

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



וישמרך
אגיד ויחקך
וינאם לך שלום

יבדלך
יגדלך
ינאם לך שלום

VOLUME 25(1) - FEBRUARY 2018

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

1327
Edel

INFORMED ADVICE, TESTED BY TIME.

WITH SPECIALISTS IN EACH FIELD OF SERVICE, ZLC HAS YOU AND YOUR BUSINESS COVERED. FOR MORE INFORMATION, CONTACT GARRY ZLOTNIK, OR VISIT US ONLINE TO GET STARTED.



GARRY ZLOTNIK
FCPA FCA CFP CLU ChFC
E: gzlotnik@zlc.net T: 604.688.7208

www.zlc.net



INSURANCE & RETIREMENT SOLUTIONS | EMPLOYEE BENEFITS | INVESTMENTS
PHILANTHROPIC PLANNING | BUSINESS FAMILY SUCCESSION | FINANCIAL PLANNING

What does living at one of our communities mean...

A lot More **FUN!**

DELICIOUS MEALS | DAY TRIPS | OUTSTANDING AMENITIES

At Verve, we believe that inspiring our residents and supporting their mind, body and spirit opens the door to achieving better health and well-being.

Most of all, we offer a caring and warm environment that makes our residences as close to home as you can get!




**COURTYARD
GARDENS**
7051 Moffatt Rd,
Richmond, BC V6Y 3W2
604 273 1225


**GILMORE
GARDENS**
4088 Blundell Road,
Richmond, BC V7C 5V1
604 271 7222


**GRANVILLE
GARDENS**
100-1550 West 49th Avenue,
Vancouver, BC V6M 0B3
604-563-3540


**THORNEBRIDGE
gardens**
649 - 8th Avenue,
New Westminster, BC V3M 2R2
604-524-6100



**INSPIRED
SENIOR LIVING**
ve.veseniorliving.com



Jewish Seniors Alliance of Greater Vancouver

949 W. 49th Avenue, Vancouver, B.C.
V5Z 2T1 | 604.732.1555
office@jsalliance.org | www.jsalliance.org
CHARITABLE REGISTRATION
#88362 1401 RR0001

THE TEAM

EDITOR-IN-CHIEF

Dolores Luber

EDITORIAL COMMITTEE

Dolores Luber, Ken Levitt, Rita Roling,
Shanie Levin, Bob Markin, Binny Goldman,
Susan Moore and Serge Haber

CONTRIBUTORS

Ken Levitt, Serge Haber, Dolores Luber, Olga
Livshin, Shanie Levin, Elizabeth Azeroual, Tamara
Frankel, Alan Katowitz, Bob Markin, Muriel
Kauffmann, Leah Levitt, Jenny and Emilie Hsu,
Charles Leibovitch, Rita Roling, Dr. Wilson J.
Kwong, Rick Spence, Merry Wood, Ida Gitlina

LAYOUT, DESIGN & PRODUCTION

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

DISTRIBUTION

BACI Team, The Mitzvah Makers, Serge
Haber, Rita Roling, Rita Propp, Jackie Weiler,
Gyda Chud, Ken Levitt, Binny and Herb
Goldman, Toby Rubin

ADVERTISERS

ZLC Financial – *inside front cover*
Verve Senior Living – *inside front cover*
Garden City Bakery – *pg. 16*
The Weinberg Residence – *pg. 22*
Steveston Pizza – *pg. 24*
Joanne LaRocque Realtor – *pg. 24*
Superstore – *pg. 24*
Cafe FortyOne – *pg. 29*
Alan Katowitz Photography – *pg. 36*
Home Comfort Dog Care – *pg. 36*

TABLE OF CONTENTS

VOLUME 25(1) - FEBRUARY 2018

COVER ART: "Pomegranate Power" by Mordechai Edel (see page 12-13)

2	PRESIDENT'S MESSAGE
3	EDITOR'S MESSAGE
4	LETTERS TO THE EDITOR
5	SERGE HABER'S MESSAGE
6-7	SENIORS ARE A GROWING FORCE
7	REMEMBERING MILTON ADELSON ^{z1}
8-9	REVIEW: JSA'S FALL SYMPOSIUM
	REVIEW: JSA'S EMPOWERMENT SERIES
10	#1: The History of Jewish Humour
11	#2: Broadway Musicals, A Jewish Legacy
12-13	PORTRAIT OF AN ARTIST Mordechai Edel
14-15	SENIORS IN THE MOVIES
16	GETTING TO KNOW YOUR MEDIA
17	HUMOUR!
17	BOOK RECOMMENDATION
18-19	PULL-OUT Ongoing Events: March, April, May, June
20	USEFUL RESOURCES
21	CARTOON CAPTION CONTEST
22	COMMUNITY NEWS
22	MEET OUR STAFF
23	RECIPES
26-27	JSA PEER SUPPORT SERVICES - Client & Volunteer Profiles HEALTH AND WELLNESS
28-29	I am Still Here: Loneliness and Social Isolation
30	Dental Health and Oral Hygiene
31,33	ASK HANNAH - Your personal advice column ISRAELI AFFAIRS
32	What Canada can Learn from Israel's Entrepreneurial Ethos
33	The Israeli Accent
33	AMERICAN JEWISH PRESS ASSOCIATION
34	REFERENDUM ON BC'S VOTING SYSTEM
35	BECOME A JSA SUPPORTER!
36	MOST-BRIDGE RUSSIAN JEWISH SENIORS

WITH GRATEFUL THANKS TO OUR SPONSORS



Many other Foundations, Private and Corporate Donations

LIFESTYLE CHANGE, NOT A DIET

Written by Kenneth Levitt



PRESIDENT'S MESSAGE

I wish all our readers a very happy, healthy and a prosperous 2018. In mid-October I rejoined Weight Watchers (WW). Since my childhood I have been avoirdupois-challenged. I know that gaining weight is much easier than losing it. There are many programs that offer help in weight loss but I chose the one that best suits my needs. I did not want to purchase food or take injections or vitamin supplements. Weight Watchers' program provides guidelines, that is, by attaching points for all the food I eat. It also offers weekly group meetings that provide mutual support where members share their positive experiences and their difficulties in sticking to the program. WW could be called a diet but to me it is a **lifestyle**—that makes it special for me. My goal is to lose 30 pounds. After 12 weeks I have lost 21 pounds, 9 more to go! For me, the big hurdle has always been keeping the weight off in the "Maintenance WW program."

PROMOTING POSITIVE LIFESTYLES FOR SENIORS

Why am I doing this? I want to maintain my health and appearance, thereby slowing down the aging process. By the way, I have gone from Extra Large+ to Large in clothing sizes. I challenge others seniors to look in the mirror and step on the scale.

One of the major objectives of JSA is advocacy. We accomplish this by the

information that appears in our *Senior Line* Magazine and at our annual Spring Forums and Fall Symposiums. We seek to discuss and to promote opportunities and directions for seniors in order that they may live more independent lives, to be more involved in community and to feel more fulfilled.

TASK FORCE ON FOOD SECURITY

We also like to get involved in issues that affect the broader community which includes seniors. For example, we co-sponsored a Provincial All-Candidates meeting in Richmond last year. Most recently, we made a major presentation to the Jewish Federation and Jewish Family Services Task Force on Food Security (JFS). Food Security ensures the availability, accessibility and proper utilization of food as a basic human need and right. We wanted the Task Force to think outside the narrow confines of the specific, so we focused on the following:

- a. We cannot separate food security from poverty. Both must be dealt with simultaneously.
- b. What can be done to decrease the need for Food Banks?
- c. One outcome of the Task Force would be to make a formal presentation to the Provincial Committee on Poverty Reduction.
- d. It is essential to interview persons who no longer need the food bank. What can we learn from this group of former recipients?
- e. There needs to be some achievable

objectives and goals coming from this ambitious undertaking.

- f. I suggest that Federation, JFS and others be monitored and held accountable so that this report does not gather dust.

OPPORTUNITIES TO SUPPORT JSA FINANCIALLY

JSA could not exist without the generosity of our donors. Our President Emeritus, the venerable Serge Haber, has been the major fundraiser since JSA was established. Our Board unanimously decided to establish a Foundation. On the advice of our supporters and given the need to broaden our donor base, we have established fundraising initiatives. One was a modestly successful Gold Star Membership drive which included a December fund-raising campaign. The second will be a Spring Closing Gold Star Event full of fun, entertainment and special prizes. Stay tuned!

Our motto is '**Seniors, Stronger Together.**' When seniors work together we have greater influence and impact on our agenda of all services and programs for seniors.

Respectfully,
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.

GETTING READY FOR A NEW GENERATION OF ACTIVE SENIORS

Written by Dolores Luber

The title of this column comes from the “First Interim Report of the Standing Senate Committee on National Finance on Canada’s Aging Population” (<https://sencanada.ca/en/committees/report/42679/42-1>). It deals with a huge demographic change: The doubling of the senior population. This change will present increased challenges of loneliness, social isolation, home care, food scarcity and poverty. The Honourable Sharon Carstairs, who chaired the Special Committee on Aging from 2006 to 2009, explained that “little has changed” and that “we are woefully unprepared to deal with our aging society.”

We at Jewish Seniors Alliance, and the Editorial Board of *Senior Line* magazine prefer to highlight and work with the concept that **Population Aging might be the cause of many challenges, but it is also the source of many opportunities. We, our supporters and our readers, have the opportunity to educate, to advocate, to entertain and to provide peer counselling services to a growing number of seniors.**

In our October issue, we urged our readers to become knowledgeable about **frailty, a syndrome marked by slowness, weakness, fatigue and often weight loss.** There is another good reason to be pro-active concerning this issue. If a senior scores moderately to highly frail

on a commonly-used index, **the surgeon can refuse to do surgery.** Surgeons know that frail seniors have difficulty rebounding from physical stresses such as surgery. So, add postponement or cancellation of necessary surgical procedures to your list – one more reason to get out of your chair, join a walking group, join an exercise class or a weight-lifting program for seniors. “The more frail a patient is, the higher the risk of complications” (Paula Span, *One Last Question Before the Operation: Just How Frail are You?* The New York Times, <https://nyti.ms/2iE8D6w>).

Population Aging might be the cause of many challenges, but it is also the source of many opportunities. ”

Our headline article by Rita Roling is about **loneliness and social isolation** in the senior population. Her essay expands on Olga Livshin’s article about JSA in *The Jewish Independent*. JSA fights to diminish loneliness and isolation with our Peer Support Services, Empowerment Series, other major events, *Senior Line* magazine and our website.

In January 2018 the United Kingdom appointed a Minister for



EDITOR'S MESSAGE

Loneliness (NYTimes, 01/18/2018) **to take action to address the loneliness endured by the elderly, by carers, by those who have lost loved ones – people who have no one to talk to or share their thoughts and experiences with.**

This issue contains several references to Israel and Israelis. We Canadians can learn about the power of *chutzpah* from Israelis (*What Canada Can Learn about Israel's Entrepreneurial Ethos*). The Israeli accent has gone global with the success of *Wonder Woman* and Gal Gadot! Read all about it in *Seniors in the Movies* and *Israeli Affairs*. I have recommended three excellent Israeli movies and two thrilling television series to keep you riveted to your seats.

Sit back and enjoy the articles written by JSA's editorial committee and invited guest-writers.

If you have an idea for an article, please contact me at dluber@telus.net

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.

LETTERS TO THE EDITOR...

Hi Dolores,

Great work with the magazine. I just ended up reading it cover to cover even though I am certainly not the target demographic! I'm very happy to see the proactive approach to preventing frailty includes strength training, social interaction and Vitamin D supplementation. Hopefully someone sees that and is inspired to take action.

Peter Schwagly

Bodycomp Imaging Inc.
Office: 604.689.1911, Mobile: 778.881.6142
www.bodycomp.ca

Editor's note: Peter Schwagly is the person who noted that my bone density was at a dangerously low level. Through his advice, twice-yearly body scans and weight-training three times a week, I have raised the level of my bone density to a normal range. Thank you, Peter.

