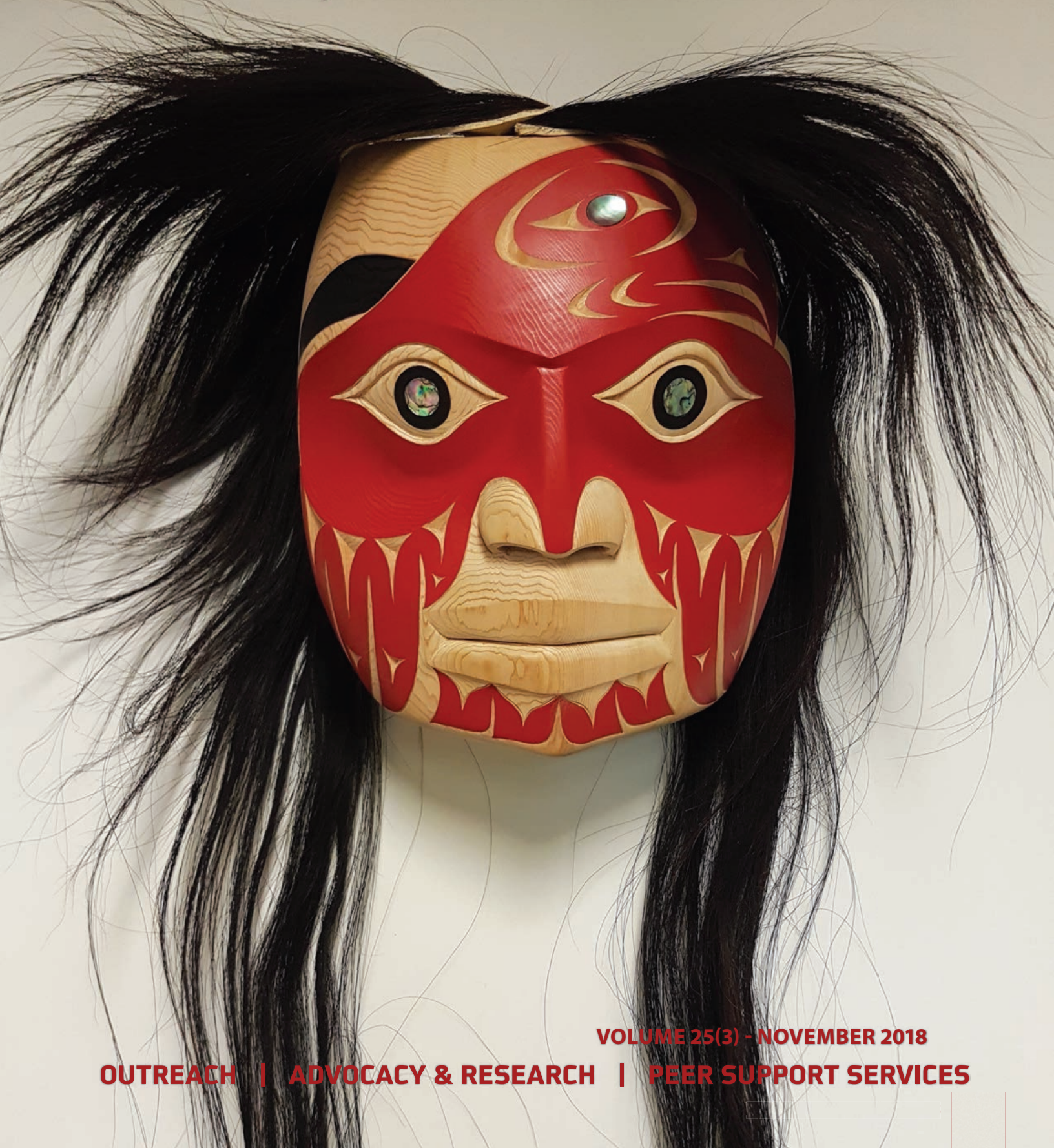


SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 25(3) - NOVEMBER 2018

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PRESIDENT'S MESSAGE

Greetings,
I hope the High Holidays were special with family and the re-dedication of each and every one of us to renew ourselves as it is written in 'Perke Avot'. My weight odyssey continues as planned.

Leah and I joined Weight Watchers (WW) one year ago. We reached our respective goals to each lose 30 pounds by mid-March. As of this publication I have kept this weight off plus a few pounds for seven months, a record for me. WW is essentially a life style that, if followed, will make us healthier and improve our quality of life.

The WW rule is 80% what we eat and 20% the quality of our exercise/physical activity. We record what we eat within a prescribed but very flexible nutritional guide and we attend weekly support group meetings that reinforce what the program and life style are all about. If I can do it at age 81, so can you. Get on the scale and look in the mirror. Challenge yourself. Your corporal self will love you.

OUR ADVOCACY PROGRAMS ARE MAKING A DIFFERENCE

We have an advocacy program that is not well-known, so here are some of the issues JSA is supporting:

1 Asked the Provincial Minister of Health to make the High Dosage

THE AGE OF DISRUPTION: TAKING ON THE BIG GUYS

Written by Kenneth Levitt

Flu vaccine free to persons over age 65.

2 Asked the Federal Government to implement a National Pharmacare Program.

3 Asked the City of Vancouver to allow seniors to apply for their provincial home owner grant in person rather than by e-mail. Many seniors do not have a computer or are not skilled enough to use their computers to apply for this grant.

Without our generous donors, we would be hard-pressed to provide our services and programs. ”

4 Supporting the BC Poverty Reduction Coalition towards our goal of reducing poverty in our province through a variety of funding, educational and specifically directed programs.

5 Made a major presentation to the Jewish Federation Task Force on Food Security. We proposed a number of suggestions that could work. We made a strong plea to work towards reducing the need for food banks, a formidable task indeed!

IS OUR COMMUNITY UP TO IT?

The present and the future of JSA is always contingent on our ability to

raise enough funds to sustain our Peer Support Services and our Outreach programs. We have wonderful and caring donors and supporters who have enabled us to provide very personal services to seniors who are frail, lonely, isolated and cognitively-challenged. There is now a waitlist of 16 persons in need of our services.

We are in the process of qualitatively evaluating the Peer Support Services program to determine how effective it is. By analyzing the services from the perspective of the Peer Counsellor with those of the Client, we will be able to quantify those services provided and fine tune them as and where necessary (see Pamella Ottem's report in this issue). Sharing anecdotal "success stories" is a very important but small part of quantifying what we do.

You can help by becoming a member of JSA, by renewing your membership, by becoming a volunteer and by making a tax deductible donation. Members and supporters, without our generous donors, we would be hard-pressed to provide our services and programs.

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.

WRITE TO YOUR ADULT CHILDREN (THEY MAY BE YOUR FUTURE CAREGIVERS)

Written by Dolores Luber

In this issue, we focus on the role of caregivers, family members or friends who care for elders at home. These caregivers devote many hours every day to the task of feeding, washing, shopping and going to medical appointments. They are unpaid and untrained family caregivers for older adults. Their efforts save the government and tax payers millions of dollars.

I have a suggestion to everyone over the age of 65, write a letter to your adult children telling them how you wish to be treated, how they can take care of you—in your infirmity, in your ill-health, in your final doting years—no matter how great you feel now. Dr. Michel Tobin has the right idea:

But when it comes to adult children “parenting” a parent, it’s all about consensus, choice, dignity and an all-out effort to respect your parent’s diminishing capacity for autonomy... Ask, never assume...treat us in the way that you know we would want to be treated, and always, always veer on the side of autonomy rather than dependency. (<https://blogs.timesofisrael.com/heres-how-you-can-take-care-of-me-a-letter-to-my-adult-children/>)

Read Rita Roling’s article on the plight of caregivers, their precarious situation and the response by various levels of government to demands by seniors’ advocates for emotional and financial assistance in their roles as caregivers. Then read Bob Markin’s review of Melanie Merriman’s book which tells her

story of caring for her mother, *Holding the Net: Caring for my mother on the tightrope of aging*. Grace Hann gives some excellent advice to potential caregivers in her interview with Vanessa Woznow *Hard Conversations Made Easier*.

SENIORS CARE RESIDENCES

And on the topic of Caregiving, Louis Brier Home and Hospital is proud to announce that it has successfully achieved Accreditation with Exemplary Standing from Accreditation Canada. We congratulate the entire staff on the successful completion of a rigorous process of evaluation and the achievement of the highest standards of professional care.

Wilma Atchison who has a bird’s-eye view of the topic, explores the pros and cons of moving to a senior residence.

AGING ACROSS CULTURES

Did our cover image *Eagle Spirit Mask* by Gerry Sheena catch you by surprise? We have followed the lead of our Fall Symposium theme “Aging Across Cultures” to feature the work of this exceptional First Nations artist. His story and the story of the Skwachàys Lodge and Gallery are told in Tamara Frankel’s article *Portrait of an Artist: Gerry Sheena*. Furthermore, Susan Moore tackles the issues of aging in the LGBTQ (lesbian, gay, bisexual, transsexual, queer) population. We at JSA encourage the participation and involvement of people of different faiths and different origins and cultures. We are an inclusive organization.



EDITOR'S MESSAGE

REACHING BEYOND YOUR COMFORT ZONE: REINVENTING YOURSELF

Ilana Shapira, age 54, has confronted her fears and struggled to achieve a difficult task—learning Mandarin in an 8 week immersion program. Read her story and get inspired!

In terms of advocacy, I have a couple of encouraging updates for you:

1 Prime Minister Justin Trudeau announced that his new cabinet would finally include a Minister for Seniors, Filomena Tassi, Member of Parliament for Hamilton West-Ancaster-Dundas. She described her role as promoting the accomplishments of seniors and giving them the support to continue to flourish. To be seen, whether she has the power to get things done.

2 Patient navigators, both government-funded, working in hospitals, and private healthcare (or patient) navigators are now ready to offer guidance in navigating the complex, fragmented and largely uncoordinated Canadian healthcare system. When faced with a life-changing diagnosis, such as cancer, multiple sclerosis or Alzheimer’s, an elderly parent or partner who needs immediate place in long-term care, or a loved one with a serious illness—it’s important to understand how your life

Continued on page 4...

...Continued from Page 3.

will change and what you can do. These services are not covered under government or private insurance plans. Prices are generally about \$100/hour. Patient navigators guide people through the health care maze, connecting them with the right doctors and helping them gain access to available therapies (<http://www.cmaj.ca/content/early/2011/09/19/cmaj.109-3974>).

YOU CAN BE A VOLUNTEER

"A talent not shared is a talent wasted."

In closing I would like to address the role of volunteering. Jewish Seniors Alliance is a charitable organization and I am a volunteer. We need more volunteers. Everybody has something they can offer. Fight against the notion that life after 50 is a gradual decline into irrelevance.

Come into the office or send an email, we are always delighted to see new faces and get to know you!

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

First, I wanted to send kudos to you, Jennifer Propp, Rita Roling, and all who participated in writing articles, and contributed other aspects to the magazine's production. I think this the best issue yet [Issue 25-2]! Rita Roling's artist profile feature article on Peter was well done and the layout was beautiful!

Second, I wanted you to know that I took the magazine to Ted Lederer, Peter Voormeij's agent, and Ted was pleased with everything about the magazine and Rita's article on Peter. He expressed his delight with the quality of the magazine overall, the beautiful layout of the article with Peter's artwork, with the specific selection of Peter's paintings that were chosen to feature, and he loved the choice of cover painting. He said "Everything about this has exceeded my expectations. I am very pleased!"

Third, and most importantly, Peter is very pleased with the results. His exact words to Ted were, "This is First Rate!" and to me were, "I love the magazine!" He is happy that he said "yes" to your invitation.

Many thanks and kudos to all involved,
Tim Bissett

Editor's note: Wow! I guess that covers it all. Much appreciated, Tim.

As a Jewish immigrant, my great-grandma is constantly aided by Jewish services for elders. I hope this money [donation made to JSA] will contribute to the aid you can give to other elders like my great-grandmother. It is important to me to help our elders because most of the time I know they can feel forgotten about. Please, let's send them lots of love and support.

Deanna Veltchev

Editor's note: JSA appreciates the generous donation and Deanna's heartfelt support.

I wanted to congratulate you for the beautiful issue of the last Senior Line. You are doing a great job, it keeps getting better and better!

Warm regards,
Pnina Granirer

Editor's note: Pnina is an extraordinary artist. I accept her gracious compliment.

The theme "Re-Inventing Oneself" hit home. Here is the story of my friend, Lynn Szabo.

Lynn is Professor Emerita of English Literature at Trinity Western University.

She is a distinguished scholar of Thomas Merton, a writer, an editor and a well-trained pianist.

One winter night three years ago, Lynn left her office at the University to make a public presentation in another building. Unexpectedly she walked into an unmarked, unfenced and unlit excavation. Her legs were shattered as she hit the ground. Thus began her new life. Lynn sensed immediately that her walking days were over, and she was right. After many months in hospital and rehabilitation, she learned how to manage her pain and gain her independence with a trusty wheelchair as her escort.

Lynn has emerged as an inspiring person, who has become comfortable in her new, if limited, world. She hosts 19th Century-style salons in her home, inviting poets, musicians and artists to share their work and contribute to the arts. She has been invited to facilitate two book groups with the National Council of Jewish Women. Lynn never intends to stop learning and growing. She has re-invented herself from the ground up!

Tamara Frankel

Editor's note: Tamara is a member of the Senior Line editorial committee. Thank you Tamara for this excellent example of facing adversity and adapting to new realities. Lynn is indeed an inspiration to us all.

