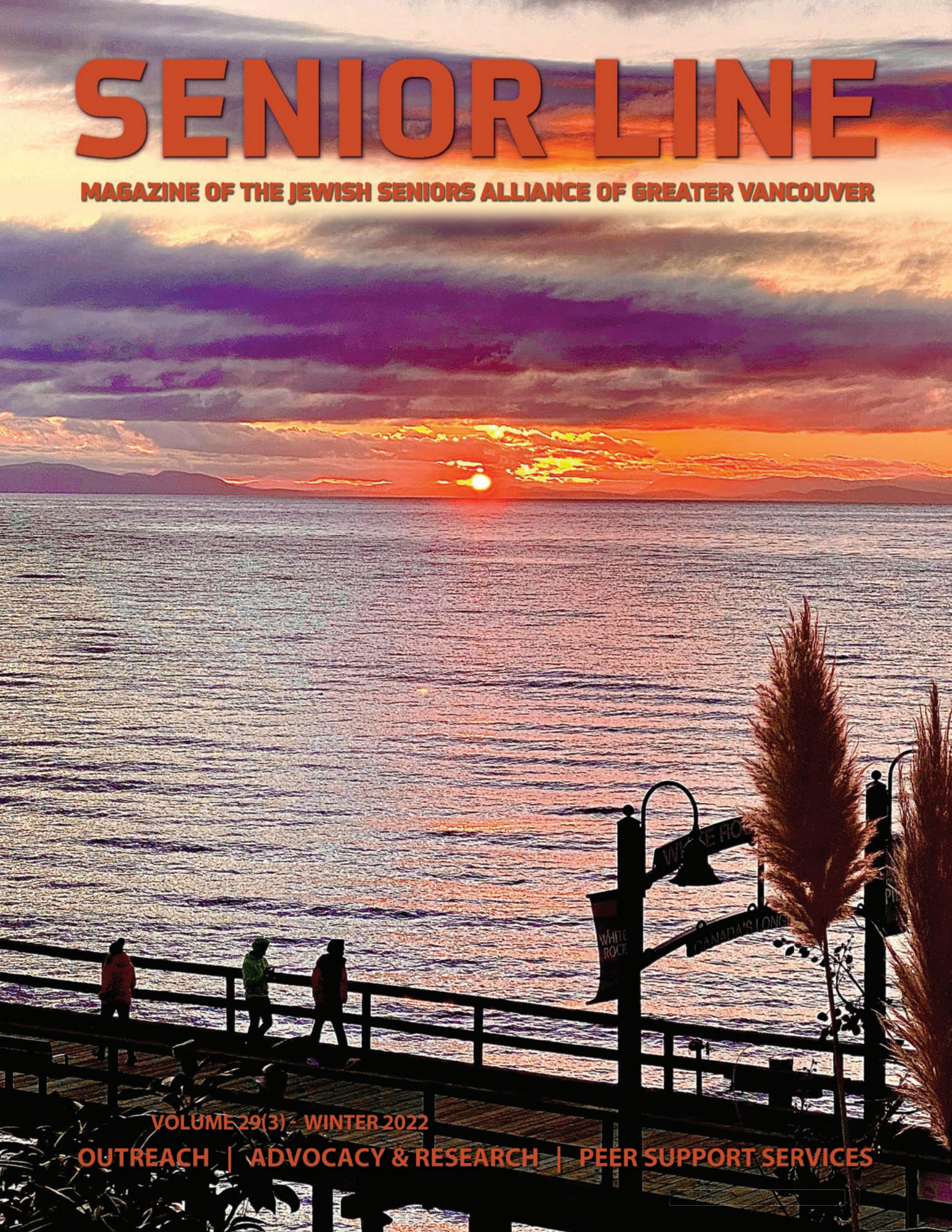


SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 29(3) - WINTER 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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OVER 80, PUSHING BOUNDARIES AND THRIVING

Written by Dolores Luber

EDITOR'S MESSAGE

Are the 80s the new 60s? When my white standard poodle, Davka, died, I pondered long and hard about getting another dog. After all, I was 80 years old, ancient! After six weeks of being dog-less and out-of-sorts, I contacted a breeder. One car ride to Langley and I had acquired an 11-week old gorgeous, feisty male silver Standard Poodle. I named him Kesem, which means magic in Hebrew.

Recently I began to feel “bored”, that is, I was itching for a new challenge. I found it in the study of Yiddish. I am not alone! David Cronenberg, the film director, age 80, just started a new movie (number 23) after an eight year hiatus. Moishe Safdie, world-renowned architect, age 84, just embarked on a new residential project in Toronto and has just published his memoir, *If Walls Could Speak: My Life in Architecture*. Hazel McCallion, long-time mayor of Mississauga, Ontario, just renewed her contract with the Greater Toronto Airport Authority. She is committed by contract, until age 104. Queen Elizabeth received the new Prime Minister of Britain, Liz Truss, as per usual; she died the next day at the age of 96. And youngster, Steven Spielberg, age 75, just released his new movie *The Fabelmans*, a semi-autobiographical film, reassuring his worried movie fans that he isn't retiring. Count me in!

LIFELONG LEARNING IS THE WAY TO GO

“Local polyglot, Steve Kaufmann, age 77, is teaching the world to speak”—this headline caught my attention. He speaks 20 languages. He started studying Russian, his ninth language, at 60—and today is tackling Arabic and Farsi. The West Vancouverite is animated and upbeat in his YouTube tutorials. “Anyone with enough motivation and time can learn a new language, and age is no factor. It’s the attitude thing, you have to think you can do it, you think the time you spend learning the language is well-spent.”

My message is that lifelong learning is the best way to feed your brain as you age.

My message is that lifelong learning is the best way to feed your brain as you age; it may help to protect your brain from age-related memory loss, and it is fun. Unleash your inner artist, discover Indigenous Canada, learn a new language, pursue new and old interests, hone your knowledge of wine, get moving. Learning a new skill is a great way to expand your network through linking in with a new community with similar interests.

SIDE HUSTLES: BOOST YOUR BANK BALANCE AND HAVE A LITTLE FUN

Join the sharing economy: It’s never been easier to rent out accommodations such as spare rooms and unused cottages, thanks to Airbnb (Airbnb.ca). Setting yourself up on the site is simple, with Airbnb providing insurance and support in return for a percentage of your rental proceeds. What about renting out your RV, motorhome or travel trailer, the website RVEzy.com can help. Membership includes insurance and all the support you need for a successful rental. The same goes for boats, with Boatsetter.com, and cars, with Turo.com.

Sell off your old stuff: Many of us have attics and closets bursting with items we no longer need. Online forums such as Facebook Marketplace and Kijiji, and apps including GarageSale provide the opportunity to list your unique offerings.

Offer child and pet care services: Wherever you live, you can bet there are parents struggling to find the time to pick up their kids from school and/or to keep them busy before or after classes. If dogs, cats and other animals are closer to your speed, part-time pet care might be for you.

In all cases, exercise caution, do your research. I personally have run an Airbnb for four years successfully, and I take care of other people’s dogs.

INSIDE YOUR WINTER SENIOR LINE MAGAZINE

JSA is now comfortably installed at our new address, 800 East Broadway. We will be expanding our programming and integrating into the new community. In this issue, we are featuring the photographs of Diane Grenier, they are splendid! Shanie Levin is our reporter giving us all the latest news in the Greater Vancouver community. Rita Roling will inform you about the facts concerning

hypertension and high-blood pressure. Michael Geller expounds on the Fifteen-Minute City. And Doris is on her high horse again, examining the various scams that plague seniors. Dan Levitt gives us the real picture of what Centres for Living should provide to seniors. Ken Levitt inspires us with the saga of Gary Averbach and his walk from Calgary to Vancouver. What a roster of interesting and inspiring articles.

Jewish Seniors Alliance wants to express our appreciation to our

advertisers—please frequent their establishments and use their services. Many thanks to those who sponsor a page in the *Senior Line* magazine.

Dolores Luber MS is a retired psychotherapist and family counsellor. She taught psychology for many years, and loves to learn. Researching, writing and organizing JSA's *Senior Line* magazine is her passion.

LETTERS TO THE EDITOR...

**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

Dear Dolores,

Re: the magazine. It looks wonderful, as usual. Lone's artwork and story look great—I appreciate the articles you have included by me as well. And Shanie and Tamara always have good coverage of events in each issue too. And there's much more...lots of good content.

Janet Nicol

P.S. When the magazine is put online I will post it across my social media platforms. (Not that I have a huge following—but it does get the word out about the magazine.)

Hi Dolores,

We so enjoy *Senior Line*. Dolores and contributors, a big round of applause.

Anita Karp

Dear Dolores,

Thanks for letting Janet Nicol write the review for my book—the last issue is quite wonderful!

Pnina Granirer

Editor's note: Read the review for Pnina's book, *Garden of Words*, in our Summer 2022 issue.

Hello Dolores,

I have received the summer edition of *Senior Line*, and I do enjoy every issue.

I am thrilled of this one in particular. I have donated more money this month, so yes I would love to have some extra copies of this summer's magazine. Again thank you, and have a great summer.

Lone Tratt

Hi Dolores,

I think the summer issue is fabulous. BTW, I have already received a phone call from a reader of my Doris article about hearing issues. And I was pleased to see that Shanie's report on the next page, describing the volunteer support meeting, summarized a talk on support for the hard of hearing. All the articles in this issue are excellent.

Tony DuMoulin

JSA WELCOMES NEW SUPPORTERS

Barbara Baker
Ann Daskal
Reva Dexter
Patricia Barbara Donnelly
Patricia Ferman
Aimee & Andy Gabor
Lani Levine & Andrew Thom
Alan Le Fevre
Ricki Mintz
Elizabeth Nicholls
Beatriz Obrellan
Michael Redding
Bev Segal
Steve & Dori Whiteside



PRESIDENT'S MESSAGE

FOR THE BETTERMENT OF ALL: WITH GRATITUDE AND HARD WORK

Written by Tema (Tammi) Belfer

A story told to me by my friend Rabbi Claudio Kaiser-Blueth: A man sits on the floor begging for alms. A person walked past him and checked her pockets and had nothing to give. She looked at him and said, “I’m sorry brother but I have nothing to give you.” He said, “don’t worry, you already gave me a gift – you called me brother.”

My name is Tema (Tammi) Belfer. I am a child of Holocaust survivors, born in a displaced persons camp (Bergen Belsen) and grew up in Montreal. My late husband Irving Belfer and I moved to Richmond, BC, in early 1977 with a young son (Lonnie) who turned two in Richmond. Our daughter (Mandy) was born in Richmond. We lived in Montreal, Ottawa, Edmonton and Richmond.

I love people – young and old. I believe we have been put on this earth to contribute in a large or small way to the betterment of all. **I approach my life with an attitude of gratitude and hard work.** This is who I am.

I have been a volunteer in various organizations since I was 12 years old. I hope to bring to all of you at Jewish Seniors Alliance and to all our readers, this wonderful journey exploring the endless possibilities seniors have to offer to the community. Those of us

blessed with energy and desire have a responsibility to stay relevant, to ensure that we keep our minds and bodies moving and stimulated and to encourage others to get involved.

To quote, “In the long, late afternoon of life – as the shadows lengthen and our personal time on earth grows short – we feel a new urgency: if not now, when?” (Hillel), *A Heart of Wisdom, Making the Jewish Journey from Midlife through the Elder years*. The most difficult part of this time in our life is embracing it.

The serendipity of volunteering is that while you are helping others, the gift of giving returns to you on many levels. ”

In a youth-worshipping society, we are almost afraid to admit our numerical age. Let’s not think only about our age, but how can we still find purpose and meaning in our lives. We all strive to be happy, but happiness is not just celebrating a birthday or having a good meal with friends—it is stretching our heart and touching another heart. Let’s stay open to continuous renewal and regeneration.

How? Some of us accomplish this through life-long learning, experiencing

new adventures and maintaining a passion for all we do. When? NOW!

We at Jewish Seniors Alliance are here to ensure that we give you a place to express your “now” actions in a way that is uniquely yours. We need you to stay healthy, stay relevant, contribute to society and help those less fortunate than we are. Help the lonely senior (our brother or sister) living by themselves unable to get groceries, or by an act of kindness, making a phone call, or attending our Empowerment Series; keeping your own mind stimulated and entertained.

The serendipity of volunteering is that while you are helping others, the gift of giving returns to you on many levels – a sense of well-being, accomplishment and happiness. The richest person is the one that is able to give of themselves to others. **At 55 and up, you are invited to join us at JSA for the mystery tour toward our elder years.**

Tema (Tammi) Belfer
President

Tema (Tammi) Belfer is a retired manager from Coast Capital Insurance. She is an instructor at Universal Learning Institute. Tammi serves as President of Richmond Women’s Resource Centre and current board member of Beth Tikvah Congregation.

Sponsored by LEAH & KEN LEVITT

SENIORS REQUIRE MORE EMOTIONAL SUPPORT

JSA IS ONE PART OF THE SOLUTION

Written by Serge Haber



SERGE HABER'S MESSAGE

My dear Friends,
I am concerned about the situation of elders, and how they cope with the sad knowledge of the state of affairs concerning all seniors. I have been involved with seniors for 40 years.

When I had Kaplan's Deli, I was right across the street from the Jewish Community Centre, and I joined a group that were trying to help seniors. This group was led by Irving Grad, may his memory be for a blessing, and Lucien Leiberman. I was not happy with the programs they had, whereby 30-40 seniors in town were invited to meet in the Board Room of the Federation to listen to invited speakers. Older seniors needed appealing programs specifically designed to help them in their later years.

Why do we spend billions of dollars on children to put them through Preschool, Elementary School, High School, and University, or to follow all kinds of trades? So that they can participate in the development of our community, province and country; and then after these same people contribute 40 years to the community and the common good. Later, when they cannot work and are retired, they are denied the help which they deserve and need.

I am talking about seniors aged 75 to 105 that are not getting the help

they should be getting. Through our involvement in the community at JSA, we found that seniors are in need of more support. Not physical assistance, in the sense of sending people to seniors' homes with the Better at Home service—it is the emotional support that is missing.

I question whether the government understands this need. I pointed this out to the BC Minister of Health and requested financial aid to develop communication skills for more individuals, to train senior volunteers in the art of Peer Counselling and emotional support to help with the social connectedness of frail and vulnerable elders.

It was the Provincial NDP Government that started a program years ago, to develop a wonderful series of Peer Counselling courses throughout the province. Unfortunately, the program was cancelled later by the Liberal party. Due to this cancellation 12 years ago, we started JSA's Peer Support Services program.

We at JSA are providing a wonderful program as an organization, helping over 100 families with 80 volunteers that were trained to help and emotionally support seniors. We need more money to train more people. There are hundreds of families in serious need of this help.

There are also other important issues to consider: Seniors that are living in institutions, Long Term Care, and Extended Care, require emotional support. I can only point out the fact that the situation exists and encourage and demand understanding from the Provincial Government to do something about it. They are occupied with spending money for physical needs and are ignoring the emotional needs of seniors. People who have given their lives to develop our society, to maintain the society, are now, when they need help the most, being disregarded.

