other and that each person contributes to the health of every other.

There are 14 rooms per floor with personal shower ensembles; some seniors have a roommate; some couples share a room, while others prefer to live alone. The bedrooms

are chockablock full of personal items, each one unique telling the life story of the senior. The kitchens have high-quality appliances, including a specialty-coffee-maker. The seniors and the staff plan the meals together and choose the recipes. There is no central laundry, domestic-size washers and dryers are in each living area along with an iron and ironing board. Clothing not fit for the dryer is hung to dry in the hallways; sounds like home!

The nursing station has been replaced with an office desk and sitting area, with locked cabinets for the minimal medications and individual files. A unique feature in the dining and common area are ceiling lights that complement the floor-to-ceiling glass windows mimicking the outdoor sunshine or cloud cover or the colours of the setting sun. The whole living environment reduces the need for medications to manage boredom, helplessness and loneliness.

Directly across the shared bike path/pedestrian street/driveway is an intergenerational housing complex where children, adults and elders all live together in a cooperative living arrangement. The council manages itself and has a focus on service to each other as well as to the neighbouring seniors’ residence. The community also does service projects for the seniors along with a larger community, including a neighbouring grade school that supports the village.

One senior has taken up a project of caring for orchids that have replaced

the spot where the handrail used to be located. Most seniors are either fine on their feet, use walkers or wheelchairs and the only one who requires the handrails are the government regulators. That’s the point of this community: to create a place where seniors live alongside others of different ages and abilities, including a special-needs community breaking ground in 2017. Seniors aren’t cast aside to an old-age institution. Loneliness isn’t a life sentence for pensioners in this village.

Stiftung Liebenau operates dozens of similar communities throughout Europe. It’s a sign of the success of the European Union that a concept that works well in one country can be translated into the local customs of cultures around the continent. Locals, including many active seniors, come to the area not just to visit grandma. They come because of the reputation for serving up delicious meals and recipes traditional to the region for generations. A mother with a child in a stroller and another walking alongside enter the building to pick up a third sibling who is attending a kindergarten inside the seniors’ residence. The communities are situated in the middle of the neighbourhood and are part of the larger village, not located as an afterthought next to the empty space left over from a sterile-looking hospital serving hospital food in the nursing home.

Continued on page 32...

WE WILL NOT GO QUIETLY INTO THE NIGHT

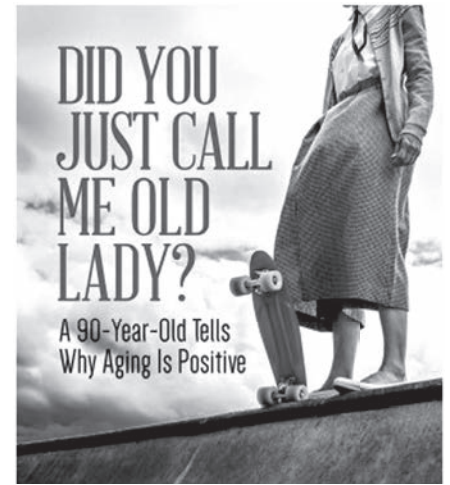
Contrary to popular belief, life as an older person is neither dull nor uneventful. We have experienced many things but have yet to see or hear it all. A few years ago, my husband and I visited New York. We were in the process of checking into the hotel when our daughter arrived to greet us. The hotel clerk immediately shifted his attention to her. He explained how the elevator worked, how we could access hotel amenities, gave her the room keys and wished her a pleasant stay. In less than five minutes blatant ageism had rendered my husband and I invisible, mute and incapacitated by age. Although we have endured strangers calling us dear, darling and sweetie in loud voices, the hotel episode left us stunned.

In his article: *Ageism: I Hope I (don't) Die Before I get Old*, Dan Levitt, Adjunct Professor at Simon Fraser University, defines ageism as “the stereotyping and discriminating against individuals or groups based on their age.” Ageist attitudes result not only in individual discrimination but it can also be found at the core of the design and implementation of services, programs and facilities for the elderly.

Lillian Zimmerman in her 2016 book, *DID YOU JUST CALL ME OLD LADY?* takes a two-pronged approach to aging. Firstly she examines how medical interventions, technology and social programs have improved the quality of life for older people; secondly, she cleverly unmasks the difficulties faced by an aging population living in a youth-obsessed culture and how these obstacles are reinforced and perpetuated.