CREATING PURPOSE IN YOUR SENIOR YEARS: VOLUNTEERING WITH JSA

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
Thank you, Jewish Seniors Alliance (JSA), for honouring me on my ninetieth Birthday at the Chai Tea, on June 10th, 2018. I would also like to thank all my friends that have generously donated money to JSA and other organizations in my honour.

A LIFE WITHOUT PURPOSE OR STIMULATION LEADS TO DECLINE

Thank God I have reached my ninetieth birthday in good health and with full faculties. Probably genes have a lot to do with it. But I also believe that my willingness to give and contribute to the community kept my brain stimulated at all times. The best example that I can give you of this is to visit a facility that houses seniors and see what I am talking about. People are standing next to their rooms with an absent look in their eyes, spending day after day alone, forgetting where they are or how they are living. These same people could be stimulated, they could be given some work or task which would be constructive, thus relieving their boredom. Having a sense of purpose would not only prolong their life but also improve their quality of life. Physical stimulation is not enough, exercises of whatever kind may strengthen the body, the hands or legs, but if the brain is not working continuously, if the brain is not stimulated, then nothing changes.

I have been involved in leading many organizations including the JSA, and I cannot understand why so many seniors

in our community don't know what Jewish Seniors Alliance is all about. We write about Jewish Seniors Alliance, we talk about it, we conduct forums, and we try by every possible means to attract attention to the work we are doing. Yet it seems to me that whenever we question people, nobody seems to know precisely what we do.

We are the only organization that works only with volunteers; that trains the volunteers in order to provide a service with love, caring and understanding.

All our services are free of charge.

JSA is involved in three distinctive and preventive areas: 1. Outreach, 2. Advocacy, and 3. Peer Support.

1 Seniors Outreach consists of 4-6 Empowerment Series, one Spring Forum, one Fall Symposium, the Senior Line magazine, and the easy-to-use website www.jsalliance.org. The main purpose of this program is to communicate with more than 5,000 seniors, to inform and educate the seniors of our community. We assist in every possible area that may be needed to make the life of a senior healthier and easier.

2 The Advocacy Program involves Jewish Seniors Alliance, in partnership with many other senior organizations, in working to change the systemic application of any of the laws concerning seniors' health and welfare that may come into debate at the government level.

3 The Peer Support Program is where we train seniors to help seniors, through counselling (emotional support), weekly home visits, weekly phone calls, bereavement, and many more areas that we will undoubtedly undertake in the future.

This is a great opportunity for you to get involved and give of yourself. I am still fully involved in working for Jewish Seniors Alliance, particularly in the funding area. I attend all meetings, Executive, Board and Committee as I have the time and energy, and it keeps me in good health.

I have recently been appointed to serve on the Seniors Advisory Council of British Columbia, whose function it is to work with Isobel Mackenzie, appointed by the Provincial Government as the Seniors Advocate. Her role is to examine the effectiveness of the services provided by the government to seniors. I consider this appointment as an honour and opportunity for me to contribute with my knowledge of seniors' needs and report the shortcomings of these senior services.

For the last thirty-five years, I have been a speaker for the Holocaust Educational Centre. Holocaust survivors speak to school students about the Holocaust, promoting the ability of the students to

Continued on page 10...



Annual General Meeting

THURSDAY OCTOBER 11, 2018

Written by Shanie Levin
Photography by Alan Katowitz

The Annual General Meeting of the Jewish Seniors Alliance was held on Thursday, October 11th at Beth Israel Synagogue. As is customary, the AGM was followed by a gala dinner at which time we honoured dedicated volunteers from three community organizations for their service to seniors in Vancouver. **Ken Levitt**, President of Jewish Seniors Alliance introduced **Rabbi Jonathan**

Infeld of Congregation Beth Israel who gave a short *d'var torah*, on the importance of community actions and involvement for seniors. Levitt asked everyone to rise in acknowledgement of members who have passed away over the last year.

Greetings to JSA were given by **Isobel Mackenzie**, the Seniors' Advocate of British Columbia, followed by **Michael Lee**, MLA for Vancouver-Langara; **Ezra Shanken**, CEO of the Jewish Federation of Greater Vancouver, and **Gudrun Langolf**, President of the Council of Senior Citizens' Organization of B.C. (COSCO).

THE AGM MEETING

The following reports were presented: Treasurer—**Larry Meyer**; Peer Support Services—**Gyda Chud** for **Pam Ottem**; Membership—**Binny Goldman**;

President—**Ken Levitt**; Nomination Committee—**Marilyn Berger**. Marilyn was especially emphatic, urging people who receive the *Senior Line* and are not members to sign up. In his report as President, Levitt emphasized JSA's role of advocacy. Ken outlined five important advocacy issues:

- 1 The Ministry of Health should provide the High-Dose Flu Shot, which is 25% more-effective, free of charge (it presently costs \$75).
- 2 There should be an implementation of a Federal Pharmacare Program.
- 3 The City of Vancouver should allow for applications for the provincial homeowners grant to be done in person, without use of a computer, as many seniors have difficulty using computers or do not have access to the Internet.
- 4 The Provincial Government should initiate its poverty reduction program as exists in other provinces.
- 5 JSA made a presentation to Jewish Federation concerning the Food Security Program, with a strong plea for reducing the need for food banks.

DINNER AND THE AWARDS CEREMONY

At the festive tables 170 supporters of JSA enjoyed a glass of wine and a delicious salmon or vegetarian lasagna dinner that was followed by the presentation of the awards. Emcee **Ed Gavsie** called upon Gudrun Langolf,



Michael Lee, MLA



Charles Leibovitch, Nancy Potencia, Serge Haber and Ken Levitt



Gudrun Langolf

President of COSCO, to make the presentation to **Sheila Pither**. Sheila has been active with the organization for 18 years. For the past ten years she has coordinated the COSCO Institutes Health and Wellness Program promoting its expansion from one workshop topic to more than forty. Pither expressed how honoured she felt to have been chosen, and was grateful to be there with friends and family at age 86, in order to accept the award.

The next two awards went to **Muriel Morris** and **Gary Zumar** of JCC Showtime. **Maurice Moses** presented to Muriel Morris and **Arnold Selwyn** to Gary Zumar. Muriel Morris has been a volunteer piano accompanist since high school. She has accompanied over 210 concerts since joining Showtime in 2013. Morris noted the pleasure she gets when they perform at seniors' facilities and she sees the people come alive to the music and the dancing. Selwyn recounted how Zumar, with his wide experience with audio-visual and sound, volunteered his services to many Jewish organizations. He started with Jewish Heritage Players over forty years ago and has continued for over twelve years with Showtime. Selwyn called him a volunteers' volunteer. Zumar responded by thanking everyone at Showtime for this honour.



Gary Zumar, Arnold Selwyn, and Maurice Moses

Toby Rubin of the Kehila Society then presented the final award recognizing **Pat Hoffman**. Hoffman became involved with Kehila' Monday Seniors Luncheon at Beth Tikvah fifteen years ago. She has been involved in the working committee as the program expanded to include activities such as ESL, fitness and entertainment. Rubin stated that Hoffman is the lifeline of the program, the first to arrive and the last to leave. Hoffman expressed her appreciation for the recognition and said that she gets much satisfaction from being a volunteer.

During dessert we were entertained by Jazz singer, **Jill Samycia**, whose lovely voice filled the auditorium. The door prizes and 50/50 tickets were drawn. After much schmoozing with old friends and an enjoyable dinner, everyone went home having spent a beautiful evening honouring four very active seniors and again proving the JSA adage "Seniors Stronger Together."

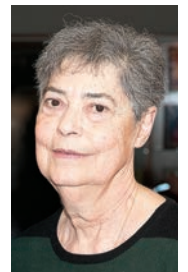


Muriel Morris



Pat Hoffman, Sheila Gordon and Toby Rubin

Shanie Levin, is an executive board member of JSA and on the editorial board of Senior Line magazine.



Isobel Mackenzie and Sheila Pither

Aging Across Cultures



JSA Fall Symposium
Sunday,
October 28th, 2018

Written by Binny Goldman
Photography by Alan Katowitz

Shalom Chevrai, Greetings Friends, It had been an emotion-filled weekend, and having our JSA program deal with inclusivity while the Jewish communities everywhere dealt with the horrors of what hatred can do, seemed to have been a strange pairing, but with healing properties.

We are deeply saddened by the tragic events that occurred at the Tree Of Life Synagogue in Pittsburgh, where 11 people were murdered and many others were wounded.



Left to Right:
Zarghoona Wakil, Sinder Kaur,
Larry Shapiro, Rabbi Philip Bregman,
Deanna Lewis

The afternoon program was to be a time of unity, of solidarity with other cultures. We learned that the love and caring of our seniors, our elders in families, is a universal value and touches all hearts in much the same way, as well as presenting similar problems.

The panel consisted of three accomplished women of diverse ethnic origins:

Zarghoona Wakil is the manager of the Settlement and Integration program with MOSAIC, a non-profit organization which helps newcomers who come to Canada. She also supervises MOSAIC Seniors' Club which provides services to seniors of different cultural backgrounds.

Sinder Kaur is the Executive Director of Health Services at S.U.C.C.E.S.S., a Multilevel Care Society that provides a continuum of excellent, culturally-appropriate care services to seniors



with different needs. She has worked in different leadership roles with a passion to help seniors age in place.

Deanna Lewis, known as Kalkalath, her ancestral name, is recently elected to the Squamish Nation Council, focusing on Elders and their care. Kalkalath is a former teacher, working to preserve her Skwxwu7mesh Culture, Spirituality and Language. Raised with the teachings of her grandfather, she knows the importance of knowing Who you are and Where you come from!

We must never allow hatred to win. ”

Rabbi Philip Bregman was the Event Chairperson. He served as Senior Rabbi at Temple Sholom from 1980–2013. He is a founding member of JCD (Jewish Christian Dialogue) since 1995. He now functions as Jewish chaplain for U.B.C. and is very involved with Hillel BC.

In welcoming the crowd **Ken Levitt**, President of Jewish Seniors Alliance, wisely turned the subject of the Pittsburgh massacre over to Rabbi Philip Bregman who spoke as only he could about the brutal slaughter of people at prayer, a subject which was uppermost in all our minds. He highlighted the many calls he received expressing sympathy and condolences after the Pittsburgh massacre. He remembered standing outside the Mosque in Vancouver years ago, after the shootings at the Quebec City Mosque. There six Muslim worshippers had been murdered and 19 others wounded. Now, he has received a message of sympathy from their Imam. He emphasized the difference between the word “killing” which is accidental, and the word “murder” which is intentional slaughtering.

Where do we go from here, he asked? We bury our dead, we mourn and we meet as a community. We must never allow hatred to win.

The audience stood for a moment of silence in commemoration of the 11 murdered and the many badly injured victims, including several police officers.

Rabbi Bregman then introduced the three panelists, asking them to share a little



about themselves and to address the issue of how their various cultures celebrate their seniors.

How interesting are the facts that Zarghoona is originally from Afghanistan, then lived in Russia. She came to Vancouver 12 years ago and is now studying at SFU for her Master's degree in Public Health. Sinder is Punjabi born, lived for 20 years in Hong Kong and moved here 17 years ago. Deanna's Squamish Nation family was removed from *Khatsahlano* (Kitsilano) in the early 1900s. Her main efforts are to teach both adults and children the Squamish language.

So many cultures, so many traditions, yet how gratifying for us to learn that both Zarghoona and Sinder feel as we do when they answered Rabbi Bregman's questions. They both emphasized that it is truly our own seniors who hold the past history in their hands and only upon opening up their hearts are they able to tie generations together and build upon that knowledge for the future generations.

How difficult it was to hear that Deanna had to learn about her heritage from others, as her history was erased and harshly taken from her elders. It was she who sought to learn that history and is now feeling connected again, learning her own language and the ways of her people through her grandfather. A common thread was that grandparents and grandchildren have that special link which allows them to relax and truly enjoy one another while the parents are occupied with the comfort and needs of both these family groups.

All three women gave us vivid descriptions of the issues of concern with the Elders in their cultures. We thank them for their willingness to share personal stories and the issues of concern in their communities. What we learned



is that our similarities supersede any differences that we may have.

Claudine Malto, Director of Community Programs at the Mt. Pleasant Neighbourhood House spoke about their new initiative, Multicultural Circles, where seniors share stories, food, textiles, cooking classes, dance and exercise. She noted that people like to sit in “pockets” which creates a divide. The motivation for this project is to answer the question “How can we best co-exist?”

A huge thank you to all who put this afternoon together, seamlessly and with much thought.

Larry Shapiro, thank you for ending the afternoon with one of the best vocal advertisements for the Jewish Seniors Alliance that we have ever heard. I am proud to be part of this magnificent caring organization. You have made the sun come out, even on this rainy, tear-filled day.

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.



LISTENING POP-UP BOOTH AT JIM DEVO SQUARE

Written by Teresa Whitehouse

Last Fall a dozen volunteers met in a room to begin training as Peer Support Counsellors for the Jewish Seniors Alliance. We knew that the mandate of the Jewish Seniors Alliance was to provide support for seniors suffering from the effects of isolation, grief or other life crises. Beyond that, most of us probably did not fully grasp that we were embarking on 55 hours of intense training in the art of empathetic and active listening. Under the skilled instruction of Grace Hann who led us through some intense role-playing exercises, we successfully graduated and began to use our skills in personal weekly visits with a variety of clients.

