

Magazine of the Jewish Seniors Alliance of Greater Vancouver

SENIOR LINE

VOLUME 18(3) – 2011



Information | Education | Advocacy | Research

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THIS ISSUE'S COVER 'SUMMER SONATINA'
 is Mixed Media (acrylic, ink, glass beads)
 By Ava Lee Millman Fisher

PRESIDENT'S MESSAGE	4
EDITOR'S MESSAGE	6
MEMBERSHIP	7
JSA SNIDER FOUNDATION EMPOWERMENT SERIES: BE A SUPER SENIOR	8
Super Fit: Mind and Body	
The Role of Healing in Our Lives	
Super Confident: With Self Esteem	
JSA AGM AND VOLUNTEER RECOGNITION	12
RESOURCES PULL-OUT SECTION	13
ONGOING AND UPCOMING SPECIAL EVENTS	15
AMENDMENTS TO PERSONAL PLANNING LEGISLATION	19
NOSTALGIA	21
HIS FAIRYTALE LADY	22
THE SELF-RELIANT SENIOR	23
ENTERTAINMENT: BOOK REVIEW	24
COMMUNITY NEWS	25
HOW LOSING A FEW POUNDS CAN CHANGE YOUR LIFE	26
EATING FOR ONE OR MORE	27
WELCOME BACK MITZVAH MAKERS	27
RUSSIAN TRANSLATION OF PRESIDENTS REPORT	28
REPORT BACK: OLD JEWS TELLING JOKES	29
OMNITSKY: DELI HONOURS ITS WINNIPEG ROOTS	30
PHARMASAVE: MEDICATION ADVICE	30
EMPOWERMENT SERIES NEW SEASON: YOU AND YOUR MONEY	31
JSA FALL SYMPOSIUM: SENIORS CARE IN CRISIS?	32

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 Jewish Federation of Greater Vancouver; The Phyllis & Irving Snider Foundation;
 donations from corporate and private donors



SERGE HABER

New premises new programming JSA is in full swing

PRESIDENT'S MESSAGE

Dear Friends,

Hope you all had a nice summer. Now that we are in the month of September, JSA is in full swing with the fall season and our programs.

For me this is the first chance to talk to you since our AGM on June 23. Unfortunately, I became sick and since I could not attend this meeting Pamella Ottem, one of our vice presidents, read the president's report. Thank you Pamella. The AGM dinner was effectively taken care of by Vice President Marion Cohen. Thank you Marion.

We had a very busy and most successful year. All our programs were of high quality and extremely well attended.

While continuing with our present programs, as well, we are taking a new direction for the future.

In a study produced by Jewish Federation on frail seniors, new areas of concern have surfaced. These concerns were not new to us but the study confirmed our facts and gave momentum for the Federation to consider some new directions and adaptations for the future. Whether now or in the near future, we will be embarking on new programs for peer support. These programs will deal directly with individuals that need our support.

Our first two programs in this direction are: Peer Counselling and Shalom (Hello Again).

a) Peer Counselling will deal with personal concerns and help seniors with the help of seniors

b) Shalom (Hello Again) will have trained seniors call seniors on a regular basis and keep in touch with those that are particularly isolated, not well, or out of touch with the community.

It is all a matter of how much money we will be able to raise and how our office will be able to cope and what changes will have to be undertaken in order to be able to deal with all these new programs in the future.

Here are some of the anticipated programs:

1. Relieving loneliness through regular home visits by trained seniors.
2. Promoting and encouraging families to invite seniors for a Shabbat or holiday meal in a family environment.
3. A wellness clinic.
4. A drop-in centre where seniors can make new friends and communicate with each other.
5. Information and referral has been part of our programs for a long time but it needs to be reviewed to create a more effective system in dealing with incoming telephone enquiries. A new number has been installed (604-267-1555) to make it easier to get in touch with us. In the future, our staff as well as trained seniors will be able to help you better and faster. This information could be given in many languages since some of our members speak several languages.

Hopefully, you have noticed that our Senior Line Magazine has now two pull out pages containing information about services that are available.

Our new website (jsalliance.org) is being redeveloped and eventually will be able to provide you with complete information on agencies and services available in the greater Vancouver area.

The need for trained seniors to help seniors is great and hopefully we will be able to address this issue soon.

July 1, we moved. We are now located at 949 West 49th Ave (northeast corner of Oak & 49th Ave.) The parking lot is off Oak Street. There is ample parking and the building is disabled friendly. Please come and visit.

On October 16th there will be an open-house between 3 and 5 pm. If you wish to attend you are welcome, but you must reserve in advance. We are expecting dignitaries from all three levels of government. Mezuzot will be placed on the office door post. Dietary laws will be observed.

All in all, I am extremely proud with what JSA has accomplished the last fiscal year and we look forward to a new year with many new programs and initiatives.

We wish you a Shana Tova. May we all be blessed with good health, happiness, prosperity and lots of Naches from our children, grandchildren and great grandchildren. G-d Bless.

**Call Serge Haber
Tel: (604) 271-1990 or email
karon@jsalliance.org**

Today October 5th 2011 with sadness and deepest regrets we announce the passing of our President's wife, Elinor.

We offer Serge and family our heartfelt condolences.

May Elinor's memory be for a blessing

WE HAVE MOVED TO NEW OFFICES

Come visit us in our new premises.

949 W 49th Avenue
604.732.1555
www.jsalliance.org



The Jewish Seniors Alliance

wishes you

Shana Tova שנה טובה

The House Warming



for our new premises
was held Sunday
October 16th
for the
placement
of *mezuzot*
on our
office doors

OUR ADDRESS:

949 West 49th Ave. (corner Oak St.)
Vancouver, B.C. V5Z 2T1

604-732-1555 or 604-267-1555 www.jsalliance.org



Wednesdays 3pm to 7pm

You will find a farmers market here in the parking lot. So, if you enjoy organic, fresh, home grown produce this is a good time to visit.

**Weekly in October then moving
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EDITH SHIER

EDITOR'S MESSAGE

Dear Readers

What an eventful year this has been! As you will read in this issue, we have sponsored many successful events. Our agenda for this coming year will bring you wonderful and informative programs as well. Do take advantage of them and plan to join us.

May you enjoy good health, much joy in your life and a fulfilling Shana Tova.

Join the surfing seniors



Check out the JSA website at
jsalliance.org

Everything a senior wants to know.
En route to becoming the website of
choice for seniors, families and friends.

Have a computer and are not website savvy?

Contact Sheldon Nider at jsaweb@live.ca
or phone 604.274.0602

EMPLOYMENT OPPORTUNITIES

PART-TIME BOOKKEEPER

Starting Date: ASAP

Responsible for maintaining the books for Jewish Seniors Alliance in accordance with generally accepted accounting principles (GAAP) including posting all entries, payroll, accounts payable, accounts receivable, bank reconciliations, preparation of regular financial reports, charitable tax returns, and preparation for annual audit.

Requirements:

- minimum of 3 years experience bookkeeping, in a **non-profit, charitable environment**
- experience with Quickbooks Pro software

Please forward resume to Serge Haber, President,
Jewish Seniors Alliance of Greater Vancouver,
949 W. 49th Ave., Vancouver, BC, V6M 868
or email to karon@jsalliance.org

PART-TIME PEER SUPPORT COORDINATOR

Jewish Seniors' Alliance is seeking a p.t. Peer Support Coordinator for a 10 month (40hrs/month) contract position. The applicant must possess a min. of a BA combined with 10 years practical experience in one of the human services.

Applicants must be familiar with volunteer recruitment/management and have knowledge of peer services, lay counselling and Jewish culture/religion. Awareness of adult educational methodologies and computer literacy are assets. Criminal rec. check and use of own car are requirements.

Please send resume, incl cover letter and three references, to

Jewish Seniors Alliance 949 W.49th, Vancouver BC. V5Z 2T1,
Attn. Peer Services before Oct. 21.

or email to karon@jsalliance.org
No Phone Calls please.



Government
of Canada

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

Welcome to new members

Murray Brisker
 Carole Chark
 Dvora & Harvey Mendelzys
 Dhorea & Charlens Challmie
 Flora Hayward

Claire Osipov
 Myrna Koffman
 Oscar Dirnfeld
 Esther De Rosa
 Sylvia Friedman



CO-CHAIRS
 LYLE PULLAN
 & BINNY GOLDMAN

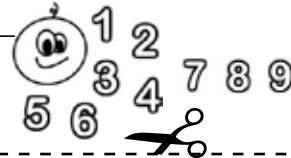
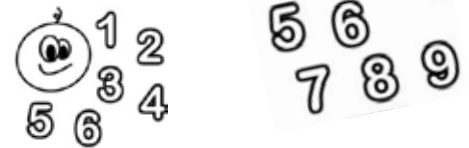
Keep In Touch

Help us keep our mailing list up to date.
 Please call us at JSA office 604.732.1555
 or e-mail office@jsalliance.org



We need numbers

In order to advocate to government—**WE NEED NUMBERS.**
 In the event that they should heed to our needs with any speed—**WE NEED NUMBERS.**
 This alliance to sustain and our credibility to maintain—**WE NEED NUMBERS.**
 So turn to all those you can and recruit that friend...woman or man—**WE NEED NUMBERS.**
 Our wish to all of us in 5772 is that we all strive to do even more than we do!!—**WE NEED NUMBERS.**



REMINDER RENEW YOUR MEMBERSHIP

JEWISH SENIORS ALLIANCE MEMBERSHIP APPLICATION AND RENEWAL FORM

Return to: **Jewish Seniors Alliance of Greater Vancouver, 4350 Oak Street - #116, Vancouver B.C. V6H 2N4**
 We focus on advocacy for Jewish seniors, housing, transportation and other issues related to seniors.
Numbers count so we need your support as members to tackle these important issues. **Thank you for signing up.**

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I wish to make a further donation of \$_____ For a donation of \$180 you will be honoured as a Life Member

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We gave ourselves a hug this afternoon..all of us..and this was at the direction of our speaker—But please allow me to tell you why.

This took place at our 4th session of our Empowerment Series 2011 Super Fitness: Mind and Body-at the JCC Wosk Auditorium.

We were warmly welcomed by our own Sylvia Gurstein, representing the JSA who in conjunction with the JCC Seniors hosted the session.

Sylvia went on to introduce Melanie Galloway who proceeded to tell us why 65 had become the age of retirement...because then in 1842, age 42 was the life expectancy and the government thought seniors would not live long enough to collect senior's pensions...and so it has remained.

What is Old age? Anyone ten years older than you are. Mid age is 40's because our expectancy now is 80's.

Is old age someone who experiences losses? Loss of people...speed? Agility? Ability to learn? Or is enthusiasm for LIFE?

The age old question.. Do we stop old playing because we got old...or do we get old because we stopped playing?

