



SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 29(2) - SUMMER 2022

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A Tribute To Seniors

**We share our thoughts about who you are
and what you have accomplished.**

You are wise, thoughtful and giving;
Artistic, musical, athletic and poetic
Entrepreneurs, leaders, activists,
Founders & Builders of our Community Organizations
Volunteers, donors and philanthropists
Educators, authors, thinkers and healers.
Mothers, Fathers, Grandparents,
Aunts, Uncles, Cousins & Friends
Retainers of our community's collective wisdom.

We honour the memory of our parents Harriet and Arnold Shine^{z'l}, Babs and Ted Cohen^{z'l} ~ Gary and Linda Cohen



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Thanks to all contributors...and editorial team
Thanks to Copytek Printers, Sarj and Bal

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EDITOR'S MESSAGE

RESILIENCE IS THE QUALITY WE NEED NOW

SHARING OUR CONCERNS WITH OTHERS AND REMAINING HOPEFUL

Written by Dolores Luber

We are facing unprecedented challenges as individuals and as a society. Where do we turn to remain mentally and physically well? Michael Ignatieff's book *On Consolation* offers biblical and historical examples of dealing with suffering and chaos.

MY PERSONAL BANDWIDTH FOR AWFUL IS OVERFLOWING

Enough! I no longer watch newscasts of war, or flooding or wildfires. I read the newspaper in the morning, and avoid the television the rest of the day. I know what is going on; but I am concentrating on being of service, supporting those around me and providing guidance to my editorial board. I continue to read, to study and to learn. I hope for and work towards a better community and a safer world.

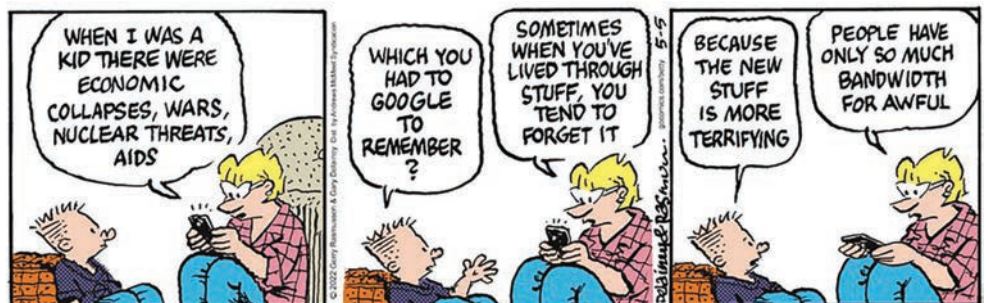
Jewish Seniors Alliance is casting a wider net. We have moved into new quarters at the Mount Pleasant Neighbourhood House. Our presidents' message will tell you all about it. Our Peer Support Services now offers a new service: volunteers accompanying seniors on neighbourhood walks. We continue to train volunteers from all ethnic groups and all walks of life—our services are in demand. Grace Hann is advocating for improvements in the administration of anti-psychotic medications to seniors. Michael Geller gives us the low-down

on the phenomenon of *NIMBY, Not In My Back Yard*. He knows from experience! Shanie Levin continues to pound the beat, reporting on the various committee meetings and events in Greater Vancouver. Janet Nicol has been busy writing no less than three articles for the magazine. Ken Levitt has done it again, five more great sports movies to watch and a fascinating account of his Hyperbaric Oxygen Therapy. Lone Tratt's artwork delights us as it graces our cover and in Rita Roling's *Portrait of an Artist* article. Tony DuMoulin is regaling us again with the exploits of Doris, she hits the nail on the head every time.

The dearth of General Practitioners, GPs, family doctors, has come to everyone's attention. The situation that has not yet hit the headlines is the situation regarding the medical practitioners whom we call "specialists" for example, orthopedic surgeons, ophthalmologists, gastroenterologists, and neurologists. It has been brought to my attention that these specialists are suffering from

burn-out due to severe short-staffing at hospitals, gaps in accountability, safety, and quality of care. The government is making deliberate efforts to hide these gaps that are hindering health care in the public system, especially the most vulnerable which includes seniors. Morale is low among these specialists. I encourage all non-profit organizations and the public to voice their dismay at the long waiting lines and the inability to access these medical professionals in a timely fashion. Collectively we CAN MAKE A DIFFERENCE!

The organization Jewish Museum and Archives has added to their collection of historical material our collection of newsletters and *Senior Line* magazines, as well as other scrapbooks with historical data—almost 20 years' worth of Jewish philanthropy and culture. We are honoured and proud to be part of their archives. They recently published a magnificent book *Looking Back, Moving Forward: 160 years of Jewish Life in BC*. I recommend it highly—absolutely



Betty by Gary Delaine and Gerry Rasmussen



Be a mench, frequent their places of business and use their professional services.

Last but not least:

ROBOT ALERT: MEALS ON CUTE LITTLE WHEELS

Geoffrey, a light-pink delivery bot with hearts for eyes has started prowling the sidewalks of downtown Toronto—and urban dwellers should expect to see more of in 2022 and beyond. He delivers food and other products to downtown addresses. People love him; they stop to take selfies with Geoffrey, slowing him down. A dispatcher lets the client know that the food is arriving by robot, and Geoffrey unlocks and opens when the customer texts a delivery number, or

shows it to the robot's built-in camera. Delivery costs are about 10 times lower than those of other services. There is a shortage of workers, so Geoffrey is not taking away anyone's job. The company is looking to expand to Vancouver.

Remember, dear readers, we are interested in what you have to say!

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.

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everything you need to know about Jewish life in Greater Vancouver.

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LETTERS TO THE EDITOR...

To my readers, you are making my world and the magazine better; keep sending in your comments and suggestions.

Write to Dolores at: editor@jsalliance.org

Thank you for sending my hard copy and for printing my article. You do a wonderful job of producing this magazine. I also have a membership so receive a second copy which I will take to the local seniors' organization. Possibly they will subscribe.

Sylvie Hutchinson

I really appreciate receiving a copy of *Senior Line*. I always marvel at the front cover – it's usually beautiful! - and I read and appreciate all the contents.

Beverley Pitman, PhD (she, her, hers) Senior Regional Community Developer, Population Health; United Way B.C.

Thank you so much for sending me a copy of *Senior Line*. I am so happy to be a part of JSA, since I took the peer counselling course. I am serving four clients.

I really agree with what you wrote in *The Tower of Babel*, that humans were full of excessive pride and haughty arrogance—hubris. I see that in our present world. I love the oil panel of *The Tower of Babel* too.

Thank you for your good work.

Dorothy Li

Editor's note: Dorothy Li is one of our superb peer support volunteers.

The magazine is excellent. I'm looking at the online version now since we are in Israel. Thanks Dolores for providing the link. I enjoyed your article, Michael. How great to have a proper explanation of the various types of seniors' housing. And your thumbnail history of the different government agencies' involvement helps make sense of what we have today. Bravo. Thanks to the Editor and to all the contributors. I look forward to reading the rest of the issue.

Julie Seelig

Thank you for getting me on the way to read and enjoy *Senior Line* for the last four years. It is enriching and uplifting in information and warmth. In my mind I think I know them all, Serge Haber, Tony DuMoulin, Michael Geller, Sheila Delany and more.

Heike Milde

Continued on page 4...

LETTERS TO THE EDITOR...

Write to Dolores at: editor@jsalliance.org

...Continued from Page 3.

I have finished reading your excellent magazine from cover to cover. Of course I am very proud of the wonderful things Ken Levitt wrote. The display of my art work was perfect. Please thank your graphic team for me. Every one that I have talked to thought the cover was beautiful. Michael Geller's *Options: Assisted Living Facilities and Campus of Care* article was well done. Michael and I have had similar architectural involvement in seniors' residential housing. Connie Bradley's art is lovely and strong. Nice to have met Doris through Tony's article.

Ben Levinson

P.S. Here are a few of the comments I received.

1. How good it was to see your lovely art in the JSA magazine.

Gillian

2. Wow, we did not know we knew such a famous person. Thank you for passing this on. We loved the story and the sketches—and there were some other pretty interesting articles in the magazine as well.

Shirley and Guy

3. Excellent article about you by my cousin Ken Levitt. Excellent magazine!

Andrea

Editor's note: Our magazine was featured in the online newsletter *Koleinu*, published by Congregation Emanu-El of Victoria, BC.

Thank you for publishing Doris's 'Virtual Fictitious' letter to the *Senior Line*. Her words echo within thousands of us who have difficulties opening well-protected packaging. My last experience with attempting to open a box of cookies did not have a happy ending. The sweet delights were safely secured in a celluloid box with no visible pull tabs or strings. After several minutes of trying to open the package, I realized that tools other than fingers needed to be used. My sharpest kitchen scissors could not cut through the packaging, stabbing the package with kitchen knives did not even make a mark, hammering the top of a screwdriver with a meat tenderizer showed some promise but the box was still intact. The electric can opener was useless.

As an older person I have had my share of battles and lost a few but none have never been to a box of cookies. After over an hour I managed to pierce holes in all the four corners and somehow slice the sides open with a hunting knife. By this time I was humiliated and had lost my appetite for a cookie. A great thank you to you Doris for spearheading a demand for packaging that can be opened without risk of injuries—and yes the gash on my hand is healing. If you have had similar experiences let Doris know and why not use the social media as a forum.

Rita Roling

Editor's note: Doris has created quite a stir! We encourage our readers to complain loudly to sellers and manufacturers of products that are much too difficult to open. In the meantime my special chicken scissors has saved the day for me.

I'm going to need a lot more time to read each of the articles in the latest issue of *Senior Line* properly. But just skimming through many tells me this magazine keeps getting better and better, (except for the center spread)! I particularly enjoyed reading Tamara's profile of our good friends Julie and Michael Seelig, and your film reviews. They are exceptional. Thanks for putting so much effort into producing the magazine. Now we just need to make sure a lot more people read it. It's very good.

Michael Geller

Editor's note: Michael Geller is the modest author of the article on Assisted Living Facilities in the March edition.

Thank you so much for your care and dedication for seniors, and for the great work you do as editor of *Senior Line*. I think it is an amazing magazine - you reach such a large and important part of society. I am happy to have been selected to have my art in this summer edition.

Lone Tratt

Editor's note: Lone Tratt's art work is featured on our cover and in the article: *Portrait of an Artist*.

Got your new *Senior Line* yesterday and just read through it. It's chock full of great articles. Wonderful work!

Heidi

Editor's note: Heidi is my daughter-in-law. She lives in Hood River, Oregon.

**JSA WELCOMES
NEW SUPPORTERS**

Leonard & Sandra Bobroff
Harry & Rochelle Hammer
Mel & Anita Karp
Cynthia Singer

OUR PARTNERS IN ASSISTING FRAIL AND ISOLATED SENIORS

Written by Larry Shapiro and Gyda Chud

Dear valued *Senior Line* readers,

We, your co-presidents felt that you should be made aware of the partnerships in which JSA is involved and highlight their value and roles in spreading our message throughout the community. In this way we are helping those seniors most in need of the emotional support and the other services that we offer.

You may wonder and ask why we need assistance in identifying those older adults who have, for one reason or another, fallen off the social grid. There are many of them who have done so and become invisible. Gyda and I have, on numerous occasions, tried to raise your awareness of those seniors who no longer attend services or, for that matter, any other community social events, due to restrictions mandated or strongly recommended by the health authorities for those most vulnerable to Covid and its many variants; or those who are immunocompromised due to other medical conditions. Some others have just lost some or all of their mobility and find themselves isolated, confined to their homes. Let us also acknowledge those who have become the caregivers to their spouses and partners and are not able or comfortable leaving them alone even for short periods of time and are thereby housebound.

On the list of our numerous partners are the neighbourhood houses in Vancouver from where we recruit senior volunteers

looking for fulfillment. Becoming a volunteer not only helps our clients but offers the volunteers the satisfaction for which they are yearning; all of which results in contributing to the building of a caring seniors' community. If you wondered where JSA acquires our volunteers, well, other than word of mouth and newspaper advertising, we are affiliated with 50 or more organizations including Synagogues in Vancouver, Richmond and beyond, agencies such as JFS (Jewish Family Services) and Jewish Federation, Jewish adult day care centers and long-term care facilities, community and cultural societies, retirement homes, etc.

Anyone who relates
to our mission
and feels they
have something to
contribute
is welcome. ”

One of our landmark responses to the devastating Covid-19 virus that resulted in a grinding halt to our in-person sessions with our clients and volunteer support meetings was the conception, development, and implementation of our online training curriculum so as to be effective on the zoom platform. Through the skills and hard work of Charles Leibovitch and Grace Hann, we successfully graduated 40 new



CO-PRESIDENTS' MESSAGE

volunteers last year employing this new venue. If we succeed in realizing our current fund-raising goals, this will allow us to implement more training sessions and produce more volunteers to service more lonely and isolated citizens in our community. Simply put, the greater the number of trained volunteers we have, the further we are able to extend our reach. Just one example of expanding our reach is the recent collaboration with the Mount Pleasant Neighbourhood House, who, by the way, is our landlord in our new premises. This particularly well established social service organization services over 250 seniors and has close to 200 volunteers. We will have much more to report on this in our next issue of *Senior Line*.

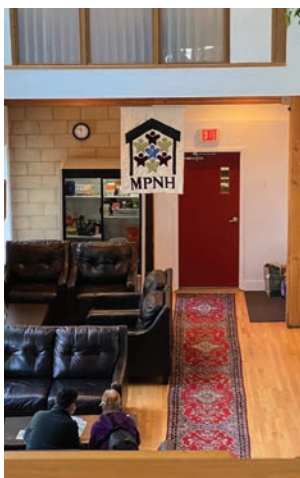
On the subject of the importance of partnerships, I'd like to acknowledge the wonderful partnership Gyda and I have formed as the first duo of co-presidents in the history of JSA. A successful co-presidency necessarily requires that each party keeps the other informed of any new information or development that concerns the organization and the people therein. The presidents act as the rudders that guide the ship after the course has been agreed upon by the board of directors. This means that the co-presidents must work in precise synchronisation with each other.

Navigating through the uncharted waters of Covid-19 has been challenging and at the same time very satisfying in that our two-pilot system has worked well during the last 30 plus months. Gyda and I are extremely fortunate in having wonderfully dedicated working committees to execute and deliver all our programs to the clients and are essential to keeping JSA on course toward achieving the goals laid out in our strategic planning agenda.

I'd like very much, at this time, to make the point that any one of you out there wishing to participate and contribute by joining one or more of our working committees need not be on the board of directors or even a member of JSA. Anyone who relates to our mission and feels they have something to contribute to its realization is welcome.

The strategic planning agenda may be of interest to some of you. A few of the strategic priorities going forward include marketing, fund raising, new initiatives and servicing the broader community. Some examples of what a marketing committee may consider doing is researching what keeps our current members continuing to support us, working more closely with those organizations with whom we have partnered, and assuring that our *Senior Line* magazine is widely distributed within the community.

An excellent example of a very successful partnership is our relationship with the South Vancouver Seniors Network (SVSN) an umbrella group of more than 25 organizations collaborating to serve, advocate for, and support seniors. The weekly hour-long internet presentations, all of interest to seniors, are moderated by our own Grace Hann and Andrea Krombein from Marpole Oakridge Family Place, both of whom regularly



The JSA staff at the new offices in Mount Pleasant Neighborhood House. (left to right) Wendy Lo, Elizabeth Azeroual, Charles Leibovitch, Rita Propp, Grace Hann, Rochelle Garfinkel, Margot Beauchamp, Vicky Albarracin, Andrea Krombein

promote JSA. Everyone is welcome to join these pro-active presentations.

I'd like to finish this Co-Presidents' message by announcing our move to new premises into a building we will be sharing with the Mount Pleasant Neighbourhood House (MPNH).

After several months of planning and negotiating, we feel comfortable and confident that going forward there are some advantageous benefits we will enjoy with this new affiliation. For more than sharing a building, we will benefit from sharing in their role of building a healthy and engaged neighbourhood by connecting people and strengthening their capacity to create change.

The well-established programs they offer to seniors are either free, at cost or subsidised through the support of the United Way; the BC Community

Response Network; New Horizons For Seniors; Immigration, Refugees and Citizenship Canada (IRCC); SUNCOR; and The Active Aging Society. They are committed to empowering older adults and helping them to live healthy, safe, and fulfilling lives. Another important feature to note is that MPNH is a volunteer-based organization that has a base of over 180 active volunteers. We are looking forward, as are they, to a great deal of collaboration between our two organizations.

