

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 24(3) - OCTOBER 2017

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Thanks to Copytek Printers, Sarj and Bal

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Vancouver Men's Welsh Choir and Band
– *inside front cover*
ZLC Financial – *inside front cover*
Superstore – *pg. 22*
The Weinberg Residence – *pg. 31*
Pharmasave (Main & 30th, Oak & W 42nd
Avenue) – *pg. 31*
Alan Katowitz Photography – *pg. 33*

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WITH GRATEFUL THANKS TO OUR SPONSORS



This project is funded in part by:

Foundations: Belzberg (Samuel & Frances Belzberg);
Dayson; Diamond; Lohn (Jack Kowarsky); Oasis; Phyllis &
Irving Snider; and Zalkow Foundation.

Individuals: Ralph and Robert Markin, Drs. Mordehai
& Hannah Wosk, Estates of Frank and Rosie Nelson, and
many others.



PRESIDENT'S MESSAGE

My, how time flies when you are having a good time! The past year has gone by too fast and the Jewish Seniors Alliance is getting stronger; stronger particularly in the area of quality.

Our stellar publication is the Senior Line Magazine that you are reading now. Guided by board member and Editor-in-Chief, Dolores Luber, the magazine keeps getting better and is likely one of the best publications of its kind in British Columbia. Don't just scan the magazine, please read each article. We try to provide stories of interest from a variety of perspectives with each one relevant to a growing seniors population. Our magazine has a number of very generous advertisers. We hope our readers will patronize these advertisers.

We want to draw your attention to our website: www.jsalliance.org, it is also under leadership of Dolores Luber. This website is excellent. It is updated regularly, and is full of relevant and useful information. The website is easy to navigate with the focus on seniors and the

IT HAS BEEN A VERY GOOD YEAR FOR JSA

Written by Kenneth Levitt

programs and services of interest to seniors.

We track the number of hits our website receives. The statistics are simply amazing; 465 hits in July alone; page views are up and users are each viewing the website for over two and one half minutes on average. Join them and enjoy the website!

In the June issue of Senior Line Magazine on page 25 there is a brilliant article by Rita Roling. It is a review of Lillian Zimmerman's book, "*Did You Just Call Me Old Lady?*"

Jewish Seniors Alliance of Greater Vancouver.

JSA is volunteer driven. Without our volunteers JSA would not exist. Without the generous financial support of foundations, individual donors and our membership, the services and programs that are the backbone of JSA would cease. Your financial and social support is what keeps us going! Thank you!

September 20, 2017 is *Erev Rosh Hashanah* and the New Year 5778.



We should be able to celebrate our long lives with productive years, with community involvement, with our families and look forward to a bright future.

It is a reminder to all that seniors are people too and need to be taken seriously. I admit to enjoying many of the cartoons depicting older persons. It is good to be able to laugh at oneself but not at the expense of cartoons that offend and belittle seniors. Ageism is an insult; we should be able to celebrate our long lives with productive years, with community involvement, with our families and look forward to a bright future.

Can you think of a not-for-profit organization without an Executive Director and without a large infrastructure? The answer is the

May the New Year bring happiness, good health and may the sweetness of honey be a sign of a Year of Peace. *Chag Sameach!*

Kenneth Levitt
President

Ken Levitt, MSW, is a former CEO of the Louis Brier Home and Hospital. He has an extensive background in corrections, child welfare, public assistance and services to seniors. Ken has served on the Board of JSA since 2011.

ALLOWING THE PAST TO ILLUMINATE THE PRESENT

Written by Dolores Luber

Dear Senior Line readers,
The image of the long-abandoned synagogue in Eastern Slovakia on our cover is both magnificent and heart-wrenching. For over 60 years it remained empty of life and service, yet it was cherished. My hope is that you too will be moved and thrilled to see the photos of Yuri Dojc and read the story of these discoveries as described in Dojc and Krausova's book *Last Folio: A Photographic Memory*.

We continue with the importance of the role of honouring and remembering with the book review of Pnina Granirer's autobiography, *Light Within The Shadows: A Painter's Memoir*. From Romania, to Israel, to North America, her voyage has been long, arduous and the inspiration for her exceptional works of creativity. In my movie review of the film *Farewell Baghdad*, you will learn how the Jews of Iraq were expelled from their homeland. Dan Propp's article *Memoirs of My Father* reminds us of the importance of acknowledging the past. Memory can serve to educate and enlighten as well as to acknowledge and empathize with the victims.

In our roles as educators and advocates, we at JSA wish to encourage the prevention of illness

and disability in seniors. Serge Haber writes about preventative medicine and therapies which delay and prevent more serious problems. Susan Moore defines the Frailty Syndrome and how to prevent or delay it. Marisa Moody tells you exactly how to be proactive in preventing frailty.



BACI

Kudos to the BACI group of individuals who deliver our magazines to downtown Vancouver, North Van and Burnaby. BACI stands for the Burnaby Association for Community Inclusion; and belonging, accessibility, caring and innovation! BACI is a place where adults of all abilities are supported to reach for their dreams and make decisions about their lives – where they want to live, work, learn and grow, who their friends are, and what they believe in.

Ian McDonald, the supervisor of the group, has sent us this photograph. Thank you all very much for your assistance, cooperation and enthusiasm in delivering Senior Line



EDITOR'S MESSAGE

Magazine to thousands of seniors in Greater Vancouver.

You must have noticed by now that the magazine you are holding in your hand is different from all previous Senior Line editions—all 40 pages are in full colour. We have come a long way Baby! With modest beginnings as a newsletter, it has taken 10 years to get here.

Did you know that I wear two hats? I am editor of Senior Line Magazine and editor of our website www.jsalliance.org. We are proud to tell you about the 25% increase in sessions viewed, in readership, in page views and pages per sessions viewed! No other Jewish organization in Greater Vancouver offers such an intensive and comprehensive website.

I dedicate this issue to the saying of Albert Einstein, physicist, Nobel Laureate (1879-1955):

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty, and Truth.

Dolores Luber M.Sc. is a retired psychotherapist and family counsellor. She taught psychology for many years, and loves to learn. Researching, writing and organizing JSA's Senior Line Magazine is her passion.

Aging seems to be the only available way to live a long life. ~ Lyle Pullan



LETTERS TO THE EDITOR...

Editor,

I was inspired by the Message by Ken Levitt - "*How Does a Retired Person Spend His/Her Days.*"

In addition I add working if one can continue within one's profession or chosen career. I, for one, older than Ken, am still at it in the profession in which I have served for over six decades - I enjoy going to the office - never before 10 a.m. and returning seldom after 3 p.m. In the meantime I have camaraderie, satisfied customers, time to travel whenever I wish (or my wife takes me), and take whatever time off, as I wish. I seem to continue to know what I am doing - at least I think so!

It is inspiring for the grey matter, for social interaction and the ability to continue imparting knowledge to the younger set. It gives me plenty of time to continue volunteering, sitting on boards and maintain my house and garden - not as extensive as Ken's but I do grow a good crop of blueberries, grapes and some veggies, and plenty of flowers and shrubs to maintain.

Bill Gruenthal

Dear Editor,

I thought your readers should know: Effective April 1, 2017, the Ministry of Social Development and Social Innovation (MSDSI) has introduced a \$100 monthly Alternative Hearing Assistance supplement. It is available to eligible people with permanent profound hearing loss in both ears. To find out the conditions for eligibility, please contact Sam Turcott at our Advocacy Access Program at 604-872-1278 or 1-800-663-1278.

Thank you.

Disability Alliance BC



To the Editor,

I enjoyed reading Serge Haber's description of his move from Richmond to Vancouver. There are so many factors involved in such a decision, many of them of a financial nature. I suggest that your magazine write an article advising people to research their options and, where necessary, consult with a financial adviser.

The article I want to see concerns the total moving costs and many hidden costs incurred in making the move. The most basic question is, can one afford to move? Does one have enough cash to cover all the known moving and hidden costs? What is the effect the move will have on one's future anticipated life style? Will the amount one has after the move out, enable one to afford the costs to buy or rent a replacement?

Additionally what are the emotional costs in this modern world? Who and how does one notify the changes one has to make? For example, credit cards, auto registration, banking, government programs, utilities, and friends. Yes it's complex. There may be a need for professional help or assistance from a friend.

Dolores, The Senior Line Magazine, under your editorship, is a good and helpful read.

Amicably,
Paul

Dear Paul,

I agree with you on all points. The readers of this letter will have learned a great deal already. If buying a house is the largest financial commitment of a family, then selling it should be an informed, wise decision. Thank you for your interest and concern.

Dolores

Hi Dolores,

Thanks for giving me the opportunity to write the article (*Doing the 'Right Thing'*).

I find that Senior Line is a pleasure to read. There are always interesting articles, respectful tributes to volunteers, lots of suggestions for getting involved, and thoughtful movie reviews. I suspect that the magazine has been quite instrumental in enriching the lives of seniors.

Kol Hakavod!
Larry Barzelai

Dear Dolores aka Hannah,

You have written passionately, many times about Alzheimer's disease. I have become aware of a new approach to Early Cognitive Impairment which is the forerunner of Dementia. I call it *Alzheimer's with Attitude!* The New York Times article "*Her Memory Fading, Paula Wolfert Fights Back With Food*" by Kim Severson (March 21, 2017), recounts the struggle of Paula Wolfert, a renowned chef and cookbook writer, as she deals with her memory loss and confusion. It inspired me to do my own research as I too have been diagnosed with "early cognitive impairment." I no longer feel sorry for myself, I am determined to use my energy and my wits to fight against the slow decline in cognitive abilities and memory capacity. As Rita Roling wrote in her article "*We will Not Go Quietly into the Night.*" Thank you for the insights and information in the magazine.

Alzheimer's with Attitude!

Dear J.S.A.

We look forward to your Senior Line magazine. Thanks for all your hard work. I presented the new cartoon to my husband Ed and he got "on a roll." [8 captions for the cartoon]. Hope you all have a good chuckle.

Ed and Heather Korbin

WHAT NOW?

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
Since I am lucky enough to be 89 years old, *ptui, ptui*, (expression made to avoid the bad eye), I can say with some authority that I have 35 years of experience in dealing with seniors. I will now look into the future, observing the situation of seniors.

We have a new provincial government. Hopefully some of the promises made during election will come through. Here are some realities:

- a. More than 50% of the provincial budget is assigned to healthcare;
- b. In 10-15 years, the senior's population will double;
- c. To date in Canada, the seniors' populace is greater than the number of children 14 years old and younger. How will governments be able to handle the budget with a much smaller labour force?
- d. With the increased number of seniors, how will we be able to use seniors to help offset government expenses?

My response is to change our approach to seniors' healthcare.

1. Seniors desire and the government agrees, that seniors should remain in their homes for as long as possible. Unfortunately no extra funds have ever been made available to meet this approach. Caregivers, family, and paid professionals have not been given special training for this task.
2. Seniors occupy hospital beds but

they could be better served in other facilities, at a fraction of the cost. Facilities like Louis Brier have been notified by the Vancouver Coastal Health Board that their type of services will be obsolete in ten years.

3. Without proper care, seniors deteriorate quickly, ending up in hospitals with mental or physical illnesses which cost substantial sums of money.

So what is the solution? Preventative medicine!

Preventative medicine will delay substantially the entry of a senior into the hospital. We need to look at the Scandinavian countries, New Zealand and Australia, so that we can learn from their models; and create our own model. These countries have adopted a medical strategy of responding early to medical needs. Seniors of 65 or 70 years old are assigned a social worker, who visits them each year and assesses their medical needs, potentially delaying medical intervention by years.