Currently, the over-65 age groups are the fastest growing population segments in Canada. The press has dubbed this “The Grey Tsunami.” Although many components are involved in reinforcing ageism and ageist attitudes, Ms. Zimmerman identifies language as one of the main preservers. “Words are among the most insidious communication devices contributing to ageist attitude formation—tsunamis are catastrophes that bring death and destruction. As a metaphor for aging it is simply not acceptable. We are now responsive and sensitive to demeaning and derogatory language. We need to take ageism out from the closet and “out it” for what it is: a general dislike of older people. The list of unacceptable social attitudes should now read racism, sexism and ageism.”

Having a keen sense of humour is a highly desired quality. Throughout history we have employed humour as a coping mechanism, a stress reliever and a route to gain social advantages. It is also used as a tool to manufacture “others” and for them to appear less worthy and less capable. These jokes whether narratives, cartoons, or greetings can be extremely hurtful and insulting. If heard often enough they will become “alternative facts” and have the capacity to further cement negative stereotypes. Zimmerman cites a study of over 4,000 jokes that found many categories in which older people were depicted as: incompetent, forgetful, sexually frustrated, impotent males, and infirm. As previously mentioned, ageism has not until recently been openly examined, so it is possible that the “jokesters” are not aware of imbedded ageist content.



The Ontario Human Rights Commission in its research document *Ageism and Age Discrimination* states that the first step to combat this derogatory 'ism' is to “raise public awareness about its existence and to dispel common stereotypes and misperceptions about aging.” Dan Levitt concurs and goes a step further by citing a Slovenian project that has already been operationalized. “The ‘Symbioza’ project’s goal is to improve e-literacy in seniors by young people volunteering to teach computer skills. Such a program is a win/win situation as it puts technology in the hands of the elderly and instills social responsibility in the millennials.”

To quote Bob Dylan “but times are a’changing.” There is hope for the future. Through raising awareness of ageism and refusing to accept ageist discourse, the grips are loosened. The Ontario Human Rights research paper states “The Supreme Court of Canada has made it clear that it is no longer acceptable to structure systems in a way that assumes that everyone is young and then try to accommodate those who do not fit this assumption. Rather, age diversity that exists in society should be reflected in design stages for policies, programs, services, facilities so that physical, attitudinal and systemic barriers are not created.”

Rita Roling

YEARNING EARNESTLY FOR 'THOSE GOLDEN YEARS': MORE OF OUR PRECIOUS SENIORS FACING POVERTY LEVELS

For many of the precious elderly Naomi's and Sadie's, Harold's and Bert's of our local Jewish Community, their long-anticipated 'wonderful golden years' are only a dream - just as they are for half of all B.C. seniors. They don't seek 'monetary gold' but only wish to not be in 'poverty,' having sufficient incomes so that they don't daily have to face the agonizing stresses of 'making ends meet'.

These decent senior men and women - our family, friends and neighbours, our Bubbies and Zaydes - are today suffering and their numbers are increasing. "Significant actions need to be taken" emphasize recent studies on B.C.'s elderly. In our province's Jewish Community, the Federation's 'Jewish Community Affordability Summit' cited a community poverty level of 16%, and emphasized that "with many seniors at-risk of homelessness due to escalating rents, we can't ignore the long-term impact on our community.

"If our Community seniors are living in their cars because they can't find affordable housing, we will lose critical multigenerational connections", the report stressed, pointing out that if the basics of shelter and food cannot be met by seniors and others, then this 'poverty situation' will, of course, result in no funds to provide upcoming generations with Jewish education and community involvements – thus

having a direct imprint on overall community sustainability. The Jewish Community's major organizations are involved in the Affordability Summit and plans of action are being evaluated.

Similar pressing poverty problems can be found in the overall senior community as underscored in a recently-released report, 'Poverty and Inequality Among B.C. Seniors', issued by the Canadian Centre for Policy Alternatives, and written by Iglia Ivanova, a senior economist with the CCPA. (The information printed below in this story is based on her report, utilizing Statistics Canada data from 2014, the last time such facts are available, Vancouver Sun, April 12, 2017).

