

# SENIOR LINE

Magazine of the Jewish Seniors Alliance of Greater Vancouver



VOLUME 20(2) - 2013

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

# ALL IN THE FAMILY

## "Three Generations Speak Out"

**Sunday, April 21, 2013**

**1:30 – 4:00 p.m.**

Cost: \$5 Refreshments Door prizes  
Free parking RSVP 604.732.1555



An intergenerational  
workshop of  
grandparents, parents  
and children

Keynote speaker:  
**MEG HICKLING**, CM, OBC, LL.D.(H.C.)

Best-selling author Meg Hickling is a Registered Nurse who has been a sexual-health educator for more than 25 years. Her ability to convey difficult material with sensitivity, gentle humour and warmth distinguishes her as a remarkable

teacher and role model. As a mother and grandmother, she understands the complex relationships within families.

Meg Hickling is an Officer of the Order of BC and the Order of Canada. She lives in Vancouver.

**VENUE: Peretz Centre**  
6184 Ash Street, Vancouver

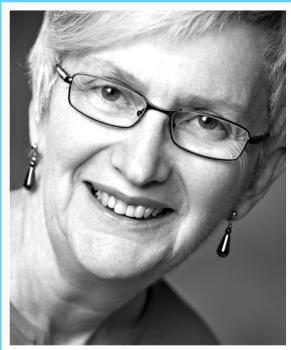
Registration in advance

Pay at the door

**604-732-1555**

[office@jsalliance.org](mailto:office@jsalliance.org)

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SENDER:  
Jewish Seniors Alliance  
of Greater Vancouver

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





# Chicken Soup

for the **Body,  
Mind  
& Soul**



Social interaction has the capacity to improve individual health and quality of life. JSA encourages each senior to reach his/her potential and to remain active in the community.

**SPONSORED BY THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER TOGETHER WITH PARTNERING AGENCIES.**

This year's theme of "Chicken Soup for the Body, Mind and Soul" has already been examined in the first two sessions with a focus on nutrition and exercise. The idea being to ensure that the body remains well nourished and healthy.

### **3** REINFORCE YOUR HUMANITY: **Nurture your soul**

**DATE:** Friday 12th April, 2013  
**TIME:** 11am–1:15pm  
**PLACE:** Sholom Aleichem Seniors  
**ADDRESS:** Peretz Centre 6184 Ash Street, Vancouver  
**Followed by light refreshments**

With program 3 we move on to a focus on the "soul".

To arouse our spirit and engage our mind Rabbi Hillel Goelman will speak to us about nurturing the soul. Rabbi Goelman teaches at the University of B C where he is the chair of the Interdisciplinary Studies Graduate Program. He has written about early child development, Jewish mysticism and the spiritual meaning of baseball.

We shall also be uplifted by the beautiful singing of Myrna Rabinowitz, singer and songwriter of Jewish music, who has recorded seven albums of Jewish music, & recently released her first solo album with five original songs in Yiddish.

As Hillel the Sage said "separate yourself not from the community". Judaism is communal—we even pray in a minyan (minimum of ten people). Join us. Keep your soul & mind spiritually, emotionally & intellectually alive.

### **TIME TO REJUVENATE: Let's celebrate!**



**DATE:** Monday 17th June, 2013  
**TIME:** 11:30—2 pm  
**COST:** \$12 for lunch  
**PLACE:** Kehila at Beth Tikvah Synagogue  
**ADDRESS:** 9711 Geal Road, Richmond

To conclude our "Chicken Soup for the Body, mind and Soul" series, let's celebrate our lives and who we are. It's also JSA's 10th birthday celebration, so let's also celebrate the major contribution that the JSA has made towards our rejuvenation over the years.

#### **Let's have a PARTY and have some FUN!**

Join us for a delicious celebratory lunch, followed by music, song, dance and entertainment featuring the well known star pianist and entertainer, **Bob York and the Nu-Yorkers**.

This event is co-sponsored by The Kehila Society of Richmond and Jewish Seniors Alliance of GV.

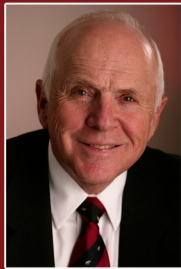
**Reservation for luncheon essential.  
Please phone 604-241-9270 by June 13.**



Garry M. Zlotnik  
FCA, CFP, CLU, Ch.F.C.



Mark A. Zlotnik  
C.A., CLU



Martin Zlotnik  
LL.B.



Philip Levinson  
C.A.



Aeronn Zlotnik  
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Cover art **The Tree of Life—“Harmony”**  
 by Alina Smolyansky (see page 22 for details)

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 Edith Shier

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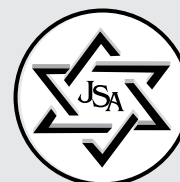
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SERGE HABER

## PRESIDENT'S MESSAGE

Dear Friends,

In this issue I will try to address the subject of being a senior and some of the problems that we may encounter as we age.

Most of the agencies that deal with seniors will consider the age of 55 as a time when we can be considered seniors.

Most individuals do not consider themselves as seniors at 55, 65 or even 70.

One thing is sure, we're all aging and sooner or later we belong to that special class "*the golden age*". I don't know who invented this classification but am sure to say that most of us consider the *golden age* as being somewhat tarnished.

It all has to do with our health and our perception of what changes take place in our lives as we age.

Deteriorating health, not working, not being involved in some kind of volunteer work, loss of our partner in life, loss of our friends, and many other factors greatly influence our well being and the quality of life we experience.

Among the many situations that we encounter at this time I would

# ON THE TOPIC OF ELDER ABUSE

like to deal with the significant problem of elder abuse. More than 60,000 British Columbians are being abused every day.

In the next issue I will discuss loneliness and isolation.

I do not pretend to be an expert on this subject, but I can say that I faced many situations involving and working with seniors for the last twenty plus years.

The problem of elder abuse has become a relevant and serious matter in the last few years.

A study conducted in the early nineties found that more than eight percent of seniors were victims of abuse. JSA has had two forums that dealt with the subject of elder abuse. September 2009 "Community Forum in Response to Elder Abuse" and October 2010 "Honour Thy Father and Thy Mother".

At that time our figures were 19% of reported cases dealt with abuse. The big question is the reported cases. There is a possibility that the true numbers of individuals that are victims of abuse is indeed much greater and possibly double.

My perception as a result of my daily involvement with seniors is that since the provincial and the federal governments are providing monetary incentives for advocacy organizations to delve into the subject of abuse and promote open discussions on the subject, tells me that the percentage of victims of senior abuse is very high.

Many seniors fail to report abuse

for many reasons. Shame and fear could be one of the reasons. In particular if the abuser is part of their own family and/or a caregiver at home or in a care facility. The abuse could be mental or physical. Many seniors or even their families don't know that abuse is taking place and do not recognize a situation of abuse. Not knowing where or how to get help is a very serious problem as well. Here are some examples of the types of abuse:-

## 1. Financial abuse

The most reported and most common cases of abuse. This consists in taking the seniors' money or property. Causes may be the belief that the seniors do not need money or have a future. Theft of cash, credit cards, bank cards, mail, cashing the RRSP's without permission, unpaid loans or repeated borrowing, taking or withholding the seniors' pension or insurance cheque, forcing the senior to change his/her will and forging a seniors name or altering a document and I can go on and on to stress the many other types of financial abuse.

## 2. Physical abuse.

May consist of assaulting the senior or simply not meeting the seniors physical needs. Pinching, pushing, jerking, shaking, slapping, biting, hair pulling, forced sexual activity, forced feeding of undesired food and medication, use of weapons, broken bones, disabling, are all signs of physical abuse. We have to keep a watchful eye and not necessarily accept rational

explanations for all these signs that could be intense physical abuse.

### 3. Psychological abuse.

Verbal threats and isolating the senior socially, making belittling remarks or displaying lack of attention or affection are sure signs of abuse. Some of the more familiar signs include jokes about habits, insults, overly familiar in the use of “dear”, speaking through the third party, treating the senior as a child, not keeping a promise, shouting, name calling, lying to the senior, silence or shunning. All these and many others are definitely considered psychological or emotional abuse.

### 4. Neglect and marginalization.

Not meeting one’s needs or directing the attention to a third individual and ignoring the person you are dealing with are also signs of neglect and marginalization.

### 5. Sexual abuse

is particularly prevalent in care facilities and consists of many forms. Sexual jokes about seniors, criticism about a seniors sexuality, unwanted touching, withholding sex or affection, sexual labels such as frigid or dried up. A senior not able to say no. Promiscuity, demanding sex with threats, forcing uncomfortable sex, all these are occurrences and they leave a terrible mark on the senior.

Both men and women are vulnerable and can become victims. Being frail with limited social contact or isolation is a fertile ground for abuse. Abuse happens in cases where the caregiver cannot cope with the seniors needs. The caregiver may have drug or alcohol problems, a

history of family abuse , lack of support service for the elderly or greed on the part of the family.

The important thing is to recognise elder abuse and reach out to the victim and offer help and support. Call JSA for help and advice. There are many agencies that could give legal advice and support should you need this particular help.

In conclusion may I say that this is not a pretty picture. We don’t like to talk about it. We may not like to admit that situations as mentioned above do exist, but we must face reality and be ready to accept the fact that abuse happens, and that we are willing to help and support the affected victim.