Although the initial cost is greater, eventually, costs are reduced significantly to 15-20 years of only superficial medical intervention—compared to costly hospitalization and intensive medical responses. Alzheimer's disease, mental disabilities, and many other physical and mental illnesses can be delayed by years with early intervention.

Finally let's get closer to home, my favorite subject, Jewish Seniors Alliance (JSA).

When the Jewish Advisory Council

was disbanded in 2003, as a committee of the Federation, we decided to continue to work for seniors and created the Jewish Seniors Alliance.

Our organization discovered that more services were needed. We created the Empowerment Series, and introduced the Spring Forum and Fall Symposium. The Senior Line magazine was established. We created our website www.jsalliance.org. With advocacy and outreach, we were practising preventative medicine for seniors, thus delaying as long as possible the effects of the aging process.

JSA integrated the Senior Peer Counselling Program through SPC/BC. The benefits to seniors were quickly realized. A weekly telephone call and/or a weekly visit were greatly helping people. Eventually this led to the need for Peer Counselling. In addition, we developed an Information Referral Program and a Bereavement Program, thus creating our existing Peer Support Program.

JSA has just applied for a grant from the New Horizon Seniors Program of the Federal government, to develop a pilot program in assisting caregivers in their daily task of helping and looking after seniors. We continue to develop more programs and hope that the community will respond with adequate financial support.

Continued on page 8...



JEWISH SENIORS ALLIANCE

Annual General Meeting

THURSDAY SEPTEMBER 14, 2017

Written by Tamara Frankel and Shanie Levin

Photography by Alan Katowitz

The annual meeting of the Jewish Seniors Alliance was held on Thursday, September 14th at Congregation Beth Israel. The business meeting was followed by a closing dinner and awards ceremony. As has become our custom, several organizations are asked to nominate senior volunteers who have spent time and energy enhancing the goals of their organizations.

The business meeting was called to order by **Ken Levitt**, President of JSA. The *D'var Torah* was delivered by **Rabbi Jonathan Infeld** of Congregation Beth Israel, who emphasized that according to Jewish

law, we are not to cast aside seniors as they are at the heart of the community.

Then greetings were received from **Ezra Shanken**, CEO of Jewish Federation of Greater Vancouver, and from **Gudrun Langolf**, Acting President of the Council of Senior Citizens' Organization of B.C. (COSCO).

Larry Meyer delivered the Treasurer's report. He outlined the various grants which make up the budget of JSA—both government, corporate and private, as well as the annual fee from members/supporters.

Pamela Ottem, chair of the Peer Support Program, outlined the various aspects of this amazing service. Peer counsellors are required

to take fifty-five hours of training prior to being assigned a client. They are given ongoing support in their work by **Grace Hann**, who is also the trainer and **Charles Leibovitch**, who is a social worker. It takes fifteen hours of training to become a Friendly Visitor. These volunteers visit shut-ins and lonely seniors. Another aspect of Peer Support is friendly phone calls and service information and referral. The Ambassador Program whose goal was to raise awareness of elder abuse has been incorporated into the other offerings. The Peer Support Program has 56 trained volunteers serving 70 seniors.

Binny Goldman reported that we have 596 member/supporters of whom 320 are individual members, 150 are members of Most Russian Bridge and 21 are from affiliate organizations.

Ken Levitt gave the president's report. He reviewed the activities of the JSA. His main emphasis was that JSA would not exist if it were not for the active involvement of its volunteers. They are the backbone of the organization.



Ken Levitt and Marilyn Berger



Rabbi Infeld, Ezra Shanken



Rita Akselrod, Regina Boxer, Bernice Dorfman



Gyda Chud and Rita Propp



Binny and Herb Goldman



Serge Haber and Karon Shear



Nassa and Arnold Selwyn



Debbie Rozenberg and Sylvia Yasin

He pointed out that the Peer Support Program alone, if it were carried out by paid staff, would cost much more than our total budget. He thanked everyone, both staff and volunteers, who have worked so hard and contributed so much over the past year.

Marilyn Berger presented the report of the Nominations committee. The slate for the coming year was accepted. Ken Levitt then called for the adjournment of the business part of the evening and everyone was invited to move to the tables for dinner, volunteer recognition and musical entertainment.

We were served with a delicious salmon dinner or vegetarian alternative that was thoroughly enjoyed by the 140 who attended. While we were dining we were entertained by jazz singer **Jill Samycia**. Next came the awards presentations to the very special volunteers.

KARON SHEAR was nominated by Jewish Seniors Alliance. Karon was Coordinator and Administrator

of JSA from 2005-16. Her service to seniors, and enthusiastic marketing, played a vital role in the development and growth of JSA. **Serge Haber** presented Karon with her award. He described her as the heart and soul of the organization. He spoke of the countless hours she spent, off the clock, on week-ends, working at home; how she produced the Senior Line magazine basically on her own.

SYLVIA YASIN was nominated by the Jewish Family Service Agency. Sylvia has volunteered for many years with the Jewish Food Bank and was instrumental in creating relationships and obtaining ongoing donations of supplies for school aged children. Sylvia was presented with her award by **Debbie Rozenberg**. Debbie reported that Sylvia began her volunteer life while still working full time. She has been involved with the Terry Fox run and with ORT. She organized the gift wrapping in shopping malls which raised funds for ORT. She helps set up and clear for the seniors' lunches at Kehila and is still involved with the Jewish Food Bank.

NASSA and ARNOLD SELWYN

were nominated as a couple for their long-time volunteerism at Congregation Beth Israel. Rabbi Infeld talked about Arnold's singing for the congregation and Nassa's beautiful sewing of the "parocheth" and the Siddur covers. Together they bring holiness into the world. Both of them act as greeters and have been part of many other committees. They are also active in the general community and are part of "Showtime", an entertainment group of seniors.

All of the honorees expressed their thanks and appreciation to JSA and to the nominating organizations. A message to all was, volunteer whenever you can and wherever you can. It will bring you feelings of fulfillment and joy.

Dessert was then served and we heard again the wonderful voice of Jill Samycia. A number of the guests were moved to get up and dance to the music. The evening ended with a draw for door prizes. Many thanks to **Barbara Bronstein** and **Larry Shapiro**, the co-chairs of the event, for a very successful and enjoyable night.

The unabridged version of this article can be read at <http://jsalliance.org/about/agm-2017/>

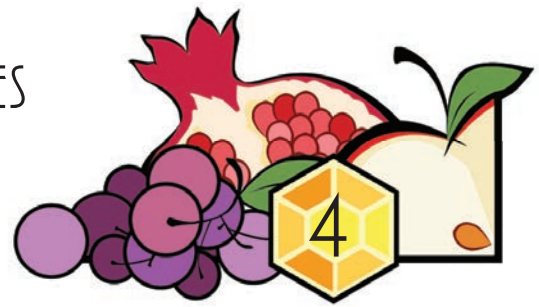


Tamara Frankel is a member of the Board of Jewish Seniors Alliance.

Shanie Levin, MSW, worked for many years in the field of Child Welfare. During that time she was active in the union. As well, she participated in amateur dramatics. She has served on the board of Federation and is presently on the executive of JSA and a member of the editorial committee.

JSA-SNIDER FOUNDATION EMPOWERMENT SERIES FOOD IN STORY AND SONG

Written by Shanie Levin



The fourth of the Jewish Seniors Alliance Snider Foundation Empowerment Series of 2016-17 was held in partnership with Kehila Society in Richmond, and the Jewish Museum and Archives of B.C. on Monday, June 26th, 2017. The first of the series was held in November 2016 with the Shalom Aleichem Seniors of the Vancouver Peretz Centre; the second was in January 2017 with the J.C.C. Seniors and the third at the Unitarian Centre in April 2017.

The theme this year was: **“Eating our way through Jewish History: FOOD—The Doorway to our Culture”**.



Caviar and Lace featuring Saul Berson and Michele Carlisle

On June 26th, one hundred and fifty of us enjoyed “A Day in the Life of Israel”. We were served an Israeli lunch consisting of platters of humus, falafel, pita, Israeli salad, couscous, and cake for dessert. We all savored the delicious lunch.

After lunch we all moved to the sanctuary at Beth Tikvah Synagogue, where **Ken Levitt**, president of Jewish

Seniors Alliance, welcomed everyone. **Michael Schwartz** of Jewish Museums and Archives reviewed the partnership of this series featuring Jewish food, and introduced the guest artists.

We were then wonderfully entertained by music provided by **Caviar and Lace** featuring **Saul Berson** and **Michele Carlisle**. This superb duo with Michelle on keyboard and Saul on clarinet, saxophone and flute, got us moving, clapping and singing to Hebrew and Yiddish melodies.

There were great renditions of *Heinai Ma Tov* in two parts and *Heiveinu Shalom Aleichem*. The concert ended with a medley of wedding songs. The audience was thrilled and enthusiastically applauded Saul and Michelle.

Toby Rubin, of Kehila Society, thanked the guest musicians and everyone for coming. It was indeed a great finale to the 2016-17 Empowerment Series.

WHAT NOW

...Continued from Page 5.

We have in mind a Wellness Clinic and Drop-In Center. We wish to combat abuse, marginalization, and acute isolation—all this requires action. Do you realize that seniors are abusing drugs and committing suicide in large numbers?

To provide additional services, the JSA has adopted a wonderful approach. We train seniors to help seniors. Those seniors volunteer for a minimum of one year, they learn how to help seniors. Who can know better the needs of seniors? Another senior, of course. It is a Win/Win situation. This may be the model that the government is looking for: Enlisting seniors to help seniors.

Your response ought to be that you are willing to help, and to say that “I

care”. Serge cares, JSA cares, and the community has to care.

Sincerely, **Serge**

Serge Haber is the founder and President Emeritus of Jewish Seniors Alliance. His vision, his determination and his continuing commitment are crucial to the development of the organization and its services.

YAMILA CHIKIAR'S HOMEMADE SHAKSHUKA



5 ripe large tomatoes
1 large chopped onion
1 red pepper
4 garlic cloves (if you find it too strong, remove the centre)
2 tbsp extra virgin olive oil
4 eggs
touch of kosher sea salt
2 tbsp paprika
pinch of cumin
chopped parsley for decoration
tomato paste or concentrated tomato (optional, for a stronger taste)

Shakshuka is a combination of flavours, aromas and colours that appeals to all our senses.

Choosing a dish that defines us gastronomically is an impossible task because Jewish cuisine comprises a long and varied history of aromas and flavours fused by our many journeys around the world. But, if we narrow our task to discussing a representative Israeli dish, then shakshuka might be it.

Shakshuka is generally made with stewed tomatoes, spices and eggs. It is one of the foods most loved by Israelis and it is a dish that has been enjoyed by countless tourists to the country. It is said that its secrets were brought to Israel by Jewish immigrants from North Africa but, for me, it also has a taste of home. My parents used to prepare it to pamper us, using the recipe of my grandparents from Turkey and giving it an Argentine touch. Shakshuka means “a mixture.” It is a combination of flavours, aromas and colours that appeals to all our senses. In Israel, it is often eaten for breakfast, a bright and spicy way to start the day. But it is also an excellent dish for lunch or for a special brunch.

The recipe below will give you a lovely shakshuka, rich in flavour. Once you have mastered the basics, you can add your own touch by using other ingredients that you like. However, this dish has one must: it must be accompanied by pita, challah or one of your favourite breads. Why? Simply because the sauce is really delicious and you will not want to leave a drop of it in the pan.