ATTITUDE played an important part in each of the speakers talks or demonstrations. True -- genetics, culture, disease, life style choices all were extremely essential in determining our longevity but it was gratifying to learn we were able to turn things around..spiralling the reversal..that is according to the mice experiment..who always seem to pave the way.

We lose 10% cushioning of muscle per decade, 20% through the ages 50-60 and 30% after age 80, But if

you trust those mice. We can reverse things. Annette Wertman confirmed



that mobility is essential..continue to move whatever it is we can move.! She was a beautiful example of movement..and that is when we had the opportunity of hugging ourselves.

The benefits of mobility, flexibility increased or emotional mental and spiritual states. Amazingly we were able to do much of this in a chair.. or near a chair breathing correctly ..raising our arms in the air much like a wave at a hockey game which spirals throughout the audience. These waves continued, relaxing us while teaching us the correct method.. encouraging us to do more..making us want to have the session continue. It was easy, enjoyable..and many told me they would continue to do what Annette had taught us. It had seemed so natural.

This was followed by Elizabeth Roy, who tossed out balloons to the audience making us all stoop, reach and catch the balloons and playfully send them onto others. Again, non-challenging movement..easy to emulate and continue. With the help of our Chairman, Serge Haber gallantly holding her microphone, Elizabeth used the alphabet to bring home the message: Aerobics, Balance, Commitment..all the way to Unwind, Vital statistics Weight control and finally Zest for life. There was the importance of ATTITUDE once more.

Each speaker emphasized to the theme that "The cure to most ills is not to sit still". Age control is in our own hands or feet.

We had hugged and breathed, bobbed and ducked, laughed and left younger in spirit in attitude and in intentions than when we had arrived.

Leah Deslauriers thanked the speakers as well as the crowd for participating in a thoroughly enjoyable ..and active afternoon. We had stretched both in mind and body.

Reviewed by BINNY GOLDMAN

The 5th of the Jewish Senior Alliance's Empowerment Series 'Be a Super Senior' was held Thursday, May 12. Co hosted by Temple Sholom 'The role of Healing in our Lives' featured Rabbi Philip and Cathy Bregman. The focus of the session was to advise seniors about how to restore and maintain harmony and balance in their lives.

Rochelle Garfinkle, Executive Director of Temple Sholom introduced the program. She noted that the Bregman's have served Temple Sholom for 31 years. Through their visions they have successfully introduced guided imagery meditations that can assist with healing, pain relief, midlife health crises, meditation for developing minds and test anxiety. They assist their congregants in restoring and maintaining harmony and balance in everyday life

Rabbi Bregman emphasized that stress and how to deal with it crosses the age spectrum. By combining humor, storytelling and serious tones he emphasized the importance of reducing stress in our lives. For teens and young adults stresses might include fitting in with their peers, body image, and competition at school and in the workplace. We, as seniors should play an important role in diffusing the stresses of the younger generations. Teens and young adults today are not getting positive messages from others. It is their senior role models who must come forth with positive reinforcements in the lives of our younger generation.

What are 'senior' stresses? First is health, followed closely by economics and retirement. Suddenly we are not the active professionals that we were before. What do you do now? Rabbi Bregman, who is due to retire very soon was not sure himself but assured those present "It will be great".

What are our concerns with regard to health? We are living longer than ever. Are we going to outlive our money? The Rabbi urged us, as Canadians, to gain perspective about where we are compared to the rest of the world. We are much better off than most countries. Relating a personal story about his son who is studying medicine in the U.S. he commended the Canadian health care system and compared it to the U.S. system which is primarily about money and secondarily about health care. No, our health care is not perfect but it is so much better than globally. He stressed the importance of building relationships in our lives. People who will serve as advocates for us should we end up in the hospital. Where does one find an advocate? In the olden days we knew our neighbors. Today we need to spread out and find ways of

connecting with other human beings. We should not be and are not alone in our world

How is religion dealing with the electronic age? It is possible to find a minyan on the internet. Temple Sholom has begun to webcast its services to shut ins. But it is not same as being there. Dot com is good but there is no replacement for a physical hug. Humans are not meant to be living in isolation—especially seniors.

We are living much longer physically but are we living longer spiritually and emotionally? Rabbi Bregman could not stress enough the important role that we all play in ensuring a strong, vibrant Jewish community. It is incumbent on us to support synagogues. While there are certain prayers that can be chanted alone many require a minyan. We shouldn't recite Kaddish alone. Only 35 -40% of the community are officially affiliated with a synagogue but when a Jew wants a Rabbi they expect one to appear. We should all be buying a little bit of food from our local kosher stores. Kosher products and meat may be cheaper in the States but we share the responsibility in keeping communal enterprises solvent. Jewish education should also be our shared responsibility. We must not see world through tunnel vision but in 360 degrees.

Rabbi Bregman related an incident that had happened at his home that morning. His wife Cathy shared with him a story about a neurologist attending a conference where he was pointing out that people were fainting when getting out of bed. This was caused by the sharp transfer between lying down and standing up. It takes 12 seconds for blood to flow from the feet to the brain. The neurologist suggested that each person should sit up slowly, count to twelve and then stand up. A Jewish religious man noted that Judaism had a thousand year old tradition to combat this problem. Every morning, upon rising Jews say a prayer called Modeh Ani—thanking God that we wake up healthy and whole. It takes twelve seconds. The Rabbi noted that he adds his own words to thank God for each member of his family with the prayer that that they may have a wonderful healthy day. What a wonderful, healthy way to begin each day.

Rabbi Bregman went on to relate a true experience at a Starbucks. Why does he go there if he really is not crazy about the coffee? Because every time you buy at Starbucks a nice donation goes to Israel. The CEO of Starbucks is a large philanthropist for Israel. The story goes like this... One morning the person in front of the line tells the cashier

\continued on page10

that he is paying for the man behind him. Not realizing this stranger means him – the Rabbi looks around to see who it is that's getting paid for.

No, the customer says he is paying for the Rabbi—who, of course asks if he knows him. No,—that's the beauty of it—the man was paying it forward. –So taken, the Rabbi then turned to person behind him and did same thing. The real moral here is to stop—be kind, be helpful. If you see someone fumbling, offer assistance. If you are not in a rush at the check out—let a person go ahead. Pay it forward with random deeds of loving kindness!!

The Rabbi took note of the roller coaster of Jewish life—from Pesach to Shavuot. Pesach should be about cleaning our souls not our houses. Matzah breaks easily. It represents the frailty of life all over the world. He noted with sadness how rare it has become to observe Shiva after funerals these days. When we go to a Shiva we are supposed to go to the family and talk about the deceased, help the family to mourn. How often it is in today's world to be sitting Shiva in our own homes filled with people and yet feel isolated.

We are all destined to live longer. How we live is between us and God. Let's choose to slow down and live in a more wholesome, caring and loving manner. Our children need us.

Following Rabbi Bregman's outstanding session Cathy Bregman led those present in a session of mindful meditation. In her calm, soothing tone through guided imagery she led us to the calm, quiet centre in each one of us. With her help we became more aware of our own resources of strength, courage and to be in touch with own feelings.

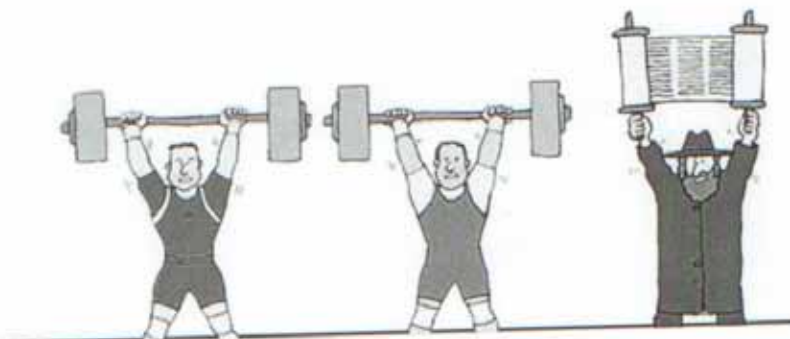
She urged us to turn off the 'monkey chatter' in heads, to focus on breathing which nourishes and sustains us through life. As we inhale and exhale we should release each breath with gratitude. We each carry heavy burdens. For the next few moments she assisted us to put those burdens down—worry, stress, and fear. She urged us to give ourselves permission to rest and relax, to become aware of all thoughts passing

through our minds – anxiety responsibility criticism. We should pretend that we can open a window in our minds—let unproductive thoughts fly through the open window—negative thoughts go out the open window away from view. Whatever is causing pain and distress just let it go. If we are angry and upset we are to just let it go.

What I found of particular interest was her instruction that sometimes when our energy is depleted and we are feeling down we can always call upon our guardian angels for assistance and support. Each angel stands at a special place around us. They are there to provide us with the ability to provide kindness and love, have strength and courage, energy and vitality, be wise and all knowing, healing, wholeness and balance. These angels are there for us as we travel on our journey through life. Don't be afraid to reach out and use them as our greatest resources.

Many thanks go to Rabbi Philip and Cathy Bregman for providing the Jewish Seniors Alliance with a program filled with spirituality, hope and healing. For more information about Meditation please contact Temple Sholom.

Reviewed by MARILYN BERGER



Sholom Judaica

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Feel good while doing good—Kehila Jewish Seniors Program hosts Showtime

The Kehila Jewish Seniors joined with the Jewish Seniors Alliance in their presentation of the 6th program of the JSA's Empowerment Series sponsored by the Snider Foundation. Held at Beth Tikvah Synagogue the over 150 in attendance all left the program filled with "Super Confidence and Self Esteem".

Following a warm welcome by JSA's Karla Marks, Kay Abelson, the newly appointed Executive Director of Kehila, introduced the topic of Self Esteem. She noted that **we carry both negative and positive messages about ourselves from childhood throughout our entire lives. She challenged us to question if the negative messages were true about us today. If not, it is our responsibility to reprogram these negative messages, and rebuild our self esteem. One way of doing this is to reach out to each other—small acts of kind-**

ness, sharing, caring and volunteering. As we give to others, we in turn give to ourselves. This makes us feel good about ourselves, and goes a long way in building our self esteem.

And then it was "Showtime"!! The 16 amazing and talented seniors who make up JCC's Showtime sang and danced their way into our hearts. With costumes that glittered and routines that shone. The production included everything from old and new Broadway, rock and roll, nostalgia, jazz, roaring twenties, ragtime and of course Fiddler on the Roof. The entire audience joined in as we sang a medley of Yiddish and Hebrew songs. Everyone enjoyed the fantastic performance put on by Showtime. This was their 130th performance. Don't miss their next one!!

Serge Haber, President of the JSA thanked all who participated and urged

the seniors to get and stay involved with both JSA and Kehila.

Kehila Jewish Seniors meet every Monday at Beth Tikvah. They participate in a range of activities including gentle exercises, yoga, Feldenkrais; two levels of ESL classes, a kosher meal, a monthly wellness clinic, and a variety of dynamic programs after lunch including speakers, musicians, authors, entertainment etc.