Make sure you read the article by Charles Liebovitch on peer counselling (see page ). It will give you hope for the future.



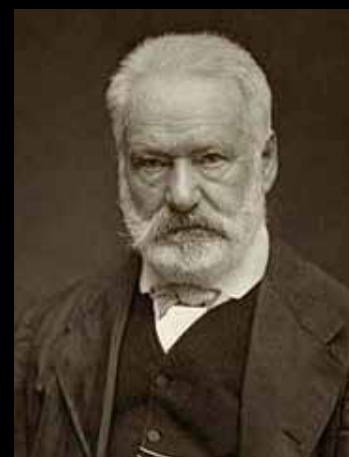
Serge Haber  
(604) 271-1990 or  
email [karon@jsalliance.org](mailto:karon@jsalliance.org)

**“ He, who every morning plans the transactions of the day, and follows that plan, carries a thread that will guide him through a labyrinth of the most busy life. ”**

-VICTOR HUGO

**“ An intelligent hell would be better than a stupid paradise. ”**

-VICTOR HUGO



Born 26 February 1802

Died 22 May 1885

Poet, playwright, novelist, essayist, visual artist, statesman, human rights campaigner



EDITH SHIER

## EDITOR'S MESSAGE

This issue is jam-packed with great articles - giving you information on health as well as community news items of interest to seniors. Our Empowerment Series has begun - try to attend the ones that are left and read the review on our first one. Also don't miss that wonderful article on our Peer Counseling Service for seniors in need -- a first in our city! Enjoying Reading.

### OUR CREDO

-INFORM -INSPIRE -INVOLVE

*Edith Shier*



*Change your opinions,  
keep to your principles;  
change your leaves, keep  
intact your roots.*

-Victor Hugo

Dear Ms. Shier,  
re: Senior Line Volume (20)-1  
Hello again. .

What I began saying was how much I enjoyed your seniors magazine. I had recently picked one up at a Vancouver library. The information was interesting, helpful as well as motivating. The snippets of wisdom mixed in with the humor kept me reading it from cover to cover. I also texted "the wisdom from the Noah's Ark" to my Sister in Edmonton who requires much support as she parents alone due to an abusive relationship. She texted back to say she was going to enlarge it and put it on her wall. I know several other people who would benefit from the positive and helpful outlook your magazine projects, so I actually picked up several and they will be mailed to Chicago and Seattle. I am also looking forward to being a subscriber myself. As well, thank you for providing your warm and helpful magazine to local libraries where many can and will continue to learn and grow, even us seniors.

from Lillian

Hi Charles,

I just wanted to send you a few lines to thank you for the services your group provides to seniors. As you know, I recently referred a very isolated and vulnerable couple to your Friendly Home Visits program and the service you and your volunteers have provided has been exceptional. Your quick response allowed for a medical procedure to occur as scheduled and the flexibility and support demonstrated by your volunteer (Carole) assisted this client in managing unexpected challenges. At this time, I don't know of any other organization or program that provides this type and quality of service and I look forward to working with you in the future.

Thanks again.

an Occupational Therapist



**Celebrate Israel's 65<sup>th</sup>  
Independence Day  
YOM HA'ATZMAUT**

**Monday  
April 15, 2013**



Time: 7:30 p.m.

Location: The Centre in Vancouver for Performing Arts | 777 Homer Street

This year's celebration features a live performance by Nurit Galron, one of the best loved singers in Israel. Nurit's career spans several decades, and her 17 albums showcase her diverse musical styles -- from jazz to rock and roll to Israeli classics. Nurit's music appeals to everyone, and with her charismatic stage presence and impressive vocal ability, she'll have you dancing in the aisles!





# ASK HANNAH

## your personal advice column

**W**ith this issue of Senior Line we are introducing something new—an advice column inspired by your questions about problems, all kinds of problems: psychological problems, marital problems, siblings problems. You name it, and I will assist you in finding solutions to these problems or refer you to the right professional who can assist you.

I have worked as a psychotherapist, family counsellor, alcohol and drug abuse counsellor, and college-level psychology teacher (for almost 15 years). I am now retired.

I will earnestly try to understand your situation, empathize with you in your dilemma; and then create a plan or a set of suggestions with which you can proceed. Of course, your name will not be published; I will use expressions such as “angry father” or “sad aunty” to identify the letter; not names, nor locations. Furthermore, I have signed a Confidentiality Agreement with Jewish Seniors Alliance; you will remain anonymous.

We begin today with two letters and my response to the situations. My hope is that you will learn a thing or two, and you will enjoy the process of following the questions and my answers. ✨

### “Independent Widow”

Dear Hannah,

I am a financially independent widow in my late 70’s. I enjoy good health and a sharp mind. I visit with friends, go to JCC exercise classes, and take care of my little dog Yoffi. My son and daughter want me to put my assets in their names so that they can manage my finances. They say that at my age, I could be vulnerable to scams and frauds. I think they are concerned about a new relationship I have with a man I met recently. What do you think of their idea?

Dear “Independent Widow”,

*NOT SO FAST! As a resident of BC, you and your lawyer in BC should have drawn up and notarized a Last Will, an Enduring Power of Attorney, a Representation Agreement and a Living Will. Documents drawn up in another province are not good enough, they are more easily contested. Invest the time and money in doing it right. Creating these documents will take some hard thinking on your part and some good advice from your lawyer. Having completed these tasks, we can discuss the idea of your children controlling your financial affairs.*

*Given the short description of yourself, it sounds like you are in control of your life and your finances. I suspect that your children are indeed worried about your new relationship and its financial repercussions. As long as you and your new friend each live in your own apartments, and you do not marry, the legal status quo remains. I presume you have a financial advisor; why not discuss the matter with him as*

*to the possible negative implications of the new relationship. For the moment, with your Enduring Powers of Attorney drawn up, you have the capability at any time to implement that strategy. Do your homework and stay independent!*

### “No Place to Sit”

Dear Hannah,

I am a widower in my late 80’s and I feel alone and sad. Many of my close friends have passed away. My two sons live in Toronto. Once a year they visit me in Vancouver for my birthday. The last two times have been miserable. Instead of being happy together, they insist that I have a big problem. It seems that I have collected a lot of stuff, the rooms are full of newspapers, boxes, clothes—all kinds of things which I buy and like to have around. They can no longer stay at my home, and they complain that they can’t even sit down on a chair because it is piled high with books. They told the supervisor of the building about all the clutter, and now the building manager is threatening to call the city and report me. I feel so confused. What’s wrong with me?

Dear “No Place to Sit”,

*Your loneliness may be accompanied by an exaggerated fear of loss. I suggest that you contact Jewish Seniors Alliance and ask for a peer counsellor. Then I would make an appointment with your physician for additional guidance.*

*Your children are concerned. You may have become a “compulsive hoarder.” It is defined as a psychological condition*

*in which people accumulate or are unable to discard possessions. Hoarding can cause fires and accidents. Just a few months ago a man in Burnaby got trapped under boxes and debris in his apartment: he was rescued by firemen after being pinned down for two days unable to move*

*Removing excessive accumulated items in an apartment will produce a safe environment in which you can welcome your family members.*

*A counsellor, or someone especially trained in encouraging and assisting you to sort through the stuff may be the way to go. There are people in Vancouver that can help you not only remove the stuff, but also to rebuild your life so that it includes friends and activities that are nurturing and fulfilling.*

To my readers: Please feel free to write to me at [hannah@jsalliance.org](mailto:hannah@jsalliance.org) or send your questions to

Ask Hannah,  
Jewish Seniors Alliance of Greater Vancouver, 949 West 49th Ave., Vancouver, BC V5Z 2T

I look forward to reading them and providing you with useful, thoughtful responses.

Sincerely,

*Hannah*

Disclaimer:

The statements and opinions stated in this column are not intended to replace the professional advice of physicians, psychiatrists, psychologists, lawyers, notaries and accountants. They are intended as guidelines only; please consult your professional caregivers and consultants. ✨



# Chicken Soup for the Body, Mind & Soul



1

## FOOD FOR THOUGHT: Nurture your body

**O**n Wednesday Jan 16th, Jewish Seniors Alliance along with JCC Seniors presented its first lecture in a series of four called Food For Thought: Nurture Your Body. It was presented by Tamar Kafka, a Registered Dietician.

It was a very informative and helpful presentation as it outlined how we can maintain a well-balanced, nutritious lifestyle and help decrease risks of diseases such as Alzheimer's, dementia and heart disease. As well, eating healthy can lead to improvement in the areas of memory, cognition, energy and overall emotional well being.

The four food groups such as dairy, carbohydrates, protein and fruits/vegetables were discussed with helpful advice what to eat more of and what to avoid. Tamar advised seniors to include vitamins A and C, potassium and more fibre in their diets. Always drink water and introduce dark green and orange vegetables into your meal plan as they contain the most nutrients e.g. squash, sweet potatoes. Whole grain products such as barley, whole wheat pasta are extremely healthy and helps to reduce strokes, diabetes and some cancers. As far as dairy products go, Tamar advised us to take a Vitamin D supplement, 400 IU a day, calcium if needed and look for products with 2% milk fat or less. Plain Greek yogurt is very good for all and if too bland just add honey or jam.

If you do not eat meat then substitute with beans, lentils or fish. Protein in your diet is critical for muscle strength and prevention of infections.

