

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

Herta and Abraham
 Joe and Jean
 Bert and Gail
 Alex and Max
 Josef and Rose
 Edie and Ulrich
 Lou and Helen
 Isaac and Rose
 Teresa and Bill
 Alan and Jerry
 Anshel and Sylvia
 Edwin and Norma
 Fred and Irene
 Leah and Emyl
 Joseph and
 Sam and Rose
 Leah and
 Jack and Helga
 Sam and
 Marjorie
 Richard and
 Sylvia and
 Joseph and
 Miriam and
 David and
 Selma and
 Leah and
 Leo and
 Izzy and
 Jack and
 Mary and
 Morris and
 Gertrude and
 Fred and
 David and
 Bernard and
 Arno and
 Harry and
 Steve and
 Mollie and

Schrah Tzedek Shoah Survivors Tribute Wall

וְאֵנִי אֶגְבֹּר אֶת־שְׂאֵרֵי צֹאֲן מִכָּל הַלְּבָיִם
 הַלְּבָיִם אֲשֶׁר־הִצַּחֲתִי אֵת־עַם
 וְהִשְׁבִּיתִי אֹתָם עַל־עֲרֻבֵי רְבֵימָה

And I myself will gather the remnant of My flock from all the lands
 to which I have banished them, and I will bring them back to their pasture,
 where they shall be fertile and increase.

Michael and Helen
 Henry and Julie
 Samuel and Lola
 Leon and Lola
 Francis and Vera
 Izzy and Helen
 Leon and Evelyn
 Abraham and Ida
 Peter and
 Abraham and
 Leona and
 Sam and
 Herta (Helena) and
 Ursula and
 Marlene and
 Moshe and
 Joseph and
 Leo and
 Rubin and
 David and
 Irma and
 Bessie and
 Bernard and
 Helen and
 Jacob and
 Joseph and
 Harry and
 Leo and
 Sam and
 Jack and
 William and
 Leah and

Sandra and
 Sula and
 Abe and
 Michael and
 Harvey and
 Jeffrey and
 Yehoshua and
 Harry and
 Henry and
 Alan and
 Jack and
 Morris and
 Malka and
 Leonard and
 Aaron and
 Andy and
 Leona and
 Leo and
 Abraham and
 Edna and
 Miriam and
 Sam and
 Rose and
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The Weinberg Residence – *pg. 21*
Garden City Bakery – *pg. 34*
Joanne LaRocque Realtor – *pg. 36*
Superstore – *pg. 36, inside back cover*

TABLE OF CONTENTS

VOLUME 26(3) - NOVEMBER 2019

COVER ART: *The Schara Tzedek Shoah Survivors Tribute Wall—A Tree of Life*
Sandblasted glass, by John Nutter (see page 12-13)
Photo: Nikki Leffler

2	CO-PRESIDENT'S MESSAGE
3	EDITOR'S MESSAGE
3-4	LETTERS TO THE EDITOR
5	SERGE HABER'S MESSAGE
6-7	REVIEW: Aging Across Cultures: Dialogue Tables
8-9	REVIEW: JSA Annual General Meeting
10	REVIEW: JSA Fall Symposium
	REVIEW: JSA Snider Foundation Empowerment Series
11	#5: Duelling Pianists
11	JSA BOARD OF DIRECTORS 2019-20
	PORTRAIT OF AN ARTIST
12-13	John Nutter
14-15	SENIORS IN THE MOVIES
16	TWO BOOKS TO CURL UP WITH
16	KNOW YOUR TECHNOLOGY: eREADERS
17	HUMOUR!
17	CARTOON CAPTION CONTEST
	PULL-OUT
18-19	Ongoing Events: November, December, January, February
21	ASK HANNAH - Your personal advice column
	JSA PEER SUPPORT SERVICES
22-23	Volunteer Profiles
23	Summer BBQ for Volunteers
24-25	BECOME A JSA SUPPORTER!
	FEATURE
26-27	Are Seniors Getting Ahead? A Progress Report on Government Programs
	HEALTH AND WELLNESS
28	Seniors' Community Park: New and Waiting For You
29, 31	A Voice to be Heard
	INSPIRATION
30	Tribute to Irene Dodek (z'l): A Life Filled With Love
31	David Pearlman, the Gardener in the Courtyard of Louis Brier
32	Acts of Kindness: Helen Hutton and Gypsy Boy
33	My Parents, My Rock
34	NOSTALGIA: The Importance of the Arts and Humour
35-36	MOST BRIDGE: Russian Jewish Seniors' Society

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JSA “SHINES IN SHARING”

Written by Gyda Chud and Larry Shapiro

CO-PRESIDENTS' MESSAGE

I, Gyda Chud, am delighted and excited to join dear Larry Shapiro as Co-Chairs of JSA!

Unusual for most of us, I have been fortunate to be a Vancouverite from birth. My parents, Gallia and Ben Chud, moved here in 1945 to help establish the Peretz Centre for Jewish Culture and it has been through my involvement with Peretz that I learned about JSA, firstly thanks to the amazing *Senior Line* magazine. My professional world has been and continues to be Early Childhood Education, where I spent many years

working directly with young children and for the past 40-plus years I have served as Faculty at Douglas, Langara and Vancouver Community College as well as Dean of Continuing Studies.

Having now been on the JSA Board of Directors for several years, I have gained insights and learned so much from our remarkable organization in multi-faceted dimensions—education, outreach, advocacy, strategic planning—all of which we share with our community through our services, programs and activities.

Our Co-Chair approach is a first for JSA wherein Larry Shapiro and I will share administrative roles, Board responsibilities and every opportunity to continue building JSA’s profile, growing our membership and attracting

new supporters and donors.

Because JSA “shines in sharing”, we have every confidence that this Co-Chair pathway will be successful in integrating our strengths and offering the leadership that we have so admired in all our devoted and committed past Chairs and Board Members—such outstanding role models!

Gyda Chud
Co-President

Gyda Chud’s lifelong passion is her career in Early Childhood Education which she teaches at Langara and VCC. She serves on the Boards of numerous organizations including JSA and President of the Peretz Centre which her parents helped establish in 1945.

Greetings to all JSA supporters. I am proud to introduce myself, Larry Shapiro, your newly appointed co-president, sharing this honour with my esteemed colleague, Gyda Chud.

It has been just over five years since that fateful day, when, while attending a JSA outreach event, I was approached by none other than the venerable Serge Haber, a landsman from my hometown of Montreal. I can still recall his words, “Larry, we need you, please come talk to me.” In what seemed like no time at all I was recruited to serve on the Board of Directors and shortly thereafter, I enrolled in the Senior Peer Counselling training course and there was no looking back.

My hopes for the future of the JSA include the ability to sustain our growth in the face of the daunting challenge of meeting and supporting the unique services we render to the most vulnerable segment of society that is the isolated and lonely senior citizens.

As we of the JSA become more known and recognized for the invaluable services we provide through our trained volunteers, the more referrals we are receiving from multiple agencies, health centers and the community at large.

So yes, my hopes for the future of the JSA is that firstly we are able to secure the funds necessary to sustain the personalized services we supply to our continually growing client base and

secondly, through the generosity of our wonderful and caring donors and supporters, we are able to expand our services in order that we never have to deny any senior who is frail, lonely, and isolated, the services our well-trained volunteers are ready and willing to offer.

Larry Shapiro
Co-President

Larry Shapiro studied accounting and worked at major firms as well as with the Federal government. In 1977, he studied real estate and opened his own business. Since moving from Montreal to Vancouver, Larry has been an active member of the JSA Board.

LIGHT ONE CANDLE FOR ALL WE BELIEVE IN

Written by Dolores Luber



EDITOR'S MESSAGE

The work of Jewish Seniors Alliance is a team effort. We now have two new captains leading our team, Gyda Chud and Larry Shapiro, co-presidents, sharing in this crucial time of JSA's expansion and development. Both are experienced and dedicated volunteer leaders in the Vancouver Jewish Community. Welcome and good luck to you both.

We at JSA are celebrating Chanukah by distributing a beautiful card at our Outreach events in honour of the meaning of Chanukah: Dedication! This holiday is based on the historical events of the Maccabean Victory, Jewish culture and modern Israel, as well as the universal themes of peace, justice, democracy, workers' rights and pluralism. We ask you to make a special donation so that JSA can continue its humanitarian activities of assisting older adults in need of support

and companionship. Your gift will allow us to maintain the Peer Support Services, the Outreach programs and the creation, three times a year, of *Senior Line* magazine. Chanukah is a proud assertion of the Jewish national spirit—do your share, light a candle, and give *Tzedakah*. Please check out the full page poster on page 20.

The *Senior Line* magazine is widely distributed and widely read by people of diverse cultures and backgrounds. I am recognized on the street as the editor of the *Senior Line* magazine. I am receiving requests by people who wish to be interviewed for the magazine. I am getting emails from professors, physicians and artists who wish to enhance my knowledge on a topic which has appeared in the magazine. Sometimes they praise what I have done and sometimes they are upset or angry because the article has been incomplete or inaccurate. I always

include this feedback on the *Letters to the Editor* page. I want to know what my readers think!

As you will discover in the articles that follow, JSA is on the move. We are reaching out to more and more people and organizations. We are teaching and guiding others in our work to support the frail and isolated seniors in our community.

Dolores Luber MS 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

I was frustrated and disappointed to read Hannah (M. Sc. Counselling)'s response to the letter from Worried Well, in the July issue of *Senior Line*. As a non-expert, she dutifully sought a trusted source, but unfortunately landed on the recommendations issued by the Canadian Task Force on Preventive Health Care (CTF). The CTF is funded by the Federal Minister of Health through the Public Health Agency of Canada (PHAC). They are described as an expert panel, but are quite the opposite: their membership excludes experts by design, i.e. deliberately.

Their members include family physicians and epidemiologists. There is also an occupational therapist and a chiropractor. The chair of CTF is a psychologist who specializes in scleroderma (a skin disorder).

In the wealth of research on breast cancer screening, they limited their review to studies on mammography done between the 1960's and early 1990's. **Specialists across Canada in multiple fields besides breast cancer disagree with their methodology and recommendations.** And to date, over 65,000 (and climbing)

have signed a petition urging the Health Minister to reject the guidelines.

In brief: your readers need to know that breast cancer increases in frequency as women age. Women of Ashkenazi Jewish descent are already at higher than average risk. It has been estimated that even in the general population, by screening only every 2-3 years, there will be an additional 100 deaths per year in Canada.

The most lives are saved by screening annually starting at 40. Yes: it's nerve-racking to be recalled for additional tests, but that anxiety is transient and does not lead to long term harm. Approximately 7% of women are recalled and only a

Continued on page 4...

LETTERS TO THE EDITOR...

Write to Dolores at: editor@jsalliance.org

...Continued from Page 3.

small percentage of recalled women are ultimately diagnosed with cancer. Early detection through screening decreases deaths AND allows less aggressive treatment (lumpectomy instead of mastectomy, etc.). Breast self-exams also help find cancers early.

Paula Gordon, OBC, MD, FRCPC, FSBI Clinical Professor, University of British Columbia, twitter.com/DrPaulaGordon

Editor's note: Dear Dr. Paula Gordon, I was unaware of the controversy surrounding this topic. I agree with you 100%! I have a mammogram once a year. I am happy to share this information with our readers. Your feedback is important. We appreciate your concern and expertise.

This morning when I received your magazine I almost dropped it with such surprise. I have been following Sergey Karlov's work in Russia for the last few years and although you may not realize, his work is considered mosaic and he is part of the international mosaic community.

