

An abstract painting with a complex, layered composition. The background is a mix of white, grey, and light blue tones, with various colors like teal, purple, and yellow applied in expressive, gestural brushstrokes. The overall effect is one of dynamic movement and depth.

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 25(2) - JUNE 2018

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

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



THE ETERNAL DANUBE

MOZART TO SCHUBERT

Prague - Regensburg - Passau - Linz - Duernstein
Weissenkirchen - Wachau - Budapest - Vienna
October 15 - 29, 2018

THE MAJESTIC RHINE

BEETHOVEN & THE GERMAN ROMANTICS

Amsterdam - Duesseldorf - Cologne - Bonn
Koblenz - Heidelberg - Strasbourg - Basel - Zurich
October 9 - 22/25, 2019



Experience the rich culture of the European Heartland on these luxurious river cruises. Each unique tour itinerary features **ten exquisite classical music performances** in splendid venues selected by renowned Artistic Director George Zukerman, OC, OBC, offering exceptional service & value, fine cuisine and once-in-a-lifetime experiences in spectacular surroundings. **Please visit our website for more information.**



4603 Main Street, Vancouver, BC V5V 3R6
tel 1-800-665-0998 sti@sticanada.com
www.sticanada.com



**SPECIAL
TRAVEL
INTERNATIONAL**



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, Tamara Frankel, Bob Markin,
Binny Goldman, Susan Moore and Serge Haber

CONTRIBUTORS

Ken Levitt, Serge Haber, Dolores Luber, Shanie
Levin, Tamara Frankel, Alan Katowitz, Bob
Markin, Rita Roling, Grace Hann, Binny
Goldman, Susan Moore, Fran Berkoff, Dr.
Zachary Levine, Dan Levitt, Yuriy Rubin

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, Toby Rubin,
Binny and Herb Goldman

ADVERTISERS

ZLC Financial – *inside front cover*
Special Travel International – *inside front cover*
Home Comfort Dog Care – *pg. 15*
The Weinberg Residence – *pg. 20*
Joanne LaRocque Realtor – *pg. 20*
Alan Katowitz Photography – *pg. 30*
Langara College – *pg. 33*
Verve Senior Living – *outside back cover*

TABLE OF CONTENTS VOLUME 25(2) - JUNE 2018

COVER ART: "Among Women" (detail) - Acrylic on Canvas, 30"x 36"
by Peter John Voormeij (see page 12-13)

2	PRESIDENT'S MESSAGE
3	EDITOR'S MESSAGE
3-4	LETTERS TO THE EDITOR
5	SERGE HABER'S MESSAGE
6-7	REVIEW: JSA'S SPRING FORUM
8, 10	REVIEW: JSA'S CHAI TEA
9	TRIBUTE TO SERGE HABER
	REVIEW: JSA'S EMPOWERMENT SERIES
10	#3: The Magic of Laughter
11	#4: Perla's Music Workshop
12-13	PORTRAIT OF AN ARTIST Peter John Voormeij
14-15	SENIORS IN THE MOVIES
16-17	GETTING TO KNOW YOUR MEDIA
17	HUMOUR!
18-19	PULL-OUT Ongoing Events: July, August, September, October
20	RESOURCES: WHERE TO GO FOR HELP
21	CARTOON CAPTION CONTEST JSA PEER SUPPORT SERVICES
22-23	Client & Volunteer Profiles
23-24	Peer Counselling Graduation for Volunteers
26	BOOK REVIEW - "The End of Old Age" by Marc E. Agronin, MD
26	INSPIRATIONAL POEM
27, 29	ASK HANNAH - Your personal advice column HEALTH AND WELLNESS
28-29	Eat Smart, Choose Supplements Wisely
30	Testing: Private vs. Public?
31	CARP - 2018 Top 5 Priorities
32-33	IF YOU LIVE LONG ENOUGH, BE PREPARED TO BE DISCRIMINATED AGAINST BECAUSE OF YOUR AGE
34-35	MOST-BRIDGE RUSSIAN JEWISH SENIORS
35	CANADA ADOPTS MAY AS JEWISH HERITAGE MONTH
36	BECOME A JSA SUPPORTER!

WITH GRATEFUL THANKS TO OUR SPONSORS



Many other Foundations, Private and Corporate Donations



PRESIDENT'S MESSAGE

Hello Dear Readers,
Thank you for the many compliments we have received for our *Senior Line*.

LOSING WEIGHT WITH WEIGHT WATCHERS: CHAPTER TWO

On March 20th I reached my goal, to lose 30 pounds. Leah and I are partners in controlling our weight and living healthier. As I write this column, I have dropped another 3 1/2 pounds. This will give me some wiggle room to decide which foods I can take back while still maintaining my current weight. My waist is now 34" and my shirt size is medium. I know I have lost over 33 pounds but it has not completely sunk in. Keeping the pounds off, coupled with almost daily workouts on a treadmill for 40 minutes at a good speed and elevation seem to go hand in hand. I am able to maintain my weight loss. I will try my best to keep up this 'lifestyle change' for as long as possible. I challenge all seniors and pre-seniors to get on the scale and look in the mirror!

NATIONAL PHARMACARE FOR ALL CANADIANS NOW!

Our federal and provincial politicians recognize the importance of a National Pharmacare Program. Hopefully, it will have more impetus than simply a ploy to get re-elected in the 2019 federal

THE POWER OF NOW

Get on the Scale, Look in the Mirror!

Written by Kenneth Levitt

elections. There is a growing consensus among the Canadian population that the time is right for such a program. We define Pharmacare as a national publicly-funded and administered insurance program for medications.

The provinces administer all health programs (hospital and physician care) as defined within the Canada Health Act. Through this Act, the provinces receive major funding, providing they meet certain conditions. It is proposed that the Act be amended to include Pharmacare. This would result in every citizen being covered for basic medications and would mean persons with limited means, not covered fully for medical prescriptions, would be eligible. Many seniors would benefit from this program, the result would be that they would not have to compromise on medications in order to pay rent and eat nutritious food.

A National Pharmacare Program for all Canadians is ethical, fair and needed now. ”

There are over 100 pharmaceutical plans in Canada. If the federal government was the primary purchaser of pharmaceuticals, they could pass the savings onto the end users. One estimate puts the savings at \$7.3B with private insurers' costs reduced by \$8.2B. New Zealand which has a

single-payer system achieved nearly 50% savings in greater bargaining power with the pharmaceutical companies. A National Pharmacare Program for all Canadians is ethical, fair and needed now.

WHY WE NEED YOUR SUPPORT

JSA Peer Support Services is likely the best and most efficiently run program in British Columbia. Forty-nine trained volunteer SENIORS serve 108 persons through Peer Counselling, Friendly Visits, Friendly Phone Calls and Accompany Driving. In one and one-half years Peer Counselling has grown from serving 61 persons to 85, an increase of 23%, all with the same staff complement. Currently there is a wait list of 12 persons.

Your financial support is critical for JSA to serve the growing demands for our services. There are many ways to give and they are noted in this publication.

Our motto, "Seniors, Stronger Together" is why we do what we do!

Please support our generous advertisers.

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.

LIVING A LIFE OF PURPOSE AT ANY AGE

Written by Dolores Luber



EDITOR'S MESSAGE

The major theme of this issue of *Senior Line* is “New Concepts of Aging in the 21st Century.” Dan Levitt contributes with his article *It’s Time to Reimagine the Aging Journey*, and Susan Moore’s book review of *The End of Old Age* by Marc Agronin, reveals new and exciting ways to live happier, longer lives. Bob Markin’s *Tribute to Serge Haber* recounts a true case study in living a purposeful life to the fullest at any age. *Ask Hannah* answers the question “What is the paradox in the expression ‘The Paradox of Old Age’”. My children have been known to say “Oh, she always reinvents herself.” Indeed!

JSA educates, entertains and supports seniors. We also advocate for seniors on issues that are crucial to their health and well-being. I have a couple of encouraging updates to share.

1 Canada’s first community designed specifically for people with dementia is opening next year in Langley. It is called The Village (<https://www/thevillagelangley.com/>). The Village will be home to 78 people with dementia, an umbrella term that includes people suffering from Alzheimer’s and other degenerative brain diseases associated with aging (Kevin Griffin, *Vancouver Sun*, Feb. 28, 2018).

2 *The Road to Staying Street Legal Gets Smoother for B.C. Seniors* (Dirk Meissner, *Vancouver Sun*, April 10, 2018) states that in March, the B.C. government introduced its Enhanced Road Assessment program. It replaced the former DriveABLE Program, which drew criticism from seniors for

its reliance on computer tests and road tests in unfamiliar vehicles. When every other segment of society is judged on their record, then this group of people (seniors over 80) should be judged on their record.

3 The Canada Caregiver Credit is replacing three previous credits—the Caregiver Credit, the Family Caregiver Credit and the Credit for Infirm Dependants Age 18 or Older—which were based on the taxpayer’s situation and type of dependent. The maximum claim amount for the new credit has increased to \$6,883 (Armina Ligaya, *The Canadian Press*, April 5, 2018). The key is to be aware of the new changes made by the CRA.

4 Health Minister Adrian Dix declared that Bill 92 will finally go into effect. In 2003, the B.C. government brought in the Medicare Protection Amendment Act (Bill 92) to prevent unlawful extra billing as required by the federal Canada Health Act. The Bill was never proclaimed

and most of its provisions were never enforced. Stiff penalties will result from unlawful billing practices (C. Fuller & S. Klein, *A Welcome Second Chance for B.C. Medicare Protection Amendment Act*, *Vancouver Sun*, April 10, 2018).

Advocacy works and every voice is counted! Use the power of your voice and join JSA in creating a better future for seniors! The theme of advocacy is continued in our review of the Spring Forum *Ageism, Advocacy and Activism*.

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...

Write to Dolores at: editor@jsalliance.org

The latest copy of *Senior Line* arrived today. Thanks Dolores. I have enjoyed the other issues that you shared. They are snappy, informative and well edited. Kudos to you, your skill and enduring effort.

Joni Seligman

Editor’s note: Joni is one of my 12 first cousins. She lives in Perth, Ontario.

I just read the latest issue of *Senior Line*. I wanted to tell you how interesting and well-written it has become. Nice work!

Cory Bretz

Editor’s note: Cory Bretz is a videographer and story-teller of *Heirloom Films*.

Continued on page 4...

LETTERS TO THE EDITOR...

Write to Dolores at: editor@jsalliance.org

...Continued from Page 3.

We received your magazine yesterday, thank you! It's beautiful and as always so varied in scope....so inclusive as well.

Joseph and I saw the movie *Our Souls at Night*, of which there is a review on p.14 [Feb. 2018], very touching and enjoyable.

Natalie Ribkoff
Montreal, QC

I have enjoyed receiving Senior Line for several years and this is the first time I have felt compelled to send a letter to the editor to express my disappointment. I am surprised and upset about the humour page in the current issue (February, 2018). There are eight 'jokes' in the column on the right side of the page. Four of them are cute, but the other half of them denigrate women; three of the four also set up men as submissive, weak or subordinate. So no, I don't find this stuff funny. In fact, I wonder who does? I hope not to see any more in future issues.

Thanks,
Melanie Conn

Editor's note: I would appreciate hearing from others who agree with Melanie. Jewish humour often denigrates itself. Perhaps we have overstepped. I will be more alert not to perpetuate stereotypes and thus, not to promote Ageism.

Feedback on the Ask Hannah column "Break the Silence, End the Stigma on Bladder Leakage (Incontinence)":

Love your publication. What a vibrant community.

Just want to comment that the article on incontinence was superficial and showed a

lack of understanding of the problems and the resources available in the community.

Vancouver Women's and Children's Hospital has one of the first continence clinics opened in Canada. Medications and surgery are not your first or best option. Exercise and diet can be very effective (sometimes just eliminating coffee and wine, both bladder irritants, can help a great deal). Physiotherapists treat incontinence. The BC Continence Clinic: <http://www.bcwomens.ca/our-services/specialized-services/continence-clinic> is a valuable resource.