Recently, we decided to hone our skills

and make our services available to the general public on a regular basis. Our pilot session took place at Jim Devo Plaza in the West End (at Davie and Bute). We arrived at 5 pm with a sign announcing that we were there to listen to anyone who felt the need to talk. The experience was a positive one. We had the privilege of hearing some moving life stories and learning a bit about the issues faced by many residents who live nearby. Subsequently we decided to return to this location, offering our services on a regular basis and inviting other JSA trained volunteers to join us.

We believe our service will grow in popularity once people experience the



power of being heard. Many of us have had the experience of sharing our struggles with a friend or family member, and then left feeling worse. Why? Frequently people who care about you and have your best interests at heart feel like they have to do something to solve your problem. As trained counsellors, we know that you are the only person with the expertise to know what's right for you. We know that expressions like "cheer up, things aren't that bad" will do nothing to make you feel better. Others may share their own experiences with similar issues, often making it seem like they "had it worse" than you. Or they will try to negate your feelings by telling you why you shouldn't feel the way you do.

As trained counsellors, we will resist the urge to tell you our stories, focussing instead on listening to yours. We will not judge you for the life choices you have made or the feelings you express. We will not tell you what you "should do". We will just be present for you. Whatever you share with us will stay with us in strictest confidence. Most people walk away feeling less burdened and more empowered. Feeling the need to talk? We will be there to listen at Jim Devo Square again. For information you may contact Grace Hann or Charles Leibovitch at 604-267-1555 or e-mail: grace@jsalliance.org or charles@jsalliance.org.

CREATING PURPOSE IN YOUR SENIOR YEARS

...Continued from Page 5.

be instrumental in preventing anti-Semitism, social and racial discrimination. We promote religious tolerance in our country and around the world. Recently I was involved in a program created by Langara College, to write my memoirs with the help of several students. This memoir was written by myself and student participants of the 2017/18 *Writing Lives: The Holocaust Survivor Memoir Project*, an educational initiative of the Vancouver Holocaust Education Centre (VHEC - www.vhec.org), Langara College (English and History Departments - <https://langara.ca>) and the Azrieli Foundation (<https://azrielifoundation.org>).

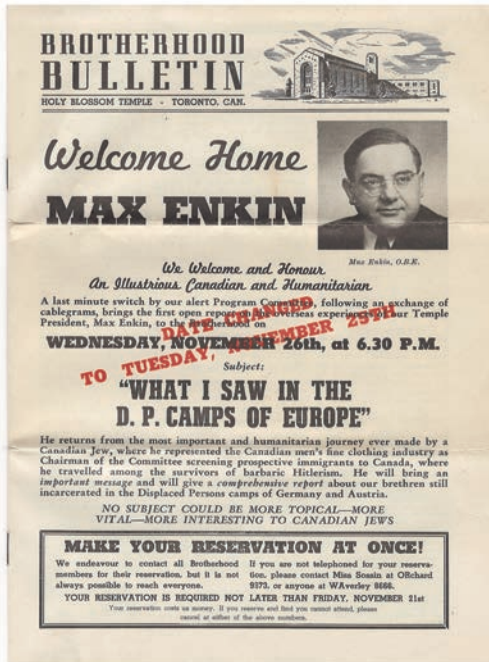
As a senior, I can strongly relate to you, to the importance of getting involved for the sake of your health and the pursuit of life with meaning and purpose. JSA is waiting for your call, get involved! God Bless.

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.

Teresa Whitehouse is a JSA volunteer peer counsellor.

HISTORY AND HOLOCAUST THE TAILOR PROJECT 1948

Written by Nicole Bryck



Between January 1948 and December 1948, 2,000 families in search of a new life arrived in Canada. These families had just survived WWII and had since been living in displaced persons camps, 1,000 of them were Jewish and the other 1,000 were not Jewish. They came to Canada through a program called the Garment Workers Scheme, now called the Tailor Project. Very little is known about these tailors and their families. Now for the first time, Impakt Labs, with the support of the Max and Larry Enkin Family Foundation are looking into these families.

The Tailor Project, began as a joint proposal from the Toronto, Montreal and Winnipeg needle-trade industries to bring over 2,000 Jewish tailors and their families. Once the proposal received approval, Max Enkin led a delegation to visit the displaced persons camps in Europe to identify workers suited for the role. This was the first Government approved immigration project since the “none is too many” belief.

Once the team arrived in Europe they visited 19 displaced persons camps.

People living in the camps were desperate to leave them and Mr. Enkin and his team tried to bring hope to as many camps as they could. The Tailor Project was intended to bring over 2,000 tailors to work in the garment manufacturing industry, however it is believed that many of the individuals that came over did not know how to sew. In the book *None is Too Many: Canada and the Jews of Europe 1933-1948*, Irving Abella and Harold Troper wrote about a single mother with a son that was rejected from the program but came to Canada through a rushed marriage to a Romanian man that had already been accepted through the program.

The Tailor Project allowed 2,000 families to come to Canada to start a new life.

”

The Tailor Project allowed 2,000 families to come to Canada to start a new life here. I have had the privilege to speak with many of the children of these survivors and some of the survivors themselves. We have begun to turn the names on lists into stories. Stories that include horrific, unimaginable struggles, but also unimaginable strength. These families have contributed to the Canadian landscape by working



as tailors, finding other employment and starting businesses. They have taught their children to be resilient, educated and valued members of their communities.

We would like to thank all of the individuals that have come forward to speak with the Impakt Labs team already. We are still on our journey to uncover the stories of the tailors that came through the Tailor Project. If you know someone or have a father or mother that came to Canada in 1948 through this project please reach out to us at Nicole@impaktlabs.org or through our website <https://tailorproject.ca/>.

Nicole Bryck is Social Program Manager at Impakt Labs, a non-profit organization founded in 2017 that conducts social issue research and incubates social enterprises and other innovative solutions to social problems. In cooperation with Michael Schwartz of the Jewish Museum & Archives of BC.





ABOVE:

Gerry working on new pole on South slope of Burnaby Mountain

TOP RIGHT:

Ancient Cedar Returns Home: pole finished waiting for raising in January

GERRY SHEENA

I walked into a little jewel in the heart of our city, a Vancouver boutique hotel on Pender Street. Skwachàys Lodge, located at the crossroads of Vancouver's historic Gastown, Chinatown and Railtown districts, is where I met Gerry Sheena, artist in residence in this unique hotel, whose stunning *Eagle Spirit Mask* adorns the cover of this *Senior Line*.

Gerry Sheena was born in Merritt, BC, and is a member of the Interior Salish Nation. He credits his older brother as a major influence in his carving career. While Gerry is of Salish descent, he has carved a variety of styles for over three decades. His carvings include masks, bowls, rattles, plaques and various sizes of totem poles. They can be found in galleries throughout BC, as well as at the Museum of Anthropology at the University of British Columbia.

Gerry's affection for youth is reflected in his mentoring youth project at Collingwood Neighborhood House where the focus is on the creation of

public art. In 1999 he mentored youth in secondary schools in Long Island, NY with a 10-foot totem pole carving project.

Gerry's home over the past two years has been Skwachàys Lodge.

Skwachàys is the Salishan place name for the spring waters that once covered that area as marshes and sloughs. These waters are a portal into the spirit realm and are sacred.

This unique lodge, the only one of its kind in Canada, is a life-changing housing program for participating Indigenous artists, actors and musicians. It includes subsidized housing in clean unfurnished bachelor suites, 24/7 access to a shared artist workshop, and programming opportunities for personal and professional



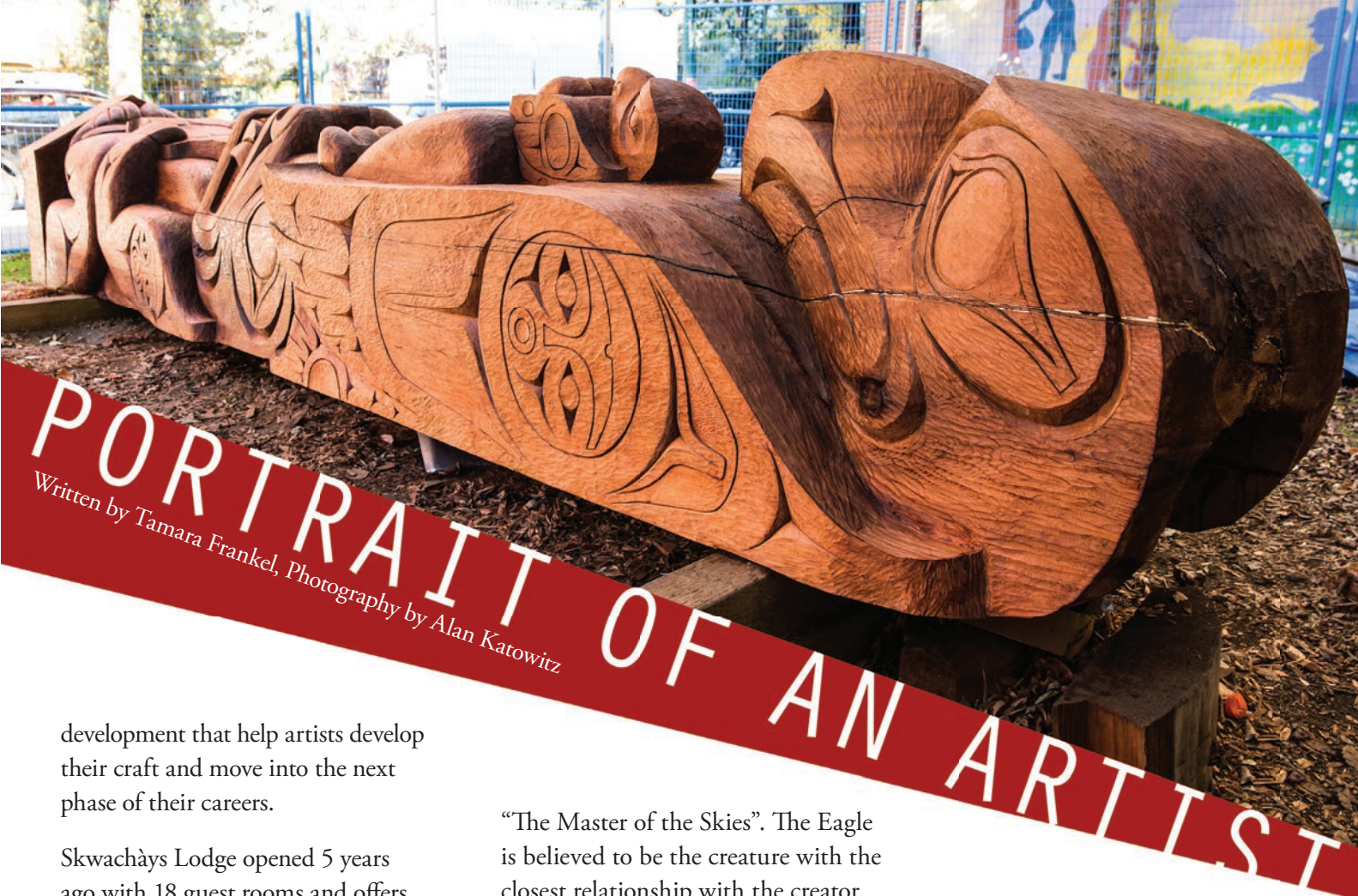
Orca Mother: circular cedar panel



Salmon Woman



Raven Brings Gift of Light: drum



PORTRAIT OF AN ARTIST

Written by Tamara Frankel, Photography by Alan Katowitz

development that help artists develop their craft and move into the next phase of their careers.

Skwachàys Lodge opened 5 years ago with 18 guest rooms and offers an authentic Indigenous experience, while providing the highest quality personalized service. A delightful little café opened 5 months ago and offers delicious meals in a charming atmosphere.

The main attraction, however, is the Urban Aboriginal Fair Trade Gallery, that showcases Aboriginal artists from across Canada. Most are based in Vancouver, and many are participants in the Skwachàys “Artist in Residence” program. The Gallery features a gift shop, where guests can purchase souvenirs and one of a kind art pieces. Items include jewelry, hats, art cards, clothing, rattles and bentwood boxes.

THE EAGLE

In his carving, Gerry Sheena frequently uses the Native Eagle symbol known as

“The Master of the Skies”. The Eagle is believed to be the creature with the closest relationship with the creator. By soaring great heights, he can travel between the physical and the spiritual world, acting as a messenger to the creator. Unlike the raven’s ability to send messages down, the eagle sends messages and prayers to the Creator. Although every part of the eagle has separate and significant meanings, the Eagle as a whole signifies focus, great strength, peace, leadership and incredible prestige. The wings of an eagle symbolize the balance and co-dependency between females and males, and how each gender must work together in order to achieve harmonious results.

The eagle is, indeed, a majestic and noble bird in many cultures; it is associated by the Greeks with the God Zeus, by the Romans with Jupiter, by the Germanic tribes with Odin who shifted into an eagle, and with the Druids as a symbol of the Supreme God.

And what about Judaism? – The eagle is a symbol of mercy in Jewish thought. The eagle (even though it is a non-kosher bird) is mentioned frequently in the Bible in various symbolic ways. Describing the manner in which God brought the Jewish people out of Egypt, God says: I carried you on eagles’ wings, and brought you to me. And in Isaiah 40:31: “But those who hope in the Lord will renew their strength. They will soar on wings like eagles.”

Tamara Frankel

is a member of the Board of Jewish Seniors Alliance and of the Editorial Committee of *Senior Line* Magazine. She is also a Board member of the Jewish Community Centre. She recently retired from ownership of Bridges Restaurant on Granville Island.



