



SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 27(1) - MARCH 2020

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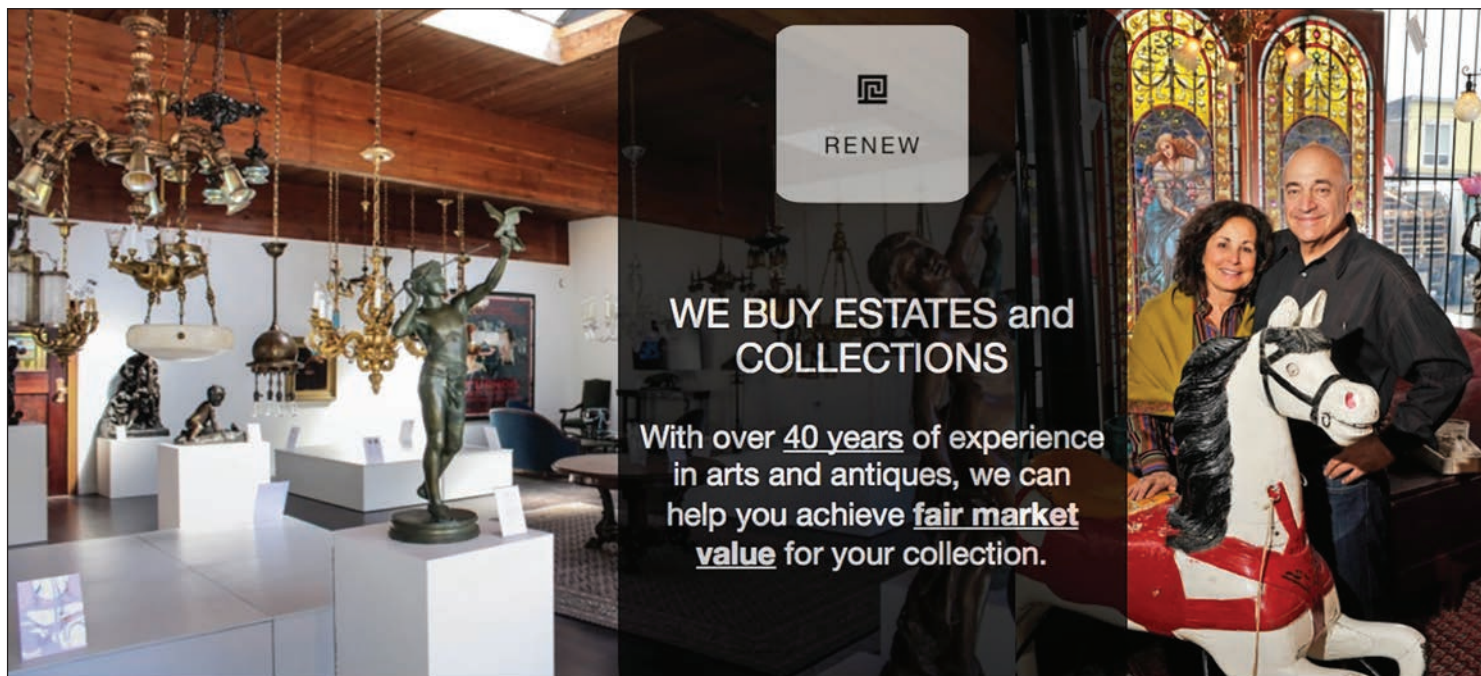
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


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CO-PRESIDENTS' MESSAGE

YOU CAN MAKE A DIFFERENCE: GET INVOLVED

Written by Larry Shapiro and Gyda Chud

Dear *Senior Line* Reader;
Gyda and I felt that it was high time we had a heartfelt chat with you as a reminder of some of the important things your JSA does to greatly improve the quality of the lives of those seniors who somehow have fallen through the cracks and disappeared from sight, making them virtually invisible. These men and women, most of whom were active and productive members of society, who through any number of circumstances out of their control, have joined the ever-growing ranks of the most vulnerable members of our community.

Just for a moment, think about how often you have said to others or even to yourself, "I wonder what ever happened to so and so? We never see them at Shul, social functions or community events anymore." I dare say every one of us has uttered these or similar words or has heard someone else do so. **The unfortunate thing is that is where it usually ends. What a shame!**

Your JSA, through the dedication of our trained volunteers, continues to help these unfortunate folks to regain their dignity and improve their lives on many levels. To date our volunteers are visiting over 200 mainly homebound seniors on a regular weekly basis.

Please help us help them by making the effort to identify those old friends and acquaintances who have fallen off the social grid. Help us obliterate the scourge of loneliness and isolation from our community by reaching out to those who have been victimized. Take the time to make them aware of the services we offer. In other words, don't just ask the question as to what happened to a particular person but take that important next step, that is – **answer it!**

How, you may ask, can you help? We can reach out and assist those in need. Allow me to recount a true story that had a major influence on my involvement with JSA and their efforts to search out, discover and help those seniors who are living out their final years in the miserable state of emptiness, desolation and despair.

When I moved to Vancouver about six years ago, I became a member of the JCC and joined an exercise program that took place three mornings a week. In this class I met a gentleman in his nineties with whom I became friends. This new friend had a successful business here in Vancouver for over fifty years and along with his wife, raised their three children. I asked him

about his social life and his friends. He responded that after his wife became home and wheelchair bound due to a neuromuscular disease twenty years ago, their social circle rapidly disappeared. I found this to be a sad state of affairs and expressed those feelings to my friend in no uncertain terms. He calmly explained that in a similar situation, anyone should expect the same results.

The fact that my friend shared this opinion with me without a smidgen of bitterness but in a sober and matter-of-fact manner is something I have trouble accepting. Have we really become so disconnected from our own society and so accepting of that apparent reality? If this is in fact the status quo, I say it is time to reverse this situation. **I'd like to hear from you, dear readers, any ideas you may have as possible solutions to this problem so that I may share them with our reading audience.**

Gyda and I thank you for any effort you make to help us achieve our goal of elevating the quality of life of those who need it most. Be well and remain mindful of those among us that are out of sight.

Larry Shapiro and Gyda Chud
Co-Presidents

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.

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.

CARRY ON, REGARDLESS!

Written by Dolores Luber

Three times a year I have the opportunity to create a 40-page magazine. This is a privilege and a responsibility which I appreciate and accept whole-heartedly. Do I sometimes lose patience? Do I sometimes feel frustrated? Am I angry sometimes? You bet, but I am resilient. Knock me down and I bounce back. The topic of our main essay is “Resilience in the face of changes”. Seniors often have to face health crises or loss of family members and friends. In most cases we develop resilience by learning from our experiences and formulating new approaches to life. We carry on, regardless! We learn to ignore distractions and barriers and continue to live our lives as best as we can.

When Davka, my standard poodle, passed away at the age of 12 this past September, I had no idea whether or not I wanted another dog. Two months later I came to the realization that my life was richer, more vibrant, more social, and more meaningful with a dog in my life. It took two emails to breeders and, lo and behold, there was a two-month old male standard poodle puppy waiting for me. In less than two minutes I decided to buy him. He is a handful! A confident, strong and assertive dog who learns quickly and has enormous energy. The situation is challenging. I am back at the off-leash dog park every day. I take a class in obedience training with him every Saturday morning. Veterinarian and groomer visits are frequent. Am I sorry that I got a new puppy? Not in the least. Do I get tired? Yes. Do I take more naps—yes!

As an older senior, I must organize my life carefully, fulfilling my creative needs, getting the exercise which I love, giving back to the community with my work on the *Senior Line* magazine for Jewish Seniors Alliance and, most importantly, getting enough sleep. It is a balancing act which requires reflection, decisions and action. I recommend an active, fulfilling life to all my readers. Being tired at the end of the day is a good thing. You can think of the day’s acts of kindness and generosity and of your interactions with family and friends as you drift off to sleep. You have earned a good night’s rest!

We develop resilience
by learning from
our experiences and
formulating new
approaches to life. ”

If you are reading this, you have already lived a long life. The challenge is to ‘age well’. “Aging is as much a social phenomenon as it is a biological phenomenon...If you want to understand the biology of aging, you really have to understand the social aspects, psychological aspects, economic aspects and so on” (P. Raina, www.everythingzoomer.com, March/April 2020, p. 52). Social isolation and loneliness increase the risk of poor health and early death. In response, governments have declared a public health crisis, with the U.K. even



EDITOR'S MESSAGE

appointing a Minister of Loneliness. In Vancouver, the Healthy City Strategy (<https://vancouver.ca/people-programs/healthy-city-strategy.aspx>) calls for everyone to have at least four people to rely on in times of need. Vancouver’s Hey Neighbour Program is a resident-led initiative aimed at increasing social connectedness, neighbourliness, and resilience in multi-unit buildings.

This is achieved by encouraging residents to get to know each other through activities organized by resident animators (RAs). The program highlights the impact that increased sociability can have on the mental and physical health of the residents, and the essential roles which municipalities, residents and the housing industry have in these efforts.

We at JSA encourage you to get out of the house and participate in our activities. Make use of the facilities and opportunities in your neighbourhood to walk and talk. And, if that is not possible, give us a call to arrange for a friendly visitor or a friendly telephone call. We are here to support you in your particular needs.

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

Dear Dolores,

Bravo on an excellent magazine for November [2019]. I enjoyed every article.

Gordon Cherry

Hello to the Editor,

I'm a Jewish senior who lives in Vanderhoof, BC. From what I've seen on your website, you have a wonderful organization.

All the best,
Georgene Powell

Editor's note: Thank you Georgene for your generous donation to JSA.

Dear Dolores,

Thank you for mailing the *Senior Line* to our home in Oak Park, Illinois. We love the magazine and the work your organization does.

Orestes and Trinidad

Editor's note: Orestes and Trinidad, a couple in their early 80s, spent five days in my home as Airbnb guests. They then boarded a ship and went on a cruise to Alaska.

Hi Dolores,

Another excellent *Senior Line*...I've been distributing the magazines widely. Thank you for your leadership and dedication.

Jackie Weiler

Hello Dolores Luber,

I deeply appreciate your editorials and all your contributions in the *Senior Line* and wish to say thank you. I particularly like your movie and book reviews and hold them in good stead when I want to watch a movie or have a good read. I was happy to see the *Cartoon Caption Contest* back again. Thank you!

I am a Jewish senior who produces a comic about a muddled old Jewish woman named Bayla. The comic deals with Bayla's issues. I thought you might enjoy being introduced to Bayla and have attached one of the comics.

Hinda Avery

Editor's note: Dear Hinda, Thank you for permission to reprint the comic *Bayla's Wrinkles, Therapy Session 9*. Hopefully my committee will find it funny and meaningful, notwithstanding the feisty 'language'.

Dear Dolores,

The *Senior Line* magazine is excellent—educational and inspirational. You are a wonderful role model for how to live after retiring. May you be blessed with lots of health and energy to enjoy your family!

David and Lalie

Editor's note: David and Lalie are Orthodox Jews, *Shomrei Shabbat*, from Israel. They set off in their car to drive to Banff and Calgary. Their car was full of food and necessities since there are no 'Kosher' resources or restaurants crossing through the mountains. I am impressed!

Dear Editor and Contributors of
Senior Line,

This is a collective thank you note to all who put the recent *Senior Line* together... who have submitted to and ensured its contents and sent it on its way. I read and reread it, trying to absorb and give justice to this excellent magazine. Covering a range of subjects - it elevates, educates, illuminates and informs the reader.

Each issue rises above the previous one - reaching and surpassing levels we had thought were already attained. Thank you for this gift - of yourselves.

Yasher Koach Everyone,

Binny Goldman, a proud enthusiastic fan

To the Editor,

Your magazine is top of the line.
Congratulations.