This recipe is special – it is the one my family uses and which has given us many beautiful memories. It makes enough for two people.

Yamila Chikiar co-owns Café FortyOne with her husband, Daniel Presman. Café FortyOne, 5750 Oak St, Vancouver - (604) 563 - 4141 - www.cafefortyone.ca. Reprinted with permission: For the full article, visit www.jewishindependent.ca/?s=shakshuka

- 1 Pour the olive oil in a frying pan over medium heat. Add the onions and sauté until lightly softened, stirring occasionally. Add the red pepper and garlic, frying for a few minutes until they are soft and lightly browned.
- 2 Add chopped tomatoes, paprika, cumin and salt. Stir until all ingredients are well mixed, then cover and simmer for about 10 minutes. The idea is for the tomatoes to become soft.
- 3 Once the tomatoes are cooked, stir and then make two holes with a spoon in the surface of the sauce. Break an egg into each one of the holes. Arrange the eggs and the surrounding sauce so that the egg whites are below the surface of the sauce.
- 4 Cover and let simmer for five to seven minutes, until the egg whites are cooked but the yolk is still runny.
- 5 Sprinkle with chopped parsley and serve immediately in the pan it was cooked in, along with pita (or other bread), hummus and an Israeli salad.

MEET OUR STAFF



Introducing Elizabeth Azeroual

Liz was born in Vancouver and grew up in Kitsilano. She has an appreciation for nature and the outdoors, for family, the arts and music. Education and experience led to a career in administrative management.

In September, 2016, she joined the staff of Jewish Seniors Alliance, as administrative coordinator. Liz brings a high level of organizational skills, efficiency, initiative and leadership to JSA. Working with seniors and for seniors has become a fulfilling pursuit for Liz as she strives to make a difference in our community.



Introducing Susan Moore

Susan joined JSA in July, 2017, to support fund development efforts. She brings a diverse professional background into this role, including working in post-secondary education management and for non-profit

organizations. Susan has worked with vulnerable senior populations providing information and referral, complex case management and supporting a highly engaged volunteer workforce. She has developed collaborative programs and secured grant funds to bridge the gaps in support available to vulnerable and 'at-risk' seniors.

She is currently completing a Master's degree in Interdisciplinary Studies with focus on the development of sustainable programs for vulnerable older adults. Susan is also on contract with the BC Association of Community Response Networks supporting community-based organizations in building awareness about elder abuse.

COMMUNITY ANNOUNCEMENT



Dr. Gloria Gutman

Awarded Member of the Order of Canada for her research and leadership in the field of Gerontology and for her advocacy against elder abuse.

Letter sent to Gloria Gutman by Jewish Seniors Alliance:

Dear Gloria

On behalf of the Jewish Seniors Alliance of Greater Vancouver I have the pleasure to congratulate you on becoming a Member of the Order of Canada. The award noted "For Her Research and Leadership in the Field of Gerontology and for Her Advocacy Against Elder Abuse".

You have been instrumental in advancing best practices in understanding, advocating and furthering the needs of the elderly. The plethora of research and publications is testimony to the standard you have set and maintained.

The National and International recognition of your contributions to the field of Gerontology is noted by the honours and awards you have received.

We wish you continued productivity and prosperity in the pursuit of improving the lives of the elderly.

With best wishes,

Ken Levitt
President

FUTURE PLANS

The Redevelopment of the Louis Brier Home & Hospital, and the Weinberg Residence.

Written by Jeannie Dhaliwal

PROJECT BACKGROUND

It all began with a dream of the Hebrew Men's Cultural Club in Vancouver to provide seniors with support and care, consistent with Jewish values and traditions. A home to accommodate 13 residents was established in 1946 and, over time, the modest facility grew, changed locations and expanded its services.

Today, the Dr. Irving & Phyliss Snider Campus for Jewish Seniors is a continuum of care which includes the Louis Brier Home & Hospital (LBHH) and the Harry & Jeanette Weinberg Residence.

LBHH is home to 215 residents and operates in partnership with Vancouver Coastal Health. It provides 24-hour nursing services for residents who require personal assistance or full nursing support. We provide a full range of cultural and social programming along with rehabilitation and recreational therapies, social services and kosher food services. We also offer a secure memory care unit for residents living with moderate to severe dementia.

The Weinberg Residence is a private boutique residence for seniors who wish to remain connected to their community and culture, surrounded by a caring team who respect their culture and individuality. It contains 60 units (40 assisted living (23 private & 17 subsidized) and 20 multi-level

care) with a variety of amenities, programs and resources.

Over the years, the facilities have been remodeled and expanded several times, but as they reach the end of their operating life the facilities must be replaced in a 10 year time horizon, if LBHH is to continue to provide exceptional care and meet the diverse needs of our community. Redeveloping provides an opportunity to provide seniors with state of the art facilities; innovations in world-class care; expanded array and flexibility of services for decades to come. This repurposing and rejuvenation of the LBHH, creates a renewed legacy and expanded vision of the community's founding members and families.

FUTURE NEW FACILITY DESIGN & TRENDS

The project team has been diligently researching and reviewing other state of the art projects and learning from industry experts to inform the design of the new Louis Brier. The following are some exciting improvements in new facility design:

- **Single resident rooms:** each resident will have their own room with private bathroom. This supports not only privacy and dignity for residents and their families but has been shown to improve health outcomes by managing infection control and improved rest/sleep for residents.

- **Home, not "Home Like":** new facilities are designed with home in mind, not hospital/institutional like. Environments are designed with comfort, empowerment and dignity of residents as a top priority. This includes configurations of households with residential type kitchens and living spaces for a cluster of residents to share. Households can be set up to meet specific needs such as rehab or memory; behavioral etc. There is a focus on outdoor spaces that can be easily accessed.

- **Resident and Family centered care:** This includes a care philosophy of independence and choice, experiences that are meaningful, engaging and stimulating, and allow for inclusion in daily life activities.

- **Partnerships** that extend beyond the walls of the facility including cultural; recreational activities; health and welfare services that may be shared with other community institutions and organizations.

CURRENT PROJECT STATE & TIMELINES

The redevelopment process is a detailed process that involves consultation with many subject matter experts and stakeholders including; the Jewish Community, the City, various levels of government and other partner agencies. The new Louis Brier Redevelopment is a long range project with a projected completion of 2027.

Jeannie Dhaliwal is Project Director of Redevelopment at the Louis Brier Home & Hospital, and the Weinberg Residence, Snider Campus.



Portrait of an Artist

YURI DOJC



Reflections on the role of guardians, on “that which remains” in *Last Folio: A Photographic Memory* by Yuri Dojc & Katya Krausova

Written by Dolores Luber

Fascination, horror, admiration, exaltation are the words which come to mind when I search to describe the emotions I felt reading Michael Posner’s book review of *Last Folio: A Photographic Memory* by Yuri Dojc & Katya Krausova (*Queen’s Quarterly*, Winter 2016, pp 561-571). The personal saga of Katya Krausova, cinematographer, and Yuri Dojc, photographer, the horror of the Holocaust in Slovakia and the discovery of remnants of the vibrant Jewish communities stripped of their Jews, their culture and their religion, provoked my curiosity and my imagination. Dojc and Krausova found classrooms, textbooks, a synagogue, prayer books, clothing and ritual ornaments, all lovingly cared for, undisturbed, unmolested and somehow cherished since the

scooping up of three-quarters of the Jews in the towns of Slovakia in 1942.

It was as if he were entering a time capsule, classrooms frozen at almost the precise moment that Nazi transports had taken the students to the concentration camps – and almost certain death. Except for the mould and the yellowed, tattered pages, everything was exactly as they had left it: a bowl of sugar on the shelf, books inscribed with childhood signatures, notebooks filled with essays on their aborted life ambitions (Posner, p. 566).

Yet, for me there was something more than photographs and meetings with Holocaust survivors which was being revealed, I had to read the book. *Last Folio* is a work of art filled with dramatic testimony and

the saga of an epic journey of chance meetings and breath-taking discoveries resulting in exquisite photographs and a documentary film – labours of love and devotion by Yuri and Katya.

After reading the text and examining the photographs—the most beautiful I have ever seen, I began to meditate on the fact that all these images were found in places abandoned in 1942; their Jewish owners and community members wiped out by the Nazis. Strange place names like Bratislava, Bardejov, Sastin, Michalovce and Kosice became familiar to me, as the tallit, tefillin, prayer books, mikvah and Torah fragments came alive in my eyes. One of the most haunting images is that of a book fragment with the Hebrew letters הַנִּשְׂאָר, which means “that which remains” clearly legible on the delicate paper (p. 059).

The essays which follow by Azar Nafisi and Steven Uhly commemorate and honour the murdered Slovak Jews and their collective memory. Yet, there was still something that I was missing. I

reread the text by Katya Krausova and found the following lines:

Mr. Bogol' tells us that he is the warden of the Protestant church, that he and his wife have lived in the same block with the Simonovics for more than 40 years and that following the death of Mrs. Simonovic's brother, he became the keeper of the keys of a building in the town... Time stopped still in this building, which housed a Jewish school a long time ago, almost certainly in 1942, the day when Bardejov Jews vanished forever. Mr. Bogol' proudly shows us how he and his wife have been painstakingly cleaning each bench, each light, each seat, finding – and preserving – every object, religious or otherwise (p. 014).

And, they find another building filled with books, also preserved and protected; waiting for Yuri and Katya to discover them.

Here was my phantom question, here was the missing link! How was it that these empty, cold, barren-of-life places were taken care of for over 70 years? Who would do such a thing? Why would they do it? Were the guardians of these precious objects



waiting for someone? Why didn't the municipality tear down the buildings or strip them of everything and renovate them? Who paid for the maintenance and taxes on the buildings?

The guardians and the keepers of the keys took these responsibilities upon themselves, year after year, until they bumped into Katya and Yuri, convincing the harried and exhausted researchers to take a look.

Embossed on the front cover of the book we read:

Last Folio Charts A Personal

Journey In Cultural Memory – A Reflection On Universal Loss As A Part Of European Remembrance.

These unheralded, unacknowledged guardians were the protectors and defenders of the memory of the Jews of Slovakia and their Jewish community. To them we owe enormous gratitude.

Katya Krausova directed an 81-minute documentary with Yuri Dojc called *Last Folio/ Posledny Portret*. Go to <https://www.youtube.com/watch?v=0vZeL631lok> to view a preview of the film.

The book *Last Folio* is available at the Isaac Waldman Jewish Public Library at the FCC in Vancouver.



One of the most haunting images is that of a book fragment with the Hebrew letters הנושאר, which means “that which remains” clearly legible on the delicate paper.

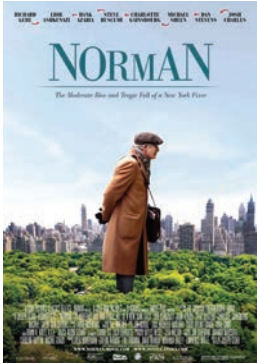


- Cover | *Synagogue*
Kosice, 2006
- Page 12
- Left | *Bookshelf*
Bardejov, 2006
- Right | *Torah Scroll*,
Kosice, 2008
- Page 13
- Top | *Schoolroom*
Bardejov, 2006
- Bottom Left | *Cemetery*
Lucenec, 2010
- Bottom Right | *Yuri Dojc*

SENIORS IN THE MOVIES



Written by Dolores Luber



NORMAN 2017

Just when I thought that I had seen it all before, a movie comes along which captures my imagination, repels me and thrills me—all at once!