For further information about the Kehila Jewish Seniors programs, please feel free to contact Kay at 604 241 9270.

Reviewed by MARILYN BERGER



A tribute to Golda Ostroff who sadly passed away 10 days after the show.

JSA AGM

&



RECOGNITION

On behalf of all seniors and Jewish Senior Alliance, let us thank all the volunteers for the many hours that you have shared your time, knowledge and heartfelt efforts in making our mission possible.

WELCOME TO BOARD MEMBERS

PRESIDENT: Serge Haber

IMMEDIATE PAST PRESIDENT: Jerry Kushner

VICE PRESIDENTS: Marian Cohen, Pamella Ottem, Rita Roling, Michael Ross

TREASURER: Milton Adelson

SECRETARY: Marilyn Berger

HONORARY LIFE: Dr. Lionel Fishman, Binny Goldman, Sylvia Gurstein, Sylvia Hill, Sally Rogow

BOARD MEMBERS: Helen Aqua, Regina Boxer, Dena Dawson, Bernice Dorfman, Dr. Ruben Feldman, Ida Gitlina, Muriel Kauffmann, Shanie Levin, Ken Levitt, Karla Marks, Sheldon Nider, Lyle Pullan, Edith Shier



HONOREES FROM LEFT: OSCAR DIRNFELD, nominated by Congregation Shara Tzedek, NORMAN ARCHECK, nominated by the Jewish Community Centre Seniors Department. ESTHER DE ROSA, nominated by Sholom Aleichem Seniors SYLVIA FRIEDMAN, nominated by the Peretz Centre for Secular Jewish Culture

Please check the JSA website to read the bios of the honorees and about the AGM in more details. The photographs and videos are available to view.

jsalliance.org

see page 28 for the President's AGM Report in Russian



To everyone who had a hand in planning and carrying through this year's AGM, a big thank you—for your wonderful hospitality, beautiful dinner and great entertainment.

Both Sylvia Friedman and myself were thrilled to be Honorees, as representatives of Peretz Centre for Secular Jewish Culture and Sholem Aleichem Seniors. We will do our best to live up to this honour by continuing to work for the furthering of Yiddish culture and the betterment of the communities around us.

Esther De Rosa

USEFUL RESOURCES

SECTION TO KEEP FOR REFERENCE

GENERAL INFORMATION SERVICES		
Alcohol and Drug Info & Referral – education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse.		604-660-9382
Ambulance Billing Service		1-800-665-7199
BC 211 Information and Referral —General information line accessible 24 hrs, 7 days a week		211
Health and Seniors Information Line “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.	www.health.gov.bc.ca	1-800-465-9411
Jewish Family Services Agency, Senior Services Provides information to seniors and their families in all aspects of the aging journey. Accessible Mon to Fri 8:30am–5pm		604-257-5151 local 217 / 218 / 219
Jewish Seniors Alliance Information and Referral Services – www.jsalliance.org 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.		604-732-1555
Medical Services Plan Subscriber Information Vancouver Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service	www.health.gov.bc.ca/msp	1-800-663-7100 604-683-7151
PharmaCare (including the Fair Pharmacare Plan)		604-683-7151
Poison Control Centre	www.dpic.org	1-800-567-8911
Police/ ambulance /fire emergencies		911
SAFER (Shelter Aid for Elderly Residents) Provides monthly payments to subsidize rents for eligible BC seniors 60+ or over and who pay rent.		604-433-2218 press “1”
SAIL (Seniors Advocacy & Information Line) Mon to Fri, 9:00 am–1:00 pm. 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 65+ and meet eligibility criteria for lawyer referral. Program operated by BC Centre for Elder Advocacy.		604-437-1940
SHIP (Seniors Housing Information Program) 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.		604-520-6621
Shalom BC Jewish Information and Welcome Service Jewish information, referral and welcome service for new Vancouver residents.	www.shalombc.org	604-257-1111/238
INFORMATION AND SUPPORT SERVICES		
1-800-Banting – The Canadian Diabetes Association For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canadian Offers disease information, programs.	www.diabetes.ca	1-800-226-8464
Canadian Cancer Society Cancer Information Service 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 their local communities, and interpreter service.	www.cancer.ca	1-888-939-3333
Heart & Stroke Foundation of B.C. Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups.	www.heartandstroke.ca	1-888-473-4636 604-736-4404
Kidney Foundation of Canada Dedicated to Research into kidney disease and related disorders, as well as public education and patient services.	www.kidney.ca	1-800-361-7494 604-736-9775

COUNSELLING AND SUPPORT SERVICES	
Alzheimer Society of B.C. Resources and Information. Alzheimer resource centres located throughout the province offer; information, educational opportunities, support groups and the ability to talk directly with a knowledgeable team member. Services help those concerned with or facing dementia. www.alzheimerbc.org	604-681-6530
BC Bereavement Helpline Lower Mainland. www.bcbereavementhelpline.com	1-877-779-2223 604-738-9950
BC Centre for Elder Advocacy and Support (BCCEAS) Elder law clinic. www.bcceas.ca	604-437-1940
Crisis Intervention & Suicide Prevention Centre of BC (24 hrs.) Provides confidential supportive telephone lay counselling services. www.crisiscentre.bc.ca	604-872-3311
TTY	604-872-0113
The Dementia Helpline — The Dementia Helpline is a service for people with dementia, their care-givers, family and friends. Assists individuals in building the confidence to maintain quality of life. All calls are confidential. www.alzheimerbc.org	604-681-8651
Family Services of Greater Vancouver Provides counselling and supportive services to individuals and families. www.fsgv.ca/	604-731-4951
Jewish Family Service Agency – Provides counselling, supportive, and information/referral services to individuals and families. www.jfsa.ca/	604-257-5151
L'Chaim Adult Day Centre LChaim is a social, therapeutic & recreational services to frail or disabled older adults in a safe, supportive environment. Contact Annica Carlsson. www.adultdaycentres.org/l'chaim	604-257-5111 ext. 400
MEDICAL INFORMATION AND REFERRAL SERVICES	
Vancouver Coastal Health Authority Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast. www.vch.ca	604-736-2033
Fraser Health Authority Serves Fraser North, Fraser South and Fraser East. www.fraserhealth.ca	604-587-4600
HEALTHLINK BC www.healthlinkbc.ca	8-1-1
TTY (deaf and hearing impaired)	7-1-1
Louis Brier Home and Hospital www.louisbrier.com Provides complex residential and extended hospital care. The Louis Brier Home and Hospital.	604-261-9376
NUTRITION	
Dial-A-Dietitian www.healthlinkbc.ca/dietitian Specializes in easy-to-use nutrition information for self-care. Registered dietitians can provide brief nutrition consultation by phone.	604-732-9191
Meals on Wheels Burnaby604.299-5754 Surrey/Delta 604-588-0325 Coquitlam604-942-7506 Vancouver 604-684-8171 New Westminster604-520-6621 White Rock 604-536-3866 Richmond604-292-7200	
For kosher meals contact Jewish Family Service Agency	604-257-5151 local 218
Kosher food bank	604-257-5151 local 230

ONGOING EVENTS

JEWISH COMMUNITY CENTRE SENIORS (JCC)

950 W 41st Avenue
CONTACT: Leah DesLauriers
leah@jccgv.bc.ca
604.257.5111 ext. 208

SUNDAY

1 – 4 pm Poker

MONDAY

1 – 4 pm Poker

7 pm Duplicate Bridge

11.45 am bi-weekly Lunch & learn

Oct. 17–Bassoon as You are Ready Oct. 31–Compassionate Listening

TUESDAY

9:30 – 10:30 am Chair Yoga

11 – 2:30 pm Duplicate Bridge

WEDNESDAY

10:30 am In The News

1 pm Poker & Mah Jongg

3 pm Drawing & Painting

THURSDAY

11 – 2:30 pm Duplicate Bridge

FRIDAY

9:30 – 10:30 am Shabbat Chair Yoga

11 am Social Bridge

JEWISH FAMILY SERVICE AGENCY

CONTACT: Queenie Hamovich
QHamovich@jfsa.ca
604.257.5151

THE JEWISH FAMILY SERVICE AGENCY HAS A WEEKLY HOT KOSHER LUNCHEON AND PROGRAM OF INTEREST EVERY TUESDAY HELD AT TEMPLE SHOLOM. 7190 OAK STREET, VANCOUVER

The cost is \$11. Subsidies are available. The luncheon helps in two of the most important areas of seniors aging:- good nutrition and socialization. Both are determinants in producing a good quality of life. Seniors enjoy meeting new friends and seeing old friends again from the Jewish community.

Come and try it out. If you are an adult child of a senior, please inform them as well. Volunteer drivers bring the seniors to the lunch and back home again if needed.

Please call the JFSA to find out more about the program and get involved. Call Queenie Hamovich on 604 257 5151 for more info.

L'CHAIM ADULT DAY CENTRE

950 W 41st Avenue
CONTACT: Annica Carlsson
604.257.5111 ext. 400
annica@jccgv.bc.ca
www.adultdaycentres.org/lchaim

MONDAY AND WEDNESDAYS

9:30 – 3 pm

FRIDAY

9:30 – 2 pm

KEHILA RICHMOND JEWISH SENIORS

130 –10691 SHELLBRIDGE WAY,
RICHMOND, BC V6X 2W8
CONTACT: Kay Abelson, Exec. Director
604.241.9270
kehila@uniserve.com
www.kehilasociety.org

MONDAY – 10:30 – 2 pm

9:30 – 10:30 am Advanced beginners ESL

10:45 – 11:45 am Beginners ESL

10:45 – 11:45 am Low impact Exercise class

12 – 1 pm Kosher Lunch

1 – 2 pm Speaker / entertainment

Every 3rd Monday of the month
Wellness clinic from 9:00 – 12:00 pm
Massage therapy, Therapeutic touch,
Reflexology, Blood Pressure checks,
manicure/pedicure. Booking essential.



CHABAD RICHMOND

200-4775 BLUNDELL ROAD.
(ACCESSIBLE BY CHAIRLIFT)
CONTACT: Rabbi Baitelman
604.277.6427

TUESDAY

11 – 12 noon Torah Class for Seniors
bi-weekly

Oct 11 and 25, Nov. 8 and 22, Dec. 6 and 20,
Jan 3, 17 and 31

4TH TUESDAY OF EVERY MONTH – COMMUNITY KITCHEN

12:30 – 2:30 pm Community Kitchen

Oct. 25, Nov. 22, Dec. 22., Jan., 24

WEDNESDAY

9:45 – 11 am Beginners ESL

1 – 4 pm Arts Club for women

THURSDAY

9:45 – 11 am Intermediate ESL

11 – 12 pm Advanced ESL

CHABAD RICHMOND –

“SMILE ON SENIORS”

200-4775 BLUNDELL ROAD.
(ACCESSIBLE BY CHAIRLIFT)
CONTACT: Pat Hoffman
604.273.0526
Marilyn Krygier, mkrygier@shaw.ca
www.chabadrichmond.com/Seniors

THURSDAY

11 – 12 pm Hot, Kosher lunch followed by various, interesting programs, speakers, arts and music.

