

Magazine of the Jewish Seniors Alliance of Greater Vancouver

# SENIOR LINE

VOLUME 22(2) - JULY 2015



OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES





# Jewish Seniors Alliance

## 12<sup>th</sup> Annual General Meeting & Dinner

Wednesday, Sept. 9, 2015, 5–9 p.m.

### at Congregation Beth Israel

Bev Libin Conference centre (lower level)  
989 W. 28<sup>th</sup> Ave., Vancouver

Free parking underground on P1 or P2

### 5 p.m. Registration

5:15 AGM followed from 6 p.m. by dinner,  
presentation of awards,  
& entertainment by Caviar and Lace

### RSVP for dinner pay \$36 by 2 Sept

Rita Propp 604.732.1555 office@jsalliance.org

*Please join us to honour the following seniors  
for their community work*



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Jewish Seniors Alliance



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Jewish Genealogical Institute of B.C.



DR. RUBIN FELDMAN  
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IRENE DODEK  
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*Thank you for supporting JSA over another successful year.*



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JSA's would like to thank our resident photographer Binny Goldman who has donated her original images used on cards.

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 (see page 22)

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**THE TEAM**
**EDITOR-IN-CHIEF**

Edith Shier

**EDITORIAL COMMITTEE**

 Binny Goldman, Dolores Luber, Karon Shear,  
 Ken Levitt, Marilyn Berger, Rita Roling, Serge Haber,  
 Shanie Levin,

**CONTRIBUTORS**

 Marilyn Berger, Serge Haber, Edith Shier, Sylvia Hill,  
 Dolores Luber, Binny Goldman, Vita Kolodny, Grace  
 Hann, Ken Levitt, Jennifer Propp, Rita Propp, Pnina  
 Granirer, Sylvia Gurstein, Dan Levitt, COSCO, Muriel  
 Kauffmann, Ida Gitlina, Rudy Chin, Stan Shear

**LAYOUT, DESIGN & PRODUCTION**

Karon Shear, Co-ordinator

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 BACI Team, The Mitzvah Makers, Serge Haber,  
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ZLC Financial Group	–inside front cover
Home Adaptations For Independence	– inside front
Superstore	–pg. 12
The Weinberg Residence	–pg. 29
Pharmasave	–pg. 31
Legacy Senior Living	–inside back cover

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 Markin, Mordehai Wosk and many others.



# Paying it Forward – Looking Ahead



MARILYN BERGER

## PRESIDENT'S MESSAGE

Shalom,

There is a misconception about what makes a person a senior. Unfortunately too many have the misunderstanding that a senior is old and decrepit. You think because you are lucky enough to be 70 years of age, completely healthy and with it in every way, you are not a senior. Well, you're wrong. We all live longer lives now than the generation before us and hopefully modern medicine will allow us to lead better qualities of life. Just because we are among the fortunate doesn't mean that we shouldn't begin now to pay it forward for the years in our 90's and even 100's when we too (we hope) will become our concept of what a senior is.

Since it is us, the baby boomers who have now begun to make up the bulk of the senior population age wise then it is incumbent on us to make our voices heard so that we advocate for adequate resources as we continue to age with dignity. While we are still "young at heart" we should all make an effort to begin the creative and graceful aging process. Rather than run away from our futures let's embrace them.

If not us, now, when our numbers are so strong then who will do it for us when we do become too old and decrepit to help ourselves? We must pay it forward for our own future wellbeing. The JSA role through the myriad of outreach programs, our fall symposium, spring forum, empowerment series, tremendous peer support department and our advocacy with like-minded agencies throughout B.C. provides information and assistance to all seniors

in navigating programs and services that will help them to age well.

I did not get it wrong when at the 2014 AGM I noted that my job as president would be the easiest one of all because I would be surrounded by amazing people. The advice that I receive from Past President **Serge Haber** is invaluable. He single-handedly ensures the financial future of JSA, he is my friend, he is my mentor and I will continue to count on his support. On the other side of me, is my steadfast, efficient, caring and understanding First VP **Ken Levitt** whose amount of volunteer work for JSA far exceeds anyone's normal expectation. The three of us work at what Serge calls a troika and no decision is made unilaterally. A strong Executive and Board continues the invaluable work of JSA. A special mention goes to Pam Ottem for her outstanding volunteer job of overseeing the entire JSA peer support department. Wonderful **Binny Goldman** looks after our JSA family and for that I am eternally grateful.

In October 2015 Canada will have a federal election. While we are non-partisan, JSA will be joining with many of its partners to advocate to all parties on your behalf, issues of concern to the growing senior population. I urge you to become involved and knowledgeable of the issues that affect us both as seniors and as members of the Jewish community. Attend all candidates' meetings and question the candidates about their views on working with provincial and territorial governments to negotiate a new Health Accord that protects, transforms and strengthens the National Health Care System with adequate stable financial resources as well as a national seniors' health care plan and a national pharmaceutical strategy that will improve health outcomes for all Canadians. No person in Canada should have to grow old in poverty, insecurity and isolation.

So what do I mean by "paying it forward – looking ahead"? JSA needs YOU! JSA is the only agency in the Jewish community whose singular role is to provide education, outreach, advocacy and peer support for seniors. It is imperative that we work together as a community to plan for our future. Planning together will enable each of us to benefit from the ideas and strengths of us all. JSA acts on issues of concern for the seniors in the Jewish community as well as the community at large.

Are you enjoying reading the Senior Line magazine? It comes free to you at your home. But of course it is not free to publish. Your membership commitment of \$18 or more (tax deductible) tells us that you appreciate the work of JSA and that you would like the magazine to continue to be published. My hearty thanks go to all who have and continue to generously donate and support the JSA. Your volunteer time is and will be deeply appreciated. If you would like to be involved with our work please contact our office at 604-732-1555 or visit our outstanding and informative website at [www.jsalliance.org](http://www.jsalliance.org).

As we approach the New Year 5776 and begin to search our inner selves, I leave you with the following quote from the Pirkei Avot:

Some say: "mine is mine and yours is yours" – this is the average trait. (However, some say this trait is characteristic of Sodom.) **"Mine is yours and yours is yours"** is the trait of the saintly.

On behalf of all of us at JSA may you and your families be blessed with a happy, prosperous, healthy and saintly 5776.

Look ahead – 'pay it forward' now.

*Marilyn*





# Will You Do Your Share?

Serge Haber, President Emeritus

Dear Friends

Repeatedly, we come out with the same message –

**"We are here, we have wonderful programs, we are representing you as seniors, and we are doing our best to help you in every possible way in your struggle with aging challenges."**

The need of the senior community is growing faster than our ability to respond to those needs. Future expansion of JSA has to be in the area of Peer Support Services. The issues of physical, emotional and financial abuse, mental health support, caregiver support, wellness clinics, dementia and Alzheimer's support, advocacy for seniors in hospitals—and there are many more, and there are many more areas of concern which must be dealt with as a matter of urgency. The curious thing about all this is that *nobody* is spared and *everybody* is eventually touched by these problems, be they rich or poor.

By now you are aware of our peer counselling (emotional support) services, home visiting, phone calling, information and referral advice and our bereavement counselling, both individually by peers and in a group setting.

Thanks to the generosity of the **Government of Canada's New Horizons for Seniors Program**, we are privileged to be able to start **The Ambassador Program**. The role of an Ambassador is to meet with individuals or groups of seniors and to make them aware of the rampant and serious problems related to the abuse of seniors.

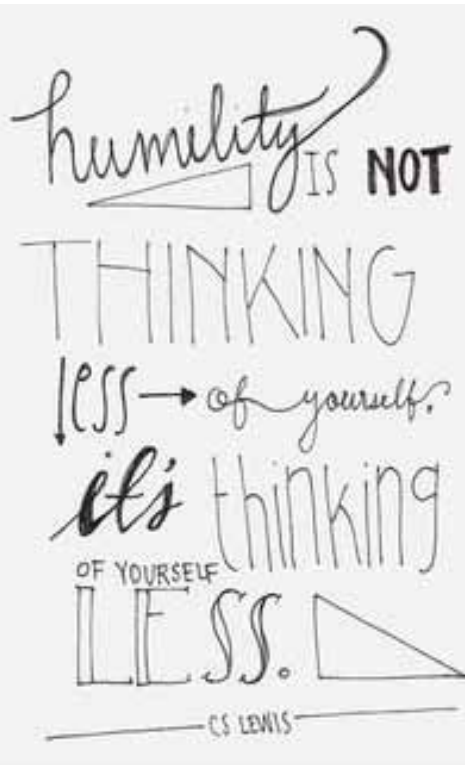
For the last few weeks I have been attending a course given by JSA

to prepare volunteers to become Ambassadors. We were eleven individuals and I was deeply moved and amazed by the enthusiasm and willingness to learn by these individuals willing to devote their lives to help seniors in our community. "What a bunch of wonderful people." We all became good friends in our sincere desire to help our fellow elders.

Several years ago JSA realized that abuse is becoming a big problem. As we were preparing for our first symposium on Seniors' abuse, I visited with a rabbi in our community asking him to be a speaker at the symposium. "There is no serious senior abuse in our community", he said. However, when I presented the facts about abuse to him, the evidence could not be disputed.

After almost 13 years that the Jewish Seniors Alliance has been involved in working and developing programs for our community, we find ourselves facing a great dilemma:

How do you reach the entire



community and properly inform them of your activities, what you have available for them and the advantages to be gained?

Advertising has been the method of choice adopted by the business community, but it is expensive. JSA is not a business and cannot afford advertising. JSA has implemented the practical approach of ensuring consistent excellence of programming, which is recognized and acknowledged by the community. Hundreds of people attend our Forums, our Empowerment Series, read *SENIOR LINE* magazine, access our dynamic website; and more recently, are benefitting from our Peer Support Services programs. And yet... there are still hundreds more seniors that don't even know that we exist. Too bad you say, they don't know what they are missing.

Knowing all these facts it is easy to understand on how so much depends on the understanding and support of our community in order to accomplish our goals. Spreading the word, helping us financially, understanding and caring for our community members, these are the ways which are needed to help our relatives, our friends and our neighbours.

WILL YOU DO YOUR SHARE?

Thanks to the generosity of the Government of Canada's New Horizons for Seniors Program, we have been able to purchase our own top quality audio-visual equipment – everything necessary to provide excellent presentations for our events. We will no longer be hampered by bad sound or visuals, which can so easily turn a well-prepared event into a disappointment.

**Audio Visual Technical Committee**





**INFORM    INSPIRE    INVOLVE.**

EDITH SHIER

## EDITOR'S MESSAGE

Dear Readers,

We have just enjoyed a sunny and relaxing summer. Have you noticed my three mottos for Jewish Senior Alliance as above:

**INFORM:** We hold wonderful events such as our Spring Forum (read our review on page 6) our Fall Symposium to come and our Empowerment Series reviewed on pages 8 & 9.

**INSPIRE:** We hope that we inspire you to help us carry on the work of our Organization to the betterment of all Seniors in our City.

**INVOLVE:** Do consider joining Jewish Senior Alliance and volunteer for any of our interesting and worthwhile projects.

We welcome all newcomers to JSA with many thanks for your most giving service.

This issue represents a big step forward for the Senior Line magazine. Four new pages have been added to the magazine for your pleasure, your entertainment and your information.

Jewish Seniors Alliance is developing and growing in all aspects of our mandate which are outreach, advocacy and peer support services. We are getting OLDER and BOLDER. Along with a bigger and better magazine, we have enhanced many pages and sections of our website [www.jsalliance.org](http://www.jsalliance.org). which is chock full of movie reviews, resources lists, history, synagogue and holocaust information, blogs, and humour. Yours to check out and enjoy!

With best regards from

### Sylvia Hill's speech to the volunteers of Louis Brier

June 9th 2015 – delivered the day after her 101st birthday.

**You volunteers are the 3rd pillar on which the world rests. In the prayer book, it is written that the world stands on 3 pillars- Love of God, Love of Torah and Chesed. The bible also says 'Love thy neighbour as yourself.'**

It is these things that we are celebrating this evening - Your good deeds and love of people.

Most services are rewarded with money and salaries but volunteers give their service without any thought of financial reward.

The greatest gift from anyone is

giving of oneself and that is what you volunteers give. The world would be a very sorry and sad world without volunteers.

But volunteering can also be cool and fun and you do get something in return– you receive our thanks, our gratitude and appreciation for what you do.

So this evening I would like to extend to all of you volunteers, our heartfelt thanks and gratitude for all the help you give us and G-D bless you all!!!

**VOLUNTEERS MAKE A DIFFERENCE**



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We found a team with a car to deliver the SENIOR LINE Magazine

**Bless You BACI TEAM**  
(Burnaby Association for Community Inclusion)

**Bless You MITZVAH MAKER TEAM**  
David, Harriet, Meir, Nancy, Ophira & Robert who continue to deliver on foot to 41st Ave., Oak St., and Vancouver Oakridge area.





# ASK HANNAH

your personal advice column

Calls are coming in, emails are flooding my mail box; “feeling financially squeezed” and “downsizing” are the major causes for concern of my readers. Senior citizens have limited revenues and are watching in awe and panic as the development of condominium buildings and senior residences on the Cambie corridor and on West 41st Avenue change their neighbourhoods forever.

