

# Senior Line

Volume 23(2) - June 2016

Magazine of the Jewish Seniors Alliance of Greater Vancouver  
OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES



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Home Comfort dog care	-inside front cover
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The Weinberg Residence	-pg. 29
Pharmasave	-pg. 31
Legacy Senior Living	-inside back cover

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## PRESIDENT'S MESSAGE

# TOGETHER WE MADE A DIFFERENCE

**The volunteers at JSA are awesome. Time has flown by and it's hard to believe that this is my final message as president in this fabulous Senior Line magazine. And I was right. Over the last two years we surpassed our goals, hosted the most outstanding programs ever, and added to our outstanding peer support services. This of course is due to the fact that the Jewish Seniors Alliance has the most outstanding group of dedicated volunteers, supporters and professional and administrative staff.**

To recap: our JSA-Snider Foundation Empowerment Series – Elders Empowering Elders – a Smile on Your Face a Song in Your Heart – included a film about Sophie Tucker in association with the Vancouver Jewish Film Center and Peretz center, Stories that Sing with Shoshana Litman in association with the JCC Seniors Department, Learn how to move with ease despite pain challenges with Vita Kolodny director of the Feldenkrais Centre in association with Oakridge Senior Center, and the JCC Showtime hosted by Kehila in Richmond. This year we began with Yiddish storytelling with Shanie Levin and Al Stein and singer Myrna Rabinowitz hosted by the Peretz Centre, a workshop on the tools for technology with Stan Goldman, Philip Morris and Mark White hosted by the JCC, Don't Agonize: Downsize with Ranka Burzan, held by JSA in association with the Unitarian Church and we look forward to our end of June program, to be held on June 27 – the JCC Showtime hosted by Kehila at Beth Tikvah in Richmond. The amazing success of this project is exemplified by the love and dedication to the success of JSA that co chairs Shanie Levin and Gyda Chud continue to display. Words cannot express my thanks to them.

Over my term JSA held two Symposia in the fall. October 2014, Gyda Chud and Bev Coper co- chaired “Our Mental Health and Wellness” with panelists Penny MacCourt, MSW, PhD, Martha Donnelly, MD, VVFP, FRCP, and Grace Hann, Senior Peer Support Trainer and supervisor of emotional support. In November of 2015 our symposium was entitled “Living Up to the Promise: Now What?” chaired by Ken Levitt. The speakers included Marcy Cohen, Kevin Smith, with moderator Gloria Levi. In the spring two Forums were held. April 2015 JSA hosted “YOLO – You Only Live Once”: How Full is Your Cup:” in association with L'Chaim Adult Day Centre in celebration of their 30th birthday and co chaired by Debbie Cossever and Claire Weiss. Speakers included Michael Geller and Dr. Eric Cadesky. April-2016, “An App a Day Keeps the Dr. Away” was co chaired by Gyda Chud and Jackie Weiler and featured Dr.Kendall Ho who instructed us on how technology can play an important role in our health care and even save our lives. Stan Shear entertained us and we welcomed Liberal MP Dan Ruimy from Pitt Meadows - Maple Ridge.

Larry Shapiro and Barbara Bronstein co-hosted our beautiful AGM and closing dinners at which time amazing seniors representing many agencies are singled out for their outstanding contributions.

All the while the JSA Peer Support department continues to grow and thrive. Under the professional care of Charles Leibovitch and Grace Hann we offer fully trained volunteers in the areas of peer counseling, friendly visits, weekly phone calls, bereavement support and the newly added Ambassador program works in the area of seniors abuse. Over 100 people are involved in delivering and receiving these services. Much thanks goes to JSA board member Pam Ottem whose dedicated service has assured the continued success of this most important program.

I have been fortunate to work with an outstanding executive team. The troika promised me has been amazing. Ken Levitt,

the incoming president has done more than his fair share of ensuring the administration, office and every aspect of JSA has run smoothly. And of course the JSA could not have become or will become what it can be without the untiring love and dedication of Serge Haber. He continues to have his finger on the pulse of all issues pertaining to seniors and is super human when it comes to ensure the funds required for JSA to thrive and grow. We thank Milton Adelson for his years of dedication as treasurer and welcomed Larry Meyer as well as Larry Shapiro to the executive board . And of course this wonderful magazine continues to flourish under the editorship of Edith Shier with the assistance of Dolores Hannah Luber. None of this would be possible without our administrative and office staff Karon Shear and Rita Propp. We expanded. We added a boardroom, and increased our staff. Welcome to Virginia Edwards our new grantwriter. Thanks goes to all JSA's generous funders and our hardworking committee members.

So. I was right! Because of the dedicated work of the board, executive and committees I had a great two years as president of JSA. I have been a lifelong volunteer. I urge you to take that VOLUNTEER Challenge. Together we will continue to make a difference.

*“When you give, you take you take in the knowledge that your loving gift will make something good happen. You take into your heart a sense of generosity of spirit. When you give you are not diminished - quite the contrary your heart is filled with gratitude that your contribution has made a difference. Giving from the heart means giving with love.”*  
—Dr. Ron Wolfson

Thank you for the gift of allowing me to be your president!

*Marilyn Berger*



# CONFRONTING COMPLACENCY AND INDIFFERENCE: YOU COULD BE NEXT



Dear friends

Several days ago I met an old friend. During our conversation over coffee, he asked if I was still involved with the JSA. "Of course," I said "yes." He had a funny look on his face, "you are putting a lot of time into this work?" he said, "should you?"

His remark and the look irritated me quite a bit and I said "Joe you are probably ten years younger than I am, you have your wife and children near you. You are a lucky man. You are also financially independent. It may be possible that you are not aware and possibly don't care about what is happening around you—you are complacent. Let me bring you up-to-date..."

There are several hundred elders in our community who are poor, lonely, marginalized and abused. JSA is making every possible effort to find these isolated individuals in order to help them in every possible way.

In its outreach and advocacy programs, JSA is contributing to the well-being of hundreds of elders with educational programs. We reach out to these people through our two Forums and four Empowerment Series yearly; through our *Senior Line* magazine published three times a year, which contains current, relevant and well-research articles, and by means of our website which not only informs but entertains.

And Joe, why should your indifferent attitude be changed? You are ok and you believe that JSA has nothing to offer you. In fact there are hundreds of seniors giving of their time and wisdom to help seniors in their hour of need. Something else you should know Joe, sooner or later almost every senior needs help.

At our AGM in September, JSA will be honouring several individuals selected by their organizations for their extensive volunteer work for Vancouver's seniors. And Joe, please note that JSA is the only organization in our city whose events are cost-free and are not fundraisers. Our Outreach programs are of a preventative nature so that people like us remain functioning and enjoying a healthy life for as long as possible.

And Joe, if you think that this is all – let me tell you about our Peer Support Program that JSA started almost four years ago.

Do you know about it?", I asked?

"No", said Joe!

**Now you can see why, when I speak about what JSA is doing, I get excited.**

"Our two professionals have trained more than 100 senior volunteers to be peer counsellors; to give emotional support, to conduct weekly visits at seniors' homes and to make weekly phone calls. The peer counsellor takes a fifty-five-hour training course, and the callers and visitors take a 17 ½ hour training course.

These trained volunteers come from every walk of life, different cultural backgrounds and speak many languages. They are then matched to compatible clients. They have a clean police record, and they sign a confidentiality agreement. Their commitment to JSA is for at least one year. To date we have more than 50 volunteers servicing more than 150 families.

JSA also provides referrals to seniors and their families, enabling them to access benefits and services offered by the municipal, provincial and federal governments. JSA's

## PRESIDENT EMERITUS MESSAGE

bereavement support program helps seniors, either individually or in a group setting.

Last year the JSA trained 11 seniors to be Ambassadors for creating awareness of senior abuse in homes and institutions. They talk to individuals or groups of seniors. More than 300 seniors have benefitted so far from this program.

Frankly Joe, I shudder at the thought of what would happen if JSA were unable to provide these unique services in our community. We are in contact with 5,000 seniors; we are doing our best to inform, educate and entertain them.

**Only 650 to 700 seniors have chosen to be members of JSA, although it costs a mere \$18 a year.**

**Seniors have the untapped power to help themselves politically; unfortunately this power is wasted by either disinterest or failing to act.**

JSA must exist, grow and be able with the support of the community, to provide these services. However, community involvement and financial support and interest is crucial. Without volunteers, nothing would be possible!

How about you Joe? You are not involved in anything right now – it is about time to start giving of yourself to our community."