October 6 Arepertoire of Ladino and Yiddish songs

October 27 “Ask the Rabbi”

November 3 Speaker: “What does it mean to keep fit”:

November 17 Speaker: “What we should know”: Annica L'Chaim & the Food Bank

November 24 “Ask the Rabbi”

December 1 Cooking latkes

December 8 Guest speaker TBC

December 15 Chanukkah Party

December 22 Deli Lunch—“Afternoon at the Movies”

ONGOING EVENTS

ISAAC WALDMAN JEWISH PUBLIC LIBRARY

950 W 41st Avenue
 CONTACT: Karen Corrin, Librarian
 library@jccgv.bc.ca
 http://www.jccgv.com/home/library.htm
 (604) 257-5111 ext. 249

MONDAYS

10:30- 11:15am	HEBREW CONVERSATION CIRCLE. Do you want to practice speaking Hebrew? Join Lily Goldwein and Michal for a fun way to improve your conversation skills.
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TUESDAYS

10:30 am	COFFEE, NEWSPAPERS & MUSIC IN THE MORNING Read your morning paper or favorite magazine over a cup of coffee. Or just listen to Israeli music. Papers include: The Forward, Forvertz, Winnipeg Jewish News, Eretz, Jerusalem Report and lots more, plus free coffee!
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MONTHLY ON 4TH THURSDAY OF THE MONTH

Oct. 27 Nov. 24	COFFEE IN THE MORNING BOOK CLUB
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JEWISH GENEALOGICAL INSTITUTE

Temple Sholom, 7190 Oak Street, Vancouver
 CONTACT: Cissie Eppel, Founder JGIBC

TUESDAY

7:30pm 1st Tuesday of the month TEMPLE SHOLOM	The JGIBC was founded January 1992. Meetings are held September to June at 7:30pm on the first Tuesday of each month at the Varying programs including guest lecturers, workshops, roundtable discussions or DVD's are featured. Visitors are always welcome to attend.
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A Catholic, a Protestant, a Muslim and a Jew were in a discussion during a dinner.

Catholic: *"I have a large fortune...I am going to buy Citibank!"*

Protestant: *"I am very wealthy and will buy General Motors!"*

Muslim: *"I am a fabulously rich prince... I intend to purchase Microsoft!"*

They then all wait for the Jew to speak....

The Jew stirs his coffee, places the spoon neatly on the table, takes a sip of his coffee, looks at them and casually says:

"I'm not selling!!!"



MOST BRIDGE RUSSIAN JEWISH SENIORS PERETZ CENTRE

6184 Ash Street, Vancouver, BC V5Z 3G9
 CONTACT: Ida Gitlina
 604.434.2191
 ginda@shaw.ca

SUNDAY

1 pm	Most Bridge – Russian Jewish Seniors
October 16 1 pm	"Musical Comedy Festive Occasion"
November 20 1 pm	Election meeting
December 18 1 pm	Chanukkah celebration
January 22 1 pm	MEMOIRS DAY People telling about memorable episodes of their lives

ERUDITE CONCEPTS

Borrow money from pessimists -- they don't expect it back.

A conscience is what hurts when all your other parts feel so good.

If you want the rainbow, you got to put up with the rain.

I intend to live forever... so far, so good.

My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."

Why do psychics have to ask you for your name?

If at first you don't succeed, destroy all evidence that you tried.

A conclusion is the place where you got tired of thinking.

Experience is something you don't get until just after you need it.



Spelling problems:

One spelling mistake can destroy your life!

A husband wrote a message to his wife on his business trip and forgot to add 'e' at the end of a word...

..."I am having such a wonderful time!
 Wish you were her"



UPCOMING SPECIAL EVENTS



Jewish Seniors Alliance of G V
FALL SYMPOSIUM



SENIORS CARE IN CRISIS?

“Avoiding the revolving door”

**Sunday, October 30th, 2011
from 1:30 – 4pm**

**Congregation Beth Israel, 4350 Oak
Street (cnr 28th Ave), Vancouver**

- **Is there a crisis looming in the provision of health care for seniors in B. C.?**
- **Is the shortage of hospital beds creating a ‘revolving door’ scenario in our hospitals?**
- **Can seniors benefit from expansion of home-based medical support?**

These are some of the issues that will be discussed in the next Fall Symposium sponsored by the Jewish Seniors Alliance of Greater Vancouver.

A distinguished panel of speakers has been assembled to lead the discussion on these important issues affecting the growing population of seniors in our community. They include:

KIM S CARTER, Ombudsperson of British Columbia.

MARCY COHEN, policy analyst with expertise in the research on long-term care and community health restructuring.

JOANNE HARAMIA, Director of Senior Services, Jewish Family Services Agency.

GLORIA LEVI, gerontologist with 30 years’ experience as a social services consultant in the field of ageing, trainer, author and educator.

The symposium will begin with a DVD presentation entitled “The Remaining Light”, a documentary film about how we care for Seniors, produced by the Canadian Centre for Policy alternatives. The film will be followed by the speakers’ presentations.

Free admission and parking. **Advance registration is encouraged.**

see the JSAGV website at www.jsalliance.org and
to register contact Rita Propp or Karon Shear
604-732-1555.

ANNOUNCING JSA–Snider Foundation Empowerment Series 2011-2012

The Empowerment Series is aimed at providing seniors with information on special topics to support:

1. independence, 2. informed decision-making and
3. control of their lives.



“Im Ein Kemach Ein Torah | אם אין קמח אין תורה”

For many seniors the Golden Years are tarnished by financial concerns:

- **“Do I have enough savings / investment income to provide me with a comfortable life as I age?”**
- **“How should my investment monies be managed?”**
- **“If I can no longer live in my current home what are my options and at what cost?”**
- **“Are my will and estate up to date?”**

These are some of the critical questions facing seniors. The Empowerment Series will attempt to answer these and other concerns many seniors have.

Don’t miss these educational and informative sessions guaranteed to change your life!

NB. SAVE THESE DATES:

1

Wednesday November 23, 2011

12pm for optional lunch at \$12 or come at 1:00pm for the program only.

hosted by Congregation Schara Tzedek

MANAGING YOUR MONEY IN UNCERTAIN TIMES

2

Wednesday January 18, 2012

1:00pm for the program only.

hosted by Jewish Community Centre Seniors Department

YOUR HOUSING OPTIONS

See poster on inside back cover for dates, venues, times and topics for all **6** events

He who comes late must eat what is left.
Yiddish Proverb

Ich vill Yiddish you right in da face Bub.



Though many in the community may not be aware of it there is an active and growing Yiddish presence in Vancouver represented by a number of reading groups, choirs, classes and readings in translation.

The oldest group is the Vancouver Yiddish Leyen Krayz (reading circle). This group has been meeting continuously for forty years. At present, we meet in each others homes every second Thursday evening. Over the Thurs. evening.

Over the years we have read many writers including the classics like Mendele Moicher Sforim, I.L. Peretz and Sholom Aleichem as well modern writers like I.J. And I.B. Singer, Chaim Grade, David Bergelson and many others who wrote in both Europe and America.

We converse in Yiddish "ibern tey, nokhn leyenen" (over tea, after the reading).

The Wed. Afternoon Yiddish Group meets the

first and third Wednesday of the month at 3 p.m. In the Peretz Centre Library. This group has been meeting for about five years and continues to grow in number. We tend to read short stories and try to spend some time conversing in Yiddish.

There are two Yiddish classes at the Peretz Centre taught by Chaya Newman on Wednesday evenings—a beginners and advanced class.

At the Isaac Waldman Library at the Jewish Community Centre, I read Sholom Aleichem stories in English translation once a month on Monday afternoons.

The fifty years old Jewish Folk Choir of the Peretz Centre sings in Yiddish, English and a number of other languages, including Hebrew and Ladino. The choir welcomes new members who can carry a tune and want to learn choral music. All words of non-English songs are transliterated.

The Community is also lucky to have many musicians and singers who perform in Yiddish, Hebrew and Ladino.

Canadian Jewish Outlook magazine, edited and published in Vancouver for 48 years, regularly features Yiddish poetry and proverbs with English translations, as well as articles on Yiddish study and arts programmes.

During the Jewish Film Festival Yiddish film is often included.

For more information about these programmes please contact the following:

Yiddish Leyen Krayz

Shanie Levin 604-873-4947

Seymour Levitan 604-874-4632

Wed. afternoon Yiddish Group

Al Stein 604-731-1193

Shanie Levin 604-873-4947

Yiddish Classes

Peretz Centre 604-325-1812

Readings in Translation

J C C Library 604-257-5111

Jewish Folk Choir

Peretz Centre 604-325-1812

Outlook Magazine 604-324-5101

Jewish Film Festival 604-266-0245

—by Shanie Levin

Helping Hands

Caring reliable Home Support & Nursing

We offer day, evening, overnight and live in staff at very affordable pricing. Let Helping Hands Home Support and Nursing help you.

We offer:

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- Personal care
- Light Housekeeping
- Nursing
- Coordinate and facilitate Medical Appointment
- Administer and monitor medications
- Companionship



Call Carol

(604) 781-4784

#655, 718-333 Brooksbank Ave. North Vancouver, BC



Hello Again !

JSA's new "Hello Again" project

Let's reach out to each other.

Want to receive some phone calls?

Want to call someone who'd like to receive phone calls?

To volunteer to call, or to register to receive calls, phone

Muriel at 604-731-2770, or

Rita Propp 604-732-1555 JSA office.

Please call to arrange an interview.

FULL SPEED AHEAD FOR PERSONAL PLANNING

AMENDMENTS TO PERSONAL PLANNING LEGISLATION – SEPTEMBER 1, 2011

By the Nidus Personal Planning Resource Centre and Registry

Amendments to personal planning legislation came into effect on September 1, 2011. This is good news for British Columbians, especially for those seniors concerned about getting their affairs in order in the case that they become incapable of making decisions independently.

Amendments to the Representation Agreement Act remove the requirement to consult a lawyer for Representation Agreements with Section 9 Broader Powers, making these Agreements more accessible for health care and personal care planning. You may also choose to use a Representation Agreement to cover routine financial affairs.

Changes to the Power of Attorney Act now enable you to direct those you appoint in your Enduring Power of Attorney as to how they should manage your financial and legal affairs. Additionally, there is a new legal document available—the Advance Directive lets you give specific instructions regarding your health care decisions.

While we are pleased the long-awaited amendments are finally in effect, we are aware that these changes may raise questions and seem confusing at first. Fortunately, Nidus, a non-profit charitable organization, is at the forefront of personal planning and provides information and resources on their website. Adjacent are answers to some initial questions.