I will continue writing, discharging my heart and soul, and perhaps together we can respond to these dire needs.

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.

THE PLATINUM JUBILEE AWARD

Written by Larry Shapiro

The Platinum Jubilee Award, part of the celebration recognizing the 70th year of the reign of the late Elizabeth II, honours individuals for their ongoing and outstanding volunteer work in serving the senior citizens requiring assistance in the Greater Vancouver area and beyond.

Of the 33 Queen's Platinum Pins awarded to senior volunteers by Joyce Murray PC MP Vancouver-Quadra, three of these special pins were allocated to JSA who nominated three accomplished volunteers, namely **Serge Haber**, **Greta Milton** and **Ruby Boychuk**.

Notwithstanding the fact that the presentation, held on June 18th in Trimble Park, at the same time as a loud music festival, the recipients felt honoured by the recognition they

received. I think a word or two about our proud Queen's Jubilee Award recipients is in order. Beginning with Serge Haber, a man with a long, steady history of volunteering, from the countless speaking engagements tackling racial discrimination and religious intolerance, addressing thousands of students in secondary schools and universities in the lower mainland, to founding the Jewish Seniors Alliance in 2003 in order to provide outreach services, peer support and advocacy to all those seniors who find themselves socially isolated, lonely and marginalized. At the age of 94, Serge continues to be actively involved in community affairs, particularly JSA.

I consider myself fortunate to have known the other two JSA volunteer recipients of the Platinum Jubilee Award from the time I moved to Vancouver in 2013. Good fortune



Greta Milton

smiled on me when I met both Ruby Boychuk and Greta Milton while taking the JSA Senior Peer Counsellor Training Program and my relationship with both of these amazing women has grown during the ensuing years.

Ruby Boychuk is an incredible, tireless volunteer with vast knowledge gleaned from her years of experience in both the nursing and medical administration fields. Ruby doesn't appear to have the word "no" in her vocabulary, especially when called on to aid a senior in distress. Ruby has been nothing less than invaluable by joining me on several



THE
CANADIAN
PLATINUM
JUBILEE
EMBLEM

The Canadian Platinum Jubilee emblem was created to mark the 70th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne. The emblem is a symbolic statement of the enduring relationship between Canada and the Crown.



Sheila Gordon, Ruby Boychuk, and Serge Haber

Boards including Abbeyfield House of Vancouver Society where she generously offers her time and experience to be in charge of the intake responsibilities and initiate programs designed to keep Abbeyfield's 17 residents fully engaged. Another Board that benefits from Ruby's energy and organizing prowess is Senior Peer Counselling of British Columbia where Ruby concentrates on expanding and strengthening the organization.

Our third honoured recipient is the wonderfully unique Greta Milton, a low-key but highly motivated lady whom I can only describe as being

the quintessential senior volunteer. As definitive proof of her deserving of this accolade, let me reveal to my readers, an exemplary example of actions speaking louder than words.

Greta, approximately six years ago, asked if she could accompany me on a regular visit I was making to an older gentleman client twice a week. Well, from that day on to this very day, Greta, who has since moved to the Weinberg Residence calls this same gentleman every single evening without exception. If this selfless act on Greta's part is not incredible dedication to what JSA

stands for, I don't know what is. Bravo Greta for setting such a fine example for those volunteers that follow you. I for one feel proud and honoured to know you.

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.

THE SWAN SONG OF GYDA AND LARRY

To our board of directors, volunteers, and staff, we would like to say that working for and with you all has been both an honour and a joy.

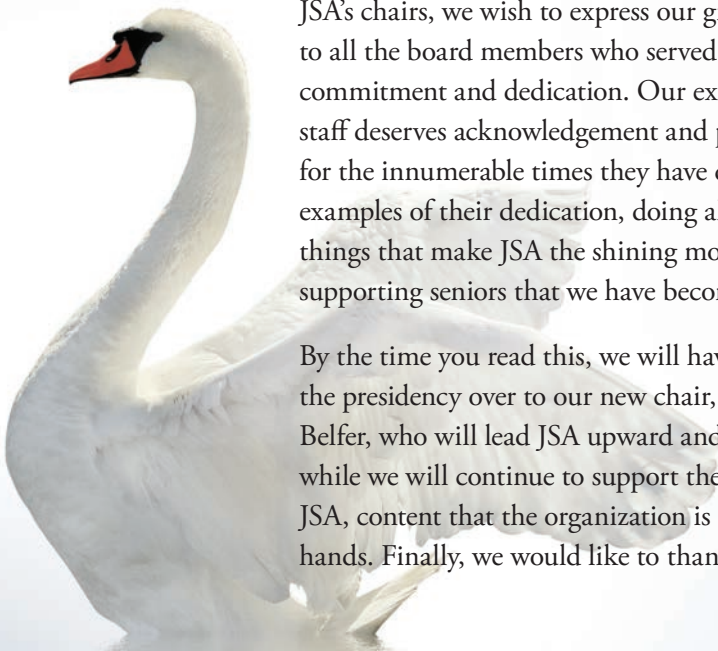
As we step down and hand over the gavel of JSA's chairs, we wish to express our gratitude to all the board members who served with such commitment and dedication. Our extraordinary staff deserves acknowledgement and praise for the innumerable times they have displayed examples of their dedication, doing all those things that make JSA the shining model of supporting seniors that we have become.

By the time you read this, we will have passed the presidency over to our new chair, Tammi Belfer, who will lead JSA upward and onward, while we will continue to support the work of JSA, content that the organization is in capable hands. Finally, we would like to thank all those

whose advice, guidance, dedication, and support has allowed us to complete our term in office.

Going forward, we believe strongly that the most important factor that will make aging a rewarding experience rather than a burden will be connections with people. We will need to share our lives, give support when necessary, and keep connected to the broader society. We can expect to be older as a group than any previous generation. Therefore, we are committed to doing all we can to assure the sustainability of our wonderful organization. We must evolve in order to never have to turn down anyone in our community who turns to us for the emotional support that we offer and that they deserve.

We cannot do this alone, dear readers, so please support Jewish Seniors Alliance in any way and to whatever extent you are able. The stakes are high.



Gyda M. Chud
Gyda Chud

Larry Shapiro
Larry Shapiro



Annual General Meeting

Written by Shanie Levin and Tamara Frankel | Photography by Zoran Dragelj



When you looked around the room at Beth Israel Synagogue on Thursday, October 27th, you would not have been able to imagine that just a year ago a pandemic was raging. The room was filled with over 100 happy guests enjoying a delicious dinner.

The occasion was the 15th Annual General Meeting and gala dinner for Jewish Seniors Alliance. Three people were honoured for their contribution to the well-being of seniors in our community: **Dolores Luber**, **Gloria Levi** and **MLA Michael Lee**.

After welcoming the guests, **Rabbi Philip Bregman**, the MC, called

upon **Rabbi Jonathan Infeld** to recite the *Hamotzi*. Board member **Tony DuMoulin** read an inspiring message from **Serge Haber**, the founder and visionary of JSA.

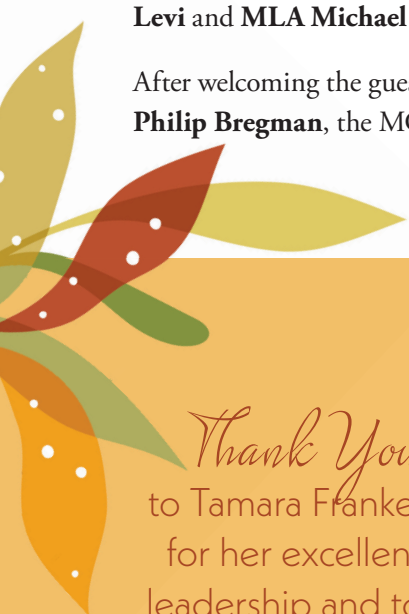
Ken Levitt introduced Dolores Luber, the editor of *Senior Line* magazine. She is the first winner of the JSA Star for her commitment to enriching the lives of seniors through articles, book reviews, film reviews and news.

Dolores, who has served as the editor of the magazine for 10 years, emphasized the free hand she enjoyed in choosing the topics of the articles, artists' profiles and material for the magazine. Her goal was to enlarge

the scope of the magazine so that it included people from many cultures and ethnic backgrounds. She was awarded a beautiful montage of the various covers of *Senior Line* magazine. The representations on the covers reflect JSA's culture of diversity and support.

Gloria Levi was introduced by her friend **Jane Heyman**, who spoke about her fascination with seniors at the young age of thirty, when she worked with the Golden Age Club. Gloria went on to develop provincial programs for seniors. She is also the author of six books, including a memoir.

Gloria thanked JSA for the honour, as she received a standing ovation,



Thank You to Tamara Frankel for her excellent leadership and to all the volunteers for helping put on a successful event.

~ Tammi Belfer, President on behalf of JSA



Honourees Gloria Levi and MLA Michael Lee



JSA Star Dolores Luber

and spoke lovingly about Serge Haber, who would never take “no” for an answer.

The third honouree - Michael Lee, was introduced by **Grace Hann**, a trainer for the JSA peer support program. Michael Lee was honoured for his ongoing work with seniors. He was elected MLA for Vancouver - Langara in 2017 and 2020, and along with Andrea Krombein, has launched the South Vancouver Seniors Network. This Network has sponsored over 100 webinars connecting seniors with various topics of interest and with each other. Michael cares deeply about seniors and marginalized people. Michael met Serge Haber and Ken Levitt in 2016. He became deeply impressed with Serge’s passion and commitment and quickly recognized JSA as an outstanding leader in the development of seniors’ organizations in Vancouver.

Tamara Frankel, co-chair of the event, presented **Gyda Chud**, and in-absentia **Larry Shapiro**, with a



Gyda Chud and Ken Levitt



Michael Lee, Tamara Frankel, Rabbi Philip Bregman and Ezra Shanken

gift in appreciation of their extraordinary leadership as co-presidents of JSA over the last three years. A short video by incoming president **Tammi Belfer**, who spoke from Israel, was screened.

Following the delicious dinner served by Nava Catering, the announcement of the 50/50 raffle was made by Tamara Frankel, who drew the winning ticket and was shocked to realize that she was the winner. Tamara graciously donated her winnings back to JSA, which raised over \$1,000.

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



Tamara Frankel serves on the Executive Board of JSA and is a member of the Editorial Committee of *Senior Line* Magazine.



MEET THE JSA BOARD OF DIRECTORS 2022-23



Back (left to right): Alan Marchant, Ken Levitt, Tony DuMoulin, Gyda Chud, Shanie Levin, Jerry Bleet

Front: Marilyn Berger, Tamara Frankel, Francie Steen, Lyle Pullan, Bernie Simpson, Rabbi Adam Stein

Missing: Serge Haber, Tammi Belfer, Larry Shapiro, Rita Roling, Jackie Weiler, Frances Belzberg, Leslie Diamond, Binny Goldman, Eireann O’Dea, Toby Rubin, Marie Doduck, Michael Geller, Aimee Gabor, David Ail

THE GRIND WRITERS' GROUP

WRITING TO CREATE, WRITING FOR GOOD HEALTH

Written by Janet Nicol

Have you written a few poems or started a memoir? Are you willing to share your words with sympathetic writers? Consider joining the 'Grind,' a Vancouver-based writers' group founded and facilitated by Margo Lamont. "It's really fun to write together," says Lamont, a writer and editor, in a telephone interview with *Senior Line*. "Feedback is supportive." Lamont started the Grind Writers' Group in 2006. "Over the years I have developed our format from experimenting and trying things out. There are many types of writing groups. Some people want harsh criticism. I try to keep that out of the Grind."

Writers of diverse ages and backgrounds have joined the Grind since its earliest days. Nowadays there are about eight core members and several more who come and go. When the Covid-19 lock down struck in 2020, the Grind's twice monthly meetings in a public space were moved on-line to Zoom. And full disclosure—this writer joined the group for several Zoom sessions, reading out scenes from my young adult novel-in-progress. "We have published writers too," Lamont says. "The variety has been nice over the years, having both fledgling and experienced writers."

Lamont incorporates a social break within the format of each session. "People can talk," she says. "There's a lot of connecting. Writing can be lonely." She also points out it's easier for writers

to share their work if they know a little more about each other. "It's hard for a lot of people to read. I never put people on the spot. With Zoom it has been easier than in person. It's been good in that way."

Writing doesn't have to be about getting published, Lamont believes. There are people who are "writing to write" she says, just like there are people who are "reading to read". As for her thoughts on taking up writing later in life: "Elders have so many stories to share but often think no one will find them interesting. I'd love it if my great-grandmother had written a memoir about her life and times."

Writing can lead to calmness and better health. ”

Writing can lead to calmness and better health, an observation Lamont says is well-documented in accounts such as James Pennebaker's *How to Write Expressively and Heal Yourself*. "You can release trauma from your body," she says. This is done by writing about the traumatic event you experienced and significantly, also writing about how you felt when it happened. Afterward, the pages can be destroyed. "The ritual of the burning or shedding—the letting go of it—is important." Lamont works at



maintaining a positive atmosphere when writers share their writing. This includes giving guidelines to members about how to give feedback.

"There's lots of trust. It's important to have an atmosphere of trust. If there is harsh criticism, the writer might not want to share again."

Before each writer takes a turn at reading—keeping within a word count limit—the group does a few timed writings. "What's fun is when you give a prompt, let's say overhead fan. Everyone has a different take on the same thing." Writers might express themselves with a poem, a journal-style entry or in fictional format. "It's incredible, the creativity from one prompt," Lamont observes. "As tough as it may be, it's fun. I love hearing the output."

If you are searching for a writing group, Lamont advises to make sure it's a fit and also suggests the option of starting your own group. Currently she is working on a book about how to start a writing group and finds inspiration in the idea of a "believing mirror," a term coined by author Julia Cameron in her book *The Artist's Way*. Cameron writes: "Put simply, a believing mirror is a friend to your creativity—someone who believes in you and your creativity."

In this excerpt from Lamont's book-in-progress, she describes her own experience:

Creating your 'believing mirror'

When I started my first writing group, I was told writers' groups usually fall apart after a couple of years. Sixteen years later we are still meeting twice a month.

I didn't have experience running a writer's group. I was an upstart. But something assured me that the skills required to write, publish, and promote books were quite different from the skills required to bring people together to write and support each other. And they are.

Lamont considers herself a facilitator, not a teacher or group leader. "As a facilitator, I like to connect people. It's about getting people together, making the group safe and comfortable and learning—not teaching."

"You don't have to publish," she assures anyone considering joining the Grind. You only have to write. Or as Lamont words it: "I write therefore I am."

MARGO LAMONT'S RECOMMENDATIONS FOR INTERESTED WRITERS

The Grind Writers' Facebook Group:
<https://www.facebook.com/groups/819686218123471>

My Mother's Story "Tell your mother's story and discover your own.":
<https://mymothersstory.org/>

Writing classes in Vancouver by Ruth Kozak: <https://www.ruthkozak.com/>

Writers' circles sponsored by The Federation of BC Writers:
<https://www.bcwriters.ca/circles>



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).