SENIORS IN THE MOVIES

Written by Dolores Luber



FINAL PORTRAIT 2017

Geoffrey Rush (age 67) shines as Alberto Giacometti in Stanley Tucci's witty Giacometti sketch. Based on a true story, James Lord (Armie Hammer), an American critic and admirer of Giacometti agrees to sit for a portrait. What was supposed to take a day, drags on for weeks. We experience the genius of the artist and the agony of his self-doubt. This was to be Giacometti's last portrait. The film is about the artistic process as dependent on destruction as on creation. The artist is selfish, willful and unkind, yet I was drawn to his every utterance. I, personally, am eager to learn of such details, others perhaps will find the movie slow and dreary. The world of Paris and its artists and models is keenly felt and seen.



FILM STARS DON'T DIE IN LIVERPOOL 2017

This film is a real-life romance adapted from the 1986 memoir of the same name by Peter Turner. Unfolding during the final years in the life of the actress Gloria Grahame (who died in 1981), the movie recounts her unlikely last-gasp love affair with Mr. Turner, an English actor. Peter (Jamie Bell) and Gloria (Annette Bening, age 60) develop a credible chemistry that renders age irrelevant. At the time they met, Gloria was 54, Peter was 26 years old. The atmosphere of playful sexiness fades all too soon when Gloria becomes desperately ill. She retreats to the home of Peter's mother in Liverpool for care. Ms. Bening acting is wonderful, she's marvellously mutable, shifting subtly from insecure to prideful and back again as her allure drains and her strength fails. Mr. Bell makes Peter's hurt and confusion touchingly real. It successfully depicts the ordinariness of the life of a former star. I would have liked to see more about the "star" in her heyday. I guess I will have to read the book.



THE FLORIDA PROJECT 2017

Moonee is six. She lives in the shadow of Disney World, home is a room in a motel called the Magic Castle. Mischievous and fearless, Moonee and her friends Scooty and Jancey, run wild with an exuberance you will envy. They live a "free-range existence".

Moonee's mother, Halley, is doing whatever she can to keep them housed, clothed, fed and entertained. Willem Dafoe (age 63) is the manager of the tawdry motel and watchful guardian of the children. You will enjoy the pranks and the capers of the children as you simultaneously criticize this impetuous, dangerous upbringing of children. There is an undertow of sorrow, anxiety and dread in the film due to the grim circumstances. The viewer can find beauty in the blight. It casts a spell and tells the truth. Watch it. On Netflix.

DOCUMENTARY



RBG 2018

Ruth Bader Ginsburg is my superhero. I adored this documentary and its subject, a soft-spoken octogenarian, Supreme Court justice who bestrides the world like a colossus. The directors Julie Cohen and Betsy West based their film on the book *Notorious RBG*:

The Life and Times of Ruth Bader Ginsburg. The minute I finished watching the documentary, I ordered the book (which I devoured)!

She was one of nine women in her Harvard Law School class of 500. After graduation, no New York law firm would hire her—or any other woman. Fast forward to 2017, Justice Ginsburg is 85 years old and has spent 25 years on the bench. The film is a partial explanation of how it all came about. The idea that women are equal citizens—that barring them from certain jobs and educational opportunities and treating them as the social inferiors of men are unfair—may not seem especially controversial now. *RBG* uses Justice Ginsburg's own experiences to emphasize how different things were not so long ago and how she was instrumental in changing the laws in the USA. Ruth Bader Ginsburg's enduring legacy will be her dissenting opinions from the majority rulings of the Supreme Court.

ISRAELI MOVIES



THE INSULT العלבون الإهانة 2017

The Insult is a Lebanese film, directed by Ziad Doueiri, nominated for best foreign-language film at the 90th Academy Awards. The film's roots lie deep in Lebanese politics, centering around a fracas between a Lebanese Christian auto mechanic named Tony (Adel Karam) and Palestinian refugee Yasser (Kamel El Basha). Its execution is pure melodrama flash and high courtroom drama (B. Hertz, *The Globe and Mail*, 25/1/2018).

A trivial, personal conflict explodes into something much larger, a drama that consumes a city and a nation. Eventually, the courts are involved. Memories of past atrocities are dredged up, and Lebanon's civil war, which officially ended in 1990, seems on the verge of erupting all over again. *The Insult* is a fascinating history lesson and a reminder that resentment and hatred don't necessarily recede when the fighting stops. People have long memories, and so do groups whose identities rest in part on seeing one another as enemies (A.O. Scott, *NYTimes*, 10/1/2018).

The grace and precision of the performances, not only by Mr. Karam and Mr. El Basha, but also those of the supporting actors push against the director's fondness for grand statements and obvious ironies. This is an honest assessment of the never-ending conflict between decency and cruelty that rages in every nation, neighbourhood and heart. In Arabic with English subtitles. Available at Isaac Waldman Jewish Public Library, JCC.



MOUNTAIN ההר HA'HAR 2015

Jerusalem's Mount of Olives, a vast Jewish cemetery, is the haunting and magnificent locale for the story of a young Orthodox Jewish woman who undergoes a major inner transformation. Yaelle Kayam's striking first directorial feature, *Mountain*,

weaves a complex portrait of the constrained and lonely life of an Orthodox woman Tzvia, who lives with her husband and 4 children. Husband and children depart together in the morning. She is alone all day, and often her husband works late at night. He rebuffs her sexual advances. The breakthrough performance from Shanie Klein is riveting. She finds solace

from her small cottage and isolation by wandering through the cemetery, day and night. The viewer is caught in this no-man's land, with a view of Al-Aqsa mosque (the Temple Mount), the sound of the *muezzin's* call, the Jewish tourists, and a group of pimps and prostitutes who congregate in the cemetery to do business. Images of Tzvia holding a flashlight and walking up the tomb-filled hillside and of cavern-like interiors of the family home, convey the sense of a living woman entombed. *Mountain* constantly upends expectations, turning Tzvia into an ever-more intriguing character. The ending is surprising and puzzling, but an appropriate response to a melancholy tale of living amid the dead. In Hebrew with English subtitles. Available at Isaac Waldman Jewish Public Library, JCC.

HOLOCAUST



SUITE FRANÇAISE 2015

This handsome adaptation of Irene Nemirovsky's epic novel vividly depicts French rural life under the Nazis. In Nazi-occupied France, the bucolic yet class-driven life of the small town of Bussy is turned upside down by the arrival of refugees from Paris and jackbooted soldiers from Berlin. Haughty Madame Angellier (Kristin Scott Thomas, age 58) and her daughter-in-law Lucile (Michelle Williams) are forced to billet a German officer Bruno von Falk (Matthias Schoenaerts) who plays poignant melodies on the piano. This is a rewardingly complex and disarmingly compassionate movie. One movie critic said that "Iffy scripting decisions can't thwart the romantic allure of this handsomely crafted, sincerely performed wartime weeper." I agree!

HOW TO WATCH

All films, except the Israeli movies, are available at **Black Dog Video** on Cambie Street for less than \$6.00. If you Google the name of the movie and add "where can I watch it?" you will find many internet sites where you can either pay to rent it or pay to download it and watch it—**Amazon Prime**, **iTunes**, **Netflix**, **Google Play**, **Vudu** and **Hulu** for example. They all stream movies but it takes forever for recent films to show up on their lists. They are good at streaming television series, documentaries and older movies. Use your search engine to find what and where movies are available.

GETTING TO KNOW YOUR MEDIA

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

Written by Dolores Luber

NETFLIX

NETFLIX

ARRIVAL 2016

Arrival is a science-fiction parable in a distinctly idealistic hopeful key. Mostly, it has ideas and hope, as well as eerie extraterrestrials who face off with a soulful linguist-heroine, Louis Banks (Amy Adams), the story's voice of reason and its translator. I love learning about "language" and was riveted to my seat.

TESLA 2017

The documentary *Tesla* spotlights "mad scientist" Nikola Tesla, a genius who received massive attention for creating alternating current (AC), the foundation of the 20th century electrical grid. He dreamed of a world powered by free energy and wireless networks, but his eccentric ideas, disregard for money and dwindling reputation lead to his downfall and obscurity. "He was the Mozart of scientists. His ideas came out fully formed. That is his genius."

MANHUNT: UNABOMBER 2017

This mini-series dramatized the F.B.I.'s dogged pursuit of the domestic terrorist

known as the "Unabomber". What we get here in *Manhunt: Unabomber* is a striking exploration of the person—Ted Kaczynski—played by Paul Bettany with a stunning amount of soul. After all, he killed 3 people and maimed 23 in a mail-bombing campaign while evading capture for 17 years. I ended up empathising with a serial-killer who suffered from an endless void of nightmares and disillusionment with humanity for what it did to him. An excellent series based on facts.

FACES PLACES 2017

Faces Places is a French documentary which follows Varda and JR traveling around rural France, creating huge portraits of the people they come across. Agnes Varda, age 89, is an accomplished artist who teams up with her 34-year old comrade, French photographer known as JR. The film reveals the powerful, complex and radical work of the artists. We begin to understand that there is great loneliness and loss in these quaint places. There are dramatic moments and arresting images. I adored this charming pair of creative geniuses.

TOP 10 ARCHITECTURE 2016

This is a series of 10 segments, which takes a look at the most amazing buildings, structures, and bridges around the world. Superb, without the fuss of traveling.



HAYU

ALERT: Streaming service comes to Canada - Hayu, a subscription-based video-on-demand service dedicated to reality shows. This includes more than 6,000 episodes of reality content from more than 200 reality shows, including ones from the *Keeping up with the Kardashians*, *Real Housewives* and *Million Dollar Listing* franchises. The cost is \$5.99 a month.

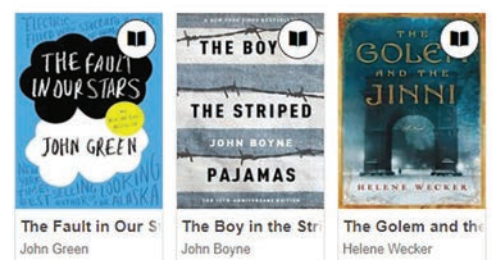
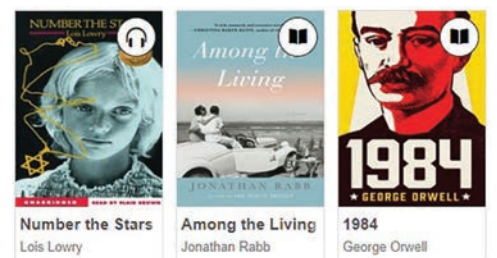


AUDIO BOOKS AND EBOOKS

The Isaac Waldman Jewish Public Library at the JCC has a large selection of EBOOKS and AUDIOBOOKS.

The books include adult fiction, non-fiction, biography, history and religion.

(<https://isaacwaldman.libraryreserve.com/10/50/en/Default.htm>).



DOWN MEMORY LANE WITH MY ACCORDION

Written by Dan Propp

New Improved Pepsodent Removes FILM Amazingly!

In just 7 days—see a wonderful difference in the brightness of your teeth and the freshness of your breath—or we'll give you **DOUBLE YOUR MONEY BACK!**

Run the tip of your tongue over your teeth. You'll feel a slippery coating gone—'See How FILM'!

Why FILM must be removed

1. FILM collects stains that make teeth look dull
2. FILM harbors germs that breed bad breath
3. FILM gives acid to your teeth
4. FILM never lets up—it forms continuously on everyone's teeth

Now Foster Foaming! New Pepsodent Sweeps FILM Away!

If you haven't seen our improved Pepsodent before, a shining brightness on your teeth, you look new to your friends—well, more new when you just brush Pepsodent. There's wonderful Pepsodent in each tube. Against film and its harmful effects in all three ways: 1) Pepsodent sweeps away the film; 2) Pepsodent's foaming action keeps your teeth bright and fresh; 3) Pepsodent's fluoride action helps prevent tooth decay. Pepsodent is the most effective toothpaste in the world. It's the only toothpaste that's been clinically proven to help prevent tooth decay. Pepsodent is the only toothpaste that's been clinically proven to help prevent tooth decay. Pepsodent is the only toothpaste that's been clinically proven to help prevent tooth decay.

Another Fine Product of Lescage Brothers Company

For the past fifteen years, I have been singing and 'squeezing' out the favourite songs of the past with my accordion at Senior Homes in Greater Vancouver. For some reason, the accordions have been getting heavier. After a show I did at one senior home, a staff member seemed hesitant to provide me with the code to leave the building.

It has given me great pleasure to encourage and watch residents sing or

hum along to the lyrics of such classics as *Home On The Range*; *How Much Is That Doggy In The Window*, *Put Another Nickel In The Nickelodeon* and to songs from great musicals, folk songs, and rock and roll.

TUNES AND JINGLES OF BYGONE DAYS

Famous tunes and their lyrics can be magic when recalling memories of the past. Even commercial jingles do the same trick. I still remember one resident snoring, he appeared to be fast asleep. Yet, when I started singing "You'll wonder where the yellow went when you brush your teeth with Pepsodent", he woke up and exclaimed, "When we were kids, we changed the words to "you'll wonder where the yellow went when you

brush your teeth with wet cement." Everybody laughed. I then started singing another song and he soon was snoring again!

