

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 26(2) - JULY 2019

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PRESIDENT'S MESSAGE

One of the important priorities Jewish Seniors Alliance is concerned about is Prevention. Prevention is defined as "the action of stopping something from happening or arising". Taken literally, this sentence means absolute prevention (primary prevention). There are three types of prevention: Primary, Secondary and Tertiary.

Primary Prevention: Vaccinations and inoculations are examples of primary prevention.

Secondary Prevention: When symptoms of a problem appear, measures are taken to end it before it fully develops. One example of secondary prevention takes place when we have a decaying tooth filled; another example would be regular medical checkups and certain tests to detect an incipient disease in order to treat it before it becomes debilitating.

Tertiary Prevention: Making improvements to a person's life-style and expectations of a good life in order to reduce the symptoms of a disease or

PREVENTION IS THE NAME OF THE GAME

Written by Kenneth Levitt

challenges that one already has. Examples of Tertiary prevention include trying to ameliorate insidious chronic health problems that can include physical, social and emotional aspects.

PEER SUPPORT SERVICES PREVENT AND DIMINISH PROBLEMS

Jewish Seniors Alliance has established an extraordinary approach to working with older adults who we see as persons with Tertiary challenges. Lonely and isolated older adults are referred to us and are assigned, in most cases, to a Certified Senior Peer Support Volunteer who will spend quality one-to-one time with him or her. Certified Senior Peer Support Volunteers practice Non-Judgmental Listening, encouraging the client to problem solve, assisting the client in improving their quality of life and promoting self-empowerment.

Our focus is on older adults serving older adults, a service that is provided free-of-charge and not income-tested. We thus emphasize and practice our motto, "Seniors Stronger Together."

MY FINAL PRESIDENT'S REPORT

After three consecutive years as President I will become Past President

at our Annual General Meeting to be held on Thursday, September 19th at the Beth Israel Synagogue.

What is amazing about JSA is that we are a group of dedicated older adult volunteers (with two youthful exceptions) who have an imperative to make life better and more optimistic for vulnerable older adults. Our clients view the future with pessimism and uncertainty. We, the Board members and volunteers work to encourage our clients to view the future with hope and a positive, pro-active attitude.

I am extremely grateful to have been associated with a devoted Board of Directors who are involved and who, in their individual ways, have taken leadership roles on moving forward with our programs and services. I am particularly proud of our professional staff and our support staff without whom JSA would not be the quality organization that it has grown to be. Finally, I want to thank my bride, Leah, of almost 57 years and the love of my life for her unconditional support. Moving forward, JSA has many plans and ideas in the works to make us even better.

Stay tuned. The best is yet to come.

Kenneth Levitt
President

Certified Senior Peer Support Volunteers practice Non-Judgmental Listening, encouraging the client to problem solve, assisting the client in improving their quality of life and promoting self-empowerment.



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.

USE IT OR LOSE IT PHYSICALLY AND MENTALLY!

Written by Dolores Luber

Challenging the longheld assumption that skills such as processing speed, problem solving and the ability to recall facts and events get worse as we get older — and show how certain habits can speed or slow the brain’s aging. Walking, jogging, dancing, cycling, weight-lifting, aerobic exercise — no more excuses — Use it or lose it, physically and mentally!

“I could help you lug that vacuum upstairs, Grandma, but you’ll thank me when you’re 100 and can still do your Sudoku.” Years-long study shows that seniors who remain active, including doing chores, show improved cognitive function. Yes, it is true, proven, no doubt about it, exercise not only improves your physical health, it wards off dementia; and can even slow down the process. And we are on it: Bob Markin gives you “the facts” in his article *Exercise is Medicine*. Tamara Frankel emphasizes it with her book review of *Better with Age: The Psychology of Successful Aging*. And Dan Levitt asks the question “Who Wants to Live to 100?” What a silly question: Count me in!

Older adults represent one of the fastest growing natural resources

We continue our discussion of creating a productive, satisfying retirement. Read



Interpretive dance was a liberating experience for Jennifer Young at Louis Brier (see pages 8-9).

the *Inspiration* column. Here are two interviews, one with Peter Tanner and the other with Julie Iuvancigh—two people who have found ways to recreate their lives after retirement, for the betterment of their neighbours and friends, and for themselves. We focus on post-retirement life-styles with the article by Rita Roling on *The Silver Economy*. Not only are we, the retirees, purchasers of services and goods, but, furthermore, we are creating businesses and jobs for ourselves. I myself have a small business caring for other people’s dogs; and I have added a second bedroom to my Airbnb business in my home. I am meeting dedicated young medical students who are doing electives at VGH. They come from New Zealand, Scotland, Eastern Canada and the Far North to study here. My Airbnb guests are inveterate tourists; they take courses in Vancouver and they attend conferences. I am meeting and speaking with interesting people from all over the world. All my experiences as a mother, grandmother, psychotherapist and psychology teacher are now being put to use. I am being rewarded with their appreciation of the care and attention they receive in my home, and I am earning money to augment my financial situation. The entrepreneur in me has come to the fore—again.



EDITOR'S MESSAGE

In the section *Getting to Know Your Media*, I have added *And Your Technology*. Technology is empowering me in wonderful ways. I could reach out to a mosaic artist whose work I discovered—all the way to Siberia, Russia. With the help of my Russian-Canadian friend, Oleg Mayorov, I arranged for Sergey to grant us permission to highlight his work in our magazine. The mosaics of Sergey Karlov are exquisite and powerful. What do you think of the image on our cover? Read *Portrait of an Artist* to appreciate and understand the sensitivity and talent of this great artist.

Nearly one in five older drivers are taking “potentially inappropriate medications” or PIMs

Nearly one in five: that’s the ratio of older drivers who are taking potentially inappropriate medications (such as certain antihistamines, painkillers, and sleep aids) that have been shown to increase collision risk up to 30%. Half of older drivers interviewed for a Traffic Safety study were taking seven or more medications, and one quarter were taking 11 or more. AND nearly one in five were taking medications the American Geriatrics Society has called PIMs. These medications should be avoided by seniors because they have very limited benefit, pose excess harm, or both. Most of the PIMs, which include benzodiazepines and some antihistamines, have been shown to cause impairments,

Continued on page 4...

USE IT OR LOSE IT

...Continued from Page 3.

such as blurred vision, confusion, fatigue or incoordination. Other research has shown that these medications can raise the risk of a crash by up to 30 percent. The researchers also note that the odds of an older adult falling are six times higher if they are using 10 or more medications.

The good news: By working shoulder to shoulder with healthcare providers and pharmacists, we can mitigate the risks by letting older drivers take the medications they need while allowing them to drive safely. The bad news is that patients are not having the necessary conversation with their doctors and pharmacists.

Put all your medications, including vitamin and food supplements and over-the-counter drugs, in a bag and bring

them to your doctor or pharmacist. The Foundation for Traffic Safety offers a website (www.roadwisersx.com) where users can check the effects and interactions of the medications they are taking (AAA Foundation for Traffic Safety, 11/28/2018).

Liverpool, England to pilot scheme to tackle loneliness

We at Jewish Seniors Alliance are pro-active in eliminating or reducing loneliness in the lives of seniors. The over-65 crowd continues to live alone in disproportionately high numbers (26 per cent of them were solo dwellers in 2016). These are people without roommates, spouses or live-in romantic partners.

The city of Liverpool is initiating a scheme called 'Safe and Connected'.

Postal workers will call on over 65s who sign up to participate, as part of their usual delivery rounds. The postal workers will ask a standard set of questions to assess individual need, with the council analysing the results and directing the individuals necessary to friends, family, neighbours or local voluntary sector services. The aim is to reduce the risk of loneliness, as well as addressing other needs and issues—and will initially be limited to 100 people. Postal workers are a trusted part of the local community, particularly for older people, which makes them ideal for this scheme. This sounds like an excellent idea. What do you think?

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

Of all the people who complimented the magazine, I respect my brother and sister-in-law's comments the most (Michael and Julie Seelig). They LOVED the magazine!

Warmly,
Tamara Frankel

Of course, I would be pleased to have the article reprinted (*Who Wants To Live To 100?*). Really appreciate the publication you produce—meeting a gap in the community.

Kind regards,
Dan Levitt

The latest *Senior Line* magazine came out two days before my weekly Canasta game. The comments were amazing and I'm quoting: "I read the magazine from cover to cover."; "The articles were so interesting and informative."; "So easy to read and I didn't realize what resources there are around Vancouver."; "First class magazine."

I commend you as Editor-in-chief for making *Senior Line* a first-class magazine.

Helene Rosen

Editor's note: Thank you Helene for writing all this by hand (her computer crashed!). To all the contributors to the magazine, please take a bow!

JSA WELCOMES NEW SUPPORTERS

New Lifetime Member

Alex Zbar
Charlene Goldstein
Gerry Krystal
Susan Claire De Rosa
David Walters
Lenore Rosen
Joan Robillard
Marilyn Berger
Tammi Belfer

New Member/Supporter

Elecia Hart
James Cullina
Sharon Esson
Evelyn & Sandy Ray

VOLUNTEERING IS A GIFT

To the volunteer and to those whom you meet and support

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
My daughter Wanda who lives in Toronto, has a Master's Degree in Social Work. For the last forty years she has been working in various offices, and many of her clients are seniors. We have discussed for hours what exactly her work entails and the work of the Jewish Seniors Alliance (JSA). She marvels at our accomplishments and how we contribute to the older adults in Vancouver. She wishes that someone would start a similar, desperately needed program in Toronto.

New approaches needed to cope with the emerging situation

The senior population is growing in numbers much faster than what we can cope with, in terms of the services that we offer. The growth of older adults is those in their eighties, nineties and over. Right now we have more seniors than children below the age of fourteen years. What will happen in the next ten years is my concern and obviously the concern of the Government of Canada.

The Provincial Government's budget that looks after seniors is extended to the maximum. We don't know where future funding will come from in order to respond to the escalating needs. We have to develop a new approach by looking at systems that work well in the Scandinavian countries, Australia and New Zealand. These countries have been coping successfully by extending services to their seniors.

Just imagine if hundreds of Provincial Government social workers would meet with seniors the moment these seniors reach 65 or 70. They could get a full description of their health situation, their involvement in the community and their well-being. This contact data would be kept up-to-date annually. The Government would know exactly the health status of every senior in the Province, which would result in the capacity to plan and deliver future services on a daily basis. The costs involved are obviously larger at the beginning, but, by using preventative programs, those expenses would lessen in the later years; costs would be reduced.

We provide 55 hours of free training to volunteer seniors to become Certified Senior Peer Support Volunteers.

JSA in the forefront of Preventative Medicine

To a certain extent JSA has always been involved in preventative services to seniors, through our Outreach Program and more so, in the Peer Support Services program. From my point of view, I would like the Government to realize that in British Columbia we have an army of close to one million older adults that could create an extraordinary

work force, as well as keep themselves healthy and occupied mentally and physically. The new generation of seniors is not as prone as the older generation to volunteering; the result is that non-profit organizations suffer from the lack of volunteerism.

Volunteering as a calling, a gift to oneself and to others

Imagine what would happen if the Government would advertise volunteerism as a wonderful gift and provide income tax advantages for those who want to volunteer in many diverse areas. They would be helping themselves and their fellow seniors at the same time. The excellence of our Peer Support Services Programming has been proven. We provide 55 hours of free training to volunteer seniors to become Certified Senior Peer Support Volunteers. They then go out into communities to help other seniors in need. This is absolutely outstanding!

Reaching out and training volunteers in other communities

At this moment we are helping various multicultural organizations that have been asking for our assistance to train their seniors, to provide services for the older adults in their community. The Japanese Community has done so, and we have received phenomenal accolades

Continued on page 6...

PLANNED GIVING FINANCIAL SUPPORT FOR JSA

Written by Tony DuMoulin

Some - perhaps most - of those members and supporters of Jewish Seniors Alliance who live on a fixed income may be unable to make the size of donation they might wish to, due to the financial demands of daily life. But while their income is fixed, they will likely have at least some assets left at the time of their death.

This is where "Planned Giving" comes in. If you are in this situation, planned giving offers you a chance to further support JSA through the simple act of making a bequest to JSA in your will.