Sincerely,

*Serge Haber*



Have you noticed that the older people get, the more positive they are about aging? Old age is like younger age: there is an imperative to pay attention to the moment and do good things with it. People who had positive images of old age lived an average of 7.5 years longer.

Also, don't miss reading the interesting and inspirational study of Volunteering by Rita Roling and Ken Levitt. Their eloquence shows us so beautifully the benefits that are, not only for the receiver, but also for the giver.

Here's wishing everyone a healthy and enjoyable summer.

*Edith Shier*

## EDITOR'S MESSAGE

### Seeking Super Senior Volunteers FOR RESEARCH PROJECT

Canadians are living longer today than any time in history. This is cause for celebration, yet, as we age, today's seniors face new challenges. Cancer is one of them.

With a 40% increase in cancer incidence expected over the next 15 years, researchers funded by donors to the Canadian Cancer Society are trying to find out why some people live very long lives without ever developing cancer.

Dr. Angela Brooks-Wilson, Head of Cancer Genetics at the Michael Smith Research Centre, received a grant from the Canadian Cancer Society last year to fund a new Super Seniors research project.

The Super Seniors in Dr. Brooks-Wilson's study are 85 years or older with no history of cancer (except for non-melanoma skin cancer), cardiovascular or pulmonary disease, diabetes or dementia, as well as centenarians regardless of their health status.

"We already know that many people who live to an incredibly healthy old age actually do have gene sequences that contribute to cancer in the general population, but for some reason they do not develop the disease. We suspect there is something that protects them from getting sick by overriding the cancer-causing genes," says Dr. Brooks-Wilson.

The ultimate goal of this research is to identify possible genetic "override switches," which could lead to the development of anti-cancer drugs. Such drugs, combined with a healthy lifestyle, could help other people to lower their risk of getting cancer.

About 800 super seniors have taken part in the project to date but more are needed. Participation is easy and includes a questionnaire and saliva sample by mail. To participate in this innovative study to discover why some people get cancer and others don't, please contact:

**Shelley Dennison,**  
Planned Giving Advisor



Canadian Cancer Society  
Société canadienne du cancer

Tel: 604-675-7112 | Email: [sdennison@bc.cancer.ca](mailto:sdennison@bc.cancer.ca)

### Intro to CARP's TOP 10 ADVOCACY ISSUES



A New Vision of Aging for Canada

CARP is a national, non-profit association committed to promoting social change to bring financial security, access to health care and freedom from discrimination.

Senior Line has been doing a great job researching and writing about these crucial issues.

I thank you.

An appreciative reader

(See pages 30 and 32 for full story)

From: david warren

Sent: February-02-16 10:54 AM

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

Subject: **Meals on Wheels**

I noticed on your January 2016 edition of *Senior Line* that under the section of, useful resources, nutrition food and meals that Meals on wheels is listed for 7 municipalities in the lower mainland but no mention of our branch.

On the next issue of your magazine could you please include North Vancouver/ West Vancouver 604 922 3414.

Thank You.

David Warren

Director North Shore Meals on wheels.

(See correction on page 15)



# ASK HANNAH

your personal advice column

It would seem that technology has invaded our lives. The senior Jewish community in Vancouver offers seminars and classes in order to familiarize its seniors with iPads, Smart Phones and other digital devices. With awareness and knowledge, seniors are increasingly becoming computer literate and digitally savvy. My readers today are concerned with an old technology, the automobile; and a new technology, the smart phone.

## 79 year-old Driver of a Car with Test Anxiety

*Dear Hannah,*  
*I have been driving since I am thirteen years old when my father taught his daughter to drive in the parking lot behind the racetrack! I am about to turn 80 years of age and I just read an article in the Vancouver Sun which gave me a fright, "How much should seniors pay to be able to drive?" (Friday, Jan. 29, 2016). I understand that my physician must complete the Driver Medical Examination Report every two years at my cost of \$193.00. Then I heard on the CBC that Translink expects many more senior passengers as older people are pressured to give up their driver's license and, therefore, will have to use public transportation. Please explain all this to me, I do not know where to start.*

### *Driver with Test Anxiety*

Dear "Driver with Test Anxiety"  
 Take a deep breath! Yes, it is true, British Columbia has special licence renewal requirements that are age related. Drivers at the age of 80 are required to have a medical fitness test. If the doctor believes there is a medical problem, this might be followed by the DriveAble touch screen test which was designed to determine cognitive ability, or-to be more precise-to detect cognitive disability....The government also allows road assessments for those who fail the touch-screen test (<http://www.carp.ca/2015/05/08/carol-in-your-corner-driving-older-and-driving-wiser/>). The final decision is based on a combination of the two tests, plus the doctor's evaluation. Furthermore you must see your physician every two years thereafter, and pay each time. Doctors will often charge a lower-than-recommended fee if they think it is a hardship for their patient.

You may want to brush up your skills with a

driving lesson from a licensed driving school. Some driver licensing offices host special presentations for senior drivers. ICBC has many suggestions on their website to assist senior drivers (<http://www.icbc.com/driver-licensing/re-exam/Pages/Driver-re-exam-road-test.aspx>).

I suggest that you participate in the CarFit Canada programme which is an educational event that provides a quick, yet comprehensive review of how well you and your vehicle work together ([www.car-fit.org](http://www.car-fit.org)). The Canadian Association of Occupational Therapists (CAOT) in partnership with Canadian Automobile Association (CAA) have worked together to bring CarFit to Canada. Do the CarFit assessment, then take a driving lesson, and then see your physician. In this way you will have confidence in your ability to handle the anxieties of the medical test and perhaps, the ICBC test. With knowledge and preparation, you can ace this challenge.

## My Smart Phone and Me: Will I Live to Regret this Decision?

*Dear Hannah,*  
*I am a 75 year retired gentleman, who has finally given up his flip phone for an iPhone. My sons and grandchildren all have iPhones. They are very excited for me and we are enjoying Face Time together. I am on Facebook with them and some friends. I like it, it is a great way to keep track of what people are up to. Once in a while I post a photo or a blog. Twitter is fun and I can find people to whom I relate and discuss some pertinent issues online. I get weather alerts, garbage day notices and emails on my iPhone. I use Van Connect to report problems to the city. I ask Siri questions. To tell the truth I love my iPhone. My question to you is "Is social networking good for me?"*

### *Addicted to my iPhone*

Dear "Addicted to my iPhone"

I would bet that your children and grandchildren live far away. I would bet that you moved to Vancouver from elsewhere less than 25 years ago. Your circle of friends and acquaintances has probably diminished due to illness and death? Perhaps physical limitations have slowed you down?

Did you know that half of adults 65 years old and older are online or are regular users of the Internet or online services? One in three of such online seniors are identified as avid users of social networks such as Facebook and Twitter (Senior Living magazine 4/10/2015). Why? Because seniors need to connect with other people, and social networking sites are giving them a chance to stay "in society" and a new sense of purpose. Moreover online forums and Facebook groups can feel like their real-world counterparts in terms of how people share information or exchange friendly banter with one another. The Internet can offer new horizons and new interactions which can stimulate enthusiasm and interests found in your community in real time. You may live alone but as long as you maintain some physical exercise, have regular interaction with loved-ones and neighbours, and maintain a healthy diet—as long as the hours spent online are balanced with real-world preoccupations, you are in good company. There is no need to worry. Learn as much as you can about the possibilities of your iPhone. Developing these new skills is like learning a new language; exercise for the brain—keep those synapses firing!

*Hannah,* M.Sc. Counselling

Email: [hannah@jsalliance.org](mailto:hannah@jsalliance.org)





## TECHNOLOGY: Give us the Tools to Finish the Job

On January 27 2016, approx. 100 people gathered at the JCC Wosk Auditorium where the JSA, in partnership with the JCC, had invited 3 experts in the field of technology to impart their accumulated knowledge.

This is what we learned...

**Stan Goldman**, demonstrated the simplicity of mobile technology. Once one learns how to use the iPad- the same system, can then be used on the iPhone and one may watch free movies, read free eBooks, newspapers and get email merely by accessing the right App. To illustrate, Goldman and Deslauriers used voice commands to ask for directions, dictate email or do advanced math.

Goldman then went on to name a seemingly endless list of what can be accomplished -listening to TED Talks, Skyping with family and friends in other countries, enjoying music, playing games -all by using Apps -most of them free. The world indeed at your fingertips – using your own data or free wifi.