"In our province's Jewish Community, the Federation's 'Jewish Community Affordability Summit' cited a community poverty level of 16 %"

Our province's poverty rates are dramatically rising. In the mid-1990s they stood at 2.2 percent (among the lowest in the Western world); presently they've increased to 13 percent. That represents nearly 100,000 people living amongst us in dire need of the basic necessities of life. How much money do they have? The CCPA report states that

"in 2012, the median wealth of the poorest 20% of senior families in Canada was \$15,000 compared with over \$1.6 million for the richest 20%. Furthermore, some 44% of single seniors have incomes between \$15,000 and \$25,000 a year, which, although not technically in 'poverty', nevertheless sees them struggling to cover basic living expenses and additional costs that come with declining health, reduced mobility and loss of spousal and community support in older age."

To illustrate the hardships, Vancouver Sun reporter Brian Morton, in a story published April 6, 2017 on the CCPA Report, told of 78-year-old Vancouver senior Jagjit Mann and her 89-year-old husband who live on \$2,100 a month in pension cheques, which she said "isn't nearly enough to pay for essentials, including rent, groceries, phone, clothing and dental-care".

Suffering the most, according to the CCPA Report, are a staggering one-third of our province's single senior women who live below the poverty line, due in part, to their receiving 21% less income from the Canada Pension Plan than the typical man, and being less likely to having access to employer-sponsored pensions and RRSPs. Those that do, receive 45 percent less on average than men.

Health-wise, our public health-care system doesn't adequately cover numerous essential services such

as vision and dental care, resulting in the burden of these costs being largely shifted to the sick and elderly, and their families. Additionally, seniors are now paying more out-of-pocket for prescription drugs, for home-support and for residential-care services, with the overall difficulties of caring for frail elderly parents falling on family members, predominately women.

As to housing, one-in-five senior households in B.C. is 'renting', thus facing the challenges of low vacancy rates and an increasingly unaffordable rental market. Many of those seniors spend over 30 percent of their incomes on housing or living in units that require major repairs. Adding to the housing difficulties is 'elderly rental discrimination', seen in a recent decision at Terraces Retirement Home in Vancouver wherein heartbreaking,

sudden, short-term 'vacate' notices were given to 'only' its lower-rent-paying seniors.

In reporting on those occurrences, Susan Lazaruk (Vancouver Sun, March 30, 2017) stressed that "Retirement Concepts (owners of Terraces) called the evictions a 'business decision' but gave no specific reason why the seniors (whose rent is capped at 70 percent of their income) were given notice, while no notices were given to those paying a higher rental. 'They are looking at profits and they're not considering the impact they are imparting on the seniors', NDP MLA George Heyman told a press conference." Residents, their families and the public strongly condemned the eviction notices, resulting in Terraces announcing that the residents could stay for another two

years, (not six-months as ordered). The protests also prompted the formation of a B.C. Care Providers' Task-Force to work towards actions such as this not re-occurring.

What needs to be done overall to help seniors facing the dire financial straits of 'poverty'? The CCPA report - strongly emphasizing that "we cannot afford to be complacent" - recommends a poverty-reduction plan, increased public investment in home and community care, further expansion of the Canada Pension Plan, and addressing of the gender-wage gap.

Our wonderful Jewish Community and B.C. seniors so much deserve to fully realize their 'Golden Years'.

Bob Markin



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The Pharmasave team from left:
Rudy Chin, Marian Li, Maria Pinto, Winnie Chan, Zey Uy

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DOING THE 'RIGHT THING' FOR SENIORS' HEALTH IS FAR FROM EASY



Physicians are called upon to make decisions almost continuously. How is this done and what are the criteria for making these decisions? Some of the questions to be considered might be the following:

- a. Are you making the patient healthier or is there a chance that your intervention will make things worse?
- b. Is your advice consistent with what the patient desires?
- c. Are you communicating the recommendations properly to the patient such that the patient can make an informed decision?

According to our ethical principles, the patient has autonomy and it is the patient who should be making decisions about his or her care, in consultation with the physician. Sometimes, we doctors think that we know what's best for our patients, but this is a paternalistic approach that is hard to justify in 2017.

In seniors, the issues may be even more complex:

- a. Do we need to involve the family in the decision-making process?
- b. Is the patient competent to make his or her own decisions?
- c. Is our recommendation consistent with a health care system that has limited funding?

So how do we as physicians make decisions?

Let me illustrate this with the following example. A 75 year old, generally healthy man, comes to the physician for the first time. You measure his Blood Pressure (BP) at 150/90. It is customary to recommend weight loss, increased exercise, salt reduction, and alcohol reduction for anyone in this situation.