What, exactly, is "Planned Giving"? In its simplest terms, it describes the act of designating a gift - a bequest - to a charitable non-profit, in your will. It is a commitment now, to take effect following your death. Other terms you

may have heard used for planned giving are "legacy giving", "deferred giving", or "gift planning". These terms all mean the same thing.

Depending on your specific circumstances and preferences, you can make a bequest of a specific amount, a percentage of your whole estate, or a percentage of a portion of your estate set aside for charitable gifts. There are other, more complex ways to make planned gifts which will involve expert professional tax and estate planning advice.

But for many, a few simple words in your will is all that is needed to make a bequest to JSA. You will need the precise wording, which you or your advisor can obtain by contacting the JSA office at 604-732-1555. You can make an

unrestricted bequest, or you can restrict it to a particular JSA program you have an interest in, but you will need to be somewhat flexible, because the particular program you want to support may no longer be in place, or may be fully funded from another source, while an underfunded need lies elsewhere.

If you already have a will, you should be reviewing it at least every five years as your circumstances change. If you don't yet have a will, get one made! In either case, please consider including or adding a bequest which will enable JSA to continue its important work of helping seniors for many years to come.

Tony DuMoulin

is a founder of the law firm of DuMoulin

Boskovich, he practised commercial and real estate law for 40 years. He has a long history of involvement in Jewish organizations and municipal projects.



VOLUNTEERING IS A GIFT

...Continued from Page 5.

and appreciation for helping them to develop a program for visiting and supporting their seniors.

The Indigenous Community has asked for our help as well—to train their volunteer seniors to be able to visit with and support older adults who are in need of stronger connections with their community. The LGBTQ Community has also appealed to us to help their volunteer seniors learn to visit and support their seniors. JSA has made the Provincial and Municipal Governments

aware of these Outreach activities and our abilities. They recognize the work that we are doing and provide some financial support in order to enable us to use our expertise in Peer Support Services Programming.

We invite all our seniors, male and female, that have the time and the ability to volunteer and give their time in support of the older adults in the Jewish community and beyond. I've said it before, and let me say it again, at one time or another every one of us will eventually need the assistance that JSA can provide. I've taken help from JSA

twice and really it saved my life. As I am of the advanced age of 91, I can envision JSA with its innovative older adult programming, being one of the largest organizations in the City of Vancouver in years to come.

G-d bless you.

Serge Haber

President Emeritus

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

JEWISH SENIOR ALLIANCE PEER SUPPORT SERVICES

Cooperation and Facilitation with Other Community Organizations

Written by Pamella Ottem

JSA Peer Support Services have been busy partnering with other organizations in order to assist them in increasing their effectiveness in helping lonely and isolated seniors in the Vancouver area. Recently JSA partnered with the Japanese community agency, Tonari Gumi, to provide fifteen hours of education on how to be a Friendly Volunteer Visitor. In this program, volunteers learn, through a set curriculum, about the issues which concern these seniors. Using role-play techniques and communication strategies learned in class, volunteers are able to provide recreational and socialization interactions with seniors in the JSA and Tonari Gumi programs. Upon completion of this educational program, participants were asked to evaluate it.

The evaluations showed that 100% of the participants felt that the trainer was knowledgeable and able to answer questions about the subject. And 94% were satisfied with the course. Many of the remarks at the end of the evaluations commented on the skills of the trainer and the participants enjoyment of the course. Other comments were “best training I have ever had,” and “I wish it could be taught in Japanese.”

In the fall of 2019 Jewish Senior Alliance (JSA) will team up with Jewish Community Centre (JCC) to offer a Certified Senior Peer Support Volunteer program at the JCC. The volunteers screened and accepted for this program will receive 55 hours of training to become Certified Senior

Peer Support Volunteers in the JSA program. After completion of the educational program and a graduation ceremony, the graduate volunteers will be matched with clients, thus beginning their volunteer service in JSA.

Also in the fall JSA will host a Multi-Cultural Dialogue Group to explore how other seniors' organizations deal with multi-ethnic seniors. Issues arising in the care of these seniors will be discussed, as will strategies to manage their challenges. Results of these two meetings will be published in the *Senior Line* Magazine.

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.



MEET OUR NEW BOARD MEMBER



Introducing Alan Marchant

Alan grew up in NW London, England, and immigrated to Canada 42 years ago with his wife Pauline. They lived in Richmond where their two daughters were raised. One daughter resides in Ladner with two grandsons, the other in New Jersey with a grandson and a granddaughter.

Alan has served as a longtime volunteer for various Jewish organizations in Vancouver. Many years ago he was President of the Bnai Brith Maccabee

Lodge, also Board Member and Vice President of Jewish Family Services. Enticed by Marilyn Berger, who coincidentally asked him to join the JSA board, he was President and Treasurer for over 12 years at UBC Hillel. This included being involved in the capital campaign which resulted in the construction of the UBC building. He served as President and Treasurer of Beth Tikvah Congregation for over 35 years.

He also volunteers with the Richmond Olympic Oval and is the treasurer of the Regional Animal Protection Society that operates the Richmond animal shelter, two thrift stores, a cat sanctuary and a recently-opened animal hospital.



Masks, Revelation and Selfhood

JSA Spring Forum: Sunday, May 26, 2019

Written by Shanie Levin

Photography by JoAnne Emerman

“**M**asks, Revelation and Selfhood” was the theme of the Spring Forum sponsored by the Jewish Seniors Alliance and the Louis Brier Home and Hospital. The Forum was held on Sunday, May 26th, at 2 p.m. at the Peretz Centre.

Since August 2018, Louis Brier residents have explored themes of personhood and creative expression, crafting stunning masks, creative narratives, and original dances with Expressive Arts therapist **Calla Power**, and choreographer **Lee Kwidzinski**. The whole process was filmed with care and artistry by filmmaker **Jay Fox** in his documentary.

Calla, Lee, Jay, as well as **Jennifer Young**, a resident of Louis Brier who participated in the project, joined us at the Forum. They brought with them a number of the masks that were made by the residents. Everyone could examine them up close and try on the masks. They were able to experience the effect of the changes one feels when masked and thus hidden from others.

Ken Levitt, President of Jewish Seniors Alliance, welcomed everyone and emphasized JSA’s motto, “Seniors Stronger Together.” “When older adults assist older adults, there is absolutely nothing that can’t be done.” This is what JSA does through their Peer Support Programs, seniors helping seniors. There is no fee for these services. He

encouraged everyone to support JSA financially, so that their services will continue to be free. He then introduced Calla Power.

Calla has been working with residents at Louis Brier for about five years. The project with masks lasted about seven months and culminated in a program that included the masks, stories, poems, drama and dance. She spoke of the history of masks. The oldest masks, dating from the Neolithic Period, were found near Jerusalem and have been exhibited in a Jerusalem museum. Masks are used in many cultures as part of religious and/or spiritual ceremonies. Overhead slides were shown to showcase masks from many different cultures including African, Indian and local Indigenous cultures. Those wearing the masks could represent “gods” and be a conduit for messages from above.

Ginger Lerner, Louis Brier Recreation Therapist, had approached Calla about

making masks for Purim. They obtained a donation from the Estate of Frank and Rosie Nelson that facilitated the project. Calla did some research on Purim and discovered that many of the characters were masked, e.g., Esther, who masked her origins, and Vashti, who refused to be unmasked. As residents engaged with the project they became aware of differences, such as, what part of yourself do you keep hidden behind a mask.

Lee Kwidzinski, an Expressive Art and Dance Therapist has thirty years of experience working with older adults, mainly those with dementia and wheelchair bound. The dancers worked with the mask makers to create dance movements related to their masks and the residents’ ideas. The dancers became the bodies of the mask makers, who chose the movements and the music. The residents also came on stage with the dancers for the performance.

Jennifer Young, one of the mask makers,



Panelists: Jennifer Young, Jay Fox, Lee Kwidzinski, and Calla Power

expressed how moving the entire experience has been. She stated that the group became cohesive even though they hadn't known each other well before.

Jennifer said that she had been reluctant about the dance but felt that the dancers were extremely supportive. At the end she found the movements liberating. She felt inside as if she were also dancing.

She gained energy and willpower from the experience and thanked the three, Calla, Lee and Jay for giving her the ability "get up and keep going."

Jay Fox, the videographer and filmmaker, has produced award winning films, documentaries, music videos and PSA's (public service announcements). Jay was involved in the project from the beginning. He felt that the journey was as important as the film and the art. Given free rein, he found the experience liberating as the video took shape and evolved. We then watched Jay's video which mapped out

the project over the time period. **The full documentary can be viewed on YouTube at <https://www.youtube.com/watch?v=YspYE6juiy0> .**

Gyda Chud led the Q. and A. Members of the audience expressed their appreciation for the information and the beauty of the project. It was suggested that advocacy was needed to spread this sort of experience to other care homes and adult day care centers. The afternoon concluded with a thank you to the presenters by **Shanie Levin**. Everyone enjoyed wonderful snacks provided by **Gala Catering**. A very enjoyable, emotional and liberating afternoon was had by all.

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




George Frankel and Tamara Frankel



Reva Hollander and Helen Alko



Masks crafted by Louis Brier residents were on display on tables for people to view and interact with. They were able to experience the effect of the changes one feels when masked and thus hidden from others.





JSA Snider Foundation Empowerment Series 2018-19

#3: EXPLORING VOLUNTEERISM AMONG JEWISH SENIORS

Written by Shanie Levin

Photography by Regina Lvovski

On Tuesday, March 7th, the third in the 2018-19 JSA Empowerment Series took place at the Weinberg Centre. This year's theme is "Renewing and Reinventing Ourselves". On Tuesday, we heard from **Eireann O'Dea**, who wrote her Master's Thesis on senior volunteers in the Jewish community. Below is Eireann's report of her research work. Eireann briefly interviewed **Larry Shapiro**, one of the volunteers who participated in her research. Eireann is now a member of the Board of JSA. **Jessica Bruce**, volunteer coordinator for the Weinberg and Louis Brier Home, then spoke about various programs of volunteering.



Eireann O'Dea

OLDER JEWISH ADULTS WHO VOLUNTEER: Creating a "social infrastructure" of support, reciprocity, and concern for others.

Written by Eireann O'Dea

It is relatively common knowledge that volunteering provides tremendous benefits to individuals and to the community at large. Volunteers have the opportunity to bring an increased sense of meaning and purpose to their lives, expand their social network, exercise unique skills and hobbies, and help others in need. The presence of volunteers within a community increases social cohesion, builds trust, and creates a "social infrastructure" of support, reciprocity, and concern for others.

But what do volunteer roles really mean to those who participate in them? How does one start volunteering, and why do they continue? The Jewish community is exemplary in its provision of services and volunteer opportunities for children, youth, adults in mid to late life, and the elderly. Yet the personal experiences of those who volunteer here, from a research

standpoint, is largely unknown. This fact, along with my own experiences of working and volunteering within the community, inspired my master's thesis, titled, "An exploration of pathways, motivations, and experiences among older Jewish volunteers in Vancouver." The findings reflect interviews with 21 volunteers.

The majority of participants have volunteered for most of their lives. They described having parents who were community minded, as well as adolescent experiences of being a part of Jewish youth organizations or women's groups dedicated to community service. Often, participants were asked to volunteer by their peers, rather than seeking out opportunities themselves. Over the years, this allowed them to experience multiple volunteer roles, as they would often be exposed to another role as a result of their status as a volunteer in the community.

Participants found volunteering to be personally rewarding, describing how their roles made them feel better about themselves, kept them busy and productive, as well as mentally fit. Participants were also motivated to volunteer in order to help the next generation and the community at large. The desire to pass on Jewish culture was evident, with many describing their desire to serve organizations that preserved historical documents, worked to support Jewish infrastructure, and educate children in the community. They felt that volunteering represented an important part of Jewish life and cited the importance of helping others. *Tzedakah*, a Hebrew phrase meaning justice or righteousness, was frequently referenced.

Participants described the connections formed with their fellow volunteers and with the community. Friendships were maintained both within and outside of the context of the volunteer role. Caring for seniors was another common experience among participants. Many took on roles that involved working with older adults, whether it was making home visits to isolated older adults, or assisting

Continued on page 11...