## HOUSE-RICH BUT CASH-POOR CASE:

Dear Hannah,

*My wife and I have lived in our house for over 25 years. The mortgage is paid, but the property taxes, utility bills, garden maintenance and repairs are becoming a financial burden. We cannot do all the physical labour that we used to do. Revenue from our investments is barely covering the cost of living. We are in a financial “tight squeeze” and the stress is ruining our lives. Of course we heard that the houses on our street are selling for huge sums of money. We love our neighbourhood, our neighbours, our local shops and parks—is there a way for us to stay in our house?*

### *House-rich but Cash-poor*

Dear “House-rich but Cash-poor”

There are many ways in which to reduce your living expenses in regards to your house and life-style. My first suggestion is to defer your municipal taxes. Under the B.C. property Tax Deferment Program, homeowners can waive either a portion or all of their annual property tax, and pay only one per cent interest on the total. There are categories that define who can qualify and the province recovers the cost, with interest, whenever the homeowner chooses to pay it, when the home is sold or from the homeowner’s estate.

My second suggestion is to think about renovating your home to suit your present needs, to improve accessibility or help a senior be more functional or mobile at home. There is a “BC Senior’s Home Renovation Tax Credit available, also “Home Adaptations for Independence Program.” (Please see the Useful Resources list in the centre of this Senior Line

magazine or go to JSAs website: <http://jsalliance.org/resources/where-to-go/>).

My third suggestion is to consider a CHIP Home Income Plan which allows you to unlock up to 50% of the value in your home to do the things you want to do (<https://www.chip.ca/>). This represents tax-free cash you can use today. Simply put it is a loan secured by your home. But, you do not have to make any payments—interest or principal—for as long as you or your spouse live in your home. You must receive independent legal advice before making your final decision.

Another idea is to rent out a space, either a “basement suite” or a “student’s room” in your home. Proceed slowly and carefully, inform yourself of all implications of any program or plan you decide on. You should be able to live comfortably and peacefully in your home for as long as you wish.

## PANIC & TEARS ABOUT DOWNSIZING

Dear Hannah,

*I always prided myself in being an independent woman in spite of a mobility issue which causes me to use a walker. Lately, however, I have had a medical setback; several months in the hospital have left me weak and immobile. I have decided that, in spite of my firm belief in “aging in place,” I must move out of my beautiful condo and into an assisted-living facility. I am determined but feel very anxious and frightened. I do not feel up to the task at hand. The idea of “moving” keeps me awake at night and the idea of “downsizing” brings me to tears during the day. Where do I begin?*

### *Panic and Tears about Downsizing*

Dear Panic and Tears about Downsizing

Due to unfortunate circumstances which have changed your plans, you must now face the daunting task of moving and downsizing. Take a deep breath and wipe away the tears, there is help to be had and assistance available. You need a plan, a way of feeling that you are again back in control of your life!

**The stuff:** Imagine rediscovering clothes and shoes you forgot you had. Imagine the pleasure of turning up old letters or photographs you haven’t seen for years. Imagine giving family keepsakes to loved ones yourself rather than leaving them in a will. Downsizing is an opportunity. Start slowly, create a system of categories, ‘keep’, ‘discard’, ‘sell’, ‘donate’ and ‘give to family.’ Choose your favorite clothes to keep and find a consignment store for the clothes that are worth a ‘second look.’ Donating and giving put pleasure back into the process. If you wish to hire someone to assist you, how about Escape Errands (<http://www.escapeerrands.ca>) or just google “downsizing” and up comes people and companies who will assist you in the sorting, removing and moving of your possessions.

**The location:** Do you wish to remain in your neighbourhood? If so, have you seen an assisted-living residence on your shopping expeditions? Walk in, ask questions. Perhaps you wish to move to a different neighbourhood, closer to a shopping centre, or more central, or closer to a family member. Google ‘assisted-living residence and the name of the district.’ Or, get a real estate agent or moving consultant to find a residence with exactly the features you want in your new home. John Verster and Jane Dewing (Changing Places, <http://vancouvermoves.ca/>) suggest in their article “How to plan the stress out of moving” (The Vancouver Sun, May 20 2015)

*Hannah*, M.Sc. Counselling  
Email: [hannah@jsalliance.org](mailto:hannah@jsalliance.org)



## You Only Live Once

We look to the Jewish Seniors Alliance Spring Forum annually for inspiration and the 170 people gathered at the JCC Wosk auditorium on April 26th, 2015 weren't disappointed.



**Debbie Cossever**, representing the JSA and **Claire Weiss** of the L'Chaim Adult Day Centre were Co-Chairs of this partnered event - YOLO: You Only Live Once—How Full is Your Cup?

**Marshall Berger** opened the afternoon's program with a humorous song about a newly married, aged couple.

Cossever welcomed the audience, described the aims of the JSA and invited newcomers to join. She introduced Claire Weiss of L'Chaim who invited us to join in their 30th anniversary celebration. L'Chaim started in the Beth Israel Youth Lounge in 1985 and moved to the JCC in 1988. The candles on a huge, chocolate cake were lit and all sang "Happy Anniversary" which ended with calls of Mazel Tov!

**Gloria Levi**, the moderator, a social services consultant, introduced the speakers.



**Michael Geller**, architect, planner, real estate consultant and property developer.



Michael's topic:

### 'Lessons My Father Taught Me'

acquainted the listeners with the unique and collaborative relationship

he shared with his late father, Sam Geller. He noted his father would laugh thinking that Michael was talking about him, saying that Michael never really listened to him. His father passed away 11 years ago at the age of 92.

Sam Geller was born in England, and was a soldier in WWII, who had survived being taken as prisoner of war. That occurrence coloured his life. The very fact that he had emerged alive made him happy and grateful just to be alive. He never sought material things for his happiness, often saying things could have been so much worse.

He moved to Vancouver from Toronto and enjoyed life at Langara Gardens, his grandchildren visiting him, doing Sudokus, crosswords, swimming and exercising daily.

The lesson Michael received from his dad was 'Do what you enjoy, what makes you happy and continue contributing to the happiness of others as that increases one's own inner joy.'

Sam Geller had been one of the first members of Jewish Senior Advisory Council (the original name of the JSA) an organization whose very mission is to help others.

Michael recommended we read 'The Ancient Art of Stoic Joy' by William B. Irvine.

**Dr. Eric Cadesky**, family physician, Assistant Professor at UBC, & Medical Coordinator at Louis Brier Home and Hospital.



Eric's topic:

### "Getting it Just Right – How to Maximize your Quality of Senior Life".

Cadesky disclosed that his mother-in-law was amused when she learned of his topic 'Aging Successfully' and asked him 'What do you know about aging?' He explained that we all age, no matter the number of years, but it is how we do it that is important.

He feels that some of the choices we make act to decrease our quality & length of life, & suggested people live by these 3 guidelines:

#### 1. DO ENOUGH

- Be active, walk, swim, as more movement will lessen or ease pain.
- Eat enough fresh, colourful foods that don't require microwaving or foods that have an expiry date.
- Socialize, learn a new language, do crosswords, Sudokus, all help to keep dementia at bay.
- Use patience to deal with people who give you advice and knowing which to toss aside.

#### 2. NOT TOO MUCH

- Anything that sounds too good to be true – usually is.
- Except for Vitamin D, certain vitamin supplements might actually be unhealthy i.e. Calcium for postmenopausal women and vitamins A, C, E, Copper, Zinc, Selenium should be acquired from fresh foods rather than pills. Vitamin B 12 might be needed and that is why it is





# How Full is Your Cup



very important to be honest with your doctor when you seek medical advice. Sometimes 'de-prescribing' is what is necessary when you honestly discuss your physical comfort level with your physician at your annual examination and ALL your medications are assessed.

### 3. START NOW

- Most of us are generous but we generally do more for others than we choose to do for ourselves. Discuss challenges with your doctor that may be stopping you from doing what you want to be doing. Think of yourself. For instance; we are instructed that when in an airplane and an emergency occurs, we are told to put our own oxygen mask on and only then help others.

Some questions directed at Dr. Cadesky were:

Q. How can we ease a senior's loneliness?

A. Get the senior more involved with other people and activities – perhaps through the L'Chaim Adult day Centre or call JSA for their Peer Support Services.

Q. What are the benefits of Omega fish oil.

A. Eat fresh fish and not as a pill.

Probiotics were discussed and that was something to be directed to the doctor as well as the benefits of alternative medicines or practitioners. Being honest with your doctor was stressed.

Dr. Cadesky named two books that the audience may enjoy-'The Patient Will See You Now' and 'The Dash Diet'- a diet consisting of fresh, colourful food is all that one really needs.

A question, which made everyone laugh, was "Are you taking any new patients?"

Gloria succinctly summarized the two speakers who had made this session vastly successful.

Geller inspired us by talking about Sam Geller's exemplary adjustment to changes, losses and difficulties with humour love and appreciation of life, thereby leaving a legacy— a rich heritage for his children and grandchildren.

Cadesky advised us to have a realistic approach to life and not to fall for advertisements, which may be totally erroneous. We were told to scrutinize, to be critical and intelligent in our choices and to have confidence in our doctors.

Remember too— making others happy enriches our own happiness.

**Marilyn Berger**, JSA President and **Serge Haber**, JSA President Emeritus, thanked all the volunteers who contributed to the success of this event.

Special thanks to the Co Chairs, table sponsors and staffers **Annica Carlsson**, **Karon Shear** and **Rita Propp** and to **Stan Shear** for videotaping the session which appears on the JSA website... [jsalliance.org](http://jsalliance.org)



Door prizes were handed out to the delight of the recipients. Catering was by **Susy Segal** and helped by Bagel Club volunteers (**Ophira Schwartzfeld**, **Harriet Corda**, **David Benbaruj**). We had experienced an extraordinary afternoon and had adhered to the advice of our two speakers and that adage of Charles Glassman's -'LIVE YOUR EVERYDAY EXTRAORDINARY'

Binny Goldman

David Harriet  
Lyle Jo-Ann  
Debbie Marshall  
Lorilee Gyda  
Annica Morley  
Shanie Marilyn  
ClaireC Ophira Serge  
Ida Binny  
Kenneth L'CHAIM  
Jennifer ClaireW  
Gloria Stan  
THANKS  
SPRING&FORUM  
HOW-FULL-IS-YOUR-CUP  
Carmela Marilyn&  
Bernice 26APRIL  
Bev  
YOU-ONLY-LIVE-ONCE  
KARON-and-RITA  
Barbara Rita-R



Dear **YOLO** Volunteer Team

We want to thank everyone who helped us beforehand and at the forum on Sunday.

Our job would not be possible without you all — gift wrappers, catering team, greeters, ushers, floaters, table set-up in Wosk Auditorium, registrations & sign-in table, resources table, membership table, photography, videography, help serving the birthday cakes, help at tea-time, & help with clean-up & loading our cars.

We thank & love you all.

Rita  
&  
Karon





## WE CAN ALL WALK A LITTLE TALLER

**How appropriate that some of us who recently spent two nights as part of the Passover seders sitting upright or reclining, as directed, were now taught how to sit upright properly.**

On April 13, 2015, close to 50 people gathered at the Oakridge Senior's Centre to attend an event jointly hosted by the Jewish Seniors' Alliance and the Oakridge Seniors' Centre to learn the mindful movements of Feldenkrais.

Alexandra Henriques, Manager of the Oakridge Seniors' Centre graciously welcomed the audience and called upon JSA President, Marilyn Berger who told all how impressed she was by the surroundings, the newsletter put out by the Oakridge Seniors' Centre. Berger then acquainted us with the aims of the JSA, mentioning advocacy for the betterment of the quality of life

for seniors and the Peer Counselling Courses being offered.

Berger introduced Vita Kolodny, a nurse and movement educator, who then gently guided the audience through the

**"When you know what you are doing, then you can do what you want!"**


– Moshe Feldenkrais

mindful movements that could ease back pain after first ascertaining that almost all in the audience had suffered from back pain at one time.

We all sit so much during the day, doubling the stress placed on our back compared with when we stand. That is why we often prefer to stand when experiencing back pain.

Kolodny then led those gathered through the correct way of positioning our bodies and ways of strengthening our skeletal muscles. It is important to re-educate our brains to the new ways of sitting by repeating the movements we learned, slowly and with awareness of how our whole body participates, with a rest in-between the exercise.

A question was asked by Lou Segal - 'if it was better to train one's body to sit in the new and correct way, even while resting so it becomes our natural way of sitting'. The answer was 'yes'.

Dr. Norman Doidge's book 'The Brain's Way of Healing' was recommended reading for more on neuroplasticity and the Feldenkrais method. 