We know you will continue enjoying all that this magazine offers, so please try to support our faithful advertisers whenever you can. Happy Summer to all of you.

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.

JSA RESPONDS TO THE HIDDEN EMOTIONAL NEEDS OF SENIORS

Written by Serge Haber



SERGE HABER'S MESSAGE

My dear Friends,
I am dictating the last article that will have my signature in the *Senior Line* magazine. It is not that I don't have words to say but at my age of 94, I find it more challenging, and frankly, I'm trying to take it much easier mentally as well as physically.

I still remain involved in the Jewish Seniors Alliance. The ideas that I propagated in 2003 are still fresh and unchanged since the time that I first thought of them. For all these years, I've been very concerned with the changes that occur in the lives of seniors, particularly between the ages of 75-95. They are not changes that we want to have, but it is the nature of things that convey to us these changes and thoughts.

My biggest concern always was and still is 'What am I to the organization I founded and what is it doing for the seniors?' The governments have been spending lots of money with the hope of trying to help seniors. Unfortunately this money is going to the wrong places because the greatest concern that seniors have, is that change in the frame of attitudes that we as seniors develop as we get older.

We lose our loved ones, our family and friends, and it opens up a tremendous wound and emptiness in our beings. In most of the cases we do not address it. We hide it in our subconscious. Seniors' outreach, advocacy, research, and the

peer support services, still prevail as the main elements that form JSA. The years have added many items to each one of these three fundamentals, but the aim remains the same. We need the emotional support and very seldom do we realize that we need it.

I've experienced this four days ago, with great bitterness. You see, my lady friend Sheila was in the hospital with pneumonia. My children all live out of town, yes I do see them every night through WhatsApp, but the rest of the day I was alone. Nobody knew if I was alive or dead, and I felt this very deeply.

We need the emotional support and very seldom do we realize that we need it. ”

The human body is a being that needs companionship, guidance and support, and I didn't have it those few days ago. I can easily understand how so many individuals that are by themselves, either by choice or by nature, have the same feeling many times in their lives.

JSA's Peer Support Program that we have developed, concerns itself greatly with the emotional support of individuals. The Provincial Government of a few years ago, perhaps realized

that emotional support is needed and they funded the development of Peer Counsellors in the Province. This program unfortunately was cancelled by the Liberal Government when it came to power later on. We've pointed out the fact that the Provincial Government is not paying attention any longer to the spiritual needs of seniors or individuals per se, and we went deeply into the peer support program that has been so successful to date.

We are in great need of governmental understanding and the financial support that goes with it, to be able to develop further and to help seniors not in a number of one hundred families but to thousands of families that need this support around the Province and obviously around this Country. I sincerely believe that JSA with its concepts and programs will become one of the most important organizations in this Province in the years to come.

The Rabbis teach us that the greatest mitzvah is to help bury the dead. Why? Because the dead can never repay you. We have in our community an individual who for more than five years has anonymously made a very generous donation of \$25,000 to JSA. This is a large amount and a welcome help in the splendid work that we have been doing over the years. He or She never wanted

Continued on page 10...

THE BULLETIN BOARD

COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

MEMORY AND AGING: YES, YOU CAN DO SOMETHING ABOUT MENTAL DECLINE

On February 22nd the **Tamar Club of Naamat** sponsored a talk on Memory and Aging. The speaker was **Dr. Nicole Anderson**. Dr. Anderson is a neuropsychologist who has done extensive research and published many papers on this topic. She works at the Baycrest Centre in Toronto as well as other research institutes. She has published a book called *Living with Mild Cognitive Impairment*.

Dr. Anderson began with slides that showed what is normal aging and what is not, and what you can do about it. She also listed factors and strategies we can employ. There are many myths about aging — that it is all downhill, which is not true. Some abilities are affected by aging, but not all.



Dr. Nicole Anderson

SIGNS OF AGING

The following are affected: Recall of new memories; working memory; speed of thinking and word finding.

These are not affected: Recall of old memories; short term memory; procedural memory; knowledge and verbal abilities. It is important to remember that cognitive abilities peak in our 20s, not after 65.

The following are normal signs of aging and not of dementia: Forgetting names of acquaintances; getting lost in an unfamiliar place or parking lot; forgetting an item at the store; missing details when telling a story; being off a day or two on the date; telling the same story on different occasions.

On the other hand, the following are indications of a problem and should be checked: Forgetting the name of your spouse; being lost in a familiar place; forgetting that you went shopping; thinking it is 1963; repeating the same story in the same conversation.

The most common form of dementia is Alzheimer's followed by Vascular Dementia. One in thirteen Canadians over 65 will develop some form of dementia. The number increases to one in four in those over 85. By 2030 there will be one million suffering from this disease. The main risk

factors are age, genetics and sex (more common in women).

WHAT CAN WE DO ABOUT IT?

The main thing is to keep both the brain and the body healthy. We can do this by having regular check-ups, exercising and maintaining an active lifestyle. Walking is the most effective exercise as it keeps both the heart and the brain stimulated. Eat healthily and avoid stress, anxiety and depression wherever possible.

Challenge your brain with activities such as puzzles, language study or other verbal activities. Engage in social activities such as volunteering. Remember that quality of activity is more important than quantity. It is a myth that the brain fills up as we age. Many of our memory failures are due to poor attention. Often the use of repetition can help with memory, such as making lists. Make sure to keep regular routines and habits, such as always keeping things in the same place. Find your best time of day and do important activities as that time.

Dr. Anderson closed her talk by reminding everyone that they can do something about mental decline!

STANDARDS OF LONG TERM CARE

On March 4th, the Council of **Senior Citizens Organizations (COSCO)** and the **National Pensioners Federation (NPF)** co-sponsored a webinar to discuss the federal government draft proposal on standards for long term care in Canada. **Trish McAuliffe** of NPF opened the discussion by stating that this event will contribute to the response to the draft

proposal. She mentioned the enduring crisis in long term care and the necessity that dignity be restored to seniors. NPF is the voice of seniors, advocating to keep seniors informed.

Steven Staples of the **Canadian Health Coalition**, moderator, stated that a federal budget is expected in April so we need to make sure that the feedback is received by the government—we need to hold them to their commitment during the next election.

The federal government must hold the provinces to the standards that are set.

The first panelist was **Penny McCourt** of **Action for Reform of Residential Care (ARRC) of B.C.** She stated that the problems in residential care have been apparent for twenty years. They were brought into clear light during COVID. The draft highlights the quality of life in the areas of the physical, emotional and cultural environments. The issues are: A) The importance of families is not mentioned or the need for family councils. B) Accountability is mentioned, but not enough is clarified about the differences between for-profit and not-for-profit facilities. C) Will funding of nine billion dollars be enough? D) Will the provinces accept the standards? E) Should the funding be tied to maintaining the standards and will there be a monitoring system? Most important is that there is no definition of “quality of life”.

The next speaker was **Natalie Mehra** of the **Ontario Health Coalition**. She feels strongly that human rights abuses

were occurring in many homes and that this was exacerbated during COVID. The death rate among residents and staff in Ontario was particularly high. The present legislation is not followed in many of the homes and no one is taking responsibility for the abuses.

The language in the draft is very positive mentioning a team approach, resident rights, quality of care and working conditions, but implementation is left to the homes. The majority of homes in Ontario are for-profit and although they have been accredited, the number of residents with complex care issues is beyond the capacity of the number of staff engaged. There is an inspection process but no enforcement. This is a perfect time for improvements as the issue is in the public mind.

The third speaker was **Isobel Mackenzie**, the **Seniors’ Advocate of B.C.** She pointed out that although the majority of homes are accredited there is no accountability. In the case of the for-profit homes, many are controlled by huge companies that contract out the services. The draft proposal puts more needed emphasis on residents’ rights as well as quality of life issues and physical design. Some of the challenges include: lack of enforcement and penalties, how often checks are done, poor pay and support for staff. There is supposed

to be a registered nurse on staff 24/7 but this is not always followed. The federal government must hold the provinces to the standards that are set. Everything should be open to the public and well communicated since the public is actually paying for all of this. Mackenzie feels that the draft is good but there are many insufficiencies before we reach the desired outcome.

Leslie Gaudette of **COSCO** thanked the participants, pointing out that they had all mentioned that there are still many gaps to be filled in long term care but her hope is that the feedback to the draft proposal will help fill in some of inconsistencies and gaps in quality and service.

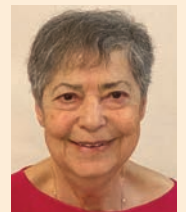


COSCO:
<https://coscobc.org/>



National Pensioners Federation:
<https://nationalpensionersfederation.ca/>

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



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WE'VE MOVED!
JSA HAS A NEW ADDRESS:
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MEN'S SHEDS

MEN HELPING MEN, CARPENTRY TOOLS IN HAND

Written by Janet Nicol

“Seniors form the backbone of the organization,” observes Mike Jennings about Men’s Sheds, a non-profit organization offering men space to talk over coffee—and employ their carpentry skills to help others. Jennings is a spokesperson for the Men’s Sheds Association of British Columbia (MSABC) and a member of the Men’s Shed in Coquitlam. “There are all kinds of ways Men’s Sheds are set up,” Jennings explains in an interview with *Senior Line* magazine. “They can be independent or through an organization which hosts them.” Men’s Sheds was founded in Australia in the 1980s with a mandate of “men helping men”. Open to men aged 18 and up, the country currently has more than a thousand Men’s Sheds and has become popular in Canada and the United Kingdom.

“Some never evolve beyond having meetings in a local neighbourhood house,” Jennings says, “or playing cards, having a speaker come in to talk about men’s health or other activities. Sometimes it’s just having a tea or coffee and talking. That’s fine.” Jennings says local groups can take their meetings to the next level by registering as a society, electing a board and setting up their own independent space. That’s what’s happened in Coquitlam, Jennings says, after he and five other men began meeting in a restaurant in 2015. In time, a non-profit housing society offered the group a work shed. “Having your own space is gold,” Jennings says. “Ideally it will come at no cost.”

Among the group’s many projects has been building a fold-up chute for a food bank run out of a church basement. The men installed the chute along the staircase to ease the job of volunteers moving heavy loads of produce to the basement.

A Men’s Shed was started in Vancouver during the Covid-19 pandemic with Cameron Pearson, an employee at Mount Pleasant Neighbourhood House at its helm. In an interview, Pearson says when he reached out to seniors about the idea, five men expressed interest. “We met last June in Robson Park,” Pearson says. “We would bring coffee and catch up with each other and talk about what we wanted the group to achieve. We

still meet every Friday morning at the Neighbourhood House. We plan to work on construction projects this spring and summer.” The Men’s Shed has already built a “book mobile” cart, loaded with donated books and wheeled around to community events. “It’s magic” Jennings says about the Men’s Sheds across BC. “It’s men helping men and it works.”

For inquiries about the Men’s Shed in Mount Pleasant, contact Cameron Pearson at cpearson@mpnh.org

For more about the Men’s Sheds in BC, contact Mike Jennings through the MSABC website at <http://bcmensshed.ca>



Janet Nicol is a baby boomer, a full time freelance writer, a member of the *Senior Line* editorial committee, and author

of *On the Curve: The Life and Art of Sybil Andrews* (Caitlin Press, 2019).

JSA RESPONDS TO THE HIDDEN EMOTIONAL NEEDS OF SENIORS

...Continued from Page 7.

to be recognized. This individual’s gift is similar to the *mitzvah* of burying the dead. *Kol HaKavod!* Well done!

The organization is growing, thriving, and has good people at its helm. My hope is that it will continue for many years and I will be there to help out for as long as possible. I thank you for your attention to my words, for the openness of mind to my ideas and thoughts, and I wish you wonderful

emotional support and the very best of good health.

God Bless,

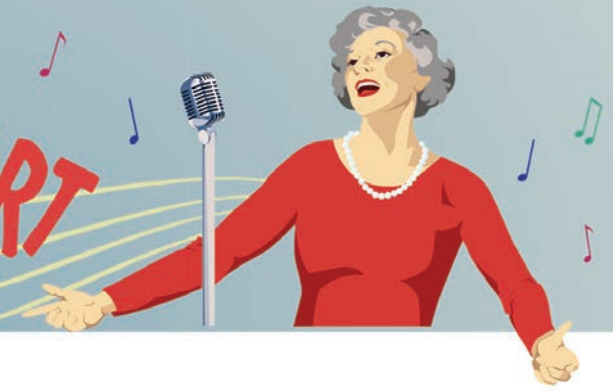
Serge Haber
President Emeritus

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.

WITH A SONG IN MY HEART

SPRING FORUM
MUSIC CONCERT

WRITTEN BY TAMARA FRANKEL



Spring Forum? What spring? Heavy rain and cold weather welcomed JSA's Spring Forum that took place at Peretz Centre on May 15th. But the title *With a Song in my Heart* was more than fitting and filled the audience with warmth, and I would add 'With a Smile on my Face'.

The first hybrid program of JSA attracted 40 people attending in person, as well as another 40 people by streaming links. **Gyda Chud**, Co-President of JSA, welcomed the audience warmly and reminded them of the work that JSA does in outreach, advocacy, and especially peer support.

The program featured **Wendy Bross Stuart**, Vancouver's beloved ethnomusicologist, music director, composer, and piano accompanist, and was dedicated to the memory of two musicians of exceptional talent **Claire Klein Osipov z"l** and **Joan Beckow z"l**.



Wendy Bross Stuart, Kat Palmer, Erin Aberle-Palm, and Chris Adams

Wendy was delighted to be able to engage three superb singers, **Erin Aberle-Palm**, **Kat Palmer** and **Chris Adams**, who delighted the audience with, not only their beautiful voices, but also with their charming stage presence.

The program started with the beautiful title song *With a Song in My Heart*, which is a showtune from the 1929 Rodgers and Hart musical *Spring is Here*. Wendy then spoke about the *Joan Beckow Legacy Project* that was started by Lisa Stuart and spotlights the works of the brilliant, prolific, and totally under-celebrated composer, who died in January 2021. Joan had been Michael Bubl 's vocal coach, as well as Carol Burnett's music director. She wrote *Pretending* to capture the sense of wonder provided by *Somewhere Over the Rainbow*. Carol learned it in a day, and it became part of their production.

The delightful program included a Hebrew song *Tov L'Hodot*, as well as George Gershwin's *Someone to Watch Over Me*, which was historically sung by Ella Fitzgerald. It continued with my all-time favorite Yiddish song *Oyfn Prepitchik*, which made me think of my mother, followed by *Rozhinkes mit Mandlen*, which prompted many in the audience to sing along. *Guided by the Stars* was a delightful conversation between husband (Captain Cook) and wife, who pleaded with him to be careful upon his forthcoming voyage. Alas, Captain Cook's life came to a fatal end on that last voyage.

We are all familiar with the song *Over the*

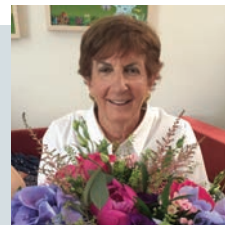
Rainbow, but few of us know that it was written by sons of Jewish immigrants from Europe who escaped the pogroms of Eastern Europe to "a land they only imagined in their dreams". Edgar Yipfel (Yip Harburg) and Harold Arlen wrote *Over the Rainbow* for *The Wizard of Oz*, which came out on New Year's day 1939, less than two months after Kristallnacht. The music is deeply embedded in the Jewish experience, and the lyrics are no longer about wizards but about Jewish survival.

A medley from *Fiddler on the Roof* further delighted the listeners, followed by *On the Other Side of Nowhere* by Joan Beckow. Joan's son David selected his mother's poignant lyrics to inscribe on her gravestone: 'When this life is over, we will meet somehow, on the other side of nowhere, on the far side of now'. The performance ended with a singalong of *Tum Balalaika*, followed by an encore of *Dona Dona*.

Shanie Levin thanked the performers and spoke of the importance of remembering and honouring the two exceptional musicians Joan Beckow and Claire Osipov.

Tamara Frankel

serves on the Executive Board of Jewish Seniors Alliance and is a member of the Editorial Committee of *Senior Line* Magazine.