Dear Editor,

Please continue to send me the Senior Line to our new address. We really enjoy each issue. I also use some of the information in the wellness talks I give for COSCO. We do get to Vancouver on a regular basis.

Best wishes,

Edwin Pearson

Dear Mom,

Wow! I read the Senior Line magazine from cover to cover. It is so easy to read, with the larger font and the design of the pages with the colour accents is very attractive. I enjoyed all the articles, including the description of the Peer Support Services which JSA provides. I now can appreciate what your organization does. Congratulations on the best magazine yet!

Mark

Editor's note: My son, Mark, is 57 years old.

Hi Dolores,

This is issue [Volume 24-3] is the most beautiful yet. I read every word on each page.

Sylvia Yasin

ASSISTED DYING: STILL SENSITIVE—BUT NOW LEGAL

Dear Editor,

I have a couple of comments to make concerning Dr. Sue Hughson's presentation at your Fall Symposium: *Preparing for End of Life Transitions*.

I hope you encourage members of JSA to seriously take note of the dangers of Dying with Dignity and Physician Assisted Dying. In an ideal world there should be a choice, BUT we are not living in an ideal world - there are too many conflicting interests.

The most important abuse which Dr. Hughson spoke of—DWD [Dying With Dignity] has clients that do not want their families to know what they are planning to do. This is a decision which would reflect upon everyone; yet it is confidential. I can hear the doctor saying "If you do not want to upset your family, you do not have to tell them." The horror of such an event (not being told) never goes away. In my opinion, even a few hours/days of life is worth it.

Since Bill C-14 is a government law, I think that anyone who applies for euthanasia should have his/her name on a register. It should not be hidden. There might be someone out there who could offer information to convince a person not to do this, like a lost love or even a rabbi.

When it was happening to Randy, my husband, it came across as though it was his patriotic duty. The financial resources

would then be used elsewhere, in this way, making me free so I can go on with my life. After that one time, they did not include me in any further conversations.

There is an excellent group on the Internet, to which you might want to refer —Euthanasia Prevention Coalition: <https://www.epcc.ca/>.

Audrey Laferriere

Editor's note: Dr. Sue Hughson spoke as an invited representative of Dying with Dignity.

To the Editor:

Thank you JSA for courageously presenting the topic of medical assistance in dying. I think that the conditions are too restrictive on medically assisted dying. The selective nature of the Bill C-14 assisted only a small portion of applicants in their wishes to die with dignity. To receive approval for medical assistance in dying, patients are required to meet specific criteria including: being eligible for publicly funded health care, making the request for aid voluntarily, currently suffering from an intolerable disease, and their death had to be imminent.

It was approximated that only one in every five to 10 applicants were approved to receive assistance. There are Canadians out there, right now, who are suffering. The purpose of Bill C-14 was to restore the rights to individuals acknowledged in the Charter of Rights and Freedoms. They need to have their rights restored.

Alarmed but Hopeful

Editor's note: About 70% of assisted death patients in B.C. are more than 70 years old, more than half suffer from cancer. Inadequate fees paid to physicians is an embarrassment to B.C. It is a distinct obstacle for new [medical] providers who want to do this work (R. Shore, *B.C. Embracing Medical Assistance in Dying*, Vancouver Sun, Dec. 3, 2017).

OY VEY!

These are not necessarily “The Golden Years”

Written by Serge Haber



SERGE HABER'S MESSAGE

The majority of seniors can say that we have reached the “Golden Years” but there are others who lack the basic necessities of life.

I recently had the occasion to attend two meetings that took place in the community. One was regarding the planning, building and completion of the Tikva House, the other was in regards to the improvement of service at the food bank in our community. It gave me a sense of pride to see the wonderful things our community has and could achieve.

But what about the neglected area: **How much attention do we pay to the aging seniors?** If we are struggling now to develop more support programs for seniors, what will happen in ten to fifteen years from now when the number of seniors will double? JSA would be unable financially and organizationally to deal with this increase in demand.

We must look into this area, not only as a duty, **but as a human right.** We number about 5,000 seniors in our Jewish community alone. Do you seniors realize the power you have to pressure our community and our Provincial and Federal Governments? They must do more in regards to the neglected issues of aging seniors.

When we at the Jewish Seniors Alliance (JSA) complain to the Federal Government about the lack of money and programs available to seniors, we are told by Government representatives

that they cannot do anything about it. It is a “Provincial matter”. The Federal Government gives the Provincial Government the money and they have to act. When we go to the Provincial Government and ask them the same question, their answer is “we haven’t got the money, it is too costly, and we do as much as possible.” Is that “as much as possible” exemplified by some homecare services available today, where a senior receives help for a half an hour a week from a different individual each time? **Why isn’t there more money available to non-profit organizations and for-profit organizations that are providing daily comprehensive services to the seniors that need it?**

We, seniors, have to become involved and contribute as volunteers to our situation. ”

We, seniors, have to become involved and contribute as volunteers to our situation. I speak with individuals that could help, but unfortunately, many prefer to sit on their fannies playing Mah Jongg, bridge or golf, day after day. I think that it is crucial that you seniors look around, start giving of your time and energy, volunteer while you can, helping others is rewarding! **This is the only way you (younger senior) can be helped when you (aging senior) will need assistance.**

Some of us are unable to provide physical help but we can contribute

financially. **The power of numbers is crucial when we ask the governments for financial support.** We have at this time between 500-600 members, don’t you think that 4,000-5,000 members is a much stronger argument for support when we talk to governments? Nobody is exempt from needing help, rich or poor, sooner or later.

A prominent member of our community, age 100, attended one of our AGMs. He was crying. He had a lovely family, wonderful children, no financial needs whatsoever, but he was lonely, very lonely. I wish we could have given him the help he needed then, through our Peer Support programs. Unfortunately, at that time, we did not have a Peer Support program to alleviate his loneliness and sense of isolation.

Please remember, there is no charge for our services. A basic supporter pays only \$18.

God Bless,

Serge Haber
President Emeritus

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.

SENIORS ARE A GROWING FORCE

Written by Olga Livshin

During the 20th century, thanks to advances in medicine, technology and quality of life, average life expectancy in the Western world increased by 30 years. Adults of the retiring age are now the fastest-growing segment of the population. The 2016 Canadian census showed more seniors (5.9 million) than school-age children (5.8 million). And the majority of these seniors are healthy and active, willing and able to share their knowledge and experience with the wider world.

Unfortunately, many people still apply the same negative stereotypes to older folks as we did decades ago: wrinkled, grumpy, fragile, forgetful, out of touch with reality, a burden and so on. Although “wrinkled” is mostly true, the rest is not, overall. We, society at large,

need to change our views and policies towards the elderly, and how we treat the senior population.

“The most pressing issues seniors face are loneliness and isolation, retaining financial independence, staying involved and being physically active,” Ken Levitt, president of the Jewish Seniors Alliance of Greater Vancouver (JSA), told the Independent. He added to that list the lack of affordable or subsidized housing for seniors, inadequate nutrition, and the need to successfully manage personal health problems. He talked about protecting seniors from financial predators, including greedy relatives and unscrupulous investment counselors.

“This broad scope of issues affects all seniors, not just Jewish,” he said, “And the solutions should be all-encompassing, on the federal level.

Poverty is a symptom of a greater problem, and we must address the cause. What we do now is just patchwork, temporary solutions.”

JSA does what it can to ease seniors’ problems, given the limits of its budget. It has about 400 registered members and publishes its own magazine, *Senior Line*, three times a year. “The articles deal with issues and challenges relating to seniors,” Levitt explained. “These issues are not only discussed, but we make recommendations for their amelioration.”

The Alliance also offers outreach programs, advocacy and research into the problems of seniors, and peer support services. “JSA advocates senior issues through a number of organizations, including the Council of Senior Citizens Organizations of B.C., the B.C. Health Coalition and the B.C. Poverty Reduction Coalition,” said Levitt.

About JSA’s peer support services, Levitt said, “We have 150 trained volunteers in the peer support services. Each one of them undergoes 55 hours of special training – 11 five-hour sessions. These volunteers offer friendly visits to seniors who are lonely. They answer phone calls. They can’t solve all the problems by themselves but they can help others to solve a variety of problems. They help those in need to reconnect with community. They provide bereavement support, when necessary. That they are seniors themselves adds credibility to their recommendations.”

Of course, there is always more to be done. “We have more demands for our services than we can meet,” said Levitt. “If we secured more funding, we could train more volunteers and expand the peer support services. We could hire more staff.”

He added, “We could, perhaps with a partner agency, create something similar



JEWISH SENIORS ALLIANCE BOARD OF DIRECTORS 2017-18

Left to Right Back Row: Tammi Belfer, Binny Goldman, Lyle Pullan, Rita Roling, Ken Levitt, Shanie Levin, Larry Meyer, Dolores Luber, Marilyn Berger and Serge Haber

Left to Right Front Row: Gyda Chud, Helene Rosen

Absent: Frances Belzberg, Barbara Bronstein, Marie Doduck, Tamara Frankel, Ida Gitlina, Pamela Ottem, Larry Shapiro, Toby Rubin, Jackie Weiler

REMEMBERING MILTON ADELSON ^{z"l}

to the Cumming Centre in Montreal. It is a dedicated community centre for seniors. Such a centre could offer comprehensive services, recreational and social programs, and rehabilitation after a stroke. It could offer a wide range of programs for persons with Parkinson's, aphasia, arthritis, mental illness, etc. The aim would be restorative and maintenance or prevention."

JSA is engaged in networking to start something similar in Vancouver. "We don't have to start all these programs at once. We can start small and build up from there," said Levitt. "Bits and pieces of such programs are already in place at different locations and organizations – we should concentrate them in one place. But, to establish such a centre in Greater Vancouver, there would need to be more cooperation amongst agencies, a willingness to share their services and resources."

JSA's funding comes from a variety of sources, from private donations and foundations, plus government grants. About 10% of its funding comes from the Jewish Federation of Greater Vancouver.

Shelley Rivkin of Jewish Federation of Greater Vancouver said that the Federation is trying to help local seniors who face poverty. "According to the 2011 National Household Survey," Rivkin said, "there are approximately 4,500 seniors in our community, and 16% of them have been identified as living below the low-income cut-off. The majority of them are older, unattached women. We are looking at issues of seniors and poverty through the Food Security Task Force and we intend to hold a forum on seniors in 2018 to gather community priorities."

Reprinted with permission by the Jewish Independent
<http://www.jewishindependent.ca/>

Olga Livshin is a Vancouver freelance writer. She can be reached at olgagodim@gmail.com.

On Thursday, October 12, 2017, we lost a staunch member of the Jewish Seniors Alliance. Milton was our good friend, our colleague and a person we could count on. Milton held the record for most consumed french fries at the Aristocratic Restaurant, formerly at Granville corner West Broadway. On June 13, 1954, the item, "Unlimited French Fries" was eliminated from the menu following this event.



As a "refugee" from the bitter cold of Winnipeg, Milton arrived in balmy Vancouver in 1949 with his parents and sister. He was an excellent high school athlete who competed in rugby and football.

In 1959 Milton married the former Vivienne Stusser. They had 58 wonderful years together. Their two children, Sarah and Lyle, are happily married and presented their parents with 4 grandchildren.

During and after a successful business career in the fishing industry, Milton began his volunteer work. Why? "I wanted to give back", Milton told me in an interview in 2016. He served on the Boards of the Schara Tzedek Synagogue, Camp Miriam and was treasurer of L'Chaim Seniors Day Care at the JCC. More recently, and for a number of years, Milton served as Treasurer of Jewish Seniors Alliance.

He was a dedicated, reliable, generous and caring person to his family, his community and to JSA. The organization recognized him for his outstanding contribution at the 2016 JSA Annual General Meeting.

May the memory of Milton Adelson "Be for a Blessing".

JSA Board and Staff



JSA ANNUAL FALL SYMPOSIUM SUNDAY, OCTOBER 29th, 2017

PREPARING FOR END OF LIFE TRANSITIONS

The Jewish Seniors Alliance Fall Symposium was held on Sunday, October 29th, at the Vancouver Peretz Centre. One hundred and sixty enthusiastic participants came together to hear about and discuss “*Preparing for End of Life Transitions*”.