WHAT IS MEANT BY PERSONAL PLANNING LEGISLATION?

Personal planning involves making arrangements for while you are alive, in case you need help managing your affairs due to an illness, injury or disability. Personal planning differs from estate planning, which is about making arrangements for after death.

Personal planning is about all areas of your life: health care, personal care, legal affairs and financial affairs.

The legal documents that relate to personal planning are:

- Representation Agreement
- Enduring Power of Attorney
- Advance Directive (as of September 1, 2011)

You may also encounter the term ‘Advance Care Planning’. This term is used by the Ministry of Health and the Health Authorities to encourage planning and discussion about health care matters. Advance care planning is one part of personal planning.

Personal planning is voluntary. You might make a Representation Agreement to cover all the areas of your life or you may choose to make all three documents. Your decision will depend on your situation and your goals. You can learn more about the legal documents involved in personal planning through the Information tab on the Nidus website.

HOW DO THE AMENDMENTS AFFECT THE REPRESENTATION AGREEMENT AND/OR ENDURING POWER OF ATTORNEY I ALREADY HAVE IN PLACE?

If you have a Representation Agreement and/or an Enduring Power of Attorney in place, the changes to the law do not require you to re-make your document. However, some of the changes may apply to your existing document. You can learn about the changes and how they may affect your document(s) by reading Nidus’s fact sheets on the September 1, 2011 Amendments. Click on What’s New on the right sidebar at the Nidus website.

It is also a good time to check if your existing Representation Agreement and/or Enduring Power of Attorney are registered. The Nidus Registry is a centralized registry for planning documents. The Registry allows your documents to be made available when needed.

I DO NOT HAVE ANY PLANS IN PLACE, WHERE CAN I GET HELP?

The first step in personal planning is to find information and discuss it with those who may be involved. The Nidus website has fact sheets, videos, stories and personal planning tools. The website also has information on where to get forms. Please ask someone to help you, if you do not have a computer.

Visit the website at www.nidus.ca.

PREFERRED VENDOR
MOVING FACILITATOR



Scott Morrison from *Transitions* with Ruth after her successful move into Langley Gardens.

At 87, Ruth has lived a full life, from raising two children at the townsite of Britannia Mines - 3 miles above the highway, to cross country skiing in her 80's.

But downsizing from her home of 17 years seemed too daunting a task, so she hired *Transitions* to help with:

- Sorting and packing;**
- Finding a second home for unwanted items;**
- Hiring and supervising movers; and**
- Setting up her new home.**

"I could never have done it without Transitions." Ruth K.

Call Scott at 604-209-4241
for a free estimate
www.transition-bc.com



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www.hospitalhelpers.ca

604 269-9090

**WEST SIDE SENIORS
LINKS PROGRAM**

This program brings together seniors in the community who need a hand around the house with students able to help.

Service through Kits House is free, but seniors must pay the student a minimum of \$10/hour for a minimum of 2 hours.

Students can help with...

- Light Housework
- Shopping
- Laundry
- Gardening
- Yard Work
- Pet Care
- Computer Help
- Reading Aloud

**TESTIMONIAL FROM
MURIEL KAUFFMANN:**

I used their program to get help with installing my printer to my new iMac. The UBC student who did it for me was a lovely young man and my experience was very positive.

FOR MORE INFORMATION...

CONTACT JULIE, SENIORS COORDINATOR **604-736-3588** EXT. 24

9AM-10.30 MONDAY TO THURSDAY

OR EMAIL [JULIE@KITSHOUSE.ORG](mailto:julie@kitshouse.org)



**If you knew Vancouver,
like we knew Vancouver,
oh, oh, oh, what a town!**

NOSTALGIA

By Dan Propp

Shore Mountains, in the twilight of the moon. Oh, what a view from that fountain in Stanley Park's Lost Lagoon. If you knew Vancouver, like we knew Vancouver....oh, oh, oh, what a town!

There was a time when a future premier of B.C. was director of the J.C.C. Rumour has it that the tuxedo he wore at the B.C. legislature for the swearing in ceremony was borrowed from The Jewish Family Services. Some of us might recall a kid from Israel, named Moishe who yours truly and nobody else could beat at table tennis. Do you remember Hi Lepkin's smile at the JCC's basket room and Lou Zimmerman playing squash.

Go back just a bisel further and horses were delivering milk. How many can recall the 'klop and klop sound of the hooves?

Milk came in glass pint and quart bottles. The cream stayed at the top and in winter it sometimes would freeze and taste like ice cream.

Those were the days of Wosks and Woodwards (dollar forty-nine day... Tuesday) and that other familiar jingle (Honest Nat's Department store, 48th.



And Fraser), plus other famous all time hits such as "You'll wonder where the yellow went, when you brush your teeth with pepsodent." School kids sometimes made a few alterations such as, "You'll wonder where the yellow went when you brushed your teeth with wet cement."

Transistors were still a dream of the future. We depended on tubes and required a license to own a radio. The C.B.C. gave us Wayne and Schuster and Lorne Green. We all loved "Knock, knock, whose there? It's The Happy Gang. Well, come on in!" Do you remember Fred Allen and Mrs. Nussbaum? How about the Jack Benny show where Mel Blanc played his violin teacher. Jack played well only when there were "no strings attached". To that line, can you still see Benny's classic pose and imagine hearing him saying, "Well!?" Benny's wife was from Vancouver. And when we see that sign of the Orpheum on Granville Street, we remember that Jack Benny, in his later years, gave a benefit to help save the theatre.

If you knew Vancouver, like we knew Vancouver, oh, oh, oh, wasn't that a time?

There was none so classic! Holy mackerel! So fantastic! Downtown Granville, it was magic! The Sylvia Hotel was still covered in vine, there was CHQM's Candlelight and Wine, Bill Bellmen's Almanac on CBUT, Channel Two, do you remember Bob Fortune still doing the weather, using a weather balloon! Dal Richards was swinging and singing (still going strong today!) at The Vancouver Hotel, at the top. A famous entertainer would finish a gig at Isy's or The Cave, drop in, man did that room ever rock! There was The Rhythm Pals, Mike, Mark, and Jack. Do you remember Jack Wasserman, Hymie Koshevoy, Jack Webster ("precisely"), Pat Burns ("go ahead doll"), how about Ross Mortimer and Gee-Gee on CJOR in the basement of the old Grovesnor Hotel, does that take you back? There was Love's Restaurant and Scott's, highrise buildings? Certainly not! Remember the beautiful North



SUMMER SONATINA
Mixed Media
(acrylic, ink, glass beads)
Original 16" x 12"; 2011
By Ava Lee Millman Fisher

Ava Lee is a graduate in Opera and Lieder, of the Faculty of Music of McGill University. Subsequently, she returned to university, and completed her degree and accreditation as a Music

Therapist. Currently, her practice includes working with adults suffering from mental illness, as well as with children with a variety of unique requirements. Ava Lee has always been fascinated about the inter-relationship of music and the visual arts. She has been a water-colourist for many years, and recently branched out in yet another direction.

SUMMER SONATINA as seen on the front cover is representational of her latest body of work.

His fairytale lady...



“Love can happen at any age”, - wrote the Great Russian poet A. Pushkin. The same goes for passion. When Hugh Hefner well known Hollywood playboy and editor of his porno magazine recently proposed to a young girl from his entourage, it didn't surprise the bohemian audience. The couple had already appeared a few times on the TV gossip programs. What happens in Hollywood does not stay in Hollywood!

When such a passion comes to an ordinary person, not a Hollywood star, it is not only amazing, it's also surprising to those to whom it comes. At the age of 88, Saul Loitman, devoted donor to Jewish organizations for many years, is well known for his decency, sensibility and generosity. Long ago he retired from his business but still he likes to talk about his past success that brought him wealth and respect. He has 4 adult children and 11 grandchildren who make him very proud in the same way as he is proud of his own participation in WWII fighting against the Germans. While a soldier he was injured and the pains of the old wounds still remind him of that time.

However, the pain of his broken heart is much stronger than the pain of his old wounds. The subject of his passion is a beautiful dame whom he still praises. “I do not know where she came from”, - said Saul. “She approached me at JCC, embraced me with a great enthusiasm and pressed a kiss onto my lips with such force that I almost lost my breath. Her name was Celina. She had a great figure and proper measurements, -he states. Her face and pleasant smile are impossible to forget”.

Celina called him the next day. An affair was impetuously in progress. Celina even told him that she had converted

to Judaism (what would she say if he were a Muslim?). She even attended synagogue with him where she chatted pleasantly with much younger men. Saul suspected that she knew them from before.

One day he invited her to an expensive restaurant for a dinner that led to a climax in their relationship. Celina ordered wine; he was already drunk on her charm - without any alcohol. Surprisingly she paid for dinner herself.

“Love can happen at any age”
- A. Pushkin.

“I don't know why she did it, - says Saul. I am not used to being a free loader when I invite somebody to dine. But what amazes me more than that is how Celina communicates with people of different backgrounds - from intellectuals to the taxi drivers”.

Charming Celina fascinated him totally - he was smitten by her bust (38C as he assigned), by her curvy hips, thighs and endless affection towards him. She liked expensive restaurants and gifts and he was too happy to oblige.

“Her eyes were sparkling and inviting when she held me in her arms. I told her that her kisses have the same affect as Viagra without the side effects”, - declares Saul. When he told his younger daughter about the meeting with Celina she wisely advised:

“Aba, don't put all the eggs into one basket. Please, wait..

But Celina did not have time to wait. One day when visiting his apartment she did not show him affection anymore. He felt her love was fading away. She told him that the affair is over. Nevertheless,

when leaving she did not forget to pick up the bottle of expensive liquor he had given her as a gift.

“I can't understand what she saw in me at the very beginning, - Saul sounded puzzled. I am rich, but without any formal higher education. In addition, I am an elderly man and she is still young and pretty. In our conversations she mentioned she was an assistant of a Deputy Minister and her position now - “Public Policy Expert”.

“Forget about her”, - recommend his friends. But Saul can't do this. “It's impossible to make somebody love you. However, if Celina calls me again I would be very happy to see her”.

One loses his mind, sense or even property when swallowed by passion. In Saul's case, one of his daughters has power of attorney over his accounts and his millions that have been divided long ago between the heirs in his will.

Regarding Celina it may be said that she is a gold digger - who hunters after the wealth of elderly Jewish men. The older the victims, the better the bounty. Discovering that Saul is not in control and possession of his own assets, Celina left him and like the goddess Artemis is looking for another victim to hunt down and plunder with her charm.

And what about Saul? It's doubtful he will get a call from his fairytale lady...

by Zanna Linskaia



The self-reliant senior

Aging Canadians can do a lot to improve their health and quality of life

You don't have to stand on your head to keep your muscles in good condition as you age.



Aging Canadians can improve their quality of life and lessen the impact on loved ones, insists the director of health and wellness for a national home health service provider.