#4: WRITING OUR OWN STORIES



Written by Shanie Levin
Photography by Marcy Babins

Jewish Seniors Alliance and Temple Shalom 60+ co-sponsored the fourth in the Empowerment Series of 2018-2019 with the theme “Renewing and Reinventing Ourselves”.

About sixty attendees met on Wednesday, May 15th at Temple Shalom for a lovely lunch followed by a talk by **Irene Dodek (z'l)** titled, “Writing Our Own Stories”.

Bill Gruenthal, of the Temple’s seniors group welcomed the audience and proceeded to mention all the people who had birthdays in April and May. He then introduced **Ken Levitt**, president of Jewish Seniors Alliance. Ken thanked Temple Shalom for the opportunity to co-sponsor the event with them and briefly outlined the programs of JSA with particular emphasis on the Peer Support Program. He also explained that our motto is “Seniors Stronger Together.”

Bill continued with an introduction of the speaker, Irene Dodek (z'l). Irene was one of two charter members of the Jewish Museum and Archives of B.C. She was a graduate of UBC in anthropology and museum studies. Irene explained that she first became interested in stories while



Irene Dodek (z'l) and Bill Gruenthal

growing up on Wapella, Saskatchewan, where she heard many family stories from her grandfather and her uncles, who were homesteaders there.

Irene conducted interviews for the Jewish Museum and Archives for many years. She outlined a few of her early interviews and pointed out some of the mistakes that can be made by beginners. She offered the following tips, emphasizing that the most important thing is for the interviewees to be heard. Questions must be open-ended, giving the person a chance to talk and explain; confidentiality must be maintained as well as respect for the person and patience in waiting for answers—the person must be given a chance to think before answering.

Irene was also involved in the Steven Spielberg Shoah Foundation project. This involved thirty hours of training in three days on how to interview Holocaust survivors. She commented that this was very different from interviewing pioneers. Irene has written a book on her family history called *You'll Always be My Darling*. She took the title from a note her mother once wrote in her autograph book. She did a lot of genealogical research and the book contains many maps and family photographs. The book is in the national archives in Ottawa. Irene stated that history was her passion. She then answered a number of questions about interviewing and also about writing. Bill Gruenthal thanked Irene for her stimulating presentation.

OLDER JEWISH ADULTS WHO VOLUNTEER

...Continued from Page 10.

with recreational programs. Participants gravitated towards leadership roles within volunteer organizations, and in some cases had founded their own initiatives. Participants also found their volunteer roles to be an opportunity to engage in personal interests and hobbies, as well as a chance to utilize skills they learned during their professional careers.

Volunteering is a highly productive way for older adults to increase their level of activity, foster their interests, help others, and continue to be social and connected to

their communities. As Canada continues to diversify in terms of ethnic composition, it is essential that volunteer opportunities must be made accessible to and inclusive of older adults from all backgrounds. To achieve this, it is imperative that future research in this area encompasses the experiences and stories of older adults themselves.

Eireann O’Dea is a PhD student in Gerontology at SFU. Her research interests are related to community engagement among older adults, ethno-gerontology, and environmental accessibility.



I was smitten from the first glance at the image—a large mosaic of three graceful, fluid female dancers in muted tones of green, all done in large pieces of stone! How could that be? Stone is rigid, dull, clumsy, yet, in the hands of Sergey Karlov, these stones were transformed into a vision of beauty, intelligence and spirituality. Who was the artist? Where was this mosaic master? Sergey Karlov grew up in the village of Majna on the southern tip of the republic of Khakassia in Russia. Oy! I do not speak Russian, but I wrote to him in English. I told him about JSA, *Senior Line* Magazine and the work we do. Sergey generously gave us permission to place images of his extra-ordinary work on our cover and in our magazine.

As a teen he began working at the stone-working plant of the Sayanmramor Combine, as a stone cutter and grinder, then spent five years studying at the Urais College of Applied Arts at the Faculty of Artistic Stone. Here he developed an appreciation for the classical mosaic arts, especially Roman, Byzantine and Florentine styles. He also studied the classical products of the Russian masters of the Ekaterinburg and Peterhof lapidary factories, the Kolyvansky stone-carving plant and historical and cultural monuments represented

SERGEY KARLOV

Written by Dolores Luber

PORTRAIT OF AN ARTIST



in the Hermitage in St. Petersburg. He later lived and worked in Moscow, where he was engaged in the design of decorative environments for residential and administrative interiors, landscape design and monumental and easel mosaics of stone using mixed techniques. Currently Sergey Karlov is living and working in Sayanogorsk.

Alphonse Mucha, Antoni Gaudi and Gustav Klimt are some of the artists that have influenced Sergey's mosaic designs along with the folk and mystical traditions in the region where he resides. He favours the Florentine tradition, with careful utilization of the natural color variations found in the stones. Sinuous botanical borders and motifs, typical of Art Nouveau, appear in some of his mosaic panels. Most of his mosaic pieces are made with stone sourced from the Eastern Siberian steppes. He has refined the technique of reading the rhythm of the stones and combing the colours to compliment this. Sergey collects local steppe stones that have laid for millions of years on the ancient Khakass land. He is interested in their external heterogeneous shape, colours and rough textures. He likes to work with the harmonics of the natural world and stated that "when you are one with nature and often

communicate with her, you begin to imitate her and live and create according to her laws, and not by someone else's thoughts."

Enjoy more of Sergey Karlov's work at the following websites:

<https://www.veniceclayartists.com/sergey-karlov-siberian-stone-mosaics/>

<https://groups.google.com/forum/#!topic/el-rincon-de-la-amistad/pF9XWApR7aM>

<https://www.facebook.com/watch/?v=1594199030625146>

<https://www.facebook.com/watch/?v=1196311610413892>

PAGE 12

Top: *On the Shore*
Relief mosaic, 2014

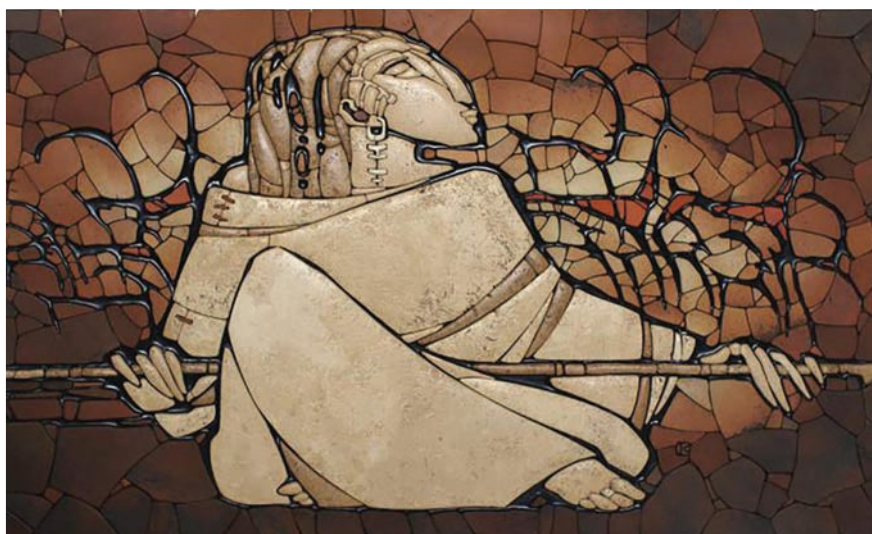
Bottom: *Hut*
Graphic polished mosaic, 1999

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Top: *Pasture 2*
Relief mosaic, 2014

Bottom Left: *Moonglade*
Relief mosaic, 2013

Bottom Right:
Between Past and Future
Relief mosaic, 2014



SENIORS IN THE MOVIES

Written by Dolores Luber



THE WIFE

2018

The movie shines a well-deserved spotlight on the brilliant performance by Glenn Close (age 72). Close plays the long-suffering spouse Joan to famous writer Joe (Jonathan Pryce, age 71), who, as the film opens in 1992, has just received the Nobel

Prize for literature. The film cleverly circles back on all manner of tiny details, forcing us to see fragments of married life refracted in new and revealing ways. We experience a simmering undercurrent of unease as Joan's disquiet swells. Edgy, brilliant and shockingly believable, an excellent film. Available at Black Dog Video.



THE CHILDREN ACT

2017

Emma Thompson (age 60) plays Fiona Maye, the judge whose field of expertise is family law. Her clerk, Nigel Pauling (Jason Watkins) calls one evening, after hours, with a pressing matter. A boy, Adam Henry, is dying of leukemia, days away from death. To save him, he

requires a blood transfusion. His parents forbid the procedure to go ahead, they are Jehovah's Witness. Adam agrees with them and is ready to perish for his beliefs, but, being three months short of his eighteenth birthday, he is also technically a child, and it is thus the responsibility of the court, and of Fiona in particular, to determine what is best. Emma Thompson is superb in the heated arguments and in her elegant brittleness. A challenging and stimulating film, intense and fulfilling. Available at Black Dog Video.



STRUGGLE: THE LIFE AND LOST ART OF SZUKALSKI

2018

Struggle: The Life and Lost Art of Szukalski is a remarkable documentary by Irek Dobrowolski. It paints a comprehensive and intimate portrait of

the Polish artist Stanislaw Szukalski, (1893-1987), from his early years in Chicago, to his time in Poland and Los Angeles, and his artistic and political contributions to the world. Collector, Glenn Bray finds him living anonymously in California—the fame he had achieved now obscured as well as his view of himself as something of a genius. The tangled legacy is revealed through interviews with Szukalski, and the visual feast of his monumental talent and art work, and his bigotry and anti-Semitism. The film has rescued the artist from oblivion, but the viewer must decide how he ought to be remembered. Available on Netflix.ca.

WWII/HOLOCAUST

TOKYO TRIAL



A four-part mini-series follows the story of the International Military Tribunal for the Far East (IMTFE) trying the war crimes of the Japanese military post-WWII. The creators of the show carefully weave the legal arguments and political influences as well as the internal battles within

the tribunal. The show includes actual footage of the trial and what Japan was like at the time. The seamless movement between reality and fiction makes this show a fantastic watch as viewers get a glimpse into the society of Japan at the time. Available on Netflix.ca.



THE RESISTANCE BANKER

2018

The movie is an astonishing tale of courage, duty and loyalty, the story of Walraven van Hall, and his brother Gijs van Hall, affluent bankers, who are living happy and prosperous lives with their wives

and children in Holland. But with the German occupation of Netherlands in 1940, they witness a number of their friends, neighbours and colleagues disappear forever. Wally begins to fund the Dutch resistance to the occupation with acts of resistance. Living under the constant threat of being discovered, Wally is forced to stay away from his family, until one day, the Germans get to him. The facts are awe-inspiring, the film is impeccably made, haunting and pitch-perfect, a must see! Available on Netflix.ca.

ISRAELI MOVIES AND TV SERIES



INSIDE THE MOSSAD

This television series reveals former Mossad agent insider spy stories—some of them even about recent incidents. Mossad is the National Intelligence Agency of Israel, responsible for clandestine operations overseas, including assassinations.

Many of the dozen or so former

Mossad agents who participated in the film seem to shrug off the notion that some of their activities may have had dubious moral justification. Unable to rely on other countries to ensure its existence, Israel is likely to continue to use Mossad as a key player in its defense arsenal. Watch it and decide for yourself. Available on Netflix.ca.



WHEN HEROES FLY

A television series (10 episodes) created, written and directed by Omri Givron, follows a former Israeli military commando, Aviv, who reunites with his former army buddies in the Colombian jungle on a quest to rescue the love of his life. The relationship between the soldiers and the battle that ultimately

splits this close-knit group apart is revealed. The hero, Aviv, slowly loses his grip on his mental health in the aftermath. Also, what happened to Yaeli, his girlfriend becomes clear. Featuring breathtaking cinematography and a stellar cast, it will grab you and keep you hooked until the very end. Available on Netflix.ca.



MAKTUB

2017

A poignant Israeli comedy about Gangsters-Turned-Do-Gooders. Two hardened criminals, after narrowly surviving a suicide bombing, decide to make their lives worthwhile by helping others. To accomplish this, they sneak notes from the

Western Wall and then set out to fulfill the wishes of the prayerful authors. But there are theological complications and intractable things they haven't the power to change. Available on Netflix.ca.