Anonymous

JSA WELCOMES NEW SUPPORTERS

NEW LIFETIME MEMBER

Susan Brown
Raymond Greenwood

NEW MEMBER/SUPPORTER

Joanna Anthony
Morris & Marelynn Harowitz
Sheila Pither
Carol Pollock
Denis Ottewell
Randy & Janice Ling
Issy & Francie Steen
Sylvia Arce-Gonzalez
Jane Heyman
Claire Hammer

VOLUNTEERING: CREATING PURPOSE IN YOUR LIFE

Written by Serge Haber



SERGE HABER'S MESSAGE

Dear Friends,
Recently, JSA's Co-Presidents Gyda Chud and Larry Shapiro, JSA's Executive Administrator Elizabeth Azeroual and myself, met with the Jewish Federation's Grant Distribution Committee and their VP of Planning, Allocations and Community Affairs, Shelley Rivkin.

In the course of our discussion, Shelley remembered that ten years ago she was invited by me to an Executive Meeting of JSA, to discuss JSA's involvement in Peer Counselling. The reason being that the Provincial Government had cut off all funding to organizations assisting seniors who were using peer counselling as a way to help seniors. Later on, we did however obtain a grant of \$20,000 from the Jewish Community Foundation in order to start a pilot project of Peer Counselling.

This was the beginning of our Peer Support Services. In the process of delivering peer counselling we found that there were many other services needed in order to complement the help required by seniors. Subsequently we started our Friendly Phone Call and Friendly Visitor Programs once a week, the Bereavement Program, and the Information Referral service.

Not long ago the City of Vancouver commissioned a study in regards to what the city can do in order to help seniors that are lonely, marginalized and socially isolated. I have read the hundred pages of their scientific presentation. I totally disagree with

some of the suggestions that were made. For example, they recommended the installation of benches on the city streets so that seniors can sit down while they are walking, the installation of toilets at certain short distances from each other for accommodating seniors' needs and making sure that security in parks is provided in order to have a place for seniors to walk, gather and make friends.

There is a need for more volunteers, we need you! ”

All these programs are good but, at this stage of our city's development, it will take a hundred years and millions of dollars to implement these suggestions. If this had been done a hundred years ago when the city was growing, it would be a different story. But today, it's almost impossible. We discovered that one of the best possible ways to help seniors is to provide precisely the kind of support that Jewish Seniors Alliance started ten years ago, with its Peer Support Services. These services directly and unquestionably help seniors when they need it most. The Peer Support Program has a proven record of its effectiveness and efficiency.

OUR TRAINING PROGRAM IS A RECOGNIZED MODEL OF WHAT CAN BE DONE

Jewish Seniors Alliance has built such a formidable reputation with its programs

of peer support and the training of senior volunteers to help seniors, to the point that JSA has been asked by many organizations within Greater Vancouver to help in the training of their senior volunteers for programs to support their community of seniors. As such, we have already trained seniors for the Japanese community Tonari Gumi. We have also been asked by several organizations—the Indigenous community, the LGBTQ and Kerrisdale Senior's Community Centre—to help them train their seniors in the art of visiting and telephoning in order to provide emotional support to seniors in their own individual communities.

JSA approached Vancouver Coastal Authority and the City of Vancouver to explain our programs and how they can help financially to maintain and enlarge the services and make them available to as many seniors as possible in the Vancouver area. JSA is at a threshold of great things waiting to happen in the immediate future. The greatest problem that we may encounter down the road is not necessarily the financial barrier but the fact that we may not be able to find enough senior volunteers to take the courses, thus giving of themselves in order to help other seniors.

There is a need for more volunteers, we need you!

Continued on page 11...



Be Inspired

#1: BE INSPIRED THROUGH STORY AND SONG

Written by Tamara Frankel
Photography by Tammi Belfer

Be inspired! This is the theme of this year's Empowerment Series of the Jewish Senior Alliance. The first of four sessions was *Be Inspired through Story and Song*, held at the Peretz Centre on November 29th, 2019. **Gyda Chud**, Co-President of JSA introduced the two presenters who she referred to as "a gift to our community" – **Shanie Levin**, the story-teller and **Myrna Rabinowitz**, singer and guitarist.

Myrna opened with the Yiddish song *Abi Gesunt (As Long as You Are Well)* and the audience echoed enthusiastically the refrain, "As long as you're well, you can be happy."



Myrna Rabinowitz

Shanie followed with a story by Kadia Molodowsky, the first lady of Yiddish poetry, *A House with Seven Windows* about a proud, strong heroine in the mid 19th century who embraced the dream of 'normalizing' Jewish life through a return and settlement in the land of Israel.

Other songs by Myrna included the Yiddish translation of Leonard Cohen's *Hallelujah*, (*Halleluje* in Yiddish), as well as *Sleep Little Boy*, a Yiddish song that Myrna wrote eight years ago for her first grandson. She ended with the Yiddish rendition of *Sunrise Sunset* from *Fiddler on the Roof* (*Tog Ayn Tog Oys*).

Tall Tamara, by Abraham Karpinowitz, both sympathetically comic and painfully tragic, was another inspiring story of Vilna's poor and the unexpected dignity available to one woman through a chance contact with Yiddish literary culture.

Ted Allan's *Lies My Father Told Me* was another inspiring story Shanie read, about a relationship between a six year old child and his grandfather that transcends generations through their deep connection. This story was made into a Golden Globe winning film.

The last inspiring story *If Not Higher* by I.L. Peretz was about a Rabbi who demonstrates that doing good deeds on earth may be a more exalted activity than doing God's will in heaven.



Shanie Levin

Gyda thanked the performers and urged the audience to attend the upcoming events. **Marilyn Berger**, who initiated the *Light One Candle* project for which a beautiful card was designed to help JSA celebrate Chanukah, urged the audience to spread the light and make a special donation to help JSA continue with the Peer Support Program – the jewel in our crown, as well as the Advocacy group. Let the light never go out!

This afternoon at Peretz was indeed inspiring and invigorating.

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.



THE CHANGING LANDSCAPE OF SENIORS IN OUR COMMUNITY

Written by Toby Rubin

On Tuesday, November 26th the second Annual *Changing Landscapes Forum* was held at Beth Israel Synagogue.

The *Changing Landscape* interagency committee chaired by **Shelley Rivkin** (Jewish Federation) is comprised of representatives from Jewish Seniors Alliance (JSA), Peretz, Kehila Society of Richmond, JCC 55+ Programs, L'Chaim Day Care, Jewish Family Services (JFS), Louis Brier and Tikvah Housing. The committee is tasked with the mandate to look at issues effecting seniors within our community.

VARIETIES OF HOUSING CHOICES FOR SENIORS

The topic of our second Annual Forum, *Housing Choices of the Future*, focused on a variety of housing and living options available for seniors. Keynote speaker **Dan Levitt**, Executive Director of Tabor Village, provided statistics on seniors, types of care homes that exist and the types of housing that might need to be created going forward. He discussed the pros and cons of established senior housing.

Panel members, moderated by **Alice Sundberg**, Managing Director of Tikvah Housing, included **Susan Cathcart** of Hollyburn Family Services, Home sharing; **Alan Woodlawn** of B.E.S.T; **Kitty Elton**, the Director of West Wind Harbour Co-Housing; and **Kate Mancer** Principal of Lumina Services.

Cathcart was the first panelist to speak and outlined a home sharing program currently starting up in North Vancouver. While it is not up and running yet, the blueprint for this new type of housing is already in the works.

Woodlawn, of Better Environmental Sound Transportation (BEST) spoke of their group's work with Translink, ICBC, Handidart and other transportation services needed to get seniors from place to place.

Elton provided details on a co-housing community being developed in Sooke, BC and cited other similar models already up and running.

Finally, Mancer spoke about the unique initiative of Life Lease Housing and the various forms it can take including partnering with religious institutions.

OPEN DISCUSSION OF THE IDEAS AND PROJECTS

The various options and ideas presented were discussed by the whole group of attendees. Although this Forum had a smaller attendance than the 2018 Forum, feedback received afterwards reflected that those who attended found it very informative.

2020 FORUM PLANS: TRANSPORTATION NEEDS

In a recent follow-up meeting the committee determined that the 2020 forum would examine the transportation needs of our growing



seniors' populations and what options exist or need to be created.

In addition, the committee hopes to join forces with JSA and hold a combined Forum and Fall Symposium event. Past forums were held in the evening but if this combined event is agreed to by the JSA board, the forum would shift to a Sunday afternoon, hopefully ensuring a large attendance. Most importantly these forums have shown that as we edge closer to a society comprised more of seniors than non-seniors, there is continued need for a combined interagency committee specifically dealing with seniors.

For further information on the Changing Landscape committee and its initiatives, please feel free to contact our chair, Shelley Rivkin, at Jewish Federation, srivkin@jewishvancouver.com.



Toby Rubin is a long time volunteer worker in the Jewish community and Richmond. Currently she is Co-Executive Director of the Kehila Society and a Board Member of JSA.

PORTRAIT OF AN ARTIST

MICHAEL SEELIG

Written by Tamara Frankel

A keen interest in aesthetics is in Michael Seelig's DNA. He is an architect and an artist, and he is the son of an architect and an artist. Michael has always had an eye for beauty, whether it is an urban landscape, a piece of furniture, a food display or an item of clothing.

Five years ago, Michael held an exhibit of his photography at the Jewish Community Centre's Zack Gallery. The exhibit focused on architectural images and was the Gallery's most successful exhibit, both visually and financially.

Michael donated the proceeds of that exhibit to the gallery at the JCC.

Last September Michael mounted another exhibit, including both photography and paintings. Once again, he donated the proceeds to the JCC. As he reviewed recent photographs in preparation for the exhibit, he realized that many of them were of trees. So, *Trees* became the theme and the title of his September 2019 exhibit. Michael never does anything half-heartedly. True to his nature, he began reading about trees.

He read *The Hidden Life of Trees* by Peter Wohlleben, a German forester, who shows that trees form communities and communicate with each other and with us. He was inspired by the book and started looking at trees from all angles. The resulting exhibit at the JCC featured trees from many countries and from many vantage points. Michael always loved trees, especially the pine tree in front of the home where he grew up in Haifa – a tree which he often climbed to harvest pine nuts. He feels that trees give us life. He points out that Jewish culture shows its appreciation to this life-giving force by having a holiday dedicated to trees. *Tu B'shvat* is the New Year for trees and is celebrated widely in Israel by planting and nurturing trees.



Left: *Mannequin in Gold*



Design Museum, Holon, Israel



Shozan Garden Kyoto -Triptych



Top Right:
*Holyrood Palace,
Edinburgh, Scotland*



Bottom Left:
*Hot Air Ballon,
Cappadocia, Turkey*

Michael does not consider himself a photographer. He says he “just likes to photograph”. He especially likes to photograph when he travels. He feels that, unlike when he is at home, his mind is far more open to exploring and discovering new things. Michael does not edit his photos. What he sees and selects is what we get to see, unedited.

Michael Seelig is Professor Emeritus in the School of City and Regional Planning at the University of British Columbia where he specialized in urban design, community planning,

and theory of urban change. Michael was born and raised in Israel. He obtained his degree in architecture in London and a doctorate in City Planning from the University of Pennsylvania.

A Guide to Unguided Tours is one of more than 90 urban planning publications written by Michael. In it he urges his readers to design their own tours in the urban environment where they live in order to learn, grow and discover. “The tour really emphasizes the fact that wherever we

go in the city, for whatever purpose, we undergo a set of experiences that is perhaps completely unrelated to the purpose of the trip... The tour also serves to show us things we have never seen before... a tour might teach us about scale in terms of the human being.”