Binny Goldman, 2015

## SKELETAL AWARENESS CAN HELP YOU BE MORE COMFORTABLE THROUGHOUT YOUR DAY

### Discover how the position of your feet can affect the comfort of your back in sitting

1. Sit toward the front of the chair (so that your back is not leaning on the the back of the chair). The ideal height of your chair is one where your knees are only slightly lower than your pelvis.
2. Position your feet flat on the floor, a comfortable distance apart from each other and have your knees positioned over your feet.
3. Sit in a way so that you're not slouching.
4. Now cross your ankles. Does crossing your ankles cause a change in the position of your back?
5. Test it out by alternating between having your feet flat on the floor and doing something other than having your feet solid on the ground. Do you start to feel tension in your back when your feet aren't flat on the ground? Does a sensation of tension start to appear in other parts of yourself?



**When you sit with each foot flat on the (ischial tuberosity), you are sitting on**

**floor AND you sit on both "sitting bones" four points of support.**

6. Again, sit in a way that you're not slouching with your feet flat on the ground. Place your hands directly below your waist at the top of your hipbones (iliac crests).
7. Move into a slouch position and notice that the tops of your hipbones (iliac crests) tilt backward.
8. Roll the top of your hipbones forward just until they point upward to the ceiling. Now you might feel that you are more supported by your sit bones. Notice the sensation of your pelvis and the support of your spine .
9. Alternate between 7 and 8, look around yourself. Does it feel different to turn right or left when you are sitting in a slouch position vs. on top of your sit bones? Which feels more comfortable and supportive?
10. As you alternate between 7 and 8, reach with your arms. Notice if there is a difference in the freedom of your shoulders and arms. Where else do you feel differences?

FELDENKRAIS CENTRE VANCOUVER, Vita Kolodny, GCFP





in partnership with Kehila Seniors of Richmond  
June 29, 2015 at Congregation Beth Tikvah

PRESENTS THE FINAL OF THE SERIES



Toby Rubin, Executive Director, of Kehila, welcomed the crowd of about one hundred people from Louis Brier, L'Chaim Daycare, JSA, Angels There For You, CARP, plus Seniors of Beth Tikvah, members and volunteers of Kehila. Stacey Kettleman prepared the delicious BBQ lunch.

The highlight of the event was JCC Showtime, directed by Beryl Israel, accompanied by pianist Muriel Morris, with sound technician Gary Zumar, where we were treated to a joyful and entertaining variety of song and dance. Each number presented new and charming scenarios, which included quick and clever costume changes.

The medley of the Happy Opening followed by 'We'd like to teach the world to sing' with Maurice Moses and Debbie Cossever set the tone of the performance

Crowd favourites were sung by Arnold and Nassa Selwyn, Maurice Moses, Debbie Cossever, Marshall Berger and Andrea Engel.

Showtime dancers Sara Bernstein, Susan Goldstein, Rona Black, Beryl Israel, Lisa Conn and Tamar Glaser delighted the audience with their energy, beautiful smiles and wonderful routines, coreographed and costumed by Beryl.

Marilyn Berger, President of Jewish Seniors Alliance, was honored with Showtimes' special rendition of happy birthday.

Marilyn thanked the performers and a photo gift produced by JSA was handed to each of the cast, in appreciation from JSA and Kehila Seniors.

It was an afternoon, which definitely carried out the theme of putting a smile on your face and a song in your heart. We can cheerfully sing our way through summer, recalling the afternoon events. ☺

Todah Rabba, Kehila – Todah Rabba, JSA – for bringing us this Broadway calibre performance.

Take a well-deserved bow - one and all!

Binny Goldman

A full review and photographs taken at the event by Binny Goldman, and short video vignette of the Showtime highlights, will be posted on JSA's website [www.jsalliance.org](http://www.jsalliance.org).

### Howdee Showtime Dancing Cowgirls!



## Dancing Makes You SMARTER

The 21-year study of senior citizens, 75 and older, was led by Albert Einstein College of Medecine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

**% = Reduced Risk of Dementia**

0% in Bicycling, swimming or playing golf

35% in reading

47% in Doing crossword puzzles at least four days a week

76% in Dancing Frequently

### DANCING

- reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.



Art by Pmina Granirer

Celebrate Life Through Dance



The Serge & Elinor z" data-bbox="106 32 454 58"/>

PEER SUPPORT SERVICES FUND

This dedicated fund will be used to support the following:

- PEER COUNSELLING
- FRIENDLY HOME VISITS
- FRIENDLY PHONE CALLS
- INFORMATION & REFERRAL
- BEREAVEMENT SUPPORT



The volunteer counsellors support by:

- visiting you in your home
- not judging
- not advising
- helping you understand your issues & finding coping skills & strategies

The peer counsellors provide emotional support to you if you are experiencing:

- loneliness and isolation
- grief and loss
- housing transition or relocation
- isolation from friends and family
- a need to connect to your community
- health related challenges and aging concerns
- depression and anxiety

Our volunteers are supervised by professional staff. All Peer Services are confidential and offered at no cost.



Give to Live

“Happiness doesn’t result from what you get – but from what you give.”

–Ben Carson.

On June 11th 2015, I walked into a room filled with givers – of themselves. It was the special occasion of the graduation ceremony of the 5th class of Peer Counselors, which took place at the Peretz Centre.

They were a group consisting of 13 various aged men and women who met as strangers and quickly became an extended family of friends. Through 11 weekly 5-hour sessions in which interactive role playing was used, they were taught how to listen, comprehend and use their newly acquired techniques.

Charles Leibovitch, Coordinator of Peer Support Services, welcomed those gathered- family, friends of those receiving certificates and members of the Board of the JSA.

Leibovitch introduced himself and Grace Hann, Trainer and Supervisor of the Peer classes Counseling Program.

The speakers included: Leah Deslauriers, Coordinator of Seniors at the JCC, Barb Kirby, of Community Resource Network; Becky Herrmann, Community Resources Director for Angels There For You.

Larry Shapiro, JSA Board Member spoke next, informing the audience, that having completed the course, he felt prepared to go out and serve in the capacity for which he had been trained. Shapiro also felt the course had taught him empathy as well as the skills and techniques necessary to offer others methods of self-help.

Neveen Hossameldin, another graduate, said that as an immigrant what one missed most were the friendships left behind but felt that she didn’t expect to have another 55 years to forge new friendships. Yet, after 55 hours as part of this harmonious group, she felt that she had indeed made lasting friendships.

Grace Hann, Trainer and Supervisor of Peer Support, said she would just thank the JSA and its founder, Serge Haber who deserved a special tribute for his vision without which this whole program would not exist.

Hann underscored that self-absorption kills empathy as focusing on ourselves makes our world contract whereas giving to others broadens our world. “Alone we can do so little, together we can do so much”- Helen Keller.

Mazel Tov, Graduates - Mazel Tov, JSA.

Proudly a JSA member, Binny Goldman



The Serge & Elinor z" data-bbox="153 611 408 650"/>



Name	
Address	Postal Code
Email	Tel.
<input type="checkbox"/> I/we wish to make a donation of \$ _____	
<input type="checkbox"/> I/we wish to make a monthly donation of \$ _____	
Cheque enclosed for \$ _____ payable to JSAGV	
Credit Card #	Expiry Date /
<input type="checkbox"/> Easier by phone? A JSA volunteer will call you.	

RETURN TO: Jewish Seniors’ Alliance  
949 W 49 Ave, Vancouver, BC V5Z 2T1 Tel: 604 732 1555

A TAX RECEIPT WILL BE ISSUED



## IMPORTANT ANNOUNCEMENT

WE ARE PROUD TO INTRODUCE JSA'S AMBASSADOR PROGRAM MADE POSSIBLE BY THE GENEROSITY OF THE GOVERNMENT OF CANADA'S NEW HORIZONS FOR SENIORS PROGRAM

# COMMUNITY ACTION AMBASSADORS

TO COMBAT ELDER ABUSE



SUPPORT ♦ LISTEN ♦ EDUCATE

## ABOUT THE PROGRAM

Community Action Ambassadors are trained senior volunteers who offer peer-to-peer support to other seniors, in addition to facilitating public education forums and workshops. They act as mentors for isolated seniors from all cultures, connecting them to community services and educating them about elder abuse.

## CONNECTING LINKS

Volunteers are active in the Greater Vancouver communities. They are easy to talk with, culturally aware and, because of their training, knowledgeable about the community resources available to enhance their knowledge on the many aspects of elder abuse.



## HOST A WORKSHOP HELP COMBAT ELDER ABUSE

Ambassadors are available to present workshops at community centres, seniors' residences, synagogues, churches, and other public venues. For information on hosting workshops, please call Jewish Seniors Alliance at 604-267-1555 and leave a message for Grace.


**"BE THE CHANGE THAT YOU WISH  
TO SEE IN THE WORLD."**

- MAHATMA GANDHI

**To learn more about the  
Ambassadors preventing  
Elder Abuse Program, please  
contact [Grace@jsalliance.org](mailto:Grace@jsalliance.org)**

## PROGRAM PARTNERS

This project is funded by the Government of Canada's New Horizons for Seniors Program.

**Canada** 

PEER SUPPORT  
SERVICES 

[www.jsalliance.org](http://www.jsalliance.org) 604-267-1555

JSA 

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At the Main Street and Marine Drive location only. 350 S.E. Marine Drive, Vancouver



# USEFUL RESOURCES

## FINANCIAL & LEGAL ASSISTANCE, MEDICAL, NUTRITION & TRANSPORTION

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

### WHERE TO GO FOR HELP

<b>911</b>	Police/ ambulance/ fire – All emergencies <b>911</b>
<b>Old Age Security Program (OAS):</b> Seniors Gateway to Legal Information & Resources	2nd floor, 411 Dunsmuir St. <a href="http://www.seniorsgateway.vcn.bc.ca/subject_categories/oas.html">http://www.seniorsgateway.vcn.bc.ca/subject_categories/oas.html</a> <a href="mailto:info@seniorsgateway.vcn.bc.ca">info@seniorsgateway.vcn.bc.ca</a> <b>604-684-8171 ext. 237</b>
<b>Health and Seniors Information Line</b>	“One stop” for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages. <a href="http://www.health.gov.bc.ca">http://www.health.gov.bc.ca</a> <b>1-800-465-9411</b>
<b>411 Seniors Centre Society Vancouver</b>	<a href="http://www.411seniors.bc.ca">http://www.411seniors.bc.ca</a> <b>604-684-8171</b>
<b>Seniors Services Society New Westminster</b>	<a href="http://www.seniorsservicesociety.ca">http://www.seniorsservicesociety.ca</a> <b>604-520-6621</b>
<b>BC Centre for Elder Advocacy and Support</b>	<a href="http://bcceas.ca">http://bcceas.ca</a> <b>604-437-1940 or 1-866-437-1940 (toll free)</b>
<b>The Office of the Seniors Advocate</b>	The go-to resource for seniors information and referral. <a href="http://www.seniorsadvocatebc.ca">http://www.seniorsadvocatebc.ca</a> <b>1-877-952-3181</b>
<b>BC 211 Information and Referral</b>	General information line accessible 24 hours a day, 7 days a week. <a href="http://www.bc211.ca">http://www.bc211.ca</a> <b>211</b>

### COUNSELLING AND SUPPORT SERVICES

<b>Alzheimer Society of B.C.</b>	Resources and Information centers located throughout the province. <a href="http://www.alzheimer.ca">http://www.alzheimer.ca</a> <b>604-681-6530</b>
<b>BC Bereavement Helpline Lower Mainland</b>	<a href="http://www.bcbereavementhelpline.com">http://www.bcbereavementhelpline.com</a> <b>1-877-779-2223 or 604-738-9950</b>
<b>Bereavement Walking Program</b>	It is a time to walk and talk with others who are grieving <b>604-731-8643 (Sharon) or 604-731-7805 (Sue)</b>
<b>Crisis Intervention &amp; Suicide Prevention Centre of BC (24 hrs.)</b>	Provides confidential supportive telephone counselling services. <a href="http://www.crisiscentre.bc.ca">http://www.crisiscentre.bc.ca</a> <b>604-872-3311</b>
<b>The Dementia Helpline</b>	A service for people with dementia, their care-givers, family and friends. <a href="http://www.alzheimerbc.org">http://www.alzheimerbc.org</a> <b>604-681-8651</b>
<b>Family Services of Greater Vancouver</b>	Counselling and supportive services to individuals and families. <a href="http://www.fsgv.ca">http://www.fsgv.ca</a> <b>604-731-4951</b>
<b>Jewish Family Service Agency</b>	Counselling, supportive, and information/referral services to individuals and families. <a href="http://www.jfsa.ca">http://www.jfsa.ca</a> <b>604-257-5151</b>
<b>Jewish Seniors Alliance Peer Support Services</b>	No charge volunteer peer counselling, Shalom Again friendly telephone calls, friendly home visits. <a href="http://www.jsalliance.org">http://www.jsalliance.org</a> <b>604-267-1555</b>
<b>L'Chaim Adult Day Centre</b>	Provides a social, therapeutic & recreational service to frail or disabled older adults. <a href="http://www.adultdaycentres.org/l'chaim">http://www.adultdaycentres.org/l'chaim</a> <b>604-638-7275</b>