Mostly positive,
Ann Zanbilowicz

Editor's note: Hello Ann, Your information represents a welcome addition to the subject.

Congratulations to you for staying involved and taking on such responsibility at the Jewish Seniors Alliance. It has a great website with lots of good information for readers. It is well set up with the videos that keep a person's attention and interest.

Here is the article from Family Health Magazine about bladder problems: http://www.familyhealthonline.ca/fho/familymedicine/FM_bladderProblems_FHcd15.asp

Naomi Wolfman
RN, BN, NCA, GNC(C), BCB-PMD, PRCP
604-327-7056 naomi@embrace-cs.ca

Editor's note: Naomi Wolfman offers a 3-session class called *The Pelvic Floor Series: Bladder Health*, at the Kerrisdale Community Centre. It is focused on empowering women and men to fulfill their deepest potential related to the function of their pelvic floor.

Response to "Referendum on BC's Voting System" by Merry Wood:

The other side of the argument

The article gives the impression that the referendum offers either no change, or PR (Proportional Representation). This is not correct. The referendum offers 5 choices, and only 3 of them are PR. One of the non-PR choices is FPTP (First Past the Post), our current system. The other non-PR option is AV (Alternative Vote). AV offers a significant improvement over FPTP, while avoiding the problems with PR. These problems are not addressed in the article. For example, in PR:

- Independent candidates are marginalized. Only provincial parties count. This is like closing down small businesses for the sake of large corporations.

- The direct personal link between a riding and the MLA (Member of Legislative Assembly) is broken. This speaks to accountability.

- Lots of small parties in the legislature will make for more ineffective decision making. Look at Italy. The effectiveness of the government is a critical aspect of our governance.

On the surface, PR looks great. Who wouldn't want to have "all votes count"? You have to answer the question for yourself: What are we aiming for? In my opinion, we are aiming for effective democratic governance. The solution involves compromise, and is not trumped by having "all votes count". An MLA will consult and listen to all their constituents - not all shades of opinion need to be elected to the legislature to be heard.

Sincerely,
Norm Goldstein

Editor's note: We are pleased to offer additional information on this topic as voting is at the heart of our democracy.

I HAVE LOST A FRIEND: SAM BELZBERG^{z'l}

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
I have to admit that I am a lucky individual. I have been honoured several times by our community. I am at an advanced age, still in good health, and in full mental capacity. I am surrounded by good friends, especially by my wonderful friend Sheila. I am in touch with my children every day, so I really am blessed. I am also very fortunate to be involved with the Jewish Seniors Alliance, following my own advice to everyone, to keep going, keep involved in the community and keep your spirit and brain engaged, no matter what!

As far as my involvement in the Jewish Seniors Alliance, my job is to attend all Executive and Board meetings, and to help by expressing my opinions. My particular involvement is in fundraising. For whatever reason, nobody wants to do it. How can an organization exist without funding?

I am a very proud individual and I know no harder job than that of asking or begging for money. Nobody wants to do it, so I'm doing it! My time has been very limited; I am approaching individuals that have the greatest potential of helping the Jewish Seniors Alliance financially. One of the hardest things to do is to approach somebody that you don't know. You must have a connection somewhere. This is not an easy task.

Not long ago I was privileged to be honoured by the Louis Brier Home and Hospital (as part of *Eight over*

Eighty). One of the couples being honoured was Frances, and Samuel Belzberg (z'l).

I picked up the phone and called the Belzbergs: "This is Serge Haber" I said. "I was honoured by Louis Brier at the same time as you both were. The reason that I am calling is that I want to meet with you to talk about the Jewish Seniors Alliance."



Samuel Belzberg^{z'l}

"Sure," Mr. Belzberg (z'l) said, "call my secretary and make an appointment," and so I did! Several days later I went to Mr. Belzberg's (z'l) office. There he was, running around the corridor as if he was a Spring Chicken. He was only three months older than I am. Smiling, he received me in a small office. I told him about the Jewish Seniors Alliance, what we do, how we help people and the great need for financial help.

We talked about many other things, including his own hour of need,

several years ago. We chatted for at least a half an hour, as if we had known each other forever. He finally called his accountant saying, "Make out a check in the amount of \$25,000 for the Jewish Seniors Alliance." I was very moved. We both got up, hugged each other as if we were friends for fifty years, and I murmured "Thank You Sam".

As he was escorting me out of his office, I said again "Thank You Sam!" Sam said "Don't thank me Serge, I have the easy job. to give you the money, you are the one that does the work!"

You have no idea what an impact Sam made on me! Yes, I lost a friend, I will miss him! May his memory be for a blessing.

Sincerely,

Serge Haber

President Emeritus

Samuel Belzberg passed away at the age of 89 on March 30, 2018.

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.



AGEISM, ADVOCACY AND ACTIVISM

JSA SPRING FORUM: SUNDAY MAY 13, 2018

Written by Shanie Levin

Photography by Alan Katowitz

The annual Jewish Seniors Alliance *Spring Forum* was held on Sunday, May 13th at the Peretz Centre. Despite the fact that it was Mother's Day, 70-80 enthusiastic attendees enjoyed a lively afternoon presentation and discussion. **Ken Levitt**, president of JSA, introduced the program. He reminded everyone of JSA's motto, *Seniors Stronger Together*, and encouraged members of the audience to become a part of this solidarity by joining JSA and supporting the programs.

JSA is involved in advocating for a national pharmacare initiative, as well as helping older adults become more self-reliant, thus enabling them to stay in their homes longer. Ken announced that the *Chai Tea* will be held on June 10th. The event will honour **Serge Haber** on the occasion of his 90th birthday. Ken

then introduced **Wanda Morris**, the guest speaker.

Wanda Morris is the Vice President of Advocacy for the Canadian Association of Retired Persons (CARP). Most recently she was CEO of Dying with Dignity Canada (DWD Canada) where she led a strategic campaign for legislative change, leading up to the Supreme Court of Canada's decision in the ground-breaking case *Carter v. Canada for the Right-to-Die With Dignity*. In the process, Wanda established her reputation as a key influencer and go-to commentator in national discussions on issues of importance to all Canadians, particularly those pertaining to aging. She brings to CARP years of successful advocacy and policy development, plus a track record of fundraising results and practical business expertise gained

from three decades as a CPA. Wanda is a regular contributor to the *Vancouver Sun* newspaper.

Wanda began her talk by mentioning a number of the issues that are problems for many elder adults in our community and in Canada in general such as, spending more than 30% of one's income on housing especially when living on a fixed income; the high cost of prescription drugs; the long wait times for medical procedures; long wait times in emergency rooms and the problem of finding a family physician. In this connection, she introduced us to the term "GOMER" - get out of my emergency room.

There are numerous challenges facing older adults and there are many more of them all the time: e.g., there are more Canadians over 65 than under 15; 1,000 turn 65 daily; centenarians are the fastest growing demographic.



Ken Levitt



Wanda Morris



Morley Shafron, Binny Goldman,
Aubrey Schwartz



So with all the challenges facing seniors the question is: Are we living well? With all the issues cited, housing, finance, health, longer life expectancy, how are we coping? Wanda pointed out that ageism is an important factor in making life more difficult. It is harder to find work as we age; doctors prefer not to take on older patients who have more health issues. There are also many safety issues that involve getting around in the community, e.g. the short time that green lights allow for crossing the street and the lack of benches for resting and washrooms outdoors. Another example is long waiting lines such as at airport security or in supermarkets. Ageism starts with disrespect and can lead to neglect and abuse.

So what are the solutions? Engagement is the most important factor. Anger is not helpful but active advocacy in the areas of the media, politics and

bureaucracies will have an effect. The approach must be respectful and concise. Point out when people make ageist jokes but do it in a non-threatening manner. Stories of individual experiences can be more effective than long tirades. Wanda gave the example of a Sears' employee who had worked there for many years and was left with little or no pension.

CARP has more members across Canada than all the political parties and can thus have a strong effect on the political process in their advocacy for seniors. They can work together with other seniors groups for change, for example in the area of pharmacare. CARP's largest groups are in Ontario, but they are hoping to revitalize the B.C. Chapters.

Wanda's presentation was followed by a spirited Q. and A. Most of the questions

focussed on health care and the costs. Wanda felt that it was reorganization rather than more money that could be the solution. For example, seniors taking up acute care beds at a very high cost because of the lack of home care and/or live-in facilities like long-term care. Mention was made of routinizing incontinence by having more staff for regular toileting; of advance directives about death and dying; of using the term "rewire" rather than "retire"; of shuttle buses to bring seniors to cultural events preventing social isolation.

After the Q. and A. **Ezra Shanken**, Executive Director of Jewish Federation gave greetings to all.

Gyda Chud thanked the speaker for elevating our voices with new and powerful information focused on current and future solutions. She pointed out that stories (as Wanda had said) are important not just for children but also for adult learning. Everyone enjoyed wonderful snacks and desserts by Gala and attendees ate and schmoozed. 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.

Shanie Levin

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.



Larry Shapiro and Raylene Burke





JSA INVITES YOU TO
Chai Tea
IN CELEBRATION OF SENIORS

Written by Tamara Frankel and Shanie Levin
Photography by Alan Katowitz



Sheila Gordon and Serge Haber



Life is not measured by the number of breaths you take,
but by the moments that take our breath away.
- Rabbi Abraham Twerski

The *Chai Tea* celebration took place on Sunday, June 10th, at the Vancouver Peretz Centre. One hundred and thirty-five participants joined together to support the work of the Jewish Seniors Alliance and to honour **Serge Haber** on his 90th birthday. **Matthew Gindin**, a Vancouver educator and journalist was the master of ceremonies.

Shelly Rivkin of the Jewish Federation of Greater Vancouver, emphasized Serge's effectiveness in bringing the issues of seniors to the fore in the Jewish community and the community at large.

Grace Hann, co-ordinator of Peer Support Services with **Charles Liebovitch**, described Serge as a visionary whose fervour and zeal created the program, a direct result of his love and commitment to seniors. She told the story of a woman, alone, sick with cancer, who had lost both her eyesight and hearing. Peer Support Services provided her with three levels of support: a peer counselor, a driver and a friendly telephone caller.

Liz Azeroual, co-ordinator of JSA and her coworker, **Rita Propp**, joined Charles

and Grace for a singing tribute to Serge to the tune of *This Land is Your Land*. Music by **Dave** and **Julie Ivaz** filled the room. Julie read a summary of Serge's biography accompanied by a slide show of Serge's life experiences. The musicians then serenaded Serge with a medley of his favourite songs.

Ken Levitt, president of JSA, emphasized the importance of "reinventing oneself" – both in terms of venue and occupation. Serge is a prime example: from a Pharmacy student in Romania, to surviving the Holocaust, to landing in Cuba, and then, with the help of an uncle, he arrived in Montreal in 1950. Arriving in Vancouver in 1978, Serge ran Kaplan's Jewish Delicatessen from 1981 until the year 2000. Concurrently he began working with seniors. JSA started as a sub-committee of Federation. Serge continues to be productive and active, guided by his vision, passion and tenacity.



Serge began by reciting the prayer: *Blessed art thou, O Lord our God, King of the universe, for giving us life, sustaining us, and enabling us to reach this season.* His wife **Elinor** (z'l) passed away 7 years ago, after 57 years of marriage. He has three children, **Wanda**, **Geoffrey**, and **Stephen**, five grandchildren and one great grandchild. He acknowledged with affection his friend and partner **Sheila Gordon**, who supports all his endeavors.

Serge lamented that, whereas JSA is in the business of prevention, the government is only concerned with responding to the urgent needs of seniors. A program of prevention by the government would without question prolong a much longer and healthier life

Continued on page 10...