**Philip Morris**, an expert on frauds, scams and identity theft, informed us that we must be cautious while using our devices- protecting them with passwords; keeping our personal information private and not easily accessible to hackers. This should include social insurance numbers, birth certificates and passports. Morris advised us to shred all old discarded documents and when buying new cellphones- to make sure all our personal information has been deleted from our old phones as hackers can still manage to retrieve data from seemingly wiped phones. It is important to be alert in public places and to keep our wallets, purses out of easy reach and to always ensure that you have received your own credit card from the server in a restaurant. He also suggested taking a photograph of passports and credit cards to keep with you in case of theft.

New words have been coined such as ‘smishing’-the ability to obtain information from people’s texts. Morris recommended changing passwords annually and when writing cheques in payment for credit cards to reference only the last 4 numbers. To report a theft or loss- Morris gave two numbers to call:

EQUIFAX-1-800-465-7166 or TRANS UNION CANADA-1-800-663-9980,  
For ANTI-FRAUD-the number to call is-1-888 495-8501.

**Mark White**, the Gizmo Guru gave advice on the latest fun gadgets and where to get them but also warned us to keep actual maps on hand if technology failed to connect. No longer a subscriber to the paper version of The Sun, White now reads it daily on his device—a much cheaper option. The VPL offers any newspaper that is available to them for their members to read online. In order to keep Skype conversations private, he suggests using earphones when in public.

**Helen Pinsky** and **Rosanna Carley**, Isaac Waldman librarians, informed us of their extensive E- books available which could be read on any device- Kobo reader, laptop and the audience was told that any device could be brought and the user would be shown the correct method to download books.

## Don't Agonize, DOWNSIZE!



Prizewinner Irene Behrmann and Ranka Burzan

## REDUCE, REUSE and RECYCLE the NEW 3 R's for SENIORS

On March 3, approx. 75 people attended the workshop led by author and professional organizer **Ranka Burzan**, founder of Solutions Organizing Simple.

**Rev. Dr. Steven Epperson** of the Unitarian Church of Vancouver welcomed those gathered at JSA's headquarters, telling the crowd he enjoyed having a Jewish organization as part of his community's centre. He shared that, over the years, he has dealt personally and professionally with life-changing events in his church members' lives: marriages, births, health setbacks, deaths. He said these difficult times are especially hard if no plans have been made in advance for the transitions.

JSA president **Marilyn Berger** pointed to her walker when introducing Burzan, and said this reflected her home, too, as the walker held a coffee cup, papers and other items. Berger spoke of Burzan's work to assist people with the physical and emotional demands of transition and change, and said she looked forward to learning some pointers that would help her and others.



## ARE YOU ORGANIZED?

When Burzan asked the crowd how many of them were organized, a few hands went up. When she asked how many of them would like to be organized, everyone's hands shot into the air. According to her, time is wasted searching for things like keys, scissors, staples, papers, which leads to time spent being overwhelmed with frustration and not able to start the task we set out to do.

## READY FOR CHANGE?

Change is very difficult and we are afraid of it, she said. We procrastinate, we stress, we start but do not finish tasks, we hold onto things given to us, because of guilt.

Quoting Gandhi – “You must be the change you want to see” – Burzan illustrated that it is up to us to initiate change, and proceeded to give tips on how to do so.

She said, ask yourself these questions:

1. Do I like where I live and with whom?
2. Do I like what I am doing in my job?
3. Do I need this item or do I just want it around emotionally?

Then – listen to your answers.

We only use 20% of what we own, she said. The other 80% we keep, just in case – our children, grandchildren, friends or neighbors may want it. Some people rent storage to keep those “just in case” items, she said.

## MAKE A START, MAKE A PLAN

Commit five to 15 minutes of time, she continued, recommending that people set a kitchen timer and stay with the planned task until the time has elapsed.

Simple tools – such as boxes, bags, tape, markers – gathered before the task is started will aid in its accomplishment. She advised people to start with a small area to sort, like a junk drawer or purse. This will give the boost of confidence needed to carry it and other tasks through to completion.

To show how simple it can be to discard things within a planned five-minute period, Burzan had someone pass around a small wastebasket into which she asked people to toss any unwanted item from a purse or pocket. Serge Haber wryly remarked he would prefer a truck sent to his house to help him get rid of items there rather than a tiny wastebasket, which caused a ripple of understanding laughter in the audience. And, indeed, the wastebasket rapidly filled up and its contents were tossed – proving that it can be quite easy to throw something away: a theatre stub, an old gum wrapper, a cash receipt.

## ENJOY THE BENEFITS OF ORGANIZING

Burzan said the benefits of organizing are multiple: higher productivity, less stress, more free time to enjoy socializing or working; feeling the pleasure of knowing that others might be benefiting from your accumulated clutter, that the discarded “trash” might be treasure for someone else.

Clutter is a barrier to life, she said, and it creates guilt. We keep things because of emotional attachment. We start projects – scrapbooks, for example – that go untended. But if, after three months we have not completed a project, it should be discarded, she said.

So, ask yourself what's holding you back. Start organizing when your energy level is highest during the day. Consider what would you take with you in the event of a fire. Ask for help – from family and positive-thinking friends who can help you reach your goal. Burzan pointed to her friend and assistant, Mara Lees, without whom she said she could not accomplish as much in her own day.

After Burzan's talk, Empowerment Series chair Gyda Chud highlighted the lecture's key points and thanked the speaker. She then invited the crowd to enjoy bite-size noshes while mulling over which bite-size portions of change they will attempt at home.



**The Jewish Museum and Archives of BC wants your stuff!**

**Archivist: Alysa Routtenberg**

Complementing the workshop session was a talk by archivist Alysa Routtenberg of the Jewish Museum and Archives of British Columbia, who spoke of the JMABC's work in collecting hundreds of thousands of items documenting the history of Jews and Jewish life in the province.

The JMABC provides material for research, mounts exhibitions and stores family memories. Routtenberg asked attendees not to throw away their personal family treasures before checking with them (604-257-5199 or [archives@jewishmuseum.ca](mailto:archives@jewishmuseum.ca)), as there may be items that would enrich their collection, such as letters, photographs, pins and medals.

To those planning to promptly put to use what they had learned at Burzan's session, this was a most welcome request. We walked away with our minds full of ideas, knowing that we needed to start now, before we procrastinated, so that we could reduce, reuse and recycle and see the results – a rewarding experience.

A raffle basket donated by Burzan containing her cleaning tips, tools and one of her books was won by Irene Behrmann. Ranka can be reached at [info@SolutionsOrganizing.com](mailto:info@SolutionsOrganizing.com) [www.SolutionsOrganizing.com](http://www.SolutionsOrganizing.com) and by phone 604-427-4445 office 604-441-2067 Cell



The video can be viewed and more information about JSA can be found at [jsalliance.org](http://jsalliance.org).

## How APPropriate and APPlicable: ANYTIME AND ANYWHERE



# An APP a Day Keeps the DOCTOR Away

The title of the Spring Forum intrigued a large crowd of the curious at the Peretz Centre on Sunday, April 3rd 2016. **Marilyn Berger**, President of Jewish Seniors Alliance, acknowledged the excellent piano playing by **Stan Shear**. He then delighted the audience by playing the harmonica and singing the song 'Accentuate the Positive- Eliminate the Negative', by Johnny Mercer.

Berger introduced **Dan Ruimy**, the Liberal Member of Parliament for Pitt Meadows - Maple Ridge. Ruimy said that living in Maple Ridge doesn't give him much opportunity to meet many Jews. It was only on a recent trip to Israel as a parliamentarian that he rediscovered his Jewish roots and he was honoured and touched to talk to a group of his 'compadres'. He hopes to put much effort in helping the government in Ottawa become better equipped to meet the needs of seniors.

Berger called upon **Larry Shapiro**, to introduce our speaker **Dr. Kendall Ho**, a practicing emergency doctor at Vancouver General Hospital and Director of the University of BC's eHealth Strategy Office. Ho is leading a new digital emergency group within the Department of Emergency Medicine, focused on research in the context of Primary and Community Care and Emergency medicine.

Dr Ho, charismatic and confident, said he was turning to mobile apps as a way of helping patients help themselves. In a newly launched project "*Health eApps*" with the tag line '*Improve your Health in a Mobile Minute*', one can find many new apps that can help people achieve better health, some are free. Ho mentioned 'My Fitness Pal' a fun app which Dr. Ho has used to help him lose 10 lbs easily as it determined the amount of calories he needed, based on his answers to the questions of height and level of activity.