# USEFUL RESOURCES

## COUNSELLING AND SUPPORT SERVICES

<b>Prostate Cancer Supportive Care Program</b>	<a href="http://www.prostatecentre.com/patient-information/prostate-cancer-supportive-care-program-pcsc">http://www.prostatecentre.com/patient-information/prostate-cancer-supportive-care-program-pcsc</a> <b>604-875-4111 ext. 6233</b>
<b>TTY at the Vancouver Crises Intervention and Suicide Prevention Centre</b>	Text Telephone for the deaf and hard-of-hearing <b>604-872-0113</b>

## MEDICAL INFORMATION AND REFERRAL SERVICES

<b>Vancouver Coastal Health Authority</b>	Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast. <a href="http://www.vch.ca">http://www.vch.ca</a> <b>604-736-2033</b>
<b>Fraser Health Authority</b>	Serves Fraser North, Fraser South and Fraser East. <a href="http://www.fraserhealth.ca">http://www.fraserhealth.ca</a> <b>604-587-4600</b>
<b>Healthlink BC</b>	At HealthLink BC, you will find medically-approved information on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. You can also search our online Directory to find health services near you. Call 8-1-1 from anywhere in British Columbia to speak with a nurse any time of the day or night. On weekdays, you can speak to a dietitian about nutrition and healthy eating. At night, we have pharmacists available to answer your medication questions. <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a> <b>811</b>
<b>Jewish Seniors Alliance of Greater Vancouver</b>	Outreach, Advocacy & Research, Peer Support Services. Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. <a href="http://www.jsalliance.org">www.jsalliance.org</a> <a href="mailto:office@jsalliance.org">office@jsalliance.org</a> <b>604-732-1555</b>
<b>TTY</b>	Special Telus relay service for deaf and hearing impaired <b>711</b>
<b>Louis Brier Home and Hospital</b>	Counselling and supportive services to individuals and families. <a href="http://www.fsgv.ca">http://www.fsgv.ca</a> <b>604-731-4951</b>
<b>Jewish Family Service Agency</b>	Provides complex residential and extended hospital care. <a href="http://www.louisbrier.com">http://www.louisbrier.com</a> <b>604-261-9376</b>

## HOUSING, RENTAL, MORTGAGE DEFERRAL

<b>BC Seniors' Home Renovation Tax Credit</b>	A new, refundable Personal Income Tax credit to assist with the cost of permanent home modifications that improve accessibility or help a senior be more functional or mobile at home. <a href="mailto:CTBTaxQuestions@gov.bc.ca">CTBTaxQuestions@gov.bc.ca</a> <b>1-800-959-8281</b>
<b>Home Adaptations For Independence Program</b>	The HAFI program helps low-income seniors and people with disabilities finance home modifications for accessible, safe and independent living. Up to \$20,000 per home in the form of a forgivable loan. <a href="http://www.bchousing.org/HAFI">www.bchousing.org/HAFI</a> <a href="mailto:hafi@bchousing.org">hafi@bchousing.org</a> <b>604-646-7055</b>
<b>Home Owner Grant for Seniors</b>	The grant reduces the amount of property tax you have to pay. The program has several enhancements for seniors, some persons with disabilities and their families, and certain veterans of older conflict and their spouses. <a href="http://www.sbr.gov.bc.ca/individuals/Property Taxes/Home Owner Grant/hog.htm">http://www.sbr.gov.bc.ca/individuals/Property Taxes/Home Owner Grant/hog.htm</a> <a href="mailto:hogadmin@gov.bc.ca">hogadmin@gov.bc.ca</a> <b>1-888-355-2700</b>
<b>TSAFER (Shelter Aid for Elderly Residents)</b>	Provides monthly payments to subsidize rents for eligible BC seniors. <a href="http://www.bchousing.org/Initiatives/Providing/SAFER">www.bchousing.org/Initiatives/Providing/SAFER</a> <b>604-433-2218 press "1"</b>



# USEFUL RESOURCES

HOUSING, RENTAL, MORTGAGE DEFERRAL	
<b>Seniors' Supportive Housing (SSH)</b>	The SSH program provides specially modified rental homes in selected subsidized housing developments, primarily to low-income seniors who need some assistance in order to continue to live independently. <a href="http://www.bchousing.org/Options/Supportive Housing/SSH/SSH">http://www.bchousing.org/Options/Supportive Housing/SSH/SSH</a> <b>604-433-2218</b>
<b>SHIP (Seniors Housing Information Program)</b>	Operated by the Seniors Services Society, the directory provides a comprehensive list of housing available for seniors living in or wishing to live in the Lower Mainland of BC. <a href="http://www.vcn.bc.ca/ship">http://www.vcn.bc.ca/ship</a> <b>604-520-6621</b>
<b>Property Tax Deferment (PTD) Program</b>	A loan program that allows eligible seniors to defer the annual property taxes on their home for as long as they own and live in the home. <a href="http://www.sbr.gov.bc.ca/individuals/Property Taxes/Property Tax Deferment/ptd.htm">http://www.sbr.gov.bc.ca/individuals/Property Taxes/Property Tax Deferment/ptd.htm</a> <a href="mailto:taxdeferment@gov.bc.ca">taxdeferment/@gov.bc.ca</a> <b>604-660-2421</b>

LEGAL, FINANCIAL AND ELDER ABUSE SERVICES	
<b>BC Centre for Elder Advocacy and Support (BCCEAS)</b>	Elder law clinic. <a href="http://www.bcceas.ca">http://www.bcceas.ca</a> <b>604-437-1940</b>
<b>Dial-A-Law Lawyer Referral Service</b>	CBA British Columbia Dial-A-Law-Cbabc.org <a href="http://www.dialalaw.org">http://www.dialalaw.org</a> <b>604-687-4680</b>
<b>Income Assistance</b>	For seniors not receiving Old Age Security (OAS). <a href="http://www.hsd.gov.bc.ca/bcea.htm">http://www.hsd.gov.bc.ca/bcea.htm</a> <b>1-866-866-0800 (press 3 + 1)</b>
<b>Medical Services Plan Subscriber Information</b>	Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service. <a href="http://www.health.gov.bc.ca/msp">http://www.health.gov.bc.ca/msp</a>
<b>MSP (Medical Services Plan) Premium Assistance</b>	On a sliding scale, full premium assistance at \$22,000 (annual income) or less. <a href="http://www.health.gov.bc.ca/msp">http://www.health.gov.bc.ca/msp</a> <b>1-800-663-7100 or 604-683-7151</b>
<b>NIDUS Personal Planning Registry</b>	Representation Agreement Office <a href="http://www.nidus.ca">http://www.nidus.ca</a>
<b>PharmaCare (including the Fair Pharmacare Plan)</b>	<a href="https://extranet.gov.bc.ca/forms/gov/contact/index.html">https://extranet.gov.bc.ca/forms/gov/contact/index.html</a> <b>604-683-7151 or 604-660-2421</b>
<b>SAIL (Seniors Advocacy &amp; Information Line)</b>	Hotline for older adults re elder abuse or rights violations. Offers legal information, victim services support, referrals to a lawyer and advocacy. Seniors must be 55+ and meet eligibility criteria for lawyer referral. Program operated by BC Centre for Elder Advocacy. Mon to Fri, 9:00 am–1:00 pm. <b>604-437-1940</b>

NUTRITION, FOOD AND MEALS			
<b>Dial-A-Dietitian</b>	Specializes in easy-to-use nutrition information for self-care. <a href="http://www.healthlinkbc.ca/dietitian">http://www.healthlinkbc.ca/dietitian</a> <b>604-732-9191</b>		
<b>Meals on Wheels</b>	Burnaby Coquitlam Richmond Surrey/Delta	<b>604-299-5754</b> <b>604-942-7506</b> <b>604-292-7200</b> <b>604-588-0325</b>	New Westminster Vancouver White Rock <b>604-520-6621</b> <b>604-684-8171</b> <b>604-536-3866</b>
<b>Kosher Meals</b>	Contact Jewish Family Service Agency <b>604-257-5151 local 218</b>		
<b>Food Bank</b>	Contact Jewish Family Service Agency <b>604-257-5151 local 218</b>		
<b>Suppliers of Kosher Meat and Poultry</b>	Kosher Food Warehouse Omnitsky	<b>604-709-9889</b> <b>604-321-1818</b>	Sabra Superstore <b>604-733-4912</b> <b>604-322-3702</b>

# USEFUL RESOURCES

<b>TRANSPORTATION</b>	
<b>HandyDART Vancouver TransLink</b>	<a href="http://www.translink.ca">http://www.translink.ca</a> <b>778-452-2860</b>
<b>SN Wheelchair Transport</b>	Special needs door to door. <a href="http://www.sntransport.ca">www.sntransport.ca</a> <b>1-800-768-0044</b>
<b>HandyDART Custom Transit</b>	HandyDART is a special transportation service for eligible persons with a physical or cognitive disability who cannot use regular public transport without assistance. <a href="http://www.translink.ca/en/Rider-Info/Accessible-Transit.aspx">www.translink.ca/en/Rider-Info/Accessible-Transit.aspx</a> <b>604-953-3333</b>
<b>Taxi Saver Program</b>	BC Transit and Translink offer a Taxi Saver program for handyDART or handyCard registrants. This program provides a 50 per cent subsidy toward the cost of taxi rides. <a href="http://www.bctransit.com">www.bctransit.com</a>
<b>Translink Bus Service</b>	Bus and route timetable advice <a href="http://www.translink.ca">www.translink.ca</a> 604-953-3333
<b>Driving Miss Daisy</b>	Driving service for seniors to appointments, programs <a href="http://www.drivingmissdaisy.net/en">http://www.drivingmissdaisy.net/en</a> 604-290-8874 or 1-866-351-9696

<b>INFORMATION AND SUPPORT SERVICES</b>	
<b>Alcohol and Drug Info &amp; Referral</b>	Education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse. <a href="http://www.health.gov.bc.ca">http://www.health.gov.bc.ca</a> <b>604-660-9382</b>
<b>Ambulance Billing Service</b>	<a href="http://www.health.gov.bc.ca">http://www.health.gov.bc.ca</a> <b>1-800-665-7199 or 1-800-465-9411</b>
<b>Jewish Family Services Agency, Senior Services</b>	Mon to Fri excluding statutory and Jewish holidays. Provides information to seniors and their families in all aspects of the aging journey. 604-257-5151: local 217 / 218 / 219
<b>Jewish Seniors Alliance Information and Referral Services</b>	Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 am–5:00 pm. Monday to Thursday excluding statutory and Jewish holidays. No-cost Peer Support Counselling Services. <a href="http://www.jsalliance.org/">http://www.jsalliance.org/</a> <b>604-732-1555</b>
<b>1-800-Banting – The Canadian Diabetes Association</b>	For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canada offers disease information, programs. <a href="http://www.diabetes.ca">http://www.diabetes.ca</a> <b>1-800-226-8464</b>
<b>Canadian Cancer Society Cancer Information Service</b>	Up-to-date information on a variety of cancer related topics, including prevention, early detection, diagnosis and treatment. Can help find cancer-related services and programs in local communities, and interpreter service. <a href="http://www.cancer.ca">www.cancer.ca</a> <b>1-888-939-3333</b>
<b>Heart &amp; Stroke Foundation of B.C.</b>	Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups. <a href="http://www.heartandstroke.ca">http://www.heartandstroke.ca</a> <b>1-888-473-4636 or 604-736-4404</b>
<b>Kidney Foundation of Canada</b>	Dedicated to Research into kidney disease and related disorders, as well as public education and patient services. <a href="http://www.kidney.ca">http://www.kidney.ca</a> <b>1-800-361-7494 or 604-736-9775</b>
<b>The Stroke Recovery Association of B.C. (SRABC)</b>	Offers information and programs for stroke survivors after they leave hospital. <a href="http://www.strokerecoverybc.ca">http://www.strokerecoverybc.ca</a> <b>1-888-313-3377 or 604-688-3603</b>



# WORD POWER

Circle the correct meaning of the word

Score two point for each correct answer.

Answers below.

## SCORING:

- 18-20 points –Post Graduate
- 14-16 points –Graduate
- 10-12 points –High School
- 6-8 points –Elementary
- 4 or less points –Keep Trying



### 1. arrayed

- a. to air out
- b. to put in order; to arrange
- c. to behave in an unfriendly manner

### 2. cerulean

- a. deep blue in colour
- b. a crustacean found in the Gulf Islands
- c. one who has expertise in the Cyrillic alphabet.

### 3. davit

- a. system used to lower a lifeboat
- b. hole made by a golfer
- c. a small davenport

### 4. histrionic

- a. the applied study of contemporary history
- b. an area where new immigrants settle
- c. a melodramatic outburst

### 5. culpable

- a. a member of (actor) Robert Culp's fan club
- b. one who is responsible
- c. a hockey player's first year as a professional

### 6. taxonomy

- a. submitting your tax return on time
- b. something that is burdensome or demanding
- c. classification of something, especially of organisms

### 7. alimentary

- a. relating to nourishment or sustenance.
- b. a simplified way of doing things
- c. fundamentally sound or reliable

### 8. creatine

- a. one who is creative or inventive
- b. nitrogenous organic acid
- c. a synonym for cryovac

### 9. humoresque

- a. a short, lively piece of music
- b. a David Letterman monologue
- c. humor that is very risque

### 10. vitiate

- a. to make (something) more effective
- b. to seek out honest political leaders
- c. to make (something) less effective

## Subject: The Telephone

Digging to a depth of 1,000 meters last year, French scientists found traces of copper wire dating back 1,000 years. The French came to the conclusion that their ancestors had a telephone network centuries ago. Not to be outdone by the French, English scientists dug to a depth of 2,000 meters. Shortly thereafter headlines in the UK newspapers read: "English archaeologists have found traces of a 2,000-year-old fiber-optic cable and have concluded that their ancestors had an advanced high-tech digital communications network a thousand years earlier than the French." One week later, Israeli newspapers reported the following: "After digging as deep as 5,000 meters in a Jerusalem marketplace, they found absolutely nothing. No copper wire, no cable — nothing." **They thus concluded that 5,000 years ago Jews were using wireless.**

.....