"It's never too late to improve our health. There's a lot you can do," Sue Kelly of We Care Home Health Services said in a telephone interview from Toronto. Kelly is a former visiting nurse who provided care to seniors in their home.

"Take a proactive approach to active aging," she recommended, noting there are simple preventive ways to slow down the progression of chronic health conditions, which in turn will allow seniors to lead more independent lives and lean less on informal caregivers.

"Eighty per cent of seniors are living with one chronic health problem. But 50 per cent of those are living with two or more chronic health conditions. So that's a lot of time and attention to their medical needs, and how it impacts their activities," Kelly pointed out.

Diabetes, arthritis and heart conditions are common problems associated with aging, she said. And mental health issues may also arise.

"For example, depression is becoming a greater problem in those that are aging. It's not part of the normal aging process." Those are some of the issues that fall to family caregivers.

There are about seven million Canadians fulfilling that role, Kelly said. "They are caregiving for an aging loved one."

Initially, it starts off slowly, she said.

At first, informal caregivers may only be called upon to provide help getting aging loved ones to appointments, or reviewing medications.

"But bit by bit, as the need increases, baby boomers –because that's the age group –are feeling stuck in the middle, they're coping with their own families –

and they could have kids at university, or they could be grandparents –along with having an active career. More and more of us need to be working longer. And they're trying to fulfil the needs of their parents or a dear aunt or uncle.

"We adult kids, we want to do the very best. We really do care about our parents, but we're frustrated. And often we don't know where to turn, who to talk to, or what services are available."

That information is not readily available to Canadians, Kelly said.

Because We Care is in the business of caring for people, the majority of whom are ailing Canadian seniors, the company has found that if people addressed these issues early on and had a proactive approach to caring for their aging loved ones, it could prevent complications to their chronic illnesses, it could prevent falls, and prevent urgent visits to the ER or hospitalization, Kelly said.

To help seniors and their caregivers, We Care compiled a booklet titled *Get Going To Keep Going*, which takes people through eight steps to a proactive approach to active aging.

(The booklet is free, available online at www.wecare.ca/getgoing or by calling 1-877-853-1195.)

Some of the simple things Canadians can do, the booklet points out, include:

. GET EATING. As we age, our bodies change and so should our nutrition. Eat wisely. Plan and prepare healthy meals.

. GET ACTIVE. Walking, stretching and keeping your muscles in good condition can help you maintain your independence.

. GET INVOLVED. Give back to the community by volunteering—it's good for you, those you help, and the community around you.

. GET HAPPY. Depression and loneliness can be triggered by the death of a partner

or close friend, physical illnesses and operations, and even certain medications. That's why staying socially connected is so important to healthy, active aging.

. GET TALKING. Communicating effectively with your health care providers is essential to receiving good medical care.

. GET TO KNOW YOUR MEDICATIONS. Knowledge is the best medicine. Taking your medicine as prescribed by your doctor is the single most important way to stay healthy, prevent complications and slow the progression of your condition. Kelly developed a template for monitoring medications, which can be printed off from the We Care website, or can be requested by phone to be mailed out.

. GET HELP. A list of government home care available in each province is provided. Things to look out for if you're going to hire a private agency are also addressed.

. GET SAFE. The Independent Living Guide can help you recognize safety risks and assist you in making simple changes to reduce the chances of injury in and around your home.

"Each step is like a piece of a puzzle," Kelly explained. "And the attention and time given to each puzzle piece helps to put your life together, and know that you're doing the best you can to be the best you can."

"You can change your health," she emphasized.

"There's a common misconception that as we get older we can't really do anything about our health. That's wrong."

"There's a lot you can do about your health and preventing future complications. And there's a lot you can do to help live where you want to live and to have a higher quality of life."

By Irene Seiberling, Postmedia News
July 11, 2011 –reprinted with permission

Scorpions for Sale

A fictional biography by Larry Zolf



Scorpions for Sale is a humorous and ironic description of growing up Jewish in Winnipeg in the 30's and 40's. The hero, Daniel Starker (strong one), goes on to become a journalist, mainly connected with the CBC in Toronto. Larry Zolf calls the book "A Fictional Biography", as he himself has been a major figure in Canadian broadcasting and journalism since the 1960's.

Although it is not essential, knowing some Yiddish will make the read more enjoyable as Zolf uses the tactic of Yiddish words as surnames that describe the personality of the characters. He also uses it to some extent in the section of the book that deals with the adult Daniel Shtarker in Toronto dealing with political figures as well as other radio and TV personalities. But in this case he uses English words.

In the first section, set in Winnipeg, the first example is the name of the main

character and his family, "Starker" or strong one. Others mentioned are: the landlord, Mr. Gutkeit (goodness), Groshartaig (big heart), Spilkas (pins) and a psychiatrist called Dr. Varem (warm).

His description of growing up in a city with an active and diverse Jewish community paints a wonderful picture that could be appreciated by anyone who has grown up in places like Winnipeg, Montreal or Toronto.

Daniel's father, Menachem, is the chief feature writer for "the Jewish Street Fighter", a left wing publication. The irony here is that the senior Shtarker is himself not of the left. When Menachem publishes his book of short stories, it is positively reviewed by the Montreal Jewish communist paper, "Der Arbiter Shmiest", (the worker whips). His book was so well received in Winnipeg that the "United Left Labour Zionist Freedom Workers Temple"

hosted a banquet in his honour.

The second half of the book concentrates on the adult period of Daniel's life and his work in journalism. It describes his contacts and various run in with CBC executives and many political

figures including several prime ministers and American presidents. Zolf makes fun of all, including the hero, in a warm way that made me laugh out loud at many passages.

To quote from the flyleaf in the words of the author, "this is a Canadian book—a book that is out to amuse and to entertain, to make you laugh and to make you cry. I have the chutzpah to believe anybody anywhere in the world can enjoy the Starker stories—or hate them.

I, for one, loved the stories and highly recommend them.

Reviewed by Shanie Levin

Rosh Hashana-na-na. A rock 'n roll band from Brooklyn

Jewbilation. Pride in finding out that one's favorite celebrity is Jewish or that your offspring is marrying a Jewish person

Bubbegum. Candy one's mother gives to her grandchildren that she never gave to her own children

Chutzpapa. A father who wakes his wife at 4:00 a.m. so she can change the baby's diaper

Deja Nu. Having the feeling you've seen the same exasperated look on your mother's face, but not knowing exactly when

Disoriyenta. When Aunt Linda gets lost in a department store and strikes up a conversation with everyone she passes

Jewdo A traditional form of self-defense based on talking one's way out of a tight spot

Mamatzah Balls. Matzah balls that are as good as your mother used to make

Mispochadots. The assorted lipstick and make-up stains found on one's face and collar after kissing all one's aunts and cousins at a reception

Re-shtetlement. Moving from Brooklyn to Boca Raton and finding all your old neighbors live in the same condo building as you

Yidentify. To be able to determine Jewish origins of celebrities, even though their names might be St. John, Curtis, Davis or Taylor

Minyastics. Going to incredible lengths and troubles to find a tenth person to complete a Minyan

Feelawful. Indigestion from eating Israeli street food, especially falafel

LEAVES

*"How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.
At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow."*

- Elsie N. Brady

Telephone tip from Phil Yacht

Free local and long distance phone calls to anywhere in North America from anywhere in the world that has Internet or WiFi.

Available free from your computer to any cell or landline telephone if you have a Gmail account. Just click on "Google Talk" on the left side of the screen when using Gmail. If you don't have a microphone on or for your computer, you can purchase one at Best Buy, FutureShop or London Drugs. \$10 to \$29.

If you don't have Gmail go to www.gmail.com to sign up for free.

New Face for Jewish Advocacy

August 2011 saw the formal announcement of the new name for the recently reorganized national advocacy structure of the Canadian Jewish community. While the acronym CIJA remains, it now stands for the Centre for Israel and Jewish Affairs. The new CIJA is responsible for an integrated approach of the work previously carried out by the Canadian Jewish Congress, Canada-Israel Committee, Quebec-Israel Committee, University Outreach Committee, and Canadian Council for Israel and Jewish Advocacy. The reorganization is an effort to create a more effective advocacy voice for the national community, and to better leverage the resources that were being deployed across five different organizations. The change has not been without some degree of controversy, as reflected in recent articles in the Canadian Jewish News and the National Post. A thoughtful response to the National Post article appeared yesterday, written by Ed Morgan and Moishe Ronen. Both are past national presidents of Canadian Jewish Congress and Ronen is also a past national chair of the Canada-Israel Committee. This change has been difficult, especially on volunteer leadership and staff of the various organizations. However, the advocacy challenges facing our national Jewish community are only growing, and the reality is our national community has limited resources available to address them. Locally we will be establishing a new local advocacy board, aligned with the new CIJA, which will be organized over the next several months.

by Mark Gurvis

Shalom BC Closing Operations

In light of strained financial resources in recent years, coupled with dramatic changes in demand for service and the ways in which people access information, the board of Shalom BC made a decision to close its operations in our community at the end of August. The decision follows several months of discussions between the Jewish Federation and Shalom BC leadership. Shalom BC was founded in 1989, as Shalom Vancouver, to provide information and referral services to our community. In moving forward with this decision, the two organizations developed a framework for ensuring continued services in the areas of information and referral services and volunteer recruitment and placement. Also, the community's Tickets to Inclusion program, which ensures access to community events for people with limited incomes, will be reorganized and relaunched soon. Jewish Federation is deeply appreciative of the many Shalom BC volunteers and staff who provided years of dedicated service to our community. The closing of Shalom BC reflects changing times and trends, but Jewish Federation remains committed to ensuring its important functions.

by Mark Gurvis

Peer Support Services

Jewish Seniors Alliance of Greater Vancouver are thrilled to announce that they have received funding from the Jewish Community Foundation to assist us in establishing the JSA Peer Support Program. We are actively pursuing additional funding in order to get the program fully underway.

We will post information to the website when available.

**“ Do all the good you can
by all the means you can
in all the ways you can
in all the places you can
to all the people you can
as long as you ever can. ”**

—John Wesley



How losing a few pounds can change your life

FROM A NEW JUNIOR SENIOR

So it came to a pass that shortly after my 55th birthday, I got a call from a friend who worked for the Jewish Senior's Alliance who asked me to become involved for the organization, advertise etc... My response was one of shock that I should even be considered for the rank of "Senior"; sure, I'll take "Senior" at the ticket purchase wicket at Whistler, but that's where I draw the line. I was actually somewhat indignant, thinking that I was nowhere near the mindset of a senior!

The truth was however, that inside, I was feeling that parts were starting to wear out; joints were getting a little creaky and that my hockey days might quite likely be numbered. It took that call, a couple of off-hand remarks from some friends in the hockey dressing room and a couple of neighbours about my developing a "little" paunch, a closer look at the scale, and the observation that I was hurt enough to not really be able to walk for more than 100 yards without sitting down, to really wake me up to do something about it.