FOXTROT

2017

Emotions of grief and dread permeate this movie. A woman opens a door, stares into the camera and falls to the ground. Just one look, and Dafna knows the worst: the soldiers on her doorstep have come to bring death.

The movie builds into a devastating indictment of a nation, shock by shock, brutal moment by brutal moment. The writer and director Samuel Maoz has an exacting eye. The framing is meticulous. The subsequent scene is a remote outpost manned by four young soldiers. Their life is boring, uncomfortable, and dangerous but they cope. The violence which hangs over this movie finally erupts. Mr. Moaz suggests that grief and violence are inevitable, maybe normal. This is a tough, exquisite film, worth watching. Available at Waldman Jewish Public Library, JCC.

SPECIAL MENTION



CAN YOU EVER FORGIVE ME?

2018

Melissa McCarthy and Richard E. Grant make beautiful melancholy music together in this true tale set during the last bright spark of the analogue age. The year is 1991, and author Lee Israel decides to supplement

her income by forging letters by dead celebrities. It all goes south, but what a lovely ride. Especially for lovers of books and New York City. Available at Black Dog Video.



THE ANGEL

2018

The true story of Ashraf Marwan, who was son-in-law of Egypt's President Nasser, and confidant to his successor Anwar Sadat – while simultaneously Israeli Intelligence's most precious asset of the 20th century. Or perhaps a double agent secretly working for the

Egyptians. The controversy remains to this day, and the story has been compellingly dramatized in the film, directed by Ariel Vromen. Available on Netflix.ca.

KNOW YOUR MEDIA AND YOUR TECHNOLOGY

Written by Dolores Luber

My topic today is the “Elder-Tech Industry.” So... perhaps you now know how to send and receive emails, attach photos, you **Skype** or **FaceTime** with grandkids, and you joined **Netflix**, enjoying the ease and comfort of choosing and watching movies and television series whenever and however you wish. Congratulations!

I just moved up a notch on the technology scale by purchasing a new set of hearing aids from **Widex**, with two speakers in each hearing aid. *I can control them with my iPhone.* A miracle but true. If I am in a crowded room, I press Party, the background noise is muffled; if someone is speaking softly, I press Comfort and raise the volume. **ReSound** is another brand which connect with an iPhone, an iPad, or an Apple Watch via Bluetooth.

One of the earlier technologies to benefit seniors, created in 2009, is the wearable device that detects if you have taken a fall in your home, a personal emergency-response system. **Apple** announced that its latest Watch will perform the same task. **Telus Health** just introduced **LivingWell Companion**. **Wisewear** offers a new option in the competitive wearable trackers market. It tracks your heart rate, calories and sleep patterns; the difference is the safety feature. The user taps the bracelet 3 times to create a distress signal that is sent to the emergency contacts linked to the device. Your exact GPS location is

transmitted. The sleek aesthetic design is replacing traditional plastic button panic devices.

The online pharmacy **PillPack** announced it will package medications not according to type, but time of day to be consumed. The meds came in ticker-tape dispensers that make it hard to forget if you'd already taken your pills. PillPack has been a fixture of nursing homes since the late 1980s, but making it into a consumer product is an innovation.

Do you have vision problems, hearing problems? No worry. The **Jitterbug-Flip Phone** is just what you need, with a bigger, brighter screen, a powerful speaker, voice dial and a magnifier with flashlight. **Best Buy** just acquired the elder-oriented Jitterbug phone.

We all know how confusing large parking lots can be. The **Park 'N' Forget** app helps you find your car with ease, even among hundreds of other vehicles and even monitors the amount of time spent in

metered parking. When leaving your car, simply choose the color or number associated with the deck level and the app pinpoints your car location.

As product design shifts to the major tech companies, we will see heightened attention to detail, usability and engineering. Aesthetics, largely ignored in the elder-tech industry, will become central. This will result in the experience of later life being improved substantially. A longer life can—and should—be a better life (J. Coughlin & L. Yoquinto, WSJ, *Wall Street Journal*, 10/14/2018).

Francine Toder, *Cool Technology Trends for Older Adults*, Next Avenue, 10/1/2018.

<https://www.forbes.com/sites/nextavenue/2018/10/01/cool-technology-trends-for-older-adults/#4abf55f63c9f>

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ASK HANNAH:

Your Personal Advice Column

Written by Hannah, M. Sc. Counselling

Email: hannah@jsalliance.org

TO SCREEN OR NOT TO SCREEN FOR CANCER!

Dear Hannah,

I read Ken Levitt's description of the diagnosis and treatment of Prostate Cancer with empathy and great interest. But now my wife and I are having heated discussions about exactly what to screen for and when to begin. I am 75 and she is 71 years old. Amongst our friends, there is no agreement. We need some guidance.

- At average risk, the worried-well

Dear Worried-well,

Screening tests are emotional and controversial. They are done to detect the risk of health disorders or diseases in people who do not have any symptoms of disease, such as cancers, cognitive impairment (early dementia) and diabetes. According to the Canadian Task Force on Preventive Health Care (CTFPHC) "Over diagnosis is an important harm of screening that is different from false positive and false negative screens. Screening that leads to over diagnosis results in unnecessary treatment of cancer that would not have caused harm in a woman's lifetime."

Breast Cancer: For women aged 50 to 74, and beyond, screening by mammography is recommended every two to three years, but breast self-examination and clinical breast examination by a physician are not.

Cervical Cancer: Women aged 70 and older should be screened for cervical cancer until they have three negative tests in 10 years, at which time screening can cease.

Colorectal Cancer: Start screening CRC at age 50 and continue until age 74. Screening is done with one of two tests, the FIT (fecal immunochemical) test or the gFOBT (guaiac-based fecal occult blood test), done every two years. Or flexible sigmoidoscopy (looking in the sigmoid colon with a camera) can be prescribed every 10 years. With people with first-degree relatives with CRC, the recommendation is to begin colonoscopies 10 years earlier than the age of the first-degree relative diagnosed with CRC – or age 50, whichever occurs first, every five years.

Lung Cancer: The recommendation is for adults aged 55 to 74 with at least a 30 pack-year smoking history (smoking a pack a day for 30 years) who still smoke or quit less than 15 years ago to have up to three annual screenings with low-dose computed tomography (CT scan).

Prostate Cancer: The CTFPHC recommends no screen with PSA at any age and no rectal examination. **This is quite different from other organizations.** The Canadian Urological Association recommends screening to men at the age of 50 (or 45 for men with a family history). For those who do get screened, the frequency of testing depends on the result of the previous test, with higher scores leading to more frequent screenings. When prostate cancer is diagnosed before the cancer has spread, the five-year survival rate is close to 100%.

Screening tests have to be a joint decision between doctor and patient, once the potential benefits and risks are understood (Dr. Z. Levine, *Zoomer*, 2/26/2019).

FRAUD IS AN UNFAIR REALITY

Dear Hannah,

I am scared to answer the telephone, scared to enter websites online and put in my personal information, even scared to answer the door—I am afraid of fraud, con men and schemes to get my money. Help!

- A potential victim of fraud

Dear Potential Victim of Fraud,

The dilemma you face is common and acute. You want to feel free to communicate, to use the Internet, to respond to people, but... My answer to you is to educate yourself, to learn as much as you can about where scams take place, who are the perpetrators, how you can defend yourself—and therefore, AVOID GETTING SUCKED INTO A BAD SITUATION.

Scammers may try to steal your identity, to access your bank accounts or run up debts in your name. They may ask for money outright, as in charity scams or investment fraud. They may even pretend to be a family member who needs cash right away. Once you have lost money in a scam, it may be impossible to get it back, even after you report the scam. Go to this website, open up each link and read carefully: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/scams-and-fraud/consumer-fraud>. Then go to the following website and watch the videos: <https://www.bcli.org/project/be-savvy>.

Prevent problems with knowledge and determination. Your choice—live in fear, become a victim or be pro-active, get educated, and avoid the scams. I do not read "junk mail" and I do not talk to cold-callers on the phone. I look at my call-display before I pick up the phone. BEWARE!



SAVE THE DATE

JSA ANNUAL GENERAL MEETING

DATE: **Thursday, September 19th**

TIME: **5:15 pm AGM**

6:00 pm Dinner

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

(See back cover for more information)

FALL SYMPOSIUM: Technology and Aging

DATE: **Sunday, November 3rd**

TIME: **1:30 pm Registration**

2:00 pm Program

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

(See inside 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

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.

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

9:30 - 3:30 pm Sept 9	Trip to Fort Langley
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
10:30 - 12:00 pm Sept 10, 17 & 24, Oct 8 & 29	Beginner/Refresher Bridge Classes
11:00 - 2:30 pm	Duplicate Bridge
1:00 - 3:00 pm Biweekly Resuming Oct	Circle of Friends for Women

WEDNESDAY

11:30 - 12:30 pm July 31	Homage to Tango - Guitar Duo Concert
9:30 - 10:30 am	Chair Yoga
10:45 - 12:45 pm Sept 18 & 25, Oct 16, 23 & 30	Bridge Fundamentals (intermediate) Classes
1:15 - 3:15 pm Sept 18 & 25, Oct 16, 23 & 30	Basics of Duplicate Bridge Classes
1:00 - 4:00 pm	Mah Jongg
1:00 - 4:00 pm	Canasta
1:00 - 4:00 pm	Poker

THURSDAY

9:30 - 3:30 pm Aug 1	Trip to Britannia Mine Museum
Oct 3 (Time TBA)	Make-N-Take Paper Marbling Workshop
10:00 - 12:00 pm	Supervised Bridge
11:00 - 2:30 pm	Duplicate Bridge

FRIDAY

11:30 am - Aug 30	End of Summer Party
9:30 - 10:30 am	Shabbat Chair Yoga
11:00 - 1:00 pm	Supervised Bridge

SUNDAY

9:30 - 1:30 pm July 14	Trip to Ladner Village Market
1:00 - 4:00 pm Oct 27	Make-N-Take Book Binding Workshop
2:00 - 7:00 pm Oct 27	Peer-to-Peer Counsellor Training

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

TUESDAY

Weekly Torah Classes - 11:00 - 12:00 pm
Community Kitchen - 12:30 - 2:30 pm
Lunch \$6 - 4th Tuesday of each month,
RSVP 1 week in advance

WEDNESDAY

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

THURSDAY

ESL Classes - 9:30 - 11:45 pm
Please phone for registration
Lunch and Learn: Ethics of Our Fathers
12:00 - 1:00 pm, July 4, Aug 8, Sept 12.
Lunch \$8

CHABAD RICHMOND - "YOUNG AT HEART"
CONTACT: Pat Hoffman
604-273-0526 or 604-277-6427
www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11:00-2:00pm
Hot Kosher Lunch \$10 - Movies, Music,
Guest Speakers. RSVP one week in advance.
July 11 - Summer BBQ at Rabbi Baitelman's
House. Sept 5 & 19, Oct 3, 17, & 31

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

Monday Aug 26 - 11:30 - 2:00 pm
Welcome Back BBQ

MONDAY - RESUMES SEPT 9

11:00-11:45 am	Easy Fun Seniors Exercise
12:00-1:00 pm	Kosher lunch - \$12
1:00-2:00 pm	Speaker/entertainment

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

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

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

JULY, AUGUST, SEPTEMBER, OCTOBER 2019

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

JEWISH GASTOWN WALKING TOUR

Sundays at 11:00 am, cost \$15. Full details and registration at:
<https://jewishmuseum.ca/programs/historic-walking-tours/>
 Aug 25, Sept 15

JEWISH STRATHCONA WALKING TOUR

Sundays at 11:00 am, cost \$15. Full details and registration at:
<https://jewishmuseum.ca/programs/historic-walking-tours/>
 July 21, Aug 18, Sept 8

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

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

July 10 - 11:00 am	Sea Walk on the Ferry
Aug 24 - 1:30 pm	Russian Poet Zvetava and Jewish Poetry
Sept 29 - 1:30 pm	Jewish New Year
Oct 13 - 1:30 pm	Annual General Meeting

BURQUEST JEWISH COMMUNITY ASSOCIATION
 2860 Dewdney Trunk Road, Coquitlam, V3C 2H9
 604-552-7221 burquest@telus.net