Michael certainly practices what he preaches. On his many travels, he carefully captures experiences through the lens of a camera, creating his own personal tour of each destination. Most people see things, but Michael LOOKS at them. He sees what most of us do not. After all, the designer in him is the result of an education of the senses, coupled with his unique brand of rare insight.

COMBATting AGEISM IN THE WORLD OF THEATRE

Written by Tony DuMoulin

You attend a local play somewhere in Greater Vancouver. There is an elderly character in the play. After the performance, you proceed to the exit, and on your way through the lobby, you catch a close up view of the actor who played the role of the elderly character. It becomes clear to you that this actor is much younger than her character, having used clever make-up to give her the aged look the role demands. You think: great actor, and great make-up artist.

But there is another perspective you could have added to these thoughts: why didn't the director simply cast an older woman?

AGEISM IN THE WORLD OF THEATRE

It is more likely than not that an older part will be given to a young actor. In some instances there may be a good reason for that. But in many cases, the assumptions associated with ageism are a determining factor. For example, a producer or director may assume that an older actor no longer has the physical stamina needed to handle the challenging working conditions involved in performance: eight hours a day of rehearsal, six straight days a week, for many long weeks. Another assumption might be that with advanced age, senior actors will have difficulty memorizing their lines.

But if a director was willing to challenge those assumptions and cast an older actor, he might benefit from her many

extra years of acting experience and perhaps, even more important, her entire lived experience. Memorizing lines is a learned skill. A senior actor has learned that skill. She has also learned to develop the stamina required to deal with long life's challenges. As well, the director may find that the senior actor can provide mentorship to the younger actors.

JANE HEYMAN, PIONEER IN THE THEATRE WORLD OF VANCOUVER

At this point I want to acknowledge the valuable assistance that I have received for this article from my good friend Jane Heyman, a highly-recognized, Jessie Award winning director and acting teacher in Vancouver. She was the Associate Director of Langara College's Studio 58

drama program for 20 years, teaching, directing and mentoring hundreds of theatre students, many of whom have become the leading directors and actors we see in the performances of today. She is also involved in many performing arts organizations, and co-founded the Women in View Festival, which ran from 1989 to 1999, when it became a victim of cuts to government arts funding.

I mention Jane here because of a story she told me about a play she had directed a number of years ago, in which she had cast a 79 year old actor to play an 80 year old character. In one scene, the character needs to be joyful at a homecoming. The actor asked Jane if she could do a dance to express the joyfulness. Jane agreed, and the scene, and the play, were a big success. Jane suggested to me that a younger actor would not have come up with the dancing idea, in part because she would have been unable to imagine an 80 year old dancing, having unconsciously made the assumption that those in their 70s or 80s don't dance!

Creativity has no expiry date. ”



Western Gold productions take place at the PAL (Performing Arts Lodges) Studio Theatre, a unique social housing and theatre complex providing aging performing artists and those with disabilities the space and community they need to stay creative and engaged. (Photo: www.palstudiotheatre.com/)

Returning to the question of why directors might not cast a senior for a role? A shortage of available senior actors is not one of them. According to a survey completed in 2019 by the Senior Support Task Force Committee of the Canadian Actors' Equity Association, the number of their member actors, directors and other professionals over 65 has risen from 514 to 1089 in the past ten years. Most said they wanted to work more but the greatest challenges were identified as: limited or lack of opportunity, including fewer age-appropriate roles written for senior artists, and a casting reluctance based on age. The Task Force is committed to reducing these challenges.

SENIOR ACTORS PLAY THE ROLES OF ALL AGES

In the meantime, however, a professional theatre company has emerged in

Vancouver to turn ageism on its head. It casts seniors in younger roles!

Western Gold Theatre Society is a professional non-profit theatre company founded in 1994 by the late Joy Coghill O.C., in response to the dearth of roles for professional senior actors in the Vancouver area. According to its website - WesternGoldTheatre.org - Western Gold is committed to producing plays of the highest quality and relevance to audiences of all ages. In some of their plays, senior actors play younger roles, including, as one example, roles as young lovers in an embrace. For the reasons mentioned earlier, senior actors, using a breadth of life experience, are credible and entertaining in these roles.

Western Gold Theatre has a tag-line I love: "Creativity has no expiry date."

I would add: going to plays to enjoy the creativity of senior actors also has no

expiry date. I urge readers to contact Western Gold (604-363-5734) and order tickets for some of their 2020 offerings. With one step you will be treating yourself to high quality entertainment at very affordable prices, and at the same time combatting ageism in the world of theatre. Western Gold productions take place at the PAL (Performing Arts Lodges) Studio Theatre in the Coal Harbour neighbourhood of Vancouver, at 581 Cardero Street, just north of Georgia Street.

Tony DuMoulin is

a founder of the law firm of DuMoulin Boskovich, where he practised commercial and real estate law for 40 years. He has a long history of involvement in Jewish organizations and municipal projects. Tony is on the Executive Board of JSA.



VOLUNTEERING: CREATING PURPOSE IN YOUR LIFE

...Continued from Page 5.

The irony of all this is that there is no greater program that seniors can get involved in, to help themselves in the aging process. Let's look at the example of Dr. Harold Laimon (z'l), may his memory be for a blessing. A doctor by profession who in his late years became blind and hard of hearing. Harold took the training course on Friendly Phone Calls to seniors, and for many years had five to six clients he would talk to on a weekly basis, for at least one hour. Many of these individuals were brought back into society, and created a relationship with other seniors, thus alleviating their loneliness and developing their social connectedness.

CREATING PURPOSE AND CHALLENGE IN YOUR LIFE

Volunteering is of such importance that it not only protects you, it gives you many added years of active life as a senior. It avoids loneliness, it gives you emotional and personal satisfaction knowing you are helping another senior in their pursuit of daily life.

In the Province of B.C. alone, there are almost one million seniors. Many feel they have no purpose in life. They concentrate on how sick they are or will become. Others focus on concerns that may never happen to them—boredom, inactivity, loneliness, marginalization and social isolation. All of which can

be avoided, by providing a wonderful service to your fellow human being, an older person in the community. This is what Jewish Seniors Alliance is all about. **This is why we have a Board of 22 individuals giving of their life experience in their caring and compassion for those surrounding them. Please join our ranks for your own sake, you will never regret it.**

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.



INGREDIENTS:

- 1 package of medium broad egg noodles
- Pinch of salt and tsp of oil or water
- 4 apples
- 2 eggs beaten well
- ½ cup butter or margarine or parve butter substitute
- ½ cup white sugar
- ½ cup brown sugar or white sugar for apple mixture
- 1 tbsp cinnamon for apples
- 1 tbsp cinnamon for noodles
- 1 cup of raisins
- 1 tsp salt

SWEET APPLE KUGEL

Contributed by Leah Levitt

- ✿ Pare apples and slice
- ✿ Add sugar and cinnamon to apples
- ✿ Boil noodles in large pot with a pinch of salt and a bit of oil
- ✿ When done rinse noodles well with cold water and drain thoroughly
- ✿ Melt the butter but do not boil
- ✿ Coat baking pan with a bit of butter the rest is added to the mixture
- ✿ Now add: apples with cinnamon, beaten eggs, salt, sugar, raisins, and blend mixture to the noodles.
- ✿ Place in baking pan and dot with raisins on top, sprinkle some cinnamon on top of noodles
- ✿ Bake at 350F covered for 1 hour and then take foil off top and bake another 15 minutes to brown. Use a baking pick to test that the kugel is done. It can be frozen and warmed up easily. Enjoy!



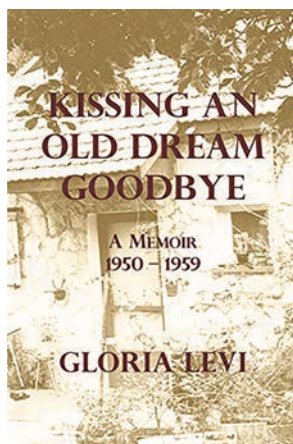
BOOKS TO CURL UP WITH

Written by Dolores Luber

To my readers everywhere: If you loved reading a book and wish to share it with others, please write a couple of paragraphs about the book and send it to me at dluber@telus.net.

KISSING AN OLD DREAM GOODBYE: A MEMOIR 1950 – 1959

by Gloria Levi



Give yourself a treat and read this book! The title of the book caught my attention immediately—each one of us has had “to kiss an old dream goodbye”. What had been Gloria Levi’s dream?—to make *aliyah*, that is, to move to the Jewish State of Israel, to raise her family and to participate in an intense social experiment.

Her writing is personal,

detailed and honest. Her memory of events is precise and her description of the hardships, disappointments and joys she experienced are deeply felt by the reader. I asked Gloria what her motivation was in writing this book, her third. She replied that she felt that people wanted to know exactly what it was like in Israel in the early days. The clash of ideologies—the Russian Marxist influence versus the Western Democratic model; the struggle of creating a Jewish state with Jews from all over the world, many survivors of the Holocaust, and the now humiliated and conquered Arabs; the creation of Kibbutzim, separate, socialist communities based on equal participation and joint ownership of land—all were to affect Gloria, Norman, her husband and their two children.

Gloria said that the feedback from readers has been intense, they didn’t realize what it took to make this change and commitment, and they remarked on the strength of her relationship with Norman. It took Gloria two years to write the book, I devoured it in a couple of days. I could not put it down. Available at the Waldman Jewish Public Library; also in Kindle Edition.

CHUTZPAH: WHY ISRAEL IS A HUB OF INNOVATION AND ENTREPRENEURSHIP

by Inbal Arieli



Inbal Arieli, Co-founder and CEO of the leadership assessment company Synthesis, concentrates on the behavioural mindset beginning in an Israeli childhood that brews the start-up success seen in Israel. Using stories outlining entrepreneurial success, methods of thinking, and family experiences, the book’s context is broad enough to the point where the skills

and thinking needed to succeed as an innovative business leader can transfer to any field.

The upbringing of Israeli children, from birth, early childhood to the Israeli Army and adulthood, is so very different from what I see around me. The attitude of parents and teachers is the opposite of the ‘helicopter parenting’ model prevalent in our society today. Israeli childhood and the cycle of entrepreneurship go hand in hand as elements of experiences, failure, feedback, uncertainty, and improvisation are brought to life. As a senior adult, I learned how to apply her ideas to my personal and creative life at this time (I am 80 years old). Available at the Waldman Jewish Public Library and in Kindle Edition and Audible Audiobook.

BECOMING

by Michelle Obama



Don’t miss out on this wonderful, informative book by Michelle Obama. Her childhood was challenging, an intelligent African American woman without financial backing. She struggles and succeeds. Her relationship with Barack Obama is fascinating. Her accomplishments as First Lady innovative and successful. You can tell that I loved every word of it!

SENIORS IN THE MOVIES

Written by Dolores Luber

This season has given us an abundance of wonderful movies. We are indeed “spoiled for choice.” It was difficult deciding which movies to include so I took the easy way out and am providing you with more films, on the understanding that “more is more”! Remember to check on Netflix and other streaming networks (Hulu, Amazon Prime) for the films listed at Black Dog Video.



THE IRISHMAN

2019



It is 1950 in America. Frank Sheeran (Robert De Niro, age 76), a WWII veteran and truck driver, falls into the orbit of powerful crime boss Russell Bufalino (Joe Pesci, age 76). Sheeran

rises up the ranks to become a mob enforcer and is seconded to work with volatile Teamsters boss Jimmy Hoffa (Al Pacino, age 79). But eventually his two pay masters clash. Director Martin Scorsese (age 77) is at his best. This is a long (over 3 hours), loving meditation on time, a melancholy eulogy for growing old and reflections on connections and guilt that reaches the parts other gangster films only dream of. Available on Netflix.