Rabbi Philip Bregman, Marshall Berger, Karon Shear

The audience was interested in learning about the various aspects of this topic, from the importance of Advance Care Planning presented by **Dr. Sue Hughson** and from Jewish Perspectives, presented by **Rabbi Philip Bregman**. **Ken Levitt**, President of JSA, welcomed the guests. **Gyda Chud**, vice-president and moderator of the Symposium, introduced Dr. Hughson.

Dr. Sue Hughson, has been practising veterinary medicine since 1990. Along with her duties on the Board of Dying With Dignity Canada, Dr. Hughson is the co-chair of

Written by Shanie Levin
Photography by Alan Katowitz

the DWDC Vancouver chapter. She oversees the organization of independent witnesses for assisted dying in the Lower Mainland region and delivers advance care planning presentations. She has been involved in social activism in various forms over the years and currently serves as Past President of the British Columbia Humanist Association.

Dr. Hughson began by pointing out that supporting end-of-life choices is pro-choice, not pro-death. She outlined the various documents that should be completed in order to plan, in advance, for orderly outcomes, for example, Advance Directive, Representation Agreement, and Enduring Power of Attorney.

These documents should be easily accessible, e.g. kept in the freezer,



Dr. Sue Hughson

not at the bank. She suggested bringing them to the hospital. These issues should be discussed well in advance with family and close friends so that everyone involved is cognizant of the planning.

In British Columbia we have the following rights: Right to a second opinion; Right to refuse treatment; Right to end your own life; Right to assisted death (if you qualify). There are a number of organizations that can help expedite your planning. One is Nidus and another is Dying with Dignity, both have extensive websites and can be reached by telephone. Other helpful professionals are estate lawyers and financial planners.



Paul Brosgall, Michelle Mina



In the Representation Agreement you are outlining your choices, so that should you become incapacitated, those acting on your behalf can carry out your wishes. You can register your documents with Nidus.

Gyda then introduced Rabbi Philip Bregman. Rabbi Bregman was Senior Rabbi at Temple Sholom from 1980-2013. In addition, Rabbi Bregman co-founded RAV (Rabbinical Association of Vancouver) with Rabbi Solomon in 1981, is an original member of JCD (Jewish Christian Dialogue) since 1995, and has operated as Jewish Chaplain for U.B.C. since 2013. He is highly involved with Hillel BC where he continues to serve as Executive Director.

Dr. Bregman explained the importance in Judaism of having an Ethical Will, where you can record your beliefs and ideas that you want to pass on to future generations. This has been a practice in Judaism for thousands of year. Your Ethical Will can be written or in the form of a video. He emphasized how

important it is to have the discussion about end of life with your family, what you want to happen regarding funeral arrangement, burial, etc. Even though many avoid these talks, they are of utmost importance. The dying person may be afraid to begin these talks if he or she feels the family is afraid to discuss them. Dr. Bregman explained “*vedui*” a prayer said at a deathbed if the dying person is unable to say it themselves. It is a prayer asking God for forgiveness. He stated that people usually die at night or early morning. He thinks it may be because they wish to be alone. But he has experienced the awesome feeling of being present at the moment of death and being aware of the soul leaving the body. The tradition of naming children after a departed relative stems from the idea of the continuation of the “*neshama*” (soul) in a new being.

Rabbi Bregman emphasized the importance of organ donation as helping with life. It is not against Jewish tradition and is accepted

even by the Orthodox. He felt we should talk with the *Chevre Kadisha* to learn more about the traditions surrounding preparation of the body. For example, in order to be kosher, the coffin must be biodegradable. There must also be holes in the coffin for a quicker return to nature. We are, after all, only burying the vessel—the “*neshama*” has already departed.

To a question about cremation, Rabbi Bregman replied that in Judaism nothing should be done that is disrespectful to the body and burning was considered disrespectful. In post-Holocaust time it is his belief that burning would be a total destruction akin to the Nazi destruction. Regarding leaving your body to science or a post mortem, it is important to specify that the body be returned for Jewish burial, otherwise it will be cremated. Finally, he stated how important it is to make funeral arrangements in advance, how helpful that is for the family and he encouraged everyone to become an organ donor and help save a life.

Gyda thanked the speakers and invited everyone to partake of the refreshments. A video of the entire event as well as the power point by **Jack Micner**, will be available on the Jewish Seniors Alliance website.



Myra Michaelson, Gisi Levitt,
Robert Levitt



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.

#1: THE HISTORY OF JEWISH HUMOUR

Written by Shanie Levin
Photography by Elizabeth Azeroual



On November 24th, the first Empowerment Session of the 2017-18 season started with a bang. Almost 80 people came out to launch the series' season, which has the theme of **Laughter and Music: Feeding the Soul**. This first meeting was co-sponsored by the Jewish Seniors Alliance and the Sholom Aleichem Seniors of the Peretz Centre for Secular Jewish Culture.

Matthew Gindin spoke on the topic *The History of Jewish Humour*. Gindin is a journalist, lecturer and teacher, and a regular writer for the Jewish Independent. **Gyda Chud**, coordinator of the Sholom Aleichem Seniors and vice-president of JSA, began the session



Matthew Gindin

by introducing JSA president **Ken Levitt**, who spoke briefly about JSA, and urged those who hadn't yet joined, to become supporters and members.

Gindin began his talk by posing the questions "Why speak of Jewish humour; why do these words go so well together?" He then proceeded to answer the questions. Jews have been over-represented in the comedy scene. At one time, they comprised 75% of the comics in America, while they were less than three percent of the population.

Humour has a long tradition in Judaism dating back to biblical times. The name *Yitzchak*, Isaac, means "he will laugh" explained Gindin. The prophet Elijah said that the two jesters in the market place already have a place in the World to Come because they made people laugh. Reb Nachman of Bratzlav, the founder of the *Chassidic* movement, preached about the importance of happiness. Sigmund Freud also spoke of happiness and humour in his book *Jokes and Their Relation to the Unconscious*.

Jews are known for making fun of themselves. They have used humour as a means of preparing for things that could go wrong. It was a method of coping with the many negative experiences in their lives. He pointed out that this type of humour was mainly a product of *Ashkenazy* culture.

Gindin described several different types of humour. For example, jokes about assimilated Jews trying to fit into Gentile society, *Chassidim* telling jokes on themselves, Jewish folk humour, jokes told under Nazism and Communism in order to relieve tension, and jokes about Israeli life. An example of folk humour can be found in Sholom Aleichem's Glossary of his stepmother's curses. For example: "May you grow so rich that your wife's second husband never has to work for a living".

In the United States, Jewish humour became popular in theatres and comedy routines starting in the Borsht Belt. Much of this humour was self-deprecating. The comedians focused on such themes as Jewish-Gentile differences, Jewish families, the stereotype of the Jewish mother, Jewish professions, and the diminished role of the rabbi. An example is a joke about waiting for the *Moshiach* (Messiah)—"at least it's steady work."

Gyda Chud thanked the speaker and commented on how well he wove the theme of humour into its time and place and how well he explained how "Jewish and Humour" went together. She then invited everyone for coffee and dessert.



#2: BROADWAY MUSICALS, A JEWISH LEGACY

Written by Tamara Frankel

Photography by Alan Katowitz



Once again the Jewish Seniors Alliance brought the community, in partnership with the JCC, an outstanding program in the framework of the theme “**Laughter and Music: Feeding the Soul**”. This time the 120 attendants were exposed to the fascinating film “*Broadway Musicals, a Jewish Legacy*”.

The documentary, narrated by Joel Grey, explores the unique role of Jewish composers and lyricists, in the creation of the modern American musical. Over the 50-year period of its development, the songs of the Broadway musical were created almost exclusively by Jewish Americans.

Featuring interviews and conversations with some of the greatest composers and writers of the Broadway stage, *Broadway Musicals: A Jewish Legacy* showcases the work of some of the nation’s pre-eminent creators of musical theatre including Irving Berlin, Jerome Kern, George and Ira Gershwin, Lorenz Hart, Richard Rodgers, Oscar Hammerstein II, Kurt Weill, Sheldon Harnick, Jerry Bock, Leonard Bernstein, Stephen Sondheim, Stephen Schwartz, Jule Styne and many others.

The documentary demonstrates how there were echoes of Jewish strains in many of the works. From “*Yiddishkeit*” (all things Jewish) on the stages of

the Lower East Side at the turn of the century to a wide range of shows including *Porgy and Bess*, *West Side Story* and *Cabaret*, the film explores how Jewish music informs many of America’s favorite musicals.

One of the most poignant clips is Irving Berlin singing *God Bless America* in rehearsal for *Gypsy*. Another interesting song is *It Ain’t Necessarily So*, the tune of which, quite unknown to most of us, is based on the blessing of a Torah reading “*Barchu et Adonay Hamevorach*”. We all know, of course, that the number one Christmas song *White Christmas* was written by Irving Berlin.

Except maybe for *Fiddler on the Roof*, the musicals written by Jews did not tell Jewish stories, but stories about outsiders. They used somebody else’s story by telling their own. Furthermore, the theme of *Fiddler on the Roof*, ‘*Tradition*’, became so universal that all cultures adopted it as their own. It is heartwarming to realize that these brilliant musicians gave a Jewish legacy to America, and an American legacy to the world.



The program began with greetings by **Lisa Cohen Quay**, director of the seniors department of the JCC. **Ken Levitt**, president of JSA, encouraged people to suggest topics of interest for further programs. Refreshments were served following the program.

There will be three more sessions on the *Laughter and Music* theme: March 21 with Temple Sholom 60+; April 17 with Congregation Beth Israel in conjunction with the JFS Senior's Lunch Program; and June 25, with Kehila in Richmond.

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



Herb Goldman, Serge Haber, Binny Goldman





Portrait of MORDECHAI EDEL

**Opening our Eyes to G-d's Beautiful Garden:
Edel's Art Strikingly Portrays Light and Joy**

Written by Bob Markin

The words 'light' and 'joy' have significant importance to the amiable and multi-talented person whose widely-lauded captivating art adorns the cover and these pages of *Senior Line*.

For Mordechai Edel, painter-extraordinaire of awesome oil-paintings, sepia sketches and hand-painted wedding ketuvim, “the ‘raison d’être’ for all my art is to bring joy to the world, to inspire people to see the ‘joy’ and the ‘light’ that’s in the world. *Hashem* gave us a beautiful garden and we have to open our eyes to fully see the wonder of it all.”

His strong emphasis on the ‘positive’ was passionately conveyed during a recent interview with him in which his characteristic warm smile and gentle manner never wavered - even when he recounted some of the many challenges he’s faced over the years. Mordechai grew up in Birmingham, England in the milieu of his Austrian-born parents who barely escaped the Holocaust, and who mourned relatives who were unable to leave. He became fatherless at age 16, and was not able to pursue his early dreams because he needed to help support his family, leaving school at age 14.

And more recently, a truly devastating occurrence: through-no-fault-of-their-own, Mordechai and his loving wife of over four decades, Annie, lost almost all of their life-savings. But, with that, came additional resiliency. ‘Mordechai’s Artidote’, as he terms it, stresses a stronger resolve than ever to combat darkness, with ‘light’, “to produce paintings which vibrate with joyful energy”.

His art works are nothing short of beautiful. Utilizing a small ‘studio’ which takes up a portion of his living-room, he meticulously - and most of all, inspirationally - strokes his paintbrush to easel to produce bright, bold, colourful works which truly stir the emotions. Symbolism plays a huge part in his artistic vision and his paintings are often vibrant with usage of *chiaroscuro*, the representation of light and shadow.

Deeply spiritual, in his life and in his art, he states, “The task *Hashem* (G-d) gave to the Jewish people is ‘to be a Light to the nations’ and as Jews, we have a duty to bring a brilliant Light to this world, to help create a wealth of holiness, happiness and harmony”.



an Artist



Jewish themes from his art works include *ketuvim* (pre-nuptial agreements), *kabalistic* (mystical) and *neshamas* (soul) paintings. Other categories include special commissions and portraits, as well as those which have musical, floral and abstract themes.