Very few individuals are born with such talent and aptitude. He is a leader in all respects and an inspiration to artists such as myself. I have never tried stone as a medium but I admire his skill and his designs for their originality and grace. Good on you for choosing his work for your front cover!

Lilian Broca

Editor's note: Lilian Broca is an internationally-acclaimed mosaic artist. Her work has graced the cover of our magazine.

My feedback on the summer *Senior Line* - I LOVED your feature on Sergey Karlov, partly because of his art, but also because it is important to include items of general interest as a balance to the helping, advising type articles. I love the movie/TV feature for the same reason.

Tony DuMoulin

Editor's note: Tony DuMoulin is a new member of our Editorial Committee.

First of all a bit late, I received the *Senior Line* but nevertheless I read it with great interest and am willing to enroll in a lifetime membership. *Lost in Translation* is on my agenda already for many years. As a so called messianic Christian, I always had my doubts. Coming back from a visit to Israel about 5 years ago, I looked more closely into The Dead Sea Scrolls and other information related to translation.

Reinhold Lohsen

Editor's note: Reinhold Lohsen is the author of *The Remnants: A Story of Reconciliation between Judaism and Christianity*. He has a deep interest in biblical history and Christian anti-Semitism. Translation is a tricky business.

You have definitely reached the summit with this edition and have entered the Hall of Fame of Magazines. Ken was even singled out by my husband, Herb, who does not usually issue compliments easily unless truly merited. He said that Ken has surpassed himself with his article. So I thank you, everyone, once again for reaching the heights.

Binny Goldman



Daniel Frankel and Gerry Sheena

Following the interview with Gerry Sheena I introduced him to my son Daniel Frankel who is a collector of native art. My son commissioned a mask and this is the result. Glad my interview led to a business transaction.

Tamara Frankel

Congratulations on another amazing magazine. I am enjoying receiving and reading the *Senior Line* magazine. It is an amazing magazine. My congratulations to the team who put it together. Your magazine is filled with knowledge, community happenings, love and laughter.

Caron Bernstein

JSA WELCOMES NEW SUPPORTERS

New Lifetime Member

Reinhold Lohsen
Allan Posthuma
Maynard Crossley
Kenneth Golden

New Member/Supporter

Peter Tanner
Frank Levin
John & Alexene Silver
Orestes Halicki
Rafael & Miryam Filoso
Dalia Olund
Thyrza Cohen
Marilyn & Bernie Hooper
Miriam Friedberg
Rokie Bernstein
Mel & Elaine Charkow

BE A SUPPORTER, BE PART OF THE SOLUTION

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
I had the pleasure of attending the JSA's AGM, both the business meeting and the dinner were excellent and informative. Much to my surprise and disappointment, I've learned we have only 348 members, 86 Lifetime members, and 20 Affiliated Organizations. How sad! For the last 16 years we have assumed the responsibility to represent our Jewish and Non-Jewish Seniors to the Governments. How can we pretend to do so when the membership is as small as it is? We offer seniors an Outreach Program of Forums, Symposiums, Empowerment Series, *Senior Line* magazines, and a fabulous website and Facebook page, which hopefully most of you are using and enjoying.

Our Peer Support Programs of emotional support, telephone calling and visiting seniors in our community, are excellent preventative programs. Forty-three percent of seniors in B.C. live in social isolation and loneliness. **We have just been approved by the Provincial Government, through the Vancouver Coastal Health, to receive their financial support because of the quality of our programs.** JSA is just about the only organization that so meticulously addresses seclusion, marginalization, early mental health concerns and abuse, to name a few of the issues concerning seniors.

You know that a JSA membership costs \$18 per year, it amounts to half a penny

a day. Is it such a terrible tragedy to belong to the organization that is trying to do good for you? We have to coax many of you non-members to join, in order to support our essential work.

I, as a bereaved widower, experienced problems after I lost my wife five years ago. If it were not for JSA I would have been in serious trouble.

JSA is just about the only organization that so meticulously addresses seclusion, marginalization, early mental health concerns and abuse ”

You receive a *Senior Line* magazine and most of you have remarked how wonderful, informative, and how significantly it addresses seniors' situations and interests. Every magazine that we send out costs \$13 each to publish and mail. At three times a year, it amounts to \$39. **We want you to be part of us, we want to represent you, and we desperately need your support both financially and through your attendance of our Outreach and Peer Support Programs: 'Seniors Stronger Together'.**

If by chance you don't have the money required to be a regular member, please call and let us know. We will mark you as a member and that will be a secret

between yourself and our organization. But it is important, for you to be represented and be part of the JSA. You know, whether you are rich or poor, sooner or later, like me, you will need JSA. You'll require the help we can offer. We need your support in order to proudly say that we are representing the seniors of the Greater Vancouver area. By the way you do not have to be Jewish to belong because we do not only represent Jewish seniors, and our services are not only offered to Jewish families, but to every senior in the Greater Vancouver area.

We just passed the Jewish High Holidays and it is a good opportunity for me to wish you *Shana Tova*, a "Happy New Year". May you have happiness, joy from your family and friends, and a life filled with good health, prosperity and good deeds.

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.

Aging Across

Cultures

Dialogue Tables

October 30th, 2019



Written by Pamella Ottem
Photography by Elizabeth Azeroual

Many thanks to BC Ministry of Tourism, Arts and Culture, for funding this focused review of services, concerns and challenges faced by organizations providing help to multicultural seniors in the Lower Mainland. The following groups were represented:

A.S.K. Friendly Society, BC Community Resources Network, Kitsilano Neighbourhood House: United Way-Better At Home Coordinator, Collingwood Neighbourhood House, COSCO, 411 Seniors Centre Society, Gordon Neighbourhood House, Jewish Family Services, Kehila Society, Marpole Neighbourhood House, Simon Fraser University Gerontology Research Centre, Vancouver Seniors Advocate, Seniors Brigade Society of BC, Seniors First B.C., South Granville Seniors Centre, Tonari Gumi, Vancouver Native Health Society, and West End Seniors Network.

Gyda Chud, Co-President of JSA welcomed the participants, emphasizing her message of advocacy, reflection and rejuvenation as illustrated in the new JSA video outlining their community services. **Grace Hann** and **Charles Leibovitch**, from JSA's Peer Support Services were the facilitators for the multicultural dialogue tables. **Liz Azeroual** of JSA documented on flip charts the ideas and concepts put forth by the engaged and enthusiastic participants.

AGING TRENDS AND CHALLENGES

What is obvious is that whatever the needs of seniors in general, it is many times worse for both immigrants and for women. Many must choose between either eating or taking their medications. Immigrant women are less likely to be accepted for financial aid. Literacy is an issue, especially when application for help is online. Immigrants find navigating the system especially difficult, when English

is not their first language. Without family advocacy many seniors are left to fend for themselves. They need places to meet other seniors who have similar language, customs, and experiences (e.g. familiar foods, access to religion, etc.) Even in care facilities many immigrant seniors are forced to eat English/Canadian foods. Immigrant seniors, especially women, need advocates to get their needs met. Community-based organizations working with seniors often are not well funded, so help is minimal. The medical system is not structured to treat the multiple problems of seniors.

LONELINESS AND ISOLATION: THE TIGHTENING CIRCLE

Family groupings are now much smaller, and young families do not live in the same area as the grandparents. Some seniors are abandoned by their families, or by the death of friends and colleagues. There is a lack of appropriate social groups, transportation and financial support in order to address these issues. Health care issues, for example, untreated depression, fractures limiting mobility and degenerating hearing and sight increase isolation. LGBTQ may not be recognized in the elderly. There is a need for better communication concerning these groups and their problems.

Groups need to keep communicating at all levels to help resolve these major senior's issues, especially for immigrants and senior women. ”

CAREGIVER CHALLENGES AND CONCERNS: HOUSING AND REDUCTION IN CARE

The trends for poor seniors is to move into single room facilities if they are available, or to become homeless—some living in cars or couch surfing. Poor seniors cannot afford the higher rents.

Paid caregiver turnover and deteriorating quality of care facilities has led families to take their loved ones home to continue care. They do not have access to financial support. When caregivers become burned out, the system breaks down. Navigating the system for care is a huge challenge for caregivers, for example, palliative care has to be referred to by a physician. There is no longer an assumed reality that families, especially the women, will care for the elderly.

EMPLOYMENT, LEISURE AND VOLUNTEERISM

The challenges of population movement and growth, and changes in industry are without planning for the changing needs



Kara Turner and Gloria Gutman

of the senior population. Immigrants who are professionals, have difficulties meeting different standards, especially the non-English speakers. Language training is necessary and difficult. Families need paid work in stable jobs, where possible so do seniors. Volunteers are hard to recruit and retain, even though it is meaningful work and can lead to other jobs. Not only do immigrants need to learn the language but, as so much is done online, they need to learn the technology and corporate culture. Culture is not taught. In many areas discrimination is an issue faced by new Canadians. As immigrant populations age in Canada they need to plan for retirement which is becoming costlier as the population ages and services become more expensive.

RECOMMENDATIONS FOR CHANGE IN AGING TRENDS

Immigrants need schooling in language, Canadian culture and technological skills in order to assimilate and prosper. Professionals should be trained in providing individual specific care with attention to age and culture. Various health care agencies need adequate funding to keep the elderly out of hospitals. Cultural care facilities, while not perfect, could still be encouraged to meet cultural needs for seniors especially reduction of isolation. The interactive links between the various levels of health and social services (clinics,



hospitals and non-profit agencies) need to be strengthened in order to keep this population from “falling through the cracks.” Access to transportation is a big part of this.

CAREGIVER CHALLENGES AND CONCERNS

Caregivers should be considered for remuneration to care for seniors in their home. If this keeps seniors out of hospitals or care facilities, it is cost effective to pay family caregivers. Ethnic care facilities are recommended as a place where language, food and culture is familiar and a place where families of seniors can meet.

SENIOR HOUSING

This area of concern was given the highest priority. Needed are more single room affordable housing units, more cooperatives, more roommate pairing services and stricter legislation for affordable-housing vacancy rules. Also more access to CPP and OAS for immigrants and 55-65 year old seniors.

At the end of this productive and enlightening session, **Gloria Gutman**, from Simon Fraser University Gerontology Research Centre, summed it up: Groups need to keep communicating at all levels to help resolve these major seniors' issues.

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.





How do you say “Thank You” to special individuals who tirelessly and humbly strive to better the lives of so many people in the community? Jewish Seniors Alliance’s answer is an Appreciation Dinner which - as part of its AGM event Sept 19 at Beth Israel - honoured three community personalities, expressed gratitude to JSA outgoing president **Ken Levitt**, and introduced new co-presidents **Gyda Chud** and **Larry Shapiro**.

Ken Levitt’s leadership was warmly praised by Larry who noted the outgoing president’s “ever-present love-of-life which inspires everyone and brings out the best in each person whom he meets.” Gyda read a moving poem, ‘Captain Ken’, written by **Binny Goldman**, which stated that “You listened with your ear and understood with your heart. Your experience, knowledge and judgement always saw us through successfully – you are a leader, a man above most men.” Ken very humbly replied, “I accept this tribute on behalf of all of us.”



Ken Levitt

Written by Bob Markin
Photography by Susan Curtis

Anne Kang, MLA for Burnaby-Deer Lake, stressed the ongoing efforts of the B.C. government to advocate strongly for seniors’ needs and rights.

Jack Altman, stellar master-of-ceremonies, began the honourees ceremony with the tribute to **Tzvia Estrin**, nominated for the honour by **Yaffa House**. Tzvia’s son **Avie**, currently Yaffa’s president, recounted the dedicated efforts of his mother and late father **Aaron**, who tirelessly worked for 10 years to establish Yaffa House, opened in 2001 as Western Canada’s first home dedicated to housing and helping the community’s severely mentally ill in the context of a Jewish-living environment. Avie stressed his Mother’s “most superb 18 years’ of service to Yaffa...she inspires everyone profoundly and is truly ‘larger-than life.’” Yaffa House presently oversees four homes across the city including a newly-opened women’s facility - all dedicated to helping people who need help the most.