Vancouver commercials that really caught their attention were Woodward's 'Dollar Forty-Nine Day, Tuesday!' and 'Honest Nat's Department Store, 48th and Fraser.' Opening or closing lyrics like on the Bob Hope Show

'Thanks for the memories,' or the Carol Burnett show 'I'm so glad we got together' also did the trick. An iconic opening which became a catch-phrase for a 1950's CBC radio nostalgia was "Knock, knock. Who's there? It's the Happy Gang. Well, come on in."

At one senior show I was making some reference to Canadian political leaders of the past, including Tommy Douglas. Suddenly, a resident put up her hand and shared a very important personal story about the father of Canadian Medicare. Back in the Depression days in Saskatchewan, she had written a letter of desperation to him about her plight during those tough prairie years. A week or so later, she received by mail a personal hand-written note from Tommy Douglas with best wishes and inside was a twenty dollar bill.

What I also found really motivating is caretakers who participated with the residents as they were singing and swayed or danced to the rhythm of such music as *The Tennessee Waltz* and *Shall We Dance*. It's been a learning and very moving experience to reprise these musical memories at Senior Homes these past fifteen years.

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



HAPPY CHANUKAH

Ken Levitt, the Board of Directors, and staff of the Jewish Seniors Alliance, wish you and your family a Happy Chanukah filled with the brightness of light and laughter.

Send a Mitzvah Card and Support JSA

Mitzvah Cards begin at \$18. To order call 604.732.1555

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



SAVE THE DATE

JSA SNIDER FOUNDATION EMPOWERMENT SERIES

1: The Role of Stories

DATE: **Friday, November 30th**

TIME: **11:00 am**

PLACE: **Peretz Centre
6184 Ash St., Vancouver**

2: Film: A Song for Marion (Unfinished Song)

DATE: **Wednesday, January 16th**

TIME: **11:00 am**

PLACE: **JCC Wosk Auditorium
950 W 41st Ave., Vancouver**

3: Exploring Volunteerism Among Jewish Seniors

DATE: **Wednesday, March 5th**

TIME: **2:30 pm**

PLACE: **Weinberg Residence
5650 Osler St., Vancouver**

(See back cover for more information)

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

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

ONGOING EVENTS

Pull out this section and keep it for future reference!

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

MONDAY

11:30 am
Dec 10, Jan 7,
Feb 25, Mar 11
History over Lunch

1:00 - 4:00 pm
Jan 14, 21 & 28
Canasta Tutorial Class

1:00 - 4:00 pm
Canasta

1:00 - 4:00 pm
Poker

1:00 - 4:00 pm
Mah Jongg

TUESDAY

9:30-10:30 am
Chair Yoga

11:00 - 2:30 pm
Duplicate Bridge

11:30 - 2:30 pm
Dec 11
Canadian Open Pairs
Championship Qualifier
Bridge Game

1:00 - 3:00 pm
Dec 18, Jan 22
Circle of Friends
for Women

1:00 pm - Dec 4
Israeli Film Afternoons

WEDNESDAY

11:30 - 1:00 pm
Dec 5
Chanukah Party/
Luncheon

9:30 - 10:30 am
Chair Yoga

1:00 - 3:30 pm
(drop in)
Mah Jongg
Tutorial Class

1:00 - 4:00 pm
Mah Jongg

1:00 - 4:00 pm
Canasta

1:00 - 4:00 pm
Poker

THURSDAY

11:00 - 2:30 pm
Nov 29
Harold Zlotnik Memorial
Duplicate Bridge
Chanukah Party

10:00 - 12:00 pm
Supervised Bridge

11:00 - 2:30 pm
Duplicate Bridge

FRIDAY

12:30 - 2:00 pm
Nov 30
Art with Parkinson's

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

Chabad Richmond is offering 4 free classes to seniors who own tablets or smartphones. Instructor Stan Goldman. Phone to reserve a spot.

TUESDAY

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

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

WEDNESDAY

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

THURSDAY

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

SATURDAY

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

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

ALTERNATE THURSDAYS 11:00-2:00pm
Hot Kosher Lunch \$9 - Movies, Music, Guest Speakers. RSVP one week in advance. Nov 29, Dec 13 & 27, Jan 10 & 24, Feb 7 & 21

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

Chanukah Party - Monday December 3

Games Day - Bingo, Scrabble and More
Monday December 17

MONDAY

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

12:00-1:00 pm
Kosher lunch - \$10

1:00-2:00 pm
Speaker/entertainment

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

NOVEMBER, DECEMBER, JANUARY, FEBRUARY 2018-19

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

MONTHLY JEWISH COMMUNITY HISTORY TALKS

In Partnership with JCC 55+. 11:30 am in the Adult Lounge.
 Dec 10, Jan 7, Feb 25, Mar 11. RSVP to Lisa Cohen Quay -
 lisa@jccgv.bc.ca

GASTOWN AND STRATHCONA WALKING TOUR

Sundays at 11:00 am, cost \$10. Full details and registration at:
<http://jewishmuseum.ca/program/strathcona-gastown/>
 Check back in the new year for our 2019 dates

MOUNTAIN VIEW CEMETERY WALKING TOUR

Sundays at 11:00 am, cost \$10. Full details and registration at:
<http://jewishmuseum.ca/program/mountain-view-cemetery/>
 Check back in the new year for our 2019 dates

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 - Dec 21, Jan 18, Feb 15

First and Third Wednesday of the Month	Yiddish Reading Circle
Tuesday - 7:30 pm	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
 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/art-and-culture/library
 Online Catalog: www.jlbc.ca Facebook:www.facebook.com/iwjpl

TUESDAYS

1:00 pm - Dec 4	ISRAELI FILM AFTERNOONS
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WEDNESDAYS

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

1:00 pm - Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. Nov 29
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TECHIE 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 (English with Jewish Content) 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	Discussion Group
Wednesday - 12:00 pm	Lunch and Learn Dec 12, Jan 13, Feb 13
Thursdays - 1:00 pm	Games Afternoon
Thursdays - 7:45 pm 2nd and 4th of the month	Tea and Talmud

MOST BRIDGE RUSSIAN JEWISH SENIORS
 PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Yuriy Rubin yuriy_rubin@mail.ru

Dec 23 - 1:30 pm	Chanukah and New Years (2019) Party
Jan 27 - 1:30 pm	Meeting dedicated to the Memory of the Holocaust
Feb 17 - 1:30 pm	Meeting dedicated to the 100th anniversary of Jewish-Russian Poet Alexander Galich (Ginsburg)

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. Cost \$13. Last Tuesday of the month at Peretz Centre, featuring Monthly Film presented by the Vancouver Film Centre. Reserve in advance. Subsidies available. Volunteer drivers available if needed.



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

HUMOUR!

JOKES WORTH A SMILE



HISTORICAL TRIVIA

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars, they were told to 'go sip some Ale and listen to people's conversations and political concerns.' Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

Sign in a Shoe Repair Store:

We will heel you
We will save your sole
We will even dye for you.

Sign at an Optometrist's Office:

If you don't see what you're looking for,
You've come to the right place.

Sign at a Car Dealership:

The best way to get back on your feet -
miss a car payment.

Age is merely the
number of years
the world has been
enjoying you.

CARTOON CAPTION CONTEST

CONGRATULATIONS TO OUR WINNER: ALEX KLINER!

Thanks to everyone for your creative efforts!

OUR RUNNERS UP:



"Don't just stand there in that *meshoogeneh shtreimel*. We need you for a *minyan*!"

1. I don't care what the colonel says, that's not how it's worn.
2. You don't look Jewish and yet there's something about you...
3. You say it's a Reb Calvin Klein creation?
- **Gerald J. Lecovin**

1. *Oy Vey*. You should be in school instead of playing with guns.
2. *Oy Vey*. She makes you work on Shabos!
- **Paul Brosgall**

A *Hasid* like you I've never seen. From what *shtetl* do you come, *Boitcbik*?
- **Alex Klinier**

1. We gotta come up with a plan to get those animal-rights nerds off our backs.
2. You think because you're wearing a fur hat, we'll accept you back?
3. If you squish it down a bit, it'll become the right shape.
4. Do you think the minks are Kosher?
- **Hinda Avery**

Very nice, but the *shtreimel* needs pressing.
- **Carl Rothschild**

Our King is protecting us...
- **David Schaffer**



Write a caption for the cartoon 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

VOLUNTEER PROFILE: MARG BORTHWICK

Interview by Grace Hann



Marg Borthwick

Growing up in Wayne Gretsky's hometown, Brantford, Ontario, it was almost a given that my dad also would create a backyard skating rink! He was a very talented figure skater who wanted to share his love of skating with my younger brother and me. Instead, I found myself being drawn to the warmth of our home with a good book.

Throughout my life, curiosity prompted me. I was just ten years old when I took an interest in politics. I listened to John Diefenbaker who arrived in our home town campaigning by rail. I loved participating in mock United Nations Assemblies and became quite intrigued by World Affairs.

My working career with Ports Canada took me to places like Churchill, a hub for grain exportation and other goods arriving by train and then loaded onto barges and sent on to other Northern communities. The richness of living in a small community of 1200 people really had an impact on me as witnessed by the closeness and warmth that the local people shared with each other and how eagerly I was welcomed into their space. Curling, travelling by Komatik, a sled drawn by dogs, while wary of the elusive polar bear and watching for beluga whales became a part of my life.

After a dozen years in Edmonton, I was given an opportunity to work in Richmond. Needless to say, I moved without hesitation! With frigid temperatures left behind, I embraced the mild weather, even the rain was fine. The North Shore became a haven for me as I explored the lovely hiking trails and ventured further afield to enjoy learning the names of the wild flowers in Manning Park. The sheer physical exercise felt so great.

Once semi-retirement became a reality for me, I decided I would like to volunteer and get involved with my community. Van Dussen Gardens was an ideal fit as it encouraged my love for nature. Being an avid reader I also wanted to help others with reading so I joined an organization fostering kid's literacy and received such joy in teaching others the magic of reading.

It was in the fall of 2016 that I was drawn to Jewish Seniors Alliance and I became even more aware of the importance of building stronger communities. I sensed that JSA was an organization who shared this goal. I participated in the Senior Peer Counselling training program and instinctively knew this is where I wanted to be. Through listening to seniors grappling with the challenges in their lives, I have gained a much richer understanding of how our lives can change without notice. Their sharing has not only deepened my own awareness of the impact of setbacks and unsettling circumstances but given me a much greater appreciation for the possibility of resilience.

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.



VOLUNTEER PROFILE: SIMI SIMON

Interview by Charles Leibovitch

"Salute to Simi, her grandmother would be proud".

Simi Simon has been a peer support counselor with the Peer Support Services at Jewish Seniors Alliance for over 5 years. Born in Trail B.C., she and her family moved to Vancouver when she was 8 years old as her parents wanted their 3 daughters to experience more Jewish culture. Her father was a furrier and her mother a homemaker. At a young age Simi was very close to her maternal grandmother and that's when she began to be aware of and empathetic to her increasing physical and social isolation. Her grandmother initially moved from England to Winnipeg in the early 1900's and after losing her husband, many years later, moved into the



Simi Simon

same apartment complex where she and her family lived. As a young teenager she began to be a caregiver for her grandmother who was trying to cope with illnesses related to aging. Simi was asked to and wanted to visit her on a daily basis. Simi would listen to her stories about her life and have that legacy to pass on to her daughters.

It was wonderful company for both of them.

As an adult Simi had a long career with a major airline which had given her, her husband and children the opportunity to experience the flavor and cultures of many countries. She felt that travelling had enriched their lives. She has identical twin daughters who are now adults and have blessed her with grandchildren. She couldn't imagine life without them.

Upon retirement she wanted to volunteer in her community of Richmond. She began as a volunteer recruiting other volunteers to assist in a variety of positions in need of support. The Richmond volunteer coordinator, Carol Dixon, interviewed Simi for the 11-week course that Grace Hann was instructing. She was part of a large group of mostly women who would be trained by the best, then graduate to become Senior Peer Counsellors and Friendly Visitors. She has been part of the Vancouver support group for over 5 years. Grace is her inspiration! She also found that the training material opened up an emotional awareness about feelings and how to reach out to others in need. As well, she understood what difficult challenges seniors face whether they are lonely, isolated or mistreated by their own family. She treasures the Peer Support meetings as she learns new approaches to difficult situations. Simi is very grateful to Grace and fellow volunteers. She is proud to be part of this very valuable resource. Thank you to all!

Charles Leibovitch, MSW, is JSA's Senior Peer Support Services Coordinator. He initiated the Program in December 2011. He has a long history of caring for seniors.



VOLUNTEERS SUMMER BARBEQUE

Written by Shanie Levin

On August 22nd Jewish Seniors Alliance held their annual barbeque for the Peer Support Services volunteers in appreciation for their volunteer work with seniors. It was a well-attended joyous affair with great food, musical entertainment and speeches by volunteers. The musical trio of **Dave** and **Julie Ivaz** and their son **Harrison**, provided a wide range of musical entertainment. They played guitar and sang many songs familiar to the audience.

A group of about fifty, mostly volunteers and staff of the Peer Support Services program, as well as a number of Board Members, enjoyed the barbequed beef, chicken and veggie burgers, as well as the many salads and desserts contributed by the volunteers. **Charles Leibovitch**, Jewish Seniors Alliance Peer Support Coordinator and **Grace Hann**, Jewish Seniors Alliance Peer Support Volunteer Trainer and Supervisor enthusiastically welcomed everyone.