### Your smart phones or computers can offer impartial tools and actual lifesaving information.

Medical emergencies can be alarming and those tools and health apps can provide immediate access to help. Ho said the statistics in a study of seniors were as follows:

- 63% used wearable data for monitoring
- 76% read online reviews to select a doctor
- 74% book online appointments and pay bills
- 73% doctors use mobile devices to share information
- 61% are interested in 3D printing for prosthetic and hearing aids
- 57% use cutting edge devices

In choosing an app, Ho advised us to ask ourselves:

- Is this a worthy tool and how effective is it?
- Is this technology good for me?
- Is it safe? Is my privacy/identity protected?
- Is it easy?

### A list of free apps were demonstrated and how easy it was to download.

He encouraged the audience to download the app while he went through the procedure step by step.

1. **THE RED CROSS FIRST AID APP** – full list; Run down the list choose the one you think you will use.
2. **MEDISAFE MEDICATED REMINDER** – free for trial period. This will help you manage taking your pills- even colour coding - and will send an alarm to vibrate your phone or watch as a reminder.
3. **MINDSHIFT WORLD** (most popular app and was developed in BC) – You slide the bar indicating how you are feeling at the moment. It tracks symptoms; explains common situations which may





# Doctor Kendall Ho

cause anxiety - taking an exam, talking in public, approaching retirement, trouble communicating.

4. **BELLY BO** (recommended) by Relaxline, correct way to breathe.
5. **INSTANT HEART RATE** (heart rate monitor- free by Azumio) by Gemini
6. **SLEEPTIME** – detects your motion, place under pillow: light sleep = less motion, when you dream there is no movement. It can be programmed to allow you to complete your dream as it can detect when you are in REM.
7. **MY FITNESS PAL** – A personal favourite of Dr. Ho's.

## Important websites recommended

- [www.healthlinkbc.ca](http://www.healthlinkbc.ca) - like 811 to connect to a nurse or a health professional
- [www.myehealth.ca](http://www.myehealth.ca) - to get results of a blood test (deleted after 30 days)
- [www.medlineplus.gov](http://www.medlineplus.gov) (research) best site for basic info translated into everyday language

## Sensors available now

Wristbands, orthotics, helmets which detect concussions.

UV patch by L'Oréal; MED WAND: patches for your skin-monitoring hydration for cyclists; RALPH LAUREN has t-shirts with sensors embedded in the material of the shirts.

## WHY or HOW do those APPS help?

Patient engagement is the BLOCKBUSTER' DRUG' of the century!

88% of the patients feel engaged in their health care. Using wearables shows a reduction of cardiac related deaths and a 76% reduction in overall mortality when a patient is actually involved in his own health.

Studies show that 2 out of 3 seniors, 65 and over want to use technology to support their own health, i.e wearables to monitor symptoms and vitals at home; want to manage health needs remotely; want to navigate health needs and communicate with health professionals; want access to outcome-related data health records. Seniors now are tech savvy!

Ho said his aim was to work with the patient to know what the 'emergency' is; to improve health care. To develop a public partnership for best digital health but most important, that along with iPhone, is using the **iTouch**, maintaining the hands-on touch of the doctor. He continued to advise the audience to question whether the app was suitable and to ask your medical advisor which apps would work best and not cause unnecessary anxiety with results being misunderstood.

**Gyda Chud**, who along with **Jackie Weiler**, convened the Forum, asked the audience if they had questions for Dr. Ho. He walked among the audience to answer the questions. He was visibly moved by **Al Stein**, who said he would be forever grateful to him since Dr. Ho had saved his life during an emergency cardiac problem. Others gathered round to thank him fervently for helping them. Dr. Ho reiterated that the app was there to help both you and the doctor. You still need to have the right doctor to guide you on your journey to health.

Gyda Chud thanked Dr. Ho again, saying that he was approachable, and inspiring. Chud added a slogan which Dr. Ho enjoyed – **'Beat the Stats – use more Apps'**.

We thank **Barbara Bronstein** and **Larry Shapiro** for the delicious refreshments provided by **Gala**; our hardworking volunteers who were everywhere from set-up to shalom. This would never have been as successful as it was without our 'guiding light' **Karon Shear** and her office partner, **Rita Propp**. **Stan Shear**, and **David Albrice** videographed the whole event, capturing it for our website... [jsalliance.org](http://jsalliance.org)

See you at one of our next events– *Shalom U'Lehitraot!*

Review  
& photography by  
**Binny Goldman**,  
April 3, 2016



## Live to 120: THRIVING

Translated into Russian by Ida Gitlina on page 32 /



## Interviews by Grace Hann

**R**ecently widowed and having moved into a new neighbourhood, I asked myself “What do I do now?” Many thoughts swirled through my mind as I explored different possibilities and pondered the next phase of my life. **The need to connect with other people dominated my thoughts.**

I went to see Grace Hann regarding volunteer senior peer counselling training. The course entailed 55 hours of training and a one year commitment as a volunteer upon completion. I liked the idea that upon completion of the training, I would be meeting and supporting other seniors on an individual basis. I felt that I could make a great contribution based on my life experiences and a good understanding of how to use those. The training helped me support my peers and also enhanced my communication with my family and friends.

Because of my own sight impairment, I was assigned a person with serious eye disease and he was told he would eventually lose all vision. His fear when I met him on my first visit was quite evident. Throughout the next several months he was able to communicate and address his fears of the unknown. Having someone to talk with made all the difference.

I have seen many people throughout the past 10 years who have felt that life had failed them. Life had become almost unbearable. To be there to support them has been a real honour.

My personal life has changed and benefitted tremendously. I have felt more fulfilled and engaged in my community. I have made many new friends through the volunteer program.



by **PEGGY CASEY**  
Senior Peer Counselling Volunteer  
2005 to present

“There is no greater agony than bearing an untold story inside you.”

—Maya Angelou

**A**s a registered nurse throughout my life, the helping process was a natural for me. However, in 1988 my life took an unexpected twist. I decided to branch out to see if there was more for me in nursing. I felt the need for more challenges. Little did I know then how different my life would become? I moved to Saudi Arabia, the Emirates and Jordan. For the next twenty five years I became very involved and accustomed to a very different type of nursing and culture. Each day was very different as I recognized how difficult life is for so many people.

One of the biggest impacts on my life in the Middle East was my visits to various refugee camps. The devastation on people’s lives left an imprint which will stay with me forever. The sense of helplessness and hopelessness was prevalent throughout. In many ways, I felt guilty for living such a privileged life back home in Canada. I knew one day, I would go back to my privileged life but not without seeing the world from a different perspective!

**Upon retirement and my move back home, I experienced restlessness, the need to be involved, the need to give back to my community for the many benefits I received.** The question which kept cropping up was “What will this look like?” I started to explore my community and before very long, I became involved in our local neighbourhood house. This opened the door for me to see where I would fit in. I knew I would continue with the helping process but this time I saw an overwhelming need to help other seniors. Little did I know that even in our own community the despair and hopelessness is also prevalent

I took the Senior Peer Counselling course through Jewish Senior’s Alliance and felt before very long that this is where I belong. Being a part of a team and a sense of community was also a need for me and this need was being fulfilled.

Many of my days are now being spent at different senior residences, connecting, listening and supporting others who are feeling as if they are all alone. Checking blood pressures for seniors is also reassuring for many people who worry about their health and many times it is just having someone to say hello to, someone who listens.

by **RUBY BOYCHUK,**  
Senior Peer Counselling Volunteer



“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

—Maya Angelou





**Peer counselling is a one-to-one service provided by specially trained volunteers who are supervised by professional staff.**

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

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

The volunteer counsellors support by:

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

**ALL PEER SERVICES ARE CONFIDENTIAL AND OFFERED AT NO COST.**



- JSA provides several peer counselling trainings per year
- Prior to being admitted into a peer counselling training prospective volunteers are required to pass a Criminal Records Check.
- Upon successfully completing 55 hours of intensive training the graduates receive a Peer Counselling Certificate.
- Peer counsellors are interviewed, screened and matched with appropriate clients.
- Counselling sessions are generally provided on a weekly basis.
- Peer counsellors receive ongoing training, support and supervision by professional staff.



JSA provides trained volunteers to make regularly scheduled home visits to seniors and to older shut-ins who express loneliness and social isolation. The services are designed to reduce feelings of isolation and to promote connection and/or re-entry into the community at large.

- The Friendly Visitor services allow time for conversation, companionship and social supports. The visits may take place either in clients' own homes or in the greater community.
- Friendly visitors may accompany clients to medical appointments, social and cultural functions.
- Prospective program volunteers are required to pass a Criminal Records Check.



- Many older individuals experience feelings of loneliness and social isolation
- JSA can provide you with a specially trained volunteer who will contact you on a regular basis and listen to what you have to say
- Shalom Again volunteers are able to provide you with community resources and social supports.