TRIBUTE TO *Serge Haber*
 JSA'S PRESIDENT-EMERITUS, ON HIS 90TH BIRTHDAY



A PASSIONATE UNENDING LOVE FOR THE JEWISH PEOPLE

Written by Bob Markin

The wonderful person whom we have the privilege of paying tribute to today on his milestone nonagenarian 90th birthday cares so passionately about our community seniors and the Jewish People in general, that their well-being is on his mind constantly...and yes, anytime day or night, he'll heartfully voice his genuine and crucial concerns.

Serge Haber, our most admired and beloved 'friend to all', our treasured President-Emeritus, was at the forefront of the formation of Jewish Seniors Alliance (JSA), and his strong dedication to the Judaic directive of *Tikkun Olam* (Improving the World), has continued unabated in word and action throughout the years as he so conscientiously helped JSA as well as many other needy Jewish causes.

The fact that we are here today enjoying the *Chai Tea* and the many other exceptionally-outstanding programs of JSA, is due in no small measure to you dear Serge. With your strong, principled, kind disposition and fortitude, you have significantly championed substantial improvements in the quality of our lives.

Serge's life experiences profoundly shaped his character. Born in Romania in 1928 to his beloved parents Leon and Liza Haber (z'l), he lived amongst the horrors of pogroms and the Holocaust, to which he lost family members...and of which he barely survived himself due to fortunate circumstances.

At the end of the Second World War, he took two years of university study in pharmacy in Bucharest. An extensive real-life education followed when he

left Romania in 1947, travelling to and living in Austria, then Italy, France, Cuba, Montreal, Canada in 1950, Dallas, Texas in 1967, followed by stays in Toronto and Montreal, and finally – most fortunately for our community – to Vancouver in 1978.

Serge's community work is so outstanding, attainments of which he strongly credits to the impetus of his beloved wife of 57 years, Elinor (z'l), and to his desire to stress the importance of actively practising Jewish values to his three devoted children, Wanda, Geoffrey and Stephen.



Serge, with parents Liza and Leon, and sister Sidonia

We are in awe as we recall his dedicated community leadership throughout the years, which includes serving the internationally-based United Synagogue of Conservative Judaism (highlighted by a two-year term as vice-president); Congregation Beth Israel (with 18 years' of executive, chairmanship, men's club leadership); Vancouver Holocaust Education Society (passionately urging racial tolerance at its Annual Symposium and ongoing schools programs); and UBC Hillel (helping bring about a much-needed new facility). He sat for 19 years on the Louis Brier board and was a director of Jewish National Fund for 18 years.

Additionally, deeply religious, Serge inspirationally started a new Conservative Congregation, Shaara Shalom, in Laval, Quebec, in 1958; continuously helped lead religious services at Vancouver's Beth Israel Synagogue; and has taken a key role in daily and Shabbat service leadership at the Louis Brier - for 25 years straight.

In recognition of these outstanding attainments, he has been meritoriously honoured throughout the years by numerous organizations, including Louis Brier, as one of its *Outstanding Eight Over 80* recipients; by Congregation Beth Israel, with its President's Award, for community-involvement; and by Simon Fraser University, which named him *Man of the Year*, the first Jewish person to receive the recognition.

Ever on his mind are seniors...and especially Jewish Seniors Alliance. "I am trying so hard", Serge has said, "to do crucial work on behalf of community seniors, whose numbers will double in the next 10 years. I see JSA becoming the most important Jewish organization in the city because of its many much-needed programs, and I hope that seniors here will soon have their own building providing a variety of essential services."

He has warmly and strongly emphasized that "I have an unending love for the Jewish People generally, and in particular, for those in our community". Please be assured dear Serge, that the feeling is unquestionably mutual. On this, your milestone 90th birthday, we enthusiastically say *Mazel-Tov*, and heartfully affirm to you, with gusto and with all our love – Onwards to 120 – precious friend!

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.



#3: THE MAGIC OF LAUGHTER

Written by Tamara Frankel

Photography by Alan Katowitz



Once again the JSA brought the community, in partnership with Temple Sholom Seniors, a magical program of laughter. This program took place on Wednesday, March 21st, and was the third in a series of *Laughter and Music: Feeding the Soul*.

The magician **Stephen Kaplan** delighted the audience of over 100 people with his fabulous energy, delicious sense of humor and charming enthusiasm. He introduced himself as the Maestro of Magic, and as such, he claims, he conducts the Magic that is within us all. Combining interactive entertainment with humor, surprise, excitements and fun is what he loves to do. And believe me - he does it so well.

The audience was shrieking with laughter and wonder. How did he guess that Heather's first boyfriend's name was Peter? How did he guess that Lila was thinking of the city Winnipeg? And how did he guess that the card that Bonny picked was a 7 of Diamonds? Did he really guess all that? It doesn't matter. As a finale he took a section of the *Vancouver Sun*, tore it into pieces

and within seconds put it back together.

Gyda Chud, his preschool teacher, introduced him beautifully. Was she the one who instilled the charm and magic in him? Stephen made sure that every one of the attendees left the place with a big smile.

The program began with greetings by **Bill Gruenthal**, **Arthur Gutman** told some jokes and led the audience in Passover songs, and our beloved **Ken Levitt**, president of JSA, encouraged people to join the JSA.

The final session on the theme "Laughter and Music" will be *Music for Our Hearts and Songs We Love* on June 25th, with the Kehila Society in Richmond.



Stephen Kaplan

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



CHAI TEA REVIEW

...Continued from Page 8.

for seniors, and eliminate the ultimate expenses of urgency through sickness and mental decay. The 70 volunteers who work with 175 seniors is not going to be enough. In his words, "sometime, somewhere in your life, rich or poor, you'll need the services of JSA."

Throughout the afternoon tickets were drawn for donated door prizes. A fifty/fifty draw was won by **Carole Kline** who donated the money back to JSA. The grand prize of a night at the Grand Villa Casino Hotel was won by **Julia Wallstrom**.

Helene Rosen and **Marie Doduck** were the co-conveners of the Chai Tea. Their efforts and work were acknowledged along with that of **Gyda Chud**, Liz Azeroual and Rita Propp. Delightful portrait caricature drawings by artist **Katie Green** were available all afternoon. **Gala Catering** served up delicious sandwiches and cake. It was a memorable afternoon, enjoyed by all.



Shelley Rivkin and Serge Haber



#4: PERLA'S MUSIC WORKSHOP

Written by Shanie Levin
Photography by Alan Katowitz

The fourth in the Empowerment Series of the Jewish Seniors Alliance Snider Foundation Sessions for 2017-18 was held with the co-sponsorship of Congregation Beth Israel on April 17th, 2018.

This year's theme of "Laughter and Music: Feeding the Soul" continued with a program entitled *Perla's Music Workshop*. About sixty-five seniors were present to enjoy the event.

The afternoon began with the regular Tuesday senior's lunch provided by Jewish Family Services.



Dr. Ralph Yorsh and Froy Camara

Queenie Hamovich of JFS welcomed everyone and introduced **Ken Levitt**, president of JSA.

Ken reviewed some of the JSA programs including Peer Support Services. He asked the audience to consider joining JSA. He encouraged them to think of volunteering for some of the Peer Support Programs. He then introduced the speaker for the afternoon, **Perla Barabak**.



Perla Barabak

As suggested in the poster for the event, Perla believes that music helps the body and mind to relax.

It also touches the heart and soul, making it easier for feelings to surface. Thus music can provide multiple benefits for seniors. Perla began with some exercises asking the audience to sound out their names musically. She began with her own name and many people joined in. She talked about active and passive listening, for example, listening at a concert as opposed to hearing background music in an elevator.

Music makes the world go around! Throughout history music has been used in communication, movement, and at social events (weddings, bar mitzvahs,

banquets). It has always brought people together.

Songs represent a culture. In this way music is the song the heart sings. Songs remain with us into our senior years when other memories may fade. Songs and singing can create pleasure and empowerment.

Perla then did a guided meditation asking everyone to close their eyes, listen to the music and imagine a colour. She pointed out how relaxing this is and how music balances our thoughts and feelings. Perla has used music in her work as a psychologist. She feels that where there is life there is music.

In conclusion many in the audience got up and danced to the music being played.

The next Empowerment Series event *Music for Our Hearts and Songs We Love* will be on June 25th at Beth Tikvah Synagogue. **Caviar & Lace**, with **Michelle Carlisle** and **Saul Berson**, will perform an eclectic mix of classic, jazz and folk songs.





Portrait of an Artist

PETER JOHN VOORMEIJ

A visual language of shape, form, colour and line

Written by Rita Roling

It was with great anticipation and some trepidation that I knocked on the acclaimed artist Peter Voormeij's door. I have always been in awe of artistic and creative people as my own talents in those directions are at best mediocre. Peter did not disappoint.

He was born into a Dutch Jewish family in 1940. At that time Holland was under German occupation and life for the country's Jewish population meant either being in hiding or hunted, tormented and killed. Peter was two years old when his mother brought him to a gentile family for safety. Shortly after, she was captured, transported to Sobibor and murdered. Peter's recollections of his mother are vague and he cannot tell what is real and what he has imagined. When the war was over Peter was reunited with his father

and lived with his paternal grandmother until her death and then with his father, a violinist.

Staying with his father and a stepmother was difficult and Peter was looking for a way out. He had known since childhood that painting was in his blood; it was a calling not really a choice. His undisputed talent won him a full scholarship to Adelaide University in Australia where he successfully completed a BFA degree with emphasis on realism. After spending a short time in his birth-country, he did further studies in United States and in Canada where he achieved a Post Graduate

degree in Fine Arts at Concordia University.

While in New York he had the opportunity to study with abstract expressionist painters such as Willem De Kooning and Mark Rothko. Artistically this was a life-altering experience. Until that time most of Peter's work had followed the detailed and accurate representations of the realism school. The abstract images created by De Kooning and Rothko used a visual language of shape, form, colour and line with a degree of independence which is generally not seen in realism. Neither the man nor the artist Voormeij is a follower; thus he

relished the freedom of artistic expression the abstract movement offered, and how it opened the door for the artist, the art connoisseur and the average viewer to interpret not only what they saw with their eyes and mind but also how the visual and mental aspects evoked emotional responses. The influence of De Kooning and Rothko is evident in most of Voormeij's work through colours, shapes, forms and movements.



When asked what inspires him, Peter thought for a while and said: so many things but especially nature, music, emotions, poetry, philosophy and people. All of these are present not only in his art but also in his surroundings. His home and studio are filled with books, musical instruments, Judaica, and images of eagles, flowers, bliss and strife. A particularly large canvas *The Creation* depicts the beginning of the world. At first appearance it seemed chaotic but what emerged was choreographed chaos expressed in flowing, fluid, circular forms and movements. Creation is ongoing it said and we keep on reliving the same lives over and over. In the corner of this piece of abstract art is an accurately painted slightly tilted gold menorah. Does this represent your roots I asked, and without hesitation he answered with a Leo Tolstoy quote, "Without knowing

what I am and why I am here, life is impossible." This man knows himself, I thought.

Peter Voormeij has won many awards and accolades for his art and accomplishments. His work has been and is featured throughout Europe and North America. He was commissioned to paint close to two kilometers of ceilings in the Dutch Council of State Buildings in The Hague and was personally thanked by Queen Beatrix of Holland for his contributions. JSA is delighted to have one of his paintings – *Among Women* – on the cover of this issue of *Senior Line* magazine.

If you would like to view some of his art Peter Voormeij can be contacted through Elliott Louis Gallery Inc. in Vancouver at 604-736-3282.

Page 12

Top | *"Courage"*

Acrylic on Canvas - 50" x 70"

Page 13

Top Right | *"Who Then is She?"*

Acrylic on Canvas - 36" x 48"

Bottom Left | *"The Pillars from Heaven"*

Acrylic on canvas - 36" x 40"

Bottom Right | *"The Poet Smiles"*

Acrylic on Canvas - 36" x 40"



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.