REVIEW: JSA - PHYLISS AND IRVING SNIDER FOUNDATION EMPOWERMENT SERIES A SUMMER AFTERNOON OF MUSIC

Written by Shanie Levin

The final JSA-Phyliss and Irving Snyder Foundation Empowerment program of 2021-22 was held Monday, June 27th at Kehila in Richmond. The event, *A Summer Afternoon of Music* was cosponsored by Jewish Seniors Alliance, Kehila Society and Beth Tikvah Synagogue.

The afternoon began with a catered BBQ lunch for about 55 seniors. The program was also available on Zoom, so the group was joined by another cohort which raised the attendance to seventy. The concert took place in the sanctuary where we were entertained by Mexican/Canadian tenor **Gustavo Herrera**. Mr. Herrera is a classically trained operatic

tenor, with a very powerful and melodic voice. **Toby Rubin**, coordinator of the Kehila Society, welcomed everyone and introduced the guest.

Mr. Herrera entertained us with a mixture of classical and popular songs such as: *Somewhere, Could I have this Dance, Granada, O Sole Mio, La Donna è Mobile, My Way*, and *Only You*. He encouraged everyone to join in if possible and to clap to some of the songs. He pointed out that *My Way*, although always associated with Frank Sinatra, was written by Canadian Paul Anka. A member of the audience requested *Hallelujah* which Herrera sang in Spanish. Another request was Bolero.



Gustavo Herrera
(Photo by Rosa Portrait Studio)

For the finale, he asked everyone to join him in ending with *Hava Nagila*. Herrera's 94 year old mother and his sister joined us on Zoom. **Gyda Chud**, co-president of Jewish Seniors Alliance, thanked Herrera and stated that the concert had been very uplifting and that his mother must be very proud.

THE BULLETIN BOARD

COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

B.C. HEALTH COALITION SENIOR CARE ACCOUNTABILITY CAMPAIGN LAUNCH

On June 22nd the B.C. Health Coalition (BCHC) held a meeting to launch the *Senior Care Accountability Campaign*. This initiative was supported by about twenty senior, health and union organizations, including Jewish Seniors Alliance. About 185 members of the various organizations and the general public attended the event. A steering committee including members of some of the organizations had been working on this event for some time, and this meeting was the launch for Better Care for Seniors.

Mazdak Gharibnavaz, of BCHC, chaired the meeting. A summary was presented by **Tuesday Andrich**, who was part of the steering committee. An overview of the main issues in long term care and home care was presented by **Isobel Mackenzie**, the Senior Advocate for British Columbia. Andrich noted that the jobs of health care workers are undervalued and they are very understaffed.

BCHC has brought together representatives of many organizations in order to pressure the Minister of Health, **Adrian Dix**, to respond to the issues by putting pressure on government. The goal of the campaign is to influence

government and create the political will to make systemic changes.

Kim Slater mentioned the need for a continuum of care from home support to long term care. We need a human rights approach to service not a system focused on cost. This would involve a move away from 'for-profit' homes.

Lisa Freeman, an analyst for Health Employees Union, was on the team to identify goals and to focus on accountability for the promises made during the election. These involved making it more possible for seniors to age in place and also to improve the system of long term care.

Isobel Mackenzie focused on a few gaps in service in long term care in for-profit homes. One-third of the homes in B.C. are contracted by for-profit corporations. Although the homes report on money spent, they do not report what it is spent on. Although all homes receive the same government grants the salaries in for-profits are lower, leaving some of the money for profit for the agency or corporation.

There has been a monopolization of homes with a few corporations buying a number of homes. We must insist the money for direct care be spent on direct care and reporting of this must be closely monitored. A number of stories were reported describing inadequate care in long term homes, often because of lack of staff.

Freeman identified the following goals:

1. Provincial standards for staffing ratios—standardized reporting
2. Requirement to report that surplus funds are used or returned
3. Stop growing private long term care homes

Isobel Mackenzie then continued with a discussion of home support. She distinguished between 'home care' and 'home support'. Home care is provided by the Health Authorities to patients returning home from hospital who require some temporary aid. This support is free to the patient. Home support on the other hand is that needed on an ongoing basis by those who need ongoing help, perhaps daily. This could be once a day or perhaps more often. This support is free only to those earning less than \$28,000 per year. The cost of once a day help is \$8,000 per month. This support is free in Ontario and Alberta.

Many seniors who choose to age in place cannot afford to pay for this support. It is likely that supporting people at home would in the long run be cheaper than long term care. Staffing is another issue. Since many of the seniors need help only once per day, the health care workers are often free for many hours for which they are not reimbursed. Because of the difficulty of finding full time work many opt to work in L.T.C. as they can then have full time work and regular hours. Studies have shown that individuals with the financial ability to pay for care most often opt for aging in place.

BCHealth Coalition

<https://www.bchealthcoalition.ca/>

COSCO PRESENTS THE VIEWS OF DAVID EBY ON SENIORS ISSUES

On August 31st the Council of Senior Citizens' Organization (COSCO) sponsored a talk by **David Eby**, MLA for Vancouver-Point Grey, and the likely next Premier of British Columbia. The event focused on the issues of housing and health care as they related to seniors. His comments were followed by questions formulated by COSCO Executive, moderated by **Ravi Kahlon**, MLA for North Delta. **Leslie Gaudette**, President of COSCO, gave a short introduction, emphasizing that the organization represented 70 affiliated organizations and 70,000 seniors in B.C.

Ravi Kahlon gave a summary of Eby's background both prior to and since becoming involved in government. Eby then gave a short statement about the government plans for both housing and health care. He explained that the population of B.C grew by 100,000 over the last year, putting a strain on the already critical housing situation. He feels that we need to respond to the growth through an expansion of public services.

Regarding health care, he commented on the dearth of family doctors and the inadequate level of care in rural areas. He stated that it is imperative to assess the credentials of foreign trained professionals, e.g., doctors and nurses, more speedily. He also mentioned the proposed new medical school for Surrey. In order to help family doctors there is a need for more multi-professional clinics which exist in other

provinces, thereby lessening the strain on family doctors.

On housing, B.C. Housing is apparently the largest developer in Canada. However, there are lags in the process for approving new projects of various kinds.

These comments were followed by questions posed by the COSCO executive, such as:

- **Would you release more provincial land for development?**

Yes, work needs to be done with developers, indigenous groups and school boards.

- **Question of rental costs for seniors and the need to increase the SAFER amounts.**

- **Would you support a review of the provision of primary health care in BC?**

Yes, it is in progress.

- **Would you commit to involve seniors organizations on decisions related to seniors issues?**

Yes, it is important to take into account the views of those involved.

- **What are your views on Long Term Care?**

We need to provide for more Home Care for seniors for as long as possible. This is both fiscally and spiritually important. In terms of Long Term Care it should be culturally appropriate. The workers should be part of the public sector for their own protection. The seniors should have the dignity of private rooms.

- **Increase funding to Home Care?**

Yes, good economic case for this for people should have the option to age in place.

- **Does he support the UN proposal for the rights of older people?**

He has not seen the text but would likely agree.

This was followed by a number of questions in the chat, posed by the moderator. **Kathleen Jamieson** of COSCO then thanked both David Eby and Ravi Kahlon for their words and help.

DISCLAIMER: Jewish Seniors Alliance does not take a position for any political party or political candidate.



BETTER CARE FOR SENIORS ACCOUNTABILITY ASSEMBLY

On Tuesday, October 11th, **Mazdak Gharibnavaz** of the B.C. Health Coalition, and the technical host, began the Forum with a definition of the Coalition as a cross section of civil society that advocates for improvement in the public health care system, and hopes to stimulate public education on health care issues. He then introduced the moderator of the event, **Margot Beauchamp** of Jewish Seniors Alliance.

Continued on page 15...

TRANSFORMING LONG-TERM CARE FACILITIES INTO “CENTRES FOR LIVING”

Written by Dan Levitt

Popular culture’s view of old people can be coined by a single word: Ageism. The discriminatory aspects of ageism have been strongly linked to gerontophobia: the irrational fear of older persons that someday all young people including oneself will eventually be old and experience chronic disease and health decline often associated with old age. These feelings toward ageing and older persons’ impacts on how health care systems are designed and social services are organized to support the ballooning older demographic cohort. Before the pandemic, ageism seemed to be accepted as a tolerable “ism”.

Did COVID-19 expose ageism? When the public health emergency was declared in 2020, were the rights of older persons given the same priority as children and adults? How do we ensure the rights of older adults?

These questions must be confronted in response to the crisis in care as Canadians looked inside long term care homes as they battled COVID-19. The topic has been spotlighted on the evening news, newspapers, radio talk shows, online, in best-selling books and documentaries.

The past two years has been an emotional roller coaster for front-line care staff, older persons living in care, families, gerontologists, researchers, seniors’ advocates and leaders of the care homes especially for some of the largest COVID-19 outbreaks. We have seen heroism and sacrifice, honouring the staff who worked through extraordinarily difficult situations while paying needed attention to the key challenges of long-term care.

COVID-19 was devastating to long-term care. People in nursing homes

are typically 85 or older and immune compromised. They often have several health problems and live in close quarters, often in outdated buildings without modern air circulation systems. They are cared for by different people who come in and out of their rooms all day. It seems to be a petri dish for viral spread. Long before the pandemic, viruses would spread in nursing homes with annual influenza outbreaks often leading to deaths.

The pandemic is a wake-up call. We must do everything to create a better future. A permanent long-term fix is needed to improve the seniors care system in Canada and globally. We need new models of care, we need more resources to allow for the best care, we need the right regulations and accountability.

Destigmatizing aging and humanizing care for all people would ensure the right to age with dignity. Creating non-institutional living environments would empower the lives of people who live and work in them. Reinventing the nursing home means older adults are seen as unique individuals, in control of their own lives, each with a distinctive history, preferences and ability to exercise choice.

This would be accomplished by rebuilding outdated nursing homes with small scale homes for just 10 to 12 people, self-contained and self-sufficient. Enabling residents to function as autonomously as possible, built around a common living room and dining room with a say in the daily menu, a private bedroom with ensuite, a front door for each home, and outdoor spaces that are easy to access and navigate.

We as Canadians need to strengthen aged care to ensure high quality programs and safe services. With



complex care and social needs, older adults who can no longer live independently are a vulnerable population with diminished ability to advocate for themselves. We must be their voice.

We as Canadians value our rights and freedoms. We must find ways to ensure these human rights are extended to all Canadians — that no matter what your age or abilities, living in your community as long as you are able is a choice.

If the COVID-19 crisis has not been a rallying cry that reaches every ear, what would it take to transform societal

attitudes on the care of older adults? Elderhood is the anthem. The pandemic is the sign. Do you hear the people sing?

When you are an elder, you deserve nothing less.

The pandemic brought to light many of the challenges faced by long-term care homes: lack of infrastructure, understaffing, lack of training, and mistreatment. The cost to transform outdated facilities is often the biggest impediment to eldercare renewal. Other countries have come up with creative ways to help raise money for change (such as the bond program in Australia).

In a recent survey, 96% of older adults said that they would do anything to avoid going into a long-term care home after seeing what happened to the residents during COVID.

Dan Levitt is the CEO of Kin Village in BC. Dan is an Adjunct Professor in Gerontology at SFU, an Adjunct Professor in the School of Nursing at the UBC, and a Sessional Instructor at the BCIT.



ACCOUNTABILITY ASSEMBLY

...Continued from Page 13.

Beauchamp mentioned that we have known for some time about the gaps in the seniors care system. Seniors should be able to age in place either at home or in an institution. Most would like to remain at home, but we know that the complexity of care increases with age, so more resources are needed. A human rights approach rather than a profit driven one is needed. This will involve a paradigm shift. A commitment from government is needed to improve long term care as well as home care.

First speaker on the agenda was **Pat Armstrong**, an expert in long term care. Armstrong explained that the Canada Health Act did not include long term care as part of its mandate. British Columbia set up a number of homes that did not keep up with the complex care needs of the residents. The number of for-profit homes increased but these had low paying jobs and low staff ratios

compared to the not-for-profit homes. These for-profit homes resulted in the government paying more than for the non-profit homes. Many of both types of homes contract out food services resulting in poor food and not enough time for the residents to eat. Much of the staff is casual and don't have any relationship with the residents. More regulation of staff and managers is needed as well as more qualified staff.

The next speaker was **Isobel Mackenzie**, the Seniors Advocate for British Columbia. Mackenzie stated that home care is needed for life and not for a limited period of time. B.C. charges the most of any province for home care. If you earn more than \$28,000 per year home care will cost you \$8,000 per year. Most clients are eligible for only one to three hours per day. Seventy per cent of the home care workers are casual and do not get enough hours for full-time work. Many leave to work in long term care where they can have regular hours. These

conditions must improve in order for more seniors to be able to age in place.

Next came a call to action by Gharibnavaz and Beauchamp to **Adrian Dix**, Minister of Health and **Mabel Elmore**, parliamentary Secretary for long term care for seniors. Beauchamp explained that a number of stories and questions would be presented to Dix. She also mentioned the improvements made in the last few years to deal with some of these issues. For example, the wages in non-profit homes must be in parity with the publicly funded homes. Dix outlined many of the achievements reached since 1917.

This was followed by the presentation of a number of personal stories and questions that emphasized the gaps in services and how much work remains to be done. A number of recommendations were made including expanding home care, increasing the number of adult day care centres as well as respite care. Most provinces do not charge a fee as does B.C. This program was supported by 150 organizations and was viewed by about 400 guests.

Diane Grenier

PORTRAIT OF AN ARTIST

Written by Tamara Frankel



Cherry Blossoms



White Rock Beach 14b Train

Diane Grenier retired from a position as a retired Dictaphone Transcriber/administrator and is now a serious photographer. She lives in White Rock, B.C. Her main hobbies include photography, painting, music, dancing, reading and walking her dog by the ocean. The immediate neighborhood is a major influence on her photography. White Rock, whose official landmark is the actual white rock with the famous White Rock Pier in the background, borders Semiahmoo to the south and is surrounded on three sides by Surrey. It is also directly tied to the railway linking British Columbia to Washington State. Trains are, of course, a central motif in Diane's beautiful portraits.

Diane was oblivious to photography until, at the age of 14, she was fortunate to win a box camera in grade nine. She took a photo of her best girlfriend on a rock in the water. Unfortunately her girlfriend drowned that summer and Diane's image of her was used on her casket by the family. This emphasized to Diane the importance of photos, because the family had no recent photos of Marilyn. Once she started taking snaps with her autofocus camera, she was hooked.

Life tends to get in one's way and so do marriage and children. Many years later, Diane purchased a more sophisticated DSLR camera, which opened her eyes to the potential and quality that a good camera provides. She became passionate about her art. Although she had limited training and experience in photography, when she took photos at her niece's graduation, she was struck by the beautiful images. This became the inspiration to dedicate herself to her passion.