RED JOAN

2019



Judy Dench (age 85) plays Joan Stanley, arrested in her 80s for handing atomic secrets to the Russians during World War II. Opening with her 2000 arrest, and

structured as a series of police interrogations, the story is largely told in flashbacks, beginning in 1938, as a young Joan is gradually radicalized by her Communist lover, Leo (Tom Hughes), and recruited by the KGB. The movie, loosely based on the life of English spy Melita Norwood, is a spy drama, but the true goal is peace, even at the cost of patriotism. *Red Joan* is a portrait of misplaced love and pacifist ideals. Available on Netflix.



VICE

2018



We all remember Richard Nixon and Watergate, but what about Dick Cheney (Christian Bale, age 45) who became the most powerful vice president in American history. The director Adam McKay stays close to the historical record in telling the story of an individual who was able, through a unique combination of discipline, guile and luck, to bend reality to his will. The man's feats are both impressive and appalling. He learns the Washington inside game during the Nixon and Ford administrations, applies the lessons during the presidency of George H. W. Bush and demonstrates his unmatched mastery when George W. comes along. Fast-paced, gripping and worst of all, true. Available at Black Dog Video in Cambie Village.



LATE NIGHT

2019



Emma Thomson (age 60) is Katherine Newbury, Queen of British late-night talk shows. All her writers are white males. Her ratings are plummeting. She needs a female writer. Pure tokenism. Molly Patel (played by Mindy Kaling), a woman of colour, is hired and stirs up the stale, male writing team. This is an earnest and funny comedy, with very sharp teeth. Chauvinism rules, but comedy wins out. The movie examines why jokes work, what makes a joke go viral, and the subtleties of comedy itself. Thompson and Kaling are two women, struggling to find a handhold in a culture that doesn't want them. Available at Black Dog Video.



THE TWO POPES

2019



Jonathan Pryce (age 72) is Pope Francis and Anthony Hopkins (age 82) is Pope Benedict XVI. These actors are at the top of their game. The results of the conversations are

often fascinating master classes of give-and-take, of knowing when to upstage and when to fall back. There is a distinct “odd couple” vibe from the duo. *The Two Popes* does not shy away from some of the more unsavory elements of its time period e.g. the Catholic Church child abuse scandal. The scenery and rituals are gorgeous as are the costumes and the furnishing. You do not have to be Catholic to appreciate the wit, erudition, passion and humanity of these two men. The slightly over two hour runtime flies by without lagging. Available on Netflix.



THE KOMINSKY METHOD (SEASON 2)
2019



Like a fine wine, this series improves with age, highlighting the aging odd couple’s similarities. The truly awful things about getting older—

the death of those closest to us and coming to grips with our own mortality in face of health scare—seriously bind Sandy (Michael Douglas, 75) and Norman (Alan Arkin, 85), showcasing a deeply vulnerable friendship that historically hasn’t been given a lot of screen time when it’s shared by men of a certain age. Moving and profound. Available on Netflix.

FOREIGN FILMS



THE FAREWELL
2019



When broke Chinese-American writer Billi (Awkwafina) learns that her grandma is dying, she rustles up enough money to travel to Changchun for one final visit.

Problem is, she’s under strict instructions not to reveal to Nai Nai (Shuzhen) that there is anything wrong with her health, so as not to spoil the end of her life. A cover story is created, a wedding is organized, and the bride and groom are chosen. Each member of the extended family is drawn with sharpness and humour, making them a pleasure to hang with. Can they pretend to be attending a wedding, but actually are sharing Nai Nai’s final days, without ever letting on that they are grieving? Or will someone break under pressure? I loved it! In English, Italian and Japanese. Available at Black Dog Video.



THE BOOKSHOP
2018



Virtue, envy, greed and sloth are beautifully portrayed in this eloquent British film set in 1959. Florence Green (Emily Mortimer) has the audacity to open a book store in the

East Anglian village of Hardborough; and Mr. Brandish (Bill Nighy, age 70), the town’s most famous recluse, becomes her best customer and champion. And the star of the film! The director, Isabel Coixet, highlights the undertow of subtle savagery in her genteel material, creating a scathing attack on class entitlement. Wistful but never sentimental, it quietly turns the fortunes of one little store into a comment on the fate of many. Available at Black Dog Video.

ISRAELI MOVIES



THE SPY WHO FELL TO EARTH
2019



This is a documentary directed by Thomas Meadmore, about Ahron Bregman and Ashraf Marwan. When Asraf Marwan fell to his death from

a balcony in London in 2007 his secrets died with him too. Hailed as the best spy of the 20th Century, Egypt-born Marwan, who after marrying Mona Nasser, daughter of President Nasser, eventually moved to London to pursue his Masters in Chemistry. Marwan is considered a hero and one of the world’s greatest modern spies by both Egypt and Israel, but questions still remain as to whether his loyalties lay solely with Egypt or if he was also aiding Israel. Available on Netflix.



THE SPY (SIX-PART TV SERIES)
2019



The Spy is inspired by the real-life story of former Mossad agent, Eli Cohen, who successfully goes undercover

Continued on page 16...

SENIORS IN THE MOVIES

WATCH WITH THE GRANDKIDS

...Continued from Page 15.

in Syria in the early 1960s. Cohen becomes close enough to ambitious military leaders and their rich friends to earn a game-changing level of trust about Syria's biggest anti-Israel secret initiatives (including descriptions of Syria's deployment on the Golan Heights). Sacha Baron Cohen stars as Eli Cohen. Gideon Raff is the creator and director. Unbelievable and true. Available on Netflix.

WWII/HOLOCAUST



THE DEVIL NEXT DOOR



This is a documentary series about John Demjanjuk, murderous Nazi or victim of mistaken identity? He is accused of being the notorious guard Ivan the Terrible at Treblinka, a Nazi concentration camp in German-occupied Poland. It is a sensitive look

at a despicable chapter in human history. On the strength of powerful testimonials from survivors, Demjanjuk was convicted as a war criminal in both Israel and the US, but his guilt was not as clear-cut as it might have seemed. *The Devil Next Door* scrutinizes both sides of the case and the complicated forces that affected justice. Available on Netflix.



INGLOURIOUS BASTERDS

2009



The director Quentin Tarantino creates a big, bold, audacious war movie that provides World War II with a much-needed alternative ending. For once the basterds get

what's coming to them. The 'basterds' themselves are savage fighters dropped behind Nazi lines. There are three iconic characters, the Hero (Brad Pitt), the Nazi (Christoph Waltz) and the Girl (Melanie Laurent). Of course, nothing in the movie is possible, except that it's so bloody entertaining. Tarantino is a master at bringing performances as far as they can go toward iconographic exaggeration. Expect violence and great entertainment. Watch it. Available on Netflix.



STORM BOY

2019



This is the story of a child who raises pelicans. Michael Kingley (Geoffrey Rush, age 68) recounts his childhood and the struggle to preserve his home's natural ecosystem. As a child,

Storm Boy (Finn Little), lived with his father Hideaway Tom (Jai Courtney) in a shack that sits on land they hope will become a pelican sanctuary, but hunters threaten the purity of the region and kill the birds for sport. Storm Boy finds three chicks orphaned by hunters and decides to raise the birds with the help of his father and Fingerbone Bill (Trevor Jamieson), a Ngarrindjeri Aboriginal who teaches the boy how to care for the land and animals. Nature is the star of the show as well as the beautiful relationships between the boy, his dad, and a lonely indigenous man. A delightful tale with a sad ending; but worth watching for the lessons learned. Available on Netflix.

SPECIAL MENTION



THE BOY WHO HARNESSSED THE WIND

2019



An astonishing true story based on a book by William Kamkwamba, the boy of the title. It is 2001 in Malawi, and the Kamkwamba family

is struggling to make ends meet. Parents Trywell and Agnes remain focused on their children's education, despite the financial cost. When their 13-year-old son William is forced to leave school after falling behind on payments, he becomes determined to help not only his family but a community facing famine. There is unavoidable darkness in the story and the director Chiwetel Ejiofor leans into the brutal reality of Malawi's early 2000s food crisis while balancing the more harrowing details with notes of resilience and hope. When the climax arrives, it is with immense, earned satisfaction, a triumph of will and intelligence. Available on Netflix.

KNOW YOUR MEDIA AND TECHNOLOGY

Written by Dolores Luber

The world is moving so quickly, I am learning new things every day about my computer, my iPhone and using technology.



Here are 4 health apps endorsed by experts that you can download on Android and iOS for FREE:



WebMD – this app helps you with your decision-making and health improvement efforts. WebMD includes tools such as Symptom Checker, Drugs & Treatments, First Aid Information and Local Health Listing. Medication reminders is very helpful.



Instant Heart Rate – considered the most accurate heart rate monitor, this app is trusted by top research institutions for cardiology research training. You place the tip of your index finger on your phone's camera. The camera then tracks the color change on your fingertip as it is linked to your pulse. It measures your Heart Rate Training Zones (Rest, Fat Burn, Cardio and Peak).



First Aid (Canadian Red Cross) – this app gives you instant access to the information you need to know in most common first aid emergencies. It supplies videos, step-by-step advice and interactive quizzes to test your knowledge.



Medisafe Meds & Pills Monitor – a pill reminder and medication tracker ranked #1 by pharmacists, physicians and patients. The app allows you to set pill and medicine reminders, refill alerts and doctor appointments.



ORDER IN

Did you know that you can have food delivered to your home, from hundreds of restaurants in the Greater Vancouver area? You can order on-line or by telephone. The food will arrive at your door hot and ready to eat.

Uber Eats <https://www.ubereats.com/>

Skip the Dishes <https://www.skipthedishes.com/>

Door Dash <https://www.doordash.com/>

COOK IT YOURSELF

Perhaps you like to cook, but you hate shopping at the supermarket and dragging the grocery bags back home. They will delivery to your door all the fresh and frozen ingredients, in the correct proportions, with the delicious recipes. You just have to cook it. Bravo to you, the chef!

Heart to Home Meals, for Seniors <https://www.hearttohomemeals.ca/>

Good Food <https://www.makegoodfood.ca/>

Chef's Plate <https://www.chefsplate.com/>

Hello Fresh <https://www.hellofresh.ca/>



Disney+ includes the entire Disney and Pixar catalogue. It also includes National Geographic as well as original content produced for the channel for \$8.99/month. <https://www.disneyplus.com/>

Apple TV+ offers original comedies, dramas, thrillers, documentaries, and kids shows by well known creators for \$5.99/month. <https://www.apple.com/ca/apple-tv-plus/>

HBO Max launches May 2020. Get unlimited access to critically acclaimed films and shows from HBO—plus favorites from Warner Bros., Studio Ghibli, New Line Cinema, and more. Available in Canada through Crave for \$20/month. <https://www.crave.ca/>



SAVE THE DATE

JSA SPRING FORUM "WITH A SONG IN MY HEART"

DATE: **Sunday March 29th**
REGISTRATION: **1:30 pm**
EVENT: **2:00 pm**
PLACE: **Peretz Centre**
6184 Ash St, Vancouver

(See back cover for more information)

JSA SNIDER FOUNDATION EMPOWERMENT SERIES 2019-20 "BE INSPIRED"

#3 Outwitting Adversity: The Story of an Inspiring Woman

DATE: **Wednesday, May 20th**
LUNCH: **11:45 am**
PROGRAM: **12:45 pm**

PLACE: **Temple Sholom Synagogue**
7190 Oak St, Vancouver

#4 Ivory and Strings: An Afternoon of Music

DATE: **Monday, June 29th**
LUNCH: **12:00 pm**
PROGRAM: **1:00 pm**

PLACE: **Beth Tikvah Synagogue**
9711 Geal Road, Richmond

(See inside back cover for more information)