Ken Levitt, President of JSA, thanked everyone for their hard work and mentioned that JSA is advocating for a universal pharmacare program. Charles then called on **Serge Haber**, President Emeritus and founder of JSA. Serge spoke with great feeling about the needs of seniors and how JSA is trying to advocate for and fill some of those needs. Grace explained about a special crowd share "Listening Pop Up". JSA volunteers are there to participate in The Listening Program. The concept of a "Listening Pop Up" is explained in more detail in the Community News section of this *Senior Line*. Grace thanked everyone who helped set up the event including **Liz Azeroual** (Coordinator) and her husband **Baruch**, who expertly manned the BBQ.



Pamella Ottem and Baruch Azeroual

The attendance of so many volunteers illustrates just how successful the Peer Support Services program has become. For more information on Peer Support Services see the brochure in this magazine.

QUANTITATIVE ANALYSIS OF PEER COUNSELLING SERVICES

Written by Pamella Ottem

Five years ago we hired Grace Hann to join Charles Leibovitch on staff with the Peer Support Services team of the Jewish Senior Alliance (JSA). The team consisted of a committee of volunteers, two staff persons and a group of very special volunteer counsellors providing direct support to clients.

THE PROGRAMS OFFERED BY JSA PEER SUPPORT SERVICES INCLUDE:

1 Senior Peer Counselling Services.

Volunteer counsellors must complete a 55 hour educational session on communication with seniors. This year we trained 13 Senior Peer Counsellors who are then matched to clients by program staff.

2 Friendly Home Visiting Service.

Volunteers completing a 15 hour training program are then matched to clients requesting our services. Six Friendly Visitors were trained this year.

Note: Graduates of both the Senior Peer Counselling and the Friendly Visitor training programs receive a certificate of completion, bimonthly continuing education sessions and individual coaching from JSA program staff as required.

3 Shalom Again or phone calls is offered to isolated, shut-in or lonely seniors.

4 Driving Accompaniment (medical, shopping, etc.) is provided to seniors on request.

5 Senior Information and Referral Line

provides information about senior's services and how to obtain them. This information is also available in the *Senior Line Magazine*, on the JSA website, in brochures distributed at senior events, and at presentations given by program staff.

HOW ARE WE DOING?

In light of our mandate this year, we developed a questionnaire asking clients how we were doing. 29 of 40 or 72% of clients who are visited by peer counsellors on a regular basis responded. Over half of these clients are over 80 years of age and have varying degrees of dementing illness, as well as physical and mental challenges. Program staff is very thoughtful about matching each client to an appropriate senior peer counselor who will best meet that senior's special needs.

Asking these clients how they found out about the program, 75% said they were referred by a health care professional, 31% said they were referred by a senior peer counsellor and 3% by a physician, friend or family member.

Asking this same cohort what they experienced as a result of spending time with a senior peer counsellor, 86% said they felt more confident about making decisions and they felt better about themselves, i.e. "I have more self-esteem". 75% agreed they were making steps toward accepting their personal life situation, 66% said they were more willing to connect with others and 41%

said they were more connected to the neighbourhood. Unfortunately, only 17% said they felt more comfortable to use health services they required. Very few of the clients made major changes in their life except one of our clients who moved from her family home to an apartment in a different area of town. She engaged JSA peer support services because she felt lonely in her new environment. Now she is happily engaged with the new community and thus has requested a decrease in visits from weekly to monthly. A great success!

Again, asking clients what they liked about having a senior peer counsellor, 89% said they liked that the service was free. 86% said they liked that the counsellors were their peers and that the counsellors came to their homes. 69% said they liked the emotional non-judgemental counselling support. 20% said they found the flexibility of the counsellor's time most helpful. And one person happily reported that they were able to acquire more community resource information.

It is noted with satisfaction that 50% of the volunteers speak at least one language other than English. Overall, feedback seems to indicate the education that counsellors receive is satisfactory and the process of matching clients and volunteer counsellors is working. Best of all, all clients seem to benefit from receiving peer counselling.

Pamella Ottem

MSN worked for many years in the field of gerontology. As a retired nurse, she has volunteered in the Fraser Health Authority hip replacement program. At JSA she is a member of the Board and chairperson of the Peer Support Services Committee.





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.

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.

Please Note: All volunteers must provide a criminal records check.

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. 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.

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.

LOOKING FOR A MEANINGFUL VOLUNTEER OPPORTUNITY?

JSA is accepting applications to the following programs:

Friendly Home Visitor and Senior Peer Counselling

Learn active listening skills, effective communication, and be matched with a senior in the community in need.

FOR INFORMATION AND DATES CALL: Grace Hann or Charles Leibovitch
604-267-1555 or 778-840-4949



ASK HANNAH:

Your Personal Advice Column

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

A PRESCRIPTION FOR CANNABIS?

Dear Hannah,

I am shocked and surprised that cannabis is now legal, both for medicinal and recreational use. As a 75-year old woman who suffers from anxiety, sleep problems and arthritis, I was wondering if I should talk to my doctor about getting a prescription. I feel sort of ashamed to even be asking the question. We grew up thinking that marijuana was a bad thing! How times have changed.

- Prescription for Cannabis

Dear Prescription for Cannabis,

Many seniors are becoming aware of the benefits of using medicinal cannabis. More seniors will become interested in cannabis as the stigma around the drug fades and more becomes known about its medicinal uses. Medical marijuana is gaining prevalence and popularity in the medical world. It is not the drug you can buy in the street, which may be improperly grown, infused with another drug, or not even authentic marijuana. Residents in care homes will be allowed to use it, but not as something to smoke due to existing smoking restrictions. It is available in many other forms.

You should consult your physician, as consideration must be given to the other medications that you might be taking. Cannabis is particularly effective in pain control, anxiety and as a sleep aid due to the CBD which is extracted from the drug. CBD is an anti-inflammatory compound. One of the primary uses of

medical marijuana is to help cancer patients with nausea and vomiting while they are going through rounds of chemotherapy. While there are more than 100 chemicals (called cannabinoids) in marijuana, the two main chemicals used for medical purposes are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). THC could be a potential therapeutic treatment option for Alzheimer's disease. These chemicals can help treat a variety of diseases and medical conditions (<http://www.aging.com/the-complete-guide-to-medical-marijuana-for-seniors>).

We are at the beginning of this chapter in medicine. **Again, always consult your physician.** (Derrick Penner, *Expect more seniors to consider cannabis as legalization rolls around*, Sept. 2018)

DIVORCE AT 67?

Dear Hannah,

I am a married man, age 67, a retired accountant. My wife and I have been married for a long time, our two children are grown and live in Ontario. We are comfortable financially, and recently downsized to a condominium. I thought that we would settle into retirement together but that is not happening. I started going to the gym and have made some new friends who are fit and athletic. Now I work out three times a week and cycle two times a week. I changed my diet so that I can build more muscle. Basically, I have changed my lifestyle. I want to compete in triathlons. I feel healthy and energetic. All of this is bewildering to my wife. She is happy having lunch with friends, going to movies and leading a sedentary life.

I might have 25 more years to live. I am increasingly unhappy at home and my relationship with my wife has deteriorated. I even have consulted a lawyer about a divorce. Am I crazy to contemplate divorce at age 67?

- Divorce at 67

Dear Divorce at 67,

You are in a difficult situation which must be causing you many conflicting feelings. The fact is that baby boomers are getting divorced. Grey Divorce is on the rise—for just the reason you mention: we can expect to live to 85 with some good luck. The rise in life expectancy causes us to re-evaluate our relationships. We've shed a lot of the stigma around divorce and it is easier to meet a new partner online or through mutual friends.

Eva Sachs and Marion Korn are the co-founders of Mutual Solutions, a mediation service to help separating couples make informed decisions on finance and social issues. They also wrote the book *When Harry Left Sally*:

Are you facing divorce after a long marriage or late in life?

“Grey Divorce” is so different that it requires a whole new way of thing.

Working out divorce without fighting and without court.

Ending the marriage with an understanding that each would be okay.

Earning and keeping the children's respect.

Living longer with a higher quality of life means some people are expecting more from their later years. Perhaps speaking to a psychotherapist or family counsellor could assist you in sorting out your feelings and your expectations for the next stage of your life (Sierra Bein, *Grey Hair on Rise in Divorce Courts*, 23/07/2018).

ISSUES CONCERNING SENIORS IN THE LGBTQ+ COMMUNITY

Written by Susan Moore

I find myself in an interesting quandary. I have an incredible opportunity to write about the experiences of older adults who are 'out', which is to say, aging as a member of the LGBTQ2S+ community. At 50 years of age, will my thoughts, experiences, fears and joys be relatable to those older adults who blazed the trail before me? How do I speak to the increasing vulnerabilities of aging 'out' without acknowledging the tremendous love I have experienced within the LGBTQ2S+ community, a reality that was not so readily available before the community had human and civil rights expressly stated in Canadian legislation? Full disclosure, I have struggled to write this. I have worried that this will be viewed as 'too political' or create conflict amongst people with differing views on being gay.

So, with a deep breath in I offer you approximately 700 words that I hope will answer some questions and shed some light on aging and the LGBTQ2S+ community.

More importantly, I want to acknowledge those of you who have chosen to stay in the closet, who have gone back into the closet, who are considering 'coming out' and those who are living their lives out and proud: you are seen, loved, and honoured for all you have done and all that you are.

First things first, what does LGBTQ2S+ mean? Simply put, this is a widely accepted abbreviation of:

- Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, 2 spirited, and others (represented by the +).

It is by no means an exhaustive list of all sexual orientations or gender identities. You will see different variations of the letters

and with time, the abbreviation may grow and change. If you are unsure of the word to use to describe or identify someone or yourself, try sticking to everyday adjectives like 'nice', 'funny' or 'intelligent'. Most of us appreciate being identified by the qualities we possess as people.

COMING OUT, LIVING OUT, AGING OUT

I would be remiss if I didn't include a brief reality check of what it has meant for so many older adults to be 'out'.

The world is a different place now than it was 50 years ago. In the 1960's it was a crime to be gay or lesbian. This changed somewhat when Pierre Trudeau made changes to the Canadian Criminal Code stating, "I think that what's done in private between adults doesn't concern the Criminal Code" (CBC News, *TIMELINE | Same-sex rights in Canada*). There were small, positive steps made throughout the 80's to include the LGB community in the Canadian Charter of Rights and Freedoms, however, it wouldn't be until 1996 that "sexual orientation" was added to the Canadian Human Rights Act. In other words, LGB people couldn't be fired or denied housing because of sexual orientation" (Qmunity, *Aging Out: Moving towards queer and trans* competent care for seniors*). It wasn't until June 16, 2017 that transgender people would have the same rights.

WHY DOES THIS MATTER?

Well, for many LGBTQ2S+ older adults, being 'out' was dangerous. Homosexuality was considered to be a mental illness and criminal. Many men and women couldn't be out because of their work. Those who served in the military or on police were at

particular risk. Some men and women tried to live heterosexual lifestyles because that was 'what you had to do'. Others who 'came out' or who were 'outed' on TV during police raids at private parties, were rejected by their families.

THE RAINBOW LINING

Yes – there is a silver (and rainbow) lining. There are individuals and organized groups supporting the rights of older adults regardless of sexual or gender identity. Qmunity is an inclusive organizations that provides resources, emotional supports and programs for LGBTQ2S+ seniors. Alexandra Neighbourhood House in South Surrey published *Sharing our Journeys: Queer Elders Tell their Stories*. Senior housing, service providers and community agencies are actively engaging in queer competency training so all older adults can be in safe and inclusive spaces.

For more information on support and activities available to LGBTQ2S+ seniors and allies, you can contact:

- **Qmunity** – <https://qmunity.ca> or call 604-684-5307, ext. 100
- **LOVE CRN** – www.lovecrn.ca
- **Seniors Abuse and Information Line** – <http://seniorsfirstbc.ca/programs/sail> or call 604-437-1940 or toll free at 1-866-437-1940.

For copies of *Sharing our Journeys: Queer Elders Tell their Stories*, please contact Alexandra Neighbourhood House at 604-535-0015 or visit <https://www.alexhouse.net/sharing-our-journeys>.

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.



ACCEPTING THE CHALLENGE: LEARNING MANDARIN

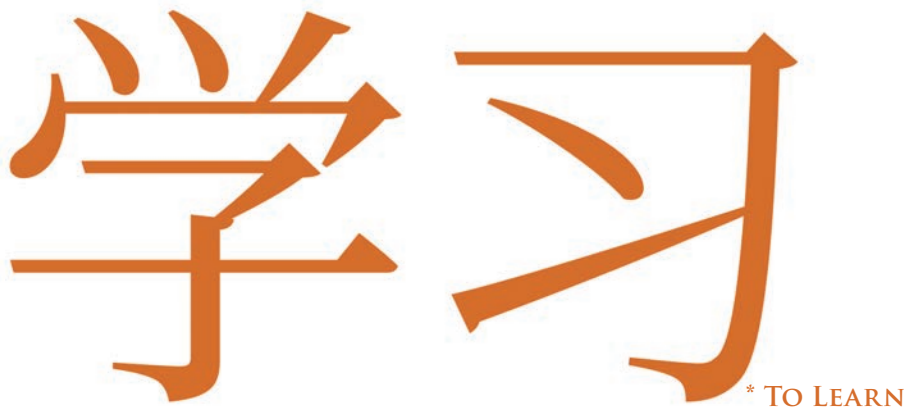
Written by Ilana Shapira

Growing up in Israel I was accustomed to hearing many languages. I developed a great interest in languages and the culture associated with them. As an adult, my professional life is in the field of Applied Linguistics – the art of teaching foreign languages, specifically Hebrew.