**Overall, to meet one's daily needs...imagine you have a plate...50% should be filled with fruits and vegetables, 1/4 with grains, 1/4 protein and a little side dish of dairy.**

Thanks Tamar for your personal and informative presentation.

more info check the website at [www.jsalliance.org](http://www.jsalliance.org). 🍷

REVIEW BY LYNN MOSS



This lovely photograph is of Tamar and her grandmother

Lisa Kafka who was there to support her and hear what she had to say.



# 2

## USE IT AND IMPROVE IT: With Inspiration & Perspiration

**O**n Thursday morning, February 14th, Jewish Senior Alliance and the Daytimers of the Unitarian Centre teamed up to produce an inspirational and dynamic morning for about fifty seniors—ranging in age from 60 to 92 years old. Under the auspices of the Snider Foundation Empowerment Series 2013, Dolores Luber and Lucy Laufer of JSA sought to create a morning which would motivate and activate seniors at whatever their level of health and fitness.

Melanie Galloway, fitness trainer and trainer of fitness instructors, was able to communicate with words, photographs, graphs and data, just how important vigorous physical exercise is to preventing and delaying diseases of the body, brain functioning and psychological problems. She emphasized how much progress had been made in prolonging

good health in seniors—to the extent that middle age, instead of beginning at 50 years old, for many, now begins at 70 years old. We were given examples of extraordinary feats of physical strength and endurance achieved by 80, 90 and 100 year old athletes. She convinced us that walking the dog is not vigorous exercise. Rather we must exercise for at least 180 minutes a week, meaning getting the heart rate up, and challenging our muscles to do more and more. (See page 10 for comprehensive and informative handout from Melanie)

Zuzana Fajkusova, personal trainer and active rehabilitation therapist, then encouraged everyone to take a chair as “equipment” and she began an exercise program. She worked us through a warm-up, then some strenuous physical exercises and routines which were challenging and fun. There were smiles on all the faces. We kicked,

we bent down, we stomped, we reached for the ceiling, and we laughed. It was vigorous until the final cool down. By the end of the session, we were all very pleased with ourselves.

Lunch, our own bag lunch and the platters of fruit, vegetables, cheeses and sweets disappeared quickly as we chattered and enjoyed our sense of accomplishment. 🍷

REVIEW BY DOLORES LUBER



Zuzana recommends the following website for all sorts of healthy recipes, useful and interesting information.

[www.activevegetarian.com](http://www.activevegetarian.com)



Refer to page 10 for Miss a day? Lose a day: GROWING STRONG TRAINING by Melanie Galloway. Please look at the inside back cover for information about the 3rd and 4th programs in the Chicken Soup series.



## UPDATE REVIEW

Dear Senior Line Readers and Jewish Seniors Alliance Members,  
Welcome to Peer Support Services. Please allow us to introduce ourselves.



My name is Charles Leibovitch, I am the Peer Support Services Coordinator. I have a Master's degree in Social Work and have been working as a social worker for several years for Jewish community service organizations in Vancouver.



My name is Lynn Moss and I am the Peer Support Services Worker. I have a Master's Degree in Psychology and have worked extensively over the years with people of all ages and stages in the field of assessment and counselling.

In December 2011, the Jewish Seniors Alliance of Greater Vancouver created a new program division called Peer Support Services. This was based on JSA's research and a study of the Jewish Federation, which identified the lack of existing peer support services to address the growing needs of the Jewish older adult population, age 55 and over. Four areas of service were identified:

1) Peer Counselling, 2) Friendly Visiting, 3) Shalom Again Phone Calls, and 4) Information and Referral.

We are pleased to announce that all these services are being offered at no cost. We currently have over twenty trained volunteers in Peer Support Services who are actively seeing clients. All of our volunteers and clients are older adults, 55 and over. Our target population can range from lonely, isolated seniors who are in need of peer counselling to seniors who may just want a weekly phone call or go out for a coffee and socialize. We are inclusive to all older adults in need

of our help and services. We both currently work part-time. To accommodate the ongoing and growing needs of our community, both volunteers and clients have been given in addition to our office number, a cell phone number to call us seven days a week as needed.

In order to develop and support the above, over the past year we successfully held two extensive and intensive peer counseling training programs. Each program consisted of 55 hours of accredited training. Participants were taught basic counseling skills and issues relating to seniors that included: active listening skills, grief and loneliness, depression, Alzheimer's Disease, dementia related illnesses, suicide prevention and alcohol and drug addiction issues. We also provided a training program for volunteers in friendly home visits and friendly phone calls (Shalom Again).

The peer counseling training program is a certified program in association with Senior Peer Counselling of British Columbia.

Both of us have been very involved in volunteer and client recruitment, selection and the matching of clients with volunteers. This is an ongoing process. The matching of seniors helping seniors is beneficial to both our volunteers and clients. There is a great deal of research that validates the belief that staying connected with other people who have had similar life experiences (your peer) is essential for emotional and mental well being.

We have observed that a major challenge of our clients is to accept that they need help. We offer a client centered gentle approach. It's crucial that we match clients with volunteers with similar personalities, lifestyles and interests.

In terms of our contact with volunteers, regular peer counseling meetings are held to promote a sharing of volunteers experience and promote the continued learning of counseling skills. Role-playing is a large part of the learning process for peer counselors.

In terms of our friendly visiting

programs, our volunteers are involved with accompanying clients in their community, going to programs, medical appointments and attending a recreation program together. The focus is socialization and recreation.

In addition, JSA Peer Support Services has established a referral client process and partnered with Kehila Richmond Jewish Seniors, Jewish Community Centre, Jewish Family Service Agency, Ravensong Health Department, South Vancouver Health Department and Pacific Spirits to obtain clients as needed.

We are also focusing on providing peer support services to older adults who are living in care facilities as well as those who are living in their own home.

We are happy to accept new volunteers and clients. We both look forward to continue to provide peer support services coordination to our growing number of clients and volunteers.

Thank you,

*Charles*

Charles Leibovitch, M.S.W

*Lynn*

Lynn Moss, M.A. Psych.

Photo credits:

Lynn:  
Adele Lewin Photography

Charles:  
Keith Cunningham,  
Fine Art Consultation and Brokerage



On Thursday 7th March 2013, Jewish Seniors Alliance of Greater Vancouver held its second Volunteer Peer Counsellor Graduation. As part of JSA's peer support services, 9 volunteers were trained over a period of 11 weeks and received their certificate in peer counselling. The programme was run by Grace Hann and Lori Wall, two experienced senior service coordinators.

Front row from left: Ysabel, Anna, Hessie, Linda, Liz, Yeoka, Serge (President JSA), Lynn (JSA), Farideh, Lori (trainer)

Back row: Grace (trainer) Charles (JSA), Steven Missing: Orna

**Congratulations to all our graduates!**

Lovingly photographed by Binny Goldman

## **Физические упражнения – бег от старости.**

В этом году серии за счёт фонда Снайдера будут состоять из четырёх сессий. Первая сессия, проведённая Альянсом (JSA) в январе, была сфокусирована на здоровом питании.

14го февраля 2013го года состоялась вторая сессия, на которой разговор шёл о пользе и важности упражнений для пожилых людей. Ведь физкультура укрепляет сердце, улучшает циркуляцию крови, заставляет работать мускулы, помогает предотвратить или отсрочить многие заболевания, сопровождающие старение, облегчает контроль веса и, наконец, улучшает качество жизни. Физкультура делает человека красивым физически и духовно. Упражнения помогают справляться со значительными физическими, моральными и умственными перегрузками, с которыми сталкиваются пожилые люди.

Кроме аэробики, есть много других полезных упражнений: ходьба, плавание, волейбол, танцы и другие. Следует руководствоваться следующим правилом: “Занимайтесь тем, что вы любите и что вам доступно”. Только тогда будут положительные результаты. Все присутствующие на сессии имели возможность выполнить ряд упражнений под руководством инструктора фитнеса Сюзанны Фаджкусовой. Лекцию о пользе и важности упражнений для пожилых людей прочитала Мелани Голловэй, инструктор фитнеса и персональный тренер. Мероприятие прошло успешно. Оно было информативным и в то же время развлекательным и очень понравилось всем пятидесяти участникам.

Ида Гитлина.





# Miss a day?

GROWING STRONG TRAINING

# Lose a day

by MELANIE GALLOWAY

- Monday ✓
- Tuesday
- Wednesday ✓
- Thursday
- Friday
- Saturday ✓
- Sunday

- When more than two days go by without some sort of exercise we start to lose conditioning of the heart.
- If you exercise on Monday you will need to do so again by Thursday or by Friday you will start to lose the benefit of Monday's session.
- Aim for three days a week of increased activity to keep your heart and body fit.

Muscles do not need as frequent training as the heart but aim for two days a week to keep them strong.

Strong muscles allow you to move more easily so you can get the heart beating enough!

Reduced activity will lead to a downward spiral and less mobility.

Increased activity will lead to upward spiral and better health.

## Give this some consideration!

Life is a constant battle against gravity!