REVIEW: JSA - PHYLISS AND IRVING SNIDER FOUNDATION EMPOWERMENT SERIES

CARE FOR THE CAREGIVER

Written by Shanie Levin

On February 14th Jewish Seniors Alliance presented the event *Care for the Caregiver*, sponsored with **L'Chaim Adult Day Care Centre** and the **Council of Senior Citizen of B.C. (COSCO)**. The program was presented by **Royce Shook** of the Health and Wellness Institute of COSCO. Royce has been in the field of education for over 40 years and has served in curriculum studies, seniors advisory committee for Port Coquitlam and advisor to the Seniors Advocate. **Leah Deslauriers** is the administrator of the L'Chaim Adult Day Care Centre. **Barb Mikulec**, Vice President of COSCO introduced Royce. She explained that COSCO is a non-profit group for seniors helping seniors. Their Health and Wellness Institute presents many free workshops on seniors' issues.

Royce began by explaining about the stress and burnout experienced by caregivers who are family members or close friends. In Canada there are approximately five million unpaid caregivers supporting family members. This calculates to an economic value of 6-9 billion dollars. Caregivers provide both physical and emotional support. This role could involve home management, such as bill paying, grocery shopping, driving to appointments, cooking and cleaning. For the caregivers,

they may benefit from a sense of personal satisfaction and a sense of purpose. They learn more about their inner strength and gain a purpose in life by the act of helping. They can help pull family and friends together but there will be changes in family dynamics and relationships. At times the recipients of care may be resentful at their loss of independence and privacy.

There is a strong emotional impact on the caregiver in that they may worry about not being strong enough to carry the load but at the same time they may avoid asking for help. This could lead to burnout for the caregiver. There are a number of warning signs to watch for such as: loss of energy, neglect of personal needs, trouble relaxing, irritability with the senior and isolation. To avoid burnout, learn about the disease or condition plaguing the senior and take any help that is offered; know your limits and specify them to the others, i.e. family and friends, sharing the burden with them. Make sure to have regular breaks and seek out emotional support by talking with others about your feelings.

Communication is very important. Keep up to date about information from the health team. In communication with the recipient, let them lead, try to be a good listener and maintain eye contact. Always remember that the person has changed, so avoid giving advice or quarreling over minor issues. Do not say "I know how you are feeling", but instead say, "how do you feel?" Have a consent form so you can

accompany the recipient to the doctor and have questions ready and take notes.

There are three major areas of decision making that need to be arranged with the recipient and not for them. These are medical—the need for a representation agreement; legal—power of attorney and financial—also covered by power of attorney. Always remember to take care of yourself by accessing any help available such as, adult day care for respite, home help and community support groups. There is no such thing as a perfect caregiver. Always remember to respond to the present situation and not to the person you once knew. If you don't care for yourself, you can't care for others.

After Royce completed his presentation **Eireann O'Dea** introduced Leah Deslauriers. Leah has been head of L'Chaim for five years. The program is funded by Vancouver Coastal Health which funds twelve adult day care centres in the region. Referrals are made by a case worker at the health unit. The programs provide stimulation for the recipients and respite for the caregivers. Clients arrive about 10 a.m. and have a light breakfast after which the programs begin. The morning may consist of word games, followed by news and views and a discussion. A full lunch is served during which socialization is encouraged. The afternoon consists of a guest speaker and/or a musical program. Clients are usually picked up about 3 p.m. Any pertinent information is passed on to the caregivers. The caregivers can be assured that their loved one is well looked after, and this gives them a chance to relax. L'Chaim is similar to other adult day cares but it is culturally Jewish. It is funded for thirteen clients per day, three days per week and costs \$10 per day. A list of resources for the caregiver is available on the JSA website.

RETIRED, REWIRED, AND INSPIRED!

Written by Shanie Levin

The Empowerment series cosponsored by Jewish Seniors Alliance and **Jewish Family Services** was held virtually on Tuesday April 26th at 11 a.m. Continuing with the theme “Be Inspired,” this event titled *Retired, Rewired, and Inspired!* featured three older adults expressing their feelings, ideas and experiences about “retirement”.

Gyda Chud, Co-President of JSA, described the Empowerment Series and the theme. **Fran Goldberg**, member of the Program Committee, introduced the three speakers. The idea was to have a panel of three peers, who would describe who, how, and what helped them in their transition to retirement.

The first speaker was **Rosa Tesler**, known as Chully. Rosa retired in 2018, she had been a counsellor for abused women. The next was **Dr. Paul Steinbok** who retired in 2017 from neurosurgery. The third presenter was **Tony DuMoulin**, who retired from an active law career and has become active at JSA.

Chully described retirement as an up and down road. She missed her clients. She lost her husband and her mother within the same time period. She feels privileged

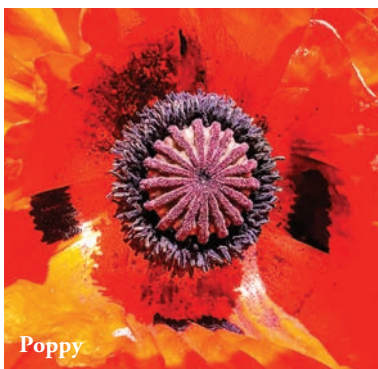
that she had the support of a loving family. To weather the downs, one must develop patience, determination and self-compassion. Enduring many medical issues, she thanks her friends, her therapist and her yoga teacher for their ongoing support. She participated in a course on Friendly Aging and also the Peer Counselling Training at JSA. She is now an active peer support volunteer. She continued throughout the Pandemic with tai chi, yoga and peer support, virtually. Adapting, reframing and hope kept her going. We are defined not by what happens to us, but by what we do. Chully quoted a friend in Argentina who teaches healthy aging. He has three suggestions: what is in your power, continue; stop what you didn't want and can't do; and initiate what you want to do.

Paul Steinbok had been a pediatric neurosurgeon. When he retired in 2017, he thought that he would pursue his love of photography, walking and travel. Paul had been part of an amateur camera club for many years and won an award in 1970. He joined a photo group at UBC, learning digital photography. He expanded his ideas about photography and began looking at nature from a closer perspective, especially the textures and patterns in natural things. He started to use his camera more creatively. He showed us close-ups of tree bark, stumps,

mushrooms growing on stumps and flowers. There were shots of manhole covers—many of which have lovely designs on them. The photos are beautiful and artistic and have been in many competitions. Paul stated that the art of photography adds meaning to his life and he shares them with family, friends, and the photo club. It feels as if he is continuing to teach as he did in neurosurgery.

Tony DuMoulin was a practicing lawyer for forty years, managing the firm for twenty-five years and teaching law. He retired ten years ago at age 67, because he had many interests that he wished to pursue and had not had the time or energy to do so. He wanted to retire at the top of his game. He calls himself a recovering lawyer. He needed to rewire and although he was told that he would be bored, the opposite has been the case. He feels his world view has widened and that he is lighter and freer. He now has the time to enjoy what he loves to do, reading more and spending time with his five grandchildren. He has started a co-ed book club, is traveling more (before Covid), and exercising more. He has designed and built a cabin and has done some water-colour painting. He teaches and plays chess. Tony is active in JSA, as an Executive on the Board, and is on the Editorial Committee of *Senior Line* magazine. He chairs the Advocacy Committee. He is inspired by volunteers in the non-profit sector. Tony stated that the future is our responsibility and belongs to us as well.

Tamar Stein, the Seniors Outreach Coordinator for JFS, thanked the speakers. Gyda thanked the three speakers and brought up the three R's that she had heard from a friend: relationships, reflection and restorative practice.



Dr. Paul Steinbok takes inspiration from the beauty of nature in his photography.

Portrait of an Artist

Written by Rita Roling

LONE TRATT

I was excited to meet Lone Tratt who is the feature artist of the *Senior Line's* summer issue. I prefer a personal touch rather than a technical one so when Lone invited me to meet at her place of work, the Dundarave Print Workshop and Gallery on Granville Island, I was delighted. She was most welcoming!

Lone is a Danish Jutlander from Aalborg. She grew up in an artistic home where creation, expression and imagination were encouraged. Reminiscing, she tells me how, carrying sketchbooks, she and her mother would spend time outdoors

drawing the landscape. The heather covered sands, the beech tree forests and the fjord carving itself through Jutland became her focus. Lone started drawing classes at age nine, visual art was her future. She graduated with a BA from the prestigious School of Design in Copenhagen, and immediately started to work for the well-known architect and designer Arne Jacobsen.

His influence in her work can be found throughout her creations and in their absence of straight lines and sharp angles. This is especially evident in her Triptych art such as the three-panelled *Vibrant Energy*. This work tells a story which progresses from gentle energy to a cosmic storm, and then slows down to pure exhaustion. Time and space do not exist, after temporarily re-energizing, the cycle will begin again.

Lone, searching for new inspirational vistas and opportunities, as a young adult visited Montreal. In this Euro-flavoured city she felt at home, planted her roots, started a family and began to grow her reputation as an artist. Many European countries support artistic expressions and innovation. Denmark, for example, has a Ministry of Culture. In Denmark art is deemed as a

cultural asset and artists are paid liveable wages by the Ministry; not so in Canada. With the exception of a few, most artists need to have other incomes. Lone chose to teach art and discovered that she enjoyed sharing her knowledge with others.

Asked which subjects most inspired her, she answered triptychs as they allowed her to tell a visual story. She also loves etching and painting singular canvases. She said that most of her inspiration comes from nature and especially from "water, trees and rocks." Lone is a spiritual person. Water, trees, and rocks are present in most mythologies. All are life sustaining. We cannot exist without water. Moses found it in the rocks. The tree in the Garden of Eden may have provided intellectual stimulation, but the trees we know give us oxygen, food and shelter. Lone's etching *Twilight* touched me. I was able to "hear" the soft movement of the water, sense the strength of the rock and feel the healing qualities of the tree.

Through her art Lone is a visual story teller and teacher. In her triptychs and etchings she may tell us about our place in this world and our connection in spheres, void of time and space. Her floral acrylics weave



Four Wings 1
36"x24", Acrylic on Canvas



Hidden Wings
48"x36", Acrylic on Canvas



a different tale and both of these concepts play significant roles. Their brightly coloured flowers have reached maturity and boldly display their fearlessness passions which until this stage have been germinating in seeds and hidden in buds. The flowers may be bold and confrontational yet through the presence of filmy, foggy gentle pastels, one can sense fragility, tenderness and peace. But be aware that the tall, beautiful Iris always has a sword at the ready. Thus Lone's flowers remind us about the duality of life in all its form.

Lone Tratt's art has been exhibited throughout Europe, Canada, United States and Saudi Arabia. The artist visited every gallery and exhibition hall where it was displayed. When asked how she faced people from different cultures and ethnicities she said: "I look for similarities in the differences". Her work can be found in private homes, museums, institutions and in health care facilities. When asked about the latter she says being ill and needing medical treatment is highly stressful. Looking at art is calming and has the

capacity to reduce anxiety. If you are in the Squamish area you can view a painting of beautiful trees on the wall in the Squamish Hospital waiting room.

After many years of managing the Dandarave Gallery and Print Shop and teaching classes, she is semi-retired. Retirement for her is a shift from performing obligations to choosing activities that give enjoyment. Lone still drives from her home in Squamish to Granville Island two times a week. She also applies her craft in her home studio, teaches art classes at the local senior centre to older adults who want to discover or hone their artistic talents. She spends time with her daughters, and goes RVing with her husband. Art is in her blood and when asked how to appreciate it, her response is: art is like music, so take your time to view it, if you do not it just becomes background noise. **If you would like to see more of Lone Tratt's creations you can look at her Facebook page or contact the Dandarave Gallery at 604-888-1650.**

Left:
Collage on Canvas,
18"x36"

Top Right:
Water Dreams
Triptych 96"x48"
Acrylic on Canvas

Bottom Right:
The Ship With No Harbour
60"x36", Acrylic on Canvas



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 JSA. She is an executive board member of JSA and a member of the editorial committee.

Sponsored by FRANCES BELZBERG

SENIORS AT THE MOVIES

Written by Dolores Luber

WHERE TO FIND MOVIES

I now subscribe to CHAIFLICKS: <https://www.chaiflicks.com/>. What an interesting choice of Jewish-themed and Israeli movies, television series and documentaries. A bargain. Highly recommended. And ANGLOPHILES can now satisfy their Brit fix! You may already know that our national broadcaster CBC and its streaming service CBC GEM offer big-name shows including *Luther*, *The Great British Baking Show*, *Call the Midwife* and *Normal People*. And NETFLIX is home to *Broadchurch*, *Requiem*, *Behind Her Eyes* and *Sex Education*. But you may not be familiar with these three other places to get your Brit fix: BRITBOX: www.britbox.com/ca/, on Amazon Prime Video; BBC FIRST: <https://bbcfirst.ca/> and ACORN TV: <https://acorn.tv/about/>.

To find these websites or to find where to stream movies, just go to Google Search, and write “How do I watch (the name of the movie)?” Or write the name of the streaming service in the search box.



BELFAST

2021



This is Kenneth Branagh’s cinematic memoir of his childhood in a turbulent Northern Ireland. From the mainly black-and

white photography to the cozy camaraderie of its working-class setting, grit and glamour stroll hand-in-hand. Viewed largely through 9-year-old Buddy’s eyes, we experience the destruction of an idyll; but it does not dwell on The Troubles. A hail of Molotov cocktails ignites the friendly neighbourhood where Catholics and Protestants live amicably side-by-side. There is confusion and terror. *Belfast* is, in one sense, a deeply personal coming-of-age tale, it’s also a more universal story of displacement and detachment. Branagh’s remembrances represents a thank-you note to the city that sparked his dreams and the parents whose sacrifices helped them come true. Available on Prime Video.



THE LAST DUEL

2021



Ridley Scott’s medieval epic is storytelling with gusto. Jodie Comer comes up against odious men played by Matt Damon, Ben Affleck and Adam Driver in a reverse rape-revenge parable set in 14th-century France. The men are bluebloods infatuated with their own reputation for gallantry, nobility and courtly love. This is old-fashioned moviemaking, energy which commands attention as well as its ingenious, if overextended three-act structure, retelling the same story from three different standpoints. It ends with a match to the death between squires and one-time friends. The title duel is what you would call a humdinger! Available on Prime Video.



HOUSE OF GUCCI

2021



Ridley Scott’s film *House of Gucci* stars Lady Gaga as Patrizia Reggiani and Adam Driver as Maurizio Gucci. It follows the rise and fall of the Gucci family in the 1980s.

The splashy camp style will annoy some; but I loved the over-the-top acting and directing. Driver provides the subtle Italian set dressing as Gaga scorches each scene with the raise of a charcoal eyebrow and a frivolous intensity. Flamboyant, outrageous, gaudy—the movie highlights the luxury and lavishness of the Gucci lifestyle with grace and utmost attention to detail. The film is too long, 2 hours and 38 minutes; but I am a sucker for glitz. On Prime Video.

FOREIGN FILMS



MY FATHER'S VIOLIN (BABAMIN KEMANI)

2022



This is a Turkish melodrama that held my attention with an engaging child actor, beautiful classical

music, the affluence of Istanbul and an intricate web of family relationships. A widowed, fatally-ill father, Ali, and his irrepressible eight-year-old daughter kick around Istanbul's scenic squares and parks, playing folk music on fiddle, lute, clarinet and drum. The father teaches his daughter to play the violin. This life of genteel poverty has to change. Ali must find his brother, a famous violinist. Istanbul at its best and worst. Entertaining. In Turkish with English subtitles, on Netflix.

HOLOCAUST/ WORLD WAR II



BROKEN MIRRORS

Israeli Melodrama - 2020



Actress Shira Haas stars as Ariella, a teenager whose strict army commander father exacts punishments harsher than her rebellious behaviour merits. When he doesn't punish her for a serious

act she committed accidentally, she punishes herself in self-destructive ways to assuage her guilt. Meanwhile, flashbacks reveal her father feels guilt over an incident in his own past that continues to haunt him in the present. The scenes are physically intimate and of an emotionally raw nature. The story is not about punishment, but rather about forgiveness. Tough to watch at times, but rewarding. In Hebrew with English subtitles www.chaiflicks.com.