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

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
6:30 - 9:00 pm May 25 - Jun 29	Evening Mah Jongg Tutorial
TUESDAY	
9:30 - 10:30 am	Chair Yoga
10:30 - 12:00 pm Apr 21 - May 26	Beginner/Refresher Bridge Classes
11:00 - 2:30 pm	Duplicate Bridge
11:00 - 2:30 pm	Newcomers Duplicate Bridge
1:00 - 2:30 pm Biweekly	Circle of Friends for Women
6:00 - 8:00 pm Mar 10, Apr 28, Jun 9	Kitchen Commons: Communal Dinner
WEDNESDAY	
9:30 - 10:30 am	Chair Yoga
10:30 - 12:30 pm Apr 29 - Jun 24	Bridge Fundamentals
11:00 - 12:15 pm Apr 22, May 20	Marjorie Groberman Concert Series
1:00 - 3:00 pm Apr 29 - Jun 24	Basics of Bridge
1:00 - 4:00 pm	Mah Jongg
1:00 - 4:00 pm	Canasta
1:00 - 4:00 pm	Poker
6:00 - 9:30 pm - Apr 1	Canasta Pasta Party
THURSDAY	
10:00 - 12:00 pm	Supervised Bridge
11:00 - 2:30 pm	Duplicate Bridge
11:00 - 3:00 pm Jun 18	Marjorie Groberman Bridge Classic & One Day of Bridge for Alzheimer's
1:00 - 2:30 pm	Arm Yourself for Alzheimer's Class
FRIDAY	
9:30 - 10:30 am	Shabbat Chair Yoga
11:00 - 1:00 pm	Supervised Bridge
11:00 - 2:30 pm May 1	Duplicate Bridge for First Timers Game and Luncheon
SUNDAY	
1:00 - 5:30 pm Apr 19	Mah Jongg Mahalabia Party

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	
Lunch and Learn - Lunch \$8 12:00 - 1:00 pm - Contact office for dates	
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. Mar 19, Apr 2 & 23, May 7 & 21, Jun 4 & 18	

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

March 30 - Passover Seder	
MONDAY - Mar 16, 23, Apr 20, weekly through June 29	
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	

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	

MARCH, APRIL, MAY, JUNE 2020

JEWISH MUSEUM AND ARCHIVES OF BC
 6184 Ash Street, Vancouver, V5Z 3G9
 CONTACT: Marcy Babins, Administrator 604-257-5199
 www.jewishmuseum.ca info@jewishmuseum.ca

JEWISH WALKING TOURS
 All Tours are \$15 per person and begin at 10:00 am.
 Pre-registration is required and can be done via:
 Jewishmuseum.ca

JEWISH OAKRIDGE - Sunday Apr 19, Jun 14
 JEWISH GASTOWN - Sunday Apr 5, Jun 7
 MOUNTAIN VIEW CEMETERY - Sunday Mar 29, Jul 12
 JEWISH STRATHCONA - Sunday Mar 22, Apr 26, Jun 28

GENEALOGY - TRACE YOUR ANCESTRY
 In partnership with the Jewish Genealogical Society of BC
 Free - by appointment only. Email jewishgenbc@gmail.com
 or call Marcy 604-257-5199

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

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

12:00 - 2:00 pm	Singing Group - Biweekly
12:00 - 2:00 pm	Hebrew/ English Conversation Mar 11, May 13, Jun 10
12:00 - 2:30 pm	Community Kitchen Club last Wednesday of every month
5:30 - 8:30 pm	Culinary Art Class Mar 19, Apr 23, May 21, Jun 18

BETH ISRAEL DAYTIMERS
 Congregation Beth Israel, 989 West 28th Avenue, Vancouver, V5Z 0E8
 CONTACT: Rabbi Infeld 604-731-4161 info@bethisrael.ca

Tuesdays - 1:30 pm	Discussion Group
Wednesday 12:00 pm	Lunch and Learn Mar 18, Apr 22, May 20, Jun 17
Thursdays - 12:30 pm	Games Afternoon
Thursdays - 7:45 pm	Tea and Talmud 2nd and 4th of the 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/iwjpj

MONDAYS

10:30 - 11:30 am Begins Mar 30	ENGLISH CONVERSATION GROUP
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TUESDAYS

2:00-3:30 pm Mar 17 & 24	REVVING UP - Progress to the next level of computer skills
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WEDNESDAYS

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

1:00 pm - Fourth Thursday each Month	LIBRARY BOOK CLUB - Contact Library for current book list. Mar 26, Apr 23, May 21, Jun 25
3:30 - 5:30 pm Mar 4, 11, 18 & 25	Spring Renewal: Expressive Arts Workshop

SPECIAL EVENTS

11:00 - 2:00 pm Apr 26	Waldman Library 25th Anniversary Celebration Refreshments at 2:00 pm. Contact the library for more information
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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, encyclopediae or books in poor condition.

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

FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE
 FRIDAYS AT 6:00 PM - Mar 20, Apr 17, May 15, Jun 12

Sunday Apr 5 - 5:30 pm	Peretz Community Seder
Sunday Jun 2 - 2:00 pm	Mark Hellman's one man show about the life of Pete Seeger
Sunday Jun 14 - 2:00pm	Vancouver Jewish Folk Choir Spring Concert
First and Third Thursday 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

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

HUMOUR!

I'm a Senior Citizen and Proud of it!

I'm the life of the party...even when it lasts until 8 p.m.

I'm very good at opening childproof caps with a hammer.

I'm smiling all the time because I can't hear a word you're saying.

I'm very good at telling stories. Over and over and over and over.

I'm so cared for – long term care, eye care, private care, dental care.

I'm not grouchy, I just don't like traffic, waiting,
crowds, children, politicians.

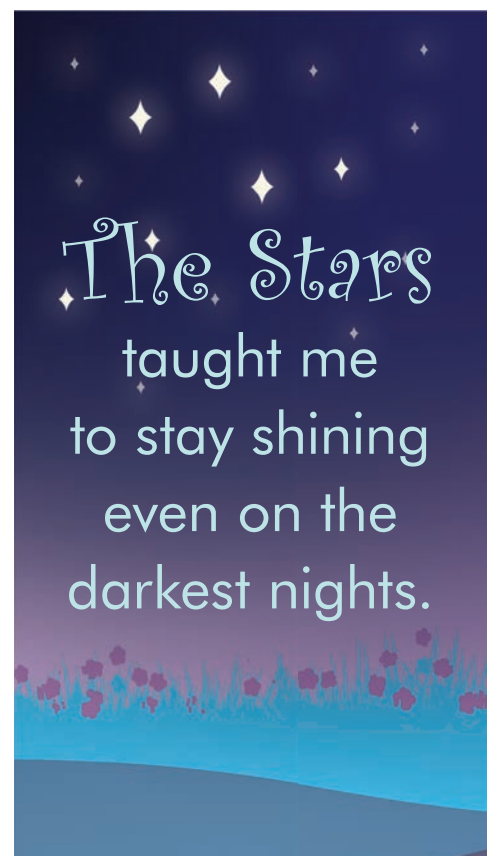
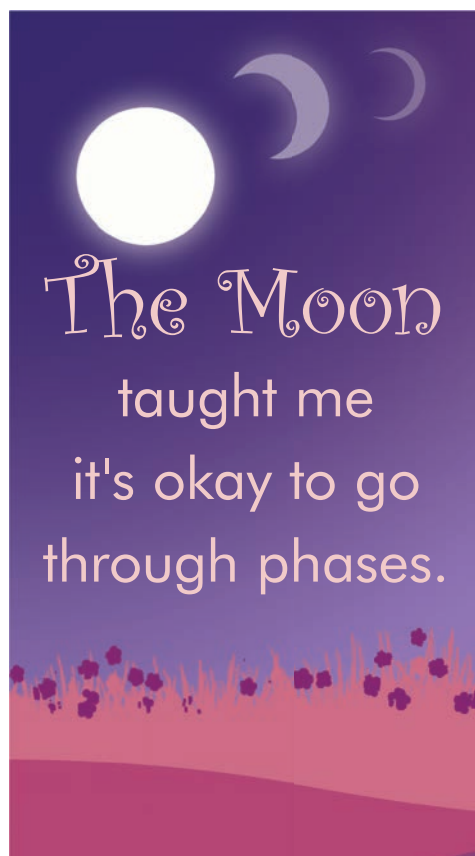
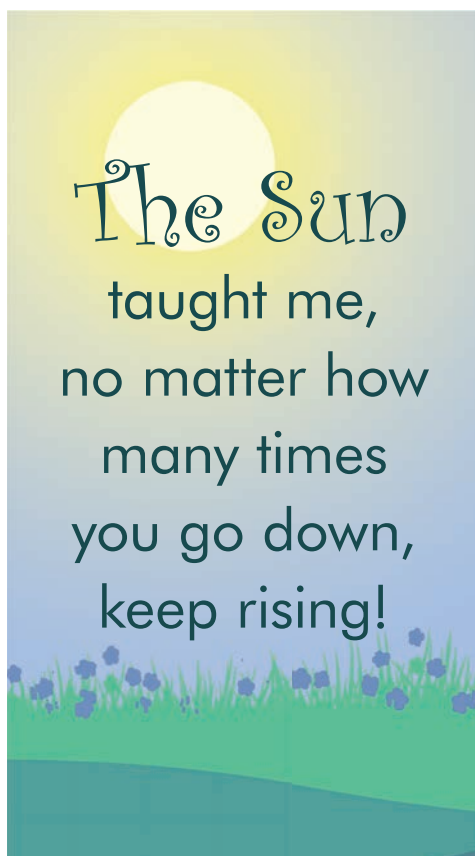
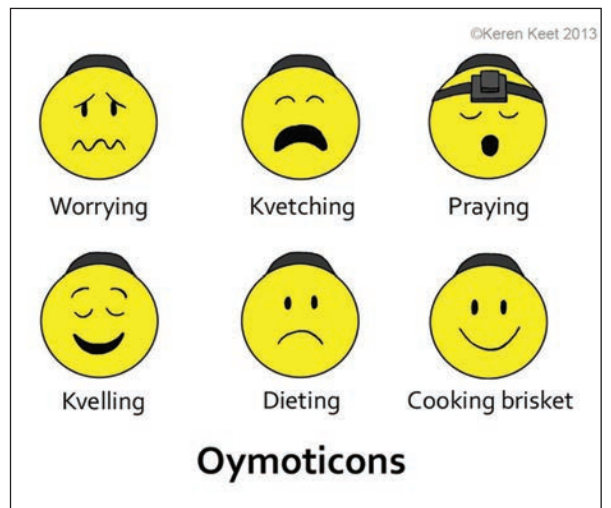
I'm sure everything I can't find is in a secure place.

I'm having trouble remembering simple words like...uh???...uh.

I'm anti-everything now: anti-fat, anti-smoke,
anti-noise, anti-inflammatory.

If you are what you eat, I'm Shredded Wheat and All Bran.

I'm sure they are making adults much younger these days.



CARTOON CAPTION CONTEST



“You know this was the same cell phone I was on when I got hit by the truck.”
“Yeh, me too, only I was driving the truck.”

CONGRATULATIONS TO
OUR WINNER:

CARL ROTHSCHILD

Thanks to everyone for your creative efforts!

OUR RUNNERS UP:

“I was expecting better cell coverage up here.”

- **Tony DuMoulin**

“So what do you want to do tonight, Marty?”

“I don’t know Ange, what do you want to do?”

- **Gerald Lecovin**

1. “Ha-lo there!”

“Looks like you’re having a devil of a time with your phone too!”

2. “They said it would be saved to the clouds, but I don’t see it anywhere!”

- **Sharon Harowitz**

1. “Why is the Internet so slow up here? You’d think that we would have a heavenly connection!”

2. “Maybe a scam! Next time the Big Guy calls let it go to voicemail.”

- **Catherine Myerowitz**

“Be an angel, store your pictures in the cloud.”