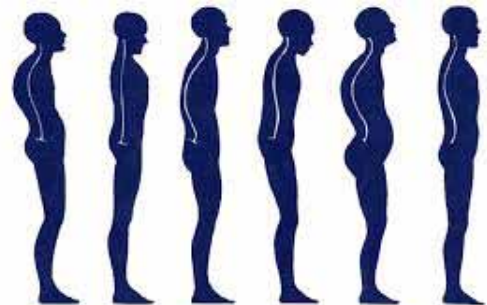
Strength through the back, hips and neck is needed for good upright posture.

Those who carry loads on the top of the head from a young age will not lose that good posture.



If you use chairs then try not to let gravity pull you forward...

stack your vertebra properly and make sure your head is not hanging off the top of your spine.



Twelve weeks of daily attempts to stand tall may start to tell the brain what to do. The next 12 weeks start to tell the muscles what to do... after that you may begin to see change.

We do not lose posture quickly and we do not gain it without work.

Try this every day... several times!

Place your pointer fingers at the base of your neck and slide them out towards the shoulders. Lower the hands down with palms facing forward. Start to rotate from the shoulders to get your palms facing outward.

Press the fingers down towards the floor and take in a big breath.

(You can do it standing too!!)

Even if all you do is "think about it" you will be making a difference to how you walk, stand and sit.

Change begins with awaeness and intention.



### Melanie F. Galloway, B.Sc.

*Personal Trainer; Osteofit Instructor (B. C. Woman's Hospital); Joint Works and Water Works Instructor (Arthritis Society); Trainer of Trainers for the B C Recreation and Parks Association; Advanced Health and Fitness Specialist (American Council on Exercise).*

Contact Melanie by email at [Melanie@grownstrong.ca](mailto:Melanie@grownstrong.ca) or phone at 604 732-9295.



Kosher in  
Vancouver

REAL CANADIAN  
**Superstore**  
big on fresh, low on price.™

**350 S.E. Marine Dr.**

We now carry an assortment of Kosher beef, chicken, lamb, chicken strips, hamburger, sausages, hot dogs, deli meat, beef lasagna, beef and chicken shepherd's pies, egg rolls, beef samosas and Silver Hills Breads.



**NOW AVAILABLE**  
ACE Rosemary Focaccia Triangle Buns and ACE Ciabatta Piccolo Buns

At the Main Street and Marine Drive location only.

## Simple instructions for using JSA website

1. Click on any coloured square to learn more on each topic
2. When the page opens you will find a list of specific areas of interest on the left hand side
3. Click on the individual area of interest to view details
4. To go back to the home page click the JSA logo (which appears at the top left of each page).



At JSA one of the ways we can include all our members is to keep our website relevant, up-to-date, interesting and fun.

We need to create a movement of seniors who are active online participants.

We look forward to hearing your feedback on how you experienced navigating our website.

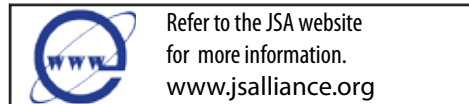
## BC Seniors Website

SeniorsBC.ca is a website that provides information about government programs and services for older adults. Included on the website are sections on health care, finances, benefits, housing, transportation and more. Users can find answers to timely questions in the “frequently asked questions” section. Resources such as the BC Seniors’ Guide and Healthy Eating for Seniors handbook can be found in PDF format on the website: [www.seniorsbc.ca](http://www.seniorsbc.ca) or call Service BC at **1-800-6637867**.



# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE



### COUNSELLING AND SUPPORT SERVICES

<b>Alzheimer Society of B.C.</b> Resources and Information. Alzheimer resource centres located throughout the province	604-681-6530 www.alzheimerbc.org
<b>BC Bereavement Helpline</b> Lower Mainland	1-877-779-2223 604-738-9950 www.bcbereavementhelpline.com
<b>Bereavement Walking Program</b> It is a time to walk and talk with others who are grieving	604-731-8643 Sharon 604-731-7805 Sue
<b>BC Centre for Elder Advocacy and Support (BCCEAS)</b> Elder law clinic.	604-437-1940 www.bcceas.ca
<b>Crisis Intervention &amp; Suicide Prevention Centre of BC (24 hrs.)</b> Provides confidential supportive telephone lay counselling services.	604-872-3311 www.crisiscentre.bc.ca
<b>TTY at the Vancouver Crises Intervention and Suicide Prevention Centre</b>	604-872-0113
<b>The Dementia Helpline</b> A service for people with dementia, their care-givers, family and friends.	604-681-8651 www.alzheimerbc.org
<b>Family Services of Greater Vancouver</b> Provides counselling and supportive services to individuals and families.	604-731-4951 www.fsgv.ca
<b>Jewish Family Service Agency</b> Provides counselling, supportive, and information/referral services to individuals and families.	604-257-5151 www.jfsa.ca
<b>Jewish Seniors Alliance Peer Support Services</b> No charge volunteer peer counselling, Shalom Again friendly calls, friendly home visits	604-267-1555 www.jfsa.ca
<b>L'Chaim Adult Day Centre</b> L'Chaim provides a social, therapeutic & recreational service to frail or disabled older adults.	604-638-7275 www.adultdaycentres.org/l'chaim

### MEDICAL INFORMATION AND REFERRAL SERVICES

<b>Vancouver Coastal Health Authority...</b> Serves Vancouver, Richmond, North and West Vancouver, Sea to Sky Highway areas, Sunshine Coast and B.C. Central coast.	604-736-2033 www.vch.ca
<b>Fraser Health Authority</b> Serves Fraser North, Fraser South and Fraser East.	604-587-4600 www.fraserhealth.ca
<b>HEALTHLINK BC</b>	8-1-1 www.healthlinkbc.ca
<b>TTY</b> (special Telus relay service for deaf and hearing impaired)	7-1-1
<b>Louis Brier Home and Hospital</b> Provides complex residential and extended hospital care.	604-261-9376 www.louisbrier.com

### NUTRITION

<b>Dial-A-Dietitian</b> Specializes in easy-to-use nutrition information for self-care.	604-732-9191 www.healthlinkbc.ca/dietitian
<b>Meals on Wheels</b>	
Burnaby	604-299-5754
Coquitlam	604-942-7506
Richmond	604-292-7200
Surrey/Delta	604-588-0325
New Westminster	604-520-6621
Vancouver	604-684-8171
White Rock	604-536-3866
For kosher meals contact Jewish Family Service Agency	604-257-5151 local 218
Kosher food bank	604-257-5151 local 230
Suppliers of Kosher meat and poultry	
Kosher Food Warehouse	604-709-9889
Omnitsky	604-321-1818
Sabra Superstore	604-733-4912
	604-322-3702

### TRANSPORTATION

<b>SN Wheelchair Transport</b> special needs door to door	1-800-768-0044
<b>Translink Bus Service</b> - bus and route timetable advice	604-953-3333
<b>Driving Miss Daisy</b> - driving service for seniors to appointments, programs etc.	604-290-8874 1-866-351-9696

# USEFUL RESOURCES

## SECTION TO KEEP FOR REFERENCE

<b>GENERAL INFORMATION SERVICES</b>	
<b>Alcohol and Drug Info &amp; Referral</b> – education, prevention and treatment services, and regulatory agencies related to any kind of substance abuse.	604-660-9382
<b>Ambulance Billing Service</b>	1-800-665-7199
<b>BC 211 Information and Referral</b> –General information line accessible 24 hrs, 7 days a week	211
<b>Dial-A-Law Lawyer Referral Service</b>	604-687-4680 dialalaw.org
<b>Health and Seniors Information Line</b> “One stop” for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages.	1-800-465-9411 www.health.gov.bc.ca
<b>Jewish Family Services Agency, Senior Services</b> Mon to Fri excluding statutory and Jewish holidays. Provides information to seniors and their families in all aspects of the aging journey. Accessible	604-257-5151 local 217 / 218 / 219
<b>Jewish Seniors Alliance Information and Referral Services</b> Provides information regarding services of interest to Jewish seniors and their primary/secondary care-givers. Accessible 9:00 am–5:00 pm. Monday to Thursday excluding statutory and Jewish holidays.	604-732-1555 www.jsalliance.org
<b>Medical Services Plan Subscriber Information – VANCOUVER</b> Automated service providing enrolment and premium information and answers to frequently asked questions. 24 hour service	1-800-663-7100 604-683-7151 www.health.gov.bc.ca/msp
<b>NIDUS Personal Planning Registry</b>	www.nidus.ca
<b>PharmaCare</b> (including the Fair Pharmacare Plan)	604-683-7151
<b>Poison Control Centre</b>	1-800-567-8911 www.dpic.org
<b>Police/ ambulance /fire emergencies</b>	911
<b>SAFER (Shelter Aid for Elderly Residents)</b> Provides monthly payments to subsidize rents for eligible BC seniors 55+ or over and who pay rent.	604-433-2218 press “1”
<b>SAIL (Seniors Advocacy &amp; Information Line)</b> 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 55+ and meet eligibility criteria for lawyer referral. Program operated by BC Centre for Elder Advocacy.	604-437-1940
<b>SHIP (Seniors Housing Information Program)</b> Operated by the Seniors Services Society, the directory provides a comprehensive list of housing available for seniors living in or wishing to live in the Lower Mainland of BC.	604-520-6621
<b>INFORMATION AND SUPPORT SERVICES</b>	
<b>1-800-Banting – The Canadian Diabetes Association</b> For those living with diabetes, family, friends, and caregivers – with information on the prevention and management of diabetes and referral to various community resources. Canada offers disease information, programs.	1-800-226-8464 www.diabetes.ca
<b>Canadian Cancer Society Cancer Information Service</b> Up-to-date information on a variety of cancer related topics, including prevention, early detection, diagnosis and treatment. Can help find cancer-related services and programs in local communities, and interpreter service.	1-888-939-3333 www.cancer.ca
<b>Heart &amp; Stroke Foundation of B.C.</b> Dedicated to the prevention and relief of heart disease and stroke in B.C. and the Yukon. Provides information on research and support groups.	1-888-473-4636 604-736-4404 www.heartandstroke.ca
<b>The Stroke Recovery Association of B.C. (SRABC)</b> Offers information and programs for stroke survivors after they leave hospital.	1-888-313-3377 / 604-688-3603 strokerecoverybc.ca
<b>Kidney Foundation of Canada</b> Dedicated to Research into kidney disease and related disorders, as well as public education and patient services.	1-800-361-7494 / 604-736-9775 www.kidney.ca