11:30 - 1:30 pm July 9	Singing Group at Tri-City Festival, Glen Seniors Centre
11:30 - 1:30 pm July 23, Aug 6	Singing Group
11:30 - 2:30 pm July 31	Community Kitchen Picnic at Rocky Point Park, Port Moody
11:30 - 2:30 pm Aug 21	Community Summer Kitchen Club Luncheon

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

2:00–3:30 pm	WELCOME TO THE DIGITAL WORLD - Bring your own device to learn digital skills. Sept 10, 17, 24
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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

3:30 -5:30 pm	EXPRESSIVE ARTS WORKSHOPS - Four weeks of themed workshops led by Poet Bonnie Nish. Starts Oct 24. Please register.
1:00 pm - Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. Sept 26, Oct 24

TECHIE HELP - Bring your device and get hands-on training. Weekdays - 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, encyclopedias 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
Thursdays - 1:00 pm	Games Afternoon
Thursdays - 7:45 pm 2nd and 4th of the month	Tea and Talmud

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6:00 PM - Sept 20, Oct 18

Aug 2-9	iFestival Judio! - A celebration of Latin American Jewish Culture
Oct 27	Annual General Meeting
First and Third Wednesday of the Month - 11:00 am	Yiddish Reading Group
Tuesday - 7:30 pm	Vancouver Jewish Folk Choir-Resumes Sept 17
Second and Fourth Saturday of the Month - 10:30–12:30 pm	English Language Exploration of Jewish Writers

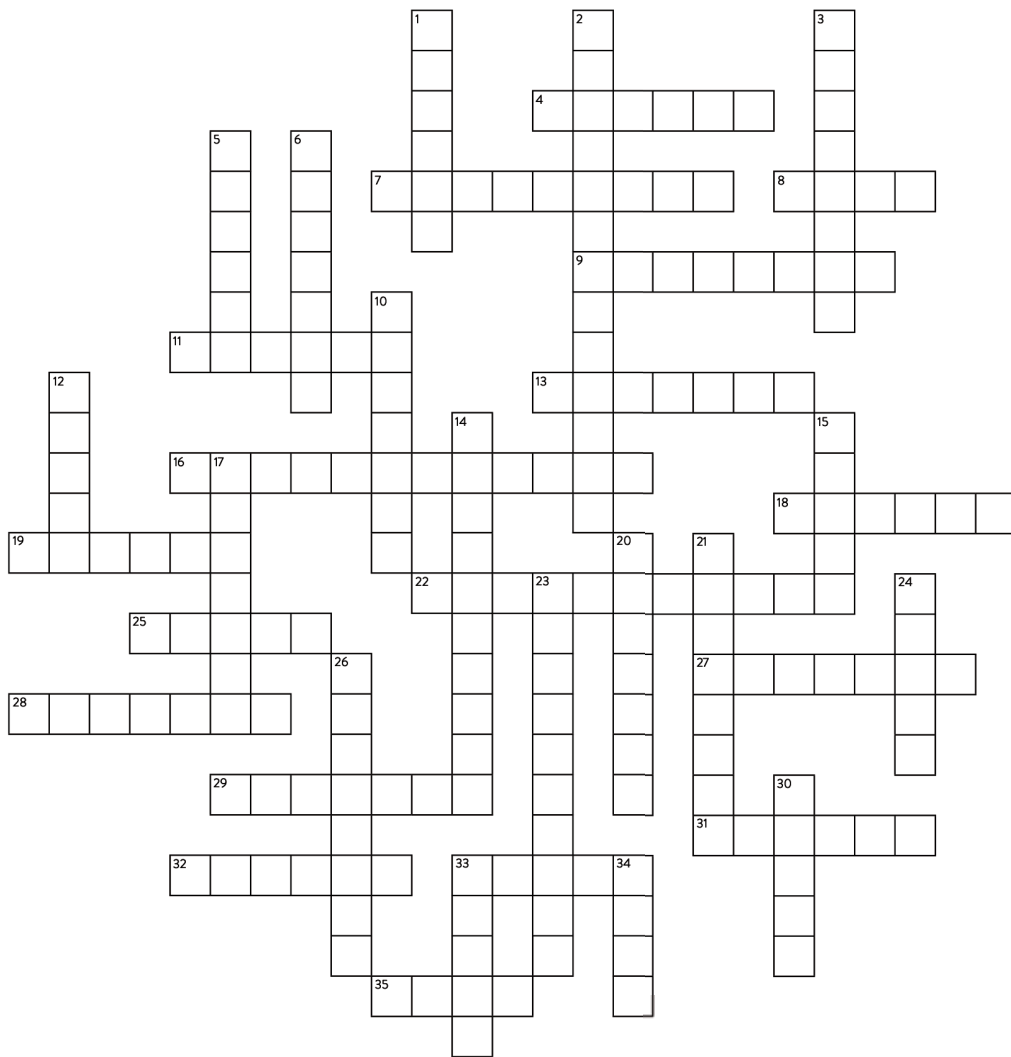
SHOLEM ALEICHEM SPEAKER SERIES
 CONTACT: Gyda Chud 604-266-0115

FRIDAY 11:30am - Peretz Centre - Resumes in September
 Guest speakers, films, discussions and refreshments.

CROSSWORD PUZZLE

By JewishBoston: www.jewishboston.com/shabbat-crossword-puzzle/

For solution see page 21



DOWN

- Skullcap
- Sabbath greeting
- "Receiving", as in the Sabbath
- Weekly Torah portion
- Braided loaves of bread
- Saturday's traditional stew
- Baked noodle or potato casserole
- When a boy comes of age
- Three of these mean it's nightfall
- What we do when we rest on Shabbat
- Challah is _____ with at least three strands
- Sewn satin or felt cap, Yiddish
- Wine for kids
- "Shalom"
- "Separation"
- Challah dipped in this is extra sweet
- Oneg or kiddush lunch staple
- Airline that doesn't schedule flights on Shabbat

ACROSS

- Meat, dairy and _____
- Sinker or floater
- Can be sprinkled over challah
- Collected in a box
- "Holy"
- The blessing over bread
- Collective members of a Jewish house of worship
- Prayer shawl
- Aromatic spices
- See candlelight reflected in these
- Hand-written parchment scroll
- 613 in the Torah
- Traditional meat dinner
- "Sanctification"
- Book of Moses that first mentions Shabbat
- Commonly used word to describe a Jewish house of worship
- Shabbat is referred to as this woman in white
- Social Shabbat gathering

HUMOUR!

MY JOB SEARCH

My first job was working in an Orange Juice factory, but I got canned. Couldn't concentrate.

After that, I tried being a Tailor, but wasn't suited for it, mainly because it was a sew-sew job.

Next, I tried working in a Muffler Factory, but that was too exhausting.

My best job was a Musician, but eventually found I wasn't noteworthy.

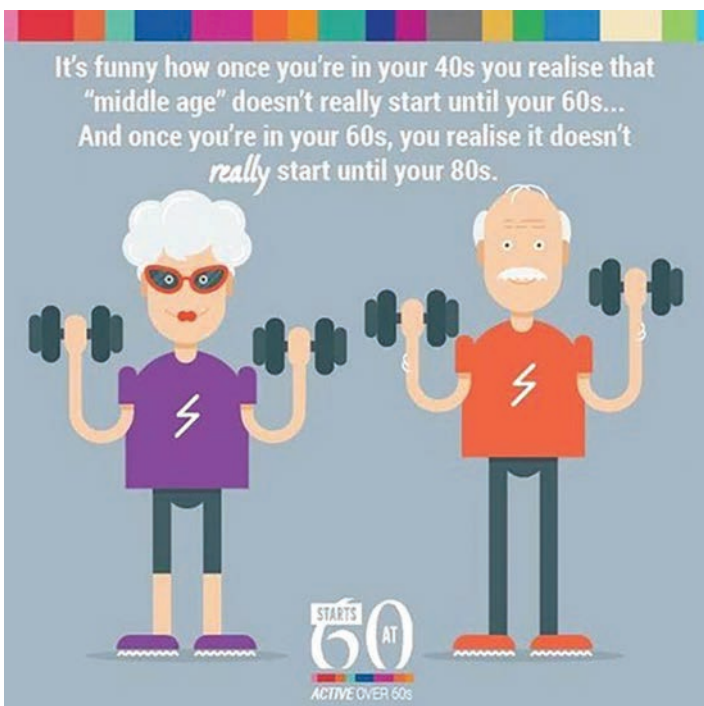
I studied a long time to become a Doctor, but didn't have any patience.

I became a Professional Fisherman, but discovered I couldn't live on my net income.

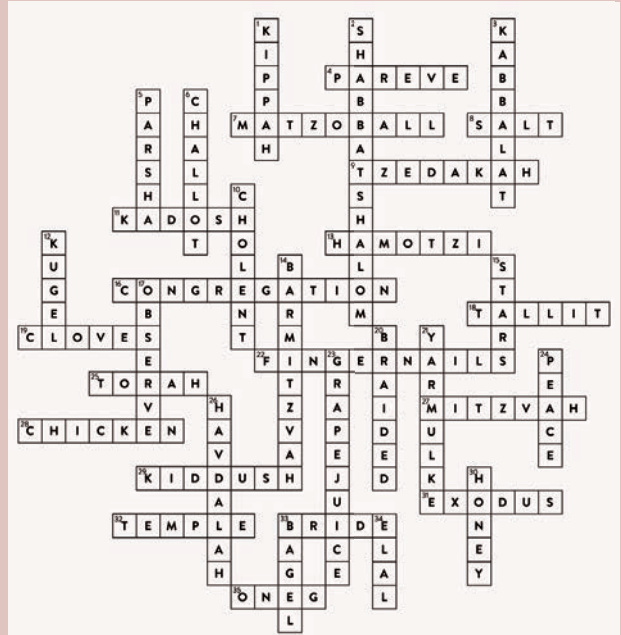
After many years of trying to find steady work, I finally got a job as a Historian - until I realized there was no future in it.

My last job was working in Starbucks, but had to quit because it was the same old grind.

So I tried retirement and found I'm perfect for the job!



CROSSWORD SOLUTION - PAGE 20



The CARTOON KRONICLES

A note on the **Cartoon Caption Contest**: Due to low participation, we do not have a cartoon caption contest this issue. A big thank you to everyone who contributed. Look for more cartoon caption contests in upcoming issues of *Senior Line* magazine!

PEER SUPPORT SERVICES

DID YOU KNOW?

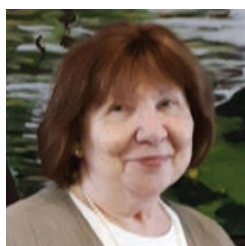
Jewish Seniors Alliance Peer Support Program provides services to over 200 seniors! This is provided by highly trained and motivated volunteers who are certified after 55 hours of training.

SENIORS STRONGER TOGETHER

YOUR SUPPORT MAKES A MEANINGFUL DIFFERENCE IN THE LIVES OF SENIORS



"Today, I spend many hours doing volunteer work and caring for others. Being able to help someone else through a crisis also helps me. As a senior, I sense the loneliness and the invisibility people experience. I know when I have left a client or hung up the phone that I have made a difference!"



ESTHER, VOLUNTEER

"In 2010, my vision began to fail me, I retired and had to make decisions based on my health. My wife became quite ill and confined to a wheel chair, unable to move on her own. All of these changes led to my depression and despair. One day, someone recommended Jewish Seniors Alliance to me. I have great support from their volunteers who have been a constant source of encouragement and understanding. Larry visits with me once a week and I know I can count on him!"

BEN, CLIENT



JSA has initiated several supportive and distinct peer services for seniors, promoting self-empowerment, volunteerism and Seniors Helping Seniors.

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

JSA Peer Services include: **Weekly Peer Support Sessions, Friendly Phone Calls, Friendly Home Visits, and Information Referrals.**

These services are provided free of charge.



Jewish Seniors
Alliance

WE NEED YOUR HELP!

To continue this needed service **PLEASE DONATE TODAY!** Show your support, become a member/supporter of Jewish Seniors Alliance. Donate by phone at 604-732-1555, online at www.jsalliance.org/donate/, or fill in the form on the opposite page.

OUTREACH



JSA provides annual programs to empower, inform, and educate, which are designed to enhance or improve the quality of life for seniors, including our **Spring Forum**, **Fall Symposium** and **Empowerment Series**.