Fortunately for me, I had a timely encounter with an Xprofessional CFL running back who knew enough about which medical professional to see for every different injury, and by virtue of his knowledge as a Certified Conditioning Coach, enough to tell me that my diet was going to be more than half of the equation in order to bring myself right-side up. (I thought that my diet was almost ideal, such that his suggestion would yield little fruit!) He suggested an appropriate 90 day challenge diet to perhaps lose a few pounds and make me feel better. Being an avid yoga practitioner I thought little of my need to lose a few pounds. "How many pounds?" I asked... "you could do about 10-15" he answered. There too I was shocked. I wasn't in a position to work out at that point due to a nagging hip injury, so losing a few pounds seemed to make sense from a load bearing point of view.

I am both pleased and flabbergasted that after just 5 weeks on this super-charged diet where hunger was never a factor, at the time of writing this, I am down 23 lbs. and my energy is going through the roof! I never would have thought that diet could play such a large factor in recalibrating one's metabolism.

How far should I take this, was becoming the predominant question in my mind. As a fully-grown man at my wedding some 27 years ago, shouldn't I fit into my wedding tuxedo pants? The challenge is on as of this writing and the game is not over.

I write this story to share a lesson on personal health as a "new senior". I have shared this story with many overweight people in an effort to help them accomplish similar results. I often

get the response: "I have to check with my doctor"... Well, what I have learned is that there hasn't been a single doctor, physiotherapist, chiropractor etc... from any who I have seen who have even thought of suggesting a 20 lb. weight reduction to ease a hip problem or how it might assist in any way with perhaps a boost to my immunity as a consequence.

I have learned that we have to take personal responsibility for our own health and welfare and barring medical complications should consider what our optimal weight should be based not upon recent measurements, but what we should aspire to. As we get older, we have taken for granted that we will eat better, eat more expensive, "Live better", and that somehow, our bodies round out as we get older. As a recently inducted "senior" I dispute this and proffer up my recent experience as hope for all of us. The trend can be reversed and it can be done quickly, safely and it can turn your life around. Challenge yourselves. Give it a try. It will make a great project for Rosh Hashannah! Now go ahead, dust off that old tuxedo!

Arnold Shuchat

Wise words - inspiring!

As we get older we sometimes begin to doubt our ability to "make a difference" in the world. It is at these times that our hopes are boosted by the remarkable achievements of other seniors who have found the courage to take on challenges that would make many of us wither.

I've often been asked...

"What do you old folks do now that you have retired?"

"Well...

...I'm fortunate to have a chemical engineering background and one of the things I enjoy most is converting beer, wine and vodka into urine. I do it every day and I really enjoy it."

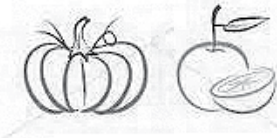


EATING for ONE or MORE!!

The key to eating better begins with a diet of real food. Real food is cooked by real people but real people are cooking less than ever before. They find convenience and restaurant foods are more accessible than foods they would cook themselves. They think that ready to eat foods are less expensive but that is not true. Let me tell you that a cooking repertoire of three basic recipes can get you into the kitchen and beyond the realm of takeout food in a few days.

What are the three basic recipes?

1. a stir fry
2. a chopped salad
3. a combination of rice and lentils.



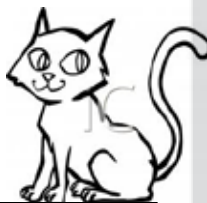
Each can be varied in a myriad of ways and each is produced without additives, preservatives, trans fats or anything artificial. In other words, they are made from actual food.

The salad requires no cooking; the stir-fry is very fast; the rice-lentils are cooked more slowly. All of them can be made with meat, poultry or fish as well as vegetarian or vegan.

If you cooked only variations on these three dishes you would be on your way to becoming a healthier and knowledgeable cook.



by Edith Shier



**“ Until one has loved
an animal a part of
one’s soul remains
unawakened ”**

-Anatole France



WELCOME BACK “Mitzvah Makers”

who have been on summer vacation. The “Mitzvah Makers” are thrilled with the new premises because it feels like home. Two of the members of the group, Harriet Kositsky and Nancy Raphael remember the days back when Temple Shalom Synagogue rented their premises.



STANDING FROM LEFT TO RIGHT:

Robert Beckman, Debbie Havusha, Nancy Raphael, Harriet Kositsky

SITTING FROM LEFT TO RIGHT:

Ed Kaufmann, David Benbaruj and Ophira Schwartzfeld.

MISSING: Abbe Gates, Mark Estrin

Things we can learn from a dog

Never pass up the opportunity to go for a joyride. Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When loved ones come home, always run to greet them.

Let others know when they’ve invaded your territory.

Take naps and stretch before rising.

Run, romp and play daily.

Eat with gusto and enthusiasm.

Be loyal.

Never pretend to be something you’re not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by and nuzzle them gently.

Thrive on attention and let people touch you.

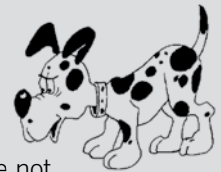
Avoid biting when a simple growl will do.

On hot days, drink lots of water and lie under a shady tree.

When you’re happy, dance around and wag your entire body.

No matter how often you’re scolded, don’t buy into the guilt thing and pout...Run right back and make friends.

Delight in the simple joy of a long walk.



Речь Президента Альянса (Jewish Seniors Alliance) Сержа Хэйбера на Ежегодном Генеральном Собрании (AGM) 23го июня 2011года.

Президент назвал 2010-2011год чудесным,продуктивным годом. В этом году были проведены следующие мероприятия.

1. 24го октября 2010го года состоялся **осенний симпозиум на тему: “Почитай своего отца и свою мать”**. Цель-защитить стариков, которые часто подвергаются оскорблениям со стороны своих взрослых детей.
2. 17го ноября 2010го года состоялся **Сол Зим концерт** под девизом: “Будем единой семьёй в этот вечер”. Альянс собрал всех вместе: Луи Браиер, Талмуд Тору, дневную школу Ричмонда, среднюю школу King David, еврейский мужской хор Ванкувера и об’единённый хор трёх еврейских школ а эту незабываемую ночь единения нашего общества. Все мы были счастливы и гордились этим единением.
3. 27го марта 2011года-**весенний форум “Секс в городе”**. Тема выбрана довольно смело. Мы пытались привлечь к участию в этом форуме пенсионеров помоложе. Нам это не совсем удалось, но зато нас похвалили все другие организации, работающие с пенсионерами.
4. **6 серий за счёт фонда Снайдера**. Эти серии проводились в разных районах Ванкувера и в разное время. Пенсионеры с удовольствием посещали эти занятия, на которых им об’ясняли, как можно сохранить умственные способности, физическую силу и здоровье в пожилом возрасте. Приглашались квалифицированные лекторы, с пенсионерами проводились также пратические занятия.
5. **Журнал “Senior Line”** выходил через каждые 3 месяца, и мы всегда получали отличные отзывы о каждом номере.
6. **Ванкуверский Еврейский информационный справочник для пенсионеров**, который мы редактируем, читают многие пенсионеры Большого Ванкувера.
7. **Федеральный отчёт о немощных стариках**. Затем случилось нечто очень важное. Федеральное правительство спонсировало исследование положения немощных стариков. Как и многие другие организации, мы были привлечены к обсуждению этого вопроса; мы были готовы и к изучению этой проблемы, и к обработке данных, содержащихся в отчёте, когда он был закончен. Федерация признала способность Альянса осуществлять некоторые программы, упомянутые в отчёте.
8. **Консультативная программа**. Недавно Альянс подал заявление на материальную помощь в Европейский Общественный Фонд, чтобы начать осуществление очень нужной программы по проведению консультаций, советов для людей. Дотация была одобрена, и мы готовы приступить к проведению консультаций лицом к лицу.
9. **Информация и рекомедация**. В отчёте Федерации указано, как важны и как нужны информация и рекомедация. Мы сразу отозвались на эту необходимость, добавив двойной развёрнутый лист в наш журнал “Senior Line”. Мы создали наш новый сайт в интернете. На нём будут перечислены все службы и будет представлено описание каждой организации, имеющей дело с нуждами пожилых людей.
10. **Переезд в новое здание**. Мы нашли другое помещение на пересечении 49ой и Оук.
11. **Спасибо всем**. В заключение Серж выразил глубокую благодарность правлению общества, администрации, комитетам, волонтерам. Все они работали весь этот год не покладая рук. Особую благодарность Президент выразил замечательному штату служащих в лице Кэрон, Риты и Озы. Ни одна из наших программ не была бы осуществлена без их самоотверженной помощи. Серж также признался, что он счастлив, имея возможность служить нашим пожилым людям и нашему обществу. Он поблагодарил свою жену Элеонору за то, что она вдохновила его на эту святую работу. Он также выразил благодарность синагоге Beth Israel за то, что нам в течение нескольких лет разрешалось пользоваться их помещениями: офисом, залом и святилищем.

Translated by Ida Gitlina

**“ The best way to
predict the future
is to create it ”**

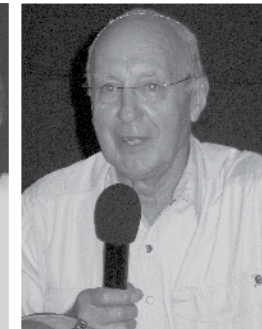
-Peter Drucker

OLD JEWS TELLING JOKES!

AN EVENING OF HUMOUR IN SUPPORT OF
The Jewish Seniors Alliance of Greater Vancouver

a **Fun(d)raising** evening

Kudos to the Comics and the Conveners



Humour heals ..bonds ..crosses borders and unites all in the moment of shared laughter.

On July 14th rising and falling peals of laughter could be heard emanating from the auditorium of the Beth Israel. What was the source?—The JSA had gathered close to 235 people of our community to share in a unique event, a fun(D) evening...and it was BOTH.

The seed had been planted by Michael Geller when he was contacted by Serge Haber, President of the JSA, to help in raising funds. Michael came up with this phenomenal idea of sharing jokes...food and fun..while raising money. We all enjoy listening to and telling jokes..don't we?

Being a developer, Michael appreciates the importance of location, location, location...and timing. Yesterday, the emphasis was on delivery, delivery, delivery ...and timing. Everybody delivered! Who knew this would develop into an outstanding successful evening??

From the hardworking JSA staff, Rita, Karon, and her committee of incredible volunteers to the delicious food delivered by Omnitsky and displayed by Melody of Beth Israel...to the presence of so many of our community's budding stand-up comics..our own SEASONED SEMITE SENIORS (old Jews)...THEY DELIVERED! Michael Geller and Lionel Fishman had primed the public very early that morning on Rick Cluff's 'Early Edition' on CBC and had prompted some of the listeners to attend.

Listening to some of the jokes being told by members of our community, one could see heads nodding in recognition of

the punchlines coming and the obvious but vain attempt to refrain (in vain) from revealing it to one's neighbour.