Tzvia warmly expressed thanks on behalf of herself, Aaron and Avie. She read an inspirational poem, *Don’t Turn Your Back*, which emphasizes the importance of taking the time to compassionately listen to others’ needs. **Cindy Charkow**, a director of Yaffa House, stressed that “without Tzvia there wouldn’t be a Yaffa House.”

Jack Wizenberg was honoured for his outstanding work on behalf of the **Tikva**



Tzvia Estrin

Housing Society, which helps financially-needy Jewish people find affordable housing. He stressed that “seeing Jewish individuals and families who are alone, struggling and having to rely on social insurance and the food bank to survive, touch my heart.” Jack served on the Tikva Board for six years, bringing to the position his extensive knowledge of 41 years work in property management as well as a life-long involvement in a range of Jewish organizations and causes. He stated that he felt “extremely moved” when reading a Jewish Federation of Greater Vancouver ‘Housing Needs Study’ indicating that in 2015, 16-percent of the Jewish population in Greater Vancouver were living below the poverty line “and in all likelihood those numbers have increased over the last four years.” He chose to join an organization of committed individuals motivated to making changes in our community.



Jack Wizenberg

Jack began at Tikva helping with maintenance and tenant issues at the Dany Guincher House. Since the first 11-suite apartment building in Marpole was purchased in 2008, Tikva has made available 18 units of mixed single and family housing in the Diamond Residences in Richmond and another 32 family townhouses will be available in the Ben and Esther Dayson Residences in the Vancouver Fraserview area. Last year 100 individuals were helped by the Esther Dayson Subsidy Program, which provided adequate funds to enable them to continue living in their current accommodations.

A Wonderful Evening...The Best Honouring The Best! ”

Society president **Shelley Karrel** stressed that Jack seemed to have a passion for property management. “Whether it was as treasurer, building committee head or acquisitions committee head, Jack cared deeply, keeping his fellow board members up-to-date.” Jack responded, emphasizing with sincerity and humility, that “by honouring me tonight, you are really honouring Tikva Housing Society, their volunteers and donors for the outstanding work they do in the community.”

Evening honouree **Maurice Moses**, whose beautiful tenor singing voice has brought joy to countless individuals and numerous organizations throughout the Jewish and general communities for over six decades, was introduced by JSA’s president-emeritus **Serge Haber**. “We’re honouring people who love community”, Serge stressed. “Maurice has helped seniors so very much by enthusiastically and nobly giving his special talents, his outstanding voice to the community, and particularly to seniors.”



Melissa and Maurice Moses

Maurice told of the pleasure he receives by entertaining, and especially in doing so for senior citizens, emphasizing that “our precious seniors should be entertained and respected for their countless contributions to life in the community. It gives me great satisfaction to see their smiling faces, their faces ‘lighting up’, when I see them react to a song familiar to them.” Maurice has lived those words, as he recounted his many religious/concert participations for seniors, including his singing for 17 years at Shabbat services at Louis Brier Home and Hospital. “I am so pleased that this evening is taking place at Beth Israel, truly ‘my home-away-from-home’, where I served in the Synagogue’s Choir for 66 years under seven different Cantors and six different Rabbis—and with ‘Pucky’ Pelman, my mentor for 45 years”, he stressed.

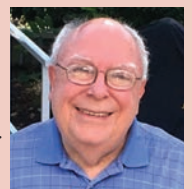
Maurice extended appreciation to his ‘guest of honour’, his daughter **Melissa**, “who has been by my side through three

bouts of cancer, making me drink lots of water, eat healthy foods, and go on long walks at the Southlands.” He expressed “a most sincere thank-you” to a number of people: “My 35-years wonderful ‘Partner-in-Song’ **Arnold Selwyn**, who has been with me at Louis Brier, Beth Israel and Vancouver Jewish Men’s Choir; my dedicated accompanist for the past 55 years, **Muriel Morris; Miriam Breitman**, with the Rinat Ensemble and now the PALS Chorus; PALS Chorus Co-Founder **Bill Harvey**; Binny Goldman, for her help at Louis Brier services; **Stan Shear**, VJMC musical director; Cantor **Yaacov Orzech** with the Kol Simcha Choir; and **Jonathan Berkowitz** of B.I. ‘Purim Shpiel.’” And what better way to end this portion of the evening than by hearing Maurice beautifully render *Lets Sing Again*, and with Arnold Selwyn, a stirring rendition of *Adon Olam*.

An excellent and inspiring documentary video on Jewish Seniors Alliance’s outreach activities, produced by **Cory Bretz** of Heirloom Films, was screened. The event, superbly-arranged, was co-chaired by **Tammi Belfer** and **Larry Shapiro**, with committee members **Tamara Frankel, Helene Rosen, Marshall and Marilyn Berger**, and JSA staff **Elizabeth Azeroual** and **Rita Propp**. Catering for the delicious kosher meal was provided by **Nava Creative Cuisine**; the photographer was **Susan Curtis**.

Truly, a wonderful evening...the best honouring the best!

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 SYMPOSIUM PRIVACY AND SECURITY IN THE INTERNET AGE

Written by Shanie Levin

Photography by Elizabeth Azeroual

Jewish Seniors Alliance (JSA) and the Council of Seniors Citizens Organizations of B.C. (COSCO) sponsored JSA's annual Fall Symposium on Sunday November 3rd at the Peretz Centre. The theme was "Privacy and Security in the Internet Age". **Floyd Smith** of COSCO's Seniors Health and Wellness Institute was the presenter. There was a full house as **Gyda Chud**, co-president of JSA, welcomed the many people present and introduced JSA's new video which focuses on JSA's programs. These programs include Education, Advocacy, Outreach and Peer Support Services, directed to the growing demographic of all senior members of the Jewish and the general community of Greater Vancouver. Gyda mentioned that we should think of advocacy as a love story of seniors helping seniors.

Barb Mikulec, the vice-president of COSCO, and chair of the Health and Wellness Institute (<http://coscoworkshops.org/>) introduced the speaker, Floyd Smith. The Institute gives 300 free workshops around the province every year. The focus is on Health, Housing, and Income. Floyd Smith is the coordinator of the Institute.



Barb Mikulec

Their mission is to raise awareness of seniors' issues in the province.

Barb met Floyd at the Surrey Retired Teachers Association where he was web master. Floyd taught for 35 years and was a computer coordinator, helping teachers for 25 years, and a sessional lecturer at the UBC Faculty of Education, Selkirk College Branch. Since retirement Floyd has been an active volunteer. He is presently Director of the BC Retired Teachers Association.

Beware: Your private information is public knowledge. Floyd began by reminding us that since we are all online, we should be cognizant of the fact that the companies running the Internet are aware of our private information. We must be vigilant about security. He then went on to discuss the following eleven themes in detail:

1. Risks and Benefits;
2. Internet giants;
3. Online privacy;
4. Infections and vaccinations;
5. Computer security;
6. Passwords;
7. Internet of things;
8. Encryption;
9. E-mail;
10. Texting;
11. Online banking and shopping.

How can you be safe online? We need to be careful about how we use our devices so that the parent companies like Google, Amazon, Facebook, Apple and Microsoft, even though they have access to our private information, cannot benefit too much from it. He suggested using Duck Duck Go as your search engine which does not track nor sell your data, as do



Floyd Smith

the other companies. You should always keep your computer locked and have a strong password. Make sure that you have a back-up for your material. Be careful with e-mail and texting as "phishing" for data and/or "spoofing", i.e., masquerading as a real person or company are common practises. Never click on a link from an unsolicited e-mail. Be extremely careful with online banking and shopping. You are not liable for items ordered with a stolen credit card but you will be with a debit card.

Floyd had many other tips and ideas for privacy and security. His use of overheads was very helpful. He mentioned the book by Shoshana Zuboff, called *Age of Surveillance Capitalism*, that goes into more detail on these issues.

Marilyn Berger, past president of JSA, thanked Floyd for his informative talk. She also spoke about the *Light One Candle* campaign by JSA. Help JSA celebrate Chanukah and light one candle by donating to support JSA programs. Don't Let the Light Go Out!

Floyd was surrounded by many attendees who had more questions to ask him during the coffee break. We learned a great deal and had much to assimilate after this stimulating talk.



#5: DUELLING PIANISTS



Written by Shanie Levin
Photography by Toby Rubin

The fifth session of the Empowerment Series of 2018-2019 took place at Beth Tikvah Synagogue in Richmond on Monday, June 24th, co-sponsored by Jewish Seniors Alliance and Kehila Society of Richmond. The event lived up to the theme.

The program was preceded by a tasty lunch provided by **Stacey Kettleman** which all 120 of us enjoyed. **Rabbi Adam Rubin** of Beth Tikvah Congregation



"Duelling Pianists",
Marilyn Glazer and Lester Soo

did the *HaMotzi* and **Toby Rubin**, Co-Executive Director of the Kehila Society, welcomed everyone. Besides the many members of Kehila seniors group and members of JSA, we were joined by a large group from L'Chaim Adult Day Care.

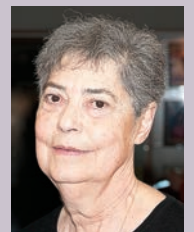
Ken Levitt, president of JSA, emphasized the motto of JSA, "Seniors Stronger Together". He described the importance of the Peer Support Program to lonely and isolated seniors, urging everyone to become a supporter of JSA.

Toby then introduced the "Duelling Pianists", **Marilyn Glazer** and **Lester Soo**. Both are accomplished musicians and piano instructors. The duo have known each other for 35 years and have been playing duets for much of that time. They find great joy in playing together. These duets are played on one piano, four

hands. They began with four Hungarian rhapsodies and continued with Mozart's *Eine Kleine Nachmusik*. They then played a number of Gershwin tunes and ended with Cole Porter. The crowd loved it.

Toby Rubin thanked the pianists for their wonderful performance. The JSA Snider Foundation Empowerment Series certainly ended on a high note. Watch for the series to begin again in the Fall. We will continue to partner with other senior groups in the community.

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



JEWISH SENIORS ALLIANCE BOARD OF DIRECTORS 2019-20



Left to Right Back Row:

Alan Marchant, Ken Levitt, Marie Doduck, Pam Ottem, Tammi Belfer, Larry Shapiro

Left to Right Front Row:

Larry Meyer, Marilyn Berger, Gyda Chud, Tamara Frankel, Shanie Levin, Eireann O'Dea

Absent:

Serge Haber, Tony DuMoulin, Frances Belzberg, Dolores Luber, Lyle Pullan, Rita Roling, Helene Rosen, Toby Rubin, Jackie Weiler, Binny Goldman

PORTRAIT OF AN ARTIST

JOHN NUTTER

Written by John Nutter

When I was in my early 20's (I'm 67 now) I was an architecture student at the University of Manitoba. Two of my professors had worked with the great American architect Frank Lloyd Wright, and through them, I became acquainted with his range of work and attention to every finishing detail, including his extensive use of leaded glass.

This stayed with me, and in the break between 2nd and 3rd year, I got a summer job at Western Art Glass, a traditional, almost old world stained glass studio tucked away in an industrial part of north Winnipeg, operated by two veteran stained glass painter/artists from Belfast. Almost all the work they did was for churches and synagogues—fully painted and stained glass windows, as well as restoration and repair work.