She joined a group of photographers called Crescent Beach Photo Club. A fortuitous meeting eight years ago with a photographer has evolved into a deep friendship. In him she found a mentor, and began to learn about the intricacies of settings and lenses, as well as photoshop. They have ritualized a weekly standing time to go out and shoot photos, and so the learning process continues to evolve. She reads magazines by Nikon and Digital Photography, as well as the quarterly from CAPA, Canadian Association for Photographic Art. Photography magazines add to her knowledge and understanding of her craft. She posts her images on a photography site called FLICKR.com and follows photographers on Facebook as well for inspiration.

Natural light is essential to a great photo. When she knew that the sunset would enable her to catch the White Rock train passing by, Diane felt an overwhelming thrill, and was grateful to capture the startling, exquisite image of the train with sun setting behind it. Her photographs reveal her love of landscapes and people.

Diane wrote “Thank you for the opportunity to perhaps inspire others to get involved in something they love...it too will become a PASSION.”

Her work can be seen on FLICKR: www.flickr.com/photos/dmgdee/ and on Facebook: <https://www.facebook.com/profile.php?id=100076957545512>.



Cascade Falls

Sunrise, sunset, light—it’s the natural light that makes a great photo.



Along the Fraser

SENIORS AT THE MOVIES

Written by Dolores Luber



DUNE

2021



This new film adaptation of the book *Dune* by director Denis Villeneuve is set in the very distant future, in which humanity has evolved in many scientific respects and mutated in a lot of spiritual

ones. Throughout, the filmmaker, working with amazing technicians, manages to walk the thin line between grandeur and pomposity in between such unabashed thrill-generating sequences as the Gom Jabbar test, the thopter-in-a-storm nail-biter, and various sandworm encounters and attacks. I was not a *Dune* fan, I was unfamiliar with these sequences; however I was able to follow with the aid of the expositions in the film. The movie is a herculean endeavor, about religion, ecology, and the fate of humanity. The result is a future-shock epic that reads like a cautionary tale for our environmentally ravaged world. At 2 hours and 35 minutes, you will be challenged—hang in there. It is worth the time and effort. On Crave.

BIOPICS



LANSKY

2021



This is a different kind of gangster movie, no battering, no killings, and no sadism. Harvey Keitel stars as the underworld financial wizard who want to burnish his legacy. Meyer

Lansky is eager to change the popular perception of his career. Lansky, dying of cancer, agrees to tell his story to a writer in 1981. In his obituary, Lansky, who died in 1983, is described as the “reputed financial genius of the underworld” with his fingers presumed to be in bootlegging, gambling in Cuba and other rackets. The way Keitel plays Lansky makes it difficult to distinguish cordiality from cold-bloodedness.

The movie is David Mamet’s dreamy version of the life and tribulations of the Jewish brain behind the Italian muscle that once controlled bootlegging, gambling and associated diversions, and gave us Las Vegas in all its glory and squalor. The inherent violence surrounding the man’s calling is mainly consigned to surrogates. He himself is as peaceable as any conventional accountant. The criminal’s temporary success assures his ultimate destruction; somebody is always out to kill him. Lansky thinks of himself as a saviour of the young Jewish state as well as a provider of a universally popular pastime, gambling in its various forms. On Amazon Prime.



MARY SHELLEY

2017



Mary Shelley is the author of the book *Frankenstein*, the daughter of two eminent writers, Mary Wollstonecraft and William Godwin, and wife of another, Percy Bysshe

Shelley, one of the great English poets of his time. Now I have your attention. This literary biopic gives us all the expected pleasures of the genre; you get candlelight and quill pens, Regency gowns and celebrity shout-outs, and of course the usual feverish attempts to convey both the passion and the discipline of the writing process.

Shelley’s life changed forever in 1814, when the 17-year-old met the 22-year old Percy Bysshe Shelley in Scotland. He was married with a daughter, but he ignored that when he became enamored with Mary Wollstonecraft Godwin. That year, Shelley ran away with her poet paramour. They lived like bohemian vagabonds, traveling through Europe and writing. Orgies ensued. The Swiss chateau of Lord Byron is where the seed of *Frankenstein*, the misunderstood monster, is planted. The movie *Mary Shelley* is as much a biography of that book as of its author. The relationship between Mary and Percy is marked by loss, tragedy, and a lot of cheating.

Frankenstein was published anonymously in 1818. By the age of 24, Shelley would be left widowed and mourning the loss of her two children. The movie doesn’t quite drum up the radical spirit of Shelley, nor does it capture the revolutionariness of the *Frankenstein* text itself. But it performs an important task: It gets people eager to learn more about Shelley, one of the most fascinating women in English history. On Amazon Prime.



BEING THE RICARDOS

2021



Aaron Sorkin's ingeniously structured film offers an exhausting peek behind the scenes on *I Love Lucy*, and the relationship between real-life husband and wife, Lucille Ball and

Desi Arnaz, played by Nicole Kidman and Javier Bardem. The television program ruled the airwaves in the 1950s and dominated schedules with reruns for decades afterwards. The movie depicts one awful week with a stressed Lucille Ball dealing with tabloid rumours about her husband's infidelity and career-endangering rumblings from the reactionary press that she is a 'Commie', all the while striving with unashamed perfectionism to get a misfiring scene exactly right. She was America's favourite redhead; he was her glamorous bandleader husband, and they were adored by millions. The film is mildly disappointing; but I liked it anyway—for old times sake. On Amazon Prime.



KING RICHARD

2021



The Venus and Serena Williams tennis dynasty centers its story on Dad, played by Will Smith who, by the way, earned an Oscar nomination. Together with his then-wife, Oracene,

played by Aunjanue Ellis, the film describes what the couple did to parent, coach, cajole and shape these two particular daughters into ferocious competitors, in a family of five high-achieving girls.

Richard is a man with a plan. An early rejection chronicles his efforts to finance his daughters' training. In the meantime, rain or shine, night and day, father and daughters drill on grubby public courts in their Compton neighbourhood. Time and again, Richard suffers physical beatings and death threats at gunpoint from the local gangbangers who come sniffing around Serena and Venus. In 1997 Richard Williams told the *New York Times*; "I started like most parents. I wanted to make a million dollars. I started for the wrong reason. That's why I don't feel good about it." The viewer will decide for themselves. On Amazon Prime.

FEATURING EXCEPTIONAL WOMEN

NORTH COUNTRY

2005



Like the other female miners, Josey Aimes (Charlize Theron) takes a job at Eveleth Mines because it pays better than any pink or other blue-collar gig in 1980s Minnesota. Poverty forces

these women into the mine, where the air is thick with dust and misogyny. *North Country* takes its inspiration from the first sexual harassment class-action suit in the United States which pitted a handful of female workers against their employer, and hinged on both physical and psychological abuse. For every woman who has been grabbed and groped against her wishes, hounded and worse, told to shut up and smile, told to shut up and take it like a man, the film will induce a shiver of recognition and maybe a blast of rage. The movie is inspired by the life of a real person, Lois Jensen; the suit was eventually settled in 1991. We have here Oscar-caliber performances in a powerful story. On Amazon Prime.

PARALLEL MOTHERS

2021



The Spanish director, Pedro Almodovar, conjures a cosmos—a domain of bright colours, piercing music and swirling melodrama.

Parallel Mothers begins with a romantic

complication and domestic anguish. Janis (Penelope Cruz) is a photographer shooting a handsome forensic anthropologist for a magazine spread. Arturo's (Israel Elejaide) speciality is examining remains of Franco's victims, many of whom were buried in unmarked mass graves. He's married, romance ensues, pregnancy, single mom. In the maternity ward Janis meets Ana, a teenager. Almost simultaneously, they give birth to girls and promise to keep in touch. The central plot of *Parallel Mothers* is vintage Almodovar: a skein of reversals, revelations, surprises and coincidences unraveled with style, wit and feeling. Pedro Almodovar's poetic conviction and creative fluidity flow through this moving baby-swap drama about two single mothers and buried secrets from the Spanish civil war. His world is brutal and beautiful. On Netflix.

PROFILE OF A DIRECTOR: DAVID CRONENBERG

Written by Dolores Luber

David Cronenberg is back at work on a film, after a hiatus of eight years. Throughout his career, Cronenberg has been fixated on the existential fact of mortality. Now that he's approaching 80, it's not just an idea. "How do you live in the face of it, if you're not religious?" he asks. "How can you actually live, accepting the inevitability of your own oblivion? That's always there." After not making a movie for eight years, the director worried if his body was up to it. "You need a lot of stamina. The hours are murderous and you don't get any sleep and the pressure and intensity are huge. But gradually I found that, yeah, I can still do it. Age was not a problem." I say bravo! *Kol hakavod!*

David Cronenberg has been the mastermind behind some of the most iconic horror films to ever grace the silver screen (1970 – 2022). His

metamorphosis from national pariah to a globally renowned visionary has been nothing short of remarkable. The genre is called "body horror" and frankly, I have not seen all his films. And I will not name all of the 22 movies he has made. The first Cronenberg movie that I saw was *Dead Ringers*, fascinating and entertaining.

In the '80s, Cronenberg came into his own: *Scanners* was all over horror magazines for its legendary exploding head sequence. *The Dead Zone* was followed by *Carrie* and *The Shining*—it is fun to be scared. *The Fly* was haunting and superb. I enjoyed and appreciated the artistic quality of *Naked Lunch*. *A History of Violence* was nominated for two Oscars, and the start of a fruitful collaboration with Viggo Mortensen. The actor was nominated for the Oscar in their follow-up *Eastern Promises*, which bears their trademarks of psychological drama



David Cronenberg at the premiere of *Crimes of the Future* in Cannes. (Credit: Sarah Meyssonier/Reuters)

and gritty violence, a compelling crime story. *A Dangerous Method* also starred Mortensen. All excellent films.

The Toronto Film Critics Association (TFCA) has recognized David Cronenberg for his impact on Canadian cinema with the Company 3 Clyde Gilmour Award, "recognizing a Canadian industry figure who has made a substantial and outstanding contribution to the advancement and history of Canadian cinema."

This year, Cronenberg teams up with Mortensen again and returns to the horror genre with *Crimes of the Future*, a sci-fi film. Returning to his tradition of uncomfortable themes, the film imagines a not-so-distant future where humankind is learning to adapt to its synthetic surroundings via alterations to their biological makeup. Not for everybody, but many of his previous films are worth watching today. He has already announced the name of his next movie *The Shrouds!*

A final quote from David Cronenberg "The one thing that I have at this age, that I didn't have when I was starting out is the equanimity of not really giving a f—k." I agree.



Jack Nicholson in *The Shining*



Maria Bello and Viggo Mortensen in *A History of Violence*

IN THE SPOTLIGHT DOCUMENTARIES YOU DO NOT WANT TO MISS

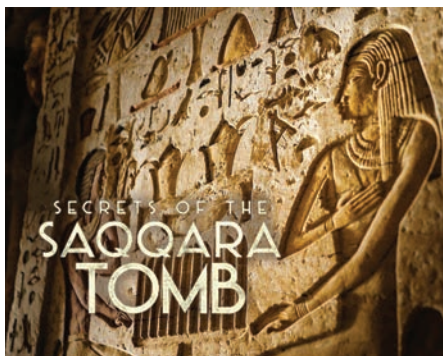
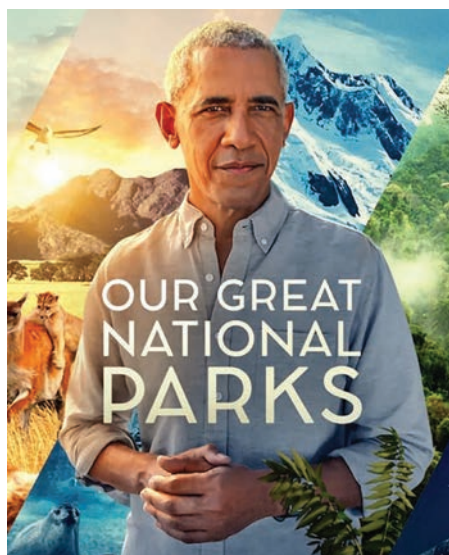
Written by Dolores Luber

OUR GREAT NATIONAL PARKS

2022 ★★★★★

In this five-part documentary series, Barack Obama relates the featured country to his own life, for example, Tsavo National Park in Kenya, the Great Barrier Reef and Patagonia. Educational content abounds, the visual visits are stunning and, most of all, the snorts, whispers, and growls of the animals we're brought to observe are fantastic.

Each episode is almost an hour long, allowing for in-depth exploration of each country's wildlife and marine reserve. It is a manifesto on climate change—these wildlife reserves are in immanent danger. He pleads for governments and individuals to take steps to preserve and expand these national parks. On Netflix.



SECRETS OF THE SAQQARA TOMB

2020 ★★★★★

The movie is an in-depth examination of the discovery in the Saqqara necropolis, just outside Cairo, of scores of mummified animals, including a lion cub, and an untouched tomb from the 25th century BCE. What makes this exceptional is the focus on the entirely Egyptian archaeological team, demonstrating the emotional connection between the locals and the ancient civilisation they are unearthing. This film's aim, apart from simple wonderment at what the excavators find, is to assert Egyptian ownership of the country's heritage and history.

The film's richly coloured photography, precisely defined sense of topography and nicely conceived illustrations combine seamlessly to make clear what could be a confusing welter of information from two parallel digs. This is fascinating stuff, smoothly put together, and carrying genuine human interest. On Netflix.

NEVER STOP DREAMING: THE LIFE AND LEGACY OF SHIMON PERES

2018 ★★★★★

For more than two hours, I was riveted to the television screen. This documentary chronicles the Israeli politician and Nobel Prize winner, Shimon Peres—known for negotiating the 1994 Israel-Jordan peace treaty—through archival footage, interviews, and personal photos. His career spanned 70 years and offers viewers a substantive examination of why international relations are so important.

It is not only a biography of the life of Peres, but also a testament to his legacy through interviews with other well-known politicians such as Barack Obama. This is a documentary about a man known for world peace, love, and encouraging leaders to create change for the betterment of humanity. Bill Clinton sums it up, "Shimon Peres was a champion of our common humanity." This well-written and well-researched production by director Richard Trank, narrated by George Clooney, is historic cinema at its finest. On Netflix.



THE SILENT KILLER: HYPERTENSION

(High Blood Pressure)

Written by Rita Roling

The other day I met some friends at a coffee shop. When I arrived they were in deep discussion and the only words I heard were “silent killer.” As I am a Stephen King fan I thought that maybe that was the title of an unexpected new book release. “Great,” I said. They looked at me in disgust and shared that Signe had just been diagnosed with high blood pressure which is also known by the morbid moniker “silent killer” as it may not present with any symptoms before its later stages. Signe’s condition

is not rare. According to World Health Organization (WHO) data, Hypertension or high BP has in the past few decades increased worldwide by approximately 35 percent. Although this malady can affect all age groups, it is particularly prevalent in the elderly.