### Word Power Answers

1b, 2a, 3a, 4c, 5b, 6c, 7a, 8b, 9a, 10c

# WORD QUIZ

Vocabulary seniors need to know

## 1. Neuroplasticity:

- a. A plastic product that resists breakage
- b. A new art form using clay
- c. Changes in neural pathways and synapses due to changes in behavior, environment, neural processes, thinking, and emotions

## 2. Jump-the-queue:

- a. To move in front of people who have been waiting longer for something than you
- b. A move in a croquet game
- c. A training exercise with batons

## 3. Peer Counselling:

- a. A form of local government
- b. A personal method of change based on the idea that most people prefer to seek out their peers for help when experiencing, challenges, frustrations, concerns and general problems.
- c. A computer program which tells you what to do when you have a problem

## 4. Property tax deferral:

- a. The commission which your real estate agent receives after selling your condo
- b. A move in a game of Monopoly
- c. Instances where a taxpayer can delay paying property taxes to some future period.

## 5. Generational Divide:

- a. The difference of financial and economic status that occurs between one generation and another, usually between younger people and their parents and/or grandparents
- b. The distance between your home and your grandchildren's residences
- c. The income disparities between married and single people.

## 6. Interdisciplinary Care:

- a. A group of health care professionals from diverse fields who work in a coordinated fashion toward a common goal for the patient.
- b. A physician who has several different medical degrees.
- c. An exercise program aimed at using the whole body

## 7. Senior Advocacy

- a. The advertisement a senior places in a publication to find a care-giver
- b. The act of pleading or arguing in favor of senior causes and concerns in order to gain support for an idea or policy
- c. The oldest person in the room

## 8. "Super Senior"

- a. A discount card to shop at Super Store
- b. The name of a large coffee sold at Starbucks
- c. Very old senior people who have no chronic diseases and who retain their high levels of energy and stamina

## 9. Poly-pharmacology

- a. The prescription by physicians of many different medications, which, taken together, may create negative side effects for the patient
- b. A chain of pharmacies
- c. Creating pills and capsules of different shapes and colours so patients will not get confused

## 10. Downsizing

- a. A new Olympic sport involving sliding down a chute of ice
- b. Selling a home and buying a smaller residence with the goal of adapting to old age and putting some money aside for future contingencies
- c. Losing 25 pounds and buying a new wardrobe



.....

### Answers:

1c; 2a; 3b; 4c; 5a; 6a; 7b; 8c; 9a; 10b

### Your Score:

**8 – 10**

You are brilliant, have you thought of writing an article for Senior Line?

**5 – 7**

Good work, room for improvement

**0 – 4**

Read the Senior Line more carefully



# ONGOING EVENTS August, September, October 2015

Refer to DETAILED EVENT CALENDAR on JSA website [www.jsalliance.org](http://www.jsalliance.org)

**JEWISH COMMUNITY CENTRE SENIORS (JCC)**  
950 W 41st Avenue  
CONTACT: Leah DesLauriers  
leah@jccgv.bc.ca 604-638-7283  
[www.jccgv.com/content/seniors](http://www.jccgv.com/content/seniors)

MONDAY	
1:00 pm	Poker
11:45pm - 1:15 Oct 19	Lunch and Learn
TUESDAY	
9:30-10:30 am	Chair Yoga
10:30 - 12:00 pm	Beginner's Bridge Lessons
11:00 - 2:30 pm	Duplicate Bridge
WEDNESDAY	
9:25-10:25 am	Chair Yoga
10:30 - 12:30 pm	'In the News'
1:00 - 4:00 pm	Poker & Mah Jongg
THURSDAY	
11:00-2:30 pm	Duplicate Bridge
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11:00 - 2:00 pm	Supervised Bridge
1:30 - 2:30 pm	Shabbat Chair Yoga and refreshments

**JEWISH FAMILY SERVICE AGENCY**  
CONTACT: Queenie Hamovich  
QHamovich@jfsa.ca  
604-257-5151 Ext. 1274

A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST  
Every Tuesday at Temple Sholom, 7190 Oak Street, Vancouver (Last Tuesday of the month lunches at Peretz Centre, featuring Monthly Film presented by the Vancouver Film Centre).  
Cost \$10. Subsidies available. Volunteer drivers bring the seniors to the lunch and back home again if needed.

## SAVE THE DATE

### JSA AGM & DINNER

DATE: **Wednesday, September 9**  
TIME: **5:00pm AGM**  
**6:15pm Dinner**

PLACE: **Congregation Beth Israel**  
**989 W. 28th Ave., Vancouver**

(See back cover for more information)

JSA-SNIDER FOUNDATION  
EMPOWERMENT SERIES 2015-16

### #1 YIDDISH STORY TELLING

with Shanie Levin and Al

DATE: **Friday, October 30**  
TIME: **10:30am**

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

### JSA FALL SYMPOSIUM

DATE: **Sunday, November 15**  
TIME: **1:30pm Registration**  
**2:00 - 4:00pm Program**

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

For more information call  
JSA at 604-732-1555

**L'CHAIM ADULT DAY CENTRE**  
950 W 41st Avenue  
CONTACT: Annica Carlsson  
604-638-7275  
annica@jccgv.bc.ca  
[www.lchaim.ca](http://www.lchaim.ca)

MONDAY AND WEDNESDAYS	
9:30-3:00 pm	
FRIDAY	
9:30-2:00 pm	

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

WEDNESDAY	
1:00-4:00 pm	Arts Club for women
THURSDAY - Starting September 3	
9:45 - 10:45 am	ESL Beginners & Intermediates
11:00-12:00 pm	ESL Advanced

**CHABAD RICHMOND—"SMILE ON SENIORS"**  
CONTACT: Marlene Shore  
604-275-7543  
[www.chabadrichmond.com/Seniors](http://www.chabadrichmond.com/Seniors)

ALTERNATE THURSDAYS 11-2 pm  
Hot Kosher lunch \$9  
Programs, Speakers, Arts and Music  
Sept 3 & 17, Oct 8 & 22, Nov 5 & 19,  
Dec 3 & 17

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


12:00 - 2:00pm Aug 31	Summer BBQ - \$11
MONDAY - Starting October 19	
9:30-11:45 am	ESL - Different Levels
11:00-11:45 am	Easy Fun Seniors Exercise
12:00-1:00 pm	Kosher lunch
1:00 - 2:00 pm	Speaker/entertainment

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

**BETH TIKVAH SYNAGOGUE**  
604-271-6262  
<http://bethtikvahbridge.wordpress.com>

MONDAY - 7:00 pm	
Bridge - ACBL sanctioned	
THURSDAY - 7:00 pm	
Bridge - Non-sanctioned casual duplicate game	

# ONGOING EVENTS August, September, October 2015

 **LEGACY SENIOR LIVING**  
611 West 41st Avenue Vancouver, BC  
604-240-8550 www.legacyseniorliving.com

AUGUST	
Aug 6 - 2:00pm	Yoga with Chair Seminar by Annette Wertman - Theatre Room
Aug 8 - 2:00pm-4:00pm	2nd Annual Block Party BBQ with musical Entertainment by 'Just the Two of Us' and Korki the Clown
Aug 12 - 2:00pm	Home Instead Senior Care Seminar on 'Protect Seniors from Fraud' program - Theatre Room
Aug 18 - 2:00pm	RBC Tax Planning Seminar - Theatre Room
Aug 27 - 11:00am - 3:00pm	CoCo's Clothing Fashion Display
SEPTEMBER	
Sept 9 - 2:00pm	BC Guide Dog Presentation at Legacy
Sept 16 - 11:00am - 3:00pm	5th Avenue Collection Jewelers
OCTOBER	
Oct 1 - 11:00am - 3:00pm	Carda Fashion Display
Oct 3 - 12:00pm - 4:00pm	2nd Annual Grand Opening Party

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

<b>INTERSECTIONS - Wednesday, Monthly</b>	
7:00pm – 9:00pm, \$5 suggested donation at the door	
<b>GASTOWN AND STRATHCONA WALKING TOUR- Aug 9</b>	
11:00am – 1:00pm, Meet at 700 E. Pender St. - \$10	
<b>MOUNTAIN VIEW CEMETERY WALKING TOUR -Aug 9</b>	
2:00 pm - 3:30pm, Meet at the gates to the old Jewish cemetery, NW corner 37th & Fraser - \$10	
<b>GENEALOGY SUNDAYS - In partnership with the Jewish Genealogical Society of BC - Last Sunday of every month</b>	
1:00pm - 4:00pm, Free - by appointment only	
<b>VOLUNTEER OPPORTUNITIES</b>	
Volunteer opportunities available - flexible hours, free training! Please contact us at 604-257-5199 or info@jewishmuseum.ca.	

**JEWISH GENEALOGICAL INSTITUTE OF BC**  
Temple Sholom, 7190 Oak Street, Vancouver  
CONTACT: 604-257-5199

FREE access to our databases—(ancestry.com, findmypast.com and footnote.com) and computer, at Jewish Museum & Archives of BC. Phone for appointment, 604-257-5199	
First Tuesday of the month at Temple Sholom 7:30 pm	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.

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

<b>FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE</b>	
FRIDAYS AT 6:00 PM - SEPT. 25 & OCT. 23	
First and Third Wednesday of the Month - 3:00–4:30pm	Yiddish Reading Circle
Tuesday, starting Sept 13 7:30–9:30 pm	Vancouver Jewish Folk Choir
Sept 20 - 2:00pm	High Holiday Observance
Oct 18 - 2:00 pm	Sarkin Music Series - Featuring the klezmer band, Tzimmes
Sept. 27 & Oct. 25 10:30–12:30 pm	Adult Discussion Group

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

FRIDAYS 11:30am - Aug 14 & 28, Sept 4, 11 & 18  
Guest speakers, films, discussions and refreshments.

**MOST BRIDGE RUSSIAN JEWISH SENIORS**  
PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9  
CONTACT: Ida Gitlina 604-434-2191 idag10@telus.net

Aug 10	A trip to the Butchart Gardens
Sept 13 - 1:30 pm	Rosh Hoshanah Celebration - Peretz Center
Oct 18 - 1:30 pm	Report-Election meeting -Peretz Center

**VANCOUVER FILM CENTRE**  
Peretz Centre, 6184 Ash Street www.vjff.org  
CONTACT: robert.albanese@vjff.org 604-266-2045

**MONTHLY FILM AND FOOD EVENT** Complementary for seniors.  
DATE: Last Tuesday of every month at 12:30 pm

**ISAAC WALDMAN JEWISH PUBLIC LIBRARY**  
950 W 41st Avenue library@jccgv.bc.ca  
CONTACT: Karen Corrin and Helen Pinsky  
604 257-5181 or 604 257-5111 ext 248  
Website: www.jccgv.com/content/library-main  
Online Catalog: www.jlbc.ca

<b>MONDAYS</b>	
Sept 21 & Oct 19 at 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
<b>WEDNESDAYS</b>	
10:30–12:30 pm	IN THE NEWS – Discussion group for people interested in current affairs and global politics.
We are accepting donations of used books and DVDs in good condition. Please note that we cannot accept VHS, phonograph albums, encyclopediae or books in poor condition. Watch for our used book sale November 22-26, 2015	



# JSA WEBSITE

## Message from Dolores Hannah Luber, Editor of [www.jsalliance.org](http://www.jsalliance.org)

After two years of planning, hoping, correcting, creating, waiting, and waiting some more, our new website is up and running in an efficient and timely manner. There were moments when I thought it would never happen. Karon and I had our melt-downs, Serge, Karon and I had intense discussions which would test our patience and compatibility, Rita was witness to our struggles and frustrations; and we persisted. The results are ready for the ultimate test, that of our viewers. We invite you to go to [www.jsalliance.org](http://www.jsalliance.org) and click on the various colourful elements on the front page to discover what we are about, what we do, why we do it and who does it.

OUTREACH

ADVOCACY

PEER SUPPORT

EVENTS CALENDAR

Then click on the **RESOURCES** button and explore the contents of the topics. You will be informed, entertained and amazed at the variety of the articles.

WHERE  
TO GO  
FOR HELP...



### Reference Guide To Important Resources

JSA's updated, comprehensive 'Where To Go For Help Guide', with listings of services available to seniors.

DOWNLOAD  
THE  
LATEST...