# ONGOING EVENTS April, May, June, 2013

<b>JEWISH COMMUNITY CENTRE SENIORS (JCC)</b> 950 W 41st Avenue CONTACT: Leah DesLauriers leah@jccgv.bc.ca 604.638.7283 www.jccgv.com/contest/seniors	
MONDAY	
12-2pm (during May only)	Legendary Entertainers
11.45 am bi-weekly	Lunch & Learn
June 5th Morning Music Concert at 10:30 am	
TUESDAY	
9:30-10:30 am	Chair Yoga
10:30-12 pm	Bridge Lessons
11 - 2:30 pm	Duplicate Bridge
WEDNESDAY	
9:30-10:30 am	Chair Yoga
10:30-12:30 pm	In The News
1-2:45 pm	Arts & Crafts
1-4 pm	Poker & Mah Jong
3-4:30 pm	Drawing & Painting
THURSDAY	
11-2:30 pm	Duplicate Bridge
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11-1 pm	Social Bridge
BUS OUTINGS	
April 24 (USA)	Skagit Valley Tulip Festival
May 10	Harrison Hot Springs
June 28	Peak-2-Peak Tour (Whistler)

<b>L'CHAIM ADULT DAY CENTRE</b> 950 W 41st Avenue CONTACT: Annica Carlsson 604-638-7275 annica@jccgv.bc.ca www.adultdaycentres.org/lchaim	
MONDAY AND WEDNESDAYS	
9:30-3 pm	
FRIDAY	
9:30-2 pm	

## SAVE THE DATE—JSA EVENTS

### JSA SPRING FORUM **ALL IN THE FAMILY** "Three Generations Speak Out"

DATE: Sunday 21 April, 2013  
TIME: 1:30-4 pm  
PLACE: Peretz Centre  
**(see back cover for more detail)**

JSA-SNIDER FOUNDATION  
EMPOWERMENT SERIES 2013

Chicken Soup for the Mind, Body & Soul

#### **REINFORCE YOUR HUMANITY: Nurture your soul**

DATE: Friday 12<sup>th</sup> April  
TIME: 11-1:15 pm  
PLACE: Peretz Centre

#### **TIME TO REJUVENATE: Let's celebrate**

DATE: Monday 17<sup>th</sup> June  
TIME: 11:30-2 pm  
PLACE: Kehila at Beth Tikvah Synagogue  
**(see inside back cover for more detail)**

### **JSA AGM & CLOSING DINNER** Thursday 28<sup>th</sup> June, 2013

(see page 17)

**KEHILA JEWISH SENIORS - RICHMOND**  
BETH TIKVAH SYNAGOGUE  
9711 GEAL ROAD,  
RICHMOND, BC V7E 1R4  
CONTACT: Kay Abelson  
604.241.9270

kehila@uniserve.com  
www.kehilasociety.org

MONDAY - 9:30 - 2 pm	
9:45-10:45 am	Beginners ESL
10:45-11:45 am	Advanced 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 call Ruth 604-271-1973

**CHABAD RICHMOND**  
200-4775 BLUNDELL ROAD.  
(ACCESSIBLE BY CHAIRLIFT)  
CONTACT: Rabbi Baitelman  
admin@ChabadRichmond.com  
604.277.6427

TUESDAYS - EVERY OTHER TUESDAY -  
TORAH CLASS FOR SENIORS

11-12 pm bi-weekly	Torah Class for Seniors
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April 9, 23, May 7, 21, June 4, 18

4<sup>TH</sup> TUESDAY OF EVERY MONTH -  
COMMUNITY KITCHEN

12:30-2:30 pm	Community Kitchen
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April 23, May 28 (Phone to confirm  
June & July dates)

WEDNESDAY

1-4 pm	Arts Club for women- Every Wednesday until July
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THURSDAY

9:45-12 pm	ESL Classes - Every week until June
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**CHABAD RICHMOND—"SMILE ON SENIORS"**  
CONTACT: Marlene Shore  
604.275.7543 or Kay 604-241-9270

ALTERNATE THURSDAYS 11-2 pm  
Hot Kosher lunch \$7 Movies, Music,  
Movies, Music, Guest Speakers,  
incl. Rabbi Baitelman  
April 4, 18, May 9, 23, June 6, 20

**JEWISH FAMILY SERVICE AGENCY**  
CONTACT: Queenie Hamovich  
QHamovich@jfsa.ca  
604.257.5151 Ext. 1-274

A WEEKLY HOT KOSHER LUNCH  
& PROGRAM OF INTEREST EVERY  
TUESDAY AT TEMPLE SHOLOM.  
7190 OAK STREET, VANCOUVER  
Cost \$11. Subsidies available. Volunteer  
drivers bring the seniors to the lunch  
and back home again if needed. No  
lunch April 2



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

# ONGOING EVENTS April, May, June, 2013

**JEWISH MUSEUM AND ARCHIVES OF BC**  
 6184 Ash Street, Vancouver, V5Z 3G9  
 CONTACT: Marcy Babins, Administrator 604.257.5199  
[www.jewishmuseum.ca](http://www.jewishmuseum.ca) [info@jewishmuseum.ca](mailto:info@jewishmuseum.ca)

## PHILOSOPHERS' CAFÉS

7:00pm – 9:00pm at 6184 Ash Street, Vancouver BC, V5Z 3G9  
 Hot drinks and sweets served all PM \$5 suggested donation at the door  
 INFO: [www.jewishmuseum.ca](http://www.jewishmuseum.ca) | [info@jewishmuseum.ca](mailto:info@jewishmuseum.ca) | 604-257-5199

WEDNESDAYS Apr. 17, June 19, July 17, Aug. 21, Oct. 16, Nov. 20, Dec. 18

## WALKING TOURS

Regular summer walking tours (\$10pp) of Strathcona/ Gastown & Mountain View Cemetery coming soon! Check for summer dates at [www.jewishmuseum.ca/tours](http://www.jewishmuseum.ca/tours). Book your private walking tour, a great way to celebrate special events. Contact 604-257-5199 or [info@jewishmuseum.ca](mailto:info@jewishmuseum.ca) for more information, or to book your tour today!

## VOLUNTEER OPPORTUNITIES

Volunteer opportunities available - flexible hours, free training! Please contact us at 604-257-5199 or [info@jewishmuseum.ca](mailto:info@jewishmuseum.ca).

Celebrate the 150th Anniversary of Congregation Emanu-El (Victoria BC) on June 2, 2013. More info: [www.congregationemanu-el.ca](http://www.congregationemanu-el.ca) or 250-382-0615.

**JEWISH GENEALOGICAL INSTITUTE OF BC**  
 Temple Sholom, 7190 Oak Street, Vancouver  
 CONTACT: Cissie Eppel 604.321.9870

FREE access to our databases—(ancestry.com, findmypast.com and footnote.com) and computer, at Jewish Museum & Archives of BC)

## TUESDAY

7:30 pm 1st Tuesday of the month at Temple Sholom	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.
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**MOST BRIDGE RUSSIAN JEWISH SENIORS**  
 PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9  
 CONTACT: Ida Gitlina 604.434.2191 [idadg10@telus.net](mailto:idadg10@telus.net)

April 14–1 pm	Israel is 65
May 5–1 pm	Victory Day celebration
June 16-1pm	Literary-Musical Composition - Matvey Blatnet

**CONGREGATION BETH ISRAEL**  
 Jewish Community Centre, 950 W 41st Avenue  
 CONTACT: Gaynor 604.731.4161 [gaynor@bethisrael.ca](mailto:gaynor@bethisrael.ca)

WEDNESDAYS–April 24, May 29, June 19	“Lunch & Learn”–with Rabbi Infeld noon at JCC
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**PERETZ CENTRE FOR SECULAR JEWISH CULTURE**  
 6184 Ash Street, Vancouver, V5Z 3G9  
 CONTACT: Donna Modlin Becker  
 604.325.1812 [info@peretz-centre.org](mailto:info@peretz-centre.org)

## FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE

FRIDAYS AT 6 PM - April 19, May 17, June 21

Vancouver Jewish Folk Choir Rehearses every Tuesday	7:30–9:30 pm
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Yiddish Reading Circle first and third Wednesday of the month	3:00–4:30 pm
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Adult Discussion Group: Last Sunday of each month	10:30 am
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**SHOLEM ALEICHEM SENIORS**  
 CONTACT: Gyda Chud 604.266.0115

FRIDAYS 11–1 pm  
 Guest speakers, films, discussions and refreshments.