I am not shocked or surprised easily but the movie “Norman:

The Moderate Rise and Tragic Fall of a New York Fixer” starring Richard Gere (age 67) knocked my socks off. Israeli/American director Joseph Cedar (remember the movies “Time of Favour” “Beaufort” and “Footnote”) has succeeded in creating a very New York world in which Norman Oppenheimer, played by the non-Jewish heartthrob Richard Gere, plies his trade—what is known in Yiddish as a *macher*. He travels the circuits of money and influence, always just a few capillaries removed from the beating heart of power. His mental Rolodex swells with the names of the good and the great, every one of them “a very close friend.” He’d be happy to introduce you (A. O. Scott, New York Times, 4/13/2017).

Richard Gere is superb as this creepy leech, his persistence and *chutzpah* are incredulous. The film is subtle, unsettling, slyly amusing and takes some getting used to because it’s the kind of film we’re not used to seeing. Norman is a pusher, a hustler, an eternal searcher for the exploitable angle. Norman’s search for potential leverage leads him to the visiting Micha Eshel, Israel’s obscure but ambitious deputy minister of Industry, Trade and Labor beautifully played by Lior Ashkenazi, another heartthrob, (Kenneth Turan, 4/13/ 2017). It would seem that Joseph Cedars is exceptionally familiar with both sides of the complicated dynamic between Israel and American Jews (Michael Fox, 4/19/2017).

Richard Gere delightfully soft-shoes his way through Norman, who is a manipulator and often a pain in the ass. He’s been described as “a drowning man trying to wave at an ocean liner.” But his desire to belong is as genuine as his loneliness (Peter Travers, 4/11/2017). The plot is complex, Gere manages to be at once likeable and infuriating. See it to believe it.



CHURCHILL 2017

Directed by Jonathan Teplitzky, this Churchill movie shines a light on the Churchill who struggled in private with crippling depression, “the black dog” as he called it. Brian Cox takes on the role of Winston Churchill, for which he put on 10 kilos, shaved his

head and practiced Churchill’s distinctive jutting lower lip. The actor touches on the haunted frailty of Britain’s wartime leader, focusing on the run-up to D-Day. The film also brings out the role played by his wife, Clementine, in saving him from physical and mental collapse and inspiring him to greatness. ‘Clemmie’ is played by Miranda Richardson (Dalya Alberge, 2/19/2017). If you are a Churchill fan, if you love movies about history, you will enjoy the film, notwithstanding some stretching of the truth and historical inaccuracies.

ISRAELI FILM



FAREWELL BAHGDAD aka The Dove Flyer, מפרח היונים 2013

Between the years 1950-51 close to 130 thousand Jews were forced to leave Iraq, many of whose families had lived in Iraq for 2,500 years. Director Nissim Dayan has based his film on the 1992 novel *The Dove*

Flyer by Eli Amir, an Israeli of Iraqi origin. The film is done entirely in the Jewish-Arabic dialect spoken in Baghdad, with Israeli actors of Iraqi Jewish origin. The forced exile of Baghdad’s Jews was incomprehensible to the Jewish population who viewed themselves as Jewish Arabs who had been integrated culturally and politically into Iraqi society.

The story is centered on the solidly middle-class family of Naima and Salman and their older son Kabi, a high school student who plays a central role in the film (M. Miedzian, *Jewish Currents*, Dec. 7, 2014). Salman is a tailor who owns a successful clothing store. All of the family are deeply pained at the thought of having to leave their homeland – of all the Jews living in Muslim countries, the Iraqis were the most deeply imbedded in Arab society. This multi-layered family saga unfolds amidst political intrigue between Zionists and

Communists, the public hanging of a governmental dissident, the imprisonment of Salman's brother Hezkel, Kabi's teenage crushes on his aunt Rakel and on Amira, the daughter of a pigeon-raiser.

The film provides an enlightening panorama of the political and socio-cultural situation of Iraqi Jews at the beginning of the 1950's. The historical background of the film is the 1941 pogrom known as the *Farhud*, in which 179 Jews were killed, hundreds of businesses looted, and thousands of homes pillaged. It is a touching coming-of-age story of a young teenager in Baghdad at the time of the controversial and complicated process of the Iraqi Jews' immigration to Israel. In Arabic with English and Hebrew subtitles. Available at the Isaac Waldman Jewish Public Library, JCC.

HOLOCAUST MOVIE



THE ZOOKEEPER'S WIFE 2017

Jessica Chastain plays a woman who helped 300 Jews to find safe haven during the Second World War in the Warsaw Zoo, thus escaping the Nazis. This is the extraordinary true story of a Polish couple, Jan and Antonina Zabinski, whose zoo served as a refuge during the German occupation. There are many sequences of the film that work beautifully, filled with emotion and tension, fear and pain. The Warsaw Ghetto scenes are especially terrible, a spectacle of horror (Sheila O'Malley, 3/29/2017). Years later, when asked why they did what they did, Jan Zabinski answered, "I only did my duty—if you can save somebody's life, it's your duty to try." Available at the Isaac Waldman Jewish Public Library, JCC.

ALSO RECOMMENDED

THE SENSE OF AN ENDING 2017

Jim Broadbent (age 68) gives a droll, well-judged performance in this adaptation of Julian Barnes's Booker Prize winner about a blast from the past of a grumpy divorcee. It is a film with an intriguing premise and it's never anything other than watchable and well-acted. But, considering that the story is about suicide and forbidden love, it is oddly desiccated, detached, even passionless sometimes (Peter Bradshaw, 4/6/2017).

HUMOUR!

GRUMPY OLD MAN

Who do you blame, when you return to pick things up?

While on a road trip, an elderly couple stopped at a roadside restaurant for lunch.

After finishing their meal, they left the restaurant, and resumed their trip. When leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes.

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses. All the way back, the elderly husband became the classic grumpy old man.

He fussed and complained, and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became.

He just wouldn't let up for a single minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her, "While you're in there, you might as well get my hat and the credit card."

Always Remember This:
You don't stop **laughing**
because you grow old,
You grow **old** because
you stop laughing!



Get Online
with Vancouver's
most unique and
comprehensive
resource for
seniors



MOVIE REVIEWS (5)

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

On the occasion of his 90th birthday, Bennett has written a new book entitled Just Getting Started. At...

Read more

March 9, 2017

POLICEMAN

Visit Arts, Humour, Entertainment and Inspiration for movie reviews, artist profiles, articles on literary and cultural topics, humour, puzzles, and more!

SENIORS' BRIDGE: Supervised Play (TUES.) 11:00 am

JPSA: Seniors Lunch @ Temple Shalom, @ Beth Israel 12:00 pm

Passport to Wellness/ Cancer Combat 12:00 pm

Beth Israel World Affairs with Ralph Levy 1:30 pm

Bereavement Support Group 2:00 pm

AQUAFIT: DEEP WATER 9:00 am

Chair Yoga Tuesday Mornings 9:30 am

Adapted Aquatics Water Works: Two Morning, One Evening Session 9:45 am

L'Chaim Adult Day Control/WF 9:30 am

Zumba Gold 10:15 am

Active Aging: Chair Fit 10:30 am

Adapted Aquatics: Aquatic Rehabilitation 10:30 am

Get Up & Go! 10:30 am

Waldman Library: In The News 10:30 am

Active Aging: Fall Prevention/ OsteoFit 11:30 am

www.jsalliance.org offers many resources including our up-to-date **Calendar of Events** featuring programs from more than 14 organizations in the Lower Mainland.

Safety Begins at Home: The Ultimate Safety Checklist for Seniors

Safety Begins at Home: The Ultimate Safety Checklist for Seniors

Did you know that around 8 million seniors per year attend the emergency room for injuries sustained from falls? In fact, falls or accidents occur in the home as a result of consumer products. Falls of...

Hot Topic features articles and videos aimed to inform and educate seniors about issues that impact their health and wellness.

The website for **Jewish Seniors Alliance of Greater Vancouver** is a unique, comprehensive and easy to navigate resource for seniors in Vancouver. Not only does the website describe our **Outreach, Advocacy and Peer Support Services**; it also offers movie reviews, travel advice, humour, and videos of JSA events, with an up-to-date Events Calendar and more!

www.jsalliance.org

CARTOON CAPTION CONTEST

Congratulations to our Winners!

We have declared a tie: The Winners are **Rose Zukerman** and **Alex Klinier**. Please come to the JSA office to collect your prizes.

Congratulations and thanks to everyone for your creative efforts !

OUR RUNNERS UP:

"Oy! I left my Graval behind!"

Sharon Isaacson

"Hmmm...You think maybe they're gay?"

Moshe Denburg

"But Eunice, don't you think he's a little long in the tooth for you?"

Jake Lecovin

"Now we just need six more."

M. Guiblichman

"Too Jewish"

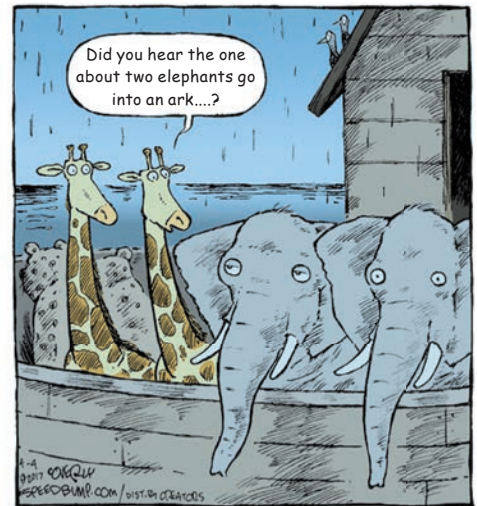
Gerald J. Lecovin

"Last year we took a river cruise"

Ed & Heather Korbin

"D'you think they can make a trunk call to get us out of this mess?"

Stan Shear



"Did you hear the one about two elephants go into an ark...?"

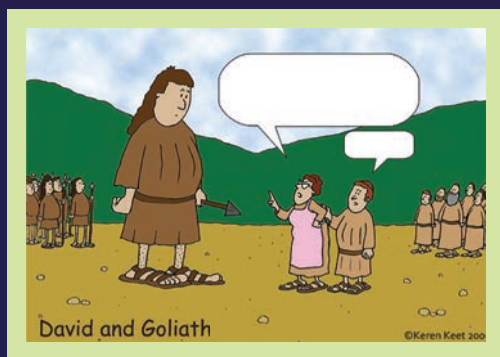
- Rose Zukerman



"No mazel! It's just like our recent Alaska cruise...rain, rain and more rain. Feh!"

- Alex Klinier

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.



SAVE THE DATE

JSA FALL SYMPOSIUM

DATE: **Sunday, October 29th**

TIME: **1:30 pm Registration**

2:00 pm Event

PLACE: **Peretz Centre**

6184 Ash Street, Vancouver, BC

(See back cover for more information)

JSA SNIDER FOUNDATION EMPOWERMENT SERIES 2017-18

#1 The History of Jewish Humour

DATE: **Friday, November 24th**

TIME: **11:00 am**

PLACE: **Peretz Centre**

6184 Ash Street, Vancouver, BC

#2 Film: Broadway Musicals, A Jewish Legacy

DATE: **Wednesday, January 24th**

TIME: **1:00 pm**

PLACE: **JCC Wosk Auditorium**

950 W 41st Avenue, Vancouver, BC

(See inside back cover for more information)

ONGOING EVENTS

Pull out this section and keep it for future reference!