The owners assumed (as did I) that I would be going back to school in the fall and when they realized I was hooked, suggested I give some serious thought to the stained glass artist versus architect lifetime-earning potential. Undaunted, I stayed on!

Soon afterwards, with my former classmate John Edwards, we formed our own company Design Glassworks. Renowned Canadian architect Etienne Gaboury named us for two amazing projects early in our careers—all the stained glass windows for the new St. Boniface Cathedral, and a large 10' x 10' window that we installed above the main entry to the Canadian



Top: *The Family*
Louis Bryer Home
and Hospital
Collaboration with
Diana Zoe Coop



Left: *The Mystery*
Irving K. Barber
Learning Centre, UBC



Right: *Water Music*
Orpheum Theatre
Vancouver, BC



Embassy in Mexico City. Numerous collaborations with Winston Leathers, artist and former architecture professor, led to a nomination for the prestigious Saidye Bronfman Award, recognizing excellence in craft in Canada.

In 1988, I moved to Vancouver and into Joel Berman's Granville Island art glass shop. His main focus was sandblasted and kiln cast glass. While wandering my new Granville Island "home", I came across Haida artist Bill Reid in his studio. He invited me to join his crew of artisans, led by sculptor George Rammell, working to complete the full-size pattern for his monumental bronze sculpture *The Spirit of Haida Gwaii*. I stayed on after the completion of that sculpture.

In 1997, I completed my first large installation in Vancouver, a leaded and sandblast-carved glass donor wall titled *Water Music*, commissioned by the Vancouver Symphony Society and installed in the Orpheum Theatre. In 2000, I won an international competition for the centerpiece sculpture at the Kelowna Airport, titled *Escape to Stella Polaris*. Following that, I was commissioned to produce two large hanging installations for The Irving K. Barber Learning Centre at the University

of British Columbia - *Two Compasses: Finding Eden and Beyond*, and *The Mystery*.

In 2003, a chance meeting with NY artist Shoshana Golin Cahn led to a 3-year project making 19 leaded and sandblast-carved windows for the Young Israel of Hillcrest Synagogue in Fresh Meadows, NY. Shoshana and I teamed up again in 2017-18 on 7 sandblast-carved windows for the Jewish Center of Atlantic Beach, NY.

Last year, I was contacted by Camille Wenner to design and craft the *Holocaust Survivor's Tribute Wall* for Schara Tzedek Synagogue. Camille's mother,

painter Diana Zoe Coop and I have collaborated on a sculpture for the Louis Brier Home and Hospital.

A two week furnace casting workshop at the Corning Studio in NY introduced me to international glass artists working in a more intimate scale. Now I make smaller pieces as well as large architectural pieces, available through galleries or directly from my shop.

John Nutter Glass Studio

1659 Duranleau St., Granville Island
604-689-4402
<https://www.johnnutterglasstudio.com/>
contact

ON THE COVER

The Schara Tzedek Shoah Survivors Tribute Wall—A Tree of Life, rendered in sandblasted glass, includes the names of 230 survivors. "Survivor members made their way to Vancouver during the immediate pre- and post- WWII period. They chose to make Schara Tzedek Synagogue their spiritual home. We are forever grateful for the precious legacy they helped build for us, whilst rebuilding their own lives and faith."

SENIORS IN THE MOVIES

Written by Dolores Luber

Please note that by the time you read these reviews, the films may be found on the Streaming Services: Netflix, Amazon Prime, Crave and Hulu.



THE OLD MAN & THE GUN

2018

Robert Redford (age 83) plays Forrest, a real person, like a figure out of an old ballad. Forrest doesn't talk much, or display much emotion, but he has a touch of poetry to him, and an old-fashioned courtliness. This may be

Redford's last movie, watch it! It is probably his best. Available on Crave and at Black Dog Video, 3451 Cambie St.



TEA WITH THE DAMES

2018

Friends and colleagues Eileen Atkins (age 85), Judi Dench (age 84), Joan Plowright (88) and Maggie Smith (84) are actors both legendary and still active. They dish on acting and love. Fans of British theater and these Grand Dames will soak up

every minute. The setting is the garden of a rural cottage that Plowright built with her late husband, Lord Laurence Olivier, the legendary actor. I relished every bit of gossip and innuendo. Available at Black Dog Video.



WON'T YOU BE MY NEIGHBOR?

2018

Fred Rogers is the subject of Morgan Neville's surprisingly moving documentary. Mister Rogers was a warm, kind man with an aura of gentle formality. From 1968 to 2001, Mr. Rogers kept millions of little ones

out of their parents' hair by offering a half hour program

designed to counter the cartoon violence and frenetic pacing of practically every other kids' show on the air. The film will make you miss Mister Rogers. On Netflix.ca.



AT ETERNITY'S GATE

2018

Willem Dafoe (age 63) portrays Vincent van Gogh toward the end of his life. Director Julian Schnabel is interested in this difficult, mercurial man and attentive to his hardships. Dafoe is superb. After Van Gogh meets Gauguin, he goes

to the South of France, where he finds his light and enters a period of feverish creation. A brilliant and beautiful film. Available at Black Dog Video.

FOREIGN FILMS



SHOPLIFTERS

2018

This Japanese movie is a beautifully-felt family drama existing on the ragged edge of society. The mother and father work, and they steal—food, toiletries, whatever—thieving to live but also as a way of life. There is no moralizing. We experience the

poverty and desperation as well as their imperfections, it is a perfect story about being human. In Japanese with English subtitles. On Netflix.ca.



MARY QUEEN OF SCOTS

2018

Saoirse Ronan rules over this political drama. She is Mary Queen of Scots, returned to Scotland from France, clashing with Queen Elizabeth who, childless, must name an heir. Mary's Catholicism is instantly divisive. She insists on being that heir to the

English throne. The historic truth is shocking enough to propel the plot to its final scene. Historical fiction at its best. On Crave and at Black Dog Video.

ISRAELI AND LEBANESE MOVIES



SCAFFOLDING 2017

In this gripping realistic drama, a remedial student struggles with his matriculation exams, anger management issues and the expectation of his working-class father, even as his literature teacher opens his narrow worldview to other possibilities. A tense and moving experience. In Hebrew with English subtitles. At Black Dog Video.



CAPERNAUM 2018

The movie is a heartbreaking and defiant look at a boy's life in Beirut. The title "Capernaum" signifies "chaos" and the director, Nadine Labaki, captures Beirut as a teeming inferno, a place without peace, mercy or order. Zain, the young boy, takes his parents to court, charging them with bringing him into the world and failing to care for him or their other children. This is social criticism at its best, a howl of protest and an anthem of resistance. In Arabic with English subtitles. On Netflix.ca.



THE RED SEA DIVING RESORT 2019

The Israeli Mossad's scheme to smuggle Ethiopian Jews out of a Sudanese refugee camp would seem like sheer fantasy, but, it actually happened! Set in the 1980s, a group of "trained assassins" pretend to be scuba diving experts, each one assigned a different identity and language. It is the perfect cover, tourists arrive by day, and refugees are hustled out in the dead of night. At the end, we see footage of the real-life figures involved in the outlandish (but true) events. Fun and uplifting. Director Gideon Raff chose to make the movie in English. On Netflix.ca.

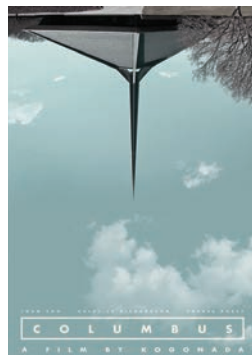
WWII/HOLOCAUST



OPERATION FINALE 2018

This film is about finding Adolf Eichmann, a high-ranking Nazi and one of the architects of the Final Solution. Mossad operatives hunt him down and struggle to extract him from South America. There are personality conflicts among the Mossad operatives. The period atmosphere is beautifully rendered, vintage cars, endless cigarettes and pleated wool trousers. On Netflix.ca.

SPECIAL MENTION



COLUMBUS 2017

Columbus, Indiana's claim to fame is that it is an unlikely haven for modernist architecture. Two young people meet, they debate heady ideas such as the healing power of buildings, modernism's relationship to religion and whether architecture means something to them. Exquisitely filmed, superbly directed—a cultural and intellectual feast for the viewer. On Netflix.ca.



ON THE BASIS OF SEX 2018

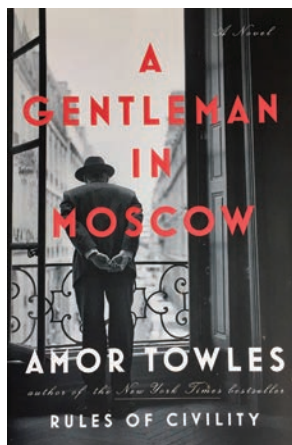
This is history in the making. In the early 1970s, Ruth Bader Ginsburg brings the first sex-discrimination case to a Federal Court. She establishes a legal strategy to challenge injustices so deeply ingrained at the time as to seem perfectly natural. The movie heralds the heroine's courage and brilliance in challenging tradition and convention. I am in awe of her achievements and have benefitted from her ground-breaking work. On Crave and at Black Dog Video.

TWO BOOKS TO CURL UP WITH

Written by Dolores Luber

A GENTLEMAN IN MOSCOW

by Amor Towles



Imagine being sentenced to house arrest for life in the best hotel in Moscow, Russia. I immediately empathized with and began to experience Count Alexander Rostov's life at the Hotel Metropol. The novelist, Amor Towles, has created a palette which brings alive early 20th century Russia and every page resonates with intimate and historical details that immerse

you in another time and place. I reveled in Count Rostov's love of food, wine, travel, politics, famous people and beautiful women. Then a young girl, Nina enters his life... Read the book. I could not put it down and I did not want it to end! Available at the Isaac Waldman Jewish Public Library at the JCC. Kindle Edition \$13.99.

KADDISH.COM

by Nathan Englander



Jewish law requires the Kaddish prayer to be recited at three services daily, for the 11 months following a parent's death, in order to elevate the deceased's soul. That's a problem for Larry, a believer in neither prayer nor the soul. When we meet Larry, the hero of *Kaddish.com* and a defector from his Brooklyn family's Orthodox Judaism, he is sitting shiva for his father. He

will not say Kaddish; rather, he discovers a website that for a fee will match dead relatives with pious students who will recite the prayers thrice daily on their behalf. And now, Englander's trademark humour begins to weave its web.

The novel is brimming with Talmudic references and biblical allusions, Jewish legal principles and Yiddish-inflected dialogue. Larry's transformation is wise and funny. He is an endearing hero who stumbles through a world in which the holy and profane are intertwined. Absolutely a wonderful read. Available at the Isaac Waldman Jewish Public Library at the JCC. Kindle Edition \$15.99.

on the eye. Yet you have the ability to adjust and enlarge the font to a comfortable size. The touch of a finger can give you access to dictionary definitions, skip to any part of the book, and highlight passages. EReaders are easy to set up, can store hundreds of books, and a single battery lasts weeks, not hours.

One of the most popular brands of eReader is Amazon's Kindle. Amazon gives you access to a vast library of ebooks (often at cheaper prices than paperbacks) and stores the books on a cloud (external hard drive) so they can be retrieved and reread anytime, without worrying about shelf space! For additional helpful hints on how to get the most out of your Kindle ebook reader, watch <https://www.youtube.com/watch?v=O36h-GBAcDQ>.

There are other brands of eReaders available, Kobo, Onyx Boox, Ink Book Prime. Check out "The Best eReaders for 2019", <https://www.pcmag.com/roundup/294182/the-best-ebook-readers>.