**ISAAC WALDMAN JEWISH PUBLIC LIBRARY**  
 950 W 41st Avenue [library@jccgv.bc.ca](mailto:library@jccgv.bc.ca)  
 CONTACT: Karen Corrin and Helen Pinsky  
 (604) 257-5111 ext. 249  
[www.jccgv.com/content/library-main](http://www.jccgv.com/content/library-main)

## MONDAYS

April 22, May 27, June 17 at 2pm	YIDDISH stories for adults read in English by Shanie Levin
----------------------------------	--

## TUESDAYS

10:30 am	HEBREW CONVERSATION CIRCLE—a fun way to practice speaking Hebrew and improve your conversation skills
1–3 pm	A SOCIAL AFTERNOON—Scrabble, Chess, Cribbage

## WEDNESDAYS

10:30–12:30 pm	IN THE NEWS – This is a discussion group for people interested in current affairs and global politics. Discussion chair: Ralph Levy
----------------	---

## THURSDAYS

2:15–3:15 pm	ESL CONVERSATION CIRCLE—Do you want to practise speaking English? All welcome. Free
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By Popular Demand: CREATIVE WRITING WORKSHOP with Lillian Boraks-Nemetz. Sunday, April 28, 1-3 pm. Admission by donation. Register early.

Jewish Seniors Alliance of Greater Vancouver  
**ANNUAL GENERAL MEETING**

Thursday JUNE 27, 2013 at 5:00PM  
Unitarian Centre, 949 W. 49th Ave. (on Oak St.)

**“Alone  
we can do so little.  
Together  
we can do so much”.**  
—Helen Keller

**AGENDA**

**5:00 Registration**  
**5:30 Welcome & AGM**  
followed by: dinner,  
presentation of volunteer awards  
and entertainment.

**SAVE THE DATE**

[www.jsalliance.org](http://www.jsalliance.org)

**604.732.1555**  
[office@jsalliance.org](mailto:office@jsalliance.org)

**Hand painted  
WOODEN CANES**

sold by

**JSA's Mitvah Makers**  
a dedicated group of volunteers



**MINI FORUM ON  
REPRESENTATION  
AGREEMENTS**

“Representation Agreements  
were identified by The Province  
newspaper as one of the top ten  
essential tools to meet seniors'  
needs in B.C.”

**How does it work, what should  
be in it and why do I need it ?**

Michael Jacobson CA SMA  
has offered to provide information  
sessions on the subject.

If interested in participating  
please

call Karon Shear  
**604-732-1555**

**Greeting cards**  
for all occasions

using beautifully captured images  
by Binny Goldman



call Rita Propp  
**604-732-1555**



So you've looked after your spouse,  
taken care of your children ... consider  
leaving a **legacy** to Israel.

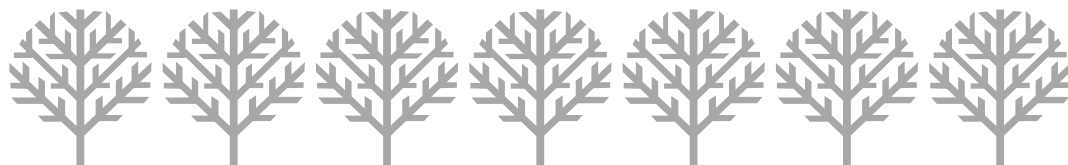
A **legacy** can help you achieve tax, financial and lasting philanthropic objectives.  
By **including JNF in your will**, you leave a lasting legacy for generations to come.  
Plant the seeds of your legacy today.

Contact Ilan Pilo in confidence – JNF Jerusalem Emissary at 604.257.5155  
or ilan.pilo@jnf.ca for more information.

vancouver.jnf.ca



DESIGNED BY BARBI BRAUDE --- 604 319 0313



## ONGOING ACTIVITIES at 49th and Oak

### The Pacific InterChristian Community SANDWICH MAKERS



LEFT TO RIGHT: Iris Waters, Dianna Deyholos, John Vincent, Joan Vincent, Jocelyn Urch

In 2012 this dedicated group prepared and delivered 1254 sandwiches for First United Church in the downtown eastside of Vancouver. They operate 12 months of the year, providing delicious and nutritious sandwiches. Everything is made from scratch, with a variety of fillings. Uprising Bakery donates the bread. We have fun, work hard and look forward to doing it again the following month!

Costs for the sandwich fillings are provided through donations.



REOPENS  
JUNE 6, 2013

Wednesdays, 3 – 7 pm, June 6 till October

Venue: Unitarian Centre of Vancouver parking lot

Local organic farmers and other local producers who are dynamic and passionate about helping to build sustainable local food systems in Vancouver. sell a variety of products including produce, meat, fish, bread, eggs, flowers and prepared food.

For more information,  
please visit our website:  
[www.oakstreetmarket.ca](http://www.oakstreetmarket.ca)



## 5 CREDIT CARD MISTAKES TO AVOID

Be a smarter shopper and learn easy ways to avoid these plastic traps with these top credit card tips:

- 1. Opening store credit cards to get a discount:** Tempting as it may be to get that 20% off - don't do it!
- 2. Not shopping around for the best card:** There might be a better card with lower interest rates or more appealing awards, so do your research.
- 3. Not utilizing a rewards program:** The points can really add up especially if you utilize special promotions - make the most of your rewards.
- 4. Not tracking your charges:** As soon as you receive your credit card bill, be sure to look it over. You will be surprised how many people don't. Errors such as double billing happen. Reading your bill also tells you the terms of your credit card interest rates, grace period and other fees. These terms change so be sure to read the fine print.
- 5. Sharing your credit card with children or grandchildren:** It may seem like a good idea but you may be in for a big surprise and a big bill.

## CELL PHONE COURTESY

After a tiring day, a commuter settled down in her seat and closed her eyes on the train. As the train rolled out of the station, the guy sitting next to her pulled out his cell phone and started talking in a loud voice:



"Hi sweetheart. It's Eric. I'm on the train. Yes, I know it's the six thirty and not the four thirty, but I had a long meeting. No, honey, not with that blonde from the accounts office. With the boss. No sweetheart, you're the only one in my life. Yes, I'm sure, cross my heart!"

Fifteen minutes later, he was still talking loudly, when the young woman sitting next to him had enough, leaned over and said into the phone, "Eric, turn that phone off and come back to bed."

Don't think Eric will be using his cell phone in public any longer. 😊

# Serge Haber Receives Award

## WAI YOUNG'S INTRO SPEECH AT AWARD CEREMONY—FRIDAY 14TH DECEMBER, 2012

**T**hank you for being here today. It is an honour to be in your presence because I know that you are here because of all the work you have done for your family, for our community, and for Canada.

I wanted to say a few words today because I wanted to let you know that I have parents – my dad passed away a number of years ago, but my mother is a senior too – it was her 80th birthday last Sunday.

I wanted to share their story and therefore my story with all of you. I emigrated from Hong Kong when I was four years old - my parents had to flee China because of the revolution. And they had lost everything and they were refugees and had to start all over again, with seven children.

I saw how hard they worked, like many of us in this room. So I just wanted to share a little of their and my story.



**Serge Haber with MP Wai Young**

On Friday, Dec. 14, 2012, Serge Haber, president of Jewish Seniors Alliance of Greater Vancouver, was awarded a Seniors Recognition Award from Wai Young, Member of Parliament for Vancouver South. This certificate of appreciation was awarded for his outstanding leadership and service with seniors in our community.

Mazel tov, Serge!

To let you know seniors such as yourself like my parents who have worked so hard to build this country to become the successful country that we are today. You probably all know that the International Monetary Fund, and all kinds of other countries, and the World Bank, and everybody has acknowledged that Canada is doing the best out of all the G8 developed countries ... and that is in large part is due to the foundations you have built and worked on to build our community.

I would like to share with you some of the things that your government is doing for seniors today:-

- 76 Billion dollars per year for the CPP
- 2.3 billion in tax relief for income splitting and to increase the Old Age Credit.
- We Removed 400,000 seniors from across Canada from having to pay income tax
- We Automatically renewed the Guaranteed income supplement benefit, since it is now guaranteed people don't have to reapply every year
- We increased our funding for housing units for low income seniors to 400 million dollars
- We increased our new horizons for seniors program grants
- Part of the seniors program that we have for seniors specifically is to create a national seniors council which is doing great work in terms of policy and programs for our seniors in Canada
- We also have established a national seniors day – (part of the reason why we are here today), and in terms of awarding some seniors for all of the contributions that you have made in our community and to Canada
- We've also invested 13 million dollars in a federal seniors elder abuse initiative and we've increased the charges for people that target our vulnerable seniors in terms of financial targeting or physical abuse
- In addition to that as you all know we've increased our health care, our community safety and crime prevention initiatives and I think that all of these things support and I hope make all of our seniors feel safe here in Vancouver South.

I thank you on behalf of the government of Canada, the Prime Minister and myself from Vancouver South, for all that you do in our community 🌸





## Sylvia Gurstein is 90!

Sylvia Feldman, who was born in Winnipeg, February 28, 1923 brought the Jewish Seniors Alliance much joy as she celebrated her 90th birthday with us. Sylvia married Emanuel Gurstein in 1943. They immediately relocated to Edmonton where Sylvia obtained her degree in Social Work.