SENIORS IN THE MOVIES

Written by Dolores Luber



MARK FELT: The Man Who Brought Down the White House 2017

We all can remember the Richard Nixon era and the corruption in the White House. Mark Felt is the anonymous insider who gave critical details to Bob Woodward and Carl

Bernstein, journalists at the Washington Post. Liam Neeson (age 66) plays Mark Felt, FBI agent, known only as “Deep Throat.” Woodward and Bernstein receive his guidance, following a trail that led them from a burglary at the Watergate office of the Democratic National Committee to the corruption that forced the first-ever resignation of a US president. This is a true story, a procedural thriller, timely and relevant. Watch it!



THE POST 2017

The movie *The Post* is about events that preceded the 1972 break-in and how, by defying the Nixon administration in publishing excerpts from The Pentagon Papers, the Washington Post became a major player. Although this story transpired

46 years ago, Steven Spielberg, the director, finds surprising relevance in today's political climate. With Tom Hanks (age 62) and Meryl Streep (age 69) at the top of the bill, the acting is top-notch. *The Post's* historical accuracy is as strong as its attention to detail. The 1970's is in full display. The publisher and the editor of the Washington Post are unsung heroes who protected the American way of life.



ALL THE MONEY IN THE WORLD 2017

This is a story of towering greed, the absence of mercy, and an ideal 21st century morality tale. In July 1973, John Paul Getty III (known as Paul), the elder Getty's 16-year-old

grandson, was snatched off a street in Rome. His kidnappers demanded \$17 million in ransom. Getty Sr. responded, “If I pay one penny now, I’ll have 14 kidnapped grandchildren,” a kiss-off heard around the world. Christopher Plummer (age 89) dominates in the role of billionaire J. Paul Getty, a hoarder of women, art, antiques, and most of all, money. Ridley Scott, the director, remains unsentimental, conjuring up entire worlds and sensibilities with visual precision, thickening the slow-building sense of dread. A true story, much like an ancient Greek tragedy.

FOREIGN FILMS



MRS. BROWN 1997

I was so enamoured with the movie *Victoria & Abdul* that I bought the previous film with Judi Dench about Queen Victoria, *Mrs. Brown*. The Queen is grieving the death of her beloved consort, Prince Albert.

A manly commoner, a Scotsman (played by Billy Connolly) who oversees Queen Victoria's palace at Balmoral, is called in as a desperate measure to try and cut through the miasma of two years' mourning. They are marvellous! The atmosphere in court is tense and chilling, yet before long she is taking Brown's advice that she must ride out daily, for the exercise and the fresh air. Both movies are available at the Isaac Waldman Jewish Public Library at JCC.



DARKEST HOUR 2017

Gary Wright, the director of *Darkest Hour*, with Gary Oldman (age 60 in elaborate make-up) playing Winston Churchill, explores both Churchill's bullish public image and his angst-stricken private life. He's reminding viewers of the undeniable

power of Churchill the politician at a pivotal time in his life, when his oratory helped bolster Britain's resolve to stay in the war after the fall of France and before the entry of the United States. Churchill was not entirely sure he was doing the right thing when he demanded “victory at all costs” from his country. Wright's approach works because of the narrow focus of his story, centered on the five weeks between Churchill taking office as prime minister in May 1940 and the evacuation of Dunkirk in June. Superb drama, great acting, all worth watching.



PHANTOM THREAD

2017

Daniel Day-Lewis (age 61) sews up another great performance in *Phantom Thread*. Reynolds Woodcock (Daniel Day-Lewis) is a couturier plying his trade in London in the 1950's. He creates exquisite drawings of garments which materialize, assisted by a crew of disciplined artisans, cutting and stitching his ideas into usable form. Alma (Vicky Krieps) becomes Reynolds's model, mistress and muse. It is hard to tell if the film is a comedy or a melodrama, it is thrilling to watch, full of large and small surprises.

DOCUMENTARY



KOSHER LOVE

2017

Kosher Love examines the search for true love and bible-instructed marriage in the orthodox/Hasidic world as it pushes back against the wired, secular world and its idea of momentary, selfish love. Rabbi Yisroel Bernath, of Montreal, known by some as "the Love Rabbi" believes

that love develops over time, but that in today's fast-paced world, few have the patience to wait. He is a rabbinical matchmaker who sets up Jewish singles, as he brokers new unions—marriage now, love later. Aired on the CBC network <http://www.cbc.ca/>.

ISRAELI FILM



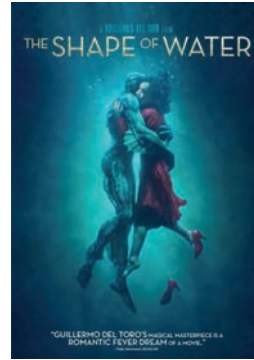
IN BETWEEN (BAR BAHAR)

2016

Arab-Israeli filmmaker Maysaloun Hamoud presents a trio of young Palestinian women in Tel Aviv trying to shape their own destinies despite being part of a conservative society

entrenched in patriarchy. Three single women with distinctive personalities share an apartment and their intertwined lives. Most of the film is in Arabic with a little Hebrew. The theme of sisterhood is international and performed impeccably.

SPECIAL MENTION



THE SHAPE OF WATER

2017

I will quote A. O. Scott, "*The Shape of Water* is partly a code-scrambled fairy tale, partly a genetically codified monster movie, and altogether wonderful." The director Guillermo Del Toro brings the creature to Baltimore in the early 1960's, the strange beast, quasi-fish and sort-of

human is kept in a tank at a government research lab, where he is subjected to brutal torture in the name of science and national security. Enter Elsa (Sally Hawkins), mute and lonely, the night cleaner at the facility. Get ready for an interspecies romance.



BABY DRIVER

2017

This is a caper/chase/comedy/thriller. It is fast, sweet, and executed with perfection. In *Baby Driver*, the youth Ansel Elgort plays the title character Baby, the designated driver for any icy Atlanta crime boss, Doc (Kevin Spacey). Baby never talks, is he a

mute, is he slow? No, but he has a hell of a backstory involving a car crash and a rash juvenile robbery spree that put him in Doc's debt. Technically brilliant, it is a cinematic joyride.

Home COMFORT
dog care

Away all day? Vacation coming up?
Possibility of a weekend get-away?
*Allow me to take care of your dog in the
comfort of my own home!*

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

778-229-6136
dolores.luber@gmail.com

Dolores & Davka
West 16th Ave. (near Oak St.)

GETTING TO KNOW YOUR MEDIA

Where to find movies and television series, audio books, and podcasts.

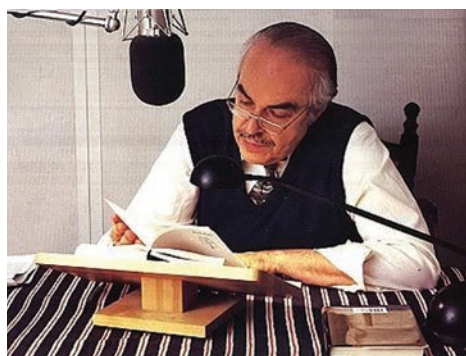
Written by Dolores Luber

Keeping up with the latest in media opportunities is in your best interests. The Internet and Social Media offer entertainment, information and the ability to connect with others, often at no cost or for a minimal fee.



AUDIBLE

When I was a graduate student at the University of Vermont, I had to drive 45 miles from my home in Stowe, Vermont, to the city of Burlington, Vermont. In those three years I listened to hundreds of books in my car. George Guidall was my favorite narrator. George Guidall has recorded more than 1300 unabridged titles. From classics to thrillers, historical fiction to westerns, Guidall magically brings books of all genres to life. For a complete list of his books, please visit www.audible.ca.



George Guidall,
Undisputed King of Audiobooks



HULU

The absolute best television series I have seen lately is **The Handmaid's Tale**, Margaret Atwood's classic novel from 1985, which takes place in the Republic of Gilead, a terrifying timely theocratic dystopia that used to be the United States. It is so extra-ordinary that I recommend that you sign up for Hulu, get the first month free, watch *The Handmaid's Tale*, and then quit Hulu. However, if you like watching television series and movies, there are three plans to choose from, ranging from \$7.99 a month to \$39.99 a month. The series is also available at Black Dog Video on Cambie Street in the Cambie Village.



PODCASTS

What is a Podcast you ask? A Podcast is a digital audio file made available on the Internet for downloading to a computer or mobile device, typically available as a series, new installments of which can be received by subscribers automatically—like a radio program on your computer, laptop, notebook or smartphone. A

Podcast is on-demand audio that you can listen to anytime.

For example, if you wish to find out something about anxiety disorders and seniors, you can listen to Stan Shear and me, Dolores Luber, discussing this topic. Or perhaps you want to know more about Ralph Jackson, listen to the podcast of Stan Shear interviewing him (<http://jsalliance.org/podcast/>). The choices are limitless, but here are a few places to start:

<https://www.esquire.com/entertainment/g19408625/best-podcasts-2018/>

<https://www.aplaceformom.com/blog/top-podcasts-for-seniors/>

The increasing popularity of podcasts for seniors is no surprise, considering the benefits they offer. Podcasts are a great way to:

- Achieve personal and professional growth
- Escape and be entertained
- Get inspired and explore new ideas and interests
- Optimize 'down' time while cooking, driving, walking or working out
- Stay educated and informed

Podcasts are episodes of a program available on the Internet. For podcast listeners, podcasts are a way to enjoy great content from around the world for free. For podcast publishers, podcasts are a great way to reach a wide audience.

Just Google "Podcasts" and your favourite subject! Then download the file and listen. Keep it if you wish or delete it. No Charge!

NETFLIX

NETFLIX

When I have finished my work for the recent edition of *Senior Line*, when I have caught up with the Oscar-nominated movies, when I have a breather—I watch Netflix movies and television series.

I enjoyed **The Meyerowitz Stories**. The patriarch of the family, Harold Meyerowitz (Dustin Hoffman) is a sculptor, a retired and beloved professor whose artistic career is in eclipse. Danny, the eldest son (Adam Sandler), Matthew the younger brother (Ben Stiller), Maureen, Harold's fourth wife (Emma Thompson) get caught up in the father's egocentric whirlwinds. Pent-up pressures of the past smolder. Dryly funny and

surprisingly moving serio-comic drama. This is family dysfunction at its best!

Hostages (*Bnei Aruba*) is an Israeli television series (English subtitles). The plot: The night before a surgeon (Eyelet Zurer) is scheduled to operate on Israel's prime minister, she and her family are taken hostage by three masked men who want her to kill him. This is a riveting, Israeli home-invasion thriller that is full of surprises. Completely ludicrous, but still totally gripping. Binge worthy—you have been warned!

One of Us is a documentary which features three individuals who were once part of a tightly knit community of *Hasidic* Jews in Brooklyn, New York. All three are caught by the filmmakers in the process of transforming themselves into secular Americans living life in the mainstream. The lone woman among them is far and away the film's most memorable character, in part because

she has the most harrowing journey. They feel abandoned and hated by their family and friends. Rachel Grady and Heidi Ewing, co-directors, took steps to include the *Hasidic* community's perspective, which is that the modern world poses an enormous threat, "assimilation on steroids", to *Hasidism*. The film is thought-provoking and moving—very well done.

Alias Grace is a television series based on the book by Margaret Atwood. In 19th century Canada, a psychiatrist weighs whether a murderess should be pardoned due to insanity. Superb!

Mindhunter is a docudrama which takes place in the late 1970's. Two FBI agents expand criminal science by delving into the psychology of murder and getting uneasily close to all-too-real monsters (serial killers). Gritty and totally gripping.

HUMOUR!



"This one's called 'Pesach Cleaning'!"

FUN FOR LEXOPHILES

I stayed up all night to see where the sun went, and then it dawned on me.

A will is a dead giveaway.

A thief who stole a calendar got twelve months.

I got some batteries that were given out free of charge.