This telephone information line is available for seniors, their families and significant others during regular business hours. JSA has an extensive language bank; thus, if you require service in a language other than English it may be arranged.



Grief is a difficult and emotional journey of pain, loneliness and isolation. Sharing these feeling with others in a caring and nurturing environment helps each person to find ways to cope.

JSA is extending an open invitation to those who grieve a loss of a loved one to join a support group dedicated to help and encourage each other, and to travel the healing journey together.

- To join call JSA at **604-732-1555**  
Rita Propp

**Peer Services offer direct programs which are designed to empower, to encourage and to improve the quality of life for seniors.**

REAL CANADIAN  
**Superstore**   
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At the Main Street and Marine Drive location only. 350 S.E. Marine Drive, Vancouver





# USEFUL RESOURCES

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

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

### WHERE TO GO FOR HELP

<b>911</b>	Police/ ambulance/ fire – All emergencies <b>911</b>
<b>Old Age Security Program (OAS):</b> Seniors Gateway to Legal Information & Resources	2nd floor, 411 Dunsmuir St. <a href="http://www.seniorsgateway.vcn.bc.ca/subject_categories/oas.html">http://www.seniorsgateway.vcn.bc.ca/subject_categories/oas.html</a> <a href="mailto:info@seniorsgateway.vcn.bc.ca">info@seniorsgateway.vcn.bc.ca</a> <b>604-684-8171 ext. 237</b>
<b>Health and Seniors Information Line</b>	"One stop" for information on both health and non-health related federal and provincial government programs and services. Accessible 8:30 am–4:30 pm, Monday to Friday. Translation services are available in 130 languages. <a href="http://www.health.gov.bc.ca">http://www.health.gov.bc.ca</a> <b>1-800-465-9411</b>
<b>411 Seniors Centre Society Vancouver</b>	<a href="http://www.411seniors.bc.ca">http://www.411seniors.bc.ca</a> <b>604-684-8171</b>
<b>Seniors Services Society New Westminster</b>	<a href="http://www.seniorsservicessociety.ca">http://www.seniorsservicessociety.ca</a> <b>604-520-6621</b>
<b>BC Centre for Elder Advocacy and Support</b>	<a href="http://bcceas.ca">http://bcceas.ca</a> <b>604-437-1940 or 1-866-437-1940 (toll free)</b>
<b>The Office of the Seniors Advocate</b>	The go-to resource for seniors information and referral. <a href="http://www.seniorsadvocatebc.ca">http://www.seniorsadvocatebc.ca</a> <b>1-877-952-3181</b>
<b>BC 211 Information and Referral</b>	General information line accessible 24 hours a day, 7 days a week. <a href="http://www.bc211.ca">http://www.bc211.ca</a> <b>211</b>
<b>South Granville Seniors Centre</b>	Offers information and referral services, social, exercise and educational programs. <a href="http://www.southgranvilleseniors.ca">www.southgranvilleseniors.ca</a> <b>604-732-0812</b>

### COUNSELLING AND SUPPORT SERVICES

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

# USEFUL RESOURCES

## COUNSELLING AND SUPPORT SERVICES

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

## MEDICAL INFORMATION AND REFERRAL SERVICES

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

## HOUSING, RENTAL, MORTGAGE DEFERRAL

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



# USEFUL RESOURCES

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

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

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

# USEFUL RESOURCES

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

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



CHOOSE THE DEFINITION OF THE FOLLOWING WORDS:

by Ken Levitt

**1. occidental**

- a. the West
- b. name of an insurance company
- c. an accident that could have been avoided

**2. pristine**

- a. a priest in training
- b. a precise document
- c. unspoiled

**3. opprobrium**

- a. the disgrace of shameful behaviour
- b. a period of time during an apprenticeship
- c. a synonym for probate (as in Will)

**4. philology**

- a. stamp collecting
- b. a classification of organic material
- c. the science of language as it pertains to sounds

**5. sinecure**

- a. employment that provides an easy source of income
- b. Latin for sincere
- c. a Papal document

**6. abject**

- a. a topic very much in the news
- b. failure to disclose evidence during a trial
- c. miserable, wretched

**7. fabricate**

- a. the art of manufacturing furniture
- b. to devise falsely
- c. a benign mass

**8. avocation**

- a. having knowledge of bi-planes
- b. preparations for a vacation
- c. an occupation in addition to one's employment

**9. egress**

- a. the power or right to go out
- b. to regret a verbal outburst
- c. an agreeable interpersonal encounter

**10. hippodrome**

- a. a place where one can find a hippopotamus
- b. how one feels after a hip replacement
- c. a stadium for horses and chariots in ancient Greece

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

ANSWERS:

WHICH LANGUAGE DO THESE ENGLISH WORDS COME FROM?

**1. Perogi**

- a. Russian
- b. Polish
- c. Italian

**2. Doukhorbor**

- a. Swedish
- b. Belgian
- c. Russian

**3. Messiah**

- a. Yiddish
- b. Arabic
- c. Hebrew

**4. Bagel**

- a. French
- b. Romanian
- c. Yiddish

**5. Brouhaha**

- a. Hebrew
- b. French
- c. Spanish

**6. Ghetto**

- a. Portuguese
- b. Italian
- c. German

**7. Nudnik**

- a. Polish
- b. Russian
- c. Yiddish

**8. Meshuga**

- a. Hebrew
- b. Arabic
- c. Yiddish

**9. Perestroika**

- a. Russian
- b. Ukrainian
- c. Italian

**10. Schmatte**

- a. Yiddish
- b. Polish
- c. Hebrew

ANSWERS:

1b – a dumpling

2c – literally “spirit wrestlers”, a Christian sect

3c – from *mashiah* משיח “anointed”

4.c – from בייגל *beygl*

5.a – perhaps from *barukh hab-ba* ברוך הבא “blessed be he who comes”

6.b – “foundry, poor part of town”

7.c – Yiddish from the Polish *nudny* “boring”

8.a – from *meshugga* משוגע “crazy”

9.a – literally “restructuring”

10.a + b – a rag, Yiddish *shmate* from the Polish *szmata*

BONUS WORD:

**Connipion**

- a. Yiddish
- b. American English
- c. Quebecois

Surprise! American English!

A fit of anger, panic or laughing

by Dolores Luber

# SENIORS IN THE MOVIES: The Rise of the Olds



Watching movies continues to be a magnificent parade of senior thespians in major big-screen roles. It would seem that boardroom executives are listening to their demographic researchers. As Shelley Fralic (Vancouver Sun, 2015-01-15) puts it “They care a lot more about where the money is.” And that is right here, Seniors!

## SEYMOUR: AN INTRODUCTION

**(2015)** is a sublime, exquisite documentary about Seymour Bernstein, age 88, pianist, composer, teacher, philosopher and ultimate New Yorker. I was spellbound by the man, his words of wisdom, his music and his environment, that is, New York City at its best. After 81 minutes, I wanted to meet the man and continue the conversation. Mr. Bernstein dazzles, whether he is alone at the piano, teaching students in his cozily appointed one-room apartment or holding a master class. A pianist from his youth, he gained praise and admirers, only to give up his public career when he was 50, in order to devote himself to composing and teaching. Ethan Hawke, the director of the film and frequent interviewer of Seymour, allows his subject to radiate wisdom and knowledge as he speaks slowly and clearly, in almost perfect paragraphs. “This documentary is about truth, but not only projected to an art form, but into the process of life.”

**GRANDMA (2015)** stars Lily Tomlin, age 76, as the foul-mouthed, road-tripping lesbian granny Elle, poet and sometime professor, in this comedy-drama. Is the movie blunt? Yes, and it is proof that grandparents in film can cast off the rocking chair and actually take risks. I loved the outrageous behaviour, the feisty relationship between grandma and her teenage granddaughter Sage, who is diffident and a little adrift. Elle may fall down, but she can get up just fine. The film is a feminist comedy disguised as an

intergenerational road trip: they need cash. It is also a portrait of grief, Elle mourns the loss of her partner of 30 years, Vi, whose relatively recent death casts a long shadow over Elle's daily routines. Elle's daughter Judy enters into the script, a driven, disciplined professional. Paul Weitz, the director, treats them all with an unforced fondness, and his sentimental tendencies are balanced by Ms. Tomlin's peppery honesty.