Three times a year the **Senior Line Magazine** will come to your door, chock full of informative innovative, and cultural articles. Our website **www.jsalliance.org** is bursting with useful information, including an up-to-date calendar listing senior events, articles, videos and much more. Follow our **Facebook Page** for curated articles on topics about seniors.

ADVOCACY



Advocating on behalf of seniors' needs in the Lower Mainland and seniors' organizations, JSA responds to concerns with governments, the public, agencies, and funding groups including:

- Asking the Federal Government to implement a National Pharmacare Program.
- Asking the City of Vancouver to allow seniors to apply for their provincial home owner grant in person rather than online.
- 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.



Jewish Seniors Alliance
SENIORS STRONGER TOGETHER

RETURN TO:
Jewish Seniors Alliance
949 W 49th Avenue, Vancouver, BC V5Z 2T1

Name		Telephone
Address		City
Postal Code	Email	
Yes, I would like to become a JSA Member/Supporter OR I would like to continue my Membership/Support :		
<input type="checkbox"/> \$18 single/year <input type="checkbox"/> \$36 couple/year <input type="checkbox"/> A donation of \$180 per individual to be honoured as a lifetime member		
Your monthly gift will bring steady funding to vital programs. I wish to make a Monthly Contribution in the amount of:		
<input type="checkbox"/> \$20 <input type="checkbox"/> \$35 <input type="checkbox"/> \$50 <input type="checkbox"/> Other: \$ _____		
I wish to make a One Time 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		
Please help save costs by signing up to receive tax receipts by email <input type="checkbox"/> Yes <input type="checkbox"/> No		
A tax receipt will be issued for a donation of \$18 and up.		

PEER SUPPORT SERVICES

VOLUNTEER PROFILE: CATHERINE MERLIN

Interview by Charles Leibovitch



We, at Jewish Seniors Alliance Peer Support Services, are fortunate to have as one of our senior peer counsellors, Catherine Merlin, whose passion for life - helping others, and her experience as a yoga teacher - are skills that together define her capacity for awareness of emotional

needs, for listening and caring for other people.

Born in Paris, Catherine became aware more acutely of the needs of seniors when both her parents' health began to decline. Her mother had a stroke and Catherine travelled frequently to care for and spend time with her mother. Her father passed away in 2012 and her mother passed away in 2017.

Soon afterwards, Catherine saw a JSA Peer Support advertisement offering a free training course in the Senior Peer Counselling Program with Grace Hann. The ad piqued her curiosity, but she did not really know what the training entailed. She began the training course about two years ago. She then met a variety of other volunteers, realizing that she would not have normally encountered them in her day-to-day life. While taking the training, she made some new friends and new connections, taking away the realization that all human beings were meant to connect with others on a social, emotional and community level. She felt that some of the volunteers in the training course felt isolated themselves.

Upon completion of her training, Catherine was assigned two clients, providing them with active and reflective listening which she had learned from the senior peer counselling course taught by Grace Hann, our peer support volunteer trainer and supervisor. Catherine began to share her yoga practice with one of her clients to help her feel proactive in her recovery. After a few months as a volunteer, Catherine approached

Grace and myself with the idea of launching a new JSA program called 'Listening Moments'. Last year, Catherine organized several 'Listening Moments' pop-ups in community squares with our volunteers from JSA Peer Support Services, greeting people and offering an attentive ear. The program was well received and the 'Listening Moments' took place several times at Jim Deva Plaza on Davie Street last Summer, at the Georgia Square at the Vancouver Art Gallery, and in Kingsgate Mall during the Winter time.

During the daytime, Catherine works in advertising and is soon retiring. She is very much looking forward to her retirement. Catherine confided that practicing and teaching yoga seems to be her life purpose. Her interest in helping others and adding her practice and teaching of yoga, love of cycling and her own journey caring for her parents have resulted in her being an inspiration as well as a caring and compassionate listener to her clients.

Thank you/ Et Merci Catherine!

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.



VOLUNTEER PROFILE: JOAN GARRITTY

Interview by Grace Hann

Growing up in Vancouver in the 50s was a wonderful experience—feeling the freedom to run and play outside without having to make play dates or the nervous fretting of parents. I grew up in Kitsilano with beaches everywhere, summertime was paradise! I loved the fusion of different cultures as there was an influx of immigration during this period. Teenage years were carefree and happy but as with everything, times change, it became time to act like an adult. I had often dreamt of being a nurse and it felt like a natural fit for me. Studying and continuous learning has always been a part of my life as I explored the various aspects of nursing.

Little did I know that my life partner had an eye on me in 1st grade. Of course I pushed away his attentiveness, after third grade our lives went in different directions. Romance has a tendency to pursue its passion and at 23 years old we



met again and ramped it up a notch! Exploring and working in London was a great way to start our lives together—getting familiar with my parent’s history and learning about British culture, architecture and immensely enjoying the British wit!

After three years it was time to move back home and set up roots. I pursued nursing in geriatrics as this was an area which had always resonated with me. Losing both my parents at an early age gave me more empathy and understanding of grief and loss. I integrated this into my Nursing work as well in my work as an Integrated Healing Practitioner. Helping others deal with death and dying as well as supporting caregivers became an area of dedication. Looking back on my career, I felt fulfilled but it was time to retire. What would this look like for me I asked?

One day, I was glancing through the JSA Senior Line magazine when I saw an ad for Senior Peer Counselling training. I immediately called, had an interview and was ready for the start of a different journey! While I thought I knew all communication skills from my career, I was surprised to know I had more to learn. I embraced and looked forward to each session. Just before completion, I was diagnosed with a life-threatening illness and shortly after I had to endure months of intense medical treatments. That is behind me and now I love the experience of sitting and listening to people as they trust me to tell me their stories. I leave with a smile on my face and a much lighter step. Life is always about learning and giving back. My life feels replete with so many joys. “One of the great joys and certainly an integral part of my life for the last 25 years plus is my love of dogs. I am a dedicated and loving owner and care giver of my four beautiful Bichons. “

“As you grow older, you will discover that you have two hands — one for helping yourself; the other for helping others.” — Audrey Hepburn

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.



PEER COUNSELLING GRADUATION

for Volunteers

Written by Pamella Ottem

March 6th, who would have guessed it would be snowing that afternoon? However, it did not stop the volunteers and new senior peer support graduates from attending the wonderful fun-filled evening. Over 50 people showed up to celebrate the new graduates and the volunteers.

The evening began with **Grace Hann** and **Charles Leibovitch** welcoming all to the evening. JSA President **Ken Levitt** spoke about the power of one. One volunteer can change the life of one senior client. **Serge Haber**, JSA founder, spoke passionately about the mission to help lonely, isolated seniors with our services. Both congratulated the new senior peer support volunteers as they received their certificates. The Senior Peer Support Education Program takes 11 weeks of learning, eleven consecutive Sundays for five hours each Sunday.

Nancy Bell, one of the senior peer graduates spoke about how the program had worked for her. **Lorraine Drossis** another senior peer support graduate talked about the education programs impact on her own life. **Tessie (Fatima) Rebello** outlines each of the special traits she had learned to appreciate in the 16 new graduates who had taken this program with her over the past 11 weeks. Because of the length of the training program and the intensive role-play learning, the individuals in the group become very close to each other, learning one another’s strengths and challenges.

Ruby Boychuk, a Certified Senior Peer Support Volunteer, spoke about her volunteer work at two care facilities. Ruby, a former nurse, took blood pressures of the residents as an introduction to different individuals. The residents loved her time with them. When the new administration wanted to change their meeting room, Ruby said she would have to stop coming. The residents revolted and insisted they have Ruby back, the administration agreed. The Senior Peer Support Volunteer

Continued on page 26...

PEER COUNSELLING GRADUATION

...Continued from Page 25.

Program is focused on helping individuals figure out how to get what they wish to have. What a clear example of helping seniors advocating for themselves.

Nancy Bennett is another special volunteer who was acknowledged. She provides daily phone calls to one of the shut-in seniors. Nancy also contributed a wonderful vegetarian dish to the celebration's menu. Nancy gives of her time and skills tirelessly.

The celebration was honoured with four special speakers who offered congratulations to the new graduates and heart-felt thanks to the volunteers for their special work. **Dr. Bev Pitman** from United Way spoke about what United Way is doing to help seniors in British Columbia. **Shelly Rivkin**, from Jewish Federation, talked about how special the volunteer appreciation evenings were and how she appreciated being invited to them. The Jewish Federation is one of the financial supporters of JSA peer support services program. **Dorothy LeClair** from Burnaby Senior Outreach is one

of the members of the Board of Directors of the Senior Peer Counsellors of British Columbia, the program taught to JSA's senior peer volunteers. She has senior peer counsellors working in Burnaby and was impressed with how many volunteers JSA has. **Kathryn Patterson** from Vancouver Coastal spoke as well.

The evening proceeded with great food, lots of laughter, and great music by **Dave and Julie Ivaz**. It was fun to see people dancing to the music we could all sing the words to!

The JSA Board of Directors was out in force to congratulate the new graduates and to give thanks to the volunteers. Serge Haber calls the volunteers "Angels" which they truly are.

Advertisement

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Individually tailored complementary therapy for women diagnosed with early-onset Alzheimer's disease (stages 1-5).

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In-home sessions.

Free trial (conditions apply).

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year that Israel became independent and you'll be
entered into the draw.

The four winners will be notified via email by
August 30th, 2019. You will also be photographed
for the next Senior Line receiving your gift card.


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* By entering the draw and sending us an email you agree to receive a weekly newsletter from Team Kosher Vancouver telling you about all the Specialty Kosher foods available at Superstore on Marine Drive, Vancouver. You can subscribe at any time.



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We are constantly bringing in new Kosher products to add to the food choices for the Jewish Community of the Lower Mainland.

Our weekly email newsletter from Team Kosher Vancouver is headed up by our in-store Kosher Foods Manager, Marat Dreyshner and Graphic Designer,



Barbi Braude. Together they make sure our shelves are well stocked and you are in the know when great Kosher products are in-store.



Another hidden gem in our store is Optical Department. Our team

is committed to seeing you have personalized care and quality service.

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THE SILVER ECONOMY: MAKING THEIR MARK AS CONSUMERS AND ENTREPRENEURS

Written by Rita Roling

COUNTERING AGEISM AND CARICATURES OF AGING

As humans we have a penchant for categorizing everything including people and groups. By doing so we can affix cultural and social expectations to various population segments which allow us to measure where people belong on a social scale. Without this type of classification it would be almost impossible to establish the necessary structures that navigate life and social orders. Age plays a major role in determining where people are placed on a social ladder. Historically older adults have not done well but the population pyramid is changing as a dramatic shift is taking place. A recent UN World Population report estimates that within the next 10 years, the number of people in the world aged 60 years and over will reach close to 1.5 billion. The aging of the population has been met with much trepidation and fear and has, for the most part, been described in negative terms.

As an older person I became incensed when we, older persons, were referred to as the “gray tsunami.” A tsunami is seismic upheaval that can have dire consequences. Comparing older people in this derogatory term implies that we are nonproductive and an economic and social drain on society. But the tide is turning and older adults’ contributions to society as consumers, innovators and entrepreneurs are now recognized. This

phenomenon has been coined the “silver economy.” According to Wikipedia: “the silver economy is a system of production, distributions and consumption of goods and services aimed at using the purchasing potential of older and aging people and satisfying their consumption, living and health needs.”

THE NEW DEMOGRAPHICS AND POTENTIAL FOR ECONOMIC AND SOCIAL GROWTH

It is projected that within the next 100 years, 25% of the population in the developed world will be over 60 years of age, but the growth of this segment will also impact the developing countries. Professor Dumont from the Swiss based International Organization for Standardization hypothesizes that the aging of the population will cause inadvertent changes for government policies and procedures but will at the same time provide opportunities for growth and innovation. A recent report by the World Economic Forum finds that “aging becomes a commercial opportunity that feeds the top and bottom lines.”

The most recent Canada Statistics data show that that Canadians over the age of 65 outnumber those of children under the age of 19. Contemporary seniors will live longer than their predecessors as they are better educated, healthier and wealthier. A 2016 economic report states that Canadian households age 65 and over showed an average net worth of \$845,600; thus this population segment is not only large in numbers but also has the spending power which makes them a formidable market for products and services. A US Consumer Survey concludes that older adults outspend other generations on consumer goods and services such as health, travel and real estate.