A dentist and a manicurist married. They fought tooth and nail.

A bicycle can't stand alone; it's just two tired.

He had a photographic memory but it was never fully developed.

Morning:
Tired

Afternoon:
Dying for
a Rest

Night:
Can't Sleep



SAVE THE DATE

JSA ANNUAL GENERAL MEETING

DATE: **Thursday, October 11th**
TIME: **5:00 pm Registration**
5:15 pm AGM
6:00 pm Dinner

PLACE: **Beth Israel Synagogue**
989 West 28th Avenue, Vancouver

(See inside back cover for more information)

FALL SYMPOSIUM: AGING ACROSS CULTURES

DATE: **Sunday, October 28th**
TIME: **1:30 pm Registration**
2:00 pm Program

PLACE: **Peretz Centre**
6184 Ash Street, Vancouver

(See inside back cover for more information)

SAVE THE DATE

FEDtalks: Jewish Federation Annual Campaign Opening Event

Date: September 16th at 6:00 pm
Contact: Laura Braude
lbraude@jewishvancouver.com



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

9:00-3:00 pm

FRIDAY

9:00-2:00 pm

BETH TIKVAH SYNAGOGUE

604-271-6262
<http://bethtikvahbridge.wordpress.com>

MONDAY - 7:00 pm

Duplicate Bridge - ACBL sanctioned, master points awarded

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

July 30
11:00 am Documentary
Screening:
Munich '72 &
Beyond

1:00 - 3:30 pm Canasta Tutorial
Oct 15, 22 & 29 Class

1:00 - 4:00 pm Canasta

1:00 - 4:00 pm Poker

1:00 - 4:00 pm Mah Jongg

TUESDAY

July 17
9:00 - 6:00 pm Day Trip: Agassiz
Farms Tour

July 31
12:30 - 2:00 pm Circle of Friends
Summer BBQ

9:30-10:30 am Chair Yoga

11:00 - 2:30 pm Duplicate Bridge

WEDNESDAY

9:30 - 10:30 am Chair Yoga

1:00 - 3:30 pm Mah Jongg
Starting Sept 26 Tutorial Class

1:00 - 4:00 pm Mah Jongg

1:00 - 4:00 pm Canasta

1:00 - 4:00 pm Poker

THURSDAY

July 19
7:30 - 10:00 pm Mah Jongg
Summer Ice
Cream Social

August 9
9:00 - 5:00 pm Day Trip: Whistler
and Audain

11:00 - 3:00 pm Duplicate Bridge

FRIDAY

9:30 - 10:30 am Shabbat Chair Yoga

11:00 - 1:00 pm Supervised
Bridge

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

TUESDAY

Weekly Torah Classes - 11:00 - 12:00 pm

Community Kitchen - 12:30 - 2:30 pm
Lunch \$6 - 4th Tuesday of each
month, RSVP 1 week in advance

WEDNESDAY

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

THURSDAY

ESL Classes - 9:30 - 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

Senior's BBQ - Thursday July 12
11:30 - 1:30 pm, Cost \$9

ALTERNATE THURSDAYS 11:00-2:00pm
Hot Kosher Lunch \$9 - Movies, Music,
Guest Speakers. RSVP one week in
advance. Sept 6, 20 & Oct 4.

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

Summer BBQ and Concert with Pianist
Lester Soo - Monday August 27
Lunch 12:00 pm, Program 1:00 pm, \$10

Lunch, Movie and Popcorn -
Thursday September 27

MONDAY - RESUMES OCTOBER 15

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

JULY, AUGUST, SEPTEMBER, OCTOBER 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/>
 July 22, August 19, September 23, October 14

MOUNTAIN VIEW CEMETERY WALKING TOUR

Sundays at 11:00 am, cost \$10. Full details and registration at:
<http://jewishmuseum.ca/program/mountain-view-cemetery/>
 July 14, August 12, September 16, October 21

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

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6:00 PM - Sept 21, Oct 19 (subject to change)

Sept 16 - 2:00 pm	High Holiday Observance
First and Third Wednesday of the Month 3:00-4:30pm - Resumes second week of Oct	Yiddish Reading Circle
Tuesday -7:30-9:30 pm Resumes Tuesday, Sept 11	Vancouver Jewish Folk Choir
Second and Fourth Saturday of the Month - 10:30-12:30 pm Dates to be announced	English Language Discussion Group on I.L. Peretz

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

FRIDAY 11:30am - Peretz Centre, Starting September
 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 - Once per month	YIDDISH STORIES FOR ADULTS read in English by Shanie Levin at L'Chaim.
--------------------------	--

WEDNESDAYS

10:30-12:30 pm	SHIRLEY STEIN'S NEWS AND VIEWS - Discussion group about current affairs and global politics.
----------------	--

THURSDAYS

1:00 pm - Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. July 26 & August 23
--------------------------------------	--

EBOOK AND AUDIOBOOK HELP - Bring your device and get hands-on training. Weekdays - Call or email for appointment.

GENEALOGY: Library staff, in partnership with the Jewish Genealogical Society, will assist you in using resource materials to search your family history. Call or email for appointment.

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

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: Yuriy Rubin yuriy_rubin@mail.ru

July 22	Departure of Nature
Sept 9	Jewish New Year Celebration
Oct 25	Annual Meeting

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.

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



WHERE TO GO FOR HELP

www.jsalliance.org/resources/where-to-go/

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:

- 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



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
- 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 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



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 604.267.4756
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



Joanne LaRocque
[la rock]
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

CARTOON CAPTION CONTEST

CONGRATULATIONS TO OUR WINNER: R. ALLMAN!

Thanks to everyone for your creative efforts!



"Ess, ess mein kindt."



"I should have twigged something was wrong when it spoke to me in Yiddish! Not Aramaic."

OUR RUNNERS UP:

Snake: And the peel is full of antioxidants!
Adam: I couldn't even taste the antioxidants, whatever they are!
- Jackie and Gerry Krystal

Snake: I love doctors. Don't eat one every day.
Adam: SAVE THE DOCTORS. My bag is full of apples.
- Hugh Nathan

Snake: Go ahead, take a bite, honest it works, trust me. Have I ever lied to you before?
Adam: Yeah, well, at least we won't have to deal with a doctor today.
- Barry Corrin

Snake: It's okay! It's *kasher* (kosher).
Adam: Rules, rules, rules—it's worse than living in a condo.
- K. Silverman

Snake: Be my guest.
Adam: I had no idea he lived so far.
- Emily Hsu

Snake: It's OK. It's ORGANIC!
Adam: You and your big mouth. At least eating the apple made it disappear for a while!
- Catherine Myerowitz

Snake: Try it! You'll like it.
Adam: Don't worry Eve, there are other places. I hear good things about Vancouver.
- M. Lecovin

Snake: He's only kidding.
Adam: Well he won't be able to call it "the garden of Yidn" anymore!
- G. Lecovin

Snake: Trust me, it's organic.
Adam: He lied to me, it was GMO [a genetically modified organism].
- Gary Schajer

Snake: *Es, mine kindt*.
Adam: Sounded just like my mother!
- Larry Kazdan

Snake: Just one little bite won't hurt you. Trust me!
Adam: I never told him I wanted to live forever. Maybe to seventy-five or eighty or something...
- David Kirkpatrick

Snake: It's a GM (genetically modified) product.
Adam: What's the big deal? It's not like it's *treif* (not kosher)!
- R. Raibmon

Snake: One day, your descendants will be holding apples in their hands, and talking into them.
Adam: I thought eating apples was supposed to be good for you.
- Larry Meyer



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

Jewish Seniors Alliance

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

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

PEER SUPPORT SERVICES

Interviews by Grace Hann

CLIENT PROFILE: BEN KOPELOW



Ben and Dolly Kopelow

Very cold in winter and very hot in summer! That is how I describe growing up in Winnipeg. My parents owned a chain of grocery stores and I was expected to tow the line. I grew up with three brothers and one sister. We were a close knit family. While very young, my creative self surfaced when I was introduced to skits and plays. I knew that hearing laughter and giggles

from an audience was something I yearned for.

My life settled down somewhat after moving to Vancouver. I became more immersed in the Arts. I got to know the local theatre scene and joined Repertoire Productions and Vancouver Little Theatre Association. My first appearance was in *Three Men on A Horse*, followed by *Room Service*. How I loved those days!

One evening while at a community dance, a woman with her friend walked into the room, I knew right away that I had just met my future bride, Dolly Halpern. That was sixty-three years ago. We had two children Gordon and Bryna. They mean everything to us. Dolly knew that more than anything I loved show biz, and she supported and guided me with the creation of the Barnstormers Theatre Company along with Max Pauer and Doug Hellier. This took on a new dimension for me. Some of our productions included *Diary of Anne Frank*, *Once More with Feeling*, *A Night in The Nineties*, etc. I then moved on to do more comedy and acted in *Annie Get Your Gun*, *Guys and Dolls* to name a few. Oh, the life of being in show biz, I cannot imagine my life without this. I was passionate, consumed and I enjoyed every minute!

In 2010, my vision began to fail me, I retired and had to make decisions based on my health. This meant selling our home which we had lived in for sixty years and moving into a condo. With this also meant the loss of my independence as I had to give up driving. But it was acting which I missed so much! All of these changes led to my depression and despair. Dolly became quite ill, my special vibrant love has now been confined to a wheel chair, unable to move on her own. Luckily for me I have a very supportive son and daughter.

One day, someone recommended Jewish Seniors Alliance to me. Through Charles and Grace, I have great support from their volunteers. This has been a constant form of encouragement and understanding. I would like to mention Dr. Harold Laimon (z'l) who had helped me tremendously. Dr. Laimon (z'l) called me on a regular basis right up to the week of his passing. We were able to share stories and engage in great conversations. Larry Shapiro, another volunteer, visits with me once a week and I know I can count on him!

“There’s no people like show people, they smile when they are low.” - Irving Berlin

VOLUNTEER PROFILE: LARRY SHAPIRO

Growing up in a Jewish community in Montreal was in some ways a little isolating as my mom ruled with an iron fist and overcompensated for my dad who died when I was very young. It wasn't until we moved to the suburbs and attended a regular and very diverse school did I recognize some of the symptoms of anti-Semitism. Many of my shorter Jewish friends were bullied and singled out with lots of ridicule and beatings. I understood only too well how difficult it was to be made fun of. As a young boy, I stuttered, this led to ridicule and shame. Little did I know that I would not let this happen to others; I became a champion of those young boys and always jumped in to help. As a young man, I joined the Jewish Defense League and the Civil Defense. I knew then that my life would not be determined by a single event.

In 1967 as soon as I heard about what then became The Six-Day War, I signed up and within 48 hours I was in Tel Aviv, ready to help out wherever I could. I stayed for four months. I was struck by the dangers peoples' lives were in



Larry Shapiro

on a daily basis. Today, reflecting back I believe my road map was designed before I had any say!

As a career, I studied accounting, worked at major firms as well as with the Federal government. In 1977, I studied real estate and opened my own business until I retired several years ago. Now it's time to make

another change. My wife Dianne who has been my constant companion decided with me to move to Vancouver to be closer to our children and grandchildren. I first met Dianne when I was sixteen years old, at that time, I was too immature to make a positive impression. It was only many years later through serendipitous events that we met again. This time I had hoped she would accept the mature person I had become. She did!

I knew moving at this stage of my life would be challenging but nothing prepared me for this feeling of being all alone in a new city. Many days I rode the elevator in our apartment building trying to get to know other people, but nothing was sticking. But then one day, I met Serge Haber. Has anyone ever tried to say no to Serge? I explored volunteer opportunities at JSA and decided to sign up for the Senior Peer Counselling training. Listening was not a natural ability for me but I continue to work on it. Through volunteering, my life has become much richer. I have met amazing older people with such diverse backgrounds and yet, all with a common underlying issue; isolation and loneliness. I believe this is the worst affliction imaginable, made worse by its invisibility and stigma. I feel so honoured and humbled to be a part of the difference.