KNOW YOUR TECHNOLOGY: EREADERS

Written by Dolores Luber

Reading is in! Reading is a wonderful way to be entertained and enlightened. Travelling is a good opportunity to catch up with books but you can't carry your library with you. Vision problems may make reading small text difficult. If you decide to downsize, what do you do with all the books you've collected?

Allow me to introduce you to the eReader. EReaders are devices that are specially designed for comfortable reading of digital books. They are small, lightweight, with glare free screens designed to mimic the look of paper so they are easy

HUMOUR!

I've reached that age where
my brain goes from
"You probably shouldn't say that" to
"What the hell, lets see what happens"

**To all the seniors out there and to those that
are lucky enough to get there:**

Talk to yourself, because there are times you need expert advice.

Your people skills are just fine.
It's your tolerance for idiots that needs work.

The biggest lie you tell yourself is,
"I don't need to write that down. I'll remember it."

These days, "on time" is when you get there.

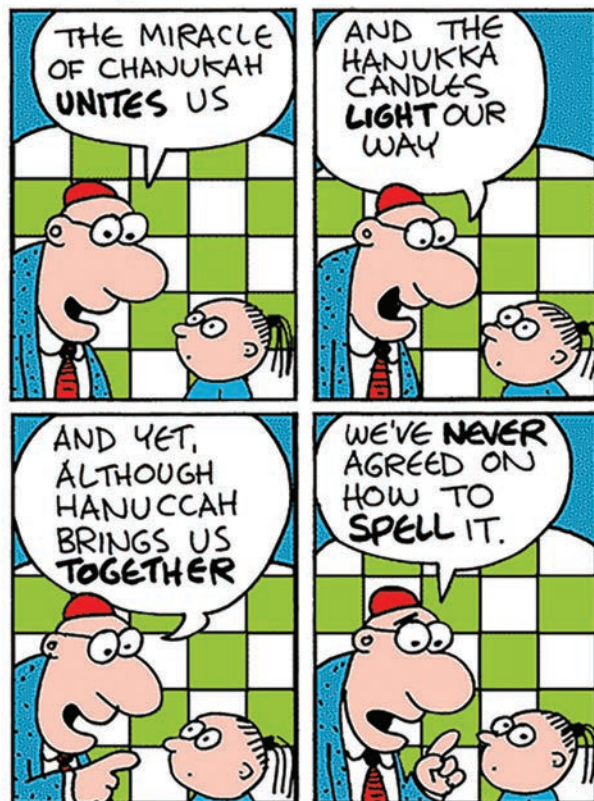
Wouldn't it be wonderful if we could put ourselves in the dryer for
ten minutes, then come out wrinkle-free and three sizes smaller?

Lately, you've noticed people your age are so much older than you.

When you were a child, you thought nap time was punishment.
Now it feels like a mini vacation.

You still haven't learned to act your age.

Dry Bones CURIOUS



You know you're old when . . .



CARTOON CAPTION CONTEST IS BACK!

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



Jewish Seniors Alliance

949 West 49th Avenue, Vancouver, BC V5Z 2T1

Email: office@jsalliance.org

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



SAVE THE DATE

JSA SNIDER FOUNDATION EMPOWERMENT SERIES 2019-20

"BE INSPIRED"

#1 Be Inspired through Story and Song

DATE: Friday, November 29th,

TIME: 11:30 am

PLACE: Peretz Centre
6184 Ash Street, Vancouver, BC

#2 Film: Music of the Heart

DATE: Wednesday, January 15th,

TIME: 11:00 am

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

(See back cover for more information)

L'CHAIM ADULT DAY CENTRE
950 W 41st Avenue
CONTACT: Leah Deslauriers 604-638-7275
lchaim@jccgv.bc.ca, www.lchaim.ca

MONDAY AND WEDNESDAYS

9:00-3:00 pm

FRIDAY

9:00-2:00 pm

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

1:00 - 4:00 pm Canasta

1:00 - 4:00 pm Poker

1:00 - 4:00 pm Mah Jongg

TUESDAY

6:00 pm Kitchen Commons Project
Dec 10 - Communal Dinner
RSVP: Leamore Cohen
604-638-7288

9:30-10:30 am Chair Yoga

10:30 - 12:00 pm Beginner/Refresher
Nov 12-Dec 17 Bridge Classes

11:00 - 2:30 pm Duplicate Bridge

1:00 - 3:00 pm Circle of Friends for
Biweekly Women

WEDNESDAY

11:30 am 55 + Annual
Dec 18 Chanukah Party -
RSVP by Dec 13

9:30 - 10:30 am Chair Yoga

1:00 - 4:00 pm Mah Jongg

1:00 - 4:00 pm Canasta

1:00 - 4:00 pm Poker

THURSDAY

11:00 - 3:00pm Marjorie Groberman
Dec 19 Duplicate Bridge Chanukah
Party -RSVP

10:00 - 12:00 pm Supervised Bridge

11:00 - 2:30 pm Duplicate Bridge

FRIDAY

9:30 - 10:30 am Shabbat Chair Yoga

11:00 - 1:00 pm Supervised Bridge

SUNDAY

10:00 am Community
Dec 15 Chanukah Party

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

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
www.chabadrichmond.com/JLI

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 - Lunch \$8
12:00 - 1:30 pm, Dec 19th, Jan 16th,
Feb 13th

CHABAD RICHMOND - "YOUNG AT HEART"
604-273-0526
www.chabadrichmond.com/Seniors

ALTERNATE THURSDAYS 11:00-2:00pm
Hot Kosher Lunch \$10 - Movies, Music,
Guest Speakers. RSVP one week in advance.
Nov 28, Dec 12 & 26 (Latke Party), Jan 9 &
23 and Feb 6 & 20

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

Dec 16 - Chanukah Party

MONDAY

Nov 25, Dec 2, 9 & 16, Resumes Jan 6

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

NOVEMBER, DECEMBER, JANUARY, FEBRUARY 2019-20

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

THE SCRIBE 2019 – INNOVATIONS IN HEALTH LAUNCH EVENT

Wednesday, December 4 - 7:00 PM
 Join us for the launch of the 2019 edition of our annual journal, The Scribe. This year's edition celebrates community innovators in the fields of medicine and health.
 Congregation Beth Israel - \$54, tickets at 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/>
 Dates TBA

JEWISH STRATHCONA WALKING TOUR

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

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

Dec 30 - 1:00 pm	Chanukah and New Year Celebration
Jan 13 - 1:00 pm	Annual Meeting and Election
Feb 9 - 1:00 pm	Life and work of artist, Solomon Michaels

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

12:00 - 2:00 pm Biweekly	Singing Group
11:30 - 2:00 pm	Community Kitchen - last Wednesday of every month

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 Feb 4, 11	BACK TO BASICS - 2-part presentation on the basic concepts and practical functions of your computer
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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

2:30 pm Jan 23	BOOK READING BY GLORIA LEVI
1:00 pm - Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. Nov 28, Dec 19, Jan 23, Feb 25

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 - 12:30 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 - Nov 22, Dec 20, Jan 24, Feb 21

First and Third Wednesday of the Month - 11:00 am	Yiddish Reading Group
Tuesday - 7:30 pm	Vancouver Jewish Folk Choir
Second and Fourth Saturday of the Month - 10:30 am	English Language Exploration of Jewish Writers

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

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



Light one Candle

The Board of Directors and staff of
Jewish Seniors Alliance wish you and your family a Happy Chanukah!

Help JSA celebrate Chanukah and Spread the Light
Rededicate your support for our growing Seniors Community

"Light one candle to bind us together with peace as the song in our heart!" ~ Peter Yarrow

Don't let the  light go out!



- \$18 Light one candle
- \$54 Light the Shamash
- \$144 Light all the Candles
- \$180 Light the Entire Chanukkiah
- \$216 Light many Chanukiot
- \$_____ Spread the Light monthly
- Other _____

Name: _____

Address: _____

City: _____ Phone: _____

Email: _____

Credit Card # (Visa/MC): _____

Expiry: _____ / _____ Signature: _____

Payment by: Credit card, PayPal, Cheque, Cash. All donations are tax deductible
Return to: Jewish Seniors Alliance 949 W 49th Avenue, Vancouver, BC V5Z 2T1

ASK HANNAH:

Your Personal Advice Column

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

PROPERTY TAX DEFERRAL

Dear Hannah,

We own our home, the mortgage is paid but in the last 10 years our taxes have increased dramatically. We are beginning to feel squeezed financially. Should we defer our property taxes?

- Thinking about property tax deferral

Dear Thinking About Property Tax Deferral,

The short answer is Yes. The number of seniors in B.C. who deferred their property tax in 2017-18 has grown by 53 per cent in four years. The total amount of tax deferred last year was \$208.8 million. 81 per cent of seniors are homeowners. The money saved by deferring taxes is being used by seniors to support themselves and maintain their independence in their own homes by hiring more help around the house.

Deferred taxes are payable once the property is sold. The Property-Tax Deferment Program (<https://bit.ly/2VFP0s7>) is open to an eligible homeowner aged 55 and older, as well as their surviving spouses and persons with disabilities. The interest rate is extremely low (1.45%). It's accumulated at a simple rate that is measured on the principal and not at a compound rate that is the principal and added interest.

Don't worry about saddling your children with a big bill. If the house is worth \$3 million and they have to pay \$100,000 in taxes, it's no big deal for you to live a better and healthier life.

JEWISH FOOD SECURITY TASK FORCE

Dear Hannah,

As a single, 78 year-old woman, my financial situation is precarious. I have a hard time making ends meet. The price of things keeps going up, I have had to use the Jewish Food Bank services from time to time. Sometimes I skip taking my medications. Do you have any news about the Vancouver Jewish Food Security Task Force?

- Worried about my low income and food security

Dear Worried about Food Security,

The report of the Task Force (December 2018) was encouraging. They recommended

1. A full time Jewish Food bank coordinator (was ½ time),
2. A full time business development position (new) and
3. The lease or purchase of a van or truck for food delivery (new). These changes will increase the quality of life for the clientele and the quality of

engagement with the Jewish community.

We at JSA are advocating for better accessibility, expanded hours of operation and the need for a permanent new location.

However, these are short term goals. They do not discuss improved income support from the government. These changes risk entrenching the Food bank as an ongoing permanent institution with a long term life expectancy. JSA is advocating for a decrease in the need for Food Banks and the elimination of Food Insecurity. Please read Tony DuMoulin's Report on the recent Federal and Provincial changes in low-income seniors' financial situation in this magazine on page 26. You can read the full report at:

https://www.jfsvancouver.ca/wp-content/uploads/2019/04/FoodSecurityReport_FINAL.pdf



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PEER SUPPORT SERVICES

VOLUNTEER PROFILE: JOHANNA HICKEY

Interview by Charles Leibovitch



Johanna Hickey lives her life each day helping others.

Born in England, she was raised in a large Irish family, spending time with many older aunts and uncles (some were her biological aunts and uncles and others were close family friends; that is, they were

part of the immediate family, visiting her and her parents' home regularly). It was these relationships that made an early impression on her, stimulating her interest and awareness of older adults. She soon developed an interest in helping with senior's needs and issues.

In 1951 she and her parents moved to Toronto where she grew up. She got her undergraduate degree in English and her graduate degree in criminology. She later moved to Ottawa and became the Director of Community Relations for Corrections Service of Canada. She worked in administration and helped pass the bill to abolish capital punishment. During her career her concern for others grew. She believed that people who were incarcerated could, with support and care, be reintegrated and productive in society upon their release. She worked with the attorney general of Canada, Mr. Warren Allmond.