- **Edward Korbin**

1. “It says in the *Talmud* that if God wanted man to have a full head of hair, he would have given it to us.”

2. “My hair replacement came from Amazon but here it says that the latest trend is to shave it all off.”

- **Hinda Avery**

ENTER THE CARTOON CAPTION CONTEST!

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



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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*.

ASK HANNAH:

Your Personal Advice Column

Written by Hannah, M. Sc. Counselling

Email: hannah@jsalliance.org

HOW TO GET STARTED EXERCISING

Dear Hannah,

I am feeling so frustrated! There is so much good advice out there about seniors staying active and about the need to exercise to prevent illness and Alzheimer's disease. I am convinced that I SHOULD exercise, but... My husband and I are in our late 70s. We feel that we are too old to join a gym. Our lifestyle is sedentary. When we do weigh ourselves, the numbers on the scale keep going up. We want to change that, but we just don't know where to start!

- How To Get Started Exercising

Dear How To Get Started Exercising,

I am hearing this more and more. You got the message, now how to put your knowledge into action. The question is "What does it take to get inactive seniors moving?" You are among the converted, you believe that exercise for older adults can mean fewer medical interventions and more independence as the decades add up. Here are a few ideas to get you and your husband MOVING!

Perhaps a gym membership is too costly, or you're embarrassed to be around younger and fitter people. Joining a gym is not a prerequisite to getting fit. Consider walking, cycling (rent one of those bikes in stands all over the city), climbing stairs and swimming. The ability to go up and down stairs quickly and with confidence is a task worthy

of preserving. Do you have a medical appointment on the third floor? Use the stairs, not the elevator. Local malls (e.g. Oakridge Mall) have walking groups for seniors. The City of Richmond has walking groups. Meet the 10,000 steps a day goal, which means you are taking more walks during the day and you are doing house or yard work. There is a HEALTH app on your smartphone for tracking your steps.

Municipal recreation centres have special programs for seniors. Many have seniors' discounts or non-prime-time memberships that can result in significant savings. Also important is the accessibility of the classes and schedule, with options available for novice and experienced exercisers, as well as plenty of choices in the workouts offered, including sports such as pickleball and activities like dance, tai chi and chair aerobics, among other activities. Use the treadmill, the stationary bike, the elliptical machine and the rowing machines. You don't know how to use them—ask the monitor in the gym area. Check with a physician before starting a new physical activity.

In terms of controlling your weight gain, add weight training to your life, at least two to three days per week, along with an additional day or two of cardiovascular exercise. I suggest working with a personal trainer to learn to lift safely and effectively. My training session in the morning, four times a week, is the highlight of my day. Avoid sitting as much as possible. All types of physical activity burn calories and are important.

If you have a friend who walks a dog, join him or her often. Find excuses to do errands at the local store. Walk, don't drive wherever possible. If you must drive, leave the car five blocks from your destination and walk. Find your nearest park and do laps around the park. You will meet others doing the same thing.

Exercise is always better with a friend sweating right alongside—no matter the age. Fitness buddies also help keep each other honest, knocking on the door on those days when curling up in front of the television holds more allure than a workout. You don't have to be a super-athlete and it is not too late. You can lower your mortality risk by exercising 30 minutes a day. That sounds like a good deal to me!

FEELING THE SQUEEZE IN THE CAMBIE CORRIDOR

Dear Hannah,

The last five years has seen a huge change in my neighbourhood. I live just off of Cambie Street at 37th Avenue. The condo buildings are sprouting like mushrooms. Developers are ringing my doorbell. All the home owners on the block have met several times to discuss the situation. Some like the idea of selling, others, like me, are not sure what to do? Should I sell? Should I stay? Where will I go? The questions are always there. I am a widow, age 68, in good health. The children are long gone. Keeping up the house is an ongoing and expensive endeavour. The value of my property has gone way up. Should I sell the house, downsize and move into a condo?

- Feeling the Squeeze in the Cambie Corridor

Dear Feeling the Squeeze in the Cambie Corridor,

I will try to sort out your dilemma by referring to an excellent article by Jason Heath, *Baby Boomers Have Made a Fortune on Real Estate—Here are Three Reasons to Consider Cashing Out Now*.

Your home has been an excellent investment, but there is no guarantee that the prices of houses in your neighbourhood will continue to rise. I assume the mortgage is paid up. Do you think that one of your children would like to live in the house after you have passed away? Probably not! Tastes change, children have independent ideas of what they want. They have already settled into different neighbourhoods. Selling the home now would supplement your retirement

savings and simplify life as you enter the next phase of your life.

Renting out your home is an option. Houses large enough for families are in short supply in the city, but this would entail business activities such as rent collection, maintenance of the house and finding another tenant when one leaves. The rent you receive would probably pay the rent in the condo you choose to live in. But rents increase. What if you have loud neighbours? Do you really want to get involved with such details and obligations? You get the idea.

If you sell now and buy a condo in a neighbourhood that you are comfortable in, you move only once. You pay real estate commissions, land-transfer tax, legal fees and movers,

only once. If you sell your home and rent an apartment, you can splurge a little, buy some new furniture or do some travelling. When the time comes, your estate will sell the house and divide the proceeds according to your instructions.

Health problems are often sudden and unexpected. If you sell the house, you will have money put aside when you need additional health care. You won't have to move out of your large home in a hurry (because of stairs or other challenges) and under pressure.

We do become sentimentally attached to our homes but it would be wise to talk over the situation with your financial advisor and your children as you try to make the choice that is best for you.



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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.



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<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)		
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Please help save costs by signing up to receive tax receipts by email <input type="checkbox"/> Yes <input type="checkbox"/> No		
A tax receipt will be issued for a donation of \$18 and up.		



PEER SUPPORT SERVICES

VOLUNTEER PROFILE: WAYNE DAVIS

Interview by Grace Hann



My father's hometown was Drumheller Alberta, a small prairie town known as the Dinosaur Capital of the World. He brought my war bride mother from Glasgow in 1948 and they settled in to raise their family. They worked hard to take care of

my two older brothers and me and instilled great ethical and work values.

As a young boy I suffered from rheumatic fever and missed out on some of the team sports, but Drumheller was a great playground with lots to discover as we explored and experienced the freedom kids enjoyed from small town living in the 50s. With the restlessness of the teen years, by the time I was 19, I was ready to explore the world from a bigger perspective.

I applied for and was accepted into RCMP training in Regina and I took great pride in serving in the organization as Mounties were admired and looked up to. This experience opened me up to the joy of helping others. I was posted to the West Coast which marked the beginning of an 18-year career with the RCMP. During my service, I obtained a degree in Commerce which served me well in my later careers in Management positions in the Government of Canada and at the University of British Columbia prior to my final retirement in 2015.

Since retiring, I have been working on establishing a synergized life that balances personal enjoyment

of life with giving back. I am currently serving on two boards, one being a national board for "The LGBT Purge Fund" and the other for "St. Andrews Anglican Church" in downtown Vancouver. I am passionate about and engaged in issues impacting the LGBTQ2+ and Seniors' communities. I feel there is a need to be aware of the challenges facing these segments of society.

Three years ago, I took the Senior Peer Support training and find Peer Support very fulfilling, but, it comes with challenges. While I felt honoured to support a client who was preparing for her death, it was very emotional. My client and I participated in a video clip for JSA and just watching the clip fills me with a sense of joy that I was able to support her. I also spent over a year with an elderly gentleman who was experiencing dementia. I would start each visit wondering what journey he will take me on today. I learned to be present and to let him be my guide. He has since passed, and I hope he enjoyed our journeys as much as I did. I believe our time together was very worthwhile.

Retirement is great! I get to enjoy my own hobbies and travel. Giving back to my community offers me so much more!

HAPPY PASSOVER

The Board of Directors, and staff of the Jewish Seniors Alliance, wish you and your family joy and togetherness this Passover.

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REVIEW OF ANXIETY DISORDERS WORKSHOP

Written by Grace Hann

“BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD.”

— Mahatma Gandhi

It is such an incredible honour to be a part of our great Senior Peer Support training process! Each student has shown such eagerness in learning new skills and embracing each other in a warm and loving atmosphere. Each week, the trust and support has grown to a new level. Watching the students practice their skills in role-play and connecting is so rewarding.

In class number ten, we were treated to a special session by our very own Dolores Luber! Dolores came into our class with her usual abundance of spark and energy. She has spent most of her life helping others. After graduating from



the University of Vermont with a Masters in Sciences/Counselling, Dolores settled in Montreal where she opened her private practice in Psychotherapy, working with couples and individuals who were experiencing depression, anxiety, alcohol abuse and domestic violence.

Dolores applied her skills and background in Anxiety Disorders to teaching the group. Stress is an everyday part of our lives and a normal reaction to a situation where you feel under pressure. A part of our primal ‘fight or flight’ instinct, stress releases hormones which stimulate the brain and body and can have a negative toll over time. Anxiety, however, is still having those feelings of stress long after the offending event has past; a constant feeling of being stressed, even though there no longer exists an imminent stressful situation.

Her knowledge of anxiety disorders brought to light and into focus the challenges many seniors have. Her handout titled *Anxiety Disorders in Later Life* detailed problems that people experience regularly. Dolores discussed everyday anxieties versus Anxiety Disorders. Highlighting three different case studies as they relate to older adults enabled the group members to relate personally to these problems. Our students were able to learn from Dolores some very useful tips in dealing with general anxiety in the senior population.

After this followed our final week of training! So many seniors will benefit from the compassion and empathy that these great volunteers will be offering. If you know of a loved one who could use emotional support, we would be so happy to hear from you.

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

SENIORS STRONGER TOGETHER

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

JEWISH SENIORS ALLIANCE

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.



RESILIENCE IN THE FACE OF CHANGES: YES I CAN AND I WILL

Written by Rita Roling

Most of my dearest friends are adults who are well into their late seventies or older. None of us were born in Canada but in Europe, and thus to varying degrees we were affected by the horrors of World II. In spite of these childhood traumas we managed to carve out new lives in a different part of the world, to raise families and to become productive members of society.

Since the 1950s there has been research into resilience in children and youth, and how many of them have managed to overcome severe trauma and adversity without exhibiting long-lasting, debilitating effects. According to these research findings some children and youth have an innate skill to bounce back from tragedy and disasters.

THE STUDY OF RESILIENCE IN OLDER ADULTS

It is not until the last couple of decades that resilience in older adults has become a research focus. Research findings and discourse indicate that resilience is an innate quality in people, and that regardless of age this attribute

can be further developed throughout the lifetime.

Dr. Michael Unger from the Resilience Research Centre defines Resilience as: the human capacity to navigate and negotiate culturally meaningful resources to sustain their wellbeing.

It has to do with a person's ability to make plans and follow through with them, to problem solve and to manage impulses and feelings. Resilience is more than a skill – it is an adaptation. In other words, Dr. Unger is saying that all of us have inborn resilience and the capacity to strengthen and to develop this quality throughout our lifespan.

Research shows a high correlation between high resilience and positive outcomes including successful aging, lower depression, and longevity. To build resilience may entail self examination of one's own behavioral patterns and life styles, reframing self-talk and negative thinking. To honestly delve into one's own inner core may be painful, but it is worth it to take this sometimes difficult journey. Resilient people have the capacity

to use their skills and strengths to cope and to recover from problems and challenges. The fact that this attribute can be honed throughout life is somewhat reassuring for us who are older. Research studies have actually demonstrated that the ability to 'bounce back' from setbacks and disappointments are higher in those who have had longer life experiences.