Do you treat him with medication? First of all, why do we treat hypertension (high blood pressure) at all? There are numerous studies that demonstrate that treating hypertension reduces the incidence of i) heart failure ii) stroke iii) intracranial bleed iv) ischemic heart disease and v) kidney failure.

Many studies have shown that lower blood pressure (up to a certain point) is better. Thus, our general inclination is to try to lower blood pressure in most patients.

There are, however, other issues to consider. If the patient has other risk factors, then you are more likely to treat him because it's the cumulative effects of hypertension, plus high cholesterol, plus diabetes that puts him in a greater risk category. If hypertension is his only risk factor for cardiovascular disease, then you might be less likely to treat him. Also, if the patient is frail, you may also be less likely to treat him. You know that frailty increases the probability of side-effects from the medications.

One study that has influenced our practice more than any others is the Framingham Study, a massive decades-long study of people who live in this Massachusetts town. The analysis

from this study demonstrates that, for people in their 40's, 50's, 60's, the benefits of treating people with hypertension are evident. However, by the age of 75, the results are not so clear. Since then, however, there have been other studies that support treating hypertension also in people over 75.

On the other hand, an interesting study from Holland concluded that 85 year olds with higher blood pressure did better physically and cognitively than people with low or normal blood pressures. Studies from Australia and the U.S. have confirmed this finding. Although still controversial, many experts argue against treating blood pressure aggressively in people over 80.

The other issue to consider is side-effects from medications. The physician's job is to help the patient weigh the benefits against the risks. Some of these medications can cause fatigue, constipation, swelling of legs and abnormalities in sodium and potassium.

A major negative effect of anti-hypertensives in the elderly is postural hypotension, i.e. reduction in blood pressure when somebody stands up from a lying or seated position. Many seniors have fallen and fractured their hip as a result of taking these medications. How is the final decision made? You take all this information, stir it up in the cauldron,

Continued on page 29...

BC HEALTH COALITION FORUM

MARCH 2ND, 2017, GLAD TIDINGS CHURCH, VANCOUVER

In cooperation with the BC Centre for Policy Alternatives, the Vancouver Seniors Network and the Hospital Employees Union sponsored a Forum to discuss health concerns for seniors, with particular emphasis on long-term care. They wished to bring awareness of five particular issues before the then upcoming election:

1. Eliminating MSP fees;
2. Advancing public solutions to wait times;
3. Improving care for seniors, at home and in communities;
4. Improving access to primary care;
- and 5. Implementing a Poverty Reduction Plan.

The first speaker was Dr. Tamara Daly of York University. Dr. Daly has done research in gender and health access outcomes in long-term care in Ontario and Nordic countries. Dr. Daly offered the following statistics that point to this being primarily a women's issue: 90% of the care workers are female; 70-80% of the residents are female; 25% of the care workers were born outside of the country; 60-70% of the residents suffer from some form of dementia. This is dangerous work that is undervalued and involves our most vulnerable citizens.

Our system relies mainly on contracting out of services and under-staffing in residences. There is an expectation in Canada that families will fill the gap or pay for companions for their elderly. Dr. Daly emphasized the need to increase staffing levels, to decrease privatization and to offer more face to face interaction with residents.

The next speaker, Natasha Rulier, told her personal story about her father, living with her family as he suffers from dementia. Her mother is unable to care for him. She outlined the difficulties facing her family.

- a. Access to care: the wait time for day programs was so long that by the time her father's name came up for a space he was no longer eligible as his dementia had progressed beyond his ability to participate;
- b. Home care: they receive two 35-minute sessions per day and another two 20-minute sessions—not enough for good care, let alone social interaction;
- c. No consistency in care aides, so the client cannot get to know them;
- d. Lack of culturally appropriate care. Language is an important element as many dementia patients revert to their

first language. She felt that families deserve more help with costs, with home care and with respite. Respite is almost non-existent.

The third speaker was Jennifer Whiteside of the Hospital Employees Union. There are about 1,500 care-aides in B.C. Some work in care facilities and some in home-care. Ninety percent of care facilities do not meet provincial staffing guidelines or the 3.36 hours per day per patient mandated. Wait times for access to facilities continue to rise and less than one in five applicants are offered a space in a facility of their choice. The staff have the highest rate of on-the-job injuries in the province, higher than the police. A decade of underfunding and contracting out have led to a crisis in care. Jewish Seniors Alliance was represented at the Forum by Ken Levitt and Shanie Levin.