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



PEER COUNSELLING GRADUATION

for Volunteers

Written by Binny Goldman

"Volunteers do not necessarily have the time - they just have the heart."- Elizabeth Andrews

Nowhere was that quote more in evidence than at the ceremonies for Senior Peer Counselling graduates and Volunteer Appreciation event held on Wednesday March 7th at the JSA. **Charles Leibovitch**, Senior Peer Support Services Coordinator, warmly welcomed all gathered, remarking that we were ALL volunteers, and thanked us for attending. **Grace Hann**, Senior Peer Support Services Trainer and Supervisor, echoed Leibovitch's words adding that one of the most difficult and important things emphasized in their program was learning how to listen without imparting one's own advice.

Certificates of completion were handed out and photographs taken to record those special merited moments. Hann called upon **Louise Blouin**, one of the graduates, who opened her remarks by saying how fortunate they all were to have a caring teacher like Grace Hann to emulate as an excellent example of what a Peer Counsellor could be. In thanking JSA for having instituted the Peer Support Program, Blouin confessed that Peer Counselling can take over your life. The graduates spoke about how much they, themselves, had derived from the giving of themselves. Lines from poetry were often quoted by the graduates in their talks: 'Thanks for listening to me'- was one that resonated to all.

Wayne Davis said that Charles and Grace were people who



Charles Leibovitch, Peter Yu, Grace Hann



“ To make one person smile - you have done something beautiful for the world" and that's what volunteers do each and every day.

see matters and solutions in a merciful and kind manner. Davis ended with a line from the poem *Anyway*: "The good you do today, people will often forget tomorrow; do good anyway".

Other graduates commented that everyone needs help and that this help was mutually good for both client and volunteer. While employing the skills learned, to empathize, to reflect and to mirror via role playing, a better understanding of the other's needs is gained. Listening has the power to lighten the sense of powerlessness and loneliness of another. **Susan Moore** called everyone donors, of time and of compassion. All were striving to make a difference, whether it was in helping family members or the community at large. Without volunteers, there wouldn't be a JSA.

Donna Cantor of Jewish Family Services said that JSA's Peer Support Program was a vital addition to the community and that she had sent many clients to avail themselves of this service through the years. Cantor had heard one man bemoan the fact that LONELINESS can kill even the STRONGEST of men. Just having the silent phone ring, without yet having had the benefit of a conversation made a difference.

Delighting the crowd were the magical moments when **Odelon** and Charles sang together and then on their own. Hann and Leibovitch captured everyone's hearts when they too sang to the crowd. The melodious music entered our hearts and lifted us body and soul, throughout the evening when **David** and **Julie Ivaz** played and sang. Seeing the audience surge to their feet, expressing the joy felt in the room and join in the celebration of the evening by dancing, was a memory we all took home, smiling.

Grace Hann thanked the JSA Volunteers, **Rita Roling, Gyda Chud, Jackie Weiler, Liz Azeroual** and **Rita Propp**, for their outstanding assistance in creating the Spring-like atmosphere with flowers and floral napkins. Hann admitted she had used real china as one of her students **Peter Yu** had set a high standard when inviting the team to his home. Hann and Leibovitch then surprised me with flowers as thanks for my contribution to the evening and that warmed my heart.

Ken Levitt, JSA President, proudly stated that JSA is what volunteering is all about. It is the backbone of the organization, working with isolated seniors—seniors helping seniors; generously giving the gift of themselves. Levitt quoted the late Grace McCarthy, "What the power of one can accomplish".

One person can make an enormous difference in the world. One person - actually, one idea - One discovery can cure a disease or spawn new technology to benefit or annihilate the human race. You as ONE individual can change millions of lives.

Binny Goldman

Binny Goldman is a graduate of the Hebrew Teacher's Seminary of Montreal and an early childhood educator. She is currently on the Board of the JSA and has been since its inception. Binny is also an active volunteer at the Louis Brier Home and Hospital.



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

THE END OF OLD AGE

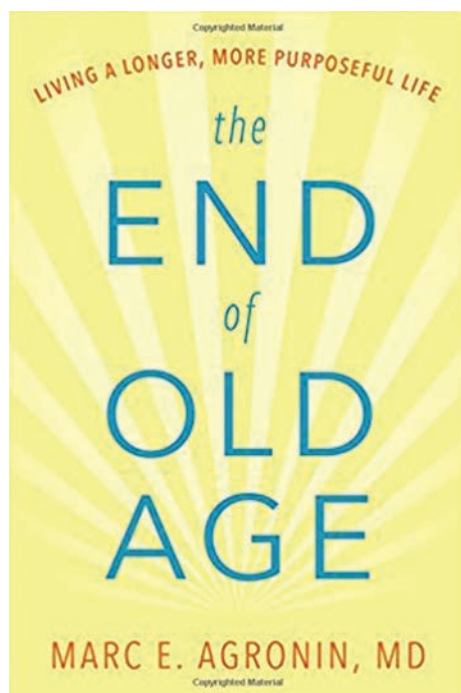
by Marc E. Agronin, MD

Written by Susan Moore

To age is the most profound thing
we accomplish in life ”

Geriatric Psychiatrist, Marc Agronin, has provided a new lens on aging, repositioning the stereotypical doom and gloom of being ‘old’ to a celebration of aging as a opportunity to embrace vitality, build resilience and thrive in the face of adversity. Agronin combines the stories of supercentenarians and older adults of all ages, to provide a road map for aging well, as opposed to our obsession with all things ‘anti-aging’. From the ‘right to die’ arguments to setting the stage for a vibrant aging process, Agronin has the ability to shift the clinical into the personal through storytelling.

Agronin is adept at bringing positivity to almost any negative perception



of the aging process. Consider the word ‘Geropause’, a term coined by Agronin to describe the “challenging and symbolic stagnant-quo – causing age points that can impose a halt or deviation from previous personal development”; Agronin doesn’t fixate on the negative aspects of slowing down but rather provides examples of how older adults like ‘Bodi’ (a pseudonym) were able to engage with activities that had been just out of reach in earlier years.

Agronin successfully creates new terminology moving negatively perceived life events into opportunities for continued growth and hope as demonstrated in Part II, Chapter 3, *Age Points*. Stress, trauma, grief and loss, and other life challenges are repositioned as ‘age points’, events that impact our ability to move through adversity. Although Agronin is careful to note that not all ‘age points’ will have successful outcomes (i.e. loss of a spouse), he does provide guidance on how to build resilience for when ‘age points’ occur.

The book is structured through four chapters, using literary tools including archetypes, personal stories and narrative arcs, to bring readers into shared life journeys. Using three questions and answers to unpack the aging process, Agronin brings the reader to a place of hope and positivity:

“Why age? To grow in wisdom.

Why survive? To realize a purpose.

Why thrive? To create something new”.

From beginning to end, Agronin delivers clear, engaging and compassionate examples of choices made by older adults when looking at their own futures.

This book has left me with a profound sense of hope and the understanding that we can, and will, thrive even in the Ninth Stage of our lives when mental and physical impairment threaten quality of life. **Building capacity to withstand adversity, reinventing oneself at any age and finding life purpose, are the stepping stones leading to *The End of Old Age*.**

Susan Moore is focused on greater supports for vulnerable older adults through the development of sustainable programs. She is a member of the Editorial Committee of *Senior Line Magazine*. She is completing a Master’s degree through Royal Roads University.



INSPIRATIONAL POEM

LEISURE

by William Henry Davies (1871-1940)

What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars like skies at night.
No time to turn at Beauty’s glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.

ASK HANNAH:

Your Personal Advice Column

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

REALITY CHECK PLEASE

Dear Hannah,

It is happening all around me! As a woman in her late 70's I find that visits to the ER (Emergency Room) of a hospital are very common amongst my friends. A pacemaker acts up, medication mix-ups cause problems, tripping on the sidewalk—whatever the issue, it seems that the ER is the place to go. Can you give me some advice concerning ER's, all I know is what I see in television series.

- Reality Check Please

Dear Reality Check,

You are on the right track. Preparedness is the key to better and quicker positive results when an emergency occurs. First, to ensure the most informed assessment, take with you a list of your medications, allergies, illnesses and doctors. Prepare this now and keep it in your handbag or in the freezer (easily accessible). If you are severely ill, call an ambulance. You may not be safe to drive; paramedics can begin life-saving treatment en route; an ambulance can usually get there faster; and the ambulance will know the best place to go—in many large cities, certain centres are deemed the stroke centre or the heart centre. Life-threatening problems are seen first, so even painful problems can wait.

The ER is often a very busy place. So, ask your doctor now what off-hours coverage their office has; many share

an on-call system whereby off-hours and holidays are covered by a doctor. This could save you from many hours in the ER.

Come with or meet an advocate there if you can. Communication is key, if you have a question or concern, then ask or say something. Your advocate can keep track of who you saw and what was said and done (Dr. Zachary Levine, *How to Navigate the ER*, Zoomer Magazine, Oct. 2017).

PARADOX OF OLD AGE?

Dear Hannah,

I heard an expression the other day which puzzled me, “The Paradox of Old Age”. As an 84 year-old man, I have had my share of problems, a bout of cancer, my eye sight is getting worse, I may lose my driver's license and my two children and grandchildren live far away. It seems to me that old age is full of problems and my life will only become more limited and less satisfying.

- Paradox of Old Age?

Dear Paradox of Old Age,

First a definition: A paradox is a figure of speech that seems to contradict itself, but which, upon further examination, contains some kernel of truth or reason. The word “paradox” comes from the Greek “paradoxos” meaning contrary to expectation, or strange.

If I said to you, “Want to be happy?”

“Think like an old person,” you would shake your head. Absolutely not! Researchers are finding out that some very old people choose not to focus on their declining abilities but on things that they can still do and that they find rewarding. Older people are reporting higher levels of contentment or well-being than teenagers and young adults. Super seniors are spending their energy on the things they can still do that bring them satisfaction, not on what they had lost to age.

John Leland (<https://www.nytimes.com/2017/12/29/nyregion/want-to-be-happy-think-like-an-old-person.html>) writes of many case studies of old people and their commitment to this attitude. These people see life through its continuities, not its disruptions. One elderly lady says “I like the life here much better than young times, young times we only have time to study and make money. Now, we seldom talk about bad things. We keep ourselves happier. Try your best to keep your mood up. No arguments, and we can talk with each other without any difficulties.” So dear sir, the paradox is in linking old age and happiness! I suggest reading John Leland's book based on his “85 and Up” series – *Happiness is a Choice You Make: Lessons from a Year Among the Oldest Old*. You too could change your attitude towards old age, you could accomplish new achievements, you could find new pleasures, and you could think like these old people and be happy. That is indeed a paradox.

PS. Please read our review of Marc Agronin's book *The End of Old Age* on page 26 for further guidance in leading a purposeful and happy old age.

Continued on page 29...

EAT SMART, CHOOSE SUPPLEMENTS WISELY

Written by Fran Berkoff

Healthy eating is important throughout your life and plays a positive role in aging well. Eating smartly can help you feel your best, help your immunity stay strong, keep your brain sharp and lower the risk of some health issues that are more common as you age. Unfortunately, there is no single, perfect wonder food or nutrient that can keep you younger or smarter, but there are specific steps you can take to help maximize your health. Here are four:

1. EAT PROTEIN THROUGH THE DAY

Protein, important for many things including muscle mass, is found in all animal products (meat, fish, chicken, cheese, eggs, dairy) as well as soy, legumes, lentils, nuts, seeds and some grains. Studies show that having it spread out through the day can help maintain muscle strength and function as you age. While you typically have protein at lunch and dinner, it's the morning meal where many people come up short.

6 easy ways to include protein at breakfast:

- Hard-boiled eggs (make them ahead and keep in the fridge).
- Peanut butter or almond butter on whole grain bread.
- Smoothie with milk or soy beverage and fruit. Up the protein by adding Greek yogurt.