Mordechai's works have been lauded by numerous well-known people, many of whom he subsequently created 'ambiance portraits'. They include, locally – Joe and Rosalie Segal, Morris Wosk z'l, the late Grace McCarthy, Dr. Barrett Benny; and internationally – the Bronfman family of Montreal, the Lubavitcher Rebbe z'l, Elie Weisel z'l, Theodore Bikel z'l, Estee Lauder z'l... and yes, boxer Rubin 'Hurricane' Carter.

His talents don't stop at art, and he has over the years, beautifully and expertly also conveyed the beneficent values of 'joy' and 'light' when he serves as a Cantor (at Louis Brier, formerly in

Victoria- taught by previous Schara Tzedek Cantor Moshe Preis). He sings opera (formerly with the Israel National Opera, Burnaby Opera and North Shore Opera). He writes poetry and articles, snaps the shutter as a photographer, and skillfully shapes curls in a beauty-parlour (previously at his own shop in Vancouver). Whew!

Spurring Mordechai forward is the love of his wife Annie and their three children, Rachele, in Vancouver; Joshua, a professor of nanotechnology at the University of London, and Esther, in Israel.

Always looking ahead, he plans to shortly publish "**Tikkun Time**", an Edel art book on the mystical celebration of the Jewish calendar.

Mordechai warmly welcomes inquiries about his art. "Let's paint a world of joy together", he states, adding with his characteristic kindness, that a portion of

all purchases will go to charity along with his blessings to the buyer.

He is truly an amazing talent...with a heart-of-gold - filled with 'light'!

Mordechai Edel's paintings and further information can be seen at www.edelartworks.com and at www.edelartist.com.

Page 12

Bottom | *A Good Spinner of Light*

Page 13

Top Left | *Fleur Coquilocot*

Top Right | *Light of the Moongrapes*

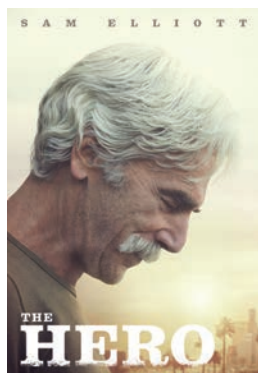
Bob Markin served on the Editorial staff of the Jewish Western Bulletin for 16 years, and has written

numerous free-lance stories and articles throughout the years. He is a member of the editorial committee of Senior Line.



SENIORS IN THE MOVIES

Written by Dolores Luber



THE HERO 2017

The Hero is a movie written for Sam Elliot, age 73. He plays Lee Hayden, an actor well past his Hollywood heyday. It is Elliot's ability to draw out each syllable and live in the quiet moments that keeps the viewer interested. The film is very much about relationships. Elliot says, "I like to think at this point I've got some sharp tools in my bag...I just like to go in and work."



GOING IN STYLE 2017

Going in Style starring Morgan Freeman, Michael Caine, and Alan Arkin, is the octogenarian job you didn't know you needed. A grudge against a bank caused by lost pensions leads them to become senior-citizen gangsters. The planning and the all-important creation of credible alibis is at the core of the film. The goal is a perfect heist - rob a bank, get away with it, and go off into the sunset.



OUR SOULS AT NIGHT 2017

Our Souls at Night stars Robert Redford and Jane Fonda, both living alone, across the street from each other. Would you be so bold as to walk over to your neighbour and ask "Would you be interested in coming to my house to sleep with me?" She later adds, "It's about getting through the night." She is lonely. He is lonely. Why not? There is humour, awkwardness, obstacles to surmount, and tenderness in this film. Dignity is maintained. This is a tale of friendship and affection in later life.

HOLOCAUST MOVIE



A BAG OF MARBLES 2017

A Bag of Marbles (Un Sac de Billes) explores the Holocaust from the novel perspective of two young brothers living in Nazi-occupied France. They are forced to leave their close-knit family behind for the free-zone along the French Riviera.

Although the movie is a dark reminder of The Holocaust, its heart-warming story with superb acting, reminds us that there are still good people in our darkest moments. In French with English subtitles.

FIRST FULL-LENGTH YIDDISH MOVIE IN 70 YEARS



MENASHE 2017

Menashe is a realistic portrayal of an Orthodox Jewish widower who is being pressured by his religious community of *Skver Hasidim* to yield the rearing of his 9-year-old son to others until he remarries. Menashe bucks authority, refuses to marry just anyone, and he wants to prove he can adequately provide a home for his son. But, he has faults, he isn't perfect. It's a warm, generous film that doesn't shy away from sentimentality but doesn't insult its audience either.

THE ISRAELI CONTINGENT



THE WOMEN'S BALCONY 2017

The Women's Balcony is an eccentric portrait of a tight-knit Jewish community in Jerusalem which is suddenly pressured by a super Orthodox rabbi to observe their faith

in a more rigid way. While the mood is that of a gentle and affectionate comedy, the film makes some extremely sharp points about fanaticism, sexism masked as holiness, and tolerance among the faithful. Surprisingly, the script is filled with humorous one-liners (all of these people are funny). When the women discover that their balcony will not be rebuilt, all hell breaks loose. The men of the community submit to the authority of the rabbi; the women fight back hard and win. Bravo! In Hebrew with English subtitles.



THE WEDDING PLAN 2016

The Wedding Plan (the Hebrew title translates as “*Through the Wall*”) is directed by Rama Burnshtein (*Fill the Void*). The film features Noa Koler as Michal, a recent convert to ultra-Orthodoxy who is unlucky in love. There is a broken engagement,

a wedding plan set for a month later and no groom. Michal chooses to keep the wedding date, positive that God will bring her a husband in time. In *The Wedding Plan*, the desperate search for love and connection, although rendered here through an ultra-Orthodox lens, is portrayed with not only charm and wit but also a keen sense of its universal appeal. In Hebrew with English subtitles.

A VERY CANADIAN MASTERPIECE



MAUDIE 2016

Maudie stars Sally Hawkins and Ethan Hawke, a beautifully matched pair who open up two closed people, unleashing torrents of feeling. Directed by Aisling Walsh, filmed in Nova Scotia, *Maudie* is based – or perhaps, more truly, inspired- by

the life of Maud Lewis (1903-1970). A self-taught artist who lived in extreme poverty much of her adult life, Lewis struggled with rheumatoid arthritis, painting bold, colourful scenes with brushes tucked in a tiny, gnarled hand. The realities of the lives of Maud and Everett are brutal, at times shocking; yet slowly a supportive and warm relationship is formed. A beautiful, uplifting tale worthy of an Oscar.

FOREIGN FILM



VICTORIA & ABDUL 2017

Victoria & Abdul portrays the true story of a royal friendship in a nest of vipers. Judi Dench is once again Queen Victoria (*Your Majesty, Mrs. Brown*). Queen Victoria is rescued from her cynicism and the charade of royalty by Abdul, a handsome,

kind Muslim, an Indian functionary, who befriends her. She adores him, he cares for her and respects her. The generally snobbish and often racist British establishment of the day detests the munshi as Abdul is called. Victoria will have none of it; she resists their hateful accusations, insists on his presence and persists in her friendship. I adored this movie! The scenery is gorgeous, the script is clever. I was enthralled and moved by this true story.

Call Out For AUDIO VISUAL VOLUNTEERS

Are you interested or know of someone who is interested in learning about Audio-Visual equipment and helping at JSA events?

We have an opportunity for you.

Training will be available.
Call the office ASAP for
more information
604-732-1555.

First event is our
Spring Forum May 13.



**JSA needs
you now!**

GETTING TO KNOW YOUR MEDIA

Where to find movies and television series, audio books, and Israeli News

Written by Dolores Luber



FILM AND TELEVISION

Full confession: I now watch movies and television series on **Netflix**. After the one-month free trial, it cost about \$10 a month. It was easy to join on my computer. I can watch movies, documentaries and TV series, on my desktop computer, on my television screen and on my iPhone. I find it easy to find movies, easy to set up my “wish list”, a list of movies I want to watch in the future. It is very convenient to stop and start the film whenever I wish.

So far I have watched **Grace and Frankie**, a delicious comedy about two women who become allies and friends after their husbands fall in love with each other. I love the Hebrew language, so I watched two Israeli television series, **Fauda** and **Mossad 101**, both are violent and brutally realistic dramas. **Sand Storm** is an all-Arabic drama directed by Jewish Israeli Elite Zexer. Zexer creates an intense family and social drama reflecting the opposing forces of Bedouin tradition and Israeli modernity in a village in the Negev desert. It is Israel’s choice for the Oscar foreign film nomination shortlist!

The best of all was **The Crown**, Seasons 1 and 2, the (mostly) true story of young Queen Elizabeth, Prince Phillip, her sister Margaret, her father King George, her mother, Queen

Mother, and Winston Churchill. I was in cinema heaven!

I still rent videos from **Black Dog Video** on Cambie Street corner 18th Avenue. Do not forget that the **Isaac Waldman Jewish Public Library** has an extensive collections of movies, especially Israeli movies in Hebrew with English subtitles. I have written reviews for most of their Israeli films. These reviews can be found on their website. You do not have to be a member to borrow movies from the Waldman Library <https://www.jccgv.com/content/library-movies>. **The Vancouver Public Library** has branches all over the city where you can borrow movies for free and order movies which you wish to watch <https://www.vpl.ca/>.



AUDIO BOOKS

Listening is the new reading! Where to find Audio books:

Perhaps your eyesight isn’t as good as it used to be. And you miss reading a good book. What about audible books? Go to the website www.audible.ca/ and check out the hundreds of books available

for listening from this Amazon site. The cost is \$14.95 per month, after a 30-day free trial with one free book a month. Listen to your favourite books wherever you are with the free Audible app – whether you are in the car or on a walk. Listen to world-renowned performances by trained actors from around the world performing award-winning stories.

CELA, the Centre for Equitable Library Access, provides print-disabled British Columbians a collection of 540,000 audiobook titles (<http://iguana.celalibrary.ca/iguana/www.main.cls?url=CELA-Home&theme=celadefault&lang=eng>). CELA is a non-profit, publicly funded organization which provides books, magazines and newspapers that the Canadian National Institute for the Blind had for years provided by license to public libraries. Telephone 1-855-655-2273 or email to help@celalibrary.ca.

ISRAELI NEWS

Daily Newscast direct from Israel now available in Vancouver.

Tune in to the **Joy Channel** at 6:30 – 7:00 pm, Monday through Friday. It is called “Israel Daily” sponsored by Zoomer (Moses Znaimer). You can find it on Channel 10 if you have Shaw, or on Channel 123 if you have Telus.

The same news program is also available on Delta Cable at the same time.

GARDEN CITY BAKERY
Specialized in Rye Bread



604-244-7888



#360-9100 Blundell Road, Richmond, B.C.



SAVE THE DATE

JSA SPRING FORUM

DATE: **Sunday, May 13th**
 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

#3 The Magic of Laughter
 DATE: **Wednesday, March 21st, 11:45 am**
 PLACE: **Temple Sholom Synagogue**
7190 Oak St, Vancouver, BC

#4 Perla's Music Workshop
 DATE: **Tuesday, April 17th, 12:00 pm**
 PLACE: **Beth Israel Synagogue**
989 W 28th Ave, Vancouver, BC

**#5 Music for Our Hearts and
Songs We Love**
 DATE: **Monday, June 25th, 12:00 pm**
 PLACE: **Beth Tikvah Synagogue**
9711 Geal Road, Richmond, BC
 (See inside back cover for more information)

CHAI TEA

DATE: **Sunday, June 10th, 2:30 pm**
 PLACE: **Peretz Centre**
6184 Ash Street, Vancouver, BC
 (See Page 20 for more information)

SAVE THE DATE

JCC Showtime is putting on a fundraiser
for Variety the Children's Charity.

Date: Tuesday 26th June at 7:00 pm
 Venue: JCC in the WOSK Auditorium



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

ONGOING EVENTS

Pull out this section and keep it for future reference!