Shanie Levin

An unabridged version of this report can be found at www.jsalliance.com in Senior Line Vol. 24 (2)

DOING THE 'RIGHT THING'

...Continued from Page 28.

consult the patient, and try to make the best decision.

In conclusion, medicine is a science and also an art. Clearly, the incidence of strokes and heart failure has

diminished dramatically in the past several decades due to appropriate treatment of hypertension. We would not want to turn back the clock on this. On the other hand, treatment decisions are not always straight forward. There are many issues to consider—benefits, risks, uncertainty of the state of medical knowledge, and patients' wishes.

Practising medicine is not a simple job. Decisions are not always black and white. Medical knowledge is constantly in flux. You're dealing with people who may have different perspectives than yours. The above considerations make the job more interesting but also more challenging.

Larry Barzelai, MD

HEY BOOMERS! IT'S TIME TO EXERCISE

THE CHALLENGE IS LEARNING WHEN AND HOW TO MODIFY ACTIVITY AS WE GET OLDER

Most experts consider exercise the best option for preserving vitality. "It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." — Andy Rooney

With the majority of baby boomers now in their 60s, the concept of successful aging is taking on more significance. Most people agree that means living independently, free of disease and with a high level of social engagement. The focus for boomers is on curbing the negative physiological changes associated with aging. Most experts consider exercise the best option for preserving vitality by reducing the risk of many age-related diseases and maintaining physical strength. Noted examples of the power of exercise to stall the physical effects of aging are masters athletes. Not only are they proving it's possible to maintain a high level of physical activity at any age, they are achieving performances that rival those posted by exercisers decades younger. It's not unusual for marathon results to showcase a sizable percentage of runners in the 65-69 age range with faster finishing times than the majority of 20- to 54-year old runners.

Exercise keeps aging at bay by conserving muscle mass, strength and power, and preserving a cardiovascular system that efficiently delivers oxygen to the working muscles. But it takes an exercise regime more strenuous and consistent than that followed by the majority of 50-, 60-, 70- and 80-year-olds to maintain the body's youthful vigour. In fact, it could be argued that the training regime of master athletes is well beyond that of most of the adult population. Another important byproduct of such dedicated training is that masters athletes are, as a group, less touched by

chronic disease. So impressive is their health and fitness status, they have been almost single-handedly responsible for the suggestion that a lack of exercise, not advancing age, is behind much of the physiological decline that affects adults over 50.

But not everyone heading into their golden years has the desire to train like an athlete. With the exception of a small fraction of baby boomers, most of the 60-plus crowd are in a stage of their life when physical activity, both in intensity and volume, is on the decline. So the challenge is finding the optimal amount of exercise necessary to maintain a high level of physical function and lower the risk of disease among our aging population.

Another hiccup in the drive to optimize aging is our inability to isolate the benefits of exercise from other lifestyle choices — like getting enough sleep, eating healthy foods and reducing stress, all of which join exercise in contributing toward successful aging. Since we know that most physically active individuals are more likely than their sedentary peers to eat better, sleep better, be non-smokers and carry a healthier weight, it's tough to distinguish which plays the largest role in warding off the negative effects of aging.

Finally, we need to sell the value of exercise to baby boomers and the generations that follow. If you've yet to be sold on exercise as the fountain of youth, maybe the promise of a better quality of life is enough



Man Kaur, 100, competes in the 100-metre run at the Americas Masters Games in Vancouver last August

to get you moving. While we're not sure just how much exercise is enough, we do know it's never too late to get started.

Masters athletes have demonstrated the ability to improve performance well into their 80s, which means age doesn't affect the body's ability to adapt to exercise. The simplest first step is to hit the goal of 150 minutes of moderate physical activity a week, which we already know is instrumental in reducing the risk of disease. From there, it's simply a matter of adding a few more minutes of exercise every day until you start feeling more pep in your step.

As for the type of exercise best suited to fight back the hands of time, choose activities that not only get your heart rate up, but also challenge your muscles to work harder and your joints to move through a varied range of motion. Swimming, walking, running and cycling are all good choices. So is dance, squash, tennis, badminton and pickle ball. Add a little yoga to improve balance and flexibility, and you've got yourself a winning combination of heart and joint healthy movement that's guaranteed to add life to your years and, if you're lucky, years to your life.

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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 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 and give us your new information.



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

ENSURE OUR JSA FUTURE



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MOST BRIDGE

RUSSIAN JEWISH SENIORS' SOCIETY

Интервью с Аудрей Ричардз.