Taking the long route to Vancouver, in 1947 the Gursteins moved to Melfort Saskatchewan, in 1964 to Saskatoon and in 1980 to Vancouver. As a Social Worker she participated in the initial intake for Haro Park Centre.

Sylvia has been an active volunteer all her life and has and still continues to participate and contribute in many ways. These include being a former volunteer with the Ministry of Health and Welfare as a Seniors' Counsellor, a former member of the Seniors Advisory for the City of Vancouver, Hawaii Seniors, a life member of Hadassah, National Council of Jewish

Women, and of course a cherished and active life member of the Jewish Seniors Alliance.

Sylvia is the mother of a son and a daughter (both with PhD.), and grandmother of 2 girls and a boy. She maintains her own household and is an active member of the JCC and Beth Israel Synagogue.

When asked to share her recipe for being 90 years' young' she shared three important ingredients - good attitude, proper diet and lots of exercise. Sylvia has exercised all her life – a swimmer, cyclist and walker.

Sylvia, you are a role model for us all.

Biz a hundert and tvantzig!!

Happy Birthday!

by MARILYN BERGER



“ My memory really sucks Mildred, so I changed my password to 'incorrect'. That way when I log in with the wrong password, the computer will tell me... 'Your password is incorrect!' ”

**“ Have courage  
for the great  
sorrows of life  
and patience for  
the small ones;  
and when you  
have laboriously  
accomplished  
your daily task,  
goto sleep in  
peace.”**

-VICTOR HUGO



**ALINA SMOLYANSKY,**  
front cover artist

Since her adolescence, Alina Smolyansky had been a capable artist, dedicated to watercolour painting and writing. However, in recent years, after a career in engineering, she started looking for more meaning, both in her life and her art. This search brought her to an icon painting class, but eventually she found her spiritual path within her Jewish heritage and the ancient wisdom of Kabbalah.

Alina paints in the traditional egg tempera technique, known for its luminosity and long history. Her works are in private collections in Vancouver, Victoria, Germany and Thailand and have been exhibited in Victoria, Vancouver and Germany.

Alina holds diplomas from BCIT and Douglas College and a BA in Professional Communication from Royal Roads University. She is a communication professional and besides painting, volunteers her time to the non-profit educational organization, Bnei Baruch Education Center.

smolyansky.a@gmail.com



The Tree of Life – "Harmony"



Located on the 8th floor of the Performing Arts Lodge (PAL) Vancouver the PAL Studio Theatre Society operates a 150 seat, air conditioned studio theatre as a rental facility for theatre and performing arts producing companies, arts community organizations, PAL resident performances, and other rental clients. The theatre is surrounded by a lush rooftop garden and patio.

Upcoming  
**EVENTS**

## FRESH NEWS FROM PAL STUDIO THEATRE!

Hi Karon,

Thank you for asking about recommendations for Senior Line from PAL Vancouver.

The first play I would recommend is Chris Tyrell Loranger's **Knock Knock** running **April 18 - 21**. It is an autobiographical musical collaboration with outstanding Vancouver musicians. Chris has been a passionate supporter of PAL for many years. He began searching for his birth mother and discovered she had been an accomplished actress. His play is very much about his search for identity at middle age. Chris will be donating all revenues from his performance back to PAL. I have attached a jpg of his poster.

The next play I would recommend is **Us & Everything We Own** running **April 4th to the 13th** presented by the provocative Twenty Something Theatre. Written by Sean Minogue and directed by Sabrina Evertt, the cast of this world premiere includes Adam Lolacher, Julie McIsaac, Genevieve Fleming and Jason Clift. Their poster is also attached.

In June, **PAL's Chorus is planning a big concert**. The date hasn't been set yet, but PAL's Chorus is a wonderful group comprised of our residents and people from across the Lower Mainland who are over the age of 55 and want to sing and socialize. New members are welcomed and no experience singing is required.

Theatre Manager Melanie Wickes continues to book performances for the spring – I'm not sure what they are yet.

Tickets for all performances are, or will be available online via [www.brownpapertickets.com](http://www.brownpapertickets.com)

Thank you for supporting the residents of PAL Vancouver, and please let me know if I can be of further assistance.

Best regards,

Karen

Karen Woodman

Executive Assistant

Resource Development

Performing Arts Lodges-Vancouver

604-255-4312

# “THAT REMINDS ME”

A Collection of Stories, Poetry and Art.

**“THAT REMINDS ME” A Collection of Stories Poetry and Art: a Creative Collaboration of the Louis Brier Writers Club, and members of Hands on Art Program**

WRITTEN BY PAULA BROOK AND NOMI FENSON

“Writing and reading decrease our sense of isolation,” notes author Anne Lamott. “They deepen and widen and expand our sense of life. They feed the soul.”

“Great art picks up where nature ends.” Marc Chagall  
The Louis Brier Writers Club has been meeting weekly since 2004, with three of the original members still actively involved. The program was established in response to a desire among residents for a place where they could freely share their memories and ideas with their peers, and express their unique skills and interests.

At the Louis Brier Home and Hospital the interdisciplinary team provides ongoing opportunities for residents to maintain connections with the people, activities and events that enrich their lives, in spite of limitations they may be living with. A dedicated team of skilled volunteers contribute their time and diverse talents to ensure that residents can take advantage of these opportunities. The Writers Club is a venue where intellectual discussions stimulate the creative juices, encouragement abounds and positive feedback is always welcome. The connection with the larger community is reinforced as authors and poets visit the group to present their work and facilitate writing sessions. The invitation from the Cherie Smith JCCGV Jewish Book Festival in 2007 and 2012 to participate in a panel and a workshop was a tremendous sense of pride and achievement for the Writers Club members. They presented readings from the two collections that were also showcased at the Festival: “My Life as a Branching Tree” (2007) and “That Reminds Me” (2012). Author Paula Brook and educator Sherri Silverman, co-facilitators and writing mentors; bring their enthusiasm and multitude of skills to enhance the group’s weekly meetings.

**The Hands on Art Program** at the Louis Brier is a highly successful and popular art program estab-

lished in September 2011. For some of the participants, art is a vocation: for others, an exciting new avenue for creative expression. The paintings have been showcased at the Louis Brier, giving the artists and their friends and families much nachus. The group is skillfully facilitated by artist Lauren Morris and educator Phillipa Friedland.

“That Reminds Me” is a first: A creative collaboration between the Writers Club and the Hands on Art Program. Some residents are active in both groups – a veritable cabal of culture! The beautiful reproductions illustrating the collections represent a glimpse into the creativity that has blossomed in recent years under the direction of artist/volunteer Lauren Morris, who also designed this book’s layout. Paula Brook and Sherri Silverman recorded, selected and edited the poetry and prose.

In reading the collection we are gifted with the richly detailed reflections on aging itself: The struggles for dignity, the blessings of good company, the undying urge to create, to communicate, to make one self and others smile. These same powerful values are evident in the relationships that have formed through creative collaboration at the Louis Brier. The writers, artists, readers and listeners offer crucial support for one another, often through the most challenging of transitions, but also through times of joy and laughter.

In the words of Marjorie Goodman Z”L, long time member of the Writers Club

## DREAMING

By Marjorie Goodman

There is a time to be quiet  
And some time to dream  
And there is time to do what you think  
And time for freedom of the soul ✎

“That Reminds Me”



Stories and Poems  
by the Louis Brier Writers Club, 2004 - 2012

# Rabbi Bregman retires after 33 years

## Gala celebration will be held April 28 at Chan Centre



**T**emple Sholom was a young congregation on the fringes of Vancouver's Jewish community when Rabbi Philip Bregman arrived in the summer of 1980.

As he retires after 33 years as its spiritual leader, the Reform synagogue on Oak Street is a highly respected institution of prayer, learning and leadership. Temple Sholom has become the largest synagogue in Vancouver bustling with activity for all ages and diverse interests. Rabbi Bregman, a

dynamic personality, has become the senior rabbi in the province.

His work has touched countless people across the city. He has been an inspiration and comfort to congregants at times of happiness, illness and mourning. He has connected families with religious traditions and Israel.

He has forged strong links with all Jewish denominations and many faiths.

"Rabbi Bregman is a doer and makes things happen," says long-time congregant Jack Lutsky.

At Temple Sholom, Rabbi Bregman is much loved for his bold cantorial voice and engaging sermons that connect Torah to contemporary events. Numerous congregants have sought out his advice and counsel. He has officiated at hundreds of bar and bat mitzvahs and taught for several years at Talmud Torah and the synagogue's religious school.


He has opened the doors of Temple Sholom to the community in support of the Jewish

Food Bank, Jewish Family Service Agency, Jewish National Fund and Project Isaiah,

an annual food drive started by State of Israel Bonds. He has also been extremely active beyond the temple doors, forging relationships with religious leaders across the city and advocating for Israel. He co-founded the Rabbinical Association of Vancouver, an umbrella group that brings community leaders together to discuss issues such as burial rituals, and the Metro Vancouver Muslim Jewish Dialogue. He co-convened the Vancouver Jewish Christian Dialogue. He has led dozens of tours to Israel.

"I will miss everything about Rabbi Bregman once he retires," says congregant Ellen Gordon, "but most of all I will miss his warm greeting I always receive when I drop by the office."