JEWISH COMMUNITY CENTRE
 ADULTS 55+ PROGRAMS
 950 W 41st Avenue
 604-638-7283
 www.jccgv.com/content/adult-programs

MONDAY

11:00 - 12:30 pm	Lunch and Learn
1:00 - 4:00 pm	Poker
1:00 - 4:00 pm	Canasta

TUESDAY

9:30-10:30 am	Chair Yoga
11:00 - 1:00 pm	Art Gallery Hop
Once a month	
11:00 - 3:00 pm	Duplicate Bridge
1:00 - 3:00 pm	Circle of Friends
Twice a month	for Women

WEDNESDAY

9:30-10:30 am	Chair Yoga
10:30 - 12:00 pm	Silverman Music
	Concerts
12:30 - 4:00 pm	Mah Jongg
1:00 - 3:30 pm	Mah Jongg
	Tutorial Class
1:00 - 4:00 pm	Poker

THURSDAY

11:00-3:00 pm	Duplicate Bridge
12:30 - 4:00pm	Mah Jongg
1:00 - 3:00 pm	J-Walker's Social
Mar 22, Apr 5 & 19	Walking Group
10:30 - 12:30 pm	Picture Perfect
Mar 1 & 8	Photo Workshop

FRIDAY

9:30-10:30 am	Shabbat Chair Yoga
11:00 - 1:00 pm	Supervised
	Bridge

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

MONDAY - 7:00 pm

Duplicate Bridge - ACBL sanctioned,
master points awarded

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 - 9:30 - 11:45 pm
 Please phone for registration

SATURDAY

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

CHABAD RICHMOND—"SMILE ON SENIORS"
 CONTACT: Pat Hoffman
 604-273-0526 or 604-277-6427
 www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11:00-2:00pm
 Hot Kosher lunch \$9
 Movies, Music, Guest Speakers
 RSVP one week in advance

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 - \$10
1:00 - 2:00 pm	Speaker/entertainment

Every 3rd Monday of the month
 Wellness Clinic from 9:00 - 12:00 pm
 BOOKING ESSENTIAL call Marlene
 604-275-7543 or Ruth 604-271-1973

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

Film Screenings - Last Tuesday of the
 Month, 1:00pm at Peretz Centre. Hosted
 by Vancouver Jewish Film Festival

MARCH, APRIL, MAY, JUNE 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

Sundays at 11:00 am, cost \$10. Full details and registration at:
<http://jewishmuseum.ca/program/strathcona-gastown/>

MOUNTAIN VIEW CEMETERY WALKING TOUR

Sundays at 11:00 am, cost \$10. 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/>

LETTERS OF LOVE AND LAUGHTER - ONLINE EXHIBIT LAUNCH

Thursday, March 15th at 7:00 pm at JMABC

EAST END STORIES LAUNCH

Sunday, June 10th, 2:00 - 4:00 pm at Heatley, 696 E Hastings St.

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 idadg10@telus.net

Mar 4 - 1:30pm Purim and Int'l Women's Day Celebration

Apr 22 - 1:30pm Israel's 70th Anniversary Dedication

May 12 - 1:30pm Victory Day Celebration

June - Date TBA Sea Trip to Victoria

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 - Mar 16, Apr 20, May 18, Jun 15

Saturday, Mar 24th - 5:30 pm	Community Seder
Sunday, May 27th	Alumni Reunion - All Ages
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 11:30am - 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
 Website: www.jccgv.com/content/library-main
 Online Catalog: www.jlbc.ca Facebook: www.facebook.com/iwjpl

MONDAYS	
2:00 pm	YIDDISH STORIES FOR ADULTS read in English by Shanie Levin. Mar 19, Apr 9, May 14, June 11
TUESDAYS	
First and third of the month	WRITING A BOOK OR MEMOIR? - Free one hour editing sessions. Book in advance.
WEDNESDAYS	
10:30-12:30 pm	SHIRLEY STEIN'S NEWS AND VIEWS - Discussion group about current affairs and global politics.
THURSDAYS	
Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. Mar 22, Apr 26, May 24, Jun 28

EBOOK AND AUDIOBOOK HELP - Bring your device and get hands-on training. Weekdays 11:00-1:00pm

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, encyclopedias or books in poor condition.

JEWISH FAMILY SERVICES
 CONTACT: Queenie Hamovich
qhamovich@jfsvancouver.ca 604-558-5709

A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST
 First and third Tuesdays at Temple Sholom. Second Tuesday at Beth Israel. Last Tuesday of the month at Peretz Centre, featuring Monthly Film presented by the Vancouver Film Centre. Reserve in advance. Cost \$13. Subsidies available. Volunteer drivers available if needed.

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



JSA INVITES YOU TO
Chai Tea
IN CELEBRATION OF SENIORS

Sunday, June 10th, 2018

2:30 p.m. to 5:00 p.m.

Peretz Centre, 6184 Ash Street, Vancouver

Admission \$36

Entertainment, Door Prizes and More!

Event Co-Chairs Marie Doduck and Helene Rosen

604.732.1555 | office@jsalliance.org | www.jsalliance.org



CARTOON CAPTION CONTEST

**Congratulations to our
Winner!**

SAM ALLMAN

Thanks to everyone for your creative efforts !



Mother: " Don't tell me he's not on steroids."
David: "Well maybe a little too much Botox."

OUR RUNNERS UP:

Carl Rothchild M: "I am warning you; he smokes marihuana!"
D: "Yeh, you wanna get stoned?"

Catherine Myerowitz M: "You big Rubbish. If you lay a finger on my boy you'll have me to deal with!"
D: "Don't frighten him Mom."

Hugh Nathan M: "I will sell you my slingshot for 10 shekels."
D: "You can have mine less 10%."

Alex Kliner M: "Remember Shakespeare's Words, Boitchik!
"The slings and arrows of outrageous fortune."
D: "Especially the slings part, big G!"

D. Silverman M: "I've had it with P. O. F.!" [Plenty of Fish, an Internet dating site]
D: "Well, the profile did say 'a few extra pounds.'"

Gerald Lecovin M: "Quick, grab the bag of stones Mendel brought back from the Amazon."
D: "You mean the one marked 'dipped in Curare?'"

C. Lecovin M: "Make this one Rocky and there's a book and a movie in it plus God knows how many millions from sling-shots!"
D: "Can I use my own name?"

Selma Furman M: "The Bible says 'the bigger they are the harder they fall.'"
D: "It also says 'people in grass houses shouldn't throw stones.'"

Write a caption for the cartoons below and send it to us by mail or email
Entries must include captions for BOTH comics to qualify!

#1



#2



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.

COMMUNITY NEWS

The Royal Canadian Legion, Shalom Branch #178 creates a scholarship for Paul Fisher, local high school athlete

Written by Dolores Luber

Paul Fisher, the 17 year-old grandson of Ronnie and Sandra Margolese, has received a generous scholarship from the Royal Canadian Legion, Shalom Branch. He is a talented young man whose exceptional abilities has him training with the UBC Thunderbird organization in track and field. He participated this past summer in the Youth Commonwealth Games in Nassau, Bahamas. Paul tells me that he participated in the 400 metre hurdles event. He placed 7th in the final.

“This experience introduced me to international travel for sport and gave me the opportunity to meet competitors from around the world as well as other athletes from across Canada.”

Ralph Jackson, Legion president, wished to encourage this talented Jewish athlete by creating a scholarship fund for him.

Paul is delighted to “keep making my grandparents, Ronnie and Sandra Margolese proud.”



Paul Fisher

MEET OUR STAFF



Introducing Tim Bissett

Tim Bissett began working with Jewish Seniors Alliance in December. He is a part-time Fundraiser and is in charge of selling advertising space in the *Senior Line* magazine. Tim comes to us with a

diverse background that includes sales, working for non-profits dedicated to seniors, and five years as a paralegal specializing in Wills & Estates.

Tim also works in Vancouver’s Film Industry. He is a Best Actor Gemini Award nominee. As an internationally collected artist, his Raku-fired ceramics are in collections in 10 countries.

Many of the advertisements in this issue are a testament to his hard work, ingenuity and persistence—what a wonderful beginning of a relationship.

THE WEINBERG RESIDENCE
ASSISTED LIVING AND MULTI-LEVEL CARE FOR SENIORS

A WARM SENSE OF COMMUNITY
AND EXCELLENT, AFFORDABLE CARE
IN THE HEART OF OAKRIDGE
YOUR PEACE OF MIND IS WORTH IT.

Call 604.267.4722
or visit weinbergresidence.com to book a tour.

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

LEAH LEVITT'S KOMISH BROIT



- 3 large eggs
- 3 1/2 cups white flour
- 1 cup white sugar
- 1/2 cup chocolate powder (cocoa)
- 1 cup cooking oil
- 3/4 cup chocolate chips
- 3 tsp. baking powder
- 1 tsp. pure vanilla
- 2 tsp. cinammon

My cousin by marriage Ruth Aceman Levitt shared this recipe with me 42 years ago. The recipe was well over 100 years old in 1968. I have been baking it for years adding chocolate chips and cocoa as my own ideas.

- 1 Preheat oven to 325 degrees Fahrenheit.
- 2 Beat eggs, oil and sugar. Beat well. Mix all dry ingredients together, add to above mixture.
- 3 Add vanilla, chocolate chips. Make sure the mixture is the consistency that you can pick it up and make it into 4 round balls. You may need to flour your hands. If it is too wet then simply add a bit of flour. A little at a time until it is the right consistency to form the four balls.
- 4 Oil cookie sheet well with butter. Shape balls onto 2 large cookie sheets and press down to make the log. Flatten it until it is about 2-3 inches in diameter. Do the same with the other balls. Make sure there is enough room for the Komish to spread and rise a bit.
- 5 Take oil onto your hands. Pat the tops and sides of the Komish log with the oil. Make sure you do not miss a spot. Bake at 325 degrees for 1/2 hour until a light brown. Take out of oven and put on top of stove.
- 6 Slice on an angle 1/2 inch, slice right through to the cookie sheet. Place the pieces on one side for all the logs. I keep them facing the same way. Place back into oven for 10 minutes.
- 7 Take out and turn the slices to the other side. They should all be facing the same way. Bake for 10 minutes on this side. Take out and cool.

JENNY AND EMILIE HSU'S MANGO PUDDING

Mango pudding is a popular dessert. It tastes good and looks good. I like this recipe because it's so simple that children can do it too. Simply add the first three ingredients together, and then cool. You can do it together with your grandchildren who will be overjoyed and proud of themselves!

- 1 Mix gelatine with sugar, pour into boiling water, stir until dissolved. Let it cool down for 5 minutes.
- 2 Pour in the Mango paste and whipping cream, mix well.
- 3 After cooling, add diced mango.
- 4 Put in fridge for 4-6 hours. Serve and enjoy.

Please note: Knox gelatin is not kosher. This product can be substituted with brands such as Gefen gelatin, available at kosher food retailers in the Lower Mainland.



- 4 pouches (28g) Knox gelatine
- 3/4 cup sugar
- 750ml boiling water
- 1/2 can Mango Paste
(Rellure Kesar Mango Pulp)
- 500ml Whipping cream
- Diced fresh Mango (optional)



“Untouchable”

We are a small shop located in Steveston village with a BIG passion for food.

We’re proud of our community and our pizzas reflect our love of seafood as well as Steveston’s historic fishing roots.

Steveston PIZZA CO.

604.204.0777 www.stevestonpizza.com

#100 – 3400 – Moncton Street, Richmond, BC | info@stevestonpizza.com | Open Everyday from 11:00am to 10:00pm



Joanne LaRocque [larock]
guiding you home

Ready To Downsize? It’s A Time of Discovery!
Trusted Experience Helping Seniors Make The Move

Real Estate Consultant/REALTOR®

direct: **604-831-9780**

office: **604-263-1144**

toll free: **1-877-263-1144**

email: larocque@dexterrealty.com



DEXTER ASSOCIATES REALTY
2094 West 43rd Avenue, Vancouver, B.C. V6M 2C9

REAL CANADIAN
Superstore 
big on fresh, low on price.

WE HAVE A HUGE VARIETY OF KOSHER CHEESE



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

PEER SUPPORT SERVICES



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



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

604-267-1555
www.jsalliance.org

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

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

The volunteer counsellors support by:

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

ALL PEER SERVICES ARE CONFIDENTIAL AND OFFERED AT NO COST.