If someone would have told me couple of years ago that the next language I would learn at the age of 54 would be Mandarin—a language that is recognized as one of the hardest languages to learn—I would have laughed!

neighbors and to better understand the Chinese culture. But, I listened to my fears and those of my friends and colleagues and registered for the Spanish program. Shortly afterwards, my two adolescent daughters commented that I made my decision based on fear and not based on interest. I knew then that I must learn Mandarin. When the coordinator of the Chinese Immersion Program tried to discourage me, by telling me that learning Mandarin at the age of 54 might not be a good idea, I became even more determined.

For a couple of months, I familiarized



Six months ago I was accepted in a Doctor of Modern Language program at Middlebury College in Vermont, USA. Students in this program are required to experience the learning of a foreign language in an 8-week immersion course which will serve as a foundation for research.

I have lived in Vancouver for the last four years; my first thought was that I wished to learn Mandarin. I wanted to be able to read the signs, to communicate with my

myself with the language by watching some on-line lessons and by meeting periodically with a Mandarin teacher to learn Pinyin, a phonetic system that is used to teach Mandarin, (the conversion of Chinese characters to Latin letters, as well as the four tones in Mandarin). Gradually, I felt more confident and I looked forward to starting the summer program.

The Pledge Ceremony took place immediately upon arrival. From that moment on we were to communicate with

our teachers and other students only in Mandarin. This meant that I played “Charades” for the first week. I soon found out that most of the students in my class are “heritage learners,” meaning children of parents who speak Mandarin at home. Others were living with a partner who speaks Mandarin, or they were students who needed to repeat their first year beginner course. Furthermore, all that I had learned previously was covered in the first two days of class. It was the most challenging academic experience I have ever had.

One of the main reasons is cultural differences. The Chinese people believe that the key to success is the combination of hard work (measured by quantity) and perseverance. This leads to two main pedagogical implications:

(a) Assigning students a huge amount of homework and tests. We had 7 teachers who spoke in four different dialects. In the first week we learned 90 new words in Pinyin and 20 grammatical rules. We memorized a list of 20 “emergency sentences” and had a two-hour written test in Mandarin, a two hour listening test and an oral test. Our teacher repeatedly said to us, “A good student study more and sleep less” and whenever they saw us after class hours they would ask: “Did you sleep?”

(b) The teaching method was based on repetition and reciting of single and compound sentences based on listening only. There was no consideration of alternate teaching methods, e.g. visual learners, those who learn better seeing things written down.

Despite the great challenges, with each small achievement, whether I did better on a test or I was able to communicate with my classmates or teacher in the

Continued on page 31...

CARING FOR THE MOST PRECIOUS OF ALL – MOTHER!

Written by Bob Markin

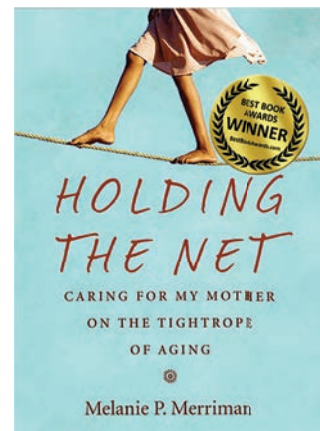
Settle down in an easy chair, relax, with tissues in-hand, and travel so movingly with former professional hospice consultant and now author, Dr. Melanie Merriman, as she relates her journey of passionately caring over-the-years for her ailing Mother – that most precious person in her, and truly, in virtually anyone's life. As you read Dr. Merriman's book, *Holding the Net – Caring for My Mother on the Tightrope of Aging* – you can see why this memoir has garnered wide critical-acclaim and so much positive reader response. We can't help but be engrossed as the author warmly draws us into her personal world of experiences and lessons learned, providing us with an authentic day-to-day narrative filled with examples of challenge, resolve, advice and hope, which readers might very well be able to apply to their own situations.

The book is practically for everyone, offering adults-of-all-ages and Mothers, relatives and friends, paramount advice on the ever-present trying situations which so many people eventually face as time and the years take their toll on a dear one's well-being. Essentially, Merriman, together with her co-caregiver sister Barbara, are on a constant roller-coaster ride on their journey of care, trying to balance their Mother's strong independence streak with her crucial need for personal safety. Successes are constantly followed by difficulties, as reality has to be faced by both Mother and sisters who come to realize each day anew, that what could be done yesterday, unfortunately, cannot be undertaken today.

Merriman's journey contains so many practically-applicable pearls-of-wisdom covering the effects of aging on body-and-mind, living-arrangements for older people, making health-care decisions, navigating a stay in a nursing/rehab facility, etc. And it, thankfully, includes information on the progressive stages of dementia. A small caveat - many of the author's recommendations for helpful services and agencies are U.S.-based only, and Canadian readers will need to consult with local and regional care agencies and facilities, and of course, the always valued recommendations of friends.

And yes, despite the serious nature of the topic, *Holding the Net* is a pleasant, easy read, thanks largely to Merriman's 'first-person' writing-style and the engaging technique she utilizes to convey her helpful points and recommendations. Basically, she lets us hear, via print, actual quotation-filled conversations, candidly and movingly relating to us a powerful story of her family.

Telling a 'story' always seems to capture our attention and involvement – much more so than when points are dryly made in an expository fashion. Merriman enables us to feel so privy to the trials-and-tribulations of her loving family which is making every effort it can to create something positive from a very difficult situation. Such trying circumstances can often be completely overwhelming, and this stimulating memoir tells us, subtly yet forcefully, that 'everyone' involved in the constant ups-and-downs of caregiving truly needs an advocate. The Mother, as the principal



person involved, has dedicated advocate-caregivers in her daughters, who in turn, often find that

they require support themselves, which they receive by compassionately serving as caregiver for each other.

If there is an overriding message in this extremely touching and uplifting book, it might be that a person who puts forth all of their efforts and energies in helping a loved one, should realize that their soul was noble in their resolve and dedication to help. Consequently, they should feel emphatically positive knowing that they've done the very best that they were able to do. Realistically, that's all that anyone can do.

And a thought: Given how the topic of Mothers is so filled with emotion, which this wonderful book beautifully expands upon, maybe publisher Green Writers Press might consider selling this poignant memoir packaged – with tissues and a recording of the tear-inducing classic *My Yiddische Mama*.

Unquestionably, a book to read thoroughly, savouring and applying its wisdom in caring for the ever-changing well-being of The Most Precious of All – Mother!

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.



CAREGIVERS IN DISTRESS, A GROWING PROBLEM

Is there a Rainbow Behind the Clouds?

Written by Rita Roling

Throughout our lives we meet people that we admire. For me Moira was that person. She looked great; not a hair out of place, impeccably dressed and very poised. Over the years, we drifted apart, but a few months ago I saw her again. She looked tired and tense. Moira was in a hurry to get home as she is the caregiver for her husband who has dementia. He tends to become fearful when she is not present, she said, and it is difficult for her neighbor to calm him. Without intent, Moira has become a statistic, she is one of B.C.'s one million unpaid, in-home caregivers.

In her 2018 report, *Caregivers in Distress – a Growing Problem*, Isobel Mackenzie, Seniors Advocate, Province of British Columbia, states that one million unpaid caregivers provide roughly 75% of care for those who receive in-home care. The report however only includes caregivers who provide assistance to people who receive publicly subsidized home support; thus the total numbers are much higher. If this unpaid work force was to be replaced with paid staff, Canada's and BC's health budgets will increase annually by \$2.5 million and \$3.5 million respectively. The report validates the importance of the work caregivers provide in every part of the Province and describes it as a "critical pillar in our health care system, allowing seniors to remain at home and delay or

even prevent costly care options, such as subsidized residential care or hospital stays." *Aging in Place* is not only cheaper but it preserves dignity.

The Mackenzie study concludes that 31% of primary caregivers are in distress which is an increase of 7% since 2015, but the "actual number of primary caregivers identifying as distressed grew by over 1,000 which represents a 14% increase in the actual numbers." A 2011 World Health Organization study examined stress levels among caregivers and those cared for and found that "subjected experiences such as depression and burnout were strongly correlated with the caregivers quality of life but less so for those who needed care."

CAUSES AND CONDITIONS OF CAREGIVER BURNOUT

Unless reduced, high stress level may lead to burnout. The intense workload of home-management, nursing, chauffeuring and miscellaneous tasks are not the only contributors:

1. Role confusion such as caregiver vs spouse, child vs decision maker, and friend vs caretaker play a role.
2. Unrealistic expectations of themselves are also factors. Some caregivers feel that their particular care will result in a full recovery. This is unlikely especially if the loved one has a progressive disease such as Parkinson's or Alzheimer's. When

recovery does not occur feelings of guilt, inadequacy and resentment can rise to the surface.

3. Caregivers frequently talk about loneliness. When the person you care for is no longer able to be present in the relationship, the loneliness can be unbearable. One blogger wrote "the plan was to grow old together – holding hands in rocking chairs on the porch and enjoying each others company."

It is easy to understand why many caregivers are distressed, but unfortunately many of them either do not recognize the symptoms of burnout or the feelings of loneliness and depression are ignored.

Severely stressed individuals are susceptible to changes in their own health. As the saying goes: "if you do not look after yourself first, you cannot look after others." Self-care is often put on the back burner as caregivers may be so focused on caring for someone else that their own needs are set aside. Changes in sleeping/eating habits, continuous worry, irritability, and sadness may be minimized and explained as "having a bad day", but even the most resilient person cannot escape the demands that are part of caring. Thus it is important to know and to take advantage of available resources.

INCREASED RESPITE AND ADULT DAY CARE PROGRAMS

Isobel Mackenzie has worked tirelessly to monitor seniors' services and to identify service gaps. She presented her findings to the Provincial Government which responded by allocating \$75 million dollars over the next three years to be earmarked for increased respite and adult day care programs. Barb MacLean, Executive Director of

Family Caregivers of BC, applauds her systemic approach to support caregivers: “it is unprecedented in Canada...and we couldn’t be more pleased about this increased level of recognition and support for a very hard-working, invisible part of society.”

The Health Council of Canada estimates that unpaid caregivers provide roughly 75% of care for people receiving care at home in Canada. Demographically Canada is aging and as *Aging in Place* is more cost effective than institutional long-term care this figure will likely increase. So far the Federal Government has yet to allocate adequate funding for home-based

care. Some systemic changes have started to occur but many more needs to take place. Canada Revenue Agency offers some tax relief and Employment Insurance Canada offers non-paid compassionate leave. The recent \$75 million allocation by the Provincial Government is a good start but there is still a long way to go and much work to be done by all levels of government.

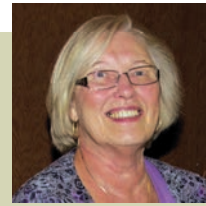
HELPFUL TELEPHONE NUMBERS

Seniors Advocate British Columbia:
1-877-952-3181

Help Canada: 1-800-O-Canada

Family Caregivers Support Line:
1-877-520-3267

Jewish Senior Alliance: 604-732-1555



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.

LEARNING MANDARIN

...Continued from Page 28.

cafeteria, I felt a great sense of achievement. By the third week, I was able to talk about myself and about my family in a short speech in front of all 140 students and teachers, (even though I wasn’t able to sleep the night before). I felt a great sense of accomplishment and knowing that my family was watching the video of me speaking Mandarin in public was an incredible feeling. I have learned that embracing a challenge is empowering regardless of how big or intimidating it might be and regardless of one’s age. These days I continue to learn Mandarin (by choice, not for my degree) and every time I exchange few sentences in Mandarin with any of my neighbors or read a sign on the street, I feel uplifted and empowered.



Ilana Shapira, Educator, Founder of IVRIKAL:

Ilana has over twenty years’ experience in Jewish education in North America, as an educator, administrator as

well as training teachers in teaching Hebrew as a second language and in developing Hebrew teaching units.

MEET OUR STAFF

Introducing Jennifer Propp



Jennifer Propp has been a graphic designer and illustrator for more than 15 years. She has always had a passion for drawing, and earned her Bachelor of Fine Arts from UBC, focusing on

studio art. Inspired by vintage posters, Japanese block printing and Art Nouveau, she explores the use of shape, line and colour as she creates illustrations and posters. More recently she expanded her knowledge from print design to include skills in website design and WordPress.

Working with the community and helping people has always been important to Jennifer. She has done work for organizations such as Jewish Federation and Vancouver Hillel. She is proud to play an essential part in the work of JSA, designing the *Senior Line* magazine and event posters, as well as maintaining and enhancing the www.jsalliance.org website as webmaster. Her work in both the *Senior Line* magazine and the website have received approval and acclaim from readers and users.

HARD CONVERSATIONS MADE EASIER

How to Speak with Aging Parents: An Interview with Grace Hann

Written by Vanessa Woznow

Conversations about housing, finances and health care can be hard. These subjects can be even more difficult to broach with an aging parent. Many of us struggle, asking ourselves: When is the right time to have these conversations? Can I tell my mum that I worry about her falling? How do I talk about my parents' drivers' licenses without overstepping their autonomy? How do I talk to them about their wishes if they die? And can I build their trust, instead of breaking it down?

TO PRACTICE EMPATHY IS ESSENTIAL

"No matter who we're talking with, or what we're talking about, communication and empathy go hand in hand," says Grace Hann, Supervisor and Trainer of Volunteers with the Jewish Seniors Alliance.

In her role at JSA, Grace runs a program that matches volunteer senior Peer Support workers with individuals of the same age in the community. Many of her program's clients experience challenges such as isolation, transitional health problems, vision and hearing loss, and grief.