SYMPTOMS, AND DATE COLLECTING

The Mayo clinic defines hypertension as a common condition that affects the body’s arteries. Blood pressure is

the force of blood pushing against the artery walls. If consistently too high, the heart has to work harder to pump the blood. Blood pressure measurements have two components – systolic and diastolic – and both are measured in millimetres of mercury (mmHg). A universally accepted definition of normal blood pressure is 120/ 80 mmHgs. If the systolic number is 130 or higher, it is diagnosed as hypertension. The first number in the reading is the systolic one (SBP) and the second is the diastolic (DBP). Both are recorded.

Readings of 180/120 mmHg are life threatening and need immediate medical attention. Without treatment such high numbers may cause cardiac infarctions. The most common hypertension diagnosis is isolated systolic BP which means that it is elevated and the numbers range between 120 to 130 over 80 (120/80). Elevated BP may look innocuous but may become the “silent killer”. If undetected and prolonged over time, it will get worse and may lead to serious medical conditions such as hypertension 2 and cardiovascular disease. Either of these conditions can be life-threatening.

In the majority of cases the underlying cause(s) of hypertension cannot be identified but high BP tends to run in families, so genetics and/or life styles are certainly risk factors. However, old age is the number one contributor as arteries tend to narrow and stiffen with age. Coexisting chronic illnesses such as diabetes, kidney diseases and a history of strokes play large roles. Likewise unhealthy life style choices such as: limited exercise, and diets that lack fresh produce and are high in sodium and low in potassium. Living in colder climates may affect the BP as blood vessels retract in the cold whereas in a temperate climate

Keep calm, exercise and eat your vegetables



they have elasticity. Thus Snowbirds, let go of your guilt, for it is a medical fact that warmer weather is better for your blood vessels and for psychological stress – especially if it is work related – all definite risk factors for high BP.

Keep in mind that hypertension does not affect everyone the same way and that it fluctuates during a 24 hours time cycle. It is generally the lowest when you are sleeping and relaxing and the highest in the morning when you are starting your day. If you are monitoring your BP on a home device make sure you take it in the morning and record the results. When you check the BP later in the day do the same. If you find that it is elevated (over 130/80) wait five minutes and then takes it again. When all the results are compared you may find a pattern. This will help you to understand your particular pattern and make changes to your daily routines. If the recorded numbers seem higher than you like, contact your medical provider to discuss your concerns. At your “person to person” appointment, be aware that your BP will be measured several times. This is due to the “white coat” syndrome, that is, increased anxiety and stress when visiting a medical office. By sharing the data you have collected from your home device with your physician, this will illustrate your regular or irregular blood pressure fluctuations.

TREATMENT OF HYPERTENSION

Most hypertension is treatable and in most cases lifestyle changes are recommended. All of them require self discipline and that is not easy. The needed changes may involve: eating a healthy diet, moderate exercise a minimum of 150 minutes per week (dancing, gardening, house work can be

options) limited use of alcohol and no smoking. Sometimes BP remains elevated even when a person makes healthy choices. In that case taking prescription medications to lower the BP may be necessary. Medicines will control the condition and prevent further complications but it will not cure it.

There are several pharmaceutical options for treating hypertension and each works in different ways to lower the BP. Often a combination of two or more medicines will work better than one. The following medications are commonly prescribed: Diuretic, Beta Blockers and ACE inhibitors. Before you start taking any prescription medications be informed. Your physician will tell you the reason for recommending a particular medication, how they work and any side effects. An excellent source of information is the pharmacist.

You may feel healthy but hypertension does not have any early warning signs. It is your responsibility to yourselves to monitor your blood pressure on a regular basis. You can purchase a home monitoring device or use the ones available at most pharmacies. If you are not certain what exactly the numbers indicate, make an appointment with your doctor. In the past couple of decades medical technology has made huge strides and a hypertension diagnoses no longer carries the same fear factor it had in the past. It needs, however, to be carefully managed by yourself and your medical team: if you listen to their professional advice and follow the instructions you may live till a hundred and twenty.

YOU CAN PREVENT HYPERTENSION



Reduce salt to less than 5 grams daily



Eat fruits and vegetables regularly



Avoid saturated fats and trans fats



Avoid tobacco



Avoid Alcohol



Be physically active every day

Source: World Health Organization



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 of JSA and a member of the editorial committee.

Sponsored by

GYDA CHUD

THE 15 MINUTE CITY

Written by Michael Geller

Recently, several terms describing different approaches to city and neighbourhood planning have been added to our lexicon. They include ‘Missing Middle’ ‘Gentle Density’ ‘New Urbanism’ and ‘15-minute City’.

‘Missing Middle’ has two interpretations. It sometimes refers to a missing segment of the population between those who are rich and those who are poor and often excluded from most government housing programs. However, it can also refer to a missing form of housing between a single-family house and conventional apartment building, including duplexes, triplexes, and townhouses.

This housing is also referred to as ‘gentle density’ in that it can increase the number of homes in a neighbourhood without the dramatic changes that result from larger apartment buildings. Allowing laneway or coach houses or the subdivision of larger houses into multiple suites are other ways of achieving ‘gentle density’.

The third and fourth terms could be grouped under the heading ‘everything

old is new again’. ‘New Urbanism’ is a planning and development approach based on the principles used to plan cities and towns in the past, with walkable blocks and streets, housing and shopping in proximity, and accessible public spaces. In other words, a human-scaled approach to urban design and planning.

WHICH BRINGS US TO THE ‘15-MINUTE CITY’

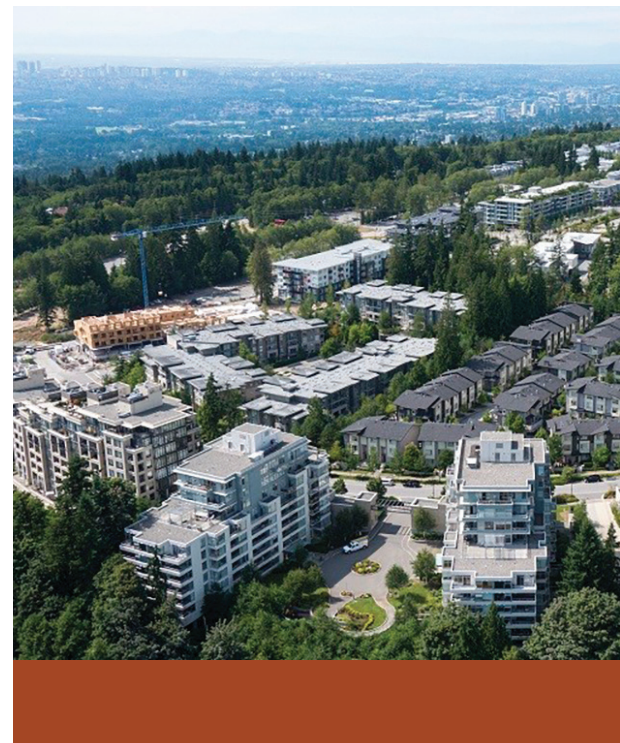
It too has alternative meanings for different audiences. For many, it refers to a residential urban concept in which most daily activities can be accomplished by either walking or cycling from one’s home within 15 minutes. For others, it includes accessing these services and activities by public transit within a similar timeframe.

Regardless of which definition is applied, the key consideration is that the 15-minute city or neighbourhood is quite different than the auto-oriented car-dependent neighbourhoods

that planners have been creating since the 1950s.

In these neighbourhoods there are no corner stores, and you often need to drive children or grandchildren to school. It may even be necessary to drive to a neighbourhood park or playground. The 15-minute city concept first gained prominence with planners when it was used during Mayor Anne Hidalgo’s successful re-election in Paris in 2020. Since then, politicians and planners around the world have been using it to describe the types of neighbourhoods they want to promote in their cities or municipalities.

If you live in downtown Vancouver or Kerrisdale; along Number 3 Road in Richmond or Lonsdale Avenue in North Vancouver; or in West Vancouver’s Dundarave Village, you already enjoy the attributes of a 15-minute neighbourhood. Indeed, most urban areas built prior to the overwhelming proliferation of cars have



the qualities of a 15-minute city. UniverCity, SFU's new community on Burnaby Mountain, which I managed for seven years, is another 15-minute community.

However, if you live in other parts of Metro Vancouver, due to zoning bylaws that often separated residential, commercial, and institutional uses, it is usually necessary to get into a car to access shops, services, and other amenities. This becomes particularly problematic for seniors and others who either do not have a car or can no longer drive. Today, the challenge for many politicians and planners is how best to transform car-oriented suburbs into more walkable and accessible neighbourhoods that will allow seniors who want to remain in their homes to do so.

One way is to start allowing the mixing of shops and housing. This might mean including corner stores within new townhouse or apartment



UNIVERCITY, BURNABY MOUNTAIN



AN AUTONOMOUS MINIBUS IN MASDAR CITY, JUST OUTSIDE OF ABU DHABI

developments within established single-family neighbourhoods. It could also include the transformation of arterial streets by replacing single-family houses with mixed-use buildings offering grocery stores, pharmacies, general merchandise, and offices at grade, with housing above, like those sprouting up along Cambie Street.

Another approach is to locate housing, libraries and even schools on the expansive parking areas surrounding older suburban shopping centres. While we can see the massive redevelopment at Oakridge, a similar approach, albeit at a different scale, needs to happen at other shopping centres around the region. After all, for many of us, the shopping centre is our community centre.

Finally, we need to rethink our public transit system. Instead of having to walk 20 minutes to a bus stop, why not bring the bus stop to our homes? This is already happening with HandyDART and 'community shuttle' routes operated by minibuses carrying fewer

passengers. These tend to operate in quieter, residential communities that do not have enough ridership to justify longer 40ft buses.

While these services are more expensive than conventional bus routes, they need not be. It may just be a matter of time before minibuses are autonomous, like one I experienced earlier this year in Masdar City, a sustainable new town just outside of Abu Dhabi. I just had to select my desired destination on the dashboard, and the bus took me there. No driver.

If you do not expect to see this in your lifetime, you might be surprised!



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

Sponsored by FRANCIS BELZBERG

PEER SUPPORT SERVICES

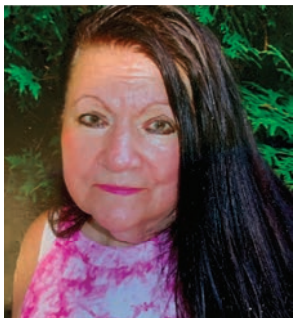
DID YOU KNOW?

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 TACKLES SCAMS

Written by Tony DuMoulin

Once again, Doris and I crossed paths recently when we were both surveying the produce stalls at the neighbourhood grocery store we both frequent. It was mid-morning, so after finishing our shopping, we agreed to have coffee and a bran muffin at the little cafe around the corner and catch up. For those readers who don't know Doris, she is an old friend of mine in her mid-80s, independent, and in good health. Her passion is helping her friends and other seniors combat ageism. She simply cannot stand the injustices suffered by the seniors she knows or hears about, and speaks out whenever she can.

As soon as we brought our coffees and muffins to a table and sat down, Doris began telling me a sad tale. "My dear friend Mildred is very kind and generous, but due to a bad hip, she doesn't get out much. She is a widow like me, living alone, but unlike me, she gets lonely. This causes her to rely on the telephone for human contact. Her trusting nature and willingness to talk to just about anyone who calls makes her, and many other seniors like her, a perfect target for smooth-talking scam artists.

"When I phoned Mildred the other day, she sounded upset. She had recently received her VISA credit card statement, only to discover that almost \$3,000 in unauthorised charges had been made on her card over the period of a week, including for cash withdrawals, restaurants and clothing stores. She immediately called VISA, who agreed to cancel her card and issue a new one. They also agreed to reverse the unauthorized charges. But Mildred had been badly shaken by that VISA statement, and was anxious about the task before her: having to contact several organizations she donated to, or did business with, by way of automatic periodic credit card payments.

"Mildred told me she had been going over and over in her head how someone could have obtained her credit card information, until finally something had clicked; she remembered that about six weeks earlier, she had received a call from a very pleasant and compassionate-sounding gentleman who told her he was the local representative for an organization called "The International Ukrainian Emergency Defense Fund" and that Ukrainian victims of the invasion by Russia desperately needed

basic food and housing. 'We talked about the situation in Ukraine for a few minutes,' Mildred told me, 'and then the caller politely asked me how generous I could be in helping with the situation. All I could think of were hungry children in the arms of their injured mothers,' she continued, 'so I offered to donate all I could afford at that moment, \$500, and as requested, I gave the nice man my credit card particulars so he could process my donation and send me a tax receipt.

"It was awful to discover that this man was a skilled scam artist,' Mildred admitted, 'and to be taken in like that makes me feel more stupid and ashamed than angry.' Well, I was angry," Doris told me, "so I started researching scams and fraud on the internet. I found an excellent resource, and learned a great deal about scams and frauds and how we can better protect ourselves from becoming victims.

"Fraud Awareness' is my current mission," grinned Doris. "The resource I came across was a **Government of Canada site found by searching antifraudcentre.ca which is the site of the Canadian Anti-Fraud Centre.** EVERYONE should bookmark this site and refer to it on a regular basis. It provides data on the number of reports of fraud and scams in Canada, how to report your incident and why you should report it. It also gives tips on how to protect yourself, and it lists, in alphabetical order, examples of the most frequent types of frauds and scams. This is a very long list, and includes descriptions of many telephone scams, as well as internet scams, mail scams and knocking on the front door scams. I am urging everyone I come across to please look at the site and arm yourself with information and tips so you can spot the scams before getting hurt. If

NEVER, EVER give an unsolicited caller or emailer any of your personal or financial information.

”

poor Mildred had looked at this list of scams before receiving that unfortunate phoney telephone solicitation, and had read the tips about protecting herself, she could have saved herself a lot of grief. That very scam was on the list.”

I promised Doris that I myself would do all I could to spread the word about the Canadian Anti-Fraud Centre (known by its acronym CAFC) and would ask my friends to do the same, and I commended her for her effort in spreading awareness.

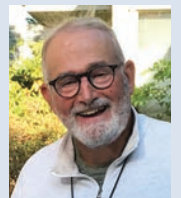
“Awareness is the key,” enthused Doris. “I have learned a great deal from CAFC. For example: the RCMP has reported a substantial increase in scams and frauds of all kinds since 2020. I am sure COVID is one reason for the increase. In 2022, as of the end of September, CAFC had reported over 68,000 incidents of fraud, 43,460 victims, and losses of over \$362 million, with only \$1million recovered. But here’s the thing, Tony. The RCMP estimates that only 5 to 10% of frauds and scams are ever reported, so the problem is huge. Victims are either unaware that they have been defrauded, or they are too embarrassed, or too busy, to report their experience. But it is so important to make the effort to note the telephone number or email address of the suspected scammer, and to report it to the CAFC by phoning 1-888-495-8501 right away, even when you have not been victimized. Why is it important? There are a number of reasons: your report could help with the progress of, or complete, a current investigation. It contributes to data showing crime trends, and allows for crime forecasting; and it adds to the body of information about specific types of scams, thus helping with prevention and awareness efforts. Simply put, your effort in reporting

will help yourself and others. And making this effort makes reporting statistics more accurate, leading to better advocacy efforts. An RCMP anti-fraud expert has called for an overhaul of how authorities combat scams, and for governments to treat this growing trend more seriously. It is extremely difficult for authorities to combat this crime wave, because often the scammers are based in foreign countries, and they tend to change their methods and locations frequently. I, for one, am calling for more government action, in particular on behalf of vulnerable older persons like my friend Mildred.”