- Oatmeal (or other whole grain cereal) with milk or soy beverage, topped with a handful of nuts and some fruit.
- Half a whole grain pita pocket stuffed with cottage cheese and fresh fruit.
- Whole grain wrap made with leftover chicken, beans or hummus.

If you're looking for super foods, look no further than your fridge. ”

2. POWER UP WITH FRUITS AND VEGETABLES

If you're looking for super foods, look no further than your fridge. Fruits and vegetables, nature's perfect super foods, are rich in vitamins, minerals, fibre and a host of plant chemicals that have disease fighting properties including protection against inflammation, the root cause of many chronic diseases. Eating a variety of brightly colored fruits and vegetables on a daily basis is an important step towards good health. While we know it's important, these delicious foods are sadly lacking in many people's diets. Add one or two a day and then add more!

6 easy ways to include more fruit and vegetables daily:

- Order vegetable soup or a chopped salad with restaurant meals.

- If you make pasta using a store-bought tomato sauce, add vegetables to it.
- Put berries or a sliced banana on your morning cereal.
- Add sliced tomato, cucumber, spinach leaves to a sandwich.
- Roast your vegetables. They are delicious and you can use leftovers to add to a salad or sandwich the next day.
- Snack on fruit during the day.

3. EAT YOUR VITAMINS AND MINERALS

Taking a multivitamin/mineral supplement is part of many people's routine. But choosing one from the array at the drug store can be pretty overwhelming. You also have to decide whether a multivitamin will cover all bases or whether you should take individual supplements.

A multivitamin can fill in the gaps in your diet especially if there are times when your diet is not as good as it could be. Also, there are particular stages in one's life or circumstances where a supplement may be necessary. But, a supplement won't substitute for poor eating habits. And, supplements won't provide fibre or the array of plant chemicals found in plant foods. It's the natural mix of vitamins, minerals, plant chemicals and fibre found in food that makes whole foods your perfect vitamin pill and disease fighter!

There are reasons why certain people should consider taking one. These include:

- The guidelines for vitamin D suggest 600 IU for people up to age 70 and 800 IU for people over 70. Many professionals suggest 1000 IU per day. It's almost impossible to get enough vitamin D through food alone.

- Adults over 50 may not be absorbing enough vitamin B12 from foods and are advised to get it from a supplement or fortified foods.
- People on very low calorie or otherwise restricted diets will likely benefit from a multivitamin/mineral supplement.

When it comes to individual supplements, they might be helpful if there is a particular vitamin/mineral lacking. For example, many multivitamins don't have enough vitamin D to bring you to the level you need. It's always wise to speak to a dietitian or pharmacist about the supplements you take.

Also, in most cases more is not better. While a multivitamin can help, taking two or three times the dose does not generally give you two or three times more benefit.

4. GO FISHING

Fish, especially cold water, fatty fish including salmon, mackerel, sardines, trout and halibut are great sources of omega-3 fats which are in brain tissue and key to brain function. Some studies suggest they may help memory and mood.

- Cook mackerel, halibut or trout on the barbecue or bake in the oven.
- Add sardines to a salad.
- Have a salmon or tuna sandwich for lunch.
- Enjoy gefilte fish.
- If you don't want to cook fish, order it when you are out.

Eating wisely means accepting responsibility for nourishing your body and your brain. Inform yourself, pay attention when you shop for food; enjoy cooking, that is, treat yourself with respect.

FRUITS AND VEGETABLES

For convenience, shop for ready to eat fresh vegetables: pre-washed salad greens, baby carrots, broccoli and cauliflower florets, cherry tomatoes, shredded cabbage, celery hearts, cubed turnip, sweet potato and squash. Also look for fresh fruit salad, melon cubes, peeled and cored fresh pineapple.

Buy bags of frozen vegetables that are easy to prepare with no waste. It's a myth that fresh is always better than frozen. In winter, most fresh produce has been picked far away and transported a distance to the grocery store. Frozen vegetables, harvested at their peak of goodness and frozen quickly, retain much of their nutritional content and may be even more nutritious than their fresh counterpart. They're also often more a better budget buy than fresh.



Fran Berkoff RD is a consulting dietitian, whose practice includes nutrition counselling, writing, delivering nutrition seminars and workshops.

You can reach her at www.franberkoff.com.

ASK HANNAH

...Continued from Page 27.

UPDATE ON THE ISSUE OF THE SHINGLES VACCINE

Not only do I advise you to get the shingles vaccine, but now I am insisting that you get the new shingles vaccine, Shingrix, which has been proven to be more effective at preventing this disease than the first shingles vaccine, Zostavax. The Centre for Disease Control (USA) recommends Shingrix for all adults over age 50. The committee also recommended Shingrix for adults who've previously gotten Zostavax. Shingrix racked up a 97 percent effectiveness rate in adults over age 50 and, in a separate study of people over age 70, prevented 90 percent of shingles in those 70 to well past age 80.

RECOMMENDED READINGS:

Jane Brody, *Why You Should Get the New Shingles Vaccine*, New York Times, April 9, 2018.

Paula Span, *No Excuses, People: Get the New Shingles Vaccine*, New York Times, Nov. 10, 2017

TESTING: PRIVATE VS. PUBLIC?

Written by Dr. Zachary Levine

Canada has a single-player health-care system of which we are justifiably proud. Many other countries with government-run and funded health care, however, allow some private medicine for those who wish to pay in order to take some of the burden off the public system. Numerous private clinics have sprouted up across the country. These may provide primary care or specialist care, and there are also private imaging clinics and private surgery clinics.

The advantages of these generally are the access to more rapid care, testing and surgery, as well as having access to a physician off-hours, on weekends and holidays. And the doctor has more time to build a therapeutic alliance with their patients.

There are a couple of concerns about these clinics: first, the idea that people are getting better care in private clinics goes against the spirit of fair, equitable, excellent health care for all. While it is not necessarily true that they provide better care, they do provide more personalized attention and service. More care is not necessarily better care.

Another concern being raised with the Choosing Wisely campaign is about over-testing. This national campaign is part of a global movement that aims to assist clinicians and patients to take part in a dialogue about unnecessary tests and treatments, and make smart and effective care choices.

Some feel that in an effort to provide more service to paying customers, private clinics will offer screening, testing and treatment that is not evidence-based, such as exercise stress tests for seemingly healthy 30-year-old executives. The problem is that not all screening tests are totally benign. If you look hard enough, you will find something. That something may end up being benign but, in order to determine if it is benign, the patient will have to undergo testing, sometimes testing that is invasive, with serious potential. And sometimes finding an abnormality means a referral back to the public system for specialty care, perhaps



putting undue stress on the system – a system in which every Canadian is entitled to the same excellent quality of care, no matter their wealth or status.

First appeared in the March 2018 issue of ZOOMER Magazine. Printed with permission.

Dr. Zachary Levine is an assistant professor in the faculty of medicine at McGill University Health Centre and medical correspondent for AM740 (a ZoomerMedia property).

- **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



2018 Top 5 Priorities

Here's what will consume us in 2018.



1.3 million

corporate pensioners at risk

Pension Protection

Corporate employees work for decades only to have their pensions cut if their company goes bankrupt. Canada is at risk of becoming an international laggard when it comes to pension protection. Our federal and provincial governments must do more. CARP is calling for super-priority for pensioners in bankruptcy, along with pension guarantees in all provinces.



66% of members

support elimination of mandatory RRIF withdrawals

RRIF Reform

We are living longer than ever before, but facing historically low interest rates and the disappearance of defined benefit pension plans. Current regulations governing RRSPs and RRIFs are no longer working. It discourages older Canadians from continuing to work while our oldest seniors are at risk of running out of savings. That's why CARP is calling for reform that includes the elimination of mandatory RRIF withdrawals.



23,000 reports

of abuse in one year

Resident Safety in Long-term Care

Every Canadian deserves to live out their life with dignity, respect and peace of mind - no matter their age or health. CARP will continue to focus on resident safety in long-term care, including securing sufficient funding, appropriate training, and supportive environments for those in long-term care.



1/4 of single seniors

live in poverty

Access to Housing

Housing is too often portrayed as a millennial issue. Not so. Homelessness among seniors is on the rise across Canada. Those who are housed but on modest fixed incomes struggle with affordability. One-quarter of single seniors live in poverty; providing secure housing is the key to reducing the number of seniors living in poverty.

"The best way to keep going... is to keep going."



Moses Znaimer
President, CARP

Stand (or Sit) Up Straight!

If we could only bottle and sell it, exercise would be the best-selling pharmaceutical of all time. Together with our chapters across the country, we'll be launching a campaign to get our members moving through a series of walking events and other physical activities.

First appeared in the March 2018 issue of ZOOMER Magazine. Printed with permission.

IF YOU LIVE LONG ENOUGH,

be prepared to be discriminated against because of your age

Written by Dan Levitt

I want to share with you my biggest fear. It keeps me awake at night. It is something that I have not written about, until now. I have gerontophobia. I am afraid of getting old. I fear that I will lose my memory, my physical strength and no longer be able to live independently. I dread the weight I will place on my family to care for me at home. I fear most that I will be forced to leave my home in the neighbourhood where I have lived all my life and have no choice but to live in an old age institution. I am scared that I will have to wait too long for admission to that nursing home, because not enough new residential care facilities will have been built, that the nursing home I move into will be chosen by the government not by me as a consumer as this basic right is not afforded to seniors who meet the eligibility criteria for residential care. While I am waiting placement, the limited hours of home care I receive will support only my medical needs and my physical, social, emotional, and spiritual needs will go unmet while my world collapses around me as I begin to be treated as

a non-person. People will talk around me and not involve me in their blurry conversations about my ailing condition, my prognosis, which I no longer completely comprehend. I will become a domesticated patient living in my house that has become unrecognizable to me.

What if we reinvented the aged care sector? What if we reimagined the aging journey? ”

Once I am placed into a nursing home, I will spend most of time in my bedroom watching television. When I press the nurse call button I will have to wait too long for help and be neglected leaving me in soiled incontinence pads resulting in me developing painful pressure ulcers. I may be the subject of resident-on-resident violence. I may be given anti-psychotic medications for a psychiatric illness that has not been diagnosed. I will lose connection to my family and friends who will visit infrequently.

I will lose weight appearing emaciated because my taste buds do not enjoy the bland overcooked food served from the hospital style cafeteria, food that is unrecognizable and pureed to ensure I do not choke. Nothing on the menu will be what my previous self enjoyed

eating. When my family complains about the food, they will find out that the facility is doing the best they can with \$7.50 of funding per day for raw food. A prisoner to the choices of the dietician prescribed food, the only crime I have committed is being elderly, and for this I am serving a life sentence.

What if we reinvented the aged care sector? What if we reimagined the aging journey? What if sleepless nights were filled with good dreams that might one day become a reality?

You don't have to venture too far away from home to find examples that might just be the panacea we are all seeking. The sharing economy has created co-housing, pocket neighbourhoods, the village movement, and care doulas who help navigate seniors through an often fragmented aged care system.

Further afield, in Tokyo Japan, ten centenarians with dementia live together in a group home where their daily choices include a minimum: 1,500 calories, 1.5 litres of their favourite beverage, walking exercises, and meaningful activities. Seniors are toilet retrained and no longer use incontinence pads, saving money while improving dignity, self-esteem and quality of life. Physiotherapists mobilize seniors out of their wheelchairs who walk with assistive mobility aides.

In France, seniors move into nursing homes with time to adjust to their new home before dementia advances. Society has made longer lengths of stay an option for seniors requiring residential care as well as capping the amount people pay. The result is that seniors become accustomed to their environment. In Dijon, a senior spends his days in a workshop using a scroll saw independently with a hand guard to prevent injury. When it's



time for a break he ventures down to the bistro where he enjoys a glass of Burgundy wine, eats cured meats and unpasteurized cheeses, and crunches on buttery croissants.