"We ask our volunteers to put themselves into a client's situation from an empathetic perspective. Otherwise, how can they understand the experience of the person who needs help? We can't just assume to know what is right for them." By 2036, the number of

residents over the age of 65 will double across Canada. "It's important that we have conversations—whether they be about quality of life, about driving licenses or even about that slippery rug—before they reach a crisis point," says Grace. "This way we are laying the foundation to ensure that when action needs to be taken, we have something to build from."

Grace recommends keeping the following tips in mind in your conversations with the older adults in your lives. The more we talk about hard things, the easier they become.

Communication
and empathy go
hand in
hand. ”

START TALKING EARLY

It can be very hard for a child to bring up a conversation with a parent for fear of overstepping boundaries. It can be equally hard for a parent to reach out to ask a child for help. "The best thing to do is start conversations early, when there isn't a problem," says Grace.

ASK FOR PERMISSION

"Conversations are not ultimatums,"

says Grace. "Simply asking, 'Do you mind if we have a chat?' ensures our parents are equal partners in the discussion." She also recommends asking for your parent's permission to relay information gleaned from the conversation to other family members. "This way, everyone is on the same page, and no one is surprised to find out something they told in confidence has become common knowledge."

MIND YOUR (BODY) LANGUAGE

When having hard conversations, it's important to understand how we are communicating with others – with both our words and body. "Look at how you are sitting," says Grace. "Are you hunched into yourself? Are your arms crossed? That can indicate a lack of openness." Focus instead on keeping a neutral body stance during the conversation. Let's say you're talking about whether it's still safe for them to drive. If you're sitting, place your hands on your knees, or keep them folded in your lap. Face the person, keep strong, friendly eye contact and avoid fiddling with papers, rings or articles of clothing.

USE YOUR 'I'S

"An 'I statement' is an excellent tool for conversations because it's an introduction to a discussion and not a resolution to a problem," says Grace. "It's non-defensive communication." Being able to tell someone how you feel, and not what they should or should not be doing, allows you to stay out of their space, while learning how they feel about the same situation.

ALWAYS INCLUDE AN ASK

"You'd be surprised by how powerful simply asking, 'Is there anything you'd like to talk about?'" says Grace. Creating

a neutral space for your parent to fill can relieve stress and make it easier for them to ask for help.

KEEP TALKING OFTEN

Silence can breed miscommunication and misunderstanding, so it's important to keep the lines of communication open.

"Think of it this way," says Grace. "If a parent is sitting at home all day, but doesn't feel like he can reach out to his child to pick him up for fear of bothering him, his child might think that he is happy being at home. He doesn't know otherwise. "If we know right off the bat that Dad's priority is to stay active and outdoors, it won't escalate to a point of resentment or poor health."

RE-FRAME DECISION MAKING

Once a child takes on the role of caregiver, some things will begin to shift. Our parents may feel as though we are taking charge, which can be very hard for individuals who are used to being decision makers. Grace believes in the importance of acknowledging this role.

"You can say, 'Mum, I really like how you've done this.' Or, 'Dad, you did a really great job with that.' Then ask, 'Would you like my support as you continue to make future decisions based on difficulties you may encounter?'"

KNOW YOUR ROLES, KNOW YOUR LIMITS

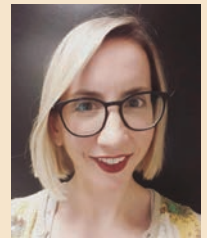
Think of your family as a well-oiled machine. When we understand the role that everyone plays, we can support each other to get to the outcomes we want. We can also hold ourselves accountable

to our shared objective: keeping our parents healthy.

It's important also to understand our limits. "As a parent's health declines," says Grace, "there needs to be on-going conversations and resources available to every family member. Be sure to have your own set of supports so that you too don't get to the point of crisis. Everyone needs to be taken care of – the parent, the siblings and the family together."

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Vanessa Woznow is Marketing and Communication Strategist for United Way of the Lower Mainland.





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PLANNING AHEAD: WHERE YOU LIVE MATTERS...

Written by Wilma Atchison

Dependence or interdependence? Is it best to stay at home or move to retirement living? When is the right time to consider moving to retirement living? While the answer to this is based on individual needs, the failure to plan ahead can leave people with fewer options. More importantly, your health and happiness may depend on it.

Human beings are innately social creatures. Throughout most of history we have belonged to a larger community network. As long as we are able to remain connected to that community, retain social relationships, finding meaningful things to do and are healthy enough to do them, then staying at home is an option.

WHEN THINGS BEGIN TO SLIDE

But when an individual begins to lose those connections with others, feels isolated and lonely, they are more likely to have less energy, be less active, be at nutritional risk, and that state of being puts them at a greater health risk. Dr. Karl Pillemer, a leading gerontologist and researcher says a growing body of evidence now shows a direct mind-body link between isolation and loneliness and problems like heart disease and depression. While we think that by staying at home we are being “independent”, I would argue that over time we, in fact, increasingly rely on the aid of others to manage our essential requirements of life.

In Canada and the U.S. our communities are experiencing a high degree of change. Higher density and transitional

neighbourhoods are contributing to the feeling of being disconnected, thus we feel less safe as we age. Add a lack of affordable housing, inadequate transportation and a shrinking workforce can mean that help when you need it, may not be as accessible as you think.

CHOOSING OPTIONS AND STAYING IN CONTROL OF YOUR LIFE

Seniors should be planning for their future needs. From downsizing, deciding on whether to be close to family, choosing a large or small community and even deciding on the timing of your transitions lets you be in control. It is a process. Decide where you will be at each stage in the aging process. Visit various communities, do trial stays, then place your name on a waiting list until you are ready.

The failure to plan ahead can be devastating. As we age in place we often do not recognize the safety risks around us: Fridges that don't get cleaned out regularly; snacking vs eating nutritionally balanced meals; safely navigating stairs and avoiding clutter; bathing; fire hazards and being prey to unscrupulous people. It is not until a catastrophic event happens, a fall, a theft, or the death of a spouse that the problem rises up, gets highlighted or is exacerbated. You may find yourself feeling hopeless in what feels like an overwhelming situation.

Memory or physical disability are the two leading factors that necessitate a transition to a seniors' community. Unfortunately, for many individuals it may be too late to choose a location. Supportive housing for seniors usually has three levels; independent living, assisted living and complex care. All three provide accommodation with various levels of support in meal preparation and housekeeping but, whether you can function safely, and accommodation availability will be the determining factor on whether you qualify.

Like many businesses, community life for seniors has changed in the last few years. It has moved away from the old nursing home model to upscale and boutique style living. In some incidences this social model is similar to moving to a club-style model. The reason? It is the customers. Renting an apartment, having access to hospitality services is more reminiscent of resort style living. It frees one from the domestic responsibilities to enjoy life with the people you care about. Where you live matters...take the time now to do the planning!

Wilma Atchison is general manager of Verve Senior Living at West 49th Avenue. She can be reached at (604) 563-3540.



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MOST BRIDGE

Russian Jewish Seniors' Society

Written by Yuriy Rubin

Последний концерт Муси Пинкензона

11-летний скрипач вошёл в историю войны. Он не убил ни одного врага, не распространил ни одной листовки, ни разу не пускал под откос поезда с вражескими танками. Его борьба с фашизмом длилась всего несколько мгновений, а оружием его были скрипка и великое мужество... Его практически никто и никогда не называл полным именем Абрам, все звали Мусей - так, как называла его мама. Сначала она называла его Абрамуся, а затем Муся.

Муся родился 5-го декабря 1930г. в городе Бельцы (Молдавия) в семье известного в городе врача Владимира Пинкензона. Интерес к музыке у него проявился в младенчестве, а в 5 лет. он успешно выступал с концертами. Когда началась война семья Пинкензона была эвакуирована на Кубань в станицу Усть-Лабинская. Папа работал врачом в госпитале. В 1942г. немцы захватили Кубань. Госпиталь и жившие в станице евреи не успели эвакуироваться. В один из дней немцы вывели на площадь евреев для расстрела. Они хотели провести эту акцию, как акцию устрашения для и согнали на площадь все местное население, Первым выстрелом был застрелен доктор Пинкензон т.к. он отказался лечить раненых немцев, затем была убита мама Муси. Муся остался один со своей скрипкой.. Он понимал, что сейчас его убьют. Муся обратился к офицеру с просьбой: « Господин офицер разрешите мне сыграть перед смертью» и офицер разрешил..

Муся поднял скрипку и заиграл Интернационал. Люди на площади, услышав знакомую мелодию начали подпевать.

Офицер опешил от наглости ребенка и в ярости начал стрелять. Первым выстрелом он ранил Мусю ,но он продолжал играть, Вторым выстрелом немец убил Мусю.

Гитлеровцы в бешенстве разгоняли толпу. Акция устрашения превратилась в акцию их унижения. 11-летний мальчик, стоя перед лицом смерти, проявил такую силу духа, против которой оказалась бессильна



вся мощь нацистского оружия. В этот день люди в Усть-Лабинской снова поверили в Победу. Эту веру им вернул маленький еврейский скрипач...

После войны в станице Усть-Лабинске, теперь в городе Усть-Лабинск был установлен памятник юному герою Мусе Пинкензон

http://www.aif.ru/society/history/muzyka_kak_oruzhie_posledniy_koncert_musi_pinkenzona

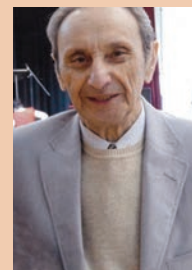
Андрей Сидорчик www.aif.ru

This article is about an 11-year old boy named Abram Pinkenson (or Pinkenzon), he was also called Musya or Musi or Abramusya. Musya Pinkenzon was born on December 5, 1930 in the Moldovan city of Balti, which at that time belonged to Romania. At the age of 5 he was considered a child prodigy on the violin. In June 1941, Musya Pinkenson was to participate in the "1st Republican Olympiad of amateur art in Moldova" but all plans collapsed with the outbreak of the war.

In the summer of 1942 the entire population of the village was driven to the place of execution by the Nazis. Musya was among them, clutching his violin. His parents were killed before his eyes. Musya asked the officer in charge "Mister Officer, let me play the violin before death!" 11-year-old Musya, standing in front of the Nazis, played the "Internationale", the anthem of the Communists and the Soviet Union. People in the crowd began singing loudly. Shots rang out. The first bullet wounded Musya, but he tried to continue playing. New volleys cut short the life of the violinist.

https://en.wikipedia.org/wiki/Abram_Pinkenson

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.



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Membership Committee:
Binny Goldman and Lyle Pullan



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Dr. Andre Anzarut, Joanne Emerman, Norman Franks, Judith Groberman, Bill Gruenthal, David Herman, Debbie & Sheldon Nider, Arnold & Anita Silber, Garry Zlotnik

NEW SUPPORTERS

Gail Butt, Cindy Charkow, Yale & Sandy Chernoff, Fred & Eileen Cohen, Betty Claire Davids, Tony DuMoulin, Rob & Roxanne Eichhorn, Perry & Marilyn Ehrlich, Stephen Emerman, Mark & Sylvie Epstein, Shayla Feldstein, Larry & Miri Garaway, Larry & Paula Goldenberg, Marvyn Grodsky, Chela Herman, Robert & Gisi Levitt, Alan Marchant, Albert & Anne Melul, Julia Wallstrom, Dori & Steve Whiteside, Roxanne Whiteside, Philip & Corinne Yacht

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

SENIORS STRONGER TOGETHER

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.	

Diploma in Gerontology

DEPARTMENT OF SOCIAL SERVICES

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

This interdisciplinary program attracts students from a diverse spectrum including current Health Care Aides, Community Program Directors employed in the community-based seniors' services sector, and individuals pursuing a new career in social services working with older adults.

Graduates are prepared for a rewarding career working with older adults who wish to age in place. This dynamic and expanding community-based seniors' services sector provides opportunities to provide leadership, support services, advocacy, education, information and referral to needed resources, leisure and recreation, as well as health promotion and prevention guidance to avoid isolation and loneliness.

Registration for Fall 2019 is now open.

Learn more.

Contact Jeanette Robertson at 604.323.5178 | jrobertson@langara.ca or visit www.langara.ca/gerontology



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JSA Snider Foundation
Empowerment Series 2018-19

RENEWING AND REINVENTING OURSELVES

#2 FILM: A SONG FOR MARION (UNFINISHED SONG)

Wednesday, January 16th at 1:00 pm
JCC Wosk Auditorium - 950 W 41st Ave, Vancouver

Our second Empowerment Series features **A Song for Marion (Unfinished Song)**. This London-set comedic drama explores how new friendships and the communal creation of music can revitalize our passion for adventure and celebration at any age. The film will be followed by a light nosh.

Cosponsored by JCC Adults 55+.

Free (\$5 suggested donation) – RSVP by January 14th – Drop-Ins Welcome

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

#3 EXPLORING VOLUNTEERISM AMONG JEWISH SENIORS

Wednesday, March 5th at 2:30 pm
Weinberg Residence - 5650 Osler Street, Vancouver

For our third Empowerment Series, **Eireann O'Dea** will share recent findings from her Masters thesis in Gerontology at SFU, titled: "An exploration of pathways, motivations, and experiences of older Jewish volunteers in Vancouver," and the implications of this research.

Cosponsored by the Weinberg Residence.

Free – RSVP by February 28th

Contact: Regina Lvovski 604-267-4756 rlvovski@weinbergresidence.com

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



Sender:

Jewish Seniors Alliance

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