As we left the cafe, I thanked Doris for all this information, and told her how impressed I was with her personal “Fraud Awareness” campaign. “Awareness” leads to prevention,” noted Doris, “but some common sense is needed as well. If someone calls you

claiming to be a charity, ask for some details in writing, including their charitable registration particulars, and get their name and phone number. And NEVER, EVER give an unsolicited caller or emailer any of your personal or financial information. And then phone CAFC at 1-888-495-8501 and report. If enough of us follow this advice, scammers and fraud criminals will soon find their pool of targets quickly shrinking. Remember, if something seems too good to be true, it is.”

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



Sponsored by MICHAEL GELLER



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

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**

PEER SUPPORT SERVICES: VOLUNTEER APPRECIATION BBQ

Written by Shanie Levin

On Wednesday, September 14th, JSA held their Appreciation BBQ for the volunteers of the Peer Support Program.

This was the first public event in our new premises at the Mount Pleasant Neighborhood House at 800 East Broadway. A large, bright room with access to the garden welcomed the 50 guests. They enjoyed an evening filled with welcoming, community greetings, great food, music and dance. The entertainment was provided by **David** and **Julie Ivas**, with help from **Charles Liebovitch**. **Grace Hann** opened the evening welcoming everyone and **Charles** introduced **David** and **Julie**, who would provide the music with guitar and vocals.

Alan Marchant, JSA treasurer and **Tony DuMoulin**, coordinator of the Advocacy Committee, were in charge of the BBQ, and **Leah Levitt** provided wonderful homemade baking.

Grace mentioned that **Tulia Castellanos**, coordinator of MPNH was joining us for the evening. She then introduced **Gyda Chud**, co-president of JSA to bring greetings. **Gyda** thanked all the volunteers for their hard work and stated that the three important things in life are relationships, reflection and restorative practice which “lifts you up”, appropriate for both the clients and the volunteers.

The next greeter was **Shelley Rivkin** of Jewish Federation. She mentioned

that her husband had taken the Peer Support training and has been practicing his listening skills in his own life. She wished to add to the three “R”s that **Gyda** had listed, that of, respect and resilience. She stated that the Peer Support Program, through the volunteers, is saving and extending lives. On behalf of Federation she wished everyone a safe and healthy New Year.

The next speaker was **Dr. Bev Pitman** of the United Way. She pointed out that volunteers are special people, who through their desire to give back and their willpower, translates the work of JSA into action.

Next Grace called on **Dolores Luber**, editor of *Senior Line* magazine and a retired psychotherapist, who has given seminars to the volunteers. **Dolores** mentioned that she had several careers (raising four sons, a realtor, a psychotherapist) prior to coming to Vancouver. She feels that volunteering is a journey which incorporates the wisdom of the past, and which forces you out of your comfort zone in order to learn.

Leah Deslaurier, of L'Chaim Adult Day Care Centre greeted the volunteers. **Leah** said that the work has to be meaningful to you as well as to the client.

The next speaker was **Eileen Lao**, Assistant to **Michael Lee**, MLA for Vancouver-Langara. She brought greetings from **Michael Lee** and talked about the South Vancouver Seniors

Network that was brought about by his work. The South Vancouver Seniors Network is facilitated by **Grace Hann** and **Andrea Krombein**. **Cathy Moss**, one of the volunteers, said that the greatest gift was the contact with the client. She stated that JSA is really in touch with the seniors' community in Vancouver. **Dr. Joan Robillard**, another volunteer, was looking into end of life issues and wanted to be of service, so she took the Friendly Visitor training and then the Peer Counsellor training. **Joan** said that the more she works with clients the more she respects them and the more she appreciates JSA.

Grace mentioned that Peer Support has started a walking group for isolated seniors. **Dr. Dan Gan**, PHD, a Gerontology professor from SFU, thanked the volunteers and mentioned the importance of reciprocity. **Ruby Boychuck**, who has been doing volunteer work for twenty years spoke of the personal rewards of volunteering. She was one of the recipients of the Platinum Jubilee pin, as was **Serge Haber**, for their many years of service. **Grace** asked for a moment to honour **Serge**, the founder of JSA, who was unable to attend the evening.

The final speaker was **Ken Levitt**, past-president of JSA. **Ken** asked all the volunteers to stand so they could be recognized by the attendees. He stated that they are the backbone of JSA. **Ken** explained that JSA, using a tool developed by **Margot Beauchamp**, a staff member of JSA, has begun an objective measurement of the effects of the work of the Peer Support Programs. We seem to be exceeding expectations. The formal part of the evening concluded, we enjoyed the BBQ, salad, and dessert. The dinner was followed by music and dancing.

PEER SUPPORT VOLUNTEER PROFILE

CARLY BELZBERG

ARTIST, ART THERAPIST, PSYCHOTHERAPIST
AND JSA FRIENDLY VISITOR

Interview by Charles Leibovitch



Carly Belzberg has been a Friendly Visitor volunteer with Jewish Seniors Alliance Peer Support Services since 2020. She was born in Richmond, B.C., and grew up in Vancouver. Her father is a physician at Saint Paul's Hospital and her mother continues to be an active volunteer with Hadassah WIZO, The Jewish National Fund and Camp Ha Tikvah.

As a child, Carly attended Beth Israel Synagogue's after school program and enjoyed learning about prayer, the meaning of the Jewish holidays, culture and traditions. She fondly remembers learning from Rabbi Cahana, Rabbi Solomon, Cantor Nixon and Mr. David Rubin. As a child of 12 she went to Israel for the first time and later returned at 16 to participate in the Maccabean Games, where she competed on the Canadian fencing team.

After secondary school, she moved to Montreal where she attained a Bachelor's Degree in Fine Arts with a secondary focus on world religion. This was a pivotal time in Carly's life where she first explored the compelling and complex worlds of Hindu, Buddhist, and Jewish Mysticism. She also learned a great deal from a favorite painting professor, Leopold Plotek, who supported her exploration of existential psychology, poetry and spiritual development.

Carly moved to Philadelphia, Pennsylvania in 2001 and pursued a master's degree in art psychotherapy and counselling psychology. She further developed her ability to use various creative tools and approaches to connect with her clients and help them express themselves in meaningful ways. Carly was particularly interested in personal development in the second half of life and helping older adults create meaning, connections and mental wellbeing through creative expression.

Carly moved to Baltimore, Maryland in 2005 and worked in a psychiatric hospital as well as running an art therapy program with older adults. She fondly remembers leading a creative arts therapy group on Sunday mornings with older adults where she used the power of music to help participants recollect and celebrate different times of their lives; often reawakening aspects of themselves that they had forgotten about for some time. Carly believes that the creative arts can help individuals with dementia access areas of health within their brains that might be overlooked or missed otherwise.

In 2008, Carly moved to Winnipeg for about a year, continuing to work with older adults using art, music and storytelling in her programs. At this time, she was honored to meet two

First Nations medicine women who invited her to participate in sweat lodges and learn about the Black Foot and Anishinaabe traditions. This was a powerful experience for Carly and sparked her interest in embodied spirituality and somatic mental health practices. This experience also highlighted the importance of considering our interconnection as human beings and our connection to the natural world.

Carly returned to Vancouver in 2009 and began to work with children and teenagers at the Vancouver School Board. At this time, she also attained a Bachelor of Education with a specialization in teaching visual arts to secondary school students. On the side, Carly had a small hypnotherapy practice where she helped people with insomnia, anxiety, addiction and various other issues find relief. She continues to believe in the power of the subconscious mind to help people make changes in their lives and take ownership of the way they think and create.

Continued on page 33...

TABLETS FOR ISOLATED SENIORS: SENIORS LEARN TO USE CHROMEBOOKS

Written by Bob Finkelstein

In early 2021, the world was alarmed by the surge of COVID-19 cases. Especially concerning was the pandemic's impact on seniors. According to information collected from several sources, "Between the end of March 2020 and mid-May 2021, seniors aged 65 and over accounted for 93% of the deaths attributed to COVID-19."

JSA's Peer Support Program was hit especially hard by the pandemic – we rely on face-to-face contact with our clients, and now we found ourselves unable to meet in person with our isolated and vulnerable seniors. The seniors we work with were more than ever in need of personal contact to help prevent them from becoming depressed because of their social isolation, and we couldn't provide that contact.

The PSS (Peer Support Services) committee recognized the crisis and

acted quickly to find solutions to COVID isolation. One such answer was to purchase digital devices for isolated seniors and give them the knowledge and skills to connect virtually with the world. In early 2021, JSA applied for and received funding from the Jewish Federation to purchase twenty "tablets" to distribute. The goal was to provide technology to people with no previous technical background or skills – to help them get, and stay, connected to others during the pandemic.

Because they knew I was familiar with technology, Rita Roling and PSS asked me to coordinate this project. I agreed. In February of 2021, I wrote a plan to: identify appropriate tablets; find tablet recipients; purchase, configure, and distribute tablets to the approved recipients; provide initial training to each user and provide ongoing support to the tablet users.



The grant proposal had specified iPads. However, I saw a problem with that immediately: because we could not meet in person with our seniors, we would need a way to support and teach them remotely. We would have to be able to connect to their tablet, see their screen as they saw it, take control if necessary, and talk to them at the same time. This is standard practice when supporting users in the corporate world, so I expected it to be easy in our tablet environment.

Peer Support Services
recognized the crisis and
acted quickly to find
solutions to COVID
isolation. ”

I quickly learned that Apple prevents remote support for iPads, so we would have to use something else. Microsoft tablets can be remotely accessed, but were too expensive for our project. Android devices are limited in size and/or capabilities. The ongoing search led to Chromebooks. Chromebooks are tablets like iPads, but are run by Google's "Chrome" operating system. They are relatively inexpensive, easy to learn and use, and, most importantly, can be accessed remotely by a Google program designed for that.

I sourced and purchased 20 Lenovo Chromebooks. Lenovo, when I explained our project to them, very generously added extended two-year "accidental drop and spill" warranties at half of normal consumer cost. The original grant included \$665 each for iPads and cases. Our Chromebooks,

with cases, keyboards, and extended warranty, were under \$370 apiece.

Grace Hann and Charles Leibovitch began finding Chromebook candidates, and passing the successful applicants' contact info to me. I phoned each "approved" candidate to find out whether they had special needs (vision, hearing, mobility, etc.), and custom-configured a tablet for each of them. Next I delivered the tablets to each recipient – sitting with them always masked and often outdoors – and gave them their initial training. All good so far. Within a short time, though, the next snag surfaced. Unfortunately, Google disabled their remote access program shortly after we got the first few tablets delivered. That was a huge setback – we had no way to provide support and training. We had "orphaned" our new senior tablet users.

Rita Roling, chair of the PSS committee, phoned each of our users twice to ask how they were doing, and we weren't surprised to learn that almost none felt they had received enough training to be comfortable

with their Chromebook. We were stuck – couldn't support them in person because of COVID, and couldn't support them remotely because of Google. We had to limp along for a few months.

As early as February 2021, I had specified that we would need a cohort of volunteers to do the in-person training as soon as the pandemic restrictions were relaxed. In April of this year (2022), when it looked like we would again be able to meet with seniors in person, I asked Charles to place an ad for volunteers – we were looking for people who were "tech savvy" and could also work with our seniors. Grace and Charles quickly interviewed, accepted, and trained several new volunteers. Following that, I spent time with each of them to make sure they could teach computer skills, including privacy and security, to our tablet users.

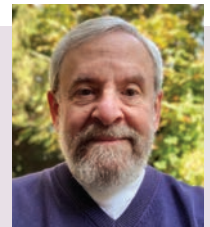
With the relaxing of the pandemic restrictions, the pieces of this project have finally come together. We now have tablets distributed to seniors, and

volunteers working to get those seniors "fluent". We have a robust record system of integrated data sheets for client intake, volunteer recruitment, client management, volunteer/client support tracking, etc.

We now have numerous seniors who have progressed from never having turned on a computer, smartphone, iPad, etc. to being able to connect to the internet, to join online classes, to participate in group discussions, to communicate with friends and family by Zoom, email, Facebook, etc. By all measures, JSA's "Tablets for Seniors" is now a great success.

Bob Finkelstein

grew up in the States, but has lived in Canada for most of his life. He has degrees from Michigan and India, but is particularly proud of being an alumnus of Grace Hann's "Class of 2016" Senior Peer Counselling training program.



VOLUNTEER PROFILE: CARLY BELZBERG

...Continued from Page 31.

She was first introduced to this discipline as a young gymnast and figure skater where her coaches taught her about the power of the mind to impact her athletic performances.

More recently Carly returned to her love of painting and began to build up a strong body of work. She has

participated in various exhibitions and one of her paintings can be found on a previous cover of *Senior Line* magazine. Currently Carly works in private practice as a mental health counsellor. She enjoys working with young to older adults and is still very interested in exploring the creative potential of older adults. She is also currently teaching a writing course that helps people record their life stories in a fun and

step-by-step way. Carly learned about the JSA's Peer Support Services in 2019 and took the training in early 2020. She has enjoyed being part of our team and continues to support a community senior on a weekly basis.

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.



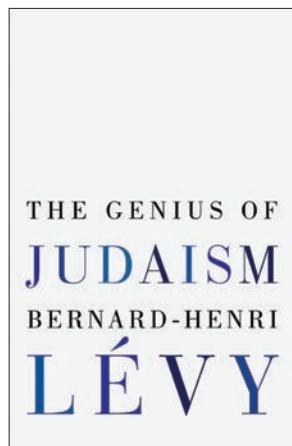
CURL UP WITH A GOOD BOOK

Written by Dolores Luber

I have an eclectic selection of books for you to discover. All books are available at the Waldman Jewish Library at the Jewish Community Center. We welcome book reviews by our readers, send them in to me at editor@jsalliance.org.

THE GENIUS OF JUDAISM

Written by Bernard-Henri Levy



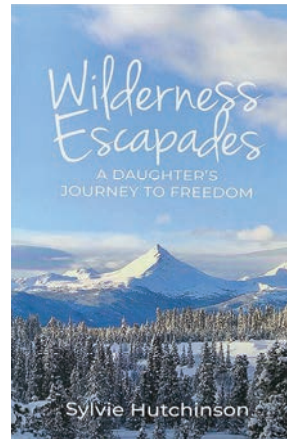
The Genius of Judaism is Bernard-Henri Levy's most personal book (philosopher activist/ writer/ Jew/ socialite/ *bon vivant*—he is a prolific writer). His statement on how to combat anti-Semitism is enlightening, “have nicer teeth than they do; get their women to love you...Live in castles as big as theirs.” He has kept these promises. In this book, a

work sometimes insightful, often charming, and frequently ludicrous, reflects a fresh encounter with Judaism, the faith of his fathers—a religion that he admits he barely knew. Here he attempts to reconcile his writing, politics and activism with Judaism as he understands it.