THE NEW BLACK (SHABABNIKIM)

Israeli Television Series - 2017



The scene is a *Charedi yeshivah* in Jerusalem. The *Shababnikim* of the title refer to those who live life beyond the conservative boundaries set by

Charedi conventions. Here this means that when the four roommates (one a serious student, the others there to find a good *shidduch*) are not reading Talmud, they hang out at the mall, have picnics in the park and drink coffee at cafes. Such progressive attitudes are deeply frowned upon by the *yeshivah's* new "guardian" Rabbi Spitzer, who instills a boot-camp ethic on his students. And there are disastrous meetings with potential brides, *oy vay!* Let the fun begin. In Hebrew with English subtitles on www.chaiflicks.com



THE RETURN: YOUNG AND JEWISH IN POLAND

Documentary - 2014



The documentary explores the unique reality of being Jewish in Poland today by following intertwined lives of four young women who are representative of a generation of Poles who were raised Catholic only to discover in their teens that they were Jewish. The film follows their struggles to create a living Jewish identity and community with all its intricacies and complexities in a virtual vacuum—within the country that was once the epicenter of the Jewish world. Enlightening and engaging. In English on www.kanopy.com.



SOPHIE AND THE RISING SUN

American WWII Drama - 2017



This is a genteel love story set in the autumn of 1941, during the run-up to the Japanese attack on Pearl Harbor. It becomes a tale of forbidden love in a foreboding time. Set in Salty Creek, South Carolina, a place of sanctimony and twitching curtains, prejudice is revealed. The performances are excellent, the message is of inclusion and resistance. On Prime Video.

SPECIAL MENTION



FANTASTIC FUNGI

Documentary - 2021



This is a documentary-cum-mission-statement that starts out as a nature film and morphs into an impassioned screed on how mushrooms can save the world. The film is a treat for the eye and ear: the use of speeded-up footage of growth and decay is spectacular. The science, not so much. But well-worth the watch. On Netflix.

PROFILE: TRUTH AND LIES IN THE MOVIES

BASED ON A TRUE STORY, OR, IF IT'S TOO
GOOD TO BE TRUE, IT'S NOT

Written by Dolores Luber

I am fascinated by movies “based on a true story”. I watch the film, then I rush to Google to find out exactly what was true and what was created by the imagination of the writer/director. But wait, then there are movies that are absolutely true; but upon examination, the person and the situation is false, a work of fiction.

MOVIES BASED ON A TRUE STORY



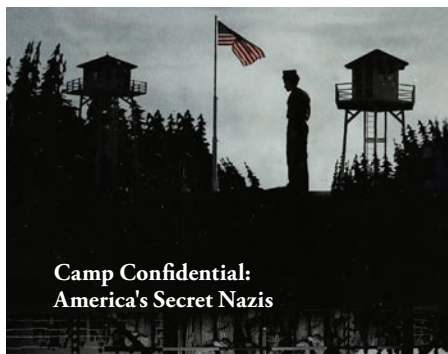
THE 12TH MAN 2017 ★★★★★

Jan Baalsrud is a little-known hero of the Second World War: a Norwegian resistance commando, part of a 12-man sabotage squad who, in 1943, approached the coast in a phoney fishing vessel filled with explosives, on a mission to blow up a German air-control tower. Betrayed by a Norwegian civilian, eleven were shot, but Baalsrud managed to get away. The true story of one wounded man's tortuous flight from the Nazis across the inhospitable, sub-zero landscape. Riveting and then the pace

slows as, severely wounded, he must rely on others to smuggle him across the border into neutral Sweden. Available on Prime Video.

CAMP CONFIDENTIAL: AMERICA'S SECRET NAZIS Documentary - 2021 ★★★★★

Think about a secret Second World War military camp near Washington DC, whose details were classified for more than 50 years. Using animation, the documentarians Mor Loushy and Daniel Sivan reconstruct the testimony of former soldiers and offer an emotional element through its stylized animation. The images are able to connect the men's inner feelings with the physical documentation. Young servicemen, mostly Jewish refugees from Austria and Germany, recount being recruited to the clandestine camp that became known as PO Box 1142. Their job was to interview and extract information from captured German soldiers and fleeing Nazi scientists. 36 minutes of breathtaking testimony which brings up major ethical issues. Do not miss this one! On Netflix.



SPENCER 2021 ★★★★★

I have watched all the movies and documentaries about Princess Diana, her marriage, her emotional and psychological problems, her divorce and her death. *Spencer* is unique—one Christmas weekend at Sandringham Estate with her husband, two sons and the “family.” The movie is titled “A fable from a true tragedy.” The actress Kristen Stewart portrays Diana's dissolving mental state in harrowing detail. There are dream sequences, internal and externalized pain, and metaphor-heavy dialogue. It succeeds in placing the viewer in its heroine's state of mind as much as it wants to capture the sense of time of the early 90s and that point in the royal relationship when things begin to disintegrate. Fascinating and thrilling. On <https://www.amazon.com/Spencer-Kristen-Stewart/>.

THE EYES OF TAMMY FAYE 2022 ★★★★★

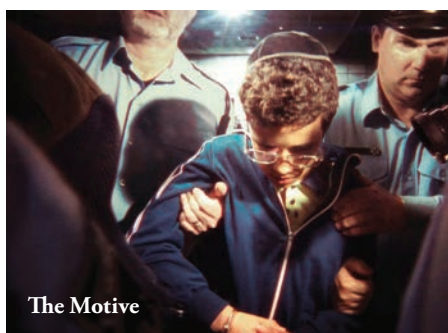
Jessica Chastain throws herself into Tammy Faye Bakker, the notorious wife of the king of televangelism, Jim Bakker. She is portrayed as a pure soul, someone who believed in all of her causes and was surrounded by inferior men who consistently tried to dim her inner brightness. I embraced the positive side of Tammy Faye, and her progressive beliefs about acceptance and homosexuality. Andrew Garfield's

Jim Bakker knew how to use her to reach a financially-driven fan base. This film is about the infamous Saga of Televangelism and how Christianity got turned into showbiz. Heartfelt and sincere, the director, Michael Showalter, gives Jim and Tammy Faye Bakker the full dignity and scandal of their humanity. Available on Prime Video.



THE MOTIVE
4-part Israeli docuseries
2021 ★★★★★

This documentary explores the 1986 killings of four family members by a 14-year-old boy in Jerusalem. He said that a monster commanded him to do it. Still, the question remains, what was his motive, especially when they appear to have been a happy family. After investigation, no one can conclude a motive for the killings to this date. This true-crime series includes interviews with friends, family, specialist, the boy's girlfriend, school teacher, cops, counselors, and the one survivor. I was thoroughly engrossed in trying to figure out why. On Netflix.



WHEN IT'S TOO GOOD TO BE TRUE, IT ISN'T TRUE

MISHA AND THE WOLVES
Documentary - 2021 ★★★★★

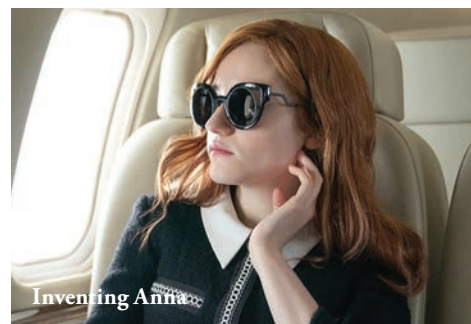
This film about Misha Defonseca, author of a 'memoir' about escaping the Nazis and sheltering with wolves as a child, is extremely watchable. The documentary assembles the story like a thriller. As her childhood is revealed, it is tempting to sympathize with Defonseca. The diligent researcher, Evelyne Haendel, herself a Holocaust survivor, did the detective legwork in Belgium, poring through the birth register and lists of wartime deportations to discover her real wartime experiences. She feels some pity as well as disgust for Defonseca: "She is both a victim and a villain." I even understood why she perpetuated the hoax. This is Holocaust appropriation. On Netflix.



THE TINDER SWINDLER
Documentary - 2021 ★★★★★

Several women meet a man, Simon Leviev, on Tinder who claims to be the billionaire heir to an Israeli diamond fortune. He lavishes them with attention, flies to them on actual private jets, and then swindles them for hundreds of thousands of dollars. This is true crime meets scam meets *Catch Me If You Can* meets the perils of modern dating! Director Felicity Morris

concentrated on the three women's first-person accounts of getting conned—why they believed him, why they cared for him, what such manipulation and confusion does to someone. And she explores the journalist at the Norwegian paper VG who unspooled his lies for an initial exposé in 2019. As for Leviev, he is a pathological narcissist and liar. Terrifying and addictive. On Netflix.

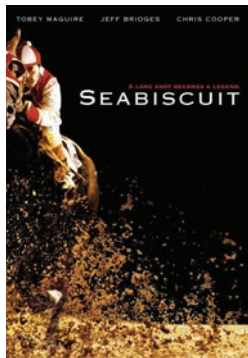


INVENTING ANNA
Television Series, 2022 ★★★★★

Absorbing, shocking, interesting, addictive! Julia Garner is Anna Delvey (nee Sorokin), the fake heiress who swindled New York's elite out of hundreds of thousands of dollars. Each episode starts with an onscreen graphic that reads: "this story is completely true. Except for the parts that are totally made up." Anna, Russian-born and raised in Germany, defrauded banks, hotels, and acquaintances in New York between 2013 -2017. She was convicted for multiple accounts of grand larceny, indicted in 2017 and incarcerated from 2019-2021. This is the story about a nobody who hoodwinked the rich and famous, many of whom never even filed charges because they felt so humiliated. Her lawyer's defense of Sorokin had a point: his client did what people do to get rich, and people believed her. Capitalism is a disease, and Anna Delvey is a mere symptom. Watch and make your own conclusions. On Netflix.

IN THE SPOTLIGHT FIVE GREAT SPORTS MOVIES

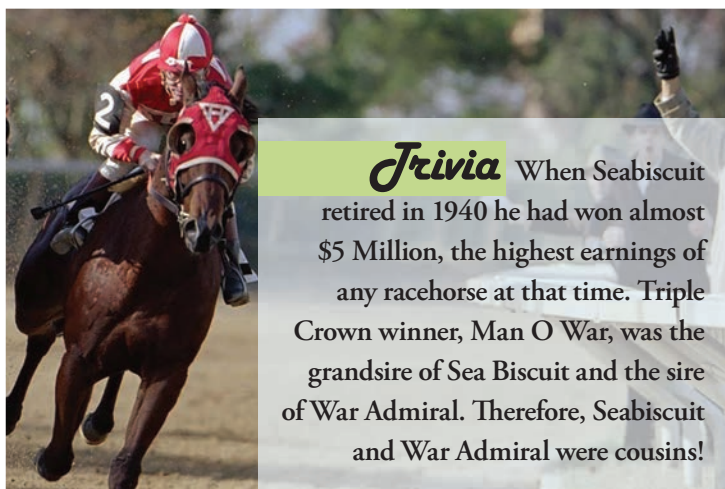
Written by Kenneth Levitt



SEABISCUIT 2003

Horse racing is “The Sport of Kings”. The Kentucky Derby, Preakness and the Belmont Stakes, grouped together are known as the Triple Crown. Very few horses have won the Triple Crown: War Admiral, Citation, Secretariat and Seattle Slew. Watching these

races is akin to watching the World Series or the Super Bowl. Sadly, Seabiscuit struggled until he found the right owner, trainer and jockey. Charles Howard, played by Jeff Bridges, is an automobile magnate in the 1920s. John “Red” Pollard, played by Tobey Maguire, becomes a horse trainer and jockey. Howard hires Tom Smith, played by Chris Cooper, as the trainer. Howard purchases Seabiscuit who is described as too small, too lazy and unmanageable, he hires Pollard as the jockey. Seabiscuit is successful on the West Coast, and Howard challenges Samuel Riddle, owner of Triple Crown Winner, War Admiral, to a race but Riddle declines. Ultimately Riddle agrees, and jockey George Woolf is later hired. The race, on November 1, 1938 at Pimlico Race Track in Baltimore, Maryland has a sellout crowd. War Admiral is favored by the experts. Seabiscuit takes the early lead and War Admiral closes. Once Seabiscuit sees War Admiral, he runs away with the race. He wins by four lengths. Seabiscuit injures his leg, so the horse and a recovering Pollard rehabilitate together.



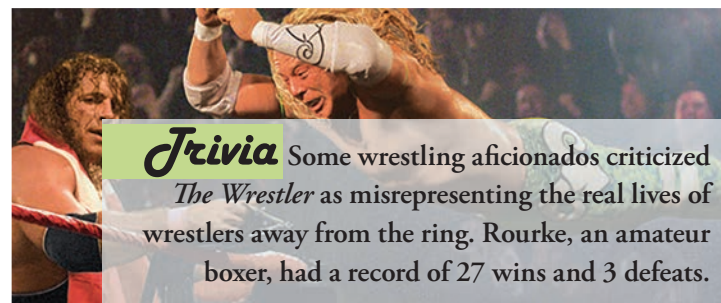
Trivia When Seabiscuit retired in 1940 he had won almost \$5 Million, the highest earnings of any racehorse at that time. Triple Crown winner, Man O War, was the grandsire of Sea Biscuit and the sire of War Admiral. Therefore, Seabiscuit and War Admiral were cousins!



THE WRESTLER 2008

Rest hold, kick out, pin, flying elbow, ankle lock and frog splash—sound familiar? Probably not! Olympic wrestling and professional wrestling have little in common. The former is highly competitive while the other has a script that must be followed. It

is fun to watch the banter between the opponents before the match begins. There can be serious injuries. Some well-known wrestlers: Gorgeous George, Hulk Hogan, The Undertaker, Andre the Giant and Bill Goldberg. Robin Ramzinski, known by his professional name, Randy “The Ram” Robinson, is played superbly by Mickey Rourke. Randy, well past his peak, wrestles on weekends. He is encouraged by his girlfriend to have a rematch with his friend, “The Ayatollah”. Randy trains hard but after competing in a hardcore match suffers a heart attack. Despite the advice of his doctor, he stubbornly decides to have a re-match with “The Ayatollah.” During the match Randy develops chest pains and is visibly wobbly. His opponent encourages him to make the pin, but he has other plans. He climbs the ropes and makes “a diving head-butt called “Jam Ram”. End of the movie. His life was wrestling, and he goes out in style. Rourke won the Golden Globes award for Best Actor in 2009.



Trivia Some wrestling aficionados criticized *The Wrestler* as misrepresenting the real lives of wrestlers away from the ring. Rourke, an amateur boxer, had a record of 27 wins and 3 defeats.




THE NATURAL 1984

The Natural, written by Bernard Malamud, is a wonderful baseball sport’s fantasy, and is both mysterious and heart-warming at the same time. How can an older ‘wannabe’ baseball player ever make it to the major leagues? It has an all-star cast that

includes Robert Redford, Robert Duvall, Glenn Close and Kim Basinger. A young Roy Hobbs, played by Paul Sullivan, learns to play baseball with his father as his instructor. As an

older teenager, Hobbs tries out with the Chicago Cubs. On his way he meets up with Harriet Bird (Barbara Hershey) who invites him to her room in Chicago with disastrous consequences. There is a sixteen-year gap when Hobbs, played by Robert Redford now aged 35 is signed by a floundering major league baseball team, the New York Knights. He hits a number of homeruns and catches the attention of the team's manager. Later he pinch hits for another player and as the story goes, "literally knocks the baseball's cover off." Hobbs continues to hit many home runs and the fortunes of the Knights dramatically rises. He hits a home run that shatters the lights of the stadium. The Knights win and advance to the World Series.

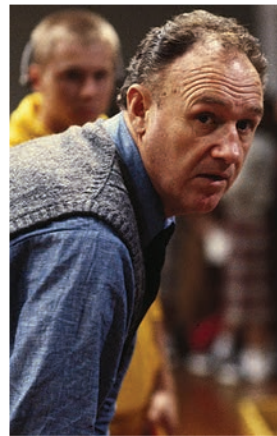


Trivia Robert Redford was 48 years old when he played the role of a 36-year-old. In the movie he did look older than 36. Bernard Malamud also wrote *The Fixer*, which became a movie and was released in 1968. It starred Alan Bates and Dirk Bogarde and dealt with antisemitism in the Russian Empire. The book won a Pulitzer Prize.