Upon Johanna's retirement, she became involved in a therapy dog program, bringing her pet dog to various seniors' residences and assisted senior centres. She and her dog Michael would visit Yaletown House regularly, meeting with the senior residences. Johanna became an active board member with BC Pets and Friends, and, as a result, became aware of the desire of many seniors wanting pets to visit their residences. Johanna did initially take the Senior Peer Counselling course in 2004 in the West End but never used

her new skills to see clients as she was then offered a job as a marriage commissioner.

In 2017 Johanna saw an ad from JSA to take a training course in Senior Peer Counselling. She found that the trainer, Grace Hann, was dynamic and engaging. She had a very positive experience. During this time Johanna continued her other volunteer endeavors with tutoring children with learning difficulties or with other life struggles and as well as being active with older adults in theatre at the Western Gold Theatre which performs at PAL Vancouver in Coal Harbor. Johanna sits on the Board of the Welsh Society of Vancouver.

Currently Johanna visits one female client weekly for the past two years and she feels that she has made a significant positive difference in her client's life who is coping with a variety of health challenges.

Thank you, Johanna

VOLUNTEER PROFILE: MARY PISK-DUBIENSKI

Interview by Charles Leibovitch

Community involvement, caring for others and love of family were instilled in Mary at a young age. Born in Chatham, Ontario, as a young girl, Mary and her family were involved with their community through their church. Mary remembers when in the 1970s she, her family, and her neighbors got together to make meals for Vietnamese refugees in order to make them feel welcome in the community.

As a teenager, Mary organized a big parade for the Port Elgin community get-together. The family then moved to Creston BC where Mary finished high school. She then moved to Alberta and studied culinary arts, becoming a professional chef. Back in Creston, she got a job as a head chef in a Mexican-Italian restaurant. She also began volunteering with her church and community, directing young people in a Christmas show that she had written.

On the move again, this time to Calgary, where she got a job with H&R Block and met her husband. Mary continued to volunteer, giving lectures on tax preparation at the Calgary community libraries. At H&R Block Mary was eventually promoted to district manager of Vancouver, covering Vancouver, Burnaby, North Vancouver and West Vancouver.



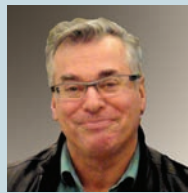
Mary, her husband and oldest son moved to Burnaby. Over the next 6 years they had three more children. During this period Mary left her position at H&R Block and resumed her love of volunteering.

I first met Mary years ago in her role as office coordinator for my dentist. Over the years

Mary would always greet me with her wonderful smile, warm nature and humor, and I always looked forward to seeing her. As a result I asked her one day if she would be interested in taking a training course with our volunteer trainer Grace Hann. She agreed. Mary completed the training in 2015 and was soon matched with a client who was not able to speak on her own due to her medical condition and medications that she was taking. Mary began to visit her client every week for the next three years and miraculously over time her client regained much of her ability to speak. Mary shared with me that her involvement with her client as a Certified Senior Peer Support Volunteer has been a wonderful journey and very moving to see her client regain not just her speech but her sense of humour and joy of life.

Thank you, Mary

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.



SUMMER BBQ FOR VOLUNTEERS

Written by Pamella Ottem

Each year JSA's Peer Support Program staff hosts a summer BBQ for the volunteers who provide services to JSA's senior clients in Vancouver. The festivities started with the live music of **Dave and Julie Ivaz**. As the volunteers arrived, greeted

friends and found places at the round tables, the familiar tunes of our younger days played.

Ken Levitt, president of the JSA Board of Directors, welcomed the volunteers. He shared his experience at the conference he attended in Montreal last year. There he described how the Peer Support Program uses senior volunteers to provide support to lonely and isolated seniors. He said that the response from the Montreal audience was disbelief, as most other comparable organizations use paid personnel to provide a similar service. He told our volunteers how very special they are and how the gifts they provide the clients are remarkable.

Serge Haber, founder of JSA, welcomed the volunteers and described the volunteers as angels for the work they do.

Several of the Japanese volunteers who attended the educational session given by **Grace Hann** at *Tonari Gumi*, the Japanese Community Volunteers Association, also attended the BBQ and renewed friendships with their classmates. They enjoyed themselves, having fun mingling with the multicultural group of volunteers.

Several members of JSAs Board of Directors attended—to show their appreciation and gratitude toward the volunteers. One of the new board members, **Tony DuMoulin**, along with **Leo Burstyn**, husband of Peer Support Volunteer, **Tatiana Burstyn**, manned the barbeque, serving up a selection of juicy burgers, accompanied by various salads, and scrumptious desserts.

After dinner **Charles Liebovitch** sang several songs. Other volunteers also sang and many danced. All in all it was a fun-filled evening—good food, friends, music, and song.



Ken Levitt, Charles Liebovitch, Grace Hann, Pamella Ottem and Elizabeth Azeroual

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: \$ _____		
<input type="checkbox"/> I would like to become a Gold Star Supporter for \$100 per individual (tax receipt minus the value of one AGM Dinner Ticket)		
Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance of Greater Vancouver		
Credit Card # (Visa/MC)	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.		



ARE SENIORS GETTING AHEAD?

A Progress Report on Government Programs and Supports for BC Seniors

Written by Tony DuMoulin

The number of British Columbians 65 years of age and older is projected to grow from its current 950,000 this year to over 1.6 million by 2040. Are BC seniors today able to access needed services? Can we be confident that our seniors' care system in BC, with appropriate support from Ottawa, will continue to grow in order to support the added burden of these rapidly expanding numbers?

Let us first look at some examples of recent improvements to existing programs, services and policies, at both the provincial and the federal level, including enhancements now in the pipeline. Then we will identify further programs and services and supports for which seniors still need to advocate.

RECENT IMPROVEMENTS

In the last three years, the province has committed to, and in some cases

has already provided, a variety of new measures for seniors:

- Over the last two years, funds have been committed and allocated for an additional 225 long term care beds
- The Health Ministry is boosting the average daily care hours at BC's long-term care residences to 3.36 hours per resident, from the current 3.14. With the hiring of 950 new care aides, and part time workers becoming full time, care hours are now up to 3.24 hours, and more hiring is to come.
- Seniors on the waiting list for a long term care bed will no longer be forced to take the first bed available or else drop to the end of the waiting list if they fail to accept the offered bed immediately. Seniors are now able to choose from their three preferred care homes, and will have three days to make their decision.

- Funds are now available for an additional 8,435 adult daycare spaces. Adult day care is an important service because it counters social isolation, and provides respite for family members

- Improvements have been made in the cost of rental housing with rent rebates and an increase in prescription drug deductibles for low income seniors.

The Federal Government has made important improvements to help seniors and those who follow them. Here are some examples:

- The age for eligibility for Old Age Security (OAS) has been restored to 65
- The Guaranteed Income Supplement (GIS) has been increased by 10 percent
- The amount of income GIS recipients are allowed to earn before their GIS is clawed back has been increased
- Ottawa has committed funds for a National Dementia Strategy
- We now have a Minister of Seniors
- Funding is available for the New Horizons Senior Program, which provides grants to projects that empower seniors in the communities
- Ottawa has implemented a non-refundable tax credit that applies to caregivers, whether or not they live with their family member
- There is now a provision for automatic enrolment for Canadians over the age of 70 who have not applied for the Canada Pension Plan

WHAT IS STILL NEEDED?

At the provincial level, home support services, a major element of seniors care in BC, are not meeting the needs of our growing senior population, 94% of whom live at home. According



We cannot be content to see many of our fellow seniors falling through the cracks in our successful but still imperfect system. ”

to our provincial Seniors' Advocate, Isobel Mackenzie, "Seniors in our province tell me they want to age in their homes for as long as possible, but the system which should enable that is falling short." Home support workers help at-home seniors with their hygiene, getting dressed and other daily chores, but the Seniors' Advocate has reported that the unreliable, costly system has not kept pace with demand. A major reason for this is that many families simply cannot afford the cost of home support. In most provinces, including Alberta and Ontario, home support is free. BC is one of the few provinces that charges a fee, and the rates are the highest in Canada. In Metro Vancouver, the average fee is \$38 an hour. That means that a senior with an annual income of \$27,800 is expected to pay \$8,800 a year, or over 33% of their income, for one home support visit per day. Because of this high cost, it becomes more affordable for many seniors to go into long term care. This causes lengthy waiting lists for long term care beds. 4,200 long term beds are being occupied by residents who are capable, with adequate home support, of living in their homes.

As evidenced by waiting lists, many more long term care beds and care aides are needed. In addition to the new 225 beds and 950 additional care aides the province has already promised, some advocates believe we will need more like 5,000 new beds to be provided over the next three years, and 2,800 more care aides within five years.

At the federal level, here are some items seniors' advocates could be pushing for:

- Increased funding to provinces for building new affordable housing designed for seniors, for retrofitting existing homes for accessibility and safety, and for reducing the cost of public transit for seniors.
- Funding a federal "Pharmacare": a universal, single payer public plan to provide prescription medicine to all seniors. Such a plan should include the cost of vaccinations, and include dental care and eye and hearing care under the Canada Health Act.
- Making the Caregiver Tax Credit refundable so it benefits those with low income who don't pay income taxes and thus cannot take advantage of the tax credit. As many as one third of "informal" family care givers are in distress because they are not getting enough respite. This change, plus other forms of financial assistance to family caregivers, could alleviate this distress
- Changing bankruptcy legislation to make defined benefit pensioners secured creditors (i.e. at the head of the line) when their employers enter bankruptcy proceedings
- Eliminate (or reduce the rate of) mandatory withdrawals from RIFFs so seniors have the freedom to reduce their withdrawals to only what they need at each stage in their retirement

CONCLUSION: BC SENIORS ARE MAKING PROGRESS

In my view, there is no doubt that with the recent improvements for seniors in BC, we ARE getting ahead. Most BC seniors should be happy to live in a country and a province which takes seriously its duty to provide support for seniors. But don't take it from me. In the words of our Seniors' Advocate, Isobel Mackenzie:

"...we have a very good [provincial] pharmacare program... And we have, for the most part, a success story in what I would call egalitarian access to long-term care in this province. Everybody's entitled to a bed. Everybody - regardless of income - will get a long-term-care bed. 75% are in single rooms in this province... Change is slow and incremental. It's that constant pushing the rock up the hill. You've just got to apply the constant pressure and you'll get there."

In other words, we all need to be advocates for continued improvements. We cannot be content to see many of our fellow seniors falling through the cracks in our successful but still imperfect system. Let us continue to push to fill those cracks.

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.



SENIORS' COMMUNITY PARK: NEW AND WAITING FOR YOU

Written by Tamara Frankel

In 1938 my 61-year-old grandfather and my 54-year-old grandmother were considered too old to be eligible to obtain a certificate to immigrate to Palestine. Luckily my aunt was able to secure the certificates and the family was united.

So what is considered old today? Is a senior citizen old? Are Baby Boomers old? The generation of seniors today, more than any prior cohort, want to stay active and involved in life. In fact, we have many people in their 90s in our community who are still working full time, leading a full life and contributing to society. Are they old?

As the years press on, the two of the most important elements to staying active and engaged are exercise and social connection. Luckily, modern policies are playing a role in improving both for current generations.



Shanie Levin using equipment at a Seniors' Community Park

About two decades ago, a National Law in China came into effect that mandated fitness programs for ALL ages. They introduced seniors' parks that include elements like stationary bicycles, elliptical machines, and leg presses. These playgrounds for seniors also serve as community gathering spots, combating the isolation and loneliness that some elderly individuals experience.

Since then, many countries have adopted this Chinese idea, including Israel and Canada. Whether working out, pedaling, or simply walking, the most immediate benefits of senior playgrounds are wellness related. The best installations help to improve balance and minimize the risk of falls. Falls are one of the main contributing factors that force seniors to enter assisted living and care facilities. These playgrounds also increase flexibility, build muscle, extend range of motion and improve manual dexterity.