In Sydney, Australia, a consumer directed care bond program has created an aged care building boom. This renaissance gave birth to the Scalabrini dementia village, where Italian speaking staff monitor seniors using smart technology enabling residents to wander freely around the outdoor piazza complete with a statue fountain of Venus, Vespas, gelato stand, wood burning pizzeria and a roman catholic church adorned with stain glass and a clock tower.

Also in Sydney, some seniors prefer a different way of life. SummitCare focuses on hospitality by designing a hotel model residence. Traditional

institutional design elements are eliminated: no handrails, no visible nurse call system, no uniforms, and no clothing protecting aprons. Couples choose to live together in a one bedroom apartment, where they sleep together! It's only ageism that tells us seniors are not interested in intimacy. Perhaps sex is the biggest elderly prejudice. The nursing home industry has perpetuated this anti-aging bias where government regulations do not allow couples one with dementia and one without dementia to live together in the same bedroom.

Without major transformational reforms to the aged care sector, seniors will continue to be in an untenable situation. Too many seniors to care for, too few trained staff and too little money because neither the government nor individuals want to pay more. Perhaps our culture is gerontophobic,

viewing the elderly as burdensome and disposable. Systemic discrimination is something to fear. Are we willing to upset the status quo? We have done our best to eliminate racism and sexism. Are we, are you, ready to take on institutionalized ageism?

Dan Levitt is executive director of Tabor Village, a memory care home offering



supportive housing to seniors with memory impairment, Alzheimer's and dementia. He is also adjunct professor of gerontology at Simon Fraser University and adjunct professor in the School of Nursing at the University of British Columbia. He is a board member of the Global Aging Network.

New program – Diploma in Gerontology

DEPARTMENT OF SOCIAL SERVICES

Are you interested in a specialized career in the dynamic field of gerontology? If so, Langara's new Diploma in Gerontology program is of interest to you!

Combining theory with practice, you will gain specialized knowledge and skills to work with individuals, families, and communities to promote health and resilience throughout the aging process. This interdisciplinary program will prepare you for a career in the field of gerontology within a wide range of service settings such as: health and wellness, education, recreation, community support, advocacy, and residential and palliative care.

The gerontology service sector has expressed resounding support for the program and hiring graduates in the future.

REGISTRATION IS OPEN! PLEASE SPREAD THE WORD.

Learn more.

Contact Fran Grunberg at fgrunberg@langara.ca or Jeanette Robertson at jrobertson@langara.ca or visit www.langara.ca/gerontology

FOR PROGRAM DETAILS AND
UPCOMING INFORMATION SESSIONS

Contact Frances Grunberg
604.323.5178 or visit
www.langara.ca/gerontology

Langara.

THE COLLEGE OF HIGHER LEARNING.

MOST BRIDGE

Russian Jewish Seniors' Society

Written by Yuriy Rubin

ИРЕНА СЕНДЛЕР ПРАВЕДНИК МИРА

Ирена Сендлер, кавалер высшей государственной награды Польши, национальная героиня, заслужившая своей деятельностью во время второй мировой войны почетное звание Праведницы мира от руководства израильского мемориала Холокоста «Яд ва-Шем». Более двух с половиной тысяч еврейских детей вывела она из Варшавского гетто, избавив их от казни в лагерях смерти.

1942г.

Она родилась 15 февраля 1910 года на окраине Варшавы в семье врача поляка. Ее отец очень много помогал бедным еврейским семьям. Ирене было всего семь лет, когда, заразившись тифом от пациента, умер ее отец и девочка осталась вдвоем с матерью.

В 1939 году, когда гитлеровская Германия оккупировала Польшу, Ирене Сендлер исполнилось тридцать лет. Она устроилась на работу в муниципалитет столицы, где пошла даже на подделку документов, чтобы оказать людям из гетто хоть какую-то материальную поддержку. Два года она тайком носила обитателям Варшавского гетто еду, лекарства и деньги. А в 1940-м, когда неевреям запретили появляться на территории гетто, Ирена с товарищами устроились в варшавское Управление здравоохранения – нацисты опасались возникновения эпидемий и разрешили санитарам контактировать с евреями.

В 1942 году она вступила в ряды польской подпольной Организации помощи евреям – «Зеготы», при содействии которой организовала крупномасштабную акцию по спасению еврейских детей.

Детей выводили через канализацию и подвалы домов, через здание городского суда, примыкавшее одной из сторон к гетто; тех, что постарше, вывозили на телеге в мешках с мусором, совсем маленьких – в сумках для инструментов и под сиденьями трамвая, маршрут которого пролегал по улицам гетто. Малыши в любое время могли заплакать, и один из соратников Ирены,



Irena Sendler, 1944

возница телеги, всегда держал при себе собаку: при приближении немцев он наступал псу на лапу и тот заглушал своим воем и лаем детский плач.

Спасенных детей Ирена пристраивала для начала в заслуживающие доверия польские семьи, а потом

распределяла по приютам и монастырям. Всю информацию о детях – их старые еврейские и новые христианские имена, имена родителей, местопребывание – она тщательнейшим образом заносила в специальную картотеку. Ирена хранила информацию о детях в стеклянных банках, которые закапывала в саду подруги, справедливо полагая, что когда-нибудь эти бумаги могут стать для спасенных единственным источником информации об их прошлом.

В 1943 году по анонимному доносу Ирена Сендлер была арестована и приговорена к расстрелу. Но подполье вышло на кого-то из высших гестаповских офицеров, и за умопомрачительную взятку женщину отпустили, официально объявив о ее смерти. Руководство «Зеготы» запретило Ирене появляться в гетто до самого конца войны, дав ей, как и всем ее подопечным, новое имя.

После войны Ирена Сендлер вышла замуж родила троих детей, но о ее героизме никто не вспоминал.

Ирен посещали не только, ставшие взрослыми, спасенные ею дети, но и деи их детей. Только в 1965 году израильский Национальный мемориал Катастрофы и Героизма «Яд ва-Шем», памятуя о заслугах женщины, удостоил ее высшей почести, которую может получить нееврей: внес в списки Праведников мира и пригласил посадить на Аллее Праведников новое дерево.

Ирена смогла посетить Землю обетованную лишь восемнадцать лет спустя, когда в Польше рухнул

Continued on page 35...

CANADA ADOPTS MAY AS JEWISH HERITAGE MONTH

Written by Dolores Luber

From now on, May will be Canadian Jewish Heritage Month across the country. Sponsored by Conservative Senator Linda Frum and Liberal MP Michael Levitt, the bill was introduced in December 2016, though the groundwork for it was laid in 2015, when former Mount Royal MP Irwin Cotler introduced the substance of the bill. The Canadian Jewish Heritage Month Act, known as Bill S-232, passed in the Senate before heading to the House. It became law in May. Levitt said that the Bill “will provide an opportunity for all Canadians to reflect on and celebrate the incredible contributions that Jewish Canadians

have made to our country, in communities across Canada.

British Columbia Conservative MP Dan Albas said that “in virtually every Canadian endeavour, in virtually every decade since the 1930’s, Jewish Canadians have made significant and important contributions to virtually every area of Canadian life.” Furthermore he stated that it was a proud moment in February 2016 when 229 MPs passed a motion condemning the global boycott, divestment and sanctions campaign against Israel.

To mark the passage of the bill, Friends of Simon Wiesenthal Center has released a 72-page resource guidebook,

available to community groups and school boards across the country, to enhance participation in Jewish Heritage Month. Linda Frum stated that Canada today is home to the fourth largest Jewish community in the world. Many of those are descendants of the 35,000 Holocaust survivors whom Canada accepted after World War II. (Ron Csillag, <https://www.jewishcanada.org/opinions/of-interest/canada-adopts-may-as-jewish-heritage-month>).



York Centre Liberal MP Michael Levitt and Sen. Linda Frum hold a copy of Bill S-232, the Canadian Jewish Heritage Month Act

MOST BRIDGE

...Continued from Page 34.

социалистический режим, – до этого момента женщину не выпускали из страны. «Личное» дерево Ирены Сендлер появилось на Аллее Праведников в 1983 году, в 2003-м она стала кавалером высшей государственной награды Польши – ордена Белого орла, а в 2006-м польский президент и премьер-министр Израиля выдвинули кандидатуру Ирены на соискание Нобелевской премии мира. Ирена Сендлер не стала нобелевским лауреатом – комитет счел ее заслуги недостаточными.

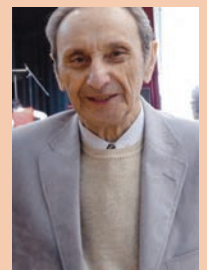
Эта статья основана на статье Максима Василенко «Ирена Сендлер. Повесть о настоящем человеке» <https://lechaim.ru/events/irena-sendler-povest-o-nastoyashhem-cheloveke/>

This article is about a young Polish social worker and humanitarian Irena Sendler. She served in the Polish

Underground during World War II. She smuggled out 2500 Jewish children from the Warsaw Ghetto and then provided them with false identity documents and shelter with willing Polish families or in orphanages and other care facilities, including Catholic nun convents, saving those children from the Holocaust. The Nazis arrested her and tortured her. She never revealed the names or locations of the Jewish children. The partisans rescued her and hid her. Irena Sendler was recognized by the State of Israel as 'Righteous Among the Nations'. She lived to the age of 98.

For more information, please Google “Irena Sendler.”

Yuriy Rubin, a former engineer in the coal industry from Ukraine, came to Vancouver in 1998. He is a founding member of the Most-Bridge Society, President and Vice President. The organization unified 150 Russian-speaking Jewish seniors.



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

Evelyn Tarnow, Marianne Rev,
Alec & Ruth Becker, Mike Cohene,
Goldie Wise, Rita Akselrod,
Claire Adelberg, Jenny Hsu,
Shelley & David Ail, Bea Berger,
Harris Gulko, Eugene Trademan,
Marion Seeklus

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"/> \$54 <input type="checkbox"/> \$72 <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.	



JEWISH SENIORS ALLIANCE

Annual General Meeting

COME JOIN US FOR A FUN FILLED MUSICAL EVENING
HONOURING SPECIAL VOLUNTEERS

Featuring Jazz Singer Jill Samycia

THURSDAY OCTOBER 11, 2018

CONGREGATION BETH ISRAEL
989 WEST 28TH AVENUE, VANCOUVER
FREE PARKING ON P1 OR P2

REGISTRATION 5:00PM
AGM 5:15PM
DINNER 6:00PM

Save the Date!

TO RESERVE CALL 604.732.1555 OR EMAIL OFFICE@JSALLIANCE.ORG



Jewish Seniors Alliance of Greater Vancouver | Fall Symposium



Aging Across Cultures



Sunday,
October 28th, 2018

Peretz Centre - 6184 Ash Street | Registration 1:30 pm, Event 2:00 pm | Cost - \$5.00
office@jsalliance.org | 604.732.1555 | www.jsalliance.org

Save the Date



YOU MAY BE GETTING OLDER,
but your lifestyle is about to get younger.

RETIREMENT LIVING REIMAGINED

This really is a new chapter in your life. You're aging, but your life is still inspiring. At Granville Gardens, we believe seniors should live life with zest, vitality and fulfillment. We've mastered the art of aging in place, so whether you're looking for Independent Living or Customized/Personal Assisted Living, you'll find your perfect fit, right here.

Our new, cozy, boutique like community offers luxurious condo-style residence to help you feel at home. With fine dining, life-enrichment programming, a robust community feel and seemingly endless services and amenities, you'll love your new lifestyle. Our dedicated staff can't wait to meet you!

To learn more about the Verve difference and find a residence near you, visit verveseniorliving.com



GRANVILLE GARDENS

100-1550 West 49th Avenue,
 Vancouver, BC V6M 2R6
 604-563-3540



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



COURTYARD GARDENS

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



GILMORE GARDENS

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



INSPIRED SENIOR LIVING

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