**THE INTERN (2015)** portrays Robert De Niro (age 72) as a retired well-off widower living in a beautiful brownstone in Brooklyn, NY, whose street scenes and interiors are meticulously filmed by director, Nancy Meyers. The film is soothing, genuinely enjoyable and likable. De Niro plays Ben Whittaker, bored with his life after retirement, who applies for the job of “senior intern” at an e-commerce concern called “About The Fit.” The founding CEO is Jules Ostin, played by Anne Hathaway, a highly-driven entrepreneurial type. The comedy is sane, sweet and smart, and a lot of the time, actually funny. De Niro is convincing in his perfection, he is the kind of guy you love being around. Take an hour and a half to enjoy this delightful film.

**MR. HOLMES (2015)** is a gracious period piece with Ian McKellen (age 76) as a nonagenarian Sherlock Holmes. The actor states “I'm thinking about a man simply trying to survive and hold onto his memories and discovering himself.” Holmes devotes himself to beekeeping. More and more, he is stung by lapses of memory, each of them marked in his diary with a rueful dot. He recently had travelled to Japan in search

of plant with rejuvenating powers. One case, from his past, is a cause of particular vexation—there are several overlapping stories. Mr. McKellen's performance is wonderful, even when the viewer is puzzled. No worry. Beyond the vignettes we are witnessing, lies the untold story of a great, complex soul, a man more mysterious than any of the crimes he is supposed to have solved. I enjoyed the superb acting, the English scenery, the dapper clothes and the diction of Mr. Holmes.

**CREED (2015)** is a movie written and directed by Sylvester Stallone (age 69), the latest incarnation of Rocky Balboa (40 years after Rocky). Stallone's acting, as manager of a young fighter, the son of his last opponent, is superb. You do not have to like boxing to enjoy this dynamic, award-winning movie.

By Dolores Luber

## Movies I highly recommend:

**Irrational Man (2015)**, Woody Allen (age 80) writes and directs this superb mystery drama of a depressed philosophy professor who discovers a new purpose in life.!

**Learning to Drive (2015)**, Ben Kingsley (age 72) and Patricia Clarkson dazzle in this soulful comedy about an unlikely friendship between two New Yorkers.

**Labyrinth of Lies (2015)**, a Holocaust film which focuses on a young German prosecutor determined to bring the Nazis who ran Auschwitz to trial before a German court.

# ONGOING EVENTS June, July, August 2016

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

## Save The Date

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

MONDAY	
12:00 - 2:00 pm	Summer BBQs & Concerts Jul 11 & Aug 8
1:00 pm	Poker
11:45 am - Jun 20	Lunch and Learn
TUESDAY	
9:30-10:30 am	Chair Yoga
10:30 - 12:00 pm	Beginner's Bridge Lessons (ends Jun 7)
11:00 - 2:30 pm	Duplicate Bridge
1 - 2:30 pm - Jun 14	Circle of Friends
WEDNESDAY	
9:30-10:30 am	Chair Yoga
10:30 - 12:00 pm	Bridge Fundamentals (ends Jun 22)
1:00 - 4:00 pm	Poker & Mah Jongg
3:00 - 4:30 pm	Drawing and Painting
THURSDAY	
11:00-2:30 pm	Duplicate Bridge
FRIDAY	
9:30-10:30 am	Shabbat Chair Yoga
11:00 - 1:00 pm	Supervised Bridge
1:30 - 2:30 pm	Shabbat Chair Yoga

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

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

JSA-SNIDER FOUNDATION  
EMPOWERMENT SERIES 2015-16

### #4 Empowerment through Song and Dance

DATE: **Monday, June 27th**  
TIME: **11:30-2:00pm**  
PLACE: **Kehila Seniors at Beth Tikvah**  
**9711 Geal Road, Richmond**

Contact **Toby Rubin at 604-241-9270**  
(See page 21 for more information)

### JSA AGM

DATE: **Thursday, September 15**  
TIME: **5:00pm Registration**  
**5:15pm AGM | 6:00pm Dinner**  
PLACE: **Congregation Beth Israel**  
**in the Bev Libin Conference Centre**  
(lower Level)

**989 West 28th Ave., Vancouver**  
(See back cover for more information)

### JSA BEREAVEMENT GROUP

DATE: **1st Tuesday each month**  
TIME: **2 - 4pm**  
PLACE: **JSA offices in Boardroom**  
**949 W. 49th Ave., Vancouver**  
CONTACT: **Grace Hann 604-267-1555**  
**Please join us, or tell your friends and family if they are in need of a private confidential place to share their**

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

MONDAY - COST \$10	
JUN 6, 20 & 27, AUG 29	
11:00-11:45 am	Easy Fun Seniors Exercise
12:00-1:00 pm	Kosher lunch
1:00 - 2:00 pm	Speaker/entertainment

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

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

TUESDAY	
Community Kitchen 12:30 - 2:30pm - Jun 28, Jul 26 Lunch \$6, RSVP 1 week in advance	
WEDNESDAY	
Arts Club for Women - 1:00-3:30 pm	
THURSDAY	
ESL Classes - 9:30 - 12:00 pm	
Chabad Hand Chime Choir 10:30-11:30am No musical experience required	
CHABAD RICHMOND—"SMILE ON SENIORS"	
CONTACT: <b>Marlene Shore</b> 604-275-7543 <a href="http://www.chabadrichmond.com/Seniors">www.chabadrichmond.com/Seniors</a>	
ALTERNATE THURSDAYS 11-2 pm	
Hot Kosher lunch \$9 Movies, Speakers, Arts and Music Jun 9 & 23, Sept 8 & 22	

**JEWISH FAMILY SERVICE AGENCY**  
CONTACT: **Queenie Hamovich**  
**QHamovich@jfsa.ca**  
604-257-5151 Ext. 274

A WEEKLY HOT KOSHER LUNCH & PROGRAM OF INTEREST  
Every Tuesday at Temple Sholom, 7190 Oak Street, Vancouver (Last Tuesday of the month lunches at Peretz Centre, featuring Monthly Film presented by the Vancouver Film Centre).  
Cost \$12. Subsidies available. Volunteer drivers bring the seniors to the lunch and back home again if needed.

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

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



# ONGOING EVENTS June, July, August 2016

 <b>LEGACY SENIOR LIVING</b> 611 West 41st Avenue Vancouver, BC 604-240-8550 www.legacyseniorliving.com	
11:15 am – 12:15 pm Contact Legacy for Dates	Yoga With Chair – Public \$5.00 Drop-in Fee (Saturdays)
3:30 pm – 4:30 pm Contact Legacy for Dates	PERK Brain Activities Public \$5.00 Drop-in Fee (Saturdays)

<b>PERETZ CENTRE FOR SECULAR JEWISH CULTURE</b> 6184 Ash Street, Vancouver, V5Z 3G9 <b>CONTACT: Donna Modlin Becker</b> 604.325.1812 info@peretz-centre.org	
FRAYTIK TSU NAKHT SECULAR SHABBES OBSERVANCE FRIDAYS AT 6:00 PM - JUN 17 Humour Night	
First and Third Wednesday of the Month - 3:00–4:30pm	Yiddish Reading Circle
Tuesday -7:30–9:30 pm	Vancouver Jewish Folk Choir
Jun 5 - 2:00 pm	Sarkin Music Series - Featuring Michael Friedman
Jun 12 - 2:30 pm	Vancouver Jewish Folk Choir spring concert. Guest artist: Sulam. \$18
Jun 11 & 25 10:30–12:00 pm	Adult Discussion Group

<b>SHOLEM ALEICHEM SPEAKER SERIES</b> <b>CONTACT: Gyda Chud 604-266-0115</b>	
FRIDAY 11:30am - Closing Luncheon Guest speakers, films, discussions and refreshments.	

<b>BETH ISRAEL DAYTIMERS</b> Congregation Beth Israel, 989 West 28th Avenue, Vancouver, V5Z 0E8 <b>CONTACT: Rabbi Infeld 604-731-4161</b> info@bethisrael.ca	
Tuesdays - 2 pm	World Talk
Thursdays - 1 pm	Games Afternoon

<b>VANCOUVER FILM CENTRE</b> Peretz Centre, 6184 Ash Street <b>CONTACT: robert.albanese@vjff.org</b> 604-266-2045 www.vjff.org	
MONTHLY FILM AND FOOD EVENT Complementary for seniors. DATE: Last Tuesday of every month at 12:30 pm	

<b>MOST BRIDGE RUSSIAN JEWISH SENIORS</b> PERETZ CENTRE 6184 Ash Street, Vancouver, V5Z 3G9 <b>CONTACT: Ida Gitlina 604-434-2191 idag10@telus.net</b>	
Jun 19	Visit to Deep Cove by sea
Jul 17	Sea trip
Aug 14	Bonfire dedicated to famous Russian poet Marina Tsvetayeva
Sep 25	Rosh Hashanah celebration

<b>JEWISH MUSEUM AND ARCHIVES OF BC</b> 6184 Ash Street, Vancouver, V5Z 3G9 <b>CONTACT: Marcy Babins, Administrator 604-257-5199</b> www.jewishmuseum.ca info@jewishmuseum.ca	
GENEALOGY SUNDAYS - In partnership with the Jewish Genealogical Society of BC - Last Sunday of every month 1:00pm - 4:00pm, Free - by appointment only	
<b>VOLUNTEER OPPORTUNITIES</b> Volunteer opportunities available - flexible hours, free training! Please contact us at 604-257-5199 or info@jewishmuseum.ca.	