Levy freely admits that he is not the greatest knower of Jewish things. He barely knows Hebrew, and he displays no knowledge of the Judaism of everyday life. I appreciated that he is a vigorous intellectual, who has a passion for active engagement on behalf of the ideas he believes in. What to make of him and this book? One reviewer wrote “Its emotional logic—which is in part the logic of an unconscious penitent, that of a secular universalist yearning to be a *yeshiva bocher*, engaged in daily *pilpul*—goes in one direction and its intellectual logic in another.” Yes, but, the book is fascinating, delightful to read, frustrating at times; I persevered, reveled in the beautiful writing and learned many things.

WILDERNESS ESCAPADES: A DAUGHTER'S JOURNEY TO FREEDOM

Written by Sylvie Hutchinson



A mother and daughter's coming of age story, as their lives interweave at a cabin, in the wild of northern B.C. The daughter's journey for freedom takes her along an unconventional and winding path. As a child she fights for survival from a poisonous spider bite and as a rebellious teen she battles addiction. With determination and courage, she fulfills her

dream of living in the wilderness. Her tales of wolves and grizzly bear encounters are captivating. Her evolution from birth to adulthood, and then to remote cabin life in the mountains, fascinating.

The mother travels alongside, as witness, on her own journey through motherhood, then strikes out to Yukon frontiers, chasing her dreams. This a unique story of how courage propels them forward, fear stands them still and trepidation holds them back. I was completely involved in their unusual and compelling journey.

RBG'S BRAVE & BRILLIANT WOMEN: 33 JEWISH WOMEN TO INSPIRE EVERYONE

Written by Nadine Epstein, Introduction and Selection by Ruth Bader Ginsburg



This small book is a historical non-fiction book that focuses on Jewish women who were role models to now-deceased U.S. Supreme Court Justice Ruth Bader Ginsburg. Some of them practiced religion, and some did not. All experienced discrimination because of their Jewish heritage. Each narrative is three to five pages long,

preceded by an attractive, stylized, full-colour illustration of the subject.

Six figures are biblical, one is from the ancient world, and the rest lived during the last 600 years. I was thrilled to be introduced to many of these women who until then, remained unknown to me. The one truly compelling aspect of these women and girls is that they provide insight into both the late justice herself and the changing times she lived through. This is a roster of inspirational role models, all of whom are women and Jewish, that will appeal not only to young people but people of all ages, and all faiths. Outstanding!

THE HOTELKEEPER'S DAUGHTER

Written by Gloria Levi



This creative memoir tells the gripping story of the Hamerov family from 1938-1948, the tail end of the Depression years, World War II, and the beginning of the post-World War years. They lived in a religious, Eastern European Jewish immigrant community in Brooklyn, New York. To break the cycle of poverty, the parents decide to become

hotelkeepers. Inspiration for the book was sparked by a simple question from her oldest son, David, on how her/Goldie's parents got into the hotel business.

I was captivated by the vivid images of an unfamiliar world, observant immigrant families struggling with language, customs, and family relationships, in their strange, new environment. Weaving in and out of the past and into present-day Gabriola, rooted in family, *The Hotelkeeper's Daughter* is "A Jewish story and a universal one. I hope the reader takes away from the story a sense of compassion for the complexity and the need for expanded self-awareness, for the ability to constantly grow our consciousness."

I enjoyed reading it, from beginning to the last page which brought tears to my eyes. Gloria Levi touched a nerve and forced me to reflect on my own personal family relationships.

THE LIGHT FROM WITHIN

Written by Claire B. Cohen

Claire B. Cohen is a painter, teacher and art therapist. This book depicts her chronological development as an artist, and her numerous and varied artistic styles and accomplishment through her life's work. I thoroughly enjoyed each page as I progressed from landscapes, traditional and abstract to portraits, both realistic in black and white to more modern in colourful depictions of faces. Her semi-abstract paintings are magical, with swirling colours and shapes which captivate the imagination. The compositions in the multimedia collages are non-objective and non-figurative, they are very attractive paintings. She was inspired by the Ottawa Chamber Music Festival, her paintings about music are joyful, reflecting a variety of styles.

As an art therapist, Claire writes of the importance of art in the process of getting to know ourselves and understanding our strengths and limitations. The book is a delightful voyage, sharing Claire Cohen's personal and professional careers as a painter, teacher and art therapist.

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FEATURE BOOK REVIEW

"THE AGING OF AQUARIUS: IGNITING PASSION AND PURPOSE AS AN ELDER" BY HELEN WILKES

Written by Janet Nicol

“Of course, eighty is not eighteen, and energy sometimes flags,” author Helen Wilkes, a retired professor and activist, admits in her book on living with passion and purpose in one’s senior years. Much can be appreciated at this stage of life, she suggests, and much can be accomplished. To this end, Wilkes provides the reader with an abundance of encouragement and suggested actions.

The Vancouver-based author has experienced both hardships and highlights and some of these memories are woven into each short, concise chapter, enhancing the overall narration. By the final pages, the reader will know Wilkes well. It should be noted she wrote this book two years before the Covid-19 pandemic began. Her ideas, personal stories and research-based observations are still relevant, given the challenges and exposure to ageism brought on by the global crisis.

Retirement can bring a new type of freedom and way of seeing, Wilkes posits. Elders have an opportunity to use their knowledge and experience in a purposeful way. The author’s own life path provides a powerful example. Born in 1936 and with a Jewish/Czechoslovakian background, Wilkes was one of the few children to escape with her parents to Canada before the Second World War broke out. Her previous book, an award-winning memoir entitled *Letters from the Lost: A Memoir of Discovery* (Athabasca

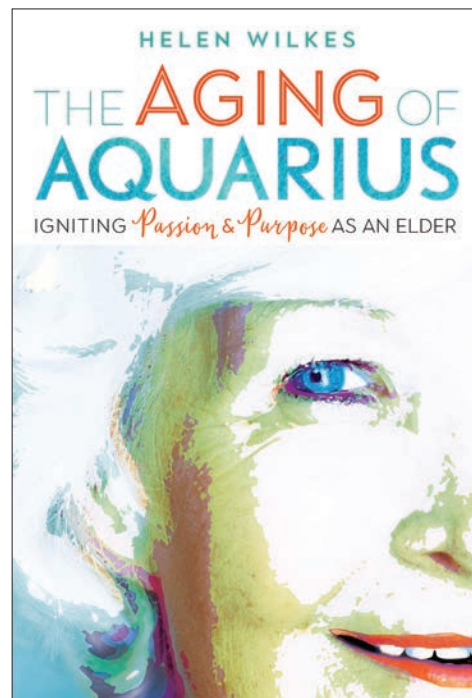
University Press, 2010) examined the Holocaust and its impact through the lens of her family’s experiences.

“Hope is a choice that you make,” she writes in a chapter where she wrestles with a world full of animosities, hatred and guilt. In the book’s final chapters, Wilkes “delves deeper,” examining the meaning of life and death, using both a spiritual and scientific approach.

Retirement can bring a new type of freedom and way of seeing. ”

The initial chapters look at the transition to retirement and how elders face fears that include the “void” and “emptiness” and the “unmapped road.” Taking care of oneself, confronting both regrets and achievements, in other words, becoming more self-aware, are necessary steps to moving forward in a positive way. Curiosity, connection, compassion and taking risks are four components she cites as nourishing the ‘elder’ years.

Each chapter ends with an idea. For example: **Sometimes old attitudes need to be pitched along with the clutter in our closets.** A short list of actions follow the idea, such as: **Are you the victim of self-imposed restrictions? Do you tell yourself: “I’m too old to _____?”**



Giving to others is key, the author believes, whether it’s asking younger family members about their lives rather than expecting them to ask about yours or getting involved in progressive community action. “Think of how you’d like to be remembered and the legacy you’d like to leave,” she writes. “Will that be more than a pile of possessions?”

Also essential, is looking outside oneself and cultivating empathy. Travelling is one way to do this, Wilkes suggests.

There is “authentic happiness,” she asserts and there is “surface joviality.” The two are not to be confused. At the conclusion of this chapter called *Choosing Happiness*, Wilkes advises practicing gratitude on a daily basis and regularly doing something for others. We can’t always be happy, she acknowledges, but “overall happiness is yours to choose.”

Whether the reader receives affirmation of their own hard-won pearl of wisdom or is offered an idea never considered before, Wilkes’ wise and thoughtful words deliver a timeless guide to living well.

LOST IN TRANSLATION

Written by Dolores Luber

DOWN THE RABBIT HOLE (AS IN ALICE IN WONDERLAND) LINGUISTICALLY

Many of my readers read and sing in Hebrew. And these same people either speak Yiddish or have some recollection of Yiddish spoken by parents or grandparents.

My Yiddish lessons progressed well. I took private lessons and group lessons on Zoom. I gradually became aware of a strange phenomenon—in Yiddish when a *Tet* ת is found in a word of Hebrew origin, it is pronounced as a *Samech* ס. I became curiouiser and curiouiser (I am channelling Alice here)! So I asked Rahel Halebe, my knowledgeable Hebrew teacher and author of the Biblical Hebrew textbook, *Hinneh - Biblical Hebrew the Practical Way*:

The rule is that any ת which has a *dagesh* (either קל or קזח) will be pronounced T.

Any ת which does not have a *dagesh* is pronounced TH or S.

This is true not only for Ashkenazi but also for Yemenite Jews.

For those of you who are not Biblical Hebrew scholars, let us continue. I then borrowed the tome *History of the Yiddish Language* by Max Weinreich which Seymour Levitan, who translates Yiddish to English, recommended. I was way over my head! I couldn't find exactly what I was looking for.

It is a puzzlement: Why is the Tet ת in Hebrew words which are found

in Yiddish pronounced as a *Samech* ס instead of ת?

Sabbath

שבת—*Shabat* (Hebrew)

שבת—*Shabos* (Yiddish)

Prayer Shawl

טלית—*Talet* (Hebrew)

טאלעס—*Talis* (Yiddish)

Wedding

חתונה—*khatoonah* (Hebrew)

חתונה—*khaseh* (Yiddish)

Clothes for the Sabbath

שבתדיקע—*shabesdikhe*; not

shabatdikah (Yiddish)

I was not yet satisfied, so I went to the Internet. Doesn't everyone do that? Here are some of the things that I learned:

1. The Yiddish alphabet (a modified version of the Hebrew alphabet used to write Yiddish) is a true alphabet, with all vowels rendered in the spelling. The exception is in the case of inherited Hebrew words, which typically retain their Hebrew consonant-only spellings.

2. Theory: In Eastern Europe, people cannot pronounce the “th” sound. That's why instead of saying “thank you” people from Eastern Europe will say “sank you.” It's possible that the “s” sound for the TAV/SAV developed because Jews from that part of the world lost the ability to pronounce the “th” sound.

3. If you are Ashkenazi, the correct pronunciation *Tav* ת, is like an English “s”. If you are Israeli Sefardi, it is

probably like a “t”, and while it was probably a “th” in ancient times, only a handful of Jews (e.g. Yemenites) pronounce it that way.

4. It appears to me that “s” sound for *Tav* (without *dagesh*) is a violation of linguistic rules since “t” comes from one area of the mouth and “s” from another (Sentence first, trial afterwards, so said the Queen of Hearts).

Exhausted, I desisted. The bottom line—learn it the way it is supposed to be pronounced. Curiosity did not kill this cat YET.

SOME NEW WORDS THAT I HAVE LEARNED

Conundrum: A confusing and difficult problem or question. See above.

Chasing After Wind: Any futile endeavour, a chasing of elusive goals. See above.

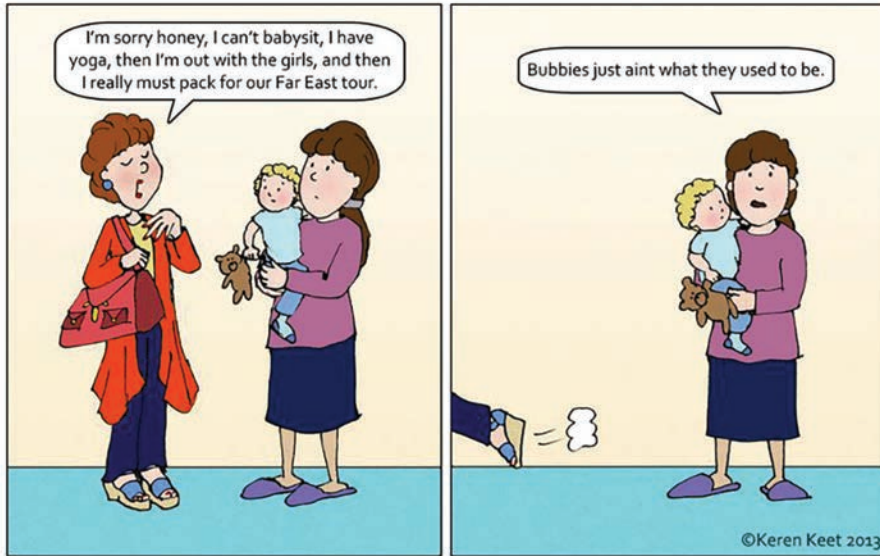
Rigamarole: Something (such as a procedure or an explanation) that is long, complicated, and tedious. See above.

Milquetoast: Adjective, feeble, insipid, or bland. Ian Mulgrew wrote: COVID pandemic health orders, recent court decisions and political debate have revealed a stark contrast between the nation's image as the “True North Strong and Free” and the seeming milquetoast protections of its constitution.

Sycophant: A servile self-seeking flatterer. Bernard-Henri Levy wrote: Is that hypothesis not as shocking, and perhaps more so, than the one concocted eight centuries later by that sycophant, that traitor, Flavius Josephus...

Carry on reading regardless!

HUMOUR!

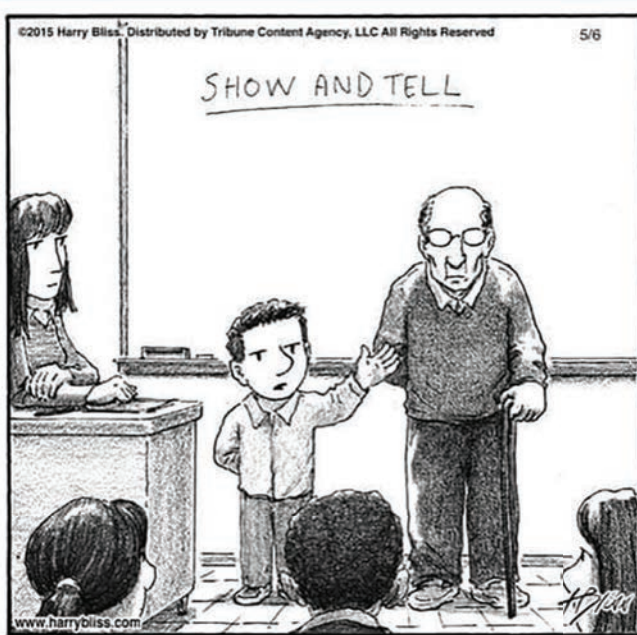


I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.