**JEWISH COMMUNITY CENTRE
SENIORS (JCC)**
950 W 41st Avenue
604-638-7283
www.jccgv.com/content/seniors

MONDAY

11:45 pm - Nov 27 Lunch and Learn

12:00 pm - Dec 11 Chanukah Party

1:00 - 4:00 pm Poker

TUESDAY

9:30-10:30 am Chair Yoga

11:00 - 2:30 pm Duplicate Bridge

1:00 - 2:30 pm
Nov 7 & 21,
Dec 12
Circle of Friends
for Women

WEDNESDAY

9:25-10:25 am Chair Yoga

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

THURSDAY

11:00-2:30 pm Duplicate Bridge

12:30 - 3:30pm Mah Jongg

FRIDAY

9:30-10:30 am Shabbat Chair Yoga

11:00 - 1:00 pm
Supervised
Bridge

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 - 4th Tuesday of each
month, RSVP 1 week in advance

WEDNESDAY

Arts Club for Women - 1:00 - 3:30 pm

THURSDAY

ESL Classes - 9:45 - 12:15 pm
Please phone for registration

SATURDAY

Torah Studies Class - 1:30-2:30 pm

CHABAD RICHMOND—"SMILE ON SENIORS"
CONTACT: Marlene Shore
604-275-7543 or 604-277-6427
www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11-2 pm
Hot Kosher lunch \$9
Movies, Music, Guest Speakers - Nov 2,
16 & 30, Dec 14, Jan 4 & 18, Feb 1 & 15

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

A WEEKLY HOT KOSHER LUNCH &
PROGRAM OF INTEREST
First and third Tuesdays luncheon held at Temple Sholom. Second Tuesday luncheon held at Beth Israel. 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.

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

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

Duplicate Bridge - ACBL sanctioned,
master points awarded

**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

11:00-11:45 am Easy Fun Seniors Exercise

12:00-1:00 pm Kosher lunch

1:00 - 2:00 pm Speaker/entertainment

Dec 18 Chanukah Party

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

NOVEMBER, DECEMBER, JANUARY, FEBRUARY 2017-2018

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

Full details and registration at: <http://jewishmuseum.ca/program/strathcona-gastown/>

MOUNTAIN VIEW CEMETERY WALKING TOUR

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 First Tuesday of the Month at Temple Sholom 7:30 pm

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 Affairs
Thursdays - 1:00 pm	Games Afternoon

MOST BRIDGE RUSSIAN JEWISH SENIORS
 PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Ida Gitlina 604-434-2191 idadag10@telus.net

Nov 19 - 1:00pm	Jewish People in the Movies
Dec 17 - 1:00pm	Chanukah Celebration
Jan 21 - 1:00pm	Lecture: Dedication to Holocaust and its Victims
Feb 18 - 1:00pm	Contemporary Jewish Poets - Lecturer Yuriy Rubin

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6:00 PM - Nov 17, Dec 15, Jan 19, Feb 16

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

Nov 6, Dec 11 2:00 pm	YIDDISH STORIES FOR ADULTS read in English by Shanie Levin
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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

Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list 604-257-5181
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SUNDAYS

11:00-1:00pm 1st Sunday of each month	EBOOK AND AUDIOBOOK HELP - Bring your device and get hands-on training.
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GENEALOGY: Library staff, in partnership with the Jewish Genealogical Society, will assist you in using resource materials to search your family history. Drop in or call for an appointment.

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.

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

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ASK HANNAH:

Your Personal Advice Column

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

TRIPPING THE LIGHT FANTASTIC

Dear Hannah,

Could learning to dance the minuet or fandango help to protect our brains from aging? I am familiar with the advantages of brisk walking and weight training, but what about dancing? I have been diagnosed with early-stage Alzheimer's and am open to try any activity or treatment that would slow the progress of the disease. I am a woman who still lives at home and can safely walk by myself and perform other types of light exercise.

- *Tripping the Light Fantastic*

Dear Tripping the Light Fantastic,

The answer is an unequivocal YES. According to Gretchen Reynolds (*New York Times*, 3/29/2017) there may be something unique about learning a social dance. The demands it places on the mind and body could make it unusually potent at slowing some of the changes inside our skulls that seem otherwise inevitable with aging. A new study recruited 174 healthy people in the 60s and 70s with no signs of cognitive impairment. Most were sedentary, although some occasionally exercised. All were tested for aerobic fitness and mental capacities. They were then divided into three groups. One group began a supervised program of brisk walking for an hour three times a week. The second group started a regimen of supervised gentle stretching and balance training three times a week. The last group was assigned to learn to dance.

These men and women showed up to a studio three times a week for an hour and practiced increasingly intricate country-dance choreography, with the group shaping itself into fluid lines and square and each person moving from partner to partner.

After six months, all the volunteers were tested again. By and large, everyone's brain showed some signs of "degeneration" of the white matter. However, one group showed an actual improvement in the health of some of the white matter in their brains, compared to six months before. The dancers now had denser white matter in their fornix, a part of the brain involved with processing speed and memory. To make a long story short, engaging in any activities involving moving and socializing can perk up mental abilities in aging brains. Those who took up dancing showed white-matter gains well beyond the other groups. The data provide another rationale for moving – and perhaps also learning to contra dance and sashay.

LOVE TO NOSH

Dear Hannah,

I know it's not good to eat close to bedtime, but I get hungry. What are the least harmful things I can eat or drink, about an hour or two before going to bed? I am about 30 lbs overweight and lead a sedentary lifestyle.

- *A Man who loves to Nosh*

Dear Loves to Nosh,

I know, I know, it is hard to resist late-night cravings! Roni Caryn Rabin (*New York Times*, 3/17/2017) recommends that you try to limit your bedtime nosh to 100 or 200 calories, 300 calories tops. Choose nutrient-rich items that may be lacking in your diet, like fruits and vegetables, low-fat dairy foods, whole grains or nuts, to really make those calories count. Combining carbohydrates with protein produces a filling, satisfied feeling, even from a small snack. If you're in the mood for something salty and crunchy, air-popped popcorn may fit the bill. In your case, it sounds like snacking before bed may just be a bad habit. Ask yourself "Are you really hungry? People often mistake thirst for hunger. Try drinking more throughout the day, and having more water or carbonated water with dinner. Before bed, try a glass of low-fat milk, hot or cold, non-caffeinated tea or, best of all, plain old water.

The American Heart Association has released a scientific statement on meal timing and frequency, and how they can contribute to weight gain and cardiovascular disease (Amby Burfoot, *Vancouver Sun*, 3/18/2017). Nighttime eating has shown increased obesity, metabolic syndrome and chronic inflammation among those consuming calories late in the day vs. earlier. Ask yourself, "Is it worth the risks?" Perhaps you can add some exercise into your lifestyle. This would give you the psychological boost which could replace the craving for food.



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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.



Seniors, Stronger Together

Please Note:

All volunteers must provide a criminal records check

VOLUNTEER PROFILES

Written by Grace Hann

ESTHER ROUBINI



My mom's and dad's lives changed overnight, their world turned upside down. Life, as it was, would never be the same. With very little notice, the invasion of Poland was in full force. Survival became the new norm. Although I was not yet born, I can

imagine the stories of my parents, being transported to an unknown land of ice and snow, Siberia was a name which made people shudder. My parents were herded from a cattle train where they were crowded in cramped quarters for days. Siberia would be their home for several years, settling into a drafty, unsealed log building. There wasn't time to mourn the loss of their past lives; instead they had to focus on survival.

It was in Siberia that I was born. My memories are sparse. My mom talked of chest high snow and wind. She spoke of supplementing shelter by trading potatoes and sewing for the people who were guarding us. Food was scarce, bread was rationed. My dad had been killed but we were fortunate that my uncle was an architect and was able to improve our shelter. After several years, when the war had ended, we returned to the devastation of ruin and sadness. Decisions needed to be made.

Israel was going to be our new country, with this decision came sadness and trepidation because the Polish government would only allow one half of our family to immigrate. This strategy was put in place to keep us in line. Needless to say, my life became much better. In Israel I was able to attend school and complete my education. Upon completion, I did my compulsory time in the army and then met and married my best friend and life partner, Samuel.

Our lives were happy and busy in London, England where we lived for 30 years. We raised our two sons and daughter in London. Samuel's business opened up our world on a global scale and provided us with happy memories and a contented life. Alas, there was a time for closure and another move, this time to Vancouver, Canada, where Samuel provided his expertise to the new technology, colour printing! Many new memories were created.

My world fell apart 19 years ago when Samuel died, I felt as if I was caught up in a riptide, these were my darkest days. Not only had I lost my dear husband but several weeks prior to his death, my mom passed away. Through many good friends, family and a very supportive network, I was able to get out of the riptide and find a calmer space. Life will never be the same but I learned to bounce back. I am blessed with many wonderful memories.

Today, I spend many hours doing volunteer work and caring for others. Being able to help someone else through a crisis also helps me. As a senior, I sense the loneliness and the invisibility people experience. Seniors continue to have value and wisdom. They should never be treated like an 'old hat' taken from a shelf and used when needed. We can do better!

I experience the reward of volunteering when I see a senior's smile, and a mood lighten. Then I know when I have left them or hung up the phone that I have made a difference!

"Everyone has inside of her a piece of good news. The good news is that you don't know how great you can be, how much you can love, what you can accomplish, and what your potential is." — Anne Frank

TINA NG

As I experience the aging process and enter my "Golden Years", I feel immense courage and strength. I ask myself, "How can I empower others to endure this daunting task"? So often, it helps me to reflect on my earlier life and to embrace the challenges I could overcome.

Looking back at my origins and my birthplace, Kuala Lumpur, Malaysia, life seemed simple enough. Attending an all-girls school gave me many benefits and taught me

many skills. It was easy to stay out of trouble. However, life challenges started when I was a teenager and my dad died. Luckily my mom remained strong and in charge! With my three sisters and one brother we continued to thrive.



Lumpur lacked educational opportunities so my mom helped me prepare for University in Australia where I studied Commerce and began my career. Life however, was not dull and it picked up speed, because it was in University that I met the love of my life, Chung. Our courtship lasted five years and when Chung completed his medical degree, we married.

A big decision was lurking because Australia had a 'Whites' only immigration policy and we could not stay. It was time for another move, and this time it was to beautiful Vancouver! Our lives continued to be enriched as we raised our family and then became proud grandparents.

It was then that I began to ask myself some serious questions—thinking of my mom and her health issues. I began to look around and explore how I can utilize my strength, time and energy. My focus tuned in to seniors who faced isolation.

I then trained as a senior peer counsellor which prepared me to help others identify and find solutions to their needs. The tools gained through training helped me develop a new philosophy in helping others. I felt a sense of freedom when I realized that I don't have to fix problems for other people but to empower them by listening without judgment and filters. My motto has always been to look for the jewel in other people.

My newly acquired role was not to make decisions but to empower people to make their own decisions. I learned that my role as a volunteer isn't only about giving to my peers but what I receive from them. My heart has been touched so many times when I have seen immense courage on the face of a senior who has had her life ravaged by one health issue after another. I look upon my blessings, store them in my treasure box, and when I am feeling 'down', I access those treasures.

As I embrace my senior years, I continue to enjoy travelling, gardening, spending time with family and giving back to my community. My joy comes from helping young children with reading disabilities and on the other end of the spectrum giving seniors "in need", a helping hand.

I would like to thank Jewish Seniors Alliance for this great opportunity to continue to serve others.

"There are two ways of spreading light: to be the candle or the mirror that reflects it." — Edith Wharton

Grace Hann is the trainer of volunteers of Senior Peer Support Services. She has been training volunteers and supporting seniors for the past 20 years. She is an avid gardener, hiker and kayaker. Her time is best spent in nature!