<b>JEWISH GENEALOGICAL INSTITUTE OF BC</b> Temple Sholom, 7190 Oak Street, Vancouver <b>CONTACT: 604-257-5199</b>	
FREE access to our databases–(ancestry.com, findmypast.com and footnote.com) and computer, at Jewish Museum & Archives of BC. Phone for appointment, 604-257-5199	
First Tuesday of the month at Temple Sholom 7:30 pm	Guest lecturers, workshops, roundtable discussions or DVD presentations are featured. Visitors are welcome.

<b>ISAAC WALDMAN JEWISH PUBLIC LIBRARY</b> 950 W 41st Avenue library@jccgv.bc.ca <b>CONTACT: Helen Pinsky</b> 604 257-5181 or 604 257-5111 ext 248 Website: www.jccgv.com/content/library-main Online Catalog: www.jlbc.ca	
MONDAYS	
10:00 - 1:00 pm	TECHIE MONDAYS - Provides instruction and guidance on all things technical (such as eBooks, using iDevices and computer help)
Jun 20 - 2:00 pm	YIDDISH stories for adults read in English by Shanie Levin
WEDNESDAYS	
10:30–12:30 pm	IN THE NEWS - Discussion group for people interested in current affairs and global politics.
We are accepting donations of used books and DVDs in good condition. Please note that we cannot accept VHS, phonograph albums, encyclopaediae or books in poor condition.	



# JOIN US FOR AN EXCEPTIONAL SUMMER CFHU EVENT



**SUNDAY, JULY 17 | 7:30 PM**  
BETH ISRAEL 989 W 28TH AVE \$45 PER TICKET  
604-257-5133 | [vanc@cfhu.org](mailto:vanc@cfhu.org)  
[www.cfhu.org/Tickets-For-HU-Summer-Event](http://www.cfhu.org/Tickets-For-HU-Summer-Event)

PLEASE SUPPORT OUR 2016 SOLDIER-STUDENT CAMPAIGN

[donate.cfhu.org/CampaignforHUSoldiers](http://donate.cfhu.org/CampaignforHUSoldiers)



## DR. YAAROV NAHMIAS

Director of the Center for Bioengineering at HU  
An exciting glimpse into where medicine is headed in the future.



## A FASCINATING PEEK INTO THE WORK OF IDF ELITE UNIT 669

Airborne Rescue and Evacuation – this unit aided in rescue efforts after natural disasters in Nepal, Romania, Haiti etc.



## JSA Snider Foundation Empowerment Series 2015-16

*Monday, June 27th  
11:30-2:00pm  
Kehila Seniors  
at Beth Tikvah  
9711 Geal Road, Rmd*

## Empowerment through Song and Dance

JCC Showtime is back by popular demand!  
Reserve in advance for a delicious lunch.

**ELDERS!  
EMPOWERING  
ELDERS!**



Contact: Toby Rubin 604-241-9270 [Trubin@kehilasociety.org](mailto:Trubin@kehilasociety.org)

# TRIBUTE CARDS send one today!



Our collection of beautiful hand-made tribute cards has been the sole work of **Binny Goldman**, using her unique photographic images. We thank Binny for her many years of continuing devotion, creativity and generosity.

We wish to thank **Ava Lee Millman Fisher** for allowing us the use of two of her beautiful hand painted images to add to our collection.



Many thanks to **Dolores Luber** and **Drory Rozen** of **Reflex Printing** for their generous donation of the new Ava Lee Tribute Card Collection.

Call **Rita Propp** at 604-267-1555 or drop-in to see the complete collection at 949 West 49th Avenue







## Lilian Broca and her new mosaic series "HEROINE OF A THOUSAND PIECES: THE JUDITH MOSAICS"

**M**y interview with Lilian Broca took place at the Italian Cultural Centre in Vancouver, surrounded by the seven large mosaic masterpieces which narrate the drama of Judith. In Lilian's words "The dynamic interaction with light transforms the interplay of all elements of a glass mosaic into an extraordinary visual feast... The uniqueness of the medium and the method required to execute a work are the appealing characteristics of this art." Seeing these works of art is an extraordinary gift to the viewer.

According to Lilian "I feel that as an artist it is my responsibility to create and promote humanistic values in our contemporary society. Throughout my career, I have deliberately used powerful women figures from mythology as symbolic figures and role models whose experiences shed light on today's concerns, thereby becoming relevant to our contemporary society. In my last three series of art works, I have profiled three exceptionally wise and fearless legendary figures: Lilith, Esther and now Judith."



"Flight to Bethulia"



Detail from "Judith Displaying Trophy"

Lilian explains that the Judith compositions are presented on white sketchbook pages with perforated tops, showing the transition from black-and-white pencil sketch to monochromatic two-dimensionality and finally to full colour. The sketchbook page itself becomes the unifying motif in The Judith Mosaics and represents the rejuvenation of an ancient story through its retelling. As we walk from one image to the next, Lilian narrates the story of Judith, her history and her determination to act in a time of crisis and war.

For Lilian "the Judith and Esther mosaics reveal personal interpretations of two ancient stories that bring forth ideas about women's role in society, encouraging contemporary women to find inner strength reminding us that we all possess the potential of the assertive Esther and courage of the independent and daring Judith."

The process of creating in drawings and paintings the Judith narrative; and then interpreting them as seven huge mosaic works is explained in detail in her book Heroine of a Thousand Pieces: The Judith Mosaics of Lilian Broca. The information on her websites and the documentary about her life and work reveal her devotion, dedication and creativity towards her heroines and her art:

<http://www.lilianbroca.com/> ; <http://www.lilianbroca.com/the-judith-mosaics>

<https://www.youtube.com/watch?v=bEQqVCqTaEo&list=PLt9RVEWPPysJLLDb8400KHQIZLR5Vep04> .

It was a privilege to walk among these works of art with their creator, Lilian Broca. As I listened to her interpretation of the story and the message which the story conveys, her intense commitment to the telling of the tale and the transmission of their emotional and spiritual values, is clear and present in full force.

By Dolores Luber





# STOP OVER-MEDICATING SENIORS

**D**uring a well-attended presentation, Dan Levitt, executive director of the Tabor Village long-term care facility in Abbotsford, B.C., told about 100 aging-care professionals from across New Brunswick and the Maritimes that the over-medication of seniors is the most pressing problem in long-term care.

He said the issue contributes to early deaths, serious and costly health complications, and lowers the quality of life for vulnerable patients. “It’s the most dangerous point in the health-care system. Most of the errors are made in medication management,” he said.

He said care providers have alternative treatment options available, citing musical, horticultural and aroma therapies as examples.

Often, he said, seniors are prescribed medications unnecessarily as a way to curb unwanted or challenging behaviours.

Levitt said when seniors are over-medicated, they often become withdrawn, they may feel sluggish and they’re more apt to suffer falls or feel isolated, which are all serious consequences that could hamper their day-to-day lives.

“You have to ask, ‘What are the things you could do instead of giving medications?’ Of course, there’ll always be a role for medications, certainly for pain management, for someone who’s had mental illnesses all through life. The ones you want to stop are the ones that begin when a person moves into a nursing home. Sometimes, a person moves in and have been given extra medications so that they can fit in,” he said.

“I think (staff) must work closely with the pharmacist, the doctor, with the entire team and with the family to reduce the number of medications, particularly psychotropics, and then change the culture. We have to change our perceptions of medicating. It sounds funny, but the easiest thing is to give hugs, not drugs.”

Personal interactions, such as holding hands and providing personal comfort, are far more effective in curbing problematic behaviours, he said, rather than adding a new prescription.

He also encourages aging-care professionals to study potential triggers for these behaviours and to take steps to minimize those types of events.

“Why is somebody combative with another senior or a staff member? What is the environment that they’re in? Can we give them music therapy, can we do horticultural therapy, can we try aroma therapy?” he said.