To some extent, these gains have been documented: A 2004 study by Finland's University of Lapland looked at a group of 40 seniors, aged 65 to 81 who had access to such a playground. These seniors were more confident, moved faster, and felt more empowered to manage obstacles, compared to seniors who did not have playground access. What's more, these seniors had fun taking on fitness challenges in company. Like any playground, those built for multigenerational use also serve as social hubs. Face-to-face and multi-user

equipment makes them great places to meet people and make friends locally. Once you've connected, you're likely to continue to show up to meet again.

The Vancouver Parks Board recently opened the city's first age-friendly outdoor fitness facility at Memorial South Park (5955 Ross St.). Eight other parks in Vancouver have some form of outdoor exercise equipment as well – China Creek, Douglas, Fraserview, Kitsilano, Prince Edward, Second Beach at Stanley Park, Slidey Slides and Tisdall. Tisdall is, however, the only one that features equipment that is considered "age friendly".

Parks Board commissioner, Tricia Barker, said it aptly: "A muscle cell doesn't know how old it is, so that means an 80-year-old muscle cell can still get strong." Vancouver's senior population continues to grow. By 2041 the number of residents aged 65 to 74 is expected to increase by 79% and the population of people 75 or older is forecasted to go up by 105%.

We are advancing in years but are we old? – I don't think so!

Check out this website with videos on how to use the equipment at the parks:

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/physical-activity/seniors-community-parks>

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.



A VOICE TO BE HEARD

THE RELATIONSHIP BETWEEN HEARING LOSS AND COGNITIVE DECLINE

Written by Rita Roling

THE PREVALENCE OF HEARING LOSS

Hearing loss in older adults is a great concern. Studies show that approximately 33% of Americans, age 65-74 have moderate to severe hearing loss. At age 75 this number has increased to 50%. Hearing impairment may be due to several different factors such as: heredity, physiological or pathological causes, excessive noise exposure, injury and aging. Age-related hearing loss (Presbycusis) is gradual and usually occurs simultaneously in both ears. Its slow progression may make it difficult to recognize, leading to denial in admitting hearing loss. Not recognizing or refusing to seek medical intervention for a hearing problem may lead to frustration, depression and social withdrawal. When people do not hear, it is difficult to partake in conversations. Not understanding what is being said may cause embarrassment, a sense of futility and shame. Social inclusion is a positive indicator of quality of life whereas social isolation may lead to depression, poor physical/mental health and premature death.

THE RELATIONSHIP BETWEEN HEARING LOSS AND COGNITIVE DECLINE

As the population ages, hearing impairment has the capacity to reach epidemic proportions with ensuing serious medical and social consequences. Recent studies conducted by Harvard and John Hopkins Medical Schools and

Brigham and Women's Hospital show a correlation between hearing loss and dementia. Dr. Sharon Curhan asserts that hearing loss is associated with new onsets of subjective cognitive concerns which may be indicative of early-stage changes in cognition. Her study finds that hard-of-hearing older adults are at a greater risk of developing dementia than their peers with normal hearing, and that their cognitive abilities may decline faster than those of their cohorts. **Data from Dr. Frank Lin's John Hopkins longitudinal study demonstrate that the worse the hearing loss the more likely the person was to develop dementia.** However, Dr. Lin stresses that just because a person has poor hearing does not mean that he or she will develop dementia. He also urges that those with hearing loss should get it treated as early as possible as hearing impairment will not repair itself.

IMPROVEMENTS IN TREATMENT AND HEARING AIDS

Although most types of hearing loss are irreversible, the good news is that it is largely treatable. Poor hearing is not uniform and differs from one individual to another. The degree of impairments falls on a spectrum which ranges from moderate to severe. A delay in seeking medical intervention may further complicate already existing damage. To deny that a hearing loss exists will not make it disappear; rather Delaying Treatment and Being in Denial will worsen the situation. The sooner a



person receives treatment the better the outcome. Hearing tests are often free of charge and available in most cities and population centers. An audiologist will assess the test results, recommend what is the most suitable treatment, explain what can be expected of a hearing device, and instruct the consumer on how it works.

Today's hearing devices are: smaller, less visible, create less static, are personalized, and have a longer battery life. For individuals with severe hearing-loss cochlear implants are an option but generally an auditory professional will suggest electronic aids. Exciting and less costly alternatives to those already mentioned are "over-the-counter" (OTC) hearing aids. OTCs will make certain sounds louder and help people who are hard-of-hearing to listen, to communicate and to partake in the community at large. Having the ability and confidence to be involved socially lessens the risk of depression, social isolation, cognitive decline and hospitalization. For many of us OTC is something to look forward to and this writer will be one of the first in line when they become available.

CONSEQUENCES OF UNTREATED HEARING LOSS

Professor Paul Mick states that until recently "hearing loss is not thought of as a public health issue." In other words

Continued on page 31...

TRIBUTE TO IRENE DODEK^{Z'L}

A LIFE FILLED WITH LOVE

Written by Tamara Frankel

Music and dance were Irene's first loves ever since she was a little girl. The list of her loves increased as she grew older to include history, languages, culture, the arts, her community, and—above all—her beloved husband Mort of 68 years, her three children, their spouses, her seven grandchildren and her six great grandchildren.

When I read Irene's book, *You'll Always Be My Darling*, it dawned on me that everything in Irene's life was about love. Irene just loved LOVE.

Irene grew up in Cupar, Saskatchewan, population of 400 and the only Jewish family in town. For high holidays the family had to drive to Dysart where a few Jewish families lived. They stayed with relatives.

Her parents, nevertheless, were always careful to set a good example of how to live a Jewish life and emphasized to her and her sister that they represented the Jewish people. When Irene told her parents about her first date with a boy her mother was appalled because the boy was not Jewish. Her father,

however, said, "There are no Jewish boys in this town and she is a normal girl. Let her go – but, we are moving!" And thus, the family sold everything and moved to Vancouver in 1947.

This was *Beshert!* She was instantly attracted to a funny chubby and friendly guy named Morton Dodek, from her biology class at UBC. In 1951 they were married by Rabbi Kogen at the Beth Israel Synagogue. Irene and Mort went on to have three children, Peter, Gail and Carla. With the help of the famous architect Ron Thom, they built a beautiful house on Laurel Street.

There was however one thing that was troubling her. After her father's death, at the end of her second year at UBC, because of financial constraints, she had to end her studies. She became a working girl. Fifteen years later, Irene went back to UBC, graduating in anthropology. Her professor encouraged her to go on for a Master's degree, but she didn't want to compromise her family for a few more years of education. Life is full of trade-offs after all.

Irene accomplished a great deal in her life. In addition to being a caring wife and mother, she was able to work on many projects, thus contributing to Vancouver and BC. She was a founder of the Jewish Historical Society. She trained as an interviewer by the Steven Spielberg Foundation and she conducted over 100 interviews with Holocaust survivors and pioneers. She worked at the Vancouver Museum.

Irene's love of music resulted in becoming a cellist in the Vancouver Philharmonic Orchestra. She was also a board member of Music in the Morning, The Vancouver Recital Society and The Friends of Chamber Music. Her love of dance and her ambition to be like Ann Miller, led her to take up tap dancing and to perform with JCC Showtime.

Irene always had a list of things she wanted to do. Even at the end of her life she made lists and was fortunate to accomplish most of the items.

Irene died peacefully on June 25, 2019. May her memory be for a blessing.



It dawned on me that everything in Irene's life was about love. Irene just loved LOVE.

”

DAVID PEARLMAN, THE GARDENER IN THE COURTYARD OF LOUIS BRIER

Written by Dolores Luber

The office received a call from David Pearlman requesting that I interview him at Louis Brier. I immediately telephoned and set up an interview. I was impressed with his proactive attitude, curious to meet the man and be acquainted with his project.

David is a retired lawyer from Winnipeg, a family man with three daughters, who has lived at Louis Brier for about a year and a half. He insists on showing me his Garden of David. Nestled in the courtyard along one wall are four raised planters. There you can see corn stalks, sky-high, peas on the vine, tomatoes by the dozens and other vegetables in progress. Two artists have created signs for the garden. This is where David hangs out.

Whizzing around on his scooter from one place to the next, David travels to the JCC (Jewish Community Centre)

daily to use the facilities. Then he scoots over to Oakridge Shopping Centre for an Espresso coffee. Lastly, he goes to the Liquor Store to refresh his supply (he did not elaborate on what exactly he bought here). His room faces the courtyard and he can see his garden from his window, and, a much admired Japanese Red Maple Tree.

He is not interested in talking about his past work experience or details of his family, instead he regales me with his exploits in sport. For example, he was a Masters Speed Skating Champion of Canada. He trained with the great Canadian Champion speed skater, Clara Hughes. He excelled in short distances, 500 meters, and 1000 meters. Here in Vancouver he was a member of the Vancouver Speed Skating Club in Kitsilano.

And then there was the Whistling



Competitions! Using the name 'Donnie Dunbar, the Whistler from Whistler' he competed in whistling competitions, as a solo act and in duets. He competed in the Masters of Musical Whistling at Louisburg, North Carolina.

David has made the adjustment to living in a seniors' residence with flair and creativity. He has found friends and a hobby which is stimulating and attracts a lot of attention. He wants to meet a woman and go dancing. So ladies, if you are interested, you can find David, the Gardener, in the Courtyard of Louis Brier.

A VOICE TO BE HEARD

...Continued from Page 29.

hearing impairment is not a high profile matter that requires immediate action. **It is only recently that governments, funding agencies and academia have started to pay attention to the dire social and medical effects that untreated hear impairment have on society.** The *New York Times* describes poor hearing as a health hazard which threatens the mind, life and limb. If not recognized for what it is, this very real

health hazard will cost taxpayers billions of dollars and further overextend medical resources and institutions. Several research projects are well on the way, discourse has started, funding has been allocated and new technologies are being developed. Let us continue to be heard.

If you require information about hearing clinics and/or hearing devices, please contact your medical provider or the Western Institute for the Deaf and Hard of Hearing at 604-736-7391.



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.

ACTS OF KINDNESS: HELEN HUTTON AND GYPSY BOY

Written by Dolores Luber

At the age of 60, Helen Hutton retired from her position as administrator of the Student Information System in a Surrey High School. She immediately moved to Vancouver. When feelings of boredom set in, she answered the call to become a volunteer driver for the **Freemasons Cancer Car Program** in Metro Vancouver. Volunteer drivers pick patients up at their homes and take them to cancer centres, and also pick up out-of-town patients from the airport, ferry or bus terminal and take them to accommodations near the cancer clinic. The Freemasons currently provide about 1,800 rides per month in the Lower Mainland. After 5 years of driving cancer patients to and from their appointments, Helen found city traffic was becoming increasingly nerve-racking so she cast about for another less stressful way to contribute to society.

Enter Gypsy Boy, an apricot-coloured mini-goldendoodle. From puppyhood



Gypsy at work at VGH Cancer Clinic

he seemed perfect for dog therapy work, so when he turned one (the minimum age), he was screened for temperament and suitability. He passed with flying colours and was assigned to the Vancouver branch of the BC Cancer Agency. His job is to soothe cancer patients who are awaiting radiation treatments or undergoing chemotherapy. One morning a week Helen and Gypsy patrol the hallways and waiting rooms, stopping whenever someone wishes to interact with the dog—it has been 8 years on the job!