Peer Counselling

JSA provides several peer counselling training sessions per year. Upon successfully completing 55 hours of intensive training the graduates receive a Peer Counselling Certificate.

- Peer counsellors are interviewed, screened and matched with appropriate clients.
- Counselling sessions are generally provided on a weekly basis.
- All volunteers receive ongoing training, support and supervision by professional staff.

Community Support Friendly Visitor

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

- The Friendly Visitor services allow time for conversation, companionship and social support. The visits may take place either in clients' own homes or in the greater community.
- Friendly visitors may accompany clients to medical appointments, social and cultural functions.

Friendly Phone Call

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

Information Referral Line **604-267-1555**

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

Bereavement Support

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

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



Please Note:

All volunteers must provide a criminal records check.

Seniors, Stronger Together

PEER SUPPORT SERVICES

Written by Charles Leibovitch

CLIENT PROFILE: JANET SHIER



Honoring and Celebrating a Client of Jewish Seniors Alliance Peer Support Services, Janet Shier at age 102.

Several years ago, Janet Shier approached Grace Hann and myself at Jewish Seniors Alliance and requested a friendly visitor volunteer.

Upon meeting Janet, we met a youthful, intelligent and impeccably-dressed woman of 98 years old.

Janet was shortly matched with one of our peer support services volunteers and began to have weekly visits. Janet began to look forward to those weekly meetings with her friendly visitor.

Each week Janet and her JSA volunteer would either go out for a walk for coffee, shop or do errands. Janet advised that she clicked with her volunteer, as it was a good match and found her volunteer to be highly intelligent and a good conversationalist. Although Janet is in good health, she confides that her hearing isn't that strong so that over the years she has had more challenges understanding some of the other residents at Cavell Gardens who speak very softly. This, at times, could be challenging, so for Janet having a volunteer who she could communicate with and hear easily reduced her sense of isolation, giving her increased social and emotional support.

Janet has a history of giving, doing *mitzvot* (good deeds) and of *tzedakah* (charity). In 1948 she began to volunteer with *Hadassah*, raising money for Israel. As a young adult she joined the Council of Jewish Women, volunteering her time and donating financially to the Jewish Community in Canada and in Israel; she also volunteered at the JCC.

She was born in Montreal, married and had children. In 1991, at the age of 71, she moved to Vancouver to join her youngest daughter, son-in-law and grandchildren. She started a new life. Her daughter and son-in-law began new careers in education.

In 1994, she moved to Cavell Gardens Assisted Living Centre and there she organized a knitting club which was very successful. The knitting club raised money from the sale of their knitted clothes and donated the funds to the Jewish Food bank and to Eastside Vancouver single women and babies. In addition she created a newcomer's welcome program at Cavell Gardens.

Jewish Seniors Alliance and Senior Line Magazine celebrate and congratulate Janet for her many years of volunteering her time to various community causes and for enriching the lives of the volunteers who visit her as a friendly visitor.

Thank you Janet!

VOLUNTEER PROFILE: VICKY ALBARRACIN PENA

Vicky Albarracin Pena “Dedicates her Life to Caring for Others”.

In this edition of Senior Line, our Peer Support Services is honoring and celebrating our senior peer counselor, Vicky Albarracin Pena. Vicky has been a senior peer counsellor for Jewish Seniors Alliance for several years.

Vicky was born in Bogota, Columbia. At an early age her parents' strong humanitarian values to help other people were instilled in her. In particular, her father who worked as an accountant, would often go beyond the role of accountant to help either his co-workers or clients if they were needing help or experiencing a crisis. Vicki shared that once when she was a child, she and her father helped a homeless and disabled man who didn't have a wheelchair. Her father and Vicki built a platform with wheels to enable the man to get around on his own.

This experience had a major impact on Vicky and later when she went to university to study dentistry, she also volunteered for the “Kids of Andes” in Bogota under

the leadership of Papa Jaime. Papa Jaime is well-known to have saved many abandoned and homeless orphans. Vicki began to give many orphans free dental services.



She met her husband and married in 1988, and had her first of two daughters. They soon desired to experience living in another culture and language and moved to Canada, where her husband got his post-graduate degree in Toronto. There they had their second daughter. A few years later they moved back to Columbia (from 1998-2001). Finally they made their permanent home in Vancouver, where Vicki worked as a dental technician. The year 2010 was a turning point, Vicki developed pain in both elbows. This resulted in her needing to have surgery and she had to end her career in the dental industry.

It was at this point that Vicki resumed her passion to help others and began to volunteer with seniors as an outreach worker, five hours per week. As a result, Vicki became very interested in seniors issues. She then took training with ISS (Immigrant Senior Services), specifically with Latin-American people that was peer specific. She also trained with Battered Women's Support Services (BWSS) and became a facilitator with mostly Latin women to help them understand the Canadian social service system, to translate documents for them and to find them transitional housing. This experience made Vicki aware of the high rate of abuse that immigrant women face in Canada. Vicki then took a counselling course and graduated from VCC in 2015.

During this time she contacted Jewish Seniors Alliance Volunteer Supervisor Grace Hann and took the Senior Peer Counselling Course. Vicky soon became an active senior peer counsellor for JSA Peer Support Services. To this day, Vicki is a dedicated volunteer and attends our regular training meetings, while seeing numerous clients. For awhile she worked in two part-time jobs, as the coordinator for South Granville Senior Services Centre and as a support worker with people with disabilities. In 2013 she accepted a fulltime position as a support worker,

working with people with disabilities while continuing to volunteer. She has also been facilitating a parent-support circle for Parent Support Services for the last three years.

Vicki's life experiences and journey have shown that her interest to help others transcends all cultures, ages and gender.

Charles Leibovitch, Master's in Social Work, is JSA's Senior Peer Support Services Coordinator. In the past, he has worked under the supervision of Ken Levitt at the Louis Brier. He also worked for the Jewish Family Service Agency, L'Chaim Adult Centre, the JCC bagel Club and Yaffa House. He initiated the Peer Support program in December 2011 and coordinates its activities with the superb cooperation of all involved.



Seniors growing from the ground up.
Help JSA build a strong Foundation.

SENIORS STRONGER TOGETHER

Make a generous tax deductible donation to the newly established Jewish Seniors Alliance of Greater Vancouver Foundation

JEWISH SENIORS ALLIANCE

I AM STILL HERE

Loneliness and Social Isolation

Written by Rita Roling

Canada's population is aging. For the first time ever, Canadians over the age of sixty-five outnumber those under the age of fifteen. It is estimated that in 2036, twenty-five percent of Canadians will be seniors (Statistic Canada 2015). Aging has been described in a *2016 Community Development Halton Study* as a: "transitional period where older adults encounter changes in both physical health and social roles." Aging by itself however is not uniform, rather highly individual. However, there are commonalities in longevity and quality of life predictors. Social/familial relationships, life-styles, physical/mental health, mobility, ethno-cultural status, accessibility to transportation, poverty and knowledge of resources are all strong indicators on how individuals will adjust to aging and its inevitable changes. Demographic data tell us that the majority of older Canadians live longer, healthier, wealthier and have more active lives than their predecessors. Still, a *2014 Canada's National Seniors Council Report* (NSC) finds that contemporary seniors are at a greater risk than previous generations of becoming lonely or marginalized.

"Age is not how old you are but how you feel." (Gabriel Garcia Marquez)

THE DIFFERENCE BETWEEN LONELINESS AND SOCIAL ISOLATION

Social psychologist-researchers J. Holt-Lunstand and T.B. Smith of Brigham Young University state that "Social

isolation denotes few social connections or interactions, whereas loneliness involves the subjective perception of isolation – the discrepancy between one's desire and actual level of social connection." Thus loneliness should not be equated with being alone as people who do not live by themselves can still feel extreme loneliness. Although there is a correlation between loneliness and social isolation it is important to differentiate between the two.

Contemporary seniors are at a greater risk than previous generations of becoming lonely or marginalized. ”

At one point in their lives most people have likely had bouts of feeling alone but these feelings rarely linger. Loneliness however remains. For some, solitude is a conscious withdrawal; it is a time to reflect, study and maybe write. For others it is not voluntary but a condition from which there seems to be no escape. In his December 22nd 2017 *New York Times* article, Dr. Dhruv Khullar writes: **"Loneliness is a specially tricky problem because accepting and declaring our loneliness carries a profound stigma. Admitting that we are lonely can feel as we have failed in life's most fundamental domains;**

belonging, love, attachment. It attacks our basic instincts to save face, and makes it hard to ask for help."

RISK FACTORS OF SOCIAL ISOLATION

A key component in the NSC report is to identify risk factors that are prevalent in most cases of people who are socially isolated. Rarely does one reach that state because of one incident or condition as this is generally due to several interactive factors. Some of the most prevalent ones are:

- Being age 80 or older,
- Having compromised health issues,
- Weak, unsatisfactory or non-existent familial relationships,
- Poor or non-existent access to transportation,
- Poverty and food scarcity,
- Changing family structures and change of location of residence.

"It is terrible to be alone and frightened at any age, but I think it is worse when you're old." (Stephen King)

CONSEQUENCES OF LONELINESS AND ISOLATION

Research shows that loneliness and social isolation directly affect an individual's physical and mental health, mortality, dementia, depression, and hypertension. Other findings point to an increase in a sedentary lifestyle, substance abuse, chronic depression and a higher suicide risk. The 2016 Halton study states that "lonely older adults are three times more likely to consult with health professionals and they have a thirty percent higher hospital admission rate than their non-lonely counterparts." It further says that "seniors are more

likely to wait until they are older and in much poorer health to seek medical attention.” It is evident that unless effective preventative measures are put into place not only will loneliness and marginalization have devastating human effects but will take a toll on Canada’s health care system’s economic resources.

EFFECTIVE PREVENTATIVE MEASURES TO REDUCE AND ELIMINATE LONELINESS AND MARGINALIZATION

“Treatment without prevention is simply unsustainable.” (Bill Gates)

According to 2016 demographics, Canada’s population is close to thirty-six million. Circa fourteen percent are adults over the age of sixty-five. It is estimated that ten percent or close to half a million of older adults feel lonely and marginalized. Only a few decades ago, discourse started to examine how older individuals cope with the aging process. The majority of studies focused

on social isolation and touched only minimally on how loneliness may be the main precursor. The NSC report finds that programs and services based on available data have generally been ineffective and failed to involve older adults in program development. The report recommends to: **“raise public awareness of seniors’ social isolation; promote improved access to information and services, build the capacity of organizations to address isolation of seniors through social innovation and to support research to better understand the issue of social isolation.”** The organization further states that “the problem with current interventions is that they are only beneficial if an older person who is isolated and/or lonely chooses it, and if the intervention is well-suited to the individual’s needs.” In other words, programs cannot be of the cookie-cutter type, stereotypical, lacking individuality; they must be diverse and appropriate to the specific population at risk.

Research shows that peer services have proven to be quite effective. The Jewish Seniors Alliance of Greater Vancouver is a firm believer in “Seniors Stronger Together”. This non-profit organization in conjunction with older adults has developed and implemented many supportive programs such as; peer counseling, friendly visitor/mentorship services, supportive telephone calls, grief counseling and information referral. We encourage participation in all our social events. All programs aim to support and empower seniors and to diminish feelings of loneliness and isolation.



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.

Bring back memories of childhood and family occasions through traditional Middle Eastern and Classic Eastern European offerings such as Shakshuka, Falafel, Hummus and Cheese Blintzes.

10% OFF

Enjoy this discount by presenting your copy of Senior Line

Kosher coffee house Mediterranean Style



5750 Oak Street, Vancouver
www.cafefortyone.ca // 604 563 4141

DENTAL HEALTH AND ORAL HYGIENE

Written by Dr. Wilson J. Kwong

We take our teeth for granted. It is only when we lose them or have pain do we ponder, "What happened?" Losing teeth can affect a person's self-esteem and their overall health. Barring accidents and normal wear and tear, an intact dentition through your senior years is totally possible - with a little effort and some good direction from your dental hygienist and dentist.