A gala celebration to pay tribute to his achievements will be held on April 28 at the Chan Centre at UBC. Tickets at \$180 per person are available from

Temple Sholom (604) 266-7190. 

## What Rabbi Bregman has meant to us at JSA.

**W**hen we think of Rabbi Bregman we think of the various JSA programs that he has taken part in and how he has made us laugh and how amazing his contribution has been in terms of content. The delightful way he drops his pearls of wisdom.

He was a guest speaker at the JSA Spring Forum on Respect 2006. He stole the show. He spoke at various JSA-Snyder Foundation Empowerment series. 2011-'How to be a Super Senior' series. Rabbi spoke on 'The Role of Healing in our Lives', and Cathy took us through a meditation exercise. 2012-'You & Your Money' series. Rabbi spoke to us on Tzedakah. He

has a remarkable knack of finding humour in the most serious subject, without taking away from the seriousness of the topic.

Want to know more? Refer to our website [jsalliance.org](http://jsalliance.org) for video of this informative talk, and also all back issues of Senior Line are available on the website, which contain review of his presentations

Rabbi, we hope that although you are retiring from your former position with Temple Sholom, we can still occasionally call on you to participate in our events.

We wish you and Cathy Kol tov!



– Photo Dan Propp

# NOSTALGIA

## Jewish Reflections

יְהוּדִים בְּרִפְלֵאוֹנִים



As the menorah in Richmond Reflected in the evening rain many stories and memories came pouring back in again.

Not so long ago, a few of us met at the Vancouver's Issac Waldman Library and formed the Vancouver Jewish Writer's group. Two years later we published a book called Memories And Reflections. Our goal was to inspire other world cities with substantial Jewish communities to follow suit because all have so many stories that should be shared with future generations.

So much has changed so quickly in such a relatively short time and likely the majority of seniors in our Greater Vancouver community have memories of the nineteen forties that still stir deep inside. We felt that these poignant snippets of the past plus now 'old fashioned' twentieth century Jewish humour and other lighter experiences should also be shared.

Unfortunately age, illness and the passing of some of our small membership ended putting things on hold.

Recently, however, a website was developed, [www.jewishreflections.com](http://www.jewishreflections.com). I hope you will visit because the site includes our book, Memories And Reflections, which can be read in its entirety and, of course, is free of charge. The website is also open to story submissions from the community at large.

Although yours truly is a stubborn technological dinosaur, it was possible to find an excellent web master who could - through the internet - at least, keep our hopes and dreams alive.

This mitzvah project requires assistance from seniors, and hopefully the much younger and technologically knowledgeable.

I would like see the original concept of this group continue, although the 'three of us', (me, myself and I) just don't have quite enough 'koiach' anymore. But that's a secret. Keep it under your hat, okay?

When we originally formed, I wrote to Elie Wiesel about our group. He replied enthusiastically and recognized that if we were successful, other cities worldwide might follow suit.

**If anyone in the community who has the time to make [Jewishreflections.com](http://Jewishreflections.com) a strong foundation on which to 'build', please call me at 604-277-6570 or e-mail [ajpropp@shaw.ca](mailto:ajpropp@shaw.ca).**

## THE WEINBERG RESIDENCE

As part of the Dr. Irving and Phyliss Snider Campus, The Weinberg Residence offers Assisted Living and Multi-Level Care for seniors within a Jewish community.

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*The Dr. Irving and Phyliss Snider Campus for Jewish Seniors,  
site of the Louis Brier Home & Hospital and the Weinberg Residence*



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# New Program Helps Seniors, people with disabilities modify homes

Would a new ramp, handrails or walk-in shower help you maintain your independence at home?

BC Housing's new Home Adaptations for Independence (HAFI) program helps low-income B.C. seniors and people with disabilities make home modifications that will allow them to continue living at home.

Through HAFI, homeowners and landlords with eligible tenants can apply for financial assistance of up to \$20,000 for improvements that make their home more accessible and safe.

The goal of the program is to enable people who have physical limitations to live at home longer. People's physical needs change over time – sometimes, a small improvement to a home can make the difference between being able to live independently or not.

Types of eligible projects include:

- Handrails in hallways or stairways,
- Ramps for ease of access,
- Easy-to-reach work or storage areas in the kitchen,
- Lever handles on doors,
- Walk-in showers with grab bars, and
- Bathtub grab-bars and seats.

The projects must be permanent and fixed to the home, although exceptions can be made for equipment that gives access to an existing part of the home (e.g. a bath lift).

Launched in January 2012, HAFI is funded by the Government of Canada and the B.C. government through the Canada-B.C. Affordable Housing Initiative. Through the HAFI program, \$15 million in grants or forgivable loans will be distributed to qualifying B.C. residents over the next three years.

To qualify for assistance from HAFI, recipients must be a low-income senior or person with a disability, a Canadian citizen or landed immigrant, and a B.C. resident. Someone in the household must have a permanent disability or loss of ability that makes it difficult to perform day-to-day activities. As well, the total household income and assets must be below a

certain limit. BC Housing can tell you the income and house value limits for your area when you apply.

The program is open to both homeowners and those living in market rental accommodation where rents are at the low end of market levels; landlords must apply for improvements on behalf of eligible tenants.

Eligibility requirements, an application guide and application forms are available at [www.bchousing.org/HAFI](http://www.bchousing.org/HAFI) or by calling BC Housing at 604-646-7055.

**“ Be like the bird who, pausing  
in her flight awhile on  
boughs too slight, feels them  
give way beneath her, and  
yet sings, knowing she hath  
wings. ”**

-VICTOR HUGO

## Disposal of expired medications

**B.C.** pharmacists want to increase the amount of expired and unused drugs people return for proper disposal with a new website and pharmacy locator map. People are encouraged not to dispose of their drugs in the garbage or by flushing them down the toilet. Virtually all pharmacies in B.C. (check [www.medicationsreturn.ca](http://www.medicationsreturn.ca)) accept unused or expired drugs. It's as easy as bringing them in to your local pharmacy.

It's important to divert unused and expired drugs from landfills and water systems because some can have adverse effects in the environment.

In 2012, 36,000 kilograms of drugs were returned in B.C. as part of the program, which is free to the public and paid for by pharmacies. The return program accepts prescription and over-the-counter drugs, and natural health products, but not empty bottles. The drugs are picked up by a disposal company and incinerated.

While it may seem a waste to throw out all those drugs, you can't recycle them. ♻️

# Impact of environmental change on older people

New study highlights impact of environmental change on older people

Researchers at the Stockholm Environment Institute at the University of York and Simon Fraser University's Gerontology Research Centre in Canada are calling for better awareness of the impact a changing environment will have on an aging population.

By 2050, nearly 25% of the global population will be aged 55 or over. This trend and environmental change bring together two key policy challenges which need to be addressed to ensure a safe, secure, equitable and sustainable future. But international policy makers have given little attention to the effects global environmental change will have on this demographic group.

There is a need to raise awareness of the effects of a changing environment on older people across the world.

The results of a pilot international survey of older people's attitudes suggest they are concerned about the environment, the threat of climate change and energy and water security. They are pessimistic about

the state of the planet that future generations will inherit believing environmental challenges will have grown significantly by 2050.

Professor Gloria Gutman, Research Associate at SFU's Gerontology Research Centre said: "Older people themselves, and especially those with chronic illnesses, need to recognise that environmental change can affect them personally. Data from around the world show that weather-related disasters kill older people at a disproportionate rate."

The report calls for appropriate policies to encourage older people to reduce their personal contribution to environmental change, to protect older people from environmental threats, and to mobilize their wealth and knowledge and experience in addressing environmental problems.

Policies must be 'age-proofed' so they support older people throughout their lives as well as harnessing the contribution they can make to addressing environmental threats and reducing their vulnerability. ✎

## 10 QUESTIONS To ask your pharmacist

1. What does this medication do?
2. How long will it take for me to see some effect from this medication?
3. Is there a generic form of this drug, or can you recommend a less costly therapeutic alternative?
4. Do you have any other written material about my medication?
5. Where should I store this medication?
6. What should I do if I miss a dose or stop taking my medication?
7. What are the risks and side effects of taking this medication, and which should be reported immediately to you or my doctor?
8. Are there foods, drinks or activities I should avoid while taking this medication?
9. Will this medication interact with over-the-counter medication, herbal products or other prescribed medication?
10. Are there any non-prescription products you can also recommend for my condition?

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The Pharmasave team from left: Allan, Rudy (Pharmacist and Owner), Heather, Willis and Annie

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# MEMBERSHIP



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



CO-CHAIRS  
LYLE PULLAN  
& BINNY GOLDMAN


## WELCOME TO NEW MEMBERS

Harry & Effie Gordon  
Fred & Esther Brauer  
Randall MacKinnon



## REMINDER: MEMBERSHIP RENEWAL AND/OR APPLICATION FORM.

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

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

## WITH GRATEFUL THANKS TO OUR SPONSORS

- We acknowledge the financial assistance of The Province of British Columbia.
- This project is funded in part by the Government of Canada's New Horizon for Seniors Program
- The Phyllis & Irving Snider Foundation
- Diamond Foundation
- Jewish Federation of Greater Vancouver
- Jack Kowarsky and the Lohn Foundation
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