WHAT TO DO WHEN BAD THINGS HAPPEN: BUILDING PSYCHOLOGICAL STRENGTHS

Resilience alone will not protect you from illness, distress, the loss of loved ones and other negative life events but it will help to navigate difficult situations and resume life in spite of hardships. The Mayo clinic has suggested six useful strategies which are helpful when building up personal psychological strengths such as:

- Build strong, positive relationships with loved ones and friends who can support and accept you not only through good times but also the more difficult ones.
- Do something that gives you a sense of accomplishment and purpose every day. Set goals that will help you to look forward to a future with meaning.
- Think about how you have coped with hardships in the past and what worked and what did not work for you. If you are a writer, write about them.
- Know that you cannot change the past but look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- Tend to your own needs and feelings. Participate in activities and hobbies that you enjoy and include physical

Resilience is the human capacity to navigate and negotiate culturally meaningful resources to sustain their wellbeing. ”

activities in your daily routine. Get plenty of sleep and eat a healthy diet. Also, practice mindfulness, meditation, deep breathing or prayer.

- Do not ignore your problems but figure out what needs to be done, make a plan and take action. Although it may take time to recover from a major setback, know that your situation can improve if you work at it.

- **Becoming more resilient is a progressive process, and if you do not feel that you are making progress consider seeking assistance from a mental health worker or a community organization that provides a lay counselling service.**

Dr. Carol Hoare, professor of Human Development and Organizational Studies at George Washington University, states that it is vital for

older adults to be able to tap in to a resilience reservoir when dealing with adversities such as the loss of a partner and declining physical/mental health. According to her, research into the aging process has started to shift from “ageist stereotypes of people who have only limited resilience and depressive outlooks of themselves, their peers and their self-autonomy” to what Rowe and Kahn define as “the maintenance or expansion of intellectual power and autonomy, and by superior physiological functioning.”

These qualities however do not magically appear in older adults but are the results of years of building resilience by mentally engaged lifestyles, physical fitness, social supports, and self autonomy. A 2015 study by Hu, Zhang and Wang concur that resilience is both an ongoing process and an outcome.

High resilience in people may lead to optimal outcomes of improved quality of life, general wellbeing, reduced depression and longevity. So, just like the Japanese proverb says: “You may fall seven times but you will get up eight.”



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 on the board of JSA and Past Vice President, and also a member of the editorial committee.

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RESILIENCE: MAKING DEATH A FRIEND

Written by Dolores Luber

I used to wake up each morning wondering if I had Alzheimer's yet. I dreaded the thought. Who wouldn't? I used to imagine the torment of dealing with cancer; the diagnosis, the surgery, the chemotherapy, the radiation, losing my hair! I no longer think that way. I am no longer holding my breath waiting for the diagnosis which will lead me to my imminent death. What happened? I am now a Cancer Survivor, that is, after two years, my gynecologist told me that I can now come in for a checkup once a year, rather than every 6 months.

THE DIAGNOSIS AND TREATMENT

Let me backtrack: I was diagnosed with Endometrial Cancer in October, 2017. After denying the symptoms for three months, I finally went to my family doctor, then to the gynecologist, then for an ultrasound examination, then a biopsy. The diagnosis: Endometrial Cancer, stage 2. I asked the medical students who board with me while doing their electives at VGH about the cancer, the treatment and the prognosis. The most encouraging of their comments was "Well, if you have to have cancer, that is the best kind to have." Really!

My son came from Ontario for the surgery, a hysterectomy. My gynecologist was excellent. I experienced one bad night in the hospital. I wanted to get out

of the hospital so badly that my blood pressure went sky high (white-coat syndrome). I had to sign several waivers in order to march out of the hospital—against their advice. I never looked back. A perfect recovery. That was on a Wednesday. On Thursday morning a friend picked me up and we attended the Advanced Hebrew Class at the Jewish Community Centre of Greater Vancouver, as usual. On Saturday, I drove to the supermarket. On the way to the cashier, I bumped into my gynecologist, Nancy Mitenko. She had a surprised look on her face, so I said, "Hi, it's Dolores, your patient." "Oh," she said, "I know who you are, but what are you doing here?" We both laughed. I felt great.

My physical trainers and my family knew of my situation but I did not tell my friends and associates about the diagnosis, the surgery or the radiation until it was almost over. I discovered that the reactions of most people to the situation is fear, for themselves, as they empathize with me. I read the look on their faces as panic and dread. It made me want to comfort them. At that point, I did not have the patience to tend to their anxiety. I knew exactly what they were feeling because I used to experience that dread when I thought about cancer.

Several months later, February 2018, I began radiation therapy at the Cancer Centre at VGH—25 sessions, convenient parking in the building,



Starting over with Kesem, a Silver Standard Poodle puppy

pleasant technicians who, most of the time, were on time with their appointments; the hardest part was drinking the four glasses of water before the procedure. The treatments are painless, but, they did cause some side-effects which are manageable. This month, at my two-year checkup, Dr. Mitenko told me that I am clear. "See you next year" she said.

RESILIENCE IN THE FACE OF CHANGE

I have been on an intense learning curve, researching cancer treatments, analyzing my feelings about what had happened, dissecting my behaviours and my capacity to proceed under duress, and, especially, I have given much thought to dying and death. The idea of dying does not frighten me anymore. We all will die, it is just a matter of when and how we will approach the process. I now assume that cancer may eventually reappear in my body, why not? The denial I experienced has been banished. I accept my death as inevitable—but I have taken control of the process.

I have given instructions to my sons to donate my body to the University of

Continued on page 33...

RESILIENCE: THE SKIPPER AND THE FIRST MATE ABOARD OMOO

Written by Ruth Brown

A marina is full of dreams—night dreams and day dreams, lifelong dreams and shattered dreams.

Harold Upham has spent 10 years living aboard OMOO, a 2001 43' Jeanneau DS sailboat. He has fully enjoyed adventuring up and down the West Coast of British Columbia with his first mate.

On April 17, 2018 the Skipper celebrated surviving 10 years since the day that changed his life. He was scheduled for a mitral valve replacement which is a common surgery from which he expected to have a full recovery. But, he was at risk of complications due to having Marfans, a connective tissue disorder. His doctor also discovered he was plugged in two arteries.



The Omoo at Lacey Falls, Kwatsi Bay, BC

Throughout his adult life he had been hiking and participating in aerobics, working, sailing and traveling. He was instructed to be cautious while being scheduled for urgent surgery.

Following the surgery he did have massive complications which changed his life, requiring extra emergency surgery, and had to be in an induced 10-day coma to recover. His aorta had let go, causing lack of blood flow to the brain and nerve damage to the feet. His body was chilled to slow his heart and patch his aorta.

Waking up he experienced disturbing hallucinations which he remembers to this day. He was convinced he was captive and the nurses were part of the conspiracy that had him confined and were stealing his money. In reality, the thing that was stolen was his voice, a nerve that travels from his vocal cord to his heart and back was damaged. Before surgery, he had a deep loud “radio voice” and remembers being able to take over a room, talking over others. After surgery, he could not speak louder than a whisper.

After a month in hospital he was released, weak but alive. His friend and current crew Ken picked him up and took him back to his accommodations at the time. The Skipper had lived like a nomad, working across Canada and living in rooming houses to save money for his dream boat. Back to the rooming house he went, and started the process



Harold and Ruth, Skipper and First Mate

of recovery. His career as a mechanical engineer was put on hold permanently.

To recover from the brain damage he taught himself French. The brain is plastic so it can recover from certain types of injury. He lost the area of facial recognition so that when he went to the mall everyone looked the same. When he asked his neurologist about this, he recommended the book *The Man Who Mistook His Wife For A Hat* by Oliver Sacks, which explains the part of the brain responsible for this function.

Being a voracious reader and researcher, he learned all about his health challenges and became his own best advocate. This has been a key factor in his survival, and he constantly familiarizes himself with all the medications, tests and treatments that keep him going.

Food is a big part of his health, as for everyone, but requires special attention due to contraindications of some foods with his anticoagulants. He keeps his diet simple and healthy and swears by his breakfast recipe of oatmeal mixed with fruit and vegetables, nuts, beets and sauerkraut. You have to see it to believe it.

Continued on page 35...

VISION CARE: EXAMINATION, PREVENTION, TREATMENT

Written by Kenneth Levitt

Imagine your vision diminishing. Imagine not being able to see our loved ones clearly. Imagine not being able to see the magnificent beauty in our world. As older adults we need to prioritize the maintenance and care of our vision.

As we age we can expect changes in our vision. When did we first notice we were unable to read small print, thread a needle, and almost missing a step on flight of stairs? When did the blurry vision begin when driving at night? This is just a partial list that is warning us that we need to take preventive measures to lessen these incipient problems.

There are more serious problems with our vision that could be brought on as we age:

1. **A Decreasing Ability to Focus** on close objects which can lead to headaches and blurred vision.
2. **Cataracts**, caused by the lens becoming cloudy and resulting in distorted vision.
3. **Diabetic Retinopathy**, the weakening of blood vessels in the retina thus starving the eye of oxygen. If not treated it could lead to blindness.
4. **Macular Degeneration**, damage of the central part of of the retina, a serious visual problem needing immediate attention.

5. **Glaucoma**, increased pressure in the eye that could result in loss of vision.

Be Proactive, make an appointment to see your optometrist AND your ophthalmologist.

A number of you reading this article may be experiencing these visual problems but most of you will have already taken measures to ameliorate them. To remind our readers, there are well established ways to deal with visual challenges. Have your eyes checked regularly by an optometrist or by an ophthalmologist. This writer does both.

As older adults we need to prioritize the maintenance and care of our vision. ”

I see my optometrist yearly to check the quality of my vision and if necessary to change the strength of my eye glass prescription.

I see my ophthalmologist yearly in order to check the health of my eyes. As I have had cataract surgery some time ago, the examination presents an opportunity to monitor the soft lens implants and to look for the beginning of possible eye maladies. In fact, it was a serendipitous

outcome from the cataract surgery that cured my astigmatism.

CATARACT SURGERY

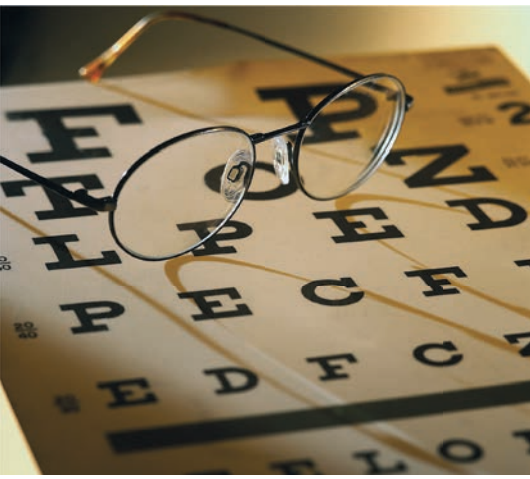
Lasik surgery and lens implant surgery are the primary choices. There are risks, so it is important to consider which surgery you prefer. Are you able to choose your own surgeon or do you depend on your physician to make the choice? Do you check to see reviews on the surgeon that will look after you? One item worth checking is the number of post-operative infections associated with the surgeon. Why not compare the two procedures depending on the nature of the surgery? It is important to have confidence in the surgeon.

TREATMENT OF MACULAR DEGENERATION

Macular degeneration treatment presents a set of challenges. There are some procedures that will slow the advance of this disease. Certain medications will stop the development of new (unwanted) blood vessels. Specialized drugs can be injected into the body to damage the unwanted blood vessels.

GLAUCOMA TREATMENT AND SURGERY

Glaucoma, as noted earlier, is caused by increased pressure on the eye that can lead to deleterious consequences. Damage by glaucoma is permanent. Fortunately, there is medical and surgical help available through an ophthalmologist. Eye drops administered daily will lower the eye pressure. There could be some side effects from the medication so it is wise to discuss this with your ophthalmologist and your pharmacist. Surgical intervention using a laser involves making a small incision in the eye to drain the excess fluid and relieve



pressure. These are a few of several options for treating glaucoma.