PEER SUPPORT SERVICES



Are you looking for a meaningful
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JSA's Peer Support Services is now accepting applicants for its
Senior Peer Counselling Training Course
Sundays 2:30 - 7:30pm, Starting October 22, 2017

Open to seniors 55+ and over, this 11 week course will teach you active listening skills, effective communication, and community resources. You will be matched with a senior in the community and you will receive upon graduation a Certificate in Senior Peer Counselling of British Columbia.

FOR MORE INFORMATION CALL:
Grace Hann or Charles Leibovitch
604-267-1555 or 778-840-4949
www.jsalliance.org

FRAILTY AND VULNERABILITY

Yes, you can lessen and even prevent frailty

Written by Susan Moore

We've all met an older adult who we identify as frail. Some people use the words 'frail' and 'vulnerable' to describe older adults in general. Indeed, some older adults do become frail as they age but being frail doesn't need to be a part of the normal aging process. Frailty and vulnerability can be mitigated and, ultimately, prevented.

How do you identify frailty? It is easier to identify what frailty is when we know how it is defined.

What is Frailty?

The Cambridge Dictionary defines frailty as "weakness and lack of health or strength" (2017). Healthcare literature provides highly detailed descriptions of frailty to recognize, diagnose and treat Frailty Syndrome. Zachary Palace and Jennifer Flood-Sukhdeo describe Frailty Syndrome as the development of multiple age-related musculoskeletal changes leading to physical weakness, injury and illness (2014). In other words, Frailty Syndrome occurs in an older adult who has lost muscle and bone strength, and who is more prone to falls, fractures and vulnerability to increasingly complex illness and injury.

The bad news is – we are all at risk of frailty. As we age, our bone density, muscle strength and stamina start to

change. This degeneration is a normal part of the aging process. However, the good news is that frailty does not have to be a part of aging. It can be prevented and, at the very least, its impact can be lessened.

Diagnosis

In general, frailty is diagnosed by a physician based on a number of indicators including physical strength, bone density and nutrition. Once someone is diagnosed with Frailty Syndrome, physicians will rate the degree of frailty based on someone's ability to carry out "instrumental and non-instrumental activities of daily living" (Unknown, 2005). It is important for physicians to identify frailty indicators as early as possible so that patients have the opportunity to change or adapt their behaviours. An early diagnosis is the key to reversing the symptoms of frailty. As with most disease, the longer it takes for symptoms to be identified and a diagnosis made, the more vulnerable the patient becomes to increased risks associated with treatment of illness and injury.

Causes and Prevention of Frailty

When it comes to frailty, an ounce of prevention is worth a pound of cure.

According to Humankinetics.com (Best-Martini & Jones-DiGenova, n.d.), the causes of frailty include:

- A medical condition
- A loss of one or more senses
- A chronic disorder
- A chronic disorder along with a new medical diagnosis
- Adverse changes in the musculoskeletal system
- Psychological issues
- Sarcopenia (loss of muscle mass)
- Very old age
- Nutritional imbalances
- Intellectual disabilities
- Physical inactivity

The British Geriatrics Society (2011) identifies the causes of frailty as: inactivity, low protein diet, insufficient vitamin D, smoking and obesity. Some of the causes are directly linked to illness and injury (dementia, broken bones, flu) and others are based on personal habits and behaviours.

We have the power to change our behaviours and lessen the risk of becoming frail.

Based on the identified causes of frailty, we know that some identified factors can't be avoided. Dementia, intellectual disabilities and other chronic conditions increase older adults' vulnerability to frailty. The reality is that frailty can be avoided or minimized by developing behaviours that will keep us physically, mentally and emotionally healthy.

The key to not developing frailty is early detection. Visit your doctor if you notice changes in your energy or physical strength. Get off the sofa and walk around the seawall, lift weights, join an exercise class. Stop smoking. Eat smaller meals more

FRAILTY AND STRENGTH: CAUSE AND PREVENTION

Inactivity
Dementia
Bad Diet
Smoking
Obesity
Social Isolation
Vitamin D Deficiency

FRAILTY

Weakness, depression, bone fractures, weight loss, inability to care for oneself, vulnerability to illness and injury, slower recovery, hospitalization, shortened lifespan

STRENGTH

Health & wellbeing, faster recovery, longevity, fewer injuries, independence

Exercise
Healthy Diet
No Smoking
Weight Management
Social Engagement
Vitamin D

often to maintain a healthy weight. Engage with your community. All of these actions can lower the severity of frailty and increase the chances for recovery.

Many older adults face challenges when it comes to staying strong and healthy as they age. Socioeconomic factors including poverty, isolation and geography can be barriers. However, barriers and a predisposition to developing frailty are not absolute and can be addressed with low or no financial burden. There are seniors' centers, neighbourhood houses and community centres throughout Metro Vancouver, many of which provide healthy meals, physical activity, lifelong learning and an opportunity to socialize. Older adults who are unable to leave their homes, can also be active and engaged through programs such as Friendly Visiting, Peer Support, Meals-on-Wheels and grocery delivery. The staff and volunteers working in community agencies can often provide you with information and referral to agencies providing more complex care when needed.

If you or someone you know has been described as frail by peers, family or friends, or if there has been a diagnosis of frailty syndrome, you can do something(s) about it:

- Medical conditions – follow your physicians' treatment plans including medications and therapies
- Chronic disorders (i.e. arthritis, hypothyroidism and high cholesterol) – stay physically active, rest when needed, follow a healthy diet
- Adverse changes in the musculoskeletal system – lift weights, sweat, drink water and stay active
- Psychological issues – call a friend, engage with your local community, ask for help when needed, volunteer to help others
- Nutritional imbalances – eat a well-balanced diet and take your vitamins as directed by

your healthcare professional

- Physical inactivity – dance, swim, join a walking group, plant a garden or volunteer to help someone with theirs.

Frailty does not need to be inevitable. If you are concerned about your predisposition to developing frailty syndrome, speak with your doctor, a friend or family members. If you are concerned about someone else, contact the seniors' centres in your community for information and referral to a professional who can advise you on how to help.

For a full list of references, please visit <http://jsalliance.org/hot-topics/>



Susan Moore is focused on greater supports for vulnerable older adults through the development of sustainable programs. She currently works with the Jewish Seniors Alliance and the BC Association of Community Response Networks. She is completing a Master's degree through Royal Roads University.

FRAILTY IN SENIORS

How to minimize your risk for injuries

Written by Marisa Moody

Most people know that they should exercise, although only a small fraction of the population does. That number decreases as we age. More and more seniors are living a sedentary lifestyle which can lead to multiple issues, one of them being low bone density and fragility. However bone loss and fractures do not have to be inevitable!

I work with many seniors who see this risk and are taking action to turn their health around. Together, we work on strength and balance exercises with the goal of decreasing the likelihood of serious injury and fracture, should a fall occur.

Think it's too late to start and see a difference? Think again.

“Research has proven that it's never too late to start! Individuals in their 90's (and older) can do resistance training with weights to improve physical function. If you are unable to do high-impact exercises, there are plenty of low-impact, weight-bearing exercises that you can do to improve your bone density and your general overall health”.¹

One female client, age 78, who I train regularly, has body scans done every six months to chart her bone density. Through these scans, she was able to see the results of her efforts with strength training and cardiovascular exercise. Within the year her bone density score went from being ranked as having an ‘increased risk

of fracture’ to having ‘no increased risk’. This is due to regular exercise, healthy eating and a commitment to her health and wellbeing. She refuses to accept as realities increased risk of fracture and lower bone density. She is working hard to do as much preventative work as possible, and I encourage you to take this approach as well.

Exercising is the simplest and easiest first step to prevent a wide range of health issues. ”

If you have fallen out of the regular habit of physical activity (or never developed the habit in the first place), you are not alone. However why sit on the end of the spectrum that puts you at higher risk for fractures? Why not put in a little effort now to ensure you age as well as possible, with fewer health concerns (and hopefully fewer medications, hospital visits and general aches and pains)?

Exercising is the simplest and easiest first step to prevent a wide range of health issues (physical & mental).

Don't know where to start? Here are some suggestions

1 Something is Better than Nothing – Although numerous

studies have proven the benefits of strength training in improving bone density, doing anything physical to start is better than nothing. Invite your friends to join you for a walk. Park further away at the grocery store. Go indoors and walk at the mall if the weather is poor. Practice getting up and down from your chair several times throughout the day. Work to improve your balance (while holding on to the back of a chair if necessary), lift one foot, than the other. Rock from your toes to your heels. Move your hips in circles clockwise and counter clockwise.

2 Find a Registered Personal Trainer who specializes in working with Older Adults. This will ensure you receive one-on-one attention from someone who is educated in the concerns and issues that you may be facing. They will be kind, understanding and work with you at your level. You may not even have to go to a gym - many simple strength building exercises can be done in the comfort of your own home!

3 Join a Group Class – There are many group fitness classes specifically for older adults & seniors. The pace and exercises will be chosen with the group's ability in mind and you may find good company and support from the other attendees.

4 Ask for Help – If your health is a concern to you and you would like to improve it ask those around

1. <http://www.bidmc.org/YourHealth/Health-Notes/Bones-and-Joints/Bones-As-You-Age/Seniors-Can-Prevent-Bone-Loss-Fractures.aspx>

Continued on page 36...

TO HONOUR AND REMEMBER

Memoirs of my father, Arthur Propp

Written by Dan Propp



Arthur and Elsa Propp in Gibsons, 1961
(photo: Dan Propp)

Though I have written and self-published a number of books, the most powerful one, without question, comes from my father's old manual typewriter; a manuscript on faded yellow paper that he pounded out so many years ago. My knowledge of German is very limited. So now, after all these years, I have finally learned so much about my parents' story that I never knew.

In the times of Hitler, my mother, Elsa, escaped Germany by ship to Brazil. My father, Arthur, who was much older and had been imprisoned by the Nazis after Kristallnacht, managed eventually to leave by air from Berlin—literally just a few days before war was declared. This was due to the assistance from a woman from the British underground who, in the last few moments before a flight from Berlin was ready to take off, was able to get Dad onboard.

Bolivia, South America, was one of

the few countries that accepted Jewish immigration in those dark years. In Sucre, where an instant and sizable Jewish community evolved, my father was a part of the board for a section of a cemetery allotted to the Jews. His memoirs brought life back in detail to so many stories about those refugees, their legacies and how they helped each other in this city almost ten thousand feet above sea level.

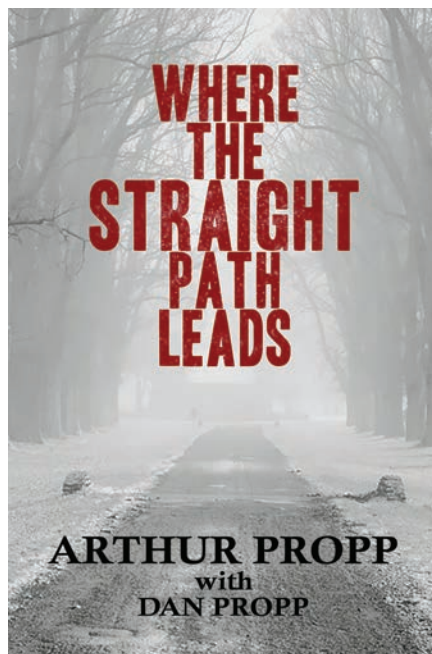
My parents married in Sucre, Bolivia, where I was born in 1944. In 1950, we came to Vancouver and, a few months later moved to Gibson's Landing where Dad, already in his sixties, operated a sawmill called Sucre Lumber Co. I went to school there from grade one to grade twelve. This small picturesque village by the water is where the CBC

popular series "The Beachcombers" was later filmed.