They can try exposing the resident to extra-sensory props or environments, he said.

“Those kinds of places can do wonderful things. We should try everything possible before we prescribe a new medication,” he said.

Levitt said it’s up to employees and team leaders to think of innovative solutions.

“If you see a problem, you have to convince the powers that be you can change it,” he said.

When asked how individuals can create meaningful change in their own organizations, particularly in the face of tough fiscal challenges, he urged staff members to identify the most significant problems, the things that truly must be rectified as quickly as possible.

**“It sounds funny, but the easiest thing is to give hugs, not drugs”**

“I think all good ideas happen because there was a problem that existed. So, what is the problem that you want to fix and how do you innovate and create the best possible solution to address that particular problem? One of the things we’re seeing in nursing homes in New Brunswick and across the country and around the world is that medication management needs to be safer,” he said.

“We’re looking at introducing technology and new ways of giving residents medications so that errors are reduced down to zero. It creates happier seniors, happier staff and safer workplaces. That’s the kind of innovation we need to get better health outcomes.”

New Brunswick has the second-highest prescription rate for antipsychotic medications in the country, according to information presented by the Canadian Foundation for Healthcare Improvement.

Nationally, one in three Canadian long-term care residents takes an antipsychotic medication without a diagnosis of psychosis. About 1,800 of those residents live in New Brunswick, said Faye Phillips, a senior spokeswoman for the foundation.

Phillips announced the York Care Centre is one of 15 Canadian organizations participating in a special initiative designed to reduce the use of such medications at facilities across the country.

Jennifer Donovan, the clinical research coordinator for the York Care Centre, outlined the effort her facility has been making to reduce the usage of these types of medications with the centre’s residents.

She shared encouraging statistics from the first six months of the project.

“In our baseline, you’ll see that 45% of our residents were receiving an antipsychotic without a diagnosis of a psychosis,” she said.

“By (the 2nd quarter of our year), which would have been six months in, we were down to 33%.”

A total of 82% of York Care Centre’s Birch Cove unit residents taking antipsychotic medications when the project launched, with 18% taking more than one of those types of drugs.

Now, three of 11 project participants have been completely taken off antipsychotic medications. Six residents have had their medications reduced.

“Over half of our residents were reduced between 25-75%,” said Donovan.

Reviews of critical quality indicators indicate that the quality of life has improved since the project was launched.

“We were able to see that there was a reduction in the number of falls in our qualifying residents as well as the number of disruptive and aggressive behaviours,” he said.

“I think one of the biggest reasons that we saw the reductions in those kinds of behaviours is that we were able to do refresher courses on (pertinent types of) training. We were able to intervene before any kinds of behaviours became an issue.”

**Interview by Adam Bowie**

*Fredericton Daily Gleaner September 25, 2015*

# EDITH SHIER



**It was a privilege to be asked to interview Edith Shier as Senior Line's super senior. As the long-time editor of our magazine and a woman of 89 years old, she has earned many accolades and the respect of her peers and her community.**

She was born in Montreal and was married to Jack Shier for 38 years, until his death in 1985. One of her sons lives in Seattle, the other two live in Iowa. She trained as an interior designer at the New York School of Interior Design. Her design career flourished after completing a project of designing interiors for a group of model houses in Dollard des Ormeaux, a large suburb of Montreal. Official recognition came with her listing in the Who's Who of Interior Design, 1990–1991 International Edition. She could pick and choose her clients.

In 2004, at the age of 78, she picked herself up and moved to Vancouver. She was now closer to her son Peter in Seattle, but she knew not a soul. Within a week, she had found an apartment in Kerrisdale. As she relates these events to me, I hear the independence and the strength of determination in her voice: she proceeded to make a life for herself. She joined the JCC because she loved to swim daily. She bought tickets to the Ballet and the Symphony. There was no turning back; she was here to stay. She met her first friend Shirley Stein in JCC's lobby, "You look like you are lost or you are new here" she said, and immediately suggested having a cup of coffee together.

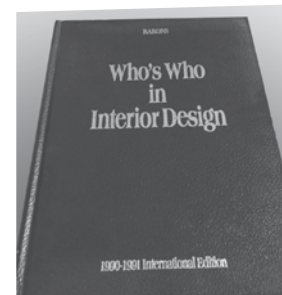
She continued to swim and walk on the beach until the fateful evening when, in rushing around preparing for dinner guests, she tripped on her balcony table and smashed her femur bone and hip joint. It was her second year in Vancouver. This accident resulted in many surgical operations and long stays in the hospital. But she says "I am a tough bird." She emerged from it all having to use a walker. She bought a new car to accommodate the walker, she continued walking on the beach, and to play bridge. Regretfully, she had to give up swimming. "You have to adjust."

It was through Shirley that she became acquainted in 2008 with the work that Jewish Seniors Alliance was doing. After her first Board meeting, President Serge Haber asked her to get involved with JSA's twelve-page

newsletter, the Senior Line. She immediately responded "I don't do newsletters but I will turn it into a magazine," which she proceeded to do. Her first cover was an exquisite photograph of Vancouver's treasure, cherry trees in blossom in the spring. This was to be the first of many gorgeous covers of a very successful magazine using original paintings by Vancouver artists.

She joined Temple Shalom. She had professional cards printed, she gave consultations. Temple Shalom hired her to design their new lobby furniture. Edith admits to her surprise at not being known in Vancouver as a well-known designer. She confesses that it was with difficulty that she established relationships. However, there is not a shred of self-pity or regret in her voice. "You have to make the connections" she states emphatically. She created a design for a new kitchen at the JCC but the project never got off the ground due to lack of funds—"you grit your teeth and continue."

Recently Edith went through another series of medical emergencies and long stays in hospital, resulting in the necessity of using a power chair. She now lives in a gracious seniors' residence, in a large, bright, beautifully-appointed apartment, containing her art work and family treasures. The apartment is the result of two difficult, complicated moves. Edith wants you to know about her down-sizing adventures: she adamantly speaks of the need to make lists—lists of what to sell, what to give away



and what to keep. "Organize yourself, hire a mover, and get references." All the advice she used to give her design clients, she now had to follow for her own downsizing and moving. She expresses gratitude to her friend Tatiana, from JSA's Peer Support Services, who was very supportive during this difficult period of her life.

When I pressed her for her advice to other seniors at this stage of her life, she said

**"What I have learned is that you should not expect to count on anyone for help. You have to help yourself. You are the best person to depend on. Pull up your socks! 'JUST DO IT' as the Nike slogan goes.**

"Crofton Manor has recognized her formidable spirit and organizational skills and has asked her to be on their Residents' Council.

If Edith has a motto, it is "I have to work. I cannot sit and do nothing." I suspect this is the beginning of a new career path!

Bravo, Edith.

*Interview by Dolores Luber*

We are highlighting the adventures of Rahel Halabe, Vancouver's renowned Biblical and Modern Hebrew teacher, author of the innovative textbook for learning Biblical Hebrew, *Hinneh - Biblical Hebrew the Practical Way*, and translator of Arabic literature to Hebrew. She has been in Beijing, China since September 2015, teaching Modern Hebrew to Chinese students at the Peking University. In her essay, she describes the process of learning Mandarin, as she applies herself to speaking, reading and writing the ancient Chinese language.

We encourage our readers to suggest other topics involving Jewish culture and other languages such as Hebrew, Yiddish, Ladino, French and Russian



## LEARNING MANDARIN AT AGE 68

Last summer, when I turned 68, I received a very special gift, an opportunity to go to China and teach Hebrew at the Peking University for two semesters. I wanted to get a better idea what China is all about, apart from obvious stereotyping. In preparation for my adventure, I found watching Chinese movies and reading Modern Chinese literature in translation to be a good way. I recommend the novel by Nobel laureate Mo Yan, 'Life and Death are Wearing Me Out'. I also thought that learning a little Mandarin Chinese would be another way to get a better perspective on China. I was told that Mandarin is not a requirement for my job; if needed, the students would understand my instruction in English. Still, why not try?

Searching online for more material other than textbooks, I was amazed by the number and quality of free Mandarin lessons for beginners available on YouTube. It was reassuring to find that you don't have to read characters to learn basic conversation. At this initial stage, Pinyin (the transliteration in Roman letters used by first and second grade Chinese kids), is good enough for an adult beginner. The lessons all seemed pragmatic, starting from the 'Ni Hao' (Hello), basic polite expressions at introduction, numbers, shopping, ordering food in a restaurant etc. Surprisingly, relative to other languages I know, I found Chinese to be an easy language – no conjugation! A verb may have a