HOOSIERS 1986

For many of us Michael Jordan, Wilt Chamberlain, Kareem Abdul-Jabbar, Kobe Bryant, LeBron James, Shaquille O'Neal and Canada's Steve Nash are familiar names. NBA basketball teams that may ring a bell; Chicago Bulls, LA Lakers, Detroit Pistons and the Boston Celtics. Basketball is one of four sports that draws big crowds. The other three—football, baseball and hockey. But whoever heard of Milan High School "Huskers"? In smaller USA communities, high school sports teams are taken seriously. The whole community is involved creating pressure on its coaches to produce a winning season. Milan High School participated in the 1954 Indiana State Championship. Norman Dale, played by Gene Hackman, is hired as a classroom teacher as well as head basketball coach. The team's best player, Jimmy Chitwood has quit the team to concentrate on his studies. Dale is left with just six players. Dale begins workouts and drills with his team. The losing season is saved, the team has a winning season. The 'Huskers' go on to win the 1952 Indiana State High School Championship. The Huskers are like many small schools that have the desire to bring out the best in its team players with good coaching.




Trivia Gene Hackman has been in over 90 movies. He has won two Academy Awards; one for Best Actor in *The French Connection*; one for Best Supporting Actor in *The Unforgiven*. *Hoosiers* can be purchased through Amazon.



RUDY 1993

Rudy is an inspirational movie that tells us never to lose sight of our dreams. We learn to take the time to determine where we are going and then move forward to the goal we have chosen. Daniel "Rudy" Ruettinger, played by Sean Astin, has the ambition to play football for Notre Dame University. However, he lacks the finances, has a small stature at 5' 6" and he does not have the talent. When his best friend is killed at the steel mill, Rudy quits his job there and decides to pursue his dream. After several attempts he is accepted at Notre Dame at the age of 26. He never suits up for the regular football squad. The coach eventually places Rudy on the active roster and he is inserted in the game against Georgia Tech just before the end of the fourth quarter. He plays three downs as a defensive end and is credited with a quarterback sack. At age 28 Rudy graduates from Notre Dame. He would go on to be a motivational speaker and a writer. One of his publications is aptly titled *Insights in Winning in Life*.



Trivia Ned Beatty made his movie debut in *Deliverance* which starred Burt Reynolds. He also appeared in two Superman movies as Gene Hackman's sidekick. *Rudy* won several awards and in 2005 was named one of the top 25 sports movies of the previous 25 years. The movie can be purchased through Amazon.

I am a Hyperbaric Man

Written by Kenneth Levitt

The door to the Hyperbaric Oxygen Therapy (HBO) door closes and we start our pressurized dive to 45 feet. At the end of January 2019 I completed prostate cancer therapy which consisted of hormones, radiation and brachytherapy. In October of last year, I had blood in my urine and stool, not very pleasant. These side effects from the radiation can happen, but I was not prepared for this problem. In consultation with my urologist, I was referred to and was accepted by the Vancouver General Hospital HBO clinic.

In preparation for my HBO therapy I read the HBO booklet: no jewellery allowed, no perfume, no lotions or deodorants, 100% cotton socks and 100% cotton t-shirts. Glasses are permitted as is water, books and writing materials. Must be fully-vaccinated for Covid-19. The night before my first

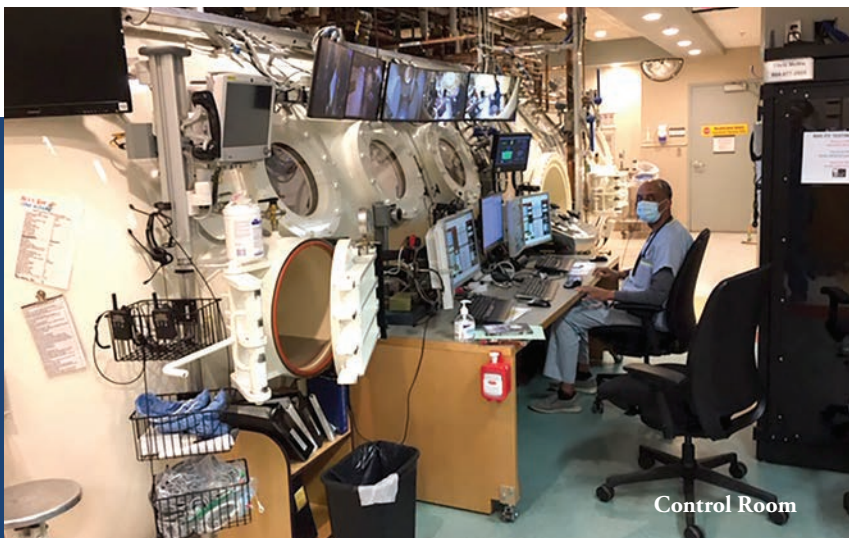
therapy I packed my things: cotton socks, cotton t-shirt, water in a plastic bottle, cell phone and a book. On December 7th, 2021, my adventure began.

At 7:30 a.m. I am picked up by a Cancer Volunteer Driver and dropped off at the Vancouver General Hospital. I find my way to the Leon Blackmore Pavilion which houses the hyperbaric treatment centre on the ground floor. At 8:15 a.m. the doors to the waiting and locker room open. The nurse takes my temperature and gives me a new mask. Next, I go to the change room where I remove my street clothes and put on the cotton socks and cotton t-shirt. Then I put on medical scrubs and finally paper slippers. When all eight of us are fully changed, one by one we are taken into the hyperbaric waiting area. Blood pressure is taken. During this time a rubber collar is placed over our heads with a plastic rim surrounding the

collar. I also get a wrist band with a small metal dome. Once we are all outfitted it is time for the HBO Chamber.

There are eight patients and one nurse (dive master). We take assigned seats. A static line is attached to the wrist band. One photo shows me with my scrubs and collar inside the chamber. The other photo shows the technician who controls the oxygen and who also monitors each patient. There are television screens for movies to be shown and above each seat is a panel of instruments that monitor each of us. The inside of the HBO chamber looks like it was once part of a submarine with thick metal walls but with windows.

When we are all seated, two clear corrugated plastic tubes are attached to the plastic rim. At about 9:00 a.m. the dive master signals to the technician to begin the dive. Once the pressurization is started it feels like our ears want to pop so we are told to swallow or drink water. I watch the depth gauge - 1.4, 12, 25, 35, 45 feet. It takes about 10 minutes to reach 45 feet. At this depth clear plastic hoods are placed over our heads and fitted on to the plastic rim. Pure oxygen is piped in for 30 minutes with a 5-minute break, then another 30 minutes with a five minute break and another 30 minutes. At the end of this



Control Room



period the oxygen is turned off and we begin our ascent which takes about 15 minutes. The whole treatment takes about 2 1/4 hours. This was the routine for all 40 sessions. I change my clothes after putting my scrubs in a plastic bag and place it on a hanger. At 11:30 a.m. Leah would arrive and we drive home.

There were eight of us in the waiting room. The patients were friendly and we got to know each other to some extent. Of the eight patients, four had hearing loss in one ear and were referred by their physicians. Some were prescribed steroids in addition to HBO. They did a maximum of 20 sessions and most made marvellous recoveries. The rest of us were there for a variety of cancers that respond to HBO. One person had a bladder bleed, and he was doing 60 sessions and the treatment was successful. A few persons were from out of town and had to find accommodation for the duration of their treatment. As we got to know each other, a sort of comradeship took place. We shared our stories and sometimes gave advice to the newcomers or sought advice from the 'veterans'.

One of the fun things we did was to choose a movie to watch. I watched about 40 movies; e.g. *Under the Tuscan Sky*, *Seabiscuit*, *Rain Man*, *African Queen*, *Goldfinger*, and *Lawrence of Arabia*. It was a great to have options for passing the time.

I started my treatments on December 7, 2021 and finished on February 17, 2022. During my 40 sessions I had eight different drivers from the Volunteer

Cancer Drivers group. They are wonderful, retired people who make themselves available. The drivers were courteous, pleasant, on time and good company. The HBO staff were caring, conscientious about hygiene, making sure the patients were comfortable and always ready to help. They are an impressive group of professionals that included a physician, nurses, and technicians. The cost per session per person if we were paying privately is about \$350 or about \$14,000 for all 40 sessions. This cost is covered by our Provincial Health Care system.

In many ways this was an adventure into the unknown. HBO treatment is a well-kept secret. Not many people or professionals are familiar with it. It can be an effective therapy for those who are eligible. The HBO clinic is the best of its kind in British Columbia and the only one covered by our wonderful health care system. There are others but they are all for-profit. In my opinion, they do not measure up to the VGH. I believe the HBO treatments did major repairs to the injury done by my radiation treatment. The adventure continues.



Ken Levitt is Past-President of JSA and served as Administrator of Louis Brier

Home and Hospital from 1985-2002. He has a background in recreation, corrections, child welfare and services to seniors.

Sponsored by **DOLORES LUBER**

Effects of Hyperbaric Oxygen Therapy (HBO) on Irradiated Tissues:

- HBO treatment stimulates angiogenesis (making new blood vessels) and improves oxygenation.
- Reduces tissue fibrosis.
- Increases stem cells within injured irradiated tissue that can differentiate as needed by that tissue.
- HBO treatment is recommended for diabetic non-healing ulcers, chronic osteomyelitis, soft tissue radiation damage, radiation damage affecting the bone, decompression sickness, carbon monoxide poisoning and hearing loss.



NIMBY NOT IN MY BACK YARD!

Written by Michael Geller

As an architect and developer for five decades, I have had many encounters with neighbourhood residents expressing concern about new developments. While sometimes they were best described as NIMBYs since they were not opposed to the type of development, they just didn't want it built near them; on other occasions their concerns were valid and sometimes even helpful.

This article shares some personal experiences in the hope they will encourage *Senior Line* readers to speak up when they have concerns about new development proposals. It also includes suggestions on how to increase the likelihood your voice will be heard.

In the mid-1980s, the late Morris Wosk invited me to his penthouse office at Beach Towers to discuss an idea. He wanted to replace twelve garden apartments in his Langara Gardens

development with an 18-storey rental highrise tower, and he would move into the penthouse. My role was to assist with the design and obtain the necessary approvals from City Hall.

If you drive along West 57th you will find this tower with a two-level penthouse on top. But what you will not find are three additional rental towers Morris Wosk hoped to build. They came up against strong opposition by a quickly formed community organization which called itself South Cambie Ratepayers Against Proliferating Towers (SCRAP-IT). Its members claimed more towers would detract from the character of the neighbourhood and the city.

Because they were so well organized, (and even included a senior city planner) city council listened and turned down the proposal. Ironically, 30 years later Vancouver City Council approved a plan

that will almost triple the amount of housing at Langara Gardens with towers up to 28 storeys.

A few years later, Morris Wosk and I proposed a four-storey apartment building for Jewish seniors to replace four lots on Oak Street between

42nd and 43rd. The immediate neighbours objected and organized others along the street, claiming concerns about shadowing and parking. In response, seniors within Vancouver's Jewish community, led by the late Dr. Josephine Mallek, also organized, and turned up at City Hall for the Public Hearing. City Hall approved the rezoning. However, in response to neighbourhood opposition, Council reduced the building height to three storeys and required additional parking.

In 1988, Delta's Director of Planning Art Cowie introduced me to George Spetifore. His 753 acres of land in Delta had been removed from the Agricultural Land Reserve (ALR) following considerable controversy. Art asked me to oversee the preparation of a comprehensive plan that would include new housing, a golf course, community amenities, and a major park to be donated to Metro Vancouver.

Anticipating community concerns, I set up a storefront community office and the planning started well. But soon the opposition became well-organized and loudly claimed the property was within an international bird flight path. They even managed to get the Federal Minister of the Environment to call for a moratorium on development.

However, the Public Hearing process began and went on for 26 evenings. Yes, 26 evenings. Eventually Mayor Doug Husband, who supported the development, phoned me to say he was going to have to change his vote since he could no longer go to the supermarket without being attacked by opponents. Today, an attractive new community is being built on the land. Meanwhile Metro Vancouver paid millions for the parkland the developer had offered to donate. Ten years ago, I met a West Vancouver homebuilder who wanted to replace three



older houses with 9 duplexes and coach houses near the West Van recreation and seniors' centres. Unfortunately, his plans had been repeatedly rejected by the neighbourhood.

I thought it could be a lovely development, so the developer sold me the land on the understanding I would pay him a bonus if I was successful in obtaining approvals, and he could buy one of the duplexes at a discounted price. I revised the designs and applied for rezoning approval. 150 people wrote letters or spoke at the multi-night Public Hearing, generally in opposition. However, Mayor Pamela Goldsmith-Jones supported the application, and it was approved 4-3. Today, Hollyburn Mews, as the development is called, is considered an excellent example of 'gentle density' and something to be emulated throughout the District.

Those who opposed the additional towers at Langara Gardens, Oak Gardens, the Spetifore Lands and Hollyburn Mews were wrong in my opinion. They were NIMBYs. However, speaking out in opposition to a development is not always wrong.

Last year, the Jewish Seniors Alliance Advocacy Committee joined several neighbourhood groups concerned about a 12-storey social housing development containing 140 suites on a vacant lot at West 8th Avenue at Arbutus. JSA's concern was not the building's height. Rather it was the provincial government's announcement that all the units would be occupied by those often described as 'hard-to-house', suffering from mental illness, drug addictions, or dual diagnoses. We feared it would turn out like Marguerite Ford Apartments near Olympic Village which required 729 police calls in its initial 16 months of operation.



To increase the likelihood that our concern would be considered, rather than oppose the development like other neighbourhood objectors, JSA supported it. However, we urged the province to offer the homes to a broader mix of households with no more than 30% of the units allocated to those deemed 'hard-to-house'. The remaining units should be offered to lower-income seniors, and single parents with children wanting to live in this prime location.

Time will tell if our strategy will be effective.

Recently, Vancouver City Council considered a comprehensive new 30-year plan for the Broadway Corridor between Clark Drive and Vine Street. The plan proposes replacement of many small older apartment buildings with high density highrise buildings along Broadway, Arbutus Street, and other arterials. City officials claimed the high densities were necessary to create affordable rental housing. While architects and planners were taught that building forms should follow function and relate to their surroundings, in the case of the Broadway Plan, 'form follows finance'. I disagreed



with aspects of the plan and could not help but publicly share these concerns. I also privately encouraged other architects and planners to join me in speaking out.

At the time of writing, City Council has not made a decision. However, I expect the plan will be approved with some modifications. And for years to come, some Vancouver politicians and residents will accuse me of being yet another NIMBY!



Michael Geller is a planner, developer, and retired architect. He serves on the Board of the JSA.

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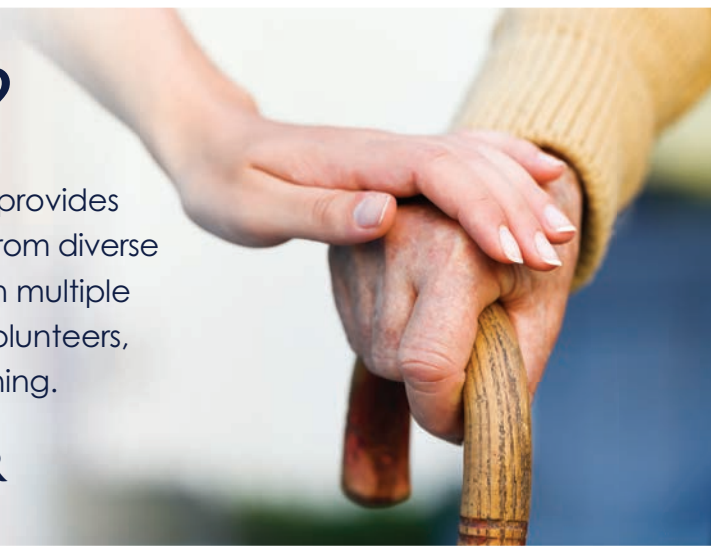
DOLORES LUBER

PEER SUPPORT SERVICES

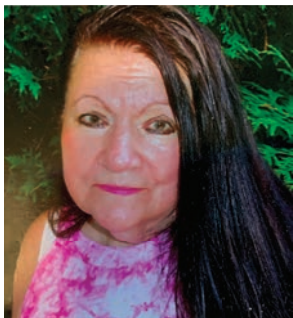
DID YOU KNOW?

Jewish Seniors Alliance Peer Support Program provides services to over 200 seniors with varied needs, from diverse cultural backgrounds. Services are delivered in multiple languages by highly trained and motivated volunteers, who receive certification after 55 hours of training.

SENIORS STRONGER TOGETHER



YOUR SUPPORT MAKES A MEANINGFUL DIFFERENCE IN THE LIVES OF SENIORS



"My passion is to help others. I saw an ad for Senior Peer Support Volunteers and took the training with Grace Hann which further enhanced my helping and listening skills. Today I am busy with JSA, Pacific Association of First Nations Women and my grandchildren.