Businesses and service providers have been quick to target the “silver haired” market to reach their own commercial and profit targets. By reconstructing the image of older people from vulnerable and docile to sophisticated and alert, they are attracting older consumers. It is becoming increasingly rare to see ads for Polident, Viagra and protective underwear. Now we look at well-groomed older people sipping wine on cruise ships, driving a late model SUV, and Helen Mirren peddling beauty products. Shopping centres and big box stores have increased access by offering free mobility scooters for customers and strategically placed benches for tired shoppers.

A World Economic Forum White Paper states that depending on your birth year, your life expectancy will

The growth of the aging population
will inspire more innovations and
employment opportunities. ”

THE PERFECT AGE



British Actress Helen Mirren represents L'Oreal Paris in their "The Perfect Age" Makeup Advertisement (<https://youtu.be/3Y08V7q9JRA>)

be anywhere from 85 to 103. A longer life however does not equate to good health and quality of life; hence the need for home health care services will likely grow significantly over the next decades. The majority of older adults want to maintain their autonomy and to remain in their own homes, and the availability of home care assistance such as domestic, grooming and nursing services make this possible. The social advantages of such arrangements are threefold as they: reduce health care costs, create employment, and provide a better quality of life.

For seniors who live independently, technology plays a pivotal role. Voice activated products can assist people with mobility and other health issues. On command "Siri" will activate light switches, regulate room temperatures, and control electronics. iPhones can monitor and record movements at entry/exit doors, and they can read blood pressure, heart rates, and glucose levels. The medical data is transmitted to an appropriate health care provider. Seniors who opt to sell the family home and move to an easier-to-maintain dwelling will have a plethora of choices

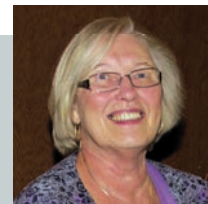
among luxurious independent living facilities which offer gourmet meals, weekly housekeeping and recreation. The growth of the aging population will inspire more innovations and employment opportunities in the home care, technology, construction, real estate and hospitality fields which in turn will stimulate the economy.

CREATING NEW GIGS: OLDER PERSONS AS ENTREPRENEURS

All older adults are consumers but most are neither entrepreneurs nor employees. In Canada it was not that long ago since that mandatory retirement at age 65 was abolished. Now people can choose to stay in the workforce for several more years. Most of those who decide to remain do so because they like to work as it keeps them involved and busy. However, they generally choose to work fewer hours or take contract positions as these offer more flexibility. The extra income can be put toward travel and other preferred leisure activities. Retaining part time and contract workers is also beneficial for employers as they are not obligated to pay benefits. Many retired professionals start home-

based services in their particular field such as educational or financial services. For many adventurous older adults retirement is the time to follow passions and to start something new. There are numerous opportunities for older people to venture out and follow their dreams. "Foodies" may start a bed and breakfast service, historians may open their homes to Airbnb tourists and as a side line provide tour guide services. Artisans may start an on-line business where they can sell their creations and merchandise.

The potential of "the silver-economy" will create a cultural change that will tear down the myths and misconceptions about aging and the older person. To a certain extent some myths may carry a kernel of truth as aging may eventually break down the physical and intellectual abilities. But as Dr. Jordi Alberch of the University of Barcelona reminds us: "elderly people can stay active and are very useful to society, and not only from the perspective of values. They pay income tax, their spending power and experience contribute to economic growth and development. We should stop thinking of elderly people as burdens, and learn to appreciate their contributions and the opportunities these provide." (This writer says Amen).



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.

EXERCISE AS MEDICINE: ABSOLUTELY ESSENTIAL TO MENTAL AND PHYSICAL HEALTH

Written by Bob Markin

For generations, our beloved Jewish mothers and ‘babas’ have affirmed the overall health benefits of ‘chicken soup’, that ubiquitous ‘Jewish penicillin’. With unquestionably noble intentions, our dear grandmothers, in their unique ‘haimeshe’ manner, were carrying on Judaism’s historic emphasis on maintaining good health, its origins stretching back to the wise teachings of Maimonides. Health experts affirm, unsurprisingly, that Baba was right, her delicious ‘chicken-soup’ is good for us in many ways...but we should view this advice as primarily being an adjunct to major healthy-living practices.

Please, right now – for both your benefit and those who love you dearly – take serious note that the world’s leading health authorities are strongly re-emphasizing what they have long determined to be ‘an absolute must’ for one’s overall health and well-being.

‘Exercise’ is what the World Health Organization, the 40-country-member Exercise is Medicine Organization and the Canada Health Guide are shouting to all as they affirm that study-after-study clearly indicates that, for those of any age – even for seniors in their 90s – “moving and being physically active are going to help cure so many of one’s ailments”.

The experts stress that exercise can eliminate the need to take medications, it can bring you more ‘quality-time’, and yes – could one ask for anything

more – it could extend your life-span by a number of years. They’re saying that we should be glad that we don’t have a parking-spot in front of the theatre or the Jewish Community Centre entrance...walking a longer distance is what one should be doing. They are urging us to welcome any chance we have to exercise regularly, either alone, with friends, or in a personal-trainer/gym setting.

Emphatically,
Walk! Walk!
Walk! ”

Ready to begin? Well, first, a caveat: before undertaking any new physical activity or program, we should initially consult with our doctor or health professional. Specific health challenges often call for varying exercise practices. What follows are recommendations from professional health organizations, based on their extensive research findings.

EXERCISE AS MEDICINE

ARTHRITIS: Exercise is ‘crucial’ for those with arthritis as it relieves pain, restores mobility, strengthens muscles around joints, helps maintain bone strength, controls weight, improves balance (Lily Moran, *Newport Natural Health*). Those starting out are advised to keep the impact low, apply heat,

move gently, and put on ice as needed afterwards. “The more you move, the more you can move...any movement, no matter how small, can help”, Moran writes, adding, however, that “you should trust your instincts and not overdo it.”

CANCER: Studies show that exercise substantially helps those suffering from various types of cancer, be it breast, prostate or colorectal cancer (*The Province*, Nov. 26, 2018). Withholding exercise could cause worsening cancer-related fatigue and psychological distress. Canada is being urged to follow Australia’s example of making exercise “an essential component of cancer treatment”, providing training, standards and credentials for fully-trained exercise experts. “Exercise should be on the agenda of cancer specialists – It would be malpractice if we had a drug like this and it wasn’t being used”, an Australian health report stresses.

DEMENTIA: Can it be contained? Well, according to the World Health Organization and the U.S. National Institute on Aging, studies indicate that one-third of dementia cases are preventable when one exercises and follows a Mediterranean-style diet. Those authorities take a strong stance against vitamin B or E pills, fish-oil or multi-complex supplements because “research shows that they just don’t work and in high doses can be harmful.” And those persons who have Mild Cognitive Impairment can help restore their thinking ability and memory capacity by embarking on a regular exercise program.

TYPE TWO DIABETES: Studies find that the risk of getting this challenging condition can be reduced, as much as 70 percent, by engaging in a moderately heart-healthy lifestyle which includes physical activity.

OBSESITY: If one is obese and has repeatedly lost and regained weight, engaging in more exercise is part of the solution. Recommendations include taking daily walks of 60 to 90 minutes, running for 30 to 45 minutes a day, taking bike-rides, daily fitness classes and using a treadmill or a stationary bike.

HEART ATTACK OR STROKE:

The risks are greatly lowered through regular exercise of 150-minutes weekly moderate aerobic activity such as taking a brisk walk, an easy bike ride, mowing the lawn, doing a home cleaning session. (*WebMD*, Jan. 11, 2019). And, an American Heart Association study finds that those with High Blood Pressure could eliminate their need for medications if they embark on a regular exercise program and eat healthily.

OSTEOPOROSIS: The loss of bone calcium makes one more likely to have fractures and to fall. Bone density can be “substantially remedied through regular exercise, with benefits accruing to those who are even in their 90s” (*everythingzoomer.com*, May 19, 2000). Suggested exercises (*Better Health Channel*) include 45 minutes to one hour of aerobic activity two-to-three times per week, resistance training two to three times a week, balance exercises for a few minutes at least twice a week, and stretching exercises to promote flexibility.



THE BIG PICTURE: GET MOVING

Taking ‘an overall look at what’s best health-wise for today’s senior of any age’, the article *Health Really is Wealth*, stresses that “the earlier of age we start to exercise, the better, and if possible, one should begin by middle-age... it’s like ‘having money in the bank’, with the benefits including chronic disease prevention, better cognitive function, and reduced risk of heart failure.”

Affirming this, studies of ‘life-long exercisers’ (*NPR Radio*, Dec. 10, 2018) find that those seniors who have been exercising regularly for decades, maintain the heart and muscle fitness of healthy people at least 30 years younger. “If you can swim, do yoga, cycle or walk, you can benefit.”

Emphatically - Walk! Walk! Walk! – does seem to be ‘the prime advice’ for seniors of any age, its physical benefits including a reduced risk of high blood pressure, high cholesterol and diabetes. (*Montreal Gazette*, March 31, 2019) Mentally and emotionally, walking stirs our creative juices, reduces symptoms of depression and anxiety, and helps instill happiness. The faster you’re able to walk, the better, and you could change the pace according to how you feel.

Where should seniors walk? Well, virtually anywhere, one should never hesitate to walk wherever and whenever they safely can, be it at home, on a neighbourhood stroll with friends (which helps counter loneliness), by walking the family dog, etc. Studies find that those who live in nearby ‘walkable neighbourhoods’ (close to parks and trails) actually do exercise more and are generally healthier, having far fewer chronic illnesses.

For the more energetic, personal-trainers “expertly make you feel confident and

comfortable”, guiding you at your home, in a recreation centre or in a gym with weights, treadmills and other equipment. (*Baltimore Sun*, Jan. 8, 2019). ‘Live-Well Exercise Clinics’ six centres (including one in Kerrisdale) offer training guidance attuned to the specific needs of each client. President Sarah Johnston (*Vancouver Sun*, June 23, 2019) stresses that “exercise is the best medicine...it’s the number one predictor of your overall health.”

Are you ready to run a marathon? Well, says Dan Levitt, adjunct professor of gerontology at Simon Fraser University, “substantial physical and mental health benefits accrue to active runners...and, in general, you must keep moving – the higher your fitness level, the lower your risk of passing away.”

Certainly, seniors, with their life-long-gained-wisdom, can affirm that Life is a Gift – and that it should be ‘lived’ to the maximum...and prolonged. So, please, take the stairs instead of an elevator, walk, stretch, run, swim, golf, bowl, spend more time playing with your grandchildren rather than watching TV, participate in the Brier-Weinberg Senior Residence’s exercise programs or at an exercise program at the JCC. Be active, wherever and whenever you can. It can’t be stressed enough: Health-experts, world-wide, based on authentic study-after-study, affirm with gusto and with verve, for the benefit of both yourself and those who love you dearly – Move It...Begin Now!

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*.



FALL PREVENTION



Falls are the main reason older adults lose their independence and account for **85 percent** of injuries leading to hospitalizations.

Here are some things you can do to reduce your risk of falling:

STAY ACTIVE



Always check with your doctor before starting a physical activity program. Physical activity reduces the risk of falls by improving strength, balance, coordination and flexibility. Look for an activity you enjoy like water workouts or Tai Chi. It could also be as simple as walking or gardening!

WEAR COMFORTABLE SHOES



Proper fitting shoes with good foot support and non-skid soles can help with falls-prevention.

EAT A BALANCED DIET AND STAY HYDRATED



Ensure your meals contain a variety of vegetables, fruits, whole grains and a source of calcium and vitamin D to maintain healthy bones. Drink fluids often during the day – water is your best drink!

REVIEW YOUR MEDICATIONS WITH YOUR PHARMACIST



Some medications may increase your risk of falls (*e.g. sleeping pills, blood pressure medications, Pain killers, anti-allergy and cough medications*). Your pharmacist may make recommendations to your doctor to address side effects and the risk for falls.

KEEP YOUR HOME SAFE



Remove tripping hazards like rugs, mats and clutter from places where you normally walk. Using proper lighting, grab bars and non-slip mats in the shower can also help reduce the tripping hazard at home.