Performing a little
random act of
kindness as often
as you can is very
rewarding. ”

For the past two years Helen and Gypsy have also been working at Vancouver International Airport, where they have joined a program called LASI (Less Airport Stress Initiative). As a pet therapy team, they circulate throughout the Domestic and International departure lounges, offering comfort and entertainment to passengers. Some are afraid of flying, or frustrated or bored by flight delays, or maybe just missing their own dogs. Small children could be having meltdowns. Gypsy provides just the

right remedy—people from all walks of life enjoy giving him a kiss, hug or belly rub. His image is on dozens of cell phones around the world as many passengers want a selfie with Gypsy. Staff are also very fond of him and are delighted when Gypsy recognizes and eagerly rushes towards them.

There are some lovely perks to volunteer work at YVR. Helen is invited to two lavish dinners a year where 400 to 500 volunteers are in attendance. The evening is very special with an open bar, gourmet smorgasbord and extravagant door prizes. All volunteers are made to feel valued and very much appreciated.

Helen is an entrepreneur. One evening four years ago (after much hesitation), she decided to list on the Airbnb website her home featuring a single guest bedroom and private bathroom. The next morning when she checked her computer, there were four requests to book her room, and from there the venture took off. She is very successful at this and just this month hosted her 300th guest! The extra revenue has made a big difference in her life, enabling her to travel more and do some home renovation. More importantly, she has met travelers from all over the world and even formed some lasting friendships.

Helen ended the interview with this quotation by Mahatma Gandhi.

“The best way to find yourself is to lose yourself in the service of others.”

And then she added, “Even if one is unable to join a volunteer organization, performing a little random act of kindness as often as you can is very rewarding.”

We at Jewish Seniors Alliance agree whole-heartedly with Helen.

MY PARENTS, MY ROCK

Written by Grace Hann

My parents, Robert and Doris Hann could not have imagined that one day, they would have to consider giving up their beautiful home which they so lovingly built when they retired from the church ministry. After all, it was their duty to help other people navigate their challenges and difficulties.

As a Community leader, my dad was versatile in his duties. They would range from running into burning homes to ensure no one got left behind, serving a role as an ambulance driver, being a facilitator in family disputes, officiating at weddings and funerals—the list goes on and on.

My mom, a gentle and compassionate woman, devoted her time to make sure children and families who were in crisis felt supported, and were properly clothed and fed. When we lived in Northern Labrador, my mom's focus was helping others while my dad blended in with the villagers and went on hunting expeditions to help feed the community. In summer my family joined the villagers at fishing posts and participated in food preparations for winter. My parents never wavered in their belief that everyone deserved a chance.

FADING GOOD HEALTH, THE THREAT OF LOSING INDEPENDENCE

Watching my mom and dad's health deteriorate has been a difficult experience for me. My dad still holds on to his independence and gets

annoyed when people appear shocked that he can still drive his car. After all, it is something he has done for 70 years! Nowadays, my dad's heart is functioning at a very low level and my mom (who was always an avid walker) is in constant pain from severe arthritis. Taking care of their home has become more difficult. Seeing my dad sitting down in the kitchen to help my mom prepare a meal is painful to watch.

My parents never wavered in their belief that everyone deserved a chance. ”

You see, they are a unit, they will celebrate their 69-year wedding anniversary in November. My parents, my rock, is starting to fade. Even at my age, I am feeling all of a sudden more vulnerable. Who will hold our family together? Many questions linger. I want to do everything in my power to stop this progression but alas, I have my limitations!

MAKING THE TOUGH DECISIONS BEFORE THE CRISIS

When my dad broached the topic of moving with mom into an assisted living facility, it wasn't a real surprise because I knew my dad was in control and planning their next chapter. You



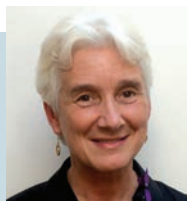
Robert and Doris Hann

see, my dad needed to do this before a time would come when their health would get worse and other people would step in and make different decisions for them. I could see the fear in both of their eyes when they talked about the possibility of being moved into different facilities. They could not and would not survive without each other. Their love for each other has never diminished. Our family has committed to never let this happen. My parents would be destroyed.

I am blessed to be working with Jewish Seniors Alliance. Their support for me gave me the opportunity to be here with my siblings and to help my parents work through numerous forms, long waits on telephone calls, and to listen and hear their concerns about their future. I am honoured to call them my mom and dad.

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.



THE IMPORTANCE OF THE ARTS AND HUMOUR

Written by Dan Propp

We are all influenced by our gestalt, motivated by foundations both hereditary and environmental. I have always been a sucker for puns. That might explain why, to me, the word *meshugener* sounds a lot like sugar. As Jackie Gleason used to say, 'How sweet it is'.

Music, cars, photography and puns - the lowest form of humour, have always been powerful sweeteners for this dinosaur. Nostalgia has also served to be a stirring experience. I still enjoy listening to the songs of Dinah Shore.

When it comes to photography, we can

only shutter at the possibilities that can develop. As far as music is concerned, accordion to some, the sight of a squeeze box is enough to make them bellow. However, playing the accordion, banjo, and guitar makes me a happy fellow. When it comes to cars, like the Nash, it can make some of us old timers 'ramble' on forever...you bet your life. That last comment dictates some of us to watch old DVDs of Groucho Marx and his De Soto commercials. For some, though not all of us, who survive with the arts and laughter, we stem from a foundation that require sweeteners to exist. We rely on the arts and humour to keep on creating and rising above memories.

creating and rising above memories.

There was a well-known photographer in Vancouver who was a friend and we had something in common. The following song is based upon his memory.

SUNNY

He was off in a flash in his nineteen forty-seven Nash saying, "I've got another photo shoot to do. Got to be rambling along, singing my song. It's sure been awfully nice talking to



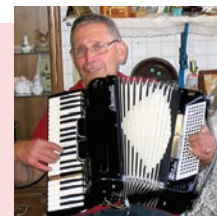
Dan as a photography student at the Banff School of Fine Arts, summer 1960

you". Sunny was an old-fashioned film photographer who still developed and focused on happy occasions and with all cultures mingled and mixed. From negatives, I like to make positives, he chuckled, with a happy wink of an eye. Both had so much depth of field. No wonder life was always a sunny clear blue sky. In his studio was a picture of a huge tripod holding a tiny little camera and it made everyone stop. The reason he did it was because it's so important to take a stand in life and you and I are that little camera on the top.

Then he was off in a flash in his nineteen forty-seven Nash saying, "I've got another photo shoot to do. Got to be rambling along singing my song. It's sure been awfully nice talking to you." From negatives he always tried to make positives, this survivor of the Holocaust. Yet to everyone he was just 'Sunny'.

The photographer in this song also had memories. It is written with a message and perhaps an explanation why the arts and humour are still so important to many of us.

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





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Взаимоотношения нацистского правительства Германии и еврейской общины Палестины в 1933-1939гг.

С первых дней прихода Гитлера к власти он начал проводить политику освобождения Германии от евреев. Он издал несколько законов, ограничивающих права евреев, лишаящих возможности вести бизнес и зарабатывать им на жизнь. Наряду с этим нацисты активно поощряли эмиграцию из Германии. В том числе - в Палестину.

В самой Палестине, где жили тогда менее 300 000 евреев, прекрасно понимали важность репатриации из Германии. Переговоры между германским правительством и руководством еврейской общиной в Палестине привели к тому, что, 25 августа 1933 года сторонами подписывается соглашение, вошедшее в историю как Хаавара (Перемещение, - ивр.). В его реализации участвует компания "Ханотеа", выращивающая цитрусовые в Палестине. Средства, полученные от продажи цитрусовых использовались для приобретения германских товаров - сельхозоборудования, строительных материалов, удобрений и т.д. Таким косвенным путем капитал переводился в Эрец Исраэль, но выгоду получала и германская промышленность, сбывавшая таким образом продукцию, иногда в обход бойкота, поддерживаемого евреями в разных странах. В дополнение к этому впоследствии было заключено бартерное соглашение, по которому местные цитрусовые обменивались на германские промышленные товары.

Сионистская федерация Германии через свои структуры пыталась убедить соплеменников бежать в Землю Израиля. На территории Германии действовали лагеря и сельскохозяйственные учебные центры, где будущих репатриантов готовили к новой жизни в новой стране - в этих лагерях даже вывешивали бело-голубой флаг.

Перевозки людей осуществлялись кораблями по

маршруту Гамбург - Хайфа с кошерной пищей на борту под наблюдением раввина Гамбурга. В стране сложилась несколько странная ситуация, когда нацисты, поднимая градус антисемитской пропаганды, не ставили палки в колеса сионистским организациям, а те мирились с официальной дискриминацией, полагая, что она поможет сдвинуть соплеменников с насиженных мест.

Очередной удар по еврейской эмиграции был нанесен в 1939 году британским правительством, установившим квоты для въезжающих в Палестину евреев. Каждый год в течение следующих пяти лет могло въехать десять тысяч человек плюс 25 000 беженцев - итого 75 000 до 1944 года включительно. Капля в море...

Нацистские власти не препятствовали деятельности организации "Мосад Ле-алия Бет", созданной для нелегальной репатриации в обход британских властей. В итоге несколько кораблей с европейскими евреями сумели проскочить через британские заграждения у берегов Палестины. В 1938 и 1939 годах репатриация германских и австрийских евреев усиливается. Начало мировой войны приостановило этот процесс, хотя еще в 1940 и 1941 годах кружным путем можно было попытаться достичь Палестины.

Всего с 1933 года по 1941 год германские сионисты сумели переправить в Эрец Исраэль 60 000 германских евреев (около 10% общины). Их усилия привели к тому, что в 1939 году немецкие евреи составили около 15% всего еврейского населения Палестины. В страну были также привлечены значительные финансовые ресурсы - 8,1 миллиона британских фунтов стерлингов, или около 40 миллионов долларов. На них были созданы водная компания "Мекорот", существующая по сей день, и текстильная компания Lodzia, одевавшая всю страну. Значимость же человеческого капитала трудно переоценить. Кстати, в годы войны Английское правительство использовало немецких евреев, живущих в Палестине, в качестве парашутистов-диверсантов для заброски их в тыл и добычи секретной информации, т.к. они прекрасно владели языком и хорошо ориентировались на месте.

Continued on page 36...

...Continued from Page 35.

Google Author: Вениамин Чернухин (Veniamin Chernuhin)

English Summary: The Haavara Agreement (הסכם העברה)

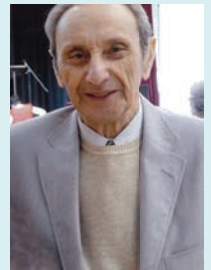
The Haavara Agreement (“transfer agreement”) was an agreement between Nazi Germany and Zionist German Jews signed on 25 August 1933. It was a major factor in making possible the migration of approximately 60,000 German Jews to Palestine in 1933-1939.

It enabled Jews fleeing persecution under the new Nazi regime to transfer some portion of their assets to British Mandatory Palestine. Emigrants sold their assets in Germany to pay for essential goods (manufactured in Germany) to be shipped to Mandatory Palestine. In 1933 a trade agreement was concluded for the supply of citrus fruits to Germany in exchange for the supply of equipment, fertilizers and other

goods to Palestine. As a result, about \$35 million worth of goods was shipped to Palestine. In Germany, special camps were established in which future repatriates were trained in agricultural work. Repatriates were taken from Germany to Palestine on modern steamers with kosher food available on board. For the *Yishuv*, the new Jewish community in Palestine, it offered access to both immigrant labour and economic support; for the Germans it facilitated the emigration of German Jews while breaking the anti-Nazi boycott of 1933, which had mass support among European Jews and was thought by the German state to be a potential threat to the German economy.

Translated by Yuriy Rubin

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



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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.



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

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Sender:
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