CATHERINE, VOLUNTEER



I have truly enjoyed each senior to whom I have been assigned. These seniors have different stories and very unique lives. Being a part of their lives has been very enriching as I also continue to learn."

PETER, VOLUNTEER



JSA has initiated several supportive and distinct peer services offered to all seniors in the lower mainland, 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, Home Visits, Support Walking Program, 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 and 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 for the needs of seniors and seniors' organizations in the Lower Mainland, JSA responds to concerns with governments, public agencies and funding groups, including at this time:

- Advocating to both levels of government for an overhaul of the Long Term Care system.
- Urging the federal government to implement a national, universal pharmacare and dental insurance program for seniors.
- Participating in webinars and zoom meetings to share information that focuses on issues seniors are facing due to the COVID-19 pandemic.
- Combatting Ageism in all its forms.



Jewish Seniors Alliance
SENIORS STRONGER TOGETHER

RETURN TO:
Jewish Seniors Alliance
800 East Broadway, Vancouver, BC V5T 1Y1

Name		Telephone
Address		City
Postal Code	Email	
I would like to make a gift of:		
<input type="checkbox"/> \$18 <input type="checkbox"/> \$36 <input type="checkbox"/> \$54 <input type="checkbox"/> \$72 <input type="checkbox"/> \$180 <input type="checkbox"/> \$360 <input type="checkbox"/> Other: \$ _____		
Set up my Monthly Recurring Support in the amount of:		
<input type="checkbox"/> \$20 <input type="checkbox"/> \$35 <input type="checkbox"/> \$50 <input type="checkbox"/> Other: \$ _____		
Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance of Greater Vancouver		
Credit Card # (Visa/MC)		Expiry Date /
Signature		CVV Code
Please help save costs by signing up to receive tax receipts by email <input type="checkbox"/> Yes <input type="checkbox"/> No		
A Donation of \$18 or more will recognize you as a Member/Supporter of JSA which will allow you to vote at our AGM. A tax receipt will be issued for a donation of \$18 and up.		

DORIS, AGEISM FIGHTER, CONFRONTS NOISE AND HEARING ISSUES

Written by Tony DuMoulin

I was delighted to see my old friend Doris when I got on the bus the other day. Doris, who clearly wanted to chat, suggested I join her for a coffee at a nearby coffee place.

For those of you who did not read my last column, when I introduced Doris, she is an independent and active 83 year old friend of mine who lives in her own home on a modest pension. She likes to speak her mind, especially when she sees injustice and inequity which harms the well-being of seniors. In short, she is an “anti-ageism activist.”

Doris told me that she likes this particular coffee place because it is quiet, making conversation easy. She described an unpleasant experience she had about two weeks earlier, when she and an old friend went out to a restaurant for dinner to celebrate her friend’s 85th birthday. The restaurant was noisy: loud music was playing, other patrons were speaking at high volume over the music, and there was a constant noisy clatter bouncing off the bare tile floor. Neither Doris nor her friend could hear a word the other was saying. Disappointed but resigned, the two eventually stopped trying to converse and contented themselves with eating, after having had a struggle understanding their server and conveying their choices to him.

“I don’t understand why restaurant operators think everyone wants such noise,” said Doris. “They should be thinking about all their customers, including those in their senior years, instead of just the younger ones, who I guess are bigger spenders. Seniors want to take a break from eating alone at home, so dining out with a friend or two is an important option for many of us. We can be very loyal customers, but only if we find an eating establishment that is quiet.” I agreed. “At the end of our meal, but before paying our bill,” Doris continued, “I told my server that I wanted to speak to the manager. When she arrived, I complained about the noise, and told her I would not be coming back because of it. I suggested she consider either setting aside a quiet corner where the music was muffled and there were carpets over the tile floor, or introducing a “quiet”, music-free night, once a week, for the benefit of the many customers, and not just seniors with less than perfect hearing, who want to have actual conversations with their tablemates. The manager, who had moved her face only inches from mine in order to hear me and be heard, listened carefully, and said she would give both my ideas serious consideration. She would talk to the owner about their feasibility. I gave her my phone number and invited her to call me if changes were made, so I could consider coming

back sometime. And to top it off, the manager then offered us both desserts on the house, which we readily accepted, and enjoyed, with the music now a noticeable few decibels lower.”

As we were leaving the coffee place, Doris put her coat on, and I noticed a big round button pinned to her lapel, with the words: I’M HARD OF HEARING. PLEASE SPEAK CLEARLY. “Where did you get that?” I asked her. “I got that at a Vancouver based non-profit called Wavefront Centre for Communication Accessibility, or just ‘Wavefront,’” Doris replied. “It has been around since 1956, until recently, it was called ‘Western Institute for the Deaf and Hard of Hearing.’ It is a great resource for someone like me who doesn’t know for certain if she has serious hearing loss. I noticed more and more, recently, that I am asking people to repeat themselves. The experience in the noisy restaurant got me thinking that maybe it was not all the restaurant’s fault. Maybe there is something I can do to improve my communication with others. After all, it is quite common for folks my age to suffer some hearing loss. I decided to get my hearing checked.

“Wavefront offers a comprehensive hearing test, with written results you can take home, done by a qualified audiologist. My test results showed that I had a mild hearing impairment in both ears. The audiologist suggested that I might benefit from hearing aids sometime in the next year. It was important for me to know that Wavefront does not sell hearing aids, or promote any particular brands, so their tests are very objective. However, the tests do cost \$75, an amount I could manage, but which might deter some. There are many free hearing

tests available, but they are available by businesses that sell hearing aids. Obviously they would have an interest in you buying them. Also, those doing the tests are not necessarily well trained or experienced. They may not be audiologists. You should always ask about the credentials and experience of the person offering a free test.

“It sounds like you learned a great deal at Wavefront,” I said. “I did”, Doris replied. “I also learned that buying this button is a lot less expensive than buying hearing aids, and may help a bit while I make a decision about spending \$1,500, or more, on decent quality hearing aids. I have already discovered that some people speak to me more clearly after noticing my button, including you!”


As we walked towards the corner where we would go our separate ways, Doris added one more example of inequity she had learned of recently: “I have a dear friend, Mabel, a bit younger than me, but very hard of hearing. She has a more meagre income than I do, and cannot possibly afford hearing aids, which she clearly needs. Mabel is becoming more isolated because of her growing inability to communicate with friends and those she needs to interact with in her daily life. She cannot hear people on the other end of the phone, even with the volume set at the maximum. If she lived in Alberta, their government’s “Aids to Daily Living” program would provide hearing aids free of charge, or for a nominal charge, to someone at her income level, but here in B.C. there is no such program. It is a shameful gap in our healthcare system. Mabel could have a free hip replacement if she were to have a fall, but she is forced to get by without hearing aids. I fear

SENIORS AND NOISE LEVELS IN RESTAURANTS

60% of respondents reported that noise was a factor when choosing to eat out.

35% of respondents stated that they eat out once a week.

Individuals that are hard of hearing who eat out report feeling:



- Isolated
- Frustrated
- Irritated
- Anxious
- Annoyed
- Distracted
- Exhausted
- Discouraged
- Angry
- Uncomfortable
- Embarrassed
- In-Pain

<https://www.sensoryfriendly.net/>

her growing isolation may soon lead to dementia or other mental health issues. There are many low income seniors in our province with the same problem. I just hope the provincial government can convince Ottawa to increase health transfer payments to provinces sufficiently to enable B.C. to provide hearing aids to its residents who cannot afford them. By the way, Wavefront does its part as a charitable non-profit by operating a refurbished hearing aid program for those who cannot afford new hearing aids. Unfortunately, because of the very high demand, the waiting time for access to this program is at least a year. And Tony, please spread the word. If anyone you know is planning to replace their current hearing aids—urge them to donate their old ones to Wavefront. Such thoughtfulness might even end up helping Mabel one day. But folks like Mabel should not have to wait a year,

and depend for their essential health needs, on some kind person donating used hearing aids. Not in Canada, where we cherish our universal healthcare system.

“You know, talking to you about this has inspired me to write a letter to the new Minister of Seniors in Ottawa and the B.C. Health Minister about this gap in our system. I will start writing it as soon as I get home.” Good for Doris. We need more like her.

Tony DuMoulin
is a JSA Board Member and Chair of its Advocacy Committee.



Sponsored by **GYDA CHUD**

PEER SUPPORT SERVICES: VOLUNTEER PROFILES

DEBRE JAMES

Interview by Charles Leibovitch

Debre James has been a volunteer (both a Friendly Visitor and later as a Senior Peer Support Volunteer) since 2014. She was born in Hamilton, Ontario. Her mother was a teacher and her father, a veterinarian. As a result, Debre has a strong love for animals. Debre has always been interested in the creative and performance arts. She completed her studies in performance arts, majoring in Music Theatre. She studied voice, acting and dance from 1978-1980. She attended Sheridan College, which was the only specialized graduate musical theatre program in Canada, at that time.

Debre then got a job as a musical performer, singing and playing guitar, at Mount Royal Hotel. She performed in the lounge three hours per night, six nights per week. That fall, she found work in Banff, at The Banff Centre as



switchboard operator for a year. Then Debre moved to Vancouver in 1982, and found it challenging to find full-time employment. She eventually found part-time work and moved to the West End, and has lived on the same street ever since.

Debre continued to return to playing guitar and singing at parties part time, then she got a job playing guitar in 1986. She worked for North Shore Neighborhood House, in their After School program, researching children's songs, and teaching music to children ages 5-12. She later taught art skills in an After School program at Boys and Girls Clubs of Greater Vancouver. Throughout the 1990s, Debre continued to hone her craft, and also worked as an artist model for art institutions.

By the early 2000s, Debre began to volunteer and work for Gordon Neighborhood House as a musician, playing music and singing at GNH's Earth Day concert celebration. Debre volunteered assisting with reception duties at Gordon Neighborhood House. She developed a music program for their members during the evenings. From 2010-2013, Debre was involved in participating in Small Neighbourhood Grant events.

Debre met Grace Hann, our Jewish Seniors Alliance (JSA) Trainer in 2010 at West End Seniors Network. Grace talked about her network of volunteers. Then in 2014, Grace suggested to her that she take the friendly visitor training and become a volunteer for JSA. Debre then became a Friendly Visitor for JSA

for four years. In 2019, she took the Senior Peer Counselling training course. Debre then was given her new current client. When asked about her experience with Peer Support at JSA, Debre advised that she "felt enlightened and had learned a lot about how to speak to seniors and people in general, who have emotional problems." Debre added that she enjoys meeting the variety of people through her interactions with clients and volunteers.

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



NORA GROVE

Interview by Grace Hann

Being an East Coast gal and growing up in Halifax was a great start for Nora and from there her world would take her into many other places and rich life experiences! An avid reader, writer and poet, is just a glimpse into Nora's life.

In Nora's early years, she struggled as she witnessed the tragic death of her little three-year-old brother, Nora was just five years old but was left with an indelible imprint of loss. To see your world turn upside down in mere seconds was an indicator to never take anything for granted.

Nora's life continued its change as she moved with her family to Victoria. Adapting and leaving her beloved grandparents back in Halifax was



difficult but Nora knew it was up to her to move forward and she did this with amazing ease as she conquered one challenge after another.

As a single mom, Nora raised her only child David. To accomplish this, there was one way forward and that was to continue with her education while at the same time working for the Federal government. Earning one degree after another appeared effortless as Nora first focused on Education (B.A.) and then completed her masters in counselling.

Nora set out to create her own life's road map. While counselling was resonating with Nora, she also felt compelled to participate in the Women's Liberation movement and before long became involved with The Status of Women for the Teacher's Association. Sexism and discrimination ran rampant and Nora saw this as an opportunity to be a supporter for Change!

As time progressed so did Nora. Fast becoming a champion and an advocate for change, she joined Simon Fraser as a faculty Associate to support younger student teachers and then on to liaison with Inner City Schools to support children with special needs. Setting up

peer counselling support groups and again advocating for people with needs appeared a natural instinct for Nora.

In 2000, Nora was set to retire, time to travel and explore. With her life time partner Maggie, lifelong learning continued as they travelled to Italy and while there, studied Video Art. Trips to France and Ireland also fared high on their list!

Last year Nora's mom died while in isolation at 101 years old! An awareness that so many of our elders are socially isolated by the impact of Covid-19 and other issues motivated her to want to help out in this area.

It was through this recognition that Nora heard about Jewish Seniors Alliance "Friendly Visitor Program", she has expressed her admiration for the excellent work done by Grace H.

and Charles L. and their support for the training and team support through various social support groups.

Nora also would like to express her appreciation and her good fortune of being assigned to a lovely person whom she trusts. She finds the experience of their conversations interesting and rewarding.

"Act as if what you do makes a difference. It Does." -William James



Grace Hann

is the trainer of volunteers of Senior Peer Support Services. She has been training volunteers and supporting seniors for over 20 years.



You can make a difference!

Help our older adults live with dignity, safety and comfort rather than in loneliness and isolation.

JSA offers the following volunteer opportunities:

- Emotional Peer Support
- Friendly Visits
- Friendly Phone Calls
- Support Walking Program
- Help Seniors Learn Technology

Extending Our Reach:

JSA offers our professional training free of charge to our community partners.



For information on how to join our volunteer team contact Grace Hann or Charles Leibovitch at 604.267.1555

VOLUNTEER SUPPORT MEETING: I'M NOT DEAF, I'M HARD-OF-HEARING

Written by Shanie Levin

On March 31st the volunteers of the JSA Peer Support program listened to a talk by **Dr. Lisa Dillon Edgett** entitled *I'm not Deaf, I'm Hard of Hearing*, learning how to support clients with hearing loss. Dr. Dillon has a PhD in Audiology and teaches courses for adults with hearing loss at Vancouver Community College. Her topic was strategies to assist people with hearing loss.

Charles Leibovitch welcomed the 30 volunteers and encouraged them to sign up for the newly organized walking group for volunteers and clients.

Grace Hann then welcomed **Dr. Joan Robillard** who introduced the speaker.

Dr. Dillon concentrated on how to support clients with hearing loss, and presented information on knowledge strategies and tools to promote effective communication. Her talk consisted of the following themes: Hearing Loss;

Myths; Impact; What Can Help; and Practical Applications. Nine percent of the population has some hearing loss. Ninety percent can be helped with proper aids, counselling and environmental changes. Degrees of loss vary from mild to profound.

Both volume and clarity are crucial in dealing with hearing loss. ”

Both volume and clarity are crucial in dealing with hearing loss. It takes so much effort to hear by those affected that as a result, they can have feelings of detachment and isolation, even when surrounded by others. It can take 7 to 10 years for individuals to do something about their hearing loss.

There are many myths about hearing loss, but speaking more loudly does not help. It is clarity that is the most helpful. Hearing loss is often unrecognized and undertreated. Because it is often easier to just stay home, it can lead to depression, dementia and increased falls. When comparing hearing and vision loss, hearing loss is more problematic as it can cut you off from music, movies and safety. Hearing connects you to the world.

The social and emotional impacts can lead to anger and frustration. Strategies to be more assertive and help with communication must be learned. What can others do about it? Do not cover your mouth when speaking; don't just get louder. It is better to say "I don't understand", rather than "I can't hear."

Factors that can help include: reducing background noise, having lighting on the face of the speaker, keep your position face to face and about three to six feet from the person. Make sure, as the speaker, that you maintain eye contact with the person and identify the topic, speak clearly and enunciate the endings of words. Always ask for feedback and guidance. Don't keep repeating the same words but try instead to rephrase, review and clarify. Successful communication depends on identifying problems and working on solutions. It is important to be assertive but not aggressive. All these things take awareness and thought.

Hearing aids can be a huge help. There have been many positive developments in hearing assistance technology, such as access to listening devices and speech-to-text apps, closed captioning on TV, apps on smart phones and hearing aids with bluetooth. Dr. Dillon spoke very clearly with perfect enunciation. Her talk was understandable and a pleasure to listen to.



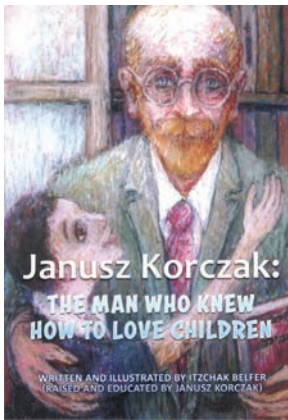
CURL UP WITH A GOOD BOOK

Written by Dolores Luber

All books available at the Waldman Jewish Public Library
We welcome book reviews by our readers, send them
in to me at editor@jsalliance.org.