Моя жизнь всегда представляла собой смесь трудных и счастливых времён. Я родилась в доме с алкоголиком-отцом, который мучился всю жизнь, пытаюсь излечиться от своего пристрастия к выпивке. Глядя на это, я училась быть терпеливой и с детских лет пыталась понять, что представляет собой эта разрушительная болезнь. Будучи ещё совсем юной, в 10 лет, я уже помогала наладить наш семейный бизнес. Вместе с сестрой мы добились успеха, расширили рамки бизнеса, и каждая из нас начала строить собственную жизнь. Я стала стилистом по причёскам и создала семью в маленьком городке в Альберте. Именно в этом городке случилась трагедия, и мой маленький мальчик умер. Его переехала машина, когда он спокойно, не задевая никого, играл на дороге, на природном игровом поле, какие всегда есть в маленьких городах. Когда я вспоминаю тот день, я осознаю снова и снова воздействие, которое всё это оказало на мою жизнь; и я лучше понимаю, через что проходят другие матери.

В мои 60е годы я переехала в Ванкувер, чтобы быть ближе к моей дочери. Это был очень позитивный переезд, так как он поддержал моё стремление попробовать заниматься чем-нибудь другим. Моё новое занятие-менеджер многоквартирного дома. Ещё будучи

парикмахером, я достаточно много тренировалась в умении слушать, и теперь я стала резонатором для моих жильцов, особенно для пожилых, которым нелегко жилось. У меня не было проблем. Я могла спокойно добиваться субсидий для своих жильцов. Когда мне исполнилось 64 года, я спросила себя, что я буду делать, когда уйду на пенсию. Меня ожидали многие невзгоды и трудности, которые приходится преодолевать пожилым людям. И я думала, что делать, чтобы всё было как-то по-другому. Я прошла подготовку к работе в области службы помощи пожилым людям и стала советником (counsellor). Теперь мне пригодились мои умения слушать, выработанные ещё когда я была парикмахером. Эти навыки стали частью моей жизни, и я стала активно помогать другим. Я не только помогала другим, но и для себя получала много выгоды. Я продолжала ещё несколько лет работать менеджером билдинга, но лишь сейчас я лучше понимала, какие трудности приходится преодолевать моим ровесникам. И мне стало ясно сейчас, что разного рода издевательств над пожилыми людьми существуют.

Моя жизнь стала богаче благодаря поддержке и советам Грэйс Ханн. Мне 77лет, и я поддерживаю и защищаю моих троих ровесников, и я так увлечена моей работой с ними, как это было бы, если бы мне было 64 года. Большое спасибо JSA за продолжение этой замечательной программы.

Перевела на русский язык-Ида Гитлина.

Translated into Russian by Ida Gitlina

SENIOR FRIENDLY COMMUNITIES

...Continued from Page 24.

A further 30-minute drive takes you to Switzerland and Helios Haus, where an old, grand Swiss chalet has been modified with an addition to create a similar community. The unique elements about this site are the outdoor area with views of the lake and the Alps along with animals on the grounds.

Storybook Hansel and Gretel would have been proud to have their 'oma' and 'opa' live in such a multi-generational residential community. While this idyllic setting may sound like a fairy tale, perhaps one day in a land far, far away

there will be a story no one believes of a hospital-style, old-age institution located next to the acute-care centre. Maybe there will be the things school age kids tell their parents about from a school field trip to a care home converted into a museum. Once upon a time, seniors were set aside in nursing homes. Wouldn't that be a nice story for the aging baby boomers running the nursing-home industry to write? Sweet dreams.

Dan Levitt is executive director at Tabor Village, a seniors living community in Abbotsford, and an adjunct professor of gerontology at Simon Fraser University.



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SYLVIA YASIN
JEWISH FAMILY SERVICE AGENCY

Sylvia Yasin volunteered with the Jewish Food Bank for many years and is instrumental in creating relationships and obtaining ongoing donations of supplies for school aged children.



ARNOLD AND NASSA SELWYN
BETH ISRAEL SYNAGOGUE

Arnold and Nassa are long time active members of the Beth Israel Synagogue, assisting with services, serving on committees and the broader Jewish community.



KARON SHEAR
JEWISH SENIORS ALLIANCE

Karon was Coordinator and Administrator for the JSA from 2005-2016. Her service to seniors, and enthusiastic marketing, played a vital role in the development of JSA programs.

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