In the late 1960's, after my father died, I wrote to Elie Wiesel about my parents. To this day, I still reflect upon my parents' lives and their story which still continues to haunt me. Wiesel encouraged me to keep writing. Although we never met in person, the six or seven kind notes I received from him over the years continued to be a source of light. The last one was dated April 5, 2013.

Finally, properly edited and proofread, my father's memoirs have been published in their original German, *Von Koenigsberg nach Kanada* and translated into English as *Where the Straight Path Leads*. Both are available from Amazon, or by calling me at 604-277-6570.

There are so many emotional memories, (as faint as they may be) over the many years and it is difficult sometimes to truly process for us who were and always will, and continue to be, the 'children'....



Dan Propp is a retired school teacher and photographer. A self-taught musician, he sings the old time songs – with accordion – at seniors' homes throughout the lower mainland.

JOURNEYS

Fascinating Memoir Creates Beautiful Pictures

Pnina Granirer: *Light Within the Shadows – A Painter's Memoir*

Written by Rita Roling

Jewish sages teach us that since birth every Jew will undergo 42 journeys during the lifetime. The first journey is from the mother's womb into the world of the living and the last one is the exit from life. The remaining 40 journeys may have migratory, spiritual, developmental or evolutionary natures. The purpose of the journeys is to develop the steps and the goals that we need in order to reach our fullest potential. In her 2017 book *Light within the Shadows – A Painter's Memoir*, Pnina Granirer allows the reader to accompany her on her journeys as a woman, an artist, a wife, a mother and a teacher.

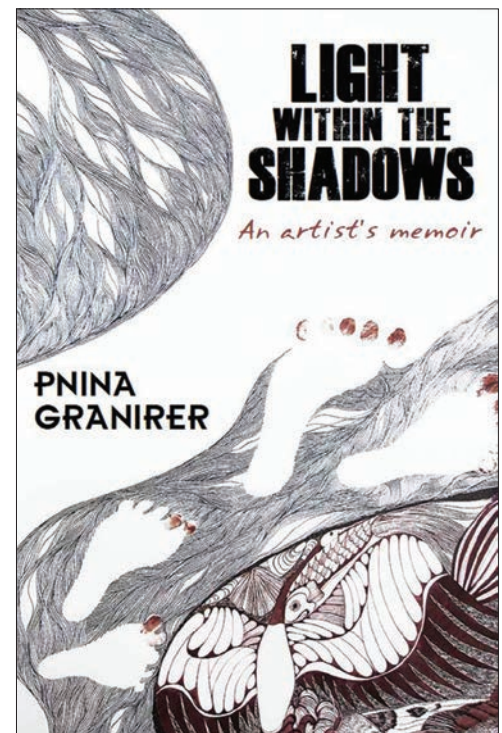
Pnina Granirer has structured her biography as a play with three acts. Each act takes place on different continents and centres on important personal achievements and milestones. She likens her retrospective journeys as "looking through a back window of a speeding car." The further the car goes the vaguer the memories. When she talks about her birth-country Rumania, she does not elaborate on restrictions and persecutions, rather she looks with her senses: the physical beauty of the country, the vivid colours of the rhododendrons, the smell of the paints and her brief but profitable career as an artist.

When she touches on her memories of being a Jewish child in a Nazi controlled country, she does so from

a sheltered and innocent child's point of view. She has more to say about her own and her family's experiences after the Russians "liberated" Rumania and exchanged one totalitarian regime for another. According to Ms. Granirer, anti-Semitism is embedded in Rumanian culture, so remaining there under communism was to continue to face physical and cultural annihilation. Thus in 1950, fifteen-year-old Pnina and her mother were issued travel papers to Israel.

**Her life in Israel became
the cornerstones which laid
the foundation for future
journeys. ”**

Following the establishment of Israel as a homeland for the Jewish nation, the country enacted the Law of Return which welcomed all Jews to settle in Israel and to receive full citizenship. Within a few years Israel's population doubled and the Granirer family was part of that demographic. Without hyperbole, Ms. Granirer gives a matter of fact account of the difficulties facing the new immigrants as they tried to acclimatize into an Israeli way of life. She is an optimistic realist and in a humorous way she tells the reader how to get on with it, live in the now and keep an eye on the future.



During her twelve years in Israel, the author experienced many life-altering changes: she got married, gave birth to a son and began to carve out a career as a professional artist. With true convictions, she tells the reader that her time spent in Israel was the best in her life. She fell in love with the "cream-coloured Judean hills, the bright blue sky, the chirping birds and the taste of honey." Her life in Israel became the cornerstones which laid the foundation for future journeys and that gave her the courage to yet again prepare to move, this time to North America.

Her first view of American life was confusion as it did not resemble that of Hollywood movies. People lived in small unassuming houses, not mansions. Except for cars, the streets were empty and had no sidewalks. People did not congregate outside. If it were not for scattered toys on the green lawns, the houses appeared abandoned. Having no access to a car she felt isolated and lacked adult companionship. But, as a resourceful woman she bought a car and learned

to drive. Albeit she was now mobile, her mobility did not alter her social status. “I was not Pnina Granirer anymore. I had become Mrs. E. Granirer. My identity disappeared the moment I arrived in the land of the free.” In spite of such a formidable obstacle, the thirst to create did not diminish. Her rise as an artist began to take root, but early in her career she had promised herself that her family’s welfare would always come first. And, like so many other women, she followed her husband’s professional career path wherever it took him in North America. However, after a short sojourn in Israel, the couple decided to move to Vancouver with its “snow capped mountains, glittering ocean and vivid rhododendrons.”

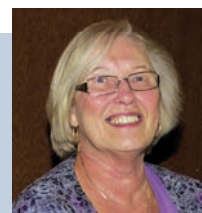
It was when securely settled in that beautiful city that her art started to

mature and to reflect her own unique expressions. Creational inspiration was all around her and rather than experiment with multiple media she returned to her “first love: drawing.” When she writes about her creative process, the words are passionate and descriptive. She literally guides the readers to create pictures in their own minds, and for us who may be somewhat artistically challenged, the book includes photos of many of her works.

Pnina Granirer is a fascinating, courageous and inspiring woman who is accepting of other belief systems and cultures. In readable and honest language, she shares her trials and triumphs with the readers. It is evident that Pnina Granirer has travelled many of her 42 life journeys and has acquired much insight into herself and her surroundings.

On Thursday, Nov. 16, 6-9pm, in conjunction with Jewish Book Festival, there will be a book launch and talk by Pnina Granirer at 6 pm, and the reception for the exhibition at 7 pm. At the Zack Gallery, JCC. Free admission.

The book *Light within the Shadows* is available at the Isaac Waldman Jewish Public Library at the JCC.



Rita Roling worked in the social service field for over three

decades. She is a firm believer in volunteerism and has for many years been actively involved with the Jewish Seniors Alliance. She is an executive of JSA and a member of the editorial committee.

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BUILD COMMUNITY

Around Where Seniors Live

Written by Dan Levitt

The rising tide of seniors coupled with increasing cases of dementia has led aged care industry leaders to drive the typical stand-alone old age institutions out of existence. The nursing home, as it is presently known, is becoming a dinosaur as the industry experience of old bed stock is being replaced with new care facilities. These often generate living conditions for seniors similar to those in traditional nursing homes with the overuse of medications, psychotropic medications prescribed without a clinical diagnosis, and food services that are comparable to hospitals rather than restaurants. The nursing home has got it wrong. In the age of status quo disruptors, the medical approach to caring for seniors has primarily relied on clinical solutions to combat the plagues of social isolation, loneliness, boredom and helplessness.

In New South Wales, Australia, Catholic Healthcare operates over 50 seniors care communities in and around Sydney. One of the facilities offers seniors independent living and residential aged care — what is unique about the multi-purpose community is how the neighbours use the property. The city operates the onsite library and an independently run café serves breakfast and lunch and delicious espressos. The library attracts families who live in the area, bringing a whole other aspect to the community. Adjacent to the library and café is a children's playground

attracting young parents with their preschool children, some in strollers.

Seniors who live onsite frequent the café, which is easily accessible from a pedestrian walkway. The café scene is hip in Australia and this facility is a hub of that culture. Both the café and library bring the community into the aged care residence and give the seniors options in how to spend their day beyond the confines of a locked dementia ward. A good measure of quality of life is how frequently seniors leave a nursing home for a reason other than going to a medical appointment. These Australian seniors have the daily option to go to a library or café on the same city block. This gives new meaning to a retirement village, or perhaps the end of the traditional standalone old age institution, certainly not built on the same property as a hospital.

The nursing home has got it wrong. ”

Ordinarily, nursing homes are isolated from the rest of society, no longer integrated into the community. Seniors disappear from their homes when they no longer are capable of living independently and are moved into a nursing home.

The current old bed stock in western countries is in need of replacement. The biggest challenge in replacing old

nursing homes is finding the capital funding to pay for the building costs. In Australia, a bond program was introduced to create the economic conditions to encourage age care innovation. Seniors contribute a refundable bond. The financial contribution covers their portion of the building costs of a new nursing home. When the senior passes away, 100 per cent of the principal is returned to the estate, and in some cases a portion of the interest. This financial formula has brought a cash infusion into the aged care marketplace to replace antiquated bed stock that creates undesirable institutional outcomes dehumanizing the last few years of a seniors life coupled with the health outcomes of living with Alzheimer Disease and related dementias. There is an equitable subsidy program for seniors and their families who cannot afford a bond or the monthly property fees.

The bond program has led to a flourishing of new seniors living development projects. At another such facility, choice, dignity and wellbeing have formed the foundational elements for a senior's residence that has pulled the best practices into a leading provider of programs and services that dignify old age. The cash infusion has allowed this faith-based non-profit organization to create never-before-seen amenities. A resort-style hydro therapy pools complex complete with a hot tub provides rehabilitative services led by physiotherapists who focus on re-enablement of seniors, emphasizing that the top predictor of longevity is mobility.

Sensor technology has been installed throughout the campus, remotely monitoring seniors' movements

during nighttime and allowing for a full night sleep instead of staff conducting regular rounds.

In the dining room, white table cloths drape the tables and no design features resemble anything suggesting this is a nursing home but a five-star restaurant. The occupational therapy workshop has shoe fitting services that matches seniors with the correct shoes to enable better gait and enhance lifetime mobility

Australian aged care industry private operators like Summit Care, a multi-site purpose-driven organization, has responded to the changing demand of baby boomers who desire improved living environments, increased privacy, increased focus on lifestyle, integration of family and community. At Curtain Care, in Perth, seniors are no longer accepting the traditional

nursing home grandma resides in where she receives visitors in her bedroom, which is awkward at best and considered an invasion of privacy in most other living situations. Curtain Care has a new operational design strategy. The new standard is for all one bedrooms doubling the living space for each senior with additional space for sitting and dining with family and friends and a balcony or direct access to the gardens.

Rethinking the role of seniors in city planning will view this segment of the population as market drivers who desire better living conditions and lifestyle options that have not been commonplace in previous generations. Just imagine what the next community development might include as the multigenerational living movement takes hold and aged care

buildings become destinations with services that all ages enjoy injecting life back not just to senior's homes, but to all citizens.

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For the full-length article, please go to <http://jsalliance.org/hot-topics/>



Dan Levitt is the executive director of Tabor Village, a faith-based aged care community in Abbotsford, an adjunct professor in gerontology at Simon Fraser University, and an adjunct professor in the School of Nursing at the University of B.C.