### Vancouver Jewish Seniors Directory April 2013

Access to information about legal issues, housing, community centres and fitness classes.

SEE PAST  
ISSUES OF  
SENIOR LINE...



### Senior Line Magazine Archive

Featuring original articles, advice column, movie reviews, current community news.

HAVE TIME?  
TAKE TIME  
TO VOLUNTEER...



### Volunteering Opportunities

JSA's success is the result of the devotion, enthusiasm and creativity of our volunteers. Join the team.

REMEMBER...  
WITNESS...  
TEACH & LEARN...



### Synagogues, History + Holocaust

SYNAGOGUES: Current Listings; Jewish Holidays  
HISTORY: Development of the Jewish Community in BC  
HOLOCAUST: Remembrance & Bearing Witness; Survivors of the...

KEEP  
HEALTHY!  
EAT WELL...



### Good Health, Exercise & Nutrition

Using our Internet gateway, you can access a wide range of up-to-date and reliable information on health and wellbeing

EXPLORE  
YOUR  
COMMUNITY  
CENTRE...



### Community Centre Information Guide

All community centers in the Greater Vancouver area are listed with contact detail and available programs

AWARENESS  
ADAPTATIONS  
ADJUSTMENTS...



### Senior Care, Disabilities & Adaptive Housing

As B.C. population ages, the number of seniors heading for long-term care is increasing and that's led to a...

SIT BACK  
AND  
ENJOY...



### Entertainment, Movie Reviews & Humor

Movie reviews specifically related to seniors, inspiration blogs, and funny stories and jokes. When clicked on, this site goes...

NEED ADVICE?  
THINKING  
OF YOUR  
LEGACY?



### Financial and Legal Advice, Recent Legislation

Full speed ahead for personal planning Amendments to Personal Planning Legislation.



## PNINA GRANIRER: Portrait of an Artist

In the 30-minute documentary *Pnina Granirer: Portrait of an Artist*,<sup>1</sup> Pnina says: “My life is like a cut diamond; each facet reflects a part of my life.” She is indeed multi-faceted and a jewel in our midst. She recently celebrated her 80th birthday and 50th year living in Vancouver. Her artwork reflects her lifelong process of dislocation and associations; from Romania to Israel (4 years of study at the Bezalel Art Academy in Jerusalem), to the United States and then to Vancouver (4 years of printmaking at the Print Studio). European, Israeli and West Coast First Nation influences come together in a confluence of line, colour and textures. To walk about her studio and along her walls covered with paintings, drawings and multi-media works is to travel through time and space, experiencing her discoveries and her wisdom.

Dancing and the beauty of the human body in motion have been major themes in her paintings. As a classically trained artist, she is a master of anatomy. She works from sitters and photographs; but her mastery is in the expressive drawings that she creates with speed and flexibility of line. During her exhibition of The

Dancers’ Suite, two dancers interpreted the drawings and paintings hanging on the walls of the Yukon Art Gallery.

The role of women, from Biblical times to the present represents Pnina’s quest for knowledge and understanding. She explores images of female icons and the relationship between nature and culture in her Carved Stones suite, of which she wrote: “in this series there is an attempt to integrate stones carved by (mostly) men and seen as a symbol of culture (considered superior to nature), with stones carved by the elements and seen as a symbol of nature. Her further exploration of this topic produced *The Trials of Eve*, a new look at the myth of Adam and Eve in the form of a three-act play narrating Eve’s courtroom trial and the tribulations that follow, ending on a note of hope for humanity.”<sup>2</sup> One of the paintings, entitled *The Verdict* portrays Eve being found guilty for all time, particularly by Christian theologians with their doctrine of the Fall and the woman’s culpability in it. However, for Granirer, Eve’s eating of the fruit is “a deliberate and independent act, the first act of free will.”<sup>3</sup>



**Her paintings are a mysterious, moving painterly testimony to the lavish imagination, extensive knowledge and extra-ordinary skills of the artist.**

On the Internet, go to <https://www.youtube.com> and search for Pnina Granirer; there are many videos about her and her work. e.g. <https://www.youtube.com/watch?v=JxAeRffRCC0>

Dolores Luber

<sup>1</sup> *Pnina Granirer: Portrait of an Artist, A Television Documentary, directed by Mehdi Ali, 2005.*

<sup>2</sup> <http://art-history.concordia.ca/eea/artists/granirer.html>

<sup>3</sup> <http://www.pninagranirer.com/reviews.html>





# SENIORS IN THE MOVIES: Still “Spry” and “Feisty” After All These Years – and 'Still Alice'



The Hundred-Year-Old Man Who Climbed Out the Window and Disappeared; Elaine Stritch: Shoot Me; All is Lost; Fading Gigolo and Elsa and Fred are my choices of films because these senior roles break the mold, the stereotypes, of what is generally considered “senior” behaviours. They battle against “ageism” which refers to stereotyping and prejudice directed at individuals and groups because of their age. Still Alice is a movie in a class of its own, which shines the spotlight on early-onset Alzheimer’s disease.

**The Hundred-Year-Old Man Who Climbed Out the Window and Disappeared (2013):** Centenarian meets Biker Gang! Allan Karlsson, a 100-year-old explosives expert, escapes from a retirement home and mistakenly drags a big suitcase onto a bus. Destination—the next town, a deserted village—that was the only place his pocket-change would take him to. This film adaptation of the book by the same name is the work of first-time Swedish director Felix Herngren. The actor and comedian Robert Gustafsson who plays Allan has been called “the funniest man in Sweden.” This movie is, uncharacteristically, a romp in history and a chase by the bad guys after the good guys. It is filled with drama and violence provided by the members of the Biker Gang. But do not be deterred, it is all done with panache, with wit, with superb timing, a sense of humour and a knowing wink and nod at the absurdities of politics and history. Most of all, we relish the spontaneity of Allan’s propensity to dive into the unknown.

**Elaine Stritch: Shoot Me (2013):** Is it possible to absolutely love a documentary? Elaine Stritch: Shoot Me is so good, I am having trouble finding superlatives strong enough and enthusiastic enough to describe my experience watching the film. It is entertaining, frightening and inspirational. Here is an 86-year-old actress, dancer, singer, comedian who is still performing all of the above to appreciative, loving audiences. She is brutally honest about her fears of aging, of sickness, of disappointments but, she carries on notwithstanding! We follow her on and off stage, we see archival footage that showcases some of the great moments from her career. It is a bold, hilarious and poignant portrait of a talented performer and a brave, astute human being.

**All is Lost 2013:** Deep into a solo voyage in the Indian Ocean, Robert Redford (age 77) wakes to find his sailing yacht taking on water after a collision with a container ship at sea. He plays a skilled, intelligent and resourceful sailor who finds himself, despite all efforts to the contrary, staring his mortality in the face. Only one person is seen in this full-length adventure tale. Only three words are spoken. I found Redford’s acting authentic and spell-binding. Anyone who has faced a dangerous situation or a life-threatening illness can relate to this man and his struggles with his environment and his emotions.

**Fading Gigolo (2013):** shows us the Woody Allen we want to see, witty, wise and unneurotic. John Turturro’s script begins with the premise that a florist named Fioravante (John Turturro) has the sexual magic touch for the lonely, libidinous wealthy matrons of New York City. Woody Allen plays Murray, the broke bookstore owner-cum-pimp that Fioravante steps up to help out. Woody Allen plays the only role he knows how to play, i.e. himself. It is a joy to witness him being so lovable, witty and wise – and so unneurotic. The cast features Sharon Stone and the cream of the New York character players such as Chris Walken, James Gandolfini, and Ellen Barkin. They all contribute to an irresistibly antic warmth and sweetness. It is a charming film.

**Elsa and Fred (2014):** stars two great actors, Shirley MacLaine and Christopher Plummer. He is a grouchy curmudgeon, she plays a zany, distracted and sick woman. This is a romantic comedy with the shadow of sickness and death. The two characters discover that it is never too late to love and make dreams come true. Elsa wants to re-enact the famous Fontana di Trevi scene in Rome from Fellini’s film *La Dolce Vita*. Notwithstanding a

superb cast and some good one-liners “I don’t do anything that is so-so,” “How much did you laugh in the years of your life?” and interesting locals, the movie is only mildly successful. I had difficulty really getting involved in these people’s lives. See for yourself.

**Still Alice (2014):** is the movie that all seniors, and all baby-boomers HAVE to see. Still Alice delivers an experience which is brutal and beautiful. When Julianne Moore picked up her Oscar for best actress, Alzheimer’s disease went mainstream. “So many people with this disease feel isolated and marginalized” said Julianne Moore in her acceptance speech for her role as a professor stricken with early-onset Alzheimer’s. In her role as Alice, she is in her 50’s, she starts forgetting her train of thought, becomes lost in familiar place, confused. She is conscious and alert to each shattering loss. Her husband and children are supportive but disbelieving “Why won’t you take me seriously I know what I am feeling. It feels like my brain is dying, and everything I have worked for in my entire life is going.” We cannot but empathize with her, this is not an easy movie to watch. Dan Levitt writes “The movie perfectly depicts the way people often react to others who have memory impairments and other mental conditions who do not fit in with the expectations we have of how someone should behave... Still Alice represents the calm before the global silver tsunami storm affecting families, friends, and society’s beliefs about how people with Alzheimer’s and other dementias should be treated.” We all need to see and hear the message of this movie. We owe it to ourselves and to family members and friends. ([www.vancouversun.com/story\\_print.html?id=10830551&sponsor=true](http://www.vancouversun.com/story_print.html?id=10830551&sponsor=true)).

Dolores Luber



## Sylvia Gurstein: (JSA Honourary life member) Answers the call for a Super Senior

**I sent out an email to four colleagues at Jewish Seniors Alliance. “Do you know a woman over 85 who is healthy, physically very active & intellectually astute?” The answers came back in unison from three people “Interview Sylvia Gurstein.”**

In response to my email, Sylvia telephoned and agreed to an interview. She was direct, assertive and eager to participate. I was greeted on arrival by an elegantly dressed woman, the word “stunning” is not an exaggeration. After relating to her the contents of the article I had read about B.C. super seniors ([http://www.vancouver.sun.com/story\\_print.html?id=10881670](http://www.vancouver.sun.com/story_print.html?id=10881670)) who are “perfectly healthy and still spry,” she listed her activities; she does Chair Yoga three times a week and participates in an Aquafit class in the pool once a week at the JCC. She regularly goes to the Beth Israel for Saturday morning services, “I am not religious, I’m very spiritual.” She plays Mah-jong on Thursday afternoon at BI, and does three New York Times crossword puzzles each week. I was not disappointed, I had found my “super senior.” Sylvia showed me her monthly Calendar, it was full of events and appointments—and we had not yet discussed her intense involvement with her children, grandchildren and great grandchild. She tells me “I have to admit I’ve been very busy.”

Sylvia is 92 years old. She was born in Winnipeg, one of six children, to a family of modest means. Her father drove a streetcar. She recalls “we wore hand-me-down clothes, but on Yontef we all had new shoes.” She looks back on her childhood with love and affection. She married Manny in 1943 and has two children, Michael and Penny, who are now accomplished professionals. They lived in the small town of Melfort, Saskatchewan where Manny and Sylvia ran a store. She kept a kosher home and the Jewish men of the community conducted Shabbat and High Holiday services for their small congregation. Then they moved to Saskatoon where Manny developed some properties, and then to Vancouver in 1980. Sylvia wants me to know that “family is a big part of my life.” Manny and Sylvia spent 65 happy years together until his death at the age of 95 in 2007.

**It wasn’t until she was in her 50’s that Sylvia went back to community college and graduated with a degree in Social Work.**

She was the coordinator of a daycare for the aged and handicapped in Saskatoon. In Vancouver she did the initial intake for Haro Park Centre senior residence in the West End and later was involved with the creation of L’Chaim at the JCC. She participated in Jewish Seniors Alliance for many years as a Board Member and is an honorary life member. She is still active in the National Council of Jewish Women. She worked as the Senior Counsellor for the provincial government and was active in the

City Advisory Group for seniors. Every winter she and Manny would spend time in Hawaii where she was a dedicated volunteer in the community.

When the controversial topic of Medicare and Private Medical Services came up, Sylvia revealed her passion and vitality. She was in Saskatchewan where the concept of Medicare originated. She and Manny were pro-Medicare and she is adamant that Medicare is a great program which deserves to be supported without private medical services. “The doctors never had it so good.” She explains how polarizing an issue Medicare was in Melfort, “Medicare pitted husband against wife.” Penny Gurstein, her daughter, was one of the producers of a two-part documentary called *Bitter Medicine: The Birth of Medicare and Bitter Medicine: Medicare in Crises* (1983). I saw at that moment Sylvia, the activist and the crusader, a force to be reckoned with, at the age of 92.