JANUSZ KORCZAK: THE MAN WHO KNEW HOW TO LOVE CHILDREN

Written and Illustrated by Itzchak Belfer



The story of Dr. Janus Korczak, a Polish pediatrician, who ran an orphanage in Warsaw, is a story that needed to be told. Itzchak Belfer was taken in by Dr. Korczak at age seven because his father had died and his mother was unable to care for six children. This book is perfect for children and adults and would be ideal to read together.

It's a sweet story, but it's also sad. The story ends on a sad note, due to the fate of the real-life Dr. Korczak. The artwork in the book feels perfectly suited to the story. I think this book is a great addition to every child's library and is a great introduction to a troubling part of world history that we must always remember.

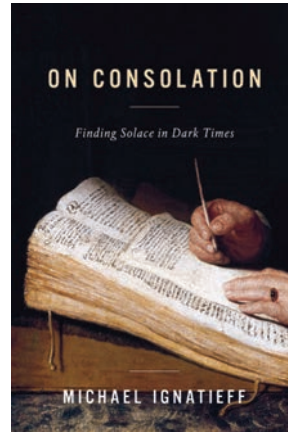
'Korczak, the legendary Polish pediatrician, author and educator, was murdered in 1942 by the Nazis when he refused to save himself and abandon his Jewish students. He was not able to betray his entire doctrine and life work, and desert his students. Instead, he marched with them, walking tall, into the Treblinka incinerators. Korczak is known as one of the pioneers of current multiple pedagogical streams. He truly understood children, loved them and had a revolutionary approach toward children. Teachers all over the world have adopted his ideas and practice.'

Sponsored by

FRANCES BELZBERG

ON CONSOLATION: FINDING SOLACE IN DARK TIMES

Written by Michael Ignatieff



How weary are you? How much more bad news can you absorb and still maintain your optimism and equilibrium in order to live a meaningful, healthy life? When the world is in crisis, where should we look for comfort—for consolation? Given humanity's dwindling religious beliefs, we are less likely than previous generations

to see our lives as part of a grand cosmic plan, or believe that paradise awaits in the great beyond. All of which can make consolation—the idea that there is a point to existence, and therefore to our tragedy and suffering—that much harder to find. Ignatieff's book is an ambitious restoration project, a survey course of Eurocentric anguish from Job to the Polish poet Czeslaw Milosz.

In my search for the ability to weather the storm of grief and misery which surround me, I found inspiration and comfort in the holy texts and the stories of ill-fated historical figures. There are lessons to be taken from those who have faced enormous hardship and emerged with a greater understanding of themselves and their place in the world. "What do we learn that we can use in these times of darkness?" Ignatieff asks. "Something very simple. We are not alone and never have been."

KEEP YOUR FACE
ALWAYS TOWARD
THE SUNSHINE
AND SHADOWS WILL
FALL BEHIND YOU.

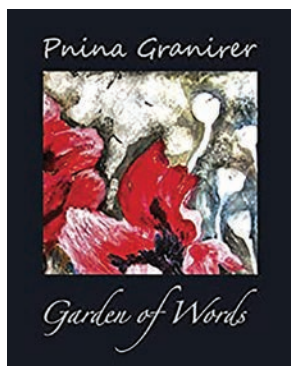
~ Walt Whitman

FEATURE BOOK REVIEWS

Written by Janet Nicol

GARDEN OF WORDS

Written by Pnina Granirer



Garden of Words is a contemplative book of poetry, beautifully illustrated with art work from Pnina Granirer's portfolio of more than six decades. A Vancouver-based artist of international acclaim, Granirer has penned this volume on the heels of her multi-layered, comprehensive memoir, *Light*

within the Shadows: A Painter's Memoir, 2017, a life story with themes of identity, dislocation and conflict found again in this collection. Granirer also captures life's beauty and joy, bringing a lightness and spirituality to her poems.

Granirer was ten years old, of Jewish heritage and living with her family in Romania under Nazi occupation when she wrote a celebratory poem about the end of the Second World War in 1945. Concise, expressive and wise, the poem introduces *Garden of Words*. The subsequent poem proclaims the intent of the book— to plant words in a field of images “and watch them grow.”

Poems are organized into themes, beginning with “Sea and Stones.” Granirer muses about nature and eternity in these poems, inspired by her many artistic renderings of the ancient stones on British Columbia's Gulf Islands. Granirer's second topic is “Pandemic.” She contrasts the lethal nature of the global health crisis to the eternal beauty of nature in the poem, *Plague*. *All Together Now* describes the ways the world has united, the poem illustrated with four figures dancing in a circle, the mixed media art entitled *Utopia — All Together Now*, (2008). Granirer's energetic lines in the mono print *Leap* (2002), underscores her admiration for the subject in flight.

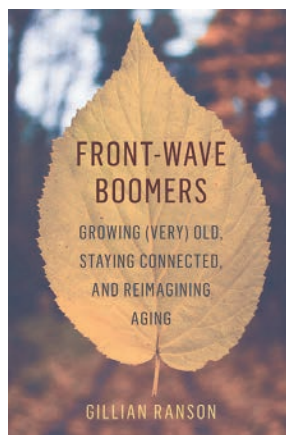
Granirer then addresses topics both personal and universal, “This and That,” her ideas ranging from the satisfaction of getting a painting right to healing the wounds of the soul. *Poppies with Pods*, (1995), a mixed media rendition of two

bright red flowers, is well matched with the poem *Red*, and the descriptive line, “poppies drunk with sunshine.” The final poem is about the artist's late beloved husband of 66 years, Edward Granirer and a charcoal drawing from 1957 shows “Eddy” studying by candle light during a power outage.

Granirer's poems have a clarity, directness and depth, giving the reader accessible insights into her artistic vision and process—as well as her thoughts and feelings about personal and universal issues. The play between her poems and art work is original, stimulating and visually enriching. By the end of *Garden of Words*, the reader gains a satisfying sense that the artist has come full circle in both her life and art.

FRONT-WAVE BOOMERS: GROWING (VERY) OLD, STAYING CONNECTED, AND REIMAGINING AGING

Written by Gillian Ranson.



What does growing old—and “very” old—look like for a generation of Canadians born between 1946 and 1965? It's a question Alberta-based journalist and sociologist Gillian Ranson sets out to answer in her highly readable and informative book, *Front-wave Boomers*.

Ranson is among the 25 percent of Canadians known as baby boomers and her first-hand experience and empathy serves to enhance this research. Besides delivering plenty of statistics, comparative studies and footnotes, the author interviewed more than 100 people of diverse backgrounds, between the ages of 62 and 77.

The first four chapters provide a detailed portrait of boomers and their level of readiness for “very old age.” Unlike previous generations, boomers are better educated, have fewer children, if any, and are impacted by the geographic mobility of family, friends and neighbours. They have lived through an era of social protest and economic prosperity. “Overall boomers have far fewer family connections than our forebears did,” the author observes. “Elder orphan,” for instance, is a new sociological term and refers to a senior without family members.

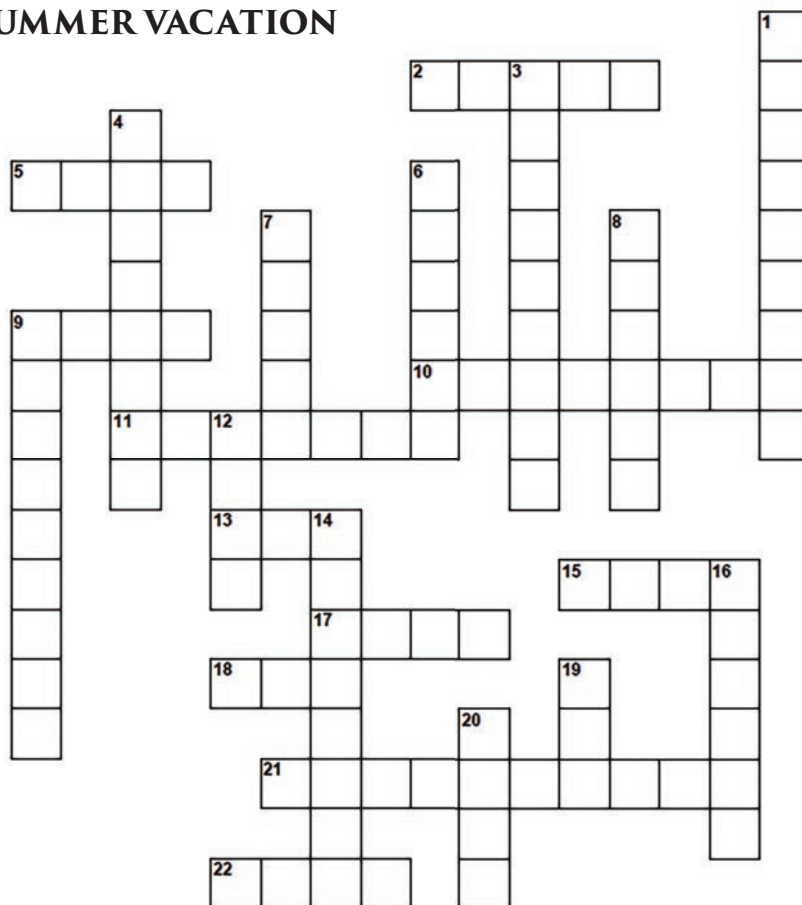
The different aging experiences of immigrants as well as Indigenous people, having experienced the trauma

CROSSWORD PUZZLE

Crossword by Evelyn Johnson - www.qets.com

For Solution See Page 38

SUMMER VACATION



ACROSS

- 2 Aircraft carry people through deep water
- 5 Long paved surface for the passage of vehicles and people
- 9 Place where ships load and unload
- 10 Something kept as a reminder of a place
- 11 Two wheel vehicle with pedals
- 13 Picture of a particular area of the Earth
- 15 Open vehicle for travelling on water
- 17 Large vessel built to
- 18 Used to carry a large number of people
- 21 Two-wheeled motor vehicle with uncovered engine
- 22 Automobile

DOWN

- 1 Travel route or plan
- 3 Exciting escapade
- 4 Collection of clothes that is the property of one person
- 6 Travel for pleasure in a ship
- 7 Carries people and cars across a body of water
- 8 Device for taking photographs
- 9 Person who is not driving
- 12 Temporary outdoor living area with tents as shelters
- 14 Travel document that shows citizenship
- 16 Pass
- 19 Move through the air by means of wings
- 20 Journey, voyage or excursion

of residential schooling, are also acknowledged. Privilege tends to play forward when it comes to aging, the author notes, just as disadvantage does. As a result, the aging process of many vulnerable groups is precarious and uncertain.

Interviewees were contacted by Ranson in 2019 and after the Covid-19 global pandemic broke out in March, 2020, she talked to many of them a second time, revealing the interviewees hardships and new experiences. In a “big picture” view of the health crisis, Ranson asserts that vulnerable populations were at risk and ageism heightened. She then examines the challenges and changes ahead in the field of aging and eldercare. Elders matter, a notion embedded within Indigenous teachings but not necessarily by the rest of our society. She suggests the slogan “It takes a village” applied to our collective care of children, can also include care of elders.

Boomers want agency and autonomy as they grow older. Ranson observes this requires “good genes, good health, good finances and good luck.” What really makes a difference is our connections to people. To this point, Ranson describes a “convoy model of aging.” A convoy contains the people each of us carry for our emotional, social and practical support. Our convoy can change and grow over time. Strong ties (such as family and close friends) and distant ties (i.e. neighbours, baristas) are all important to a healthy convoy.

There are many more valuable findings. Perhaps the most significant—besides the importance of social connections—is that seniors must create and be responsible for their own solutions. *Front-wave Boomers* succeeds as a contribution to this call to action.

HUMOUR!

Are you sweating whilst putting petrol in your car, feeling sick when you are paying for it...



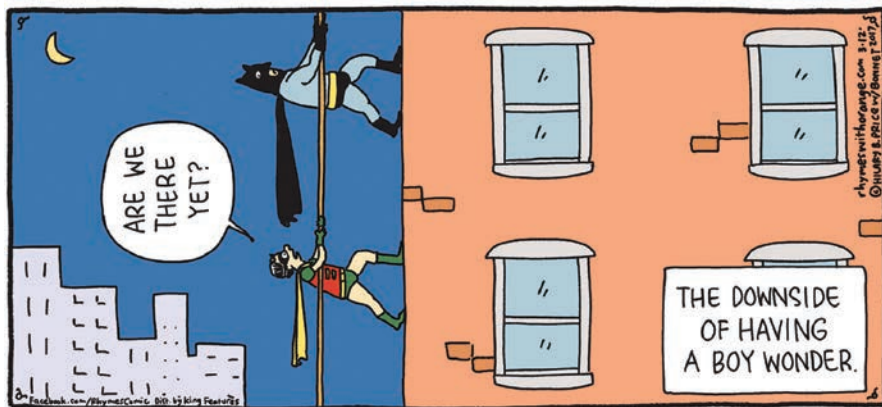
You have got the carownervirus



WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



AN INVESTIGATOR.

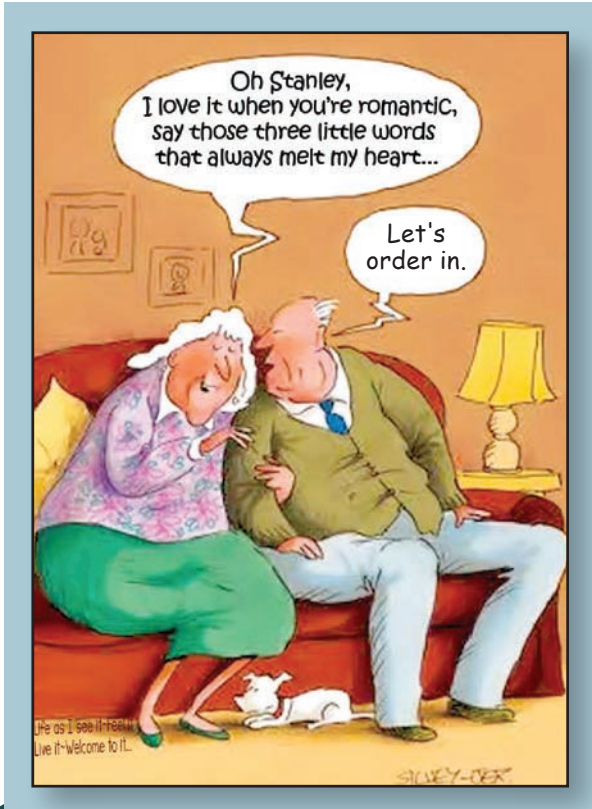


CARTOON CAPTION CONTEST

OUR RUNNERS UP:

CONGRATULATIONS TO OUR WINNER:

SHIRLEY COHN



Let's order in.

Thanks to everyone for your creative efforts!

1. Amazon, Netflix, PBS?
2. What's for dinner?
3. Let's walk today!
4. You're in charge!
5. You're Right Dear!
- Anita Karp

Eat, fart, laugh.
- Rivka Arieli

Let's eat out!
- Sharon Harowitz

You were right.
- Barry Corrin

Yes, I agree.
- Gary Schajer

1. Tomorrow...Shopping.....Holt's.
2. Brace yourself, ketzele!
- Ed Korbin

You're right, dear!
- Sheila Romalis

I'll order Chinese!
- Jackie & Gerry Krystal

1. My Name's Not Stanley, Dear, It's Irving.
2. Oy! I forgot from yesterday, remind me, dear.
- Alex Kliner

1. You want pizza??
2. Pizza? Mushroom or pepperoni?
- Barb Glick

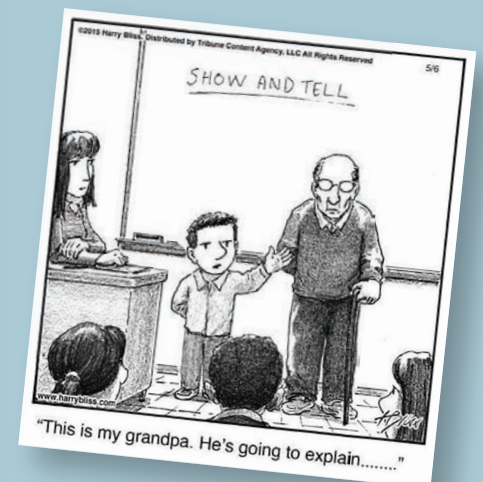
Where's my teeth?
- David Kirkpatrick

ENTER THE CARTOON CAPTION CONTEST!