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EXPLORATION OF VOLUNTEER EXPERIENCE

Among older Jewish adults in Vancouver

Written by Eireann O'Dea

It is no secret that the amount of time one can expect to spend in older age is increasing. With such progress, the recognition and promotion of “active aging,” an approach to growing older that recognizes older adults as productive, independent, and valuable members of society who contribute a diversity of skills, experience, and knowledge, has rightfully intensified. One way in which older adults can increase their level of activity, foster their interests, contribute to their communities, help others, and establish the social connections necessary for good health and well-being in older age is through volunteerism. Academic research on volunteering has become increasingly prominent in recent years, highlighting the positive benefits

of the practice, which include increased mental and physical health, feelings of life satisfaction, and an improved sense of purpose.

When it came time for me to decide on a topic for my master's thesis in Gerontology, I felt completely overwhelmed. It was then I began to consider my lifelong membership and participation within the Jewish community of Vancouver. It was thanks to Hillel at Simon Fraser University I was able to travel to Israel on Birthright in 2013. Most recently, I had spent a significant amount of time volunteering, working, and observing at the JCCGV, first at the L'Chaim Adult Day Centre, and eventually with the general seniors programs. It was there that I began to

witness and understand the immense contribution, dedication, and necessity of volunteers within this community. I thought to myself, “Has anyone heard these volunteer's stories? Could I be the one to record them?”

Several questions came to mind as I pursued this topic further. Are there cultural motivations for volunteering? Do individuals volunteer within a specific community to increase feelings of connection to the group? Can ethno cultural identity be passed down through volunteer efforts? Can ethno cultural identity be maintained through volunteering? I decided that these stories deserved to be told, and I would do so by studying the experiences of older adult volunteers within the Jewish community of Vancouver.

My study will comprise of qualitative, in-depth, exploratory interviews with 20-30 individuals over the age of 55 who volunteer within the Jewish community of Vancouver. In conducting my research, I hope to discover and understand why older adults are particularly motivated to volunteer within their specific ethnic group; how ethno cultural identity might actually be influenced by volunteer experiences, and finally, how volunteering can influence social interaction, social network size, and feelings of community-integration. I hope that my thesis will highlight the numerous volunteer opportunities that exist for older adults within the Jewish community of Vancouver, and inspire even more individuals to give back to and support their communities.

RESEARCH PROJECT

We are conducting a research project to explore the volunteer experiences of older Jewish adults who volunteer within the Jewish community of Vancouver.

- If you are over the age of 55?
- Do you identify as Jewish?
- Are you currently a volunteer for an organization within the Vancouver Jewish community (Jewish Seniors Alliance, Jewish Community Centre of Greater Vancouver, Kehila Society of Richmond, Peretz Centre, L'Chaim Adult Day Centre, Jewish Museum and Archives of British Columbia, etc.)?

We would like to invite you participate in a one-time in-depth interview that will last up to 60 minutes. The interview can be arranged at a private location of your choice.

**If you would like more information about the study, or if you would like to participate, please contact:
Eireann O'Dea, eireanno@sfu.ca or 778-988-2269.**

Eireann O'Dea is a Masters Candidate, Simon Fraser University, Department of Gerontology



BECOME A JSA SUPPORTER!



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.

Support JSA for \$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.

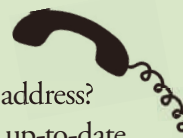
Supporting JSA will bring you knowledge of senior advocacy and the issues at stake in our Jewish Seniors community. You will be stimulated to

get involved; to participate in improving the health care of seniors and creating a more friendly and enjoyable lifestyle for the elderly. Seniors' advocacy through JSA 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

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Yes, I would like to become a JSA Supporter/ I would like to continue my Support:	
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I wish to make a donation in the amount of:	
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Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance of Greater Vancouver	
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<input type="checkbox"/> Easier by phone? A JSA volunteer will call you.	
Signature	
A tax receipt will be issued for a donation of \$18 and up.	

MOST BRIDGE

Russian Jewish Seniors' Society

Written by Ida Gitlina

Сила, мощь написанного слова.

Оно заставляет вас слушать, оно заставляет вас чувствовать.

Дорогие читатели журнала “Senior Line”, члены Альянса (JSA), наши жертвователи и наша община! Теперь это всё официально! Как редактор журнала, я буду развивать и улучшать содержание статей и следить за реакцией наших читателей на публикуемые в журнале материалы. Признаюсь, я всегда была перфекционисткой, которая на всё обращает внимание и требует высоких стандартов от каждого, включая себя. Журнал становится всё интереснее, привлекает к себе всё больше читателей...и я работаю до изнеможения. Статьи в этом номере журнала были написаны более чем 16ю авторами. Пожалуйста, продолжайте посылать в редакцию свои очерки и также письма редактору. Тематика статей бывает разная, но все они призывают к выполнению обязательств, к защите чего-то полезного, нового, к тому, чтобы уделять больше внимания повседневным нуждам наших стариков, защищать их интересы. Я не могу сказать, что я недооцениваю силу и мощь написанного слова. Оно спасло много жизней, распространило мощные, нужные людям идеи, хранило традиции и воспоминания. Мы в нашем редакторском комитете продолжаем эти ценные, проверенные временем традиции. Мы нацелены на то, чтобы внести разнообразие в нашу деятельность, а именно-относиться с состраданием, с жалостью к

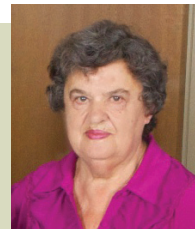
пожилым людям и следить за тем, чтобы службы для стариков постоянно улучшались.

**Долорес Лубер, the editor of the Senior Line magazine.
Translated into Russian by Ida Gitlina.**

5 Wise Sayings. 5 мудрых изречений.

1. Лучше умереть от смеха, чем от страха. It is better to die of laughing than of fear.
2. Седина-признак старости, а не мудрости. Grey hair is a sign of old age but not of wisdom.
3. Все жалуются на отсутствие денег, а на отсутствие ума-никто. Everybody complains of lack of money, but nobody complains of lack of mind.
4. Бог дал человеку два уха и один рот, чтобы он (человек) больше слушал и меньше говорил. God gave a human being two ears and one mouth to give him a chance to listen more than to talk.
5. Если проблему можно решить за деньги, то это не проблема, а расходы. If a problem can be solved by money, then it is not a problem, it's just an expense.

Ida Gitlina is a Board Member of Jewish Seniors Alliance and director of Most Bridge Russian Jewish Seniors Society. She has a university degree in Russian Language and Literature. Her studies of English at the Institute of Foreign Languages in Tashkent, has enabled her to be the liaison in the connection between JSA and Most Bridge.



FRAILTY IN SENIORS

...Continued from Page 28.

you for some suggestions. Talk to staff at your local community centre, your friends, children or grandchildren. The people in your life want you to be as healthy as possible as you age, so they will likely be happy to help you set up the proper resources you need to improve your health.

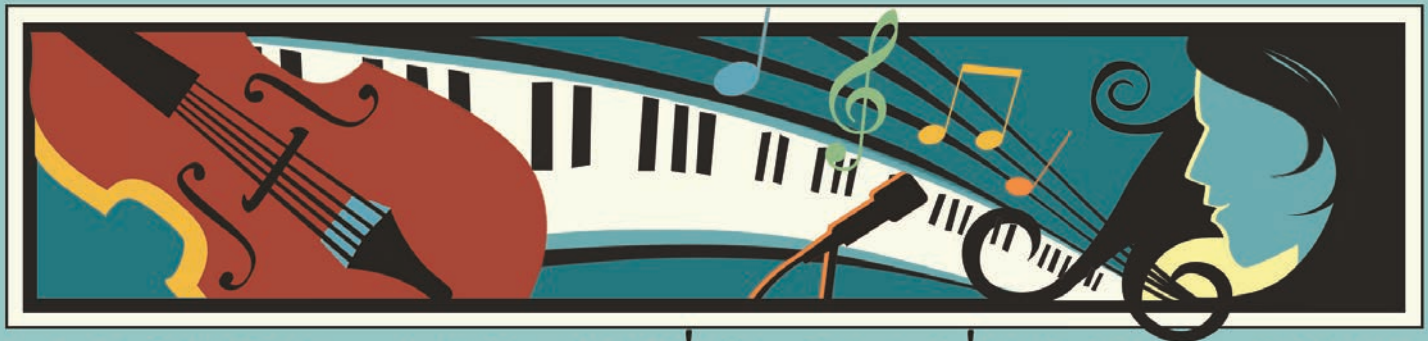
5 Consult your Physician – Before starting any new exercise regime you should discuss it with your physician. Your Doctor will give you the go-ahead and possibly some guidelines to keep in mind. This information is important to pass on to a personal trainer if you are working with one or group fitness instructor if you are participating in a class.



Marisa Moody is a BCRPA Personal Trainer with specialization in training Older Adults. If you have any questions or are interested in improving your health you can contact her at 604-376-0515 or info@motivatedmovementpt.com



JSA Snider Foundation Empowerment Series 2017-18



LAUGHTER AND MUSIC: FEEDING THE SOUL



The History of Jewish Humour

Join us for our first Empowerment Series as **Matthew Gindin** takes us on a journey through time and laughter as he explores the history of Jewish Humour. Matthew Gindin is a well respected journalist, lecturer, teacher and notable columnist in the Jewish Independent. *Cosponsored by Sholom Aleichem Seniors of the Vancouver Peretz Centre.*

*Friday, November 24th
11:00 am
Peretz Centre
6184 Ash Street, Vancouver*

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



Film: Broadway Musicals, a Jewish Legacy

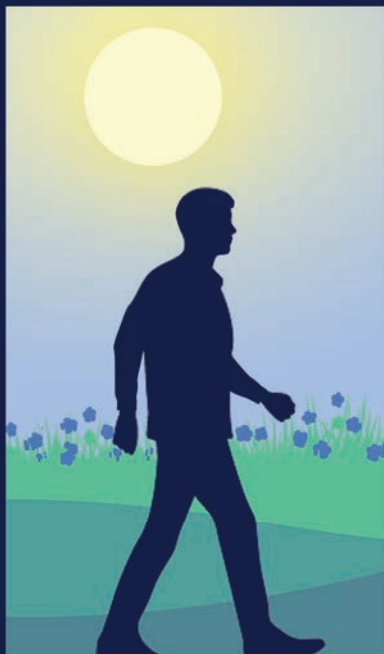
Our second Empowerment Series features **Broadway Musicals, a Jewish Legacy**. This documentary by Michael Kantor and narrated by Joel Grey explores the unique role of Jewish composers and lyricists in the creation of the modern American musical. The film will be followed by a light nosh. *Cosponsored by JCC Seniors.*

*Wednesday, January 24th
1:00 pm
JCC Wosk Auditorium
950 W 41st Ave, Vancouver*

Contact: Lisa Cohen Quay 604-257-5111 Ext. 208 lisa@jccgv.bc.ca



Keep your eye out for more information on upcoming sessions of our Empowerment Series coming this spring. Starting in March we will be exploring humour in literature, music therapy and more. We can't wait to share the laughter and music!



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RABBI PHILIP BREGMAN

“Preparing for End of Life Transitions—Jewish Perspective”



JACK MICNER

“Elder Law”



DR. SUE HUGHSON

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This project is funded in part by the Province of BC, the Jewish Federation of Greater Vancouver, Phyllis & Irving Snider Foundation and various other Foundations and private donors

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