GET YOUR EYES AND EARS CHECKED REGULARLY



Age-related vision and hearing changes can affect your balance and the risk of falling. It's important to have a complete physical examination at least once a year.

References: : www.centralhealthline.ca – Fall Prevention Resources-accessed Aug 16, 2018; www.mayoclinic.org - Fall prevention: Simple tips to prevent falls-accessed Aug 16, 2018

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BETTER WITH AGE: THE PSYCHOLOGY OF SUCCESSFUL AGING

By Alan Castel

Written by Tamara Frankel

The Victorian poet Robert Browning declares in one of his poems: “Grow old along with me! The best is yet to be.” I doubt that my mother was familiar with this poem, but she used to say: “The best in the world is yet to come.” Is it?

In his book *Better with Age* Alan Castel addresses the many myths and paradoxes about the aging process. He uses cutting-edge scientific research about the psychology of aging, as well as insights from well-known American role models who have aged well, and urges his readers to search for our own role models to emulate in later years. The book is a celebration of aging.

So – what is the secret to happy aging? – being free of disability, having high cognitive and physical abilities, and interacting with others in meaningful ways. According to Castel, old age is not all downhill. Old people are often more satisfied with life than we think. Yes, we may experience some memory loss, but this is balanced with greater wisdom. Reading *Better with Age* we are inspired to pursue deep satisfying lives at an advanced age.

Is one happier in their 20s or 30s than in their 80s and 90s? Not necessarily. Old age is just one of the phases of life but, like all phases, it must be mindfully lived.

Experience: The benefit of more years

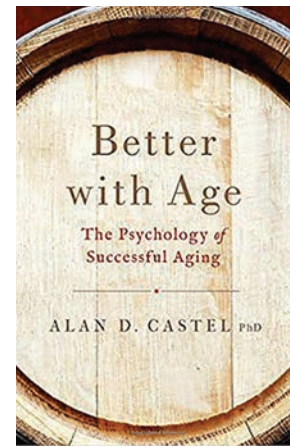
This is not a book about preventing or delaying old age, but rather about showing us how we can age successfully

and enjoy the benefits of additional years. Old age is a time for greater creativity. People also have more experience to draw on. Castel tells the story of Captain Sullenberger, who in 2009, at age 58, had the wisdom to make a quick decision to land his plane, which had been hit by a large flock of birds, in the Hudson River, thus saving the lives of 155 people. In an interview following the event, the pilot said: “...for 42 years, I’ve been making small, regular deposits in this bank of experience, education and training. And on January 15 the balance was sufficient so that I could make a very large withdrawal”.

And what about slowing down in old age? Yes, we do slow down but a) slowing down may be advantageous at times (Older drivers are less likely than younger ones to get in high-speed car accidents), and b) there are forms of compensation that mitigate this “slowing”. (Older musicians, for example, know to deliberately slow down in order to make faster parts of the music appear to be played faster, relative to other parts).

Exercise: The one thing proven to keep the mind and the body healthy

Better with Age also provides us with practical suggestions. It shows us what activities one can do to age well, how attitudes and expectations about aging are linked to how we age, and ways to enjoy older age. Walking, for instance, appears to reverse the effects of aging, both physically and mentally. Balance exercises are proven to prevent falls and may be the most essential training



activity for older adults. Reading, playing board games, playing musical instruments and dancing reduce the onslaught of dementia. And last but

not least – “Staying sharp involves staying connected – and not to the Internet.” People with more social support tend to live longer and happier lives.

Role Models of Aging: Find your own role models

This engaging and insightful book further inspires us by examples of older famous people who did their best work when they were older. Claude Monet, for example, began his water lily paintings at age 73. Frank Gehry designed his most creative buildings in his 80s. Others include Mark Twain, Paul Cezanne, Frank Lloyd Wright, Robert Frost and Virginia Woolf. Closer to home – my architect father became a successful artist when he retired at age 66.

So “Grow old with me! The best is yet to be.”

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.



VOLUNTEER PAR EXCELLENCE: PETER TANNER

From pastry chef to Meals On Wheels

Written by Dolores Luber

The first thing you notice about Peter is his wide, warm smile. And then you hear that lovely, soft Swiss German accent which has captured people's attention here in Vancouver and led to many opportunities. But let us start at the beginning.

Peter is 68 years old. He was born in Eglisau, Switzerland which is a short drive from Zurich. Peter immigrated to Canada at the age of 20, first arriving in Calgary in 1972. While taking English classes, he read about beautiful Vancouver from his textbook. He subsequently got in his Mustang and drove the 16 hours to Vancouver. He took in the mountains and the ocean – it was love at first sight.

At the grand opening of the Four Seasons Hotel, a manager noticed his accent, began a conversation, and hired him on the spot to be a pastry chef. He went on to manage various restaurants in the city. His accent also led to employment as a tour guide for German-speaking tourists across Canada. At one point he became quite ill with jaundice and was home-bound and weak. For three months he gratefully received Meals on Wheels from a volunteer. He was so impressed by this volunteer service, started by the Victorian Order of Nurses and part of Health & Home Care Society of BC, that he decided then and there that he would be a volunteer for them when he retired.

At age 63 he began his new career delivering Meals on Wheels five days a week. After a short training period, and a police check, he was ready. Between 10 am and 1 pm he picks up the meals from a depot, and delivers up to 20 meals a day to shut-ins, people convalescing from illness and accidents and seniors who are unable to provide good nutrition for themselves. The meal consists of a protein, a starch and a vegetable, as well as soup and dessert. He chats with people who wish a little interaction. Once in a while he comes across an emergency situation. He will then call for the appropriate services and assistance. He uses his electric car to zip around the city. For those who wish to volunteer but do not have a car, Meals on Wheels will provide a car-share vehicle. In the Vancouver-Richmond area there are about 265 volunteers who provide 300 to 350 meals a day. The volunteers are much appreciated. There is a Fund Raiser Event and a Christmas Party, they celebrate the efforts and the service which the



volunteers provide to the community.

When asked what he wished to communicate to our readers, Peter responded “**Retirement is the time to be active, to do something for your community.** The gratitude I receive improves my immune system and my health. I never get sick!” We at Jewish Seniors Alliance applaud Peter and all of the volunteers who provide such an essential services for those in need.

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REINVENTING ONESELF: JULIE IUVANCIGH

Inveterate traveller with a social conscience

Written by Dolores Luber

Marisa Moody, my Saturday and Monday trainer, was speaking of her mother who was travelling in Nepal with a group of women. The trip was organized by a woman who belonged to the same organization Julie was a member of, **5W**. And furthermore, Julie was planning to host a “Gathering” in Vancouver this summer for 25 women that were members of this organization. I was very interested!

I soon was interviewing Julie Iuvancigh, a smart, vivacious, retired woman of 63 years of age, divorced, with four adult children. Julie retired about a year ago, after many years managing and facilitating training courses for the Provincial Government. I asked her why she chose to retire early. Her response was “I retired early because I was ready to make a change. Three colleagues I worked with died unexpectedly the year prior. All three were younger than me. It reminded me that it was time to refocus on all the things I still wanted to do in my life.” She still accepts contracts to train employees in the various skills required – as long as it does not interfere with her travels. Recently she has been appointed a member of the Employment and Assistance Appeal Tribunal to adjudicate appeals under the Employment and Assistance Act.

Julie loves to travel, she always has, as she said “it was always on the back burner”, but now she has the opportunity to fulfil this passion. So far

she has visited 30 countries. Her goal is at least 50 countries! After many trips taken as a solo traveller, with family and with various tours, she discovered the organization **Women Welcome Women World Wide (5W)**. This organization originated in England 35 years ago. They foster travel and friendship for women of all ages however most members are 55+. As of January 2019 there are 2345 members from 74 countries. There are 50 members in the Lower Mainland. Local members organize outings, meals and activities for visiting members. Sometime a group of members hosts a “Gathering” which is a multi-day tour of a particular region. This is all done on a volunteer basis, which creates a reasonably-priced expedition for fellow women travellers. In this process, these women meet, communicate and make friends with other women from all over the world.

The trip to Nepal was a life-changing experience for Julie. It was organized as a fund-raising event for the Children’s Welfare Centre (CWC), located in Lalitpur, Nepal. The Children’s Welfare Centre is a non-profit, privately owned and operated non-governmental organization, which was established in 1995 in Kathmandu, Nepal. CWC was founded to provide dedicated care for children who are orphaned, socially oppressed, helpless, or abandoned by their parents and society. Many children that now live at CWC originate from remote areas of Nepal where, due to dire family circumstances, they were

unable to receive adequate food, shelter or education. Others have been found wandering the streets, abandoned. CWC aims to give a future to some of the most impoverished children in the country. Julie is now determined to create a fund-raising event for CWC and the 28 children and young adults who live there. She explained that due to budget constraints the children receive only one piece of fruit a week, which costs \$300 annually to provide – a very small amount of money by Canadian standards. She is now questioning her values and has determined to “be the change you want to see in the world”. Surely she can raise enough money to provide another weekly serving of fruit for the children!

And, she is learning Spanish, because she wants to visit Mexico extensively. This seems to be a new beginning for the adventures of Julie.



Women Welcome Women World Wide (5W): <https://www.womenwelcomewomen.uk/article/home.aspx>

Children’s Welfare Centre (CWC): <http://www.cwcnepal.org/whatwedo.htm>

Julie Iuvancigh can be reached at jiuvancigh@hotmail.com

WHO WANTS TO LIVE TO 100?

Written by Dan Levitt

Tonight Show host Johnny Carson once asked his 99-year-old guest, comedian and cigar aficionado George Burns, “Who would want to live to be 100?” Without missing a beat, the nonagenarian about to become a centenarian replied, “Someone who is 99!” The live studio audience erupted in laughter.

Burns famously smoked cigars and shined a spotlight on the mystery of aging, that there is no magic pill or prescriptive lifestyle that guarantees longevity. There are many paths to 100. In fact, the over-100 market is the fastest-growing segment of the population. There are more seniors today than children, more people over 65 than under 15 years of age, and the business community is paying attention. The elderhood market is known as the silver economy and will have a dramatic impact on society, with tremendous business opportunities that emerge from this burgeoning demographic that is already changing purchasing trends, influencing the marketplace in previously unpredicted ways.

The holy grail of the silver economy is the fountain of youth, spurring the growth of the science and business of longevity. This emerging market is a convergence of new developments in gerontologic life sciences, biotechnology, financial services and policy makers. The biology of aging space is peppered with scientists, thought leaders, innovators and disruptors who are accelerating research and development of new therapies for age-related diseases

that stretch out the health span and human lifespan.

The longevity movement brings with it both grand challenges and opportunities — from eliminating diseases associated with aging, and perhaps eradicating aging itself, to rethinking the future of care, reinventing retirement living, reassessing risk and longevity in the financial services industry, and the emerging commercial and business models that will lead to the shared benefits across society for this new age.

Veteran entertainer George Burns died in 1996, just weeks after his 100th birthday.

To realize an outlook of successful aging, reimagining what life might look at 100 is needed to consider changes to how we approach a new futuristic lifespan perspective in health, work-life balance, finance, relationships and rethinking aging.

Taking personal responsibility for preventative measures appear to be key predictors of an extended lifespan. Diet and exercise and other health goals such as regular health monitoring proactively may delay or prevent the onset of age-related health conditions.

Exploring passions through all stages of life and finding time to pursue unique experiences is important to increasing vitality and energy at any age. Engaging meaningfully with friends and family and connecting with more than one community through volunteering or hobbies and passions

helps build bridges that strengthen resilience and guards against social isolation and loneliness.

Proactively planning for financial health is needed as financial assets could need to last more than four decades of retirement. Relying on family inheritance or pensions plans may not be guarantees in the future and those who prepared for their own financial future will have more choices in how they spend their time throughout life.

A diverse network of friends helps with a more positive outlook gained from the supportive relationships through the realities of aging. Professional groups assist in networking, finding role models, mentoring relationships and career opportunities across the life course.

The traditional view of aging as something to fear is being overtaken with a new reality of opportunities. The aging phenomenon is a potential with possibilities, full of wisdom, emotional stability, passion and validation. With a strong sense of personal responsibility, elderhood can be a meaningful stage of life as consumers co-create their own lifestyle choices.

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Dan Levitt

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