As we age our salivary glands dry up, reducing the self-cleaning action of salivary flow. Our manual dexterity is hampered with arthritis or diminished with our physical breakdown. Our diet may be compromised with too many carbohydrates which tend to stick to our teeth longer, feeding the bacteria which uses our food to create acid. This acid breaks down our teeth. The increase in incidence of cavities and gum disease is quite high in our senior population. Many dental problems seniors face are preventable; or, at least, steps can be taken to slow down that breakdown.

What you can do to prevent or slow down dental problems

Regular cleaning sessions with the dental hygienist every three or four months to keep the teeth and roots clean will help prolong the health of the teeth and with cleaner teeth comes healthier gums. Not to mention fresher breath. The hygienist will also instruct seniors on proper tools and products to use in order to that your teeth stay stronger and resistant to breakdown. One strategy is to use an electric toothbrush like the

Oral-B Electric brush which rotates and cleans teeth very well. In addition, using a high fluoride content toothpaste like Prevident 5000, which hardens the teeth to acid attack, is very effective. The tools and agents are all readily available at your local pharmacy.

Foods to avoid

Seniors enjoy snacks like everyone else but healthier choices like fruits, vegetables or protein sources like a piece of chicken, are best. Stay away from candy, chocolates or cookies which cause extensive damage when the bacteria on our teeth convert the sugars to acid.

Repair and replace missing teeth

Human beings are designed to have front and back teeth so that we can process our food efficiently when we chew and have the food go from our lips to our stomach for digestion. Losing back teeth, which is most common, means those front teeth have to work much harder. This hastens their breakdown as well. Replacing back teeth with dentures, fixed bridgework or implants allows for better function and a beautiful smile.

Access to reasonably-priced dental care and free emergency dental care

Perhaps you do not have a supplemental insurance plan which covers dentistry; perhaps you find yourself unable to pay for the needed crown or implant:

Contact Reach Community Health Centre, they may be able to help you. They have a limited subsidy program

for individuals and families living on social assistance and a fund to cover dental emergencies (604-254-1331, email dental@reachcentre.bc.ca).

Vancouver Coastal Health can provide dentists who go to individual facilities to help take care of the dental needs of the residents.

Keep your smile, eat the food you love

Smiling and being healthy is an important part of life, as is sharing happy emotions using those pearly whites. Not being able to eat what we enjoy would also be depressing. Losing teeth is something that is totally preventable. It does however, take some work. With the help of the dentist and hygienist, and your efforts dedicated to paying attention to those teeth at home using effective tools and products, we can keep smiling and having amazing meals with our 32 friends—our teeth.

Dr. Wilson Kwong is a graduate of the Faculty of Dentistry at the University of British Columbia. He is clinical instructor



at the UBC Faculty of Dentistry and a respected lecturer for Nobel Biocare and Ivoclar throughout North America. His clinical specialties include cosmetic and restorative dentistry, full mouth rehabilitation, dental implants, tissue grafting and augmentation, and periodontics and endodontic, among others.

Suite 218 - 650 West 41st Avenue
Oakridge Centre - South Tower
Vancouver, BC Canada V5Z 2M9
1-604-261-9111

www.SmilesAreBeautiful.com
www.InspireDental.com
www.VDECeducation.com
www.AgilityGuard.com

ASK HANNAH:

Your Personal Advice Column

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

Break The Silence: End the Stigma Of Bladder Leakage

Dear Hannah,

My bladder leaks when I least expect it! Not only is it embarrassing, it is keeping me from participating in the activities I like to do. I am feeling like I am losing control of my life!

- Break the Silence, End the Stigma on Bladder Leakage

Dear Break the Silence,

Did you know that bladder leakage, known as urinary incontinence, affects 1 in 10 Canadians? When there is an interruption in the signals between the bladder and the brain (which can be caused by many factors), leakage can occur. Common causes include physical changes, nerve damage, weight gain and medication side effects. While bladder leakage is common, most of us tend to clam up about it. They're too embarrassed or ashamed to bring it up, not only with friends, family members, but even with healthcare professionals. That could mean they are not getting adequate help and they are not accessing the support and the tools that are available. Bladder issues can deeply affect relationships with family and friends.

Taking Back Control:

Establish a relaxing bedtime routine! Read a book or take a bath, follow a consistent sleep schedule, make sure the room is dark, limit liquid consumption,

and don't eat a large meal right before bed.

Speak to your physician! There are cutting-edge medications and injections for bladder control.

Buy a discreet product offering superior protection! Today you can buy more comfortable disposable undergarments like Depend Silhouette Briefs for Women or Depend Real-Fit Briefs for Men. These briefs have an advanced absorbent design that helps prevent leaks and locks in odours. You can look and feel great while staying protected at all times. Poise Impressa Bladder Supports is an exciting innovation for women who experience light bladder leaks. The over-the-counter internal device, inserted like a tampon, helps stop unexpected leaks before they happen by placing pressure on the urethra.

Bladder leakage can affect one's self-esteem and leads to a fear of developing intimate relationships. People who experience bladder leakage feel as though the condition dominates them, instead of the other way around. But by actively seeking the support and information you need to manage your bladder leakage, you're putting yourself back in the driver's seat. Not only will you take control of your condition, but you will help reduce the stigma around the topic and inspire others to do the same.

Check out this website: Canadian Continence Foundation,

<http://www.canadiancontinence.ca/EN/frequently-asked-questions.php>

Do I Need The Shingles Vaccine

Dear Hannah,

Every pharmacy I pass has a sign out front "Get your Shingles Vaccine here." I had Chickenpox as a child, and a light case of Shingles (Herpes Zoster) when I was 60. I am now 65. Should I still get a Zoster Vaccination, or do I have some percentage of immunity?

- Do I Need The Shingles Vaccine

Dear Do I Need The Shingles Vaccine,

The Center for Disease Control and Prevention recommends all adults age 60 and over be routinely vaccinated "irrespective of whether you've had shingles or not." Anyone who has had chickenpox can develop shingles, which occurs when the chickenpox virus, varicella zoster, which lays dormant but never leaves the body, becomes reactivated (Roni Rabin, *Ask Well: Do I need the shingles vaccine if I've had shingles?* New York Times, April 15, 2016). The symptoms appear as a painful rash in a narrow band or strip on one side of the body, usually involving a small area from the spine around to the belly or chest. The rash produces blisters that break and develop into small ulcers that dry and form crusts that fall off in two or three weeks, sometimes leaving scars. The severe pain of shingles can often require opioid pain relief. The Center for Disease Control reports that 70 per cent of the estimated one million annual cases of shingles occur in people 50 and older or in those with a weakened immune system from physical or psychological trauma, surgery, AIDS, and as a result of taking certain medications.

Continued on page 33...

WHAT CANADA CAN LEARN

from Israel's Entrepreneurial Ethos

Written by Rick Spence

Maybe we need a little more *chutzpah*. And more venture capital. And new thinking ... ”

In the heart of the Old City of Jerusalem sits a ruined citadel called David's Tower. Fought over by King David himself, Romans, Arabs, Crusaders, Ottomans and Israelis, it's now a museum spanning 4,000 years of history. But the castle is soon to assume another identity: as home to a startup accelerator specializing in virtual reality.

High tech/Old City is a fitting symbol for today's Jerusalem. Since the publication of the 2008 best-seller *Startup Nation*, Israel has revealed in its reputation as an innovation power. But with most of that activity in Tel Aviv, Israel is now creating an innovation cluster in Jerusalem. It's a city divided by history, faith and politics. But Israel's innovation leaders hope this ongoing culture clash is a creative cauldron from which edgy, innovative ideas can emerge. Think



Toronto entrepreneur Maayan Ziv

Austin, Texas, or Boulder, Colorado, but with more edge. (And hummus.)

To defend its title, Israel annually selects entrepreneurs from around the world to visit the country to study its startup secrets and meet its coolest entrepreneurs. It also sponsors a journalist from each of those countries to cover "their" entrepreneur's journey. I joined the tour this month along with Toronto entrepreneur Maayan Ziv, founder of an accessibility app called *AccessNow*. I came away convinced that Israel has much to teach Canada about innovation. Clearly, Israel breeds aggressive entrepreneurs the way Canada produces hockey players.

- * Israelis display can-do attitude and a culture of challenging authority. They also have *chutzpah*, a unique confidence that Merriam-Webster defines as "flagrant boldness".
- * Every Israeli youth is required to serve in the military (or another form of national service). Forced exposure to team-building, shared purpose, mission-planning and execution produces focused leaders at an early age.

Meanwhile, my designated entrepreneur, Maayan Ziv, was on a mission of her own. She is still trying

to monetize her *AccessNow* app, which enables users to rate buildings and locations anywhere in the world on their accessibility to people with disabilities. Ziv herself lives with muscular dystrophy, which has left her needing to get around in a wheelchair.

The notion that Israel wins due to its constraints hit home to Ziv because of her own limitations: "When you're stuck within a narrow focus, it makes you think harder about how to be creative." She had to hone her own leadership skills in primary school: at recess, she would devise new games or imaginative proposals to keep her schoolmates by her side when they might otherwise romp across the schoolyard. "I think this is the reason I'm an entrepreneur to begin with," she says. "My life pushed me to think within boxes and figure out how to get past them."

But can we overcome the *chutzpah* gap? "Canadians could definitely use more confidence," says Ziv. "Israelis are impatient and they want to grow quickly," she says. "But patience can be a double-edged sword. Patience is a form of support. It means you're open to listening to others. We do that well in Canada."

Published with permission of Postmedia Network Inc. For the unabridged article, go to <http://business.financialpost.com/entrepreneur/1121-biz-rs-spence-jerusalem>

Rick Spence is a writer, consultant and speaker specializing in entrepreneurship. rick@rickspence.ca



THE ISRAELI ACCENT

Gal Gadot in Wonder Woman

Written by Dolores Luber



Gal Gadot, an Israeli actor, is the star of *Wonder Woman*, the recent movie. She is the first woman to become a superstar in the modern superhero cosmos. *Wonder Woman* was a critical success and a box office smash; it has earned over \$800 million globally and is the highest-grossing film ever directed by a woman, Patty Jenkins. Gal Gadot spoke on stage during the 2017 MTV Video Music Awards in her light Hebrew accent. The press has taken note of this characteristic Israeli accent! They want to know about its

formation—how it came about.

According to Philologos, (New York Times, 25/10/2017) Gal Gadot's English sounds like this,

"I em very heppy to mit you end yourr family in yourr hawm" (translation: I am very happy to meet you and your family in your home).

Those of us who know Israelis will smile and nod your head! When we speak a foreign language, our accent is determined by the sounds that our native language does or doesn't have. One of the main characteristics of the Israeli accent is the Israeli *resh* or "r." This consonant is articulated at the back of the mouth (or, at the top of the throat) by a slight vibration or trill of the uvula. Americans and Canadians cannot easily replicate

this sound and Israelis have a hard time losing it! Israelis often stumble on English vowels. Because Hebrew has no vowel like the "a" in English "bad", many Israelis say "bed" instead. Because in a word like *tov*, "good", they front the "o" while contracting their mouth, their pronunciation of "code" will sound skewed toward "cawed". And because Israeli Hebrew doesn't have an "i" like that of "hit", this word will, spoken by some Israelis, sound a bit like "heat". Paradoxically, though, because Israeli vowels are shorter in length than American ones, "heat" will also sound a bit like "hit". I just thought that you might want to know this! By the way, the movie is a delight, very different from the Batman, Superman or Spiderman movies.

AMERICAN JEWISH PRESS ASSOCIATION



JSA, represented by its magazine *Senior Line*, is now competing and cooperating with powerful organizations and allies. Jewish Seniors Alliance of Greater Vancouver has joined AJPA (The American Jewish Press Association). AJPA is a voluntary not-for-profit professional association for the English-language Jewish Press in North America. The AJPA mission is to enhance the status of American Jewish journalism and to provide a forum for the exchange of ideas and cooperative activities among the American Jewish press.

ASK HANNAH

...Continued from Page 31.