Write a caption, finish the sentence
"This is my grandpa. He's going to explain ..."
and send it to us by mail or email by October 2022.

Jewish Seniors Alliance
800 East Broadway, Vancouver, BC V5T 1Y1
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. We will publish the cartoon with your caption in the next *Senior Line*.



SENIORS IN CARE DRUGGED WITH ANTIPSYCHOTIC MEDICATIONS

Written by Grace Hann

At the top of my worries is the overprescribing of antipsychotic medications to seniors in residential care. We eventually lose some of our loved ones because they start fading away from us. Statistics show that B.C. seniors in care are being given these pills at far higher rates than seniors in care in Alberta and Ontario. Nearly one in three seniors in care were being prescribed antipsychotic medications in September 2020. Many residents are given their cocktails at 7 o'clock at night, whereas others are receiving them in the afternoon.

So instead of having physical restraints, we have medicine that's restraining them. They become very lethargic. Relatives can't interact with them. I acknowledge that antipsychotic medications are used to treat schizophrenia, but I question why they're being dispensed to so many residents in nursing homes. B.C., for whatever reason, has always been less successful than other big provinces, like Ontario and Alberta, in its use of antipsychotics. Our use has always been above the national average—and significantly higher than Alberta and a fair bit higher than Ontario.

In a November 2020 report, it was revealed that there was a seven percent increase in the proportion of B.C.

long-term care residents who were dispensed antipsychotic medicines from March 2020, when the pandemic began, to the end of September 2020. It is sometimes done on the auspices of the effect of this person's behaviour on the other residents. Families "get swept up in this" when they see a parent overly agitated. The most immediate relief is the pharmacological intervention.

In other instances, care homes try to manage behaviour before it reaches a "tipping point". For the most part, doctors are prescribing antipsychotics based on input from nursing staff resulting from what they hear from care aides. In many cases, the director of care will phone a physician and ask for an order of medications that can be dispensed by nurses in care homes on an as-needed basis rather than in a prescribed regimen.

Because physician visits to care homes dropped significantly during the pandemic,

doctors are not seeing the patients in person who are receiving antipsychotic medications. That's part of the problem, for sure. This should raise "incredible red flags", suggesting that dispensing antipsychotic medications to agitated residents is an "easy fix" for staff in care homes (This is a summary of an article by Charlie Smith, Feb. 17, 2022).

As Dr. Helen Kales, M.D., professor of Psychiatry and director of the program for positive aging said, "It's kind of like killing a fly with a cannon, people have side effects which worsen behaviours and you have to increase medications, you end up chasing your tail."

The question which always comes to mind is why are we not looking at more alternatives such as increased training for staff. Why not take time to ease their anxiety and fears? Maya Angelou once said, "people may not remember exactly what you did, or what you said, but they will always remember how you made them feel."

CROSSWORD SOLUTION - PAGE 35





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ODE TO PAULIK PARK

By Dan Cohen

Sitting every day while the pandemic
 Wrestled with the world
 We decided to explore our neighbourhood
 To the fresh air, sun, and nature away from germs and people
 To our amazement we discovered this little park
 Paulik Park, a gift to the city, to the neighbourhood
 By one pioneer family in Richmond,
 Hidden among a quiet street with no signs
 To disclose the gem that it's hiding
 So, we liked it for its serenity, quiet
 And the richness and the bounty of nature
 Being taken care weekly by a group
 Of volunteers, all nature lovers enthuse about
 The diversity of it's flowers, bushes, and trees
 The butterflies and birds especially the hummingbirds
 Make a wonderful place to enjoy a rest from the boring
 Time divided between TV, reading books or
 Life on the Internet
 Many folks living in the neighborhood don't mention it
 Or don't know Paulik park this unique jewel of the neighbourhood
 We just love it and try almost daily to visit and to enjoy its special
 offering to all who visit this lovely nook of a place.



I wrote this in the summer 2021 when we were visiting daily this lovely space.

Paulik Gardens Neighborhood Park is a little known gem in Richmond. Named to recognize the Paulik family, the former owners of the large ornamental gardens and wood lot. Ed Paulik grew up on this land and took care of the park for many years. Adopted and cared for by the Richmond Garden Club, it is filled with beautiful flowers and plants - and especially wonderful from April when the first spring flowers come up straight through October. Lulu, a Memory Garden is a story about the park's past and about people's experiences of gardens. Words and drawings from the community are sandblasted into stone and impressions overlaid on the park.

THE TREES TICK TO THE FLOWER'S TOCK: FROM FADE TO BEAUTY, THIS GIANT CLOCK

* The park is located in the 7600 Block of Heather and Ash Street, just off Garden City and Blundell.



GOING CARLESS IN VANCOUVER

GOODBYE TO MY 1997 TOYOTA TERCEL

Written by Sheila Delany



Yesterday I mourned; today I celebrated—and both for the same reason: my car. First let me introduce the car—and no, it did not have a name, thank you very much. It was a 1997 Toyota Tercel, navy blue, four-door. My mechanics have told me over the years not to get rid of it, that it has years of service left, that it's far better than what Toyota replaced it with, and that they themselves own the same car. It was a simple, smallish car, suited to my physical build and low-tech propensities, hardly anything on the dashboard other than the bare necessities. It didn't have a seat-warmer, steering-wheel warmer or rear-window wiper, all of which I occasionally regretted. Nonetheless, in it I drove down to Berkeley and back several times; went to Seattle often for opera, theatre, shopping and seeing friends; took summertime trips with one or another friend—to Yarrow, Silver Lake, Clinton; and in the greater Vancouver area was able to have a rich, spontaneous cultural and social life.

Then I had an accident—my fault, a left-turn I shouldn't have made. Damage was limited to the right front fender area. I wasn't injured, though probably had a mild concussion from the sudden jerk forward; this left me tired and a little dizzy for a couple of weeks. Two nice young police-persons

materialized immediately; they had been attending at an incident just there. They took care of everything, called BCAA towing, which was too busy to come, and then Busters; they took witness information and called me a taxi home. I heard nothing from ICBC for over three weeks, during which time I walked to various destinations and took the bus a couple of times and a taxi once.

I'll miss my Tercel, reliable companion that it was, but I feel lighter, relieved. ”

Having lived in Vancouver for over 50 years, and always had a car, I considered this an adventure, especially since the bus that stops a block from my house terminates at Harbour Centre, a frequent destination because of my participation in three book groups, one in person, two on Zoom. I could have had two weeks' or \$500 worth of car rental courtesy ICBC (I had the Roadstar package), or the same amount in taxi fare, or a combination adding up to \$500. (There are a few other post-accident benefits not related

to transportation, such as a dozen half-hour massage sessions or 25 full-hour physiotherapy but I didn't use them.)

Without knowing ICBC's decision, I was in limbo. Should I think about a new car? Repairing my Tercel? Not having a car at all? If my car is beyond repair, will ICBC rebate the unused seven-month portion of my policy? My ICBC adjustor, at long last returned from her vacation, assured me that ICBC does not issue rebates. I called my neighborhood ICBC agent, with whom I've renewed my policy for years. He gave me interesting information: that although ICBC does not technically issue rebates, they do issue refunds if a policy is cancelled! (I think this is what is called a distinction without a difference.) My adjustor informed me that I would not be able to cancel my policy without handing in the license plates. Where is the car? She could not tell me but gave me the number of the person who could tell me. The car was out in New Westminster, in the ICBC junkyard. I phoned, the woman in charge-- pleasant and knowledgeable--

Continued on page 42...

STEVE UY AND HIS GARDEN CITY BAKERY

Written by Kenneth Levitt

Steve Uy is the owner of Garden City Bakery located in Richmond, B.C. in the shopping mall at Garden City Road and Blundell. In 1989 Steve came to British Columbia from the Philippines to look for employment opportunities. He returned home where he worked as distributor of Canadian products and where he developed his love for baking. "I love to bake," he said. In 2017, he returned to Canada to stay.

He wanted to buy a bakery, any bakery! He learned that Garden City was available and purchased it in 2018. Steve went into the business with little knowledge of kosher baking but adapted very quickly. He was very

ambitious and wanted to expand the business. He realized that kosher baking is much more than challah and bagels. With this in mind he expanded his lines to include Israeli whole wheat challah, pandeleche egg bread loaf, pita bread, Jewish pastries and cookies. On top of this Steve developed a whole line of ethnic Filipino bread products; pandesal, whole wheat pandesal and pandeleche. In addition to Garden City Bakery sales within the Jewish community, products can be found at Freshco, Meinhardt's, Stong's and Safeway.

While there has been much success, there are many challenges: space to grow the business, balancing work



with family life (Steve is married and has three children aged 4, 9 and 11), and finding and retaining good staff. So far there are no concerns about the supply chain but there are issues about the rising cost of supplies: oil, flour, sugar, yeast and eggs. We are delighted that Garden City Bakery has chosen to advertise in Senior Line. We hope our readers will support all our generous advertisers. A final word from Steve, "Thank you to the Jewish community for supporting us".

GOING CARLESS IN VANCOUVER

...Continued from Page 41.

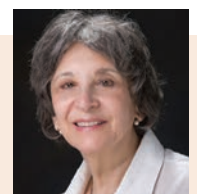
informed me that my car had been deemed unfixable and that I did not need the plates to cancel my insurance. They, the junkyard, could dispose of the plates along with the few items I hadn't removed: a chamois cleaning cloth, a snow brush, a map.

So, with a rising sense of liberation, I took my insurance papers around the corner to my broker and cancelled the insurance. Suddenly, a burden fell

away: Never again do I need to line up at a gas station or worry about running out. Never again pay ICBC a cent. Never have to switch snow tires for all-weather and vice-versa. Or call BCAA to put on my spare in case of a flat. Never have anything stolen from the trunk in case of a passenger forgetting to lock a door (yes, these were doors that locked and unlocked manually, or with an actual key). No scratches, dents, half-jimmied locks. Never think about where to park nor feed a meter, pay or contest a ticket. Never have

to worry about traffic density, crazy drivers, limited night or rain vision. I felt a sense of freedom. I'll miss my Tercel, reliable companion that it was, but I feel lighter, relieved. I went for lunch to celebrate: onion rings, papaya salad and Singaporean laksa.

Sheila Delany is Professor Emerita of English at Simon Fraser University in British Columbia and the author of *Medieval Literary Politics*, among other books. She now writes for SFURA, the online publication of SFU Retirees Association.



LOST IN TRANSLATION

Written by Dolores Luber

THE ORIGINS OF THE “SCAPEGOAT”

Every year, on the Day of Atonement, the ancient Hebrews took two male goats and presented them before the Lord at the entrance to the tent of meeting. Then the high priest cast lots to determine the fate of each goat. One they would kill as a sacrifice to the Lord to cleanse and make sacred the sanctuary. The other, the scapegoat, they would present to the Lord alive.

The high priest would lay both hands on the head of the live goat and confess upon its head all the guilt and misdeeds of the Israelites. There are two versions of this story: A) The goat would be placed on a rocky headland and thrown to its death; B) The goat was then banished to the wilderness, carrying on its back the weight of the faults of the Israelites, and thus freeing the Israelites to flourish in peace. This goat was called the “escapegoat,” which evolved later to be used as “scapegoat”. The scapegoat was cast out to suffer for the sins of others.

In modern times, the concept of the scapegoat has mutated from merely the bearer of misfortune to the person or group blamed for bringing misfortune.

In a caste system, whether in the United States, India or World War II Germany, the lowest caste performs the unwitting role of diverting society’s attention from its structural ills and taking the blame for collective misfortune. It was seen, in fact, as misfortune itself (M. Ignatieff, *On Consolation*).

YIDDISH: LEARNING A NEW LANGUAGE AT THE AGE OF 83

It all began when I watched movies with some Yiddish, and then movies all in Yiddish—I was intrigued. I read the book *Yiddish: Biography of a Language* which described in detail the complete history of the Yiddish language, its speakers, writers and its literature. I was impressed and informed! Two months ago my youngest son, age 57, (who married a Catholic woman, converted to Catholicism and raised two sons as Catholics) announced that he had decided to learn Yiddish. Why? To learn about his heritage and his family’s roots. We are Ashkenazi Jews, originally from Ukraine and Poland. My four grandparents spoke Yiddish; but never to me or my brother. My parents uttered not a word in Yiddish.

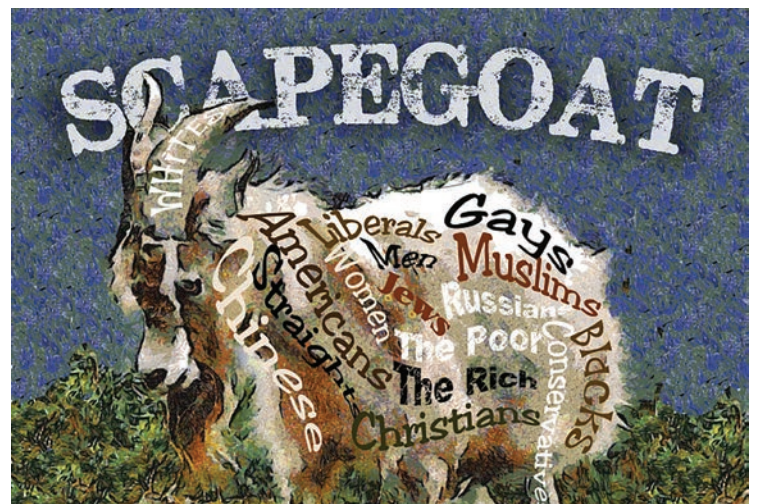
Jordan, my son, did some research and discovered the Yiddish Book Center in Amherst, Massachusetts, the thriving hub of the renewal and preservation of the Yiddish language and culture. He bought their new textbook, *In Eynem*, אין איינעם, a two-volume masterpiece, with access to their interactive website. He researched and

bought an English-Yiddish dictionary and a Yiddish-English dictionary. He joined the Center, found a Yiddish teacher and participates in private and group Yiddish lessons on Zoom.

I was amazed, perhaps shocked is a better word; but I recovered. Guess what? I now have the textbook, the dictionaries, the teacher and the Yiddish lessons. I am working hard on acquiring the ability to read, write and speak Yiddish. What have I got to lose?

- All the research shows that the one thing that can impede the development of dementia is learning a new language.
- I get to do something with my son who lives far away in Ontario.
- I will join a Yiddish class here in Vancouver and meet new friends. And I will soon start asking everyone I meet if they speak Yiddish - watch out, here I come.

The moral of the story: follow your impulses, now is the time to do what you want to do. Find a new interest, a new hobby, a new book club, a new physical activity—whatever! You do not owe anyone an explanation, just do it.




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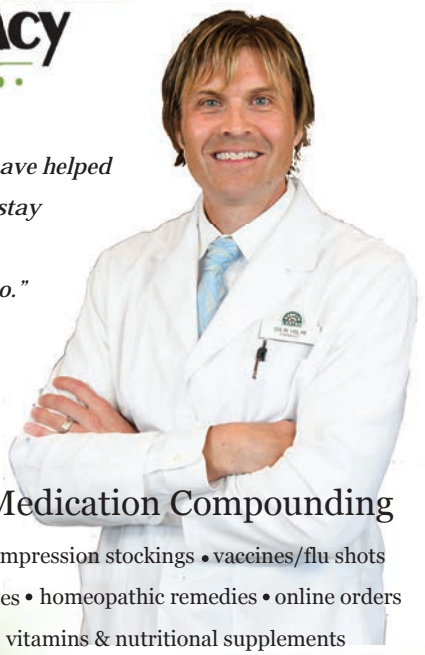
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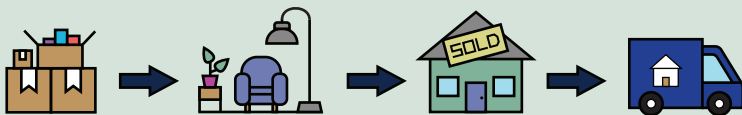
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Thursday, October 27th, 2022

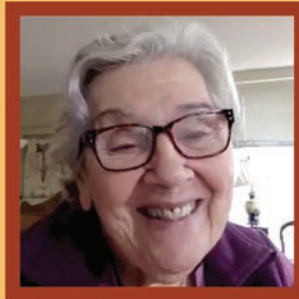
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