STRATEGIES AND TECHNIQUES FOR YOUR SAFETY

When vision is not as sharp as it was when we were younger, there are steps that can be taken to provide more personal security and comfort.

1. As noted above, have an annual visual check up with the professional of your choice. Ophthalmologists require

a referral from your physician while optometrists do not.

2. Ensure your living quarters are well-lit so it is easier to move around without bumping into something or injuring yourself.

3. Falls and broken hips are an older person's nemesis. Hold on to rails when descending or ascending a staircase. Better still, use an elevator, if one is available. When walking at night avoid walking alone. Walk with someone you trust; use a flashlight; wear clothing that has reflective striping.

4. Wear sunglasses in order to lessen the sun's glare. This is also good advice after a snowfall to avoid the glare.

5. Are there hazards in your place of residence that need to be placed elsewhere or removed as a safety precaution?

6. Use a magnifying glass as necessary so you can enjoy reading or is it time for bifocals.

7. Consider avoiding driving at night if you have noted a change in your vision. Then get your vision evaluated.

8. Health Canada suggests we eat our carrots! Some vitamins and minerals found in melons, spinach, kale and citrus fruits have been found to diminish the progress of eye diseases.

We often take our vision for granted. Life would be more challenging without it. There is no formula for ensuring our vision will be perfect. But there are steps we need to take to maintain and even improve our vision.

It's up to you!



Ken Levitt, MSW, is a former CEO of the Louis Brier Home and Hospital. He has an extensive background in corrections, child welfare, public assistance and services to seniors. Ken has served on the Board of JSA since 2011 and is a Past President.

RESILIENCE: MAKING DEATH A FRIEND

...Continued from Page 30.

British Columbia Medical School's body donation program, having completed all the forms necessary for that to happen. I have joined the organization Death With Dignity. I attended a meeting of DWD and was informed of the MAID program, Medical Assistance in Dying. I have read about the requirements of the MAID program and now know of several doctors who participate in it. I made an appointment with my lawyer in order to update my Will and the various documents related to my requests for

treatment and care if I should become incapacitated. My four sons have been advised of all these procedures and have the most up-to-date documents.

I am not in the least bit sad, or anxious or depressed. Rather, I am proceeding to do exactly what I wish to do with my life. I have a plan. I feel that I now have some control of my life and my dying and my ultimate death. This is empowering.

I recently celebrated my 80th birthday with a large, extended-weekend celebration including dinners, a party

and a brunch. Three of my four sons were there, as well as my daughters-in-law, and 5 of my 9 grandchildren. The most important element of that weekend for me was to watch the relationships between them deepen and become more meaningful. I am grateful to have lived this long. Anything more will be a bonus. I have accepted my mortality—I do not feel greedy, I do not ask for more. Rather, I am happy to welcome each day, to contribute to my family, to volunteer for the causes that I feel are important, to make a difference wherever and whenever I can. Death is my friend, accepting the inevitable has freed me to be the most that I can be.

LA-LA HOW THE LIFE GOES ON WITH THAT OLD TIME ROCK 'N' ROLL

Written by Dan Levitt

As Sir Paul McCartney wraps up his current world tour, rock music fans are taking their old records off the shelves and riding along with him through rock and roll's yesteryear.

While classic rock may soothe your soul, you may hear from people who attend the concert or read a critical review, "He no longer has the vocal range, he can no longer reach the high notes."

Huh? He is still Paul McCartney, a performer who gives the people what they want. As a rock and roll legend he always punches a hole through the arenas and stadiums roofs. That's why we bought the 45-singles, LP vinyl records and listened to the B-sides, eight tracks, cassettes, compact discs, then purchased them all over again on iTunes, and then we go to the concerts to see rock legends perform live, one more time.

While he pays tribute to deceased fellow Beatles band members John Lennon and George Harrison, Ringo Starr has his own solo tour, the other

three in the fab four have been replaced by younger musicians. We are not the same as when we first heard the music but it brings back the feelings and senses each time we experience listening to *Love Me Do*, *Yesterday*, *Hey Jude*, *Helter Skelter* or *Ob-La Do, Ob-La-Da*.

However, it is the striking lyrics in the unconventional song *Eleanor Rigby* that continue to this day to strike a chord with current cultural issues. At the time of its release in 1966, the song dramatically changed the usual subject matter of rock music, that of love and matters of the heart. In this case, the band sang about the neglected concerns and fate of the elderly, reaching an audience far beyond traditional rock fans.

At concerts, the mosh pit may have been replaced with safety barriers, but fans continue to sing along to every lyric and play their air guitar to their favourite riff, transporting them away from their day-to-day life to a nirvana of rock euphoria. He is still Paul

McCartney, and we still love that classic rock and roll.

Fellow rock legend Bob Seger, who recently wrapped up his farewell tour, is probably best known for his track, *Old Time Rock and Roll*: "I reminisce about the days of old ... Call me a relic, call me what you will, Say I'm old-fashioned, say I'm over the hill ... I like that old time rock 'n' roll..."

The song was featured in the 1983 film *Risky Business* starring Tom Cruise, who famously lip-syncs and dances to the song. The tune was played at most high school dances in the 1980s, continues to be played on the set list at weddings and is a standard on classic rock radio stations.

The silver economy's love for old time rock and roll has rocked the silver screen, with box office records being set as the 2018 musical biopic *Bohemian Rhapsody* became the highest grossing drama film of all time.

Rami Malek's portrayal of Queen's frontman, Freddie Mercury, received critical acclaim and major awards. The movie features the band's 1985 Live Aid performance, which is one of the most viewed live music concerts on YouTube. It's the kind of music that teenagers cranked up the volume in their car and bang their heads to. The timelessness of the song *Bohemian Rhapsody* continued its original success on the charts years later after Live Aid and when it was featured in the 1992 movie *Wayne's World*. The older audience is listening!

The rock biopic as a popular genre continues to transport fans into a timeless flight with *Rocket Man* released this year, the movie about Elton John based on a true fantasy. After more than a half century on the road in a

Rock and roll music gets us singing along to lyrics we first heard as teenagers, and hooks us for life.

”



Sir Paul McCartney, 2016

career that has redefined the cultural landscape, Sir Elton John will be bidding his Yellow Brick Road farewell tour this year. Needless to say, he will not be spending his days sitting on the rooftops kicking off the moss, so expect a retirement full of vigour and inspiration.

In the same year that Paul McCartney is touring, so are The Rolling Stones and The Who, now in their seventies, singing songs they wrote a half century ago about aging. The Beatles’ “Will you still need me, will you still feed me when I’m sixty-four,” The Rolling Stones’ “What a drag it is getting old ...” and The Who’s “I hope I die before I get old.”

Billy Joel, 70, continues a series of ballpark concerts and has a permanent sold-out engagement at Madison Square Gardens where he sings, “Only the good die young.” Perhaps. Bruce Springsteen, who turns 70 in September, described the staying power of rock and roll music in the song *Glory Days*:

“And I hope when I get old I don’t sit around thinking about it;
But I probably will;
Yeah, just sitting back trying to recapture;
A little of the glory of, well time slips away;

And leaves you with nothing mister but;
Boring stories of glory days.”

Rock and roll music gets us singing along to lyrics we first heard as teenagers, dancing to a haunting drum beat, playing air guitar while feeling comfortably numb as if we were a rock superstar. It is irresistible, emotive and unforgettable. Just take those old records off the shelf, classic rock will be with us, for a long, long, time. Ob-La Do, Ob-La-Da, how life goes on.

Dan Levitt is executive director of the Tabor Village seniors-care facilities in Abbotsford.



He is also an adjunct professor of gerontology at SFU, an adjunct professor of nursing at UBC and a sessional health sciences instructor at the B.C. Institute of Technology.

RESILIENCE: THE SKIPPER AND THE FIRST MATE ABOARD OMOO

...Continued from Page 31.

At the marina, the live-aboard families are wonderful at keeping in touch and checking on the Skipper if there are no signs of movement for a day. Quick to call or knock on the boat to see if anything is amiss, keeping an eye on him during the long winter days when hibernation is easy for most of us, and signs of life are always reassuring.

The Cardiac specialists and GPs on Vancouver Island have been exceptional. His family doctors refer

to him as the “miracle patient” and keep a close eye on him. His specialists call him personally if anything starts to show a problem. He truly believes that if he hadn’t come to Vancouver Island, he wouldn’t be alive. This proved to be true in 2011 when he contracted listeria which formed a pocket in a crease of the tissue of his aorta and caused a bulge through which he was bleeding into his back. This led to another aortic dissection and surgery for a bypass in the lower aorta. People seldom survive one aortic dissection, let alone two.

It is a privilege for the First Mate, and anyone along for the ride, to see the Skipper on OMOO in action. The years fall way and the sailor looks 10 years younger, strong, free, proud and happy. The recovery goes on today. He stands firm and is living his dream.

You can follow Harold and Ruth’s sailing adventures at:
<https://suddenlysailing.com/>

Ruth Brown is a 61 year old Prairie Girl working as a Psychiatric Nurse in Vancouver. She took up sailing in 2003 after leaving Manitoba for BC.



WHERE TO GO FOR HELP

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

JSA is committed to providing resources for seniors seeking assistance or information. Visit our website www.jsalliance.org for a comprehensive list of services available to seniors:

- Emergency Services
- Medical Information and Referral Services
- Legal, Financial and Elder Abuse Services
- Housing, Rental and Mortgage Deferral
- Counselling and Support Services
- Transportation
- Nutrition, Food and Meals
- Information and Support Services



24 HOURS 7 DAYS A WEEK EMERGENCY PHONE NUMBERS:

- 911** Provides emergency dispatch services to Police, Ambulance and Fire
- 811** Health Link BC registered nurses can help you with non-emergency health topics and concerns
- 1-800-567-8911** Poison Control provides assistance if you suspect that someone has been poisoned
- 604-872-3311** The Crisis Centre and Suicide Prevention Centre can assist you if you are in emotional distress
- 1-800-273-8255** National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis

For a more comprehensive listing of all services available for seniors in B.C, please inquire about the **BC Seniors' Guide**, a booklet published by the Government of British Columbia. Telephone Government of BC: 1-800-663-7867 www.SeniorsBC.ca



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Be Inspired



JSA Snider Foundation Empowerment Series 2019-20

#3 OUTWITTING ADVERSITY: THE STORY OF AN INSPIRING WOMAN

*Wednesday, May 20th, Lunch: 11:45 am, Program: 12:45 pm
Temple Sholom Synagogue - 7190 Oak Street, Vancouver*



Lynn Szabo is Professor Emerita of English Literature at Trinity Western University, a writer, an editor and a well-trained pianist. One winter night four years ago, while walking at the university, Lynn unexpectedly walked into an unmarked, unfenced and unlit excavation. Her legs were shattered as she hit the ground. Thus began her new life. Join us as Lynn shares the inspiring story of how she has re-invented herself from the ground up.



Temple Sholom

Program cosponsored by Temple Sholom 60+ - by donation.
Lunch \$10 - RSVP by May 14th - Lunch is Optional

Contact: Rita Propp 604-732-1555 office@jsalliance.org

#4 IVORY AND STRINGS: AN AFTERNOON OF MUSIC

*Monday, June 29th - Lunch: 12:00 pm, Program: 1:00 pm
Beth Tikvah Synagogue - 9711 Geal Road, Richmond*

Join us for a delightful afternoon full of inspiring music! Featuring performances by **Lester Soo**, pianist and **Peter Fisher**, violinist. Reserve in advance for a delicious lunch.



Program cosponsored by Kehila Society - by donation.
Lunch \$12 - RSVP by June 26th - Lunch is Optional

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





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