There is a vaccine for the prevention of shingles, but the immunization doesn't insure immunity. The injection can prevent half of the cases, and reduces post-herpetic neuropathy pain by two-thirds. The vaccine reduces the severity of the disease (Lin Green, *What is Shingles?* Senior Living Magazine, March 2014). A study of 101 adults age 50 and over with a history of shingles found that vaccination boosted antibodies, and there were no serious side effects aside from soreness at the injection site.

The B.C.'s Health Ministry is being accused of discriminating against seniors because it doesn't cover the cost of the vaccine for the viral infection. It is argued that the \$200.00 spent on a vaccine should be covered under B.C.'s Medical Services Plan, as are other vaccines (S. Lazaruk, Vancouver Sun, 16/12/17).

My answer is yes, all the statistics are in favour of getting the shingles vaccine!

REFERENDUM ON BC'S VOTING SYSTEM

Written by Merry Wood

No doubt you have heard about the provincial referendum on electoral reform to be held next November. British Columbians will be asked to choose between their current voting system, known as First-Past-the-Post (FPTP), and an alternative system called Proportional Representation (PR).

Under First-Past-the-Post, each citizen votes for one candidate in their riding. The candidate that gets the most votes becomes the representative for that riding. All other votes are discarded. Under Proportional Representation, the voting mechanism ensures that virtually every vote goes towards electing a representative.

in Canada to move to Proportional Representation.

What difference would a change in our voting system make? What are the pros and cons of First-Past-the-Post versus Proportional Representation?

- One big point in favour of First-Past-the-Post is that we are used to it. Change can be difficult, even scary: “Better the devil you know.” Also, FPTP is easy to understand: in each riding, whoever gets the most votes wins and everyone else loses.

- A big point for Proportional Representation is that many more citizens engage with the political process. They know their vote will be effective; they can relate to at least

one of their representatives, and they are more likely to hear their views expressed in the legislature.

- In both systems, local representatives are able to remain

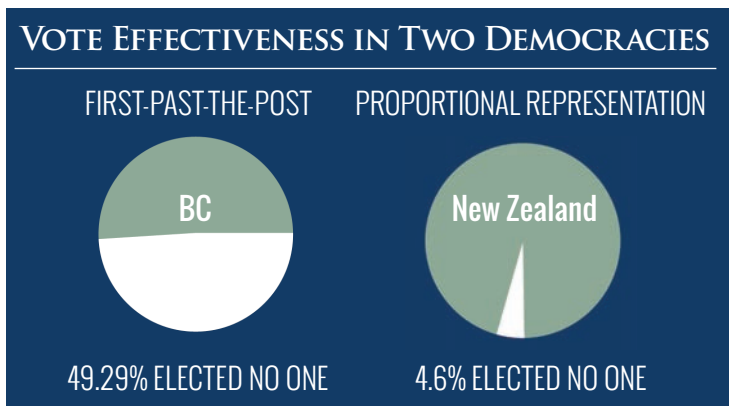
in touch with local issues and local needs. As well, both First-Past-the-Post and Proportional Representation ensure stable government following an election (although PR ensures more stability of policy decisions.)

A great deal of research has gone into looking at the longer-term implications of different electoral systems.

Proportional Representation has been found to be associated with higher economic growth, better environmental management, reduced income inequality, and greater tolerance of diversity, among other things (including Happiness!)

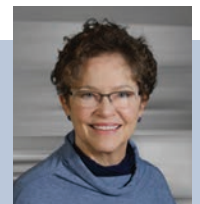
What might the BC political landscape look like with Proportional Representation? The word “nuanced” comes to mind. Following the most recent provincial election, for example, the Liberals would have had more representatives from the Lower Mainland and Vancouver Island, and the Greens and NDP would have had more representatives from the Interior and North. At the end of the day, the number of seats in the legislature would have reflected the number of votes cast for each party.

From the perspective of the individual voter, Proportional Representation would mean that almost every vote went towards electing a representative. Under our present system, only about half the votes elect our representatives while the other half don't elect anyone (see graph). It is interesting to compare New Zealand with BC in this regard, because New Zealanders moved from First-Past-the-Post to Proportional Representation only 20 years ago. If British Columbians also choose to move to Proportional Representation next November, we can expect to see a dramatic change in our vote effectiveness.



Most democracies in the developed world use Proportional Representation, for example Sweden, Germany, New Zealand, Israel and Ireland. Our current First-Past-the-Post system is used by the United States, the United Kingdom and Singapore. Next November, if more than 50% of British Columbians vote for electoral reform, BC will become the first province

Merry Wood is a BC-member of the organization Fair Vote Canada which is a nonprofit, multi-partisan citizens' movement in favour of electoral reform in Canada. She has a Ph.D. in Anthropology and worked for two provincial ministries before retiring to enjoy her grandchildren.



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.

Opportunities for you to help us continue providing these vital services:

1. An \$18 donation enables us to provide one hour of **Peer Support Counselling**.
2. An annual \$100 donation makes you a "**Gold Star Supporter**." For this gift you will receive a \$64 tax receipt and be entitled to one dinner ticket at our Annual General Meeting with a value of \$36.
3. A donation of \$180 will give you a Lifetime individual membership in JSA.
4. Larger donation will be gratefully received.
5. Consider a Legacy as part of your Estate planning.

AND

Three times a year the **Senior Line Magazine** will come to your door, chock full of informative, innovative and cultural articles. 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 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 (AGM)** is the talk-of-the-town with recognition of community volunteers and a gourmet dinner with entertainment.

Please contact our office at 604-732-1555 to make your donation and show your support.

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

SENIORS STRONGER TOGETHER



MEMBERSHIP COMMITTEE:

Binny Goldman, Lyle Pullan

WELCOME TO NEW SUPPORTERS

Myra Michaelson, Karen Lecovin,
Raylene Burke, Joyce Silver,
Leonor Etkin, Marge Lando,
Ivan & Laurie Gasoi, Henry & Irene King
Ken & Susan Billingsley
Debbie & Ed Rozenberg
Tanja Truelsen, Ben Hechter
Marcia Williams

PLEASE PRINT	
Name	
Address	City
Postal Code	Telephone
Email	
Yes, I would like to become a JSA Supporter/ I would like to continue my Support:	
<input type="checkbox"/> \$18 single/year <input type="checkbox"/> \$36 couple/year <input type="checkbox"/> \$180 lifetime per individual	
<input type="checkbox"/> I would like to become a Gold Star Supporter for \$100 per individual (\$64 tax receipt plus one AGM Dinner Ticket, value of \$36)	
I wish to make a donation in the amount of:	
<input type="checkbox"/> \$36 <input type="checkbox"/> \$50 <input type="checkbox"/> \$100 <input type="checkbox"/> Other: \$ _____	
Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance of Greater Vancouver	
Credit Card #	Expiry Date /
Signature	
A tax receipt will be issued for a donation of \$18 and up.	

MOST BRIDGE

Russian Jewish Seniors' Society

Translated to Russian by Ida Gitlina

А теперь заглянем в прошлое, вспомним фильм о Холокосте.

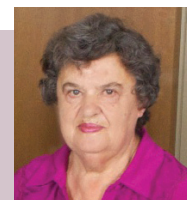
Жена владельца зоопарка.

Джессика Честэйн играет женщину, которая помогла трёмстам евреев найти надёжное убежище во время Второй Мировой Войны в Варшавском Зоопарке и таким образом спастись от нацистов. Речь идёт о правдивой истории польской четы Жана и Антонины Забинских. Их зоопарк стал убежищем во время немецкой оккупации. В фильме много интересных эпизодов, которые работают прекрасно. Эмоциональные эпизоды чередуются с напряжёнными, наполненными страхом и болью. Сцены из Варшавского гетто особенно страшные, это спектакли ужасов. Спустя годы, когда Забинских спрашивали, почему они делали то, что они делали, Жан Забинский отвечал: “Я только исполнял свой долг,-если вы можете спасти чью-то жизнь, ваш долг-попытаться сделать это”.
Public library, JCC.

Познакомьтесь с нашим служебным персоналом. Разрешите представить Элизабет Азероуал.

Лиза родилась в Ванкувере и выросла в Кицелане. Она любит природу и свежий воздух, ценит семью, искусство и музыку. Образование и опыт привели её к карьере административного менеджмента. В сентябре 2016 года она была принята в штат сотрудников Еврейского Сениорского союза и теперь работает в качестве административного координатора. Лиз демонстрирует Альянсу высокий уровень организаторских умений, дееспособность, перативность, инициативу и умение руководить. Работа с сеньорами и для сениоров включает для Лизы разнообразные дела, так как она старается добиться больших успехов в работе нашей общины. V 24(3), Oct. 2017

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.



- **Special Events & Celebrations**

- **Portraits:**

Family & Individual
Studio
Environmental

- **Architecture:**

Interiors & exteriors

- **Insurance:**

Photographs of valued
possessions for appraisals

- **Landscape and art
photography for interior
decor**

- **Custom framing to fit your
interior decor color palette**

ALAN KATOWITZ
PHOTOGRAPHY

alankatowitz@gmail.com

604-961-301

www.facebook.com/alankatowitzphotography



Away at a workshop all day?
Overnight stay at a friend's house?
Possibility of a weekend get-away?
Vacation coming up?

*Allow me to take
care of your dog in the comfort of
my own home!*



minimum fee \$50
off-leash dog park play
one dog at a time



778-229-6136
dluber@telus.net

Dolores & Davka

West 16th Ave.
(near Oak St.)



LAUGHTER AND MUSIC: FEEDING THE SOUL



The Magic of Laughter

With over four decades of entertaining people with Magic and Comedy, we are excited to have **Stephen Kaplan**, the Maestro of Magic, do what he loves to do best—a laugh filled presentation of fun! Please visit his website at www.theMaestroOfMagic.com.

Program cosponsored by Temple Sholom 60+ - by donation.

Lunch \$10 - RSVP by March 16th - Lunch is Optional

Wednesday, March 21st

11:45 - 1:45 pm

Temple Sholom Synagogue

7190 Oak St, Vancouver

Contact: Temple Sholom 604-266-7190



Perla's Music Workshop

The response to music is an indication of how deeply music helps the body and mind to relax, but it also touches the heart and soul, making it easier for feelings to surface. This music workshop, led by **Perla Barabak**, provides multiple benefits for seniors.

Program cosponsored by Congregation Beth Israel - by donation.

Senior's Lunch Program presented by Jewish Family Services.

Kosher Lunch \$13 - RSVP by April 16th - Lunch is Optional

Tuesday, April 17th

12:00 - 2:00 pm

Beth Israel Synagogue

989 W 28th Ave, Vancouver

Contact: Queenie Hamovich 604-558-5709 qhamovich@jfsvancouver.ca



Music for Our Hearts and Songs We Love

Fill your hearts with joy as we listen to the songs we love! Join us for a fun filled afternoon featuring music by **Caviar & Lace - Michelle Carlisle and Saul Berson** are a duo that perform an eclectic mix of classic, jazz and folk songs. Reserve in advance for a delicious lunch.

Program cosponsored by Kehila Society - by donation.

Lunch \$12 - RSVP by June 21st - Lunch is Optional

Monday, June 25th

12:00 - 2:00 pm

Beth Tikvah Synagogue

9711 Geal Road, Richmond

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



AGEISM, ADVOCACY AND ACTIVISM

LEARN HOW SENIORS ARE STRONGER TOGETHER,
WHEN WE TAKE A CANADIAN APPROACH.



What are the challenges facing seniors as numbers increase?

WANDA MORRIS has been appointed Vice President of Advocacy at the Canadian Association of Retired Persons (CARP). Wanda has a reputation as a key influencer and go-to commentator in national discussions on issues of importance to all Canadians, particularly those as we age. Join us as she explores major issues affecting seniors and what CARP has done to make life better for Canadian Seniors.

SUNDAY MAY 13, 2018

Registration 1:30pm, Program 2:00pm
Peretz Centre - 6184 Ash Street, Vancouver

Cost \$5.00 - Refreshments, Free Parking
ADVANCE REGISTRATION ADVISED



604.732.1555 | office@jsalliance.org | www.jsalliance.org

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

Sender:
Jewish Seniors Alliance
949 West 49th Avenue
Vancouver, B.C. V5Z 2T1