Her love and dedication to her family is manifested by walls full of family photos. On the coffee table is the book *Manny and Sylvia: Memoirs of Their Lives and Times*. Manny assembled all the photographs, documents and mementos and wrote the text. Dr. Penny Gurstein typed it for the publisher. “I have a son and daughter who worry about me.” Sylvia radiates warmth and an intense zest for life. I asked what her secret for happiness is and she answers “I have always cared about others,” “I have many young friends and friends of my generation,” and “I find life very interesting.” Sylvia Gurstein describes herself as “a tolerant and highly idealistic human being.” ☺



# OPINION: TECHNOLOGY CAN KEEP SENIORS SAFE

THE VANCOUVER SUN  
Saturday, April 4, 2015  
By Dan Levitt, Special to the Sun



**New entrants include health care monitoring companies such as Tapestry, a tablet app that lets seniors connect with family far away; MedCoach, a medication reminder app; and HealthSpot, a primary care service that lets doctors meet virtually with patients.**

Rose is an 80-year-old with congestive heart failure and diabetes. She is able to safely live independently at home thanks to sensor technology that monitors changes in her health status, reducing the visits to the doctor's office. Data recorded from the sensors alert her family and care team when support is needed. All of the sensors work together without Rose needing to do anything to activate them.

When she wakes up, a signal is sent from her bed's pressure sensor to a personalized health assessment program via Wi-Fi. She then walks down the hallway, where sensors in the wall near the floor measure her gait and assess risk of falling. As she brushes her teeth, sensors in the bathroom floor monitor pressure points in her feet, measure her weight and detect early signs of skin breakdown and ulcers. A patch on her arm monitors biometric indicators such as blood pressure, glucose level, blood oxygen concentration, and

heart rate. A medication reminder system alerts her when it is time to take her morning pills, including her diuretic capsule which has a tiny sensor that communicates with her arm patch to confirm she has taken her medication.

The signals from all the sensors are tied into an electronic personal health record that she can monitor, as well as her daughter and health-care team. If any of the health-measurements signals fall outside the predetermined acceptable range for Rose, the data is sent to her physician and her daughter for followup. At the same time, alerts are sent to her smartphone and computer monitor for changes to medication and to watch salt intake. This technology will enable seniors to live independently, receiving more personalized care from their care team and living healthier lives on their own.

The gerontechnology sector has introduced a number of very exciting developments. Shoes and insoles with GPS built into them provide peace of mind to family members taking care of relatives with Alzheimer's disease. With a downloadable app, they can track them using the GPS or get an alert if the person wanders out of a pre-set safe zone. In a traditional nursing home, the building is secure with door alarms that are set off when a resident who is known to be at risk of wandering approaches the exit. Why should someone who has always run, walked and travelled no longer be able to do so, just because they are living in an institution? When the resident sets off the alarm, it only escalates behaviours, sometimes to catastrophic proportions. These GPS shoes are a game changer, reducing risk and improving safety without compromising privacy. These shoes

will also have the ability to detect slight changes in gait and alert a caregiver or health-care provider so that rapid assessments (for example, by an occupational or physical therapist) can be made to ensure safety and prevent falls.

Given that hip fractures are a strong determinant of subsequent mortality, this initiative has enormous potential for the aging population. Some technology companies equip their developers with an empathy suit named Agnes (Age Gain Now Empathy Suit), which looks a bit like a spacesuit with built-in pathologies such as spinal compression, vision loss, hearing impairments, and physical immobility, so your generations can design applications with these health deficits in mind. This could allow for seniors to stay in their own homes for as long as possible before transitioning into long-term care. These technologies, if widely adopted, have the potential to substantially reduce unnecessary seniors' hospital emergency room visits and diminish length of stays in alternate level of care. There is a business case to reduce hospitalization of seniors, unclogging the acute-care patient flow system while saving health-care costs by making remote patient monitoring available.

Technological applications in the home have come a long way in the past 25 years when a small medical device called Life Call was first introduced in a television commercial where a 74-year-old actress named Edith Fore was seen lying on the floor of her living room yelling seven now famous words "I've fallen and I can't

\continued on page 26

get up.” Now, many generations of technology later, a camera sees the room and can tell when the senior has fallen and sends an immediate response without the person needing to yell for help or press a panic button.

Basic sensor technology kits are available for seniors to install in their homes using wireless applications, with a wearable alert button that is easy to set up. Starter packages can be purchased at most home hardware stores and can be added on with à la carte options. These wireless hubs provide 24/7 monitoring, automatically sending alerts to family caregivers and enabling seniors to age in place. It also allows them to be independent as long as possible, delaying nursing home admission.

In Billy Crystal’s book *Still Foolin’ ’Em: Where I’ve Been, Where I’m Going, and Where the Hell Are My Keys?* the nine-time Oscar host and now senior finds his keys 269 pages later, concluding his memoir with “I found my keys.” If he had used a waterproof GPS keychain sensor with medical alert mobile button, the City Slicker actor might never lose his keys again.

The next wave of innovation may come from research networks in technology to improve the lives of an aging population. AGE-WELL (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long

Life), is a national hub that earlier this year received a federal grant of \$36.6 million over five years. Harnessing advanced information & communication technologies, sensor networks and robotics will create innovative and sustainable products and services for seniors and their caregivers. One of the challenges will be to overcome the ethical, social and cultural barriers to realizing the full benefits of this technology.

**While the robots with artificial intelligence attract the imagination of forward-thinking computer scientists, no technology can replace human interactions. We don’t need a social psychologist to tell us that family and friends who are connected and concerned about a senior’s well-being stretch out independence, redefining our perception of old age. The technology is out there. We just need to apply it to seniors’ settings, thereby supporting independence, creating connections, and providing piece of mind. As gerontechnology becomes more available, the quality of life improvements will have groundbreaking impacts into the later stages of aging.**

*Dan Levitt is executive director of Tabor Village and Adjunct Professor in the Gerontology Department at Simon Fraser University.*



## 4. Advance planning will prevent abuse

Not exactly, not even close. This idea often promoted by some parts of government is based on the assumption that strangers seek out vulnerable seniors to exploit them. That can happen, but it is not the main problem.

Advance planning refers to a wide range of planning that people of any age can do for the future, especially for a time when they might become mentally incapacitated and unable to express their own wishes.

It includes having legal documents in place, such as a power of attorney or a representation agreement. These tools can be invaluable ways to help build understanding and communication in families about the “hard discussions” such as what a spouse, parent, relative or close friend would like to happen in the future around financial matters, where they live, and what their final days are like.

However, these are also very powerful tools.

Lawyers and service providers find the power of attorney is one of the most common means that financial abuse or neglect is committed by family members today.

Although it can be misused intentionally, many times it happens inadvertently because people are unaware of their responsibilities.

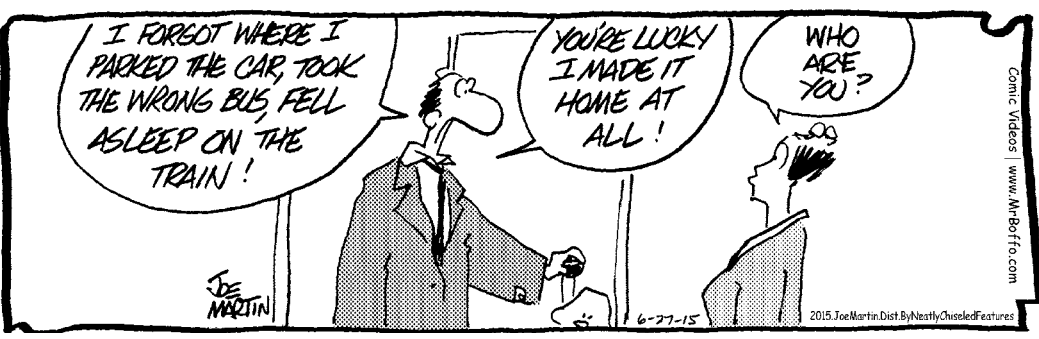
Fortunately, the law is becoming clearer and the Public Guardian and Trustee in British Columbia has gone a long way to help build the public’s awareness of those important duties.

There are two other common risks in advance planning in a health care setting.

If a family member waves a power of attorney and the health care providers do not understand what a power of attorney permits or does not permit, they may inappropriately allow the attorney to make health care decisions for the senior. Power of attorney only covers financial matters.

In other cases, health care providers “look to the paper.” They may bypass the capable senior completely and ask the substitute decision maker named in the document, and as a result they violate the senior’s rights.

Preventing abuse in later life involves not only tools but building greater understanding and giving people the time and space to exercise that understanding.



## ELDER ABUSE

# Common myths and misconceptions

Source: COSCO Newsletter, May 2015

1.

## “Senior abuse is rampant and on the rise”

It is very common to run across community discussions or media reports about “the hidden epidemic of elder abuse.”

The term “epidemic” is drawn from public health and refers to infectious conditions that are rapidly spreading in a short period of time.

In everyday language, people may simply mean a situation that is widely prevalent.

When abuse is characterized as an “epidemic” it becomes very easy for people to want fast ways to “fix the crisis” and seek easy responses such as television awareness ads without understanding its cause, extent and its multifaceted nature.

The truth is we still do not actually know how common the problem is among seniors, how severe the situations are and why they happen.

We do not know whether the problem of abuse and neglect is increasing, decreasing or remaining at the same level.

The fact that more people are living into the senior years and often well into their late years would seem to suggest we should expect to see more abuse or neglect cases, even if the prevalence rate for mistreatment remains the same.

We still have little information on which groups of seniors are most at risk of which types of harms and why.

Without that information, it is easy to fall back on preconceptions.

2.

## Anything unfortunate that happens to a senior is “abuse”

Today some people use the terms “elder abuse” or “elder neglect” in a much broader context than these would have been used ten or fifteen years ago.

It is also increasingly common to see middle aged people (those in their 50s) included as part of “the senior discussion.” This will increase the numbers and can seriously conflate the issue.

In some respects, the language of “abuse” and “neglect” has been co-opted.

For example, it is common to see the idea of “financial abuse” not only being applied to families misusing a power of attorney, but to frauds and scams as well as ordinary consumer issues.

These are all different. They arise for different reasons and from different causes; they require different types of solutions.

Professionals such as dentists may note that many seniors may not have good access to services and call it “elder neglect.”

This may be a relevant systemic issue to consider and it may affect seniors’ quality of life but let’s avoid framing these matters as abuse or neglect.

The wider the way the language of abuse or neglect is being used, the easier it is to view all seniors as a vulnerable group, and therefore in need of having increased protection from the big, bad world.

3.

## Seniors won’t report mistreatment

This oft repeated statement is simply not accurate. For example, Statistics Canada has conducted decades of victimization surveys and consistently found that older adults are much more likely than younger adults who have been victimized to report these matters to the police.

People of any age will talk and will let someone they trust know about a problem if it feels safe to do so.

Sometimes, they simply want someone to listen, and sometimes they are looking for outside help.

However many friends, families and service providers today are still very judgmental of older adults who are experiencing abuse or neglect.

People may not understand why mistreatment happens or its dynamics.

They commonly feel the responsibility for the problem lies with the person being harmed.

People may blame the senior for not being strong-willed with family now or when they were growing up, or to look to another simple explanation.

People’s reactions like these create an unnecessary stigma about abuse and neglect. It makes discussing mistreatment feel unsafe. We can do better.

\ 4 Advance planning will prevent abuse

—continued on previous page 26

*I shall pass through this world but once — Any good therefore I can do — or any kindness I can show — to any human being — Let me do it now — Let me not defer it — or neglect it — For I shall not pass this way again!!*



## ACKNOWLEDGEMENT AND PREVENTION OF ELDER ABUSE IN RESIDENTIAL FACILITIES

The United Nations designated June 15, 2015 as World Elder Abuse Awareness Day (WEAAD). Its objective is to shine a light on physical, emotional and financial abuse of seniors and to encourage all levels of government to implement policies for their safety and welfare.

**Jewish Seniors Alliance of Greater Vancouver is part of the struggle to bring to awareness of the problem of elder abuse. The intention of this article is to explore ways to facilitate the reduction of such cases and the elimination of elder abuse. Ageism, cultural and socio-economic processes affect elder abuse and render it a public health and human rights issue.**

Section 15 (1) OF THE Canadian Charter of Rights and Freedoms states that “Every individual is equal before and under the law and has the right to the equal protection and equal benefit of the law without discrimination and, in particular, without discrimination based on race, national or ethnic origin, colour, religion, sex, age or mental or physical disability.” We must apply this standard equally to those who are residents in the care facilities and to the paid care givers who care for the residents.

Our hospitals and residential care facilities are crowded with people,

often in their 80’s, with dementia, in particular, Alzheimer’s disease. They manifest symptoms of paranoia, hallucinations, agitation and rage which can be unsettling for them and their caregivers. It is known that antipsychotic drugs are sometimes inappropriately used to manage aggressive or agitated behaviours in residents who have dementia.<sup>1</sup> The medications are used to control behaviours such as—elders acting out with aggression and violence, refusing to take medication or resisting medical procedures. The caregiver then has a problem. Sometimes patients are pushed down, sometimes they are restrained at the wrists and feet, sometimes they are shouted at, bullied or scorned. However, incidents of elder abuse are much more prevalent in the community than in residential care facilities.

Grace Hann of Jewish Seniors Alliance Peer Support Services was approached by the daughter of such a resident who wrote a graphic description of her mother’s “treatment” and

presented photographs of the bruises and contusions. “This woman had been cared for at home with 3 hours of daily assistance, however, after an aggressive episode, the private contractor stopped the service for 7 days for the safety of the caregivers. The next episode resulted in the elder being transferred to the hospital where the abuse occurred,” writes the daughter of the elderly, frail woman.

This is not an isolated case. Sometimes appropriate services are denied to elders who wish to remain at home.<sup>2</sup> This hastens their entry into the hospital system and residential care facilities. The number of elders confined to institutional care is only a small percentage of the total senior population. In these institutions staffing is, at times, inadequate to a situation; training of staff is sometimes insufficient and there is a high turnover of health professionals and other caregivers. This replacement of staff members inhibits the ability of the elders to form trusting and calm relationships with their caregivers.<sup>3</sup>

<sup>1</sup> Isobel Mackenzie, “Placement Drugs and Therapy... We Can Do Better, Report #3,” April 2015, pp 7-9.

Erin Ellis, “More than one-third of B.C. seniors in long-term care prescribed antipsychotic drugs advocate,” Vancouver Sun, April 10, 2015

<sup>2</sup> Daphne Bramham, “Appropriate, affordable seniors housing urgently needed,” May 22, 2015.

<sup>3</sup> Tom Blackwell, “Health care’s ‘hidden army’ short staffed,” PostMedia News, January 20, 2015.

Isabel Mackenzie, Placement Drugs and therapy..., “pp 5-7.

Pamela Fayerman, “Health workplace safety a ‘huge challenge,’ B.C. health minister says,” Vancouver Sun, April 7, 2015.

<sup>4</sup> Dan Levitt, “Beyond the comfort of home: New residential model of living turns traditional nursing care model upside down,” Vancouver sun, June 5, 2015.

Kanoko Matsuyama, “Program trains workers how to treat seniors with dementia,” Vancouver Sun, January 26, 2015.

Peter McKnight, “There is hope for a better future in caring for the elderly,” Vancouver Sun, April 13, 2015.

<sup>5</sup> <http://elderabuseontario.com/training-education/training/training-sessions/>

<sup>6</sup> Erin Ellis, “Report calls for more home care workers for B.C. seniors,” Vancouver Sun, June 5, 2015.

<sup>7</sup> Emma McIntosh, “One-third of dementia nurses suffer distress, study says,” Calgary Herald, June 22, 2015.

<sup>8</sup> Pamela Fayerman, “Province seeing decline in number of nursing graduates,” Vancouver Sun, June 23, 2015.


## PREVENTION STRATEGIES FOR THE REDUCTION OF ELDER ABUSE

- 1. Home Care First:** With adequate provision of the necessary services and home adaptations in the elders' homes, persons with disabilities, both physical and cognitive, could maintain their personal dignity and be safe. In this way, residential facilities would be able to better accommodate those with more severe and advanced stages of impairment and disability.
- 2. Design Improvements to Facilities and Environments frequented by seniors with Dementia:** The remodelling or building of residential facilities which are more humane and more like "home" and the training of people to understand and facilitate those with dementia, are concepts being advanced here and in Europe. <sup>4</sup>
- 3. Customized Training Sessions:** More comprehensive training about dementia and the care of people experiencing the behaviours associated with Alzheimer's disease should be encouraged and supported by the administrators of residential care facilities. For example, Elder Abuse Ontario's experienced Regional Consultants deliver customized training sessions in communities across the province whether in retirement homes, long-term care homes, community settings or agencies/ organizations that work or interact with seniors. <sup>5</sup>
- 4. Increase in home care workers:** Basic services to help seniors stay in their homes are now more difficult than ever to access. Everyone is saying there just isn't enough time (with clients) and the system isn't responsive enough to make it work. <sup>6</sup>
- 5. Debriefing and Stress Management:** Provide psychological services to caregivers who experience trauma and conflict with the aim of supporting these health care professionals and maintaining a stable group of staff members. Health minister Terry Lake said that violence against health professionals should not be deemed "just part of the job" (see Fayerman, April 7, 2015). "Three-quarters of nurses in southern Alberta who treat residential dementia patients frequently experience distress from being unable to give patients what they need."<sup>7</sup> To further exacerbate the staffing situation, the province is seeing a decline in number of nursing graduates. More nurses left the profession than went into it in 2014. <sup>8</sup>

This is but a summary of ways in which the system can be improved. We hope that our readers will read the articles described in the footnotes in order to get a fuller picture of the situation. Changes are being initiated, albeit, slowly. The general public, that is, us, can hasten these processes by being informed and getting involved in discussions about the care of our seniors.

Family members need to become aware or be made aware of the hospital's or long term care facility's written protocol for working with residents who are potentially physically aggressive, specifically how the protocol might be applied to their senior relative in a particular instance. When the institution's response in handling an episode of alleged difficult behaviour occurs and the family is unhappy with the action taken, then the family and the staff need to sit down and problem solve.

Ken Levitt and Dolores Luber



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# Maimonides' Prescription:

Should I argue with someone acknowledged by all the world to have been a genius? Furthermore, why would I when I totally agree with him? Let's face it, whenever people think as I do, I consider them geniuses anyway. (Ahem!)



actors — live theatre. It is impossible to beat the connection one feels with the actor on stage during a great performance. It is thrilling and remembered for years.

The great philosopher, astronomer, scholar and physician, Maimonides, who lived from about 1138 until 1204, has been recognized throughout the ages as a real genius — which the guy certainly was. He moved in a prominent, important circle of society in Morocco and Egypt where he lived, and was a vital part of the history of Arab and Muslim sciences — which thrived then. And, yes, Maimonides was a Jew, but lucky for us, at that time he was a part of and worked closely with the top Arab thinkers around him  
Wow! He was a man after my own heart...

*In his medieval Spanish world, Maimonides, as a physician, recognized the importance of what today we might call 'entertainment' as a vital requirement for good health. He observed, and I quote:*

*“Music, poetry, paintings and walks in pleasant surroundings all have a part to play towards being a happy person and the maintenance of good health.”*

Although I am no ways as clever as Maimonides, I'd add a few things I love to that list, but books were not that easily come by back then, and many people were unable to read and/or couldn't afford them. I also spent years enjoying what I consider the ultimate challenge for

As someone who thoroughly enjoys the pleasures he believed in, I am committed to Maimonides' prescription for well-being. The part of my income spent on such pleasures is, to my mind, an investment in my good health — surely as important as a visit to my fabulous and oh-so-clever and kind medical doctor. His list is also cheaper than and has less side effects than those provided by drug manufacturers.

Without a shred of guilt, I plunk down my credit card each year for season's tickets to an eclectic and delightful 'Music in the Morning' concert series, as well as the 'Live at the Met' opera season coming directly to us from the New York Metropolitan Opera Company.

Both seasons are about over right now so they are on my mind, but I will be one of the first in line to purchase my tickets for next year. Can I afford it? Can I afford NOT to afford it? My health is at stake!

The health of my dear friends who share these pleasures with me is at stake as well! Besides, we go out for lunch afterwards for food and interesting conversation and what can give us more than that?

by Muriel Kauffmann,



visit Muriel's blog <https://viewfromoverthehill.wordpress.com> for more of Muriel's articles



## MOST-BRIDGE Russian Jewish Seniors' Society

### А. Дементьев Еврейские жёны. Еврейских жён не спутаешь с другими.

Пусть даже и не близок им иврит.  
Я каждую возвёл бы в ранг Богини,  
Сперва умерив вес и аппетит.

Престиж еврейских жён недосыгаем,  
Непредсказуем и характер их.  
Когда они своих мужей ругают,  
То потому, что очень верят в них.

В их избранность, надёжность и удачу.  
Боясь-не потерялись бы в толпе.  
А неудачи-ничего не значат,  
Была бы лишь уверенность в себе.

И чтоб не обмануть их ожиданий,  
Мужья обречены на чудеса:  
Рекорды, книги, бизнес жёнам дарят,  
Чтоб гордостью наполнить их глаза.

Еврейским жёнам угодить не просто,  
Избранник-он единственный из всех,  
Они хотят любимых видеть в звёздах,  
В деяньях, обречённых на успех.

И потому ни в чём не знают меры,  
Когда мужей выводят в короли...  
Без женской одержимости и веры  
Они бы на вершину не взошли.

Пою хвалу терпению мужскому,  
Еврейским жёнам почеть воздаю.  
Одна из них не просто мне знакома,  
Она судьбу возвысила мою.

Перевела с англ. - Ида Гитлина.

Ида Гитлина.







(Russian translation)

## JEWISH WIVES

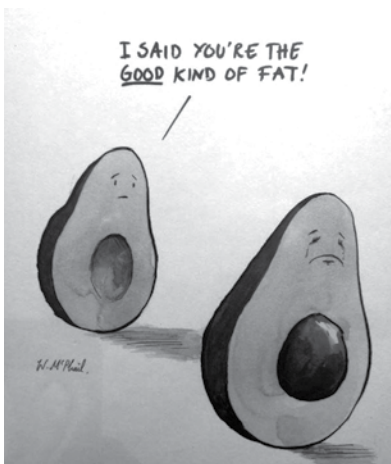
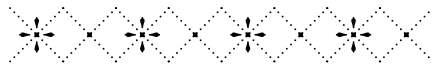
In his poem A. Demytyev glorifies Jewish wives raising them to the rank of goddess. Even though they scold their husbands at times – that is only because they believe in their abilities and talents to reach even higher peaks of their lives.

Husbands do their best not to disappoint their wives and fetch more records, books, and business fortunes.

Wives want to have their chosen ones be doomed to succeed everywhere. Without women's obsession and faith they would not have ascended to the top.

A. Demytyev, a Russian poet, loves Israel and spends a lot of time there as his wife is Jewish and they are happily married for many years.

By Ida Gitlina.



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**The Pharmasave team from left:**

Rudy Chin, Marian Li, Maria Pinto, Winnie Chan, Zey Uy

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From mentoring young pharmacists to giving health talks that range from over-the-counter medications to pain management, Rudy embraces knowledge sharing and expanding pharmacists' scope of practice. Rudy was an early adopter of injections training, and vaccinated hundreds of Vancouver Coastal stations this past flu season.

Patients travel from far away to work with Rudy. He regularly conduct home visits for patients with mobility issues to deliver medications and explain their purpose. He takes on patients with complex health-care needs and gives back to the community to make sure no patient is left in need.

When B.C Children's Hospital closed its retail breast pump location, Rudy took on supplying breast pumps as part of the Variety Club breast pump program, making sure mothers could feed their premature or ill infants.

Rudy improves the lives of each patient he encounters with knowledge, integrity and kindness.

*Well done Rudy*

# MEMBERSHIP



## MEMBERSHIP COMMITTEE:

Lyle Pullan, Binny Goldman,  
Marilyn Glazer, Bev Cooper

## WHAT YOU SHOULD KNOW ABOUT JSA

The Jewish Seniors' Alliance of Greater Vancouver (JSA) is a non-profit volunteer driven organization for seniors over the age of 55 regardless of their gender, culture, ethnicity, sexual orientation, physical/mental ability, socio-economic status and religious/political belief systems. The Organization has approximately 700 members and 34 affiliates representing over 5,000 seniors in the Greater Vancouver area. JSA's mission is to reach out to seniors through information, support, research, advocacy, social programming and networking. The Organization aims to inform, support and involve seniors in a contemporary complex world and to promote active community and social involvement and wellness.

Your knowledge of senior advocacy and the issues at stake will increase. You will find that you too can contribute your opinion on matters of grave concern to the seniors of our community.

Only \$18.00 per person tax deductible per year—it's money well spent.



## NB. PLEASE HELP US KEEP OUR MAILING LIST UP TO DATE

If you have a new address please call the JSA office:  
**604.732.1555** or e-mail [office@jsalliance.org](mailto:office@jsalliance.org)

## WELCOME TO NEW MEMBERS

Clarence Aasen, Larry Bauer,  
Paul & Diane Brosgall, Elaine Campbell,  
Mark & Deborah Choit, Gail Fromson,  
Barry & Karen Corrin, Meg Hickling,  
Sharon Isaacson, Ethel Kofsky,  
Morley Levitt, Bill & Lynda Luber,  
Barb Mikulec, Rudy & Dona Mohipp,  
Neil & Donna Ornstein, Adele Ritch,  
Jordan & Natalie Ribkoff, Toby Rubin,  
Deborah Rootman,



## ENSURE OUR JSA FUTURE

### MEMBERSHIP RENEWAL AND/OR APPLICATION FORM



RETURN TO:  
JSA of Greater Vancouver  
949 W 49 Ave, Vancouver, BC, V5Z 2T1  
604 732 1555

PLEASE PRINT		
Name		Email
Address		
	Postal Code	Telephone
<input type="checkbox"/> I wish to become a member @ \$18 a year		<input type="checkbox"/> We wish to become spousal members @ \$36 a year
<input type="checkbox"/> We wish to make a further donation of \$ _____		
For a donation of \$180 you will be honoured as a Life Member		
Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance		
Credit Card #		Expiry Date /
<input type="checkbox"/> Easier by phone? A JSA volunteer will call you.		
Signature		
A tax receipt will be issued for a 1 year membership of \$18 and up.		