My therapist set half a glass of water in front of me. He asked if I was an optimist or a pessimist. So, I drank the water and told him I was a problem solver.

CARTOON CAPTION CONTEST

CONGRATULATIONS TO OUR WINNER:
BARRY CORRIN



"This is my grandpa. He's going to explain... aging or "How you go from knowing everything to knowing nothing in 60 years."

THANK YOU TO ALL OUR
CONTRIBUTERS,
READ THEIR ENTRIES BELOW:

This is my Grandpa, He is going to explain...

...There once was a man from Nantucket...
- **David Kirkpatrick**

...how being a grandpa is the best job in the world.
- **Shirley Cohn**

...how he increased his stamina by converting
his bald head to solar panel.
- **Ed Korbin**

...what a family doctor is.
- **Michael White**

...why he wore rose pink *gutkies* (long johns)
in the olden days in Russia!!
- **Janice Masur**

...Oh sorry Zachary. Next time ask me if
I am wearing my hearing aids. I thought you
asked me to COMPLAIN.
- **Anita Karp**

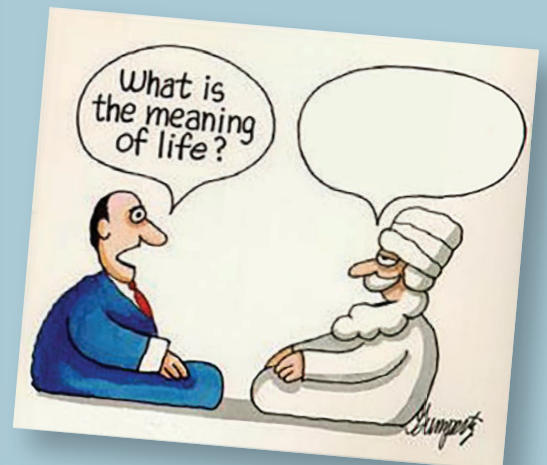
...his history of communication,
knowledge, and music in that order. Here is a
rotary phone, a newspaper, and a copy of the
hit parade dated September 17, 1970.
- **Anita Karp**

ENTER THE CARTOON CAPTION CONTEST!

Write a caption, answer the question,
"What is the meaning of life?"
and send it to us by mail or email by March 2023.

Jewish Seniors Alliance
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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*.



GARY TAKES A HIKE

Written by Kenneth Levitt
Photos courtesy of Polarsteps

I cannot imagine walking from Calgary, Alberta to Vancouver, British Columbia. Gary Averbach imagined it! “He talked the talk and walked the walk!”

Gary was born in Vancouver on October 10, 1942. He attended *Talmud Torah* and graduated from Churchill Senior High School in 1960. He attended UBC and received a Bachelor of Arts degree in 1965. He spent a couple of weeks in Whitehorse working in a hotel partly owned by his father and partner, Sid Golden. He soon realized he wasn't equipped to run a full-facilities hotel.

Gary enrolled in a two-year BCIT Hotel and Restaurant course, and then in 1969, he joined the staff of the Royal Towers Hotel as Assistant Catering Manager, becoming Catering Manager in 1971.

In 1972, he decided to change course and proceeded to build a motel in Kamloops, followed by one in Kelowna.

Gary married in 1967 and is the proud father of three children, Shannon, Blake, and Michael, and a loving grandfather to six children. His father was very involved in his business. His mother participated in the Jewish community. He isn't sure what inspired him to ultimately get actively involved in the community, but it was some years (i.e., until 1986) before he began his involvement, and he never looked back from then on. Gary's motels became his buy-in to work with his father. The Kelowna Motel was sold in 1988 and Kamloops in 2007.

Fast forward to 2022. Gary mourned the loss of relatives and close friends to



cancer. Earlier he had contemplated a walk from Vancouver to Calgary. He had not contemplated a fund-raising walk. It was the loss to cancer of his cousin and business partner, Bob Golden, who told him to walk for cancer research. The journey was to be for Bob, but he decided to make the walk and to contribute to finding a cure for all cancers.

Could Gary make the journey? Gary regularly walked from his home on Georgia and Bute along the seawall around Stanley Park and back up Georgia to his home, which is about 18 Kilometres. Gary thought that if he could manage that walk, then he could manage a walk from Calgary to Vancouver.

THE WALK

On June 26, 2022, Gary began “his 1,100-kilometer adventure to Vancouver from Calgary”. A daily schedule was drawn up. In the morning Gary would walk for 2 1/2 hours, “take a 1 1/2-hour walk in the early afternoon and then, either after an hour's rest or after dinner he'd walk another hour or so.” The average daily walk was 27 kilometers. A van, driven by Alex Krasniak, a friend and volunteer, always followed Gary. Bart Zych, the other team member, was his facilitator, handling motel and dinner venues, P.R., bringing



sandwiches and coffee for lunch and doing Gary's laundry. He had lunches in the van, rested there, and prepared for the next part of the walk. Every evening they would find a motel where they would have supper, sleep and plan for the next day. Each day was the same as the next. On August 11th Gary arrived in Vancouver. Having spent 47 days on the road. He used about 3500 calories per day and lost some weight—to his pleasure.

WE ASKED GARY A FEW QUESTIONS

Ken: What were some of the highlights of your walk?

Gary: The beauty of B.C: Seeing nature up close, a different perspective of the province when walking. Many of the restaurants we stopped at were short-

staffed and had to shorten their hours of operation.

Ken: How successful was the fundraising?

Gary: At last count it was \$595,000.

Ken: What motivates you?

Gary: I like to make sure that any project I am actively involved in is a success. We helped to raise \$20 million for the Beth Israel Synagogue upgrading. The more you give the more you get.

Ken: What is your next project?

Gary: There are places I want to see; like Antarctica; things I have yet to do, like sky diving. I want to do something new every year. I have a lot of good memories but there is still so much to do.

Gary Averbach reminds me of something said by the late Shimon Peres, "You are old if your memories are longer than your dreams." Gary lives his philosophy and it is his 'raison d'etre'. Hey Gary! Can we clone you?

Follow Gary's day-by-day journey at <https://www.polarsteps.com/GaryAverbach/4997408-bobs-walk-for-cancer-research>



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.

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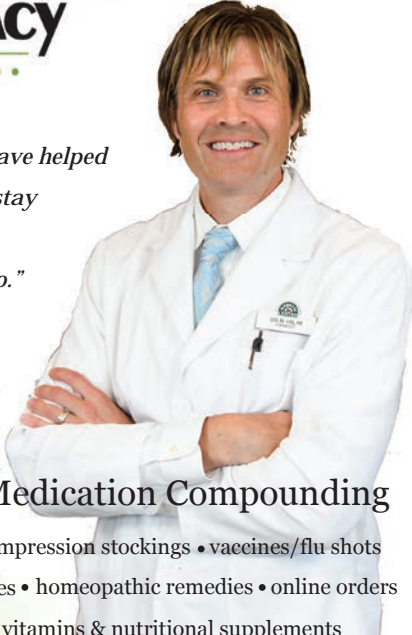
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CARS VS TRUCKS: WEAR THE SHOES THAT WILL GIVE YOU HAPPY FEET

Written by Phil Moore

Having been the first running shoe specialty store in Canada to carry the HOKA brand, we are all too familiar with the wide eyed reaction most guests experience when they first set eyes on these thick soled shoes. As many of you know, we are a preferred shoe fitting store for many Podiatrists, Surgeons, Physiotherapist, Chiropractors and trainers across the province. We see the difficult-to-fit-feet and are often encouraging guests to consider they purchase the shoes they need, not necessarily the shoes they just like the look of. That first glance is often followed by a comment like...“You're not really serious are you?” Customers can't believe that brands like Nike, Asics and Adidas don't make models that do what these so called “Hookas” do. To make matters worse, as bad as the HOKA looked, they were inversely that effective at managing almost any foot related issue.

How could I close the monumental chasm between fashion and function that was HOKA and convince my guest to buy ‘what the doctor ordered’? How could I make my customer see the HOKA for what it was... A solution to their problem. So I tried to draw an analogy. One that might put this particular purchase in some sort of perspective such that the customer would end up leaving with the right product. The analogy went something like this: Think of a traditional running shoe as a car and think of that HOKA as a truck. There are simply things you have to do and places you need to go that require a

truck. Now, I understand that you may not like the look of a truck. You never thought you would ever need a truck, and furthermore just can't see yourself even ‘stepping into’ a truck. In fact, right now I can see you looking over at those lovely, sleek models and quite frankly, I can't blame you.

The problem is, those cars (or shoes) you like the look of, won't get you to your desired destination: HAPPY FEET! Your feet require protection for lingering injuries and high mileage over all kinds of terrain and a car just can't do the job. Buying a car at this particular time would be a complete waste of money and you will not fix the problem! You are here with a prescription from your doctor/therapist that says this job requires a truck. So, how about we just work together to get the best dang truck we can, and fix this problem once and for all! She left with a truck and happy feet! There was one last thing before she left though. She asked if she could ever buy a car again. I said “Now, if you want that nice red convertible over there let's agree that after you are finished with the truck I am here seven days a week to help you get the car of your dreams. Just beware... you might just fall in love with that truck!!”

HOKA now has some competition: The HOKA shoe has been so popular and so effective at managing all kinds of foot pathologies like plantar fasciitis, Achilles and calf pain, neuromas,

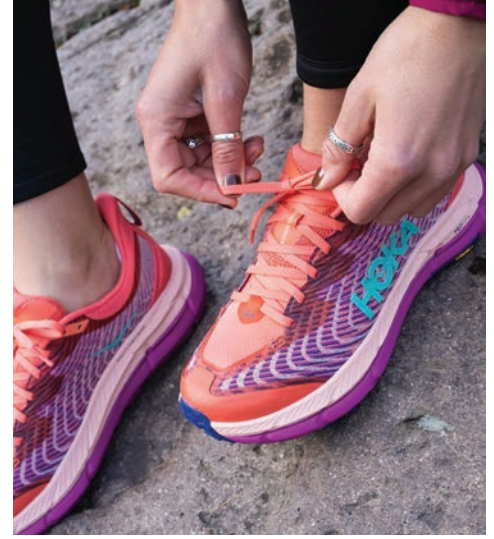


Photo: <https://www.hoka.com/en/ca/>

bunions and general metatarsalgia that other manufacturers have started to get into this market. New Balance, Asics and Saucony have at least one ‘truck’ in their lineup. This competition brings new looks, performance and selection, to the point where filling this prescription isn't quite as traumatic a purchase as it once was. Some say these new models almost look attractive... for a truck! Just ask Reese Witherspoon who was seen on a grocery run wearing her new HOKA running shoes! If you think you need a truck, or want help finding tools to relieve your foot pain, book a virtual shoe fit with us! We'll take you through the options, discuss your needs, and get you to your destinations pain free! And a 10% discount for *Senior Line* readers.

[Editor's Note: As a person with long-standing foot problems, I can personally attest to the comfort and support that my Hoka running shoes have given me for the last 15 years. Dolores]



Phil Moore is the owner of LadySport at 3545 W. 4th Avenue & Fit First Footwear in Burnaby.

THRIFT SHOP CONFESSIONS

Written by Sheila Delany

Today I want to write about something personal—a confession, in fact. Here it is: I love thrift shops! Having revealed this to a few women friends in my age cohort—among them a prize-winning activist and a published biographer, both living in tony west-side neighborhoods—and discovered that they share this guilty pleasure, I'm guessing that among my retiree colleagues there are some who might welcome the information herein. A caveat: I only know Vancouver, not Burnaby or the North Shore.

Why go to a thrift store? Lots of reasons. First, you're likely to find things that you wouldn't find in your normal rounds of the usual stores. Designer items that someone bought last year (or decades ago) in France, Italy, England, or elsewhere, at one-tenth or less the original price. I can proudly mention an Anne Klein floral-print dress in silky-fine cotton; Tahari wool plaid slacks; an Oscar de la Renta silk scarf; amber earrings set in gold, etc. Although I don't shop for men, I'm sure there are equally wonderful finds for them; actually, my son in New York has acquired an impressive collection of fine Italian and British duds—silk ties, tweed jackets—at upscale thrift stores on New York's upper east side. And the kitchen ware! Copper pots, old English dishes, depression glass pitchers. Furniture? Carven old wooden chairs, a cherrywood piano, a Roseville vase, wrought-brass candelabra, to mention a few prized finds. Of course, you have to enjoy the hunt, i.e., looking through a lot of non-wonderful stuff to spot the fabulous thing, but with a good eye it's pretty easy.

Then there's the social good, because many thrift shops are run by and donate their earnings to one or another charitable organization, whether local, national or international. Their staffs are generally volunteers.

For those who need an intellectual motive to spend money, most thrift shops have a big selection of used books both hardcover and paperback. Many will be fairly recently published, many will be classics, there may well be the odd collector's item or first edition. Records and tapes, too.

There's an aesthetic component as well. Sometimes it's like going to a museum of a certain type, say a museum of fabric art (Gathie Falk, anyone?) or of home design—I'm thinking here of the Bata shoe museum in Toronto, or the homewares gift shop of New York's Museum of Modern Art—because there is so much unexpected and interesting in the way of pattern and material. It's all art—on a continuum, to be sure, but sometimes there is much to pleasure the eye or the hand (silk, wool, polished wood, etc.) that because of someone's death or generosity turns up in a modest storefront.

Last but not least, it's a way to see more of your city. You find yourself in a different neighborhood; there are restaurants you didn't know about that turn out to be worth lunching at; there are old or new buildings with amazing architecture and interesting solutions to spatial problems. (The Skyscraper Museum in lower Manhattan comes to mind, and although it won't be

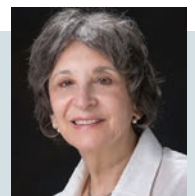
skyscrapers here, it's still architecture and urban design.) Put another way: there's a deep-seated inclination—hardwired, no doubt—for humans to get out and around, to go to the souk to see what our fellow evolved apes are making, doing, showing.

There is a step up from the thrift shop, and that would be the fashion consignment store, of which there are now many in Vancouver and doubtless the suburbs. The main difference is that people don't donate to fashion consignment places, they sell, so the prices, while much lower than original, can't be as seriously bargain-basement as at a thrift shop. (For anyone who remembers Filene's Basement—first in Boston, then in New York, now defunct, alas!—the term “basement” is an honorific. And I hope someone out there remembers Loehmann's, too, source of many a deeply discounted Italian jacket or designer coat and now no more.)

Between the time of writing this and its publication here, two of my favorite thrift shops have closed, so I can only recommend the Salvation Army, one in Kerrisdale, the other on 12th near Kingsway. Happy hunting!

This article first appeared in the *SFU Retirees Association Newsletter* in September 2018 and is reprinted with the editor's and the author's permission.

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.



Goodman:

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