Gary our fantastic tech coordinator..managed to intersperse the professionals ..Woody Allen, Myron Cohen, as well some non-professionals on tape who were equally great. This was excellently coordinated by Michael Geller and his co-emcee Alvin Wasserman.

Serge Haber spoke from the heart listing all the responsibilities and dreams of the JSA..and informing us all how the money being raised will be used to further help our Jewish seniors in need and thanking everyone who brought this event to a fabulous fruition.

Michael Geller surpassed all our expectations in his polished professional approach as an emcee..perhaps the Oscars can use him next year. Both he and Alvin Wasserman relaxed the crowd with their easy banter..and encouraged others to try their bit at bringing a smile or two to the crowd. Those smiles and chuckles still echo in my heart.

Thank you..Todah Rabbah...

With much appreciation..

Binny Goldman



DELI HONOURS ITS WINNIPEG ROOTS

by Dan Propp



VANCOUVER'S OMNITSKY DELI (ACROSS FROM OAKRIDGE, ON CAMBIE) CARRIES FAMOUS KOSHER PRODUCTS THAT GO BACK TO EARLY 1900'S WINNIPEG. OWNER, EPPY RAPPAPORT HAS KEPT THE NAME TO HONOUR ORIGINAL OWNER, LOUIS OMNITSKY WHO, MORE THAN A HUNDRED YEARS AGO BEGAN PROVIDING KOSHER MEATS TO JEWISH COMMUNITIES IN MANITOBA.

The first location was on Winnipeg's Selkirk Ave. Timing is sometimes a spark that can change goals overnight. In the

late 1970's, young Rappaport was enrolled in a masters sociology program at The University Of Manitoba. Deciding to take a year's break, Eppy happened to be chatting with Bill Omnitsky, Louis' son, who was now running the business. In the 1940's it had relocated at the corners of Main and Polson streets.

"So, you have a year off, why not work for me?" Omnitsky said. "Who knows, perhaps someday you'll be the boss," he smiled with an underlying tone of sincerity, hoping he could find someone who could help carry on the family business. As life's journey sometimes unfolds, that's exactly what occurred. After four years learning the ropes, and enjoying them, he was given the keys on a handshake and buy back basis. Seven years after that, everything was paid for and the business was his at last. As the owner, Eppy enjoyed the continuing experience of serving the Jewish communities in the province. Nevertheless, the writing was on the wall. Customers were not getting any younger, and many new families were



moving away to other parts of Canada. Thus in 1995, Rappaport decided to relocate in Vancouver where the community was growing. A chief mandate was to maintain the same standards and quality of the original Omnitsky's deli. A new goal, however, was to offer the public an increased variety. For example, back home there were six deli items to choose from. Today that number has climbed to forty! Additionally, they now offer a full line of prepared foods.

With Omnitsky's plant on Annacis Island in Delta, The Greater Vancouver area has a huge choice of kosher products to select from. Scoring home runs are their new Brooklyn Dog-ers, as well as delicious half slab and full slab birthday cakes.

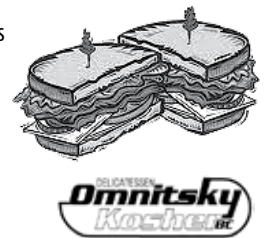
Most Sandwiches – from smoked meat and chopped liver to roast veal are one price, \$8.95. That includes a choice of potato salad, coleslaw or potato chips. There are a total of fifteen sandwiches to choose from. Chicken Matzo Ball soup is \$3.75 and soup of the day is \$3.75. For special events, generous deli-platters for fifteen to twenty are \$229.95 plus tax. Also available

are a veggie-platter, \$39.95 and fruit platter, \$79.95

Lunch and Deli Delight-minimum ten persons is \$20.00 per and includes lox, bread, egg & tuna salad, coleslaw and potato salad.

Are you hungry yet? Call 604-321-1818.

www.Omnitskykosher.com



Do you know what you're taking? Do you know why you are taking it?
Do you know when to take it? Do you know what not to take with it?

Rudy Chin, Pharmacist/ Owner

Pharmasave Oak & W 42nd Avenue
Tel 604 269 3617 | Fax 604 269 3761



You should know the names and doses of your medications. This may be important in an emergency or if you go to a walk in clinic. Knowing what your medications are for will make you a more educated patient and that will help you make better health decisions.

Some medications must be taken at certain times of the day, some with or without food and some apart from other medications. Some non-prescription medications and supplements will interact with your prescription medication.

It's never a bad idea to double check with your doctor or pharmacist when the best time is to take your medication, and whether a non-prescription medication or supplement is safe to take with your medication. Do not stop taking a prescription medication without first consulting your doctor.

We invite you to come in for a medication review and address your medication questions and concerns.

We're here for you seven days a week - Monday to Friday 9:30am - 7pm, Saturday 10am - 6pm, and Sunday 10am to 4pm



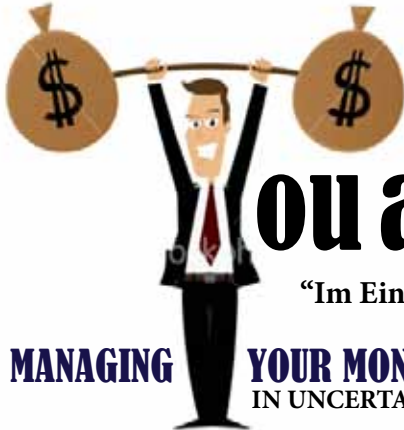
The **Pharmasave team** from left:
Allan, Rudy, Heather, Willis, & Annie



SNIDER FOUNDATION Empowerment Series 2011-2012



Sponsored by the Jewish Seniors Alliance of Greater Vancouver
together with partnering agencies.



You and Your Money

“Im Ein Kemach Ein Torah | אם אין קמח אין תורה”

1

MANAGING YOUR MONEY IN UNCERTAIN TIMES

Wednesday, November 23, 2011

Call: **Shelley**
(604) 736-7607

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

 Congregation Schara Tzedeck | 3476 Oak Street, Vancouver

Mike Bensimhon, Financial Planner RBC
Philip Levinson, Financial Planner, ZLC
Bonnie Rapaport, Financial Planner
Estimating your retirement needs; maximizing your retirement assets; and what the pitfalls are.

2

YOUR HOUSING OPTIONS

Wednesday, January 18, 2012

Call: **Leah**
(604) 257-5111

1:00-2:15 p.m. program



Jewish Community Centre Seniors
950 W. 41st Ave., Vancouver

Range of options and associated costs.
Michelle Cunnington, General Manager, Cavell Gardens
Kelly Therrien, Banking Consultant, Manulife
Third speaker to be confirmed
The continuum of housing options; subsidised housing; reverse mortgage, deferring property taxes,

3

YOUR HEALTHCARE OPTIONS

Monday, February 13, 2012

Call: **Kay**
(604) 241-9270

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

 Kehila Richmond Seniors
at Beth Tikvah 9711 Geal Rd., Richmond

Joanne Haramia, Director of Senior Services, JFSA
Dan Levitt, Health Care Consultant
Options available—public and private health care

4

FINANCIAL FRAUDS & SCAMS

Friday, March 18, 2012

Call: **Lorraine**
(604) 873-1777

11:00-12:15 p.m. program
followed by refreshments



Sholem Aleichem Seniors
6184 Ash Street, Vancouver

Panel from Better Business Bureau, RCMP Fraud Squad and Vancouver Police
Protect yourself from making uninformed decisions

5

SMART BUDGETING MAKE THE MOST OF WHAT YOU'VE GOT

April - venue & date to be confirmed

12:00 p.m. lunch optional at \$12
1:00-2:15 p.m. program

 CONGREGATION HAREL | 1305 Taylor Way, North Vancouver

Speakers, to be confirmed
Travelling on a seniors budget, vouchers (1/2 price), senior discount days, bus passes, home decorating on a budget for senior living

6

TZEDAKAH, WILLS & ESTATES

Thursday, May 10th, 2012

Call: **Rochelle**
(604) 266-7190

1:00-2:15 p.m. program
followed by refreshments



Temple Sholom,
7190 Oak Street, Vancouver

Gloria Levi, speaker & moderator
Jack Micner, lawyer
The Public Trustee
Tying up loose ends



Jewish Seniors Alliance of Greater Vancouver
FALL SYMPOSIUM



SENIORS CARE IN CRISIS?

“Avoiding the revolving door”

Sunday, October 30th, 2011 from 1:30 – 4pm

Congregation Beth Israel, 4350 Oak Street (cnr 28th Ave), Vancouver

“The Remaining Light” video followed by facilitated discussion and Q&A

Is there a crisis looming in the provision of health care for seniors in BC?
Is the shortage of hospital beds creating a ‘revolving door’ scenario in our hospitals?
Can seniors benefit from expansion of home based medical support?



MARCY COHEN, M.A.
Senior Researcher & Policy Analyst

with expertise in the research on long term care and community health restructuring. She is past Chair of the Board of BC’s Canadian Centre for Policy Alternatives, and is currently teaching a health policy seminar in Health Sciences at SFU.



DR. MARGARET MACDIARMID
MLA for Vancouver - Fairview

was elected MLA in 2009, and was appointed Parliamentary Secretary for Seniors for BC’s Ministry of Health. Served on the board of the BC Medical Association and was its President in 2006-2007.



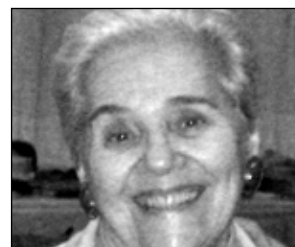
KIM S. CARTER
Ombudsperson of British Columbia

was educated at Glendon College, York University in Toronto, Ontario, Osgoode Hall Law School (LLB ’79) and University of Ottawa (LLM ’05), and called to the Ontario Bar ’81. In 2006, she was named the fifth Ombudsperson of BC in April 2006.



JOANNE HARAMIA, MSW
Director of Seniors Services

Jewish Family Service Agency for 5 years. She has a Master of Social Work from UBC, and more than 25 years experience working in a variety of positions related to community outreach programs with emphasis on the needs of Seniors.



GLORIA LEVI (Moderator)
Gerontologist, Social Worker, Author

30 years experience in the field of ageing as a social services consultant, trainer, and educator. She has authored many important works including “Dealing With Memory Changes As You Grow Older” and “Challenges of Later Life”.

ADVANCE REGISTRATION IS ENCOURAGED FREE ADMISSION FREE PARKING

REFRESHMENTS SERVED FOLLOWING THE EVENT

604.732.1555 or email office@jsalliance.org for further details

WITH THANKS TO: Congregation Beth Israel, BC Government, Federal Government, corporate and private donors



SENDER: **Jewish Seniors Alliance**
of Greater Vancouver

949 West 49th Avenue
Vancouver, B.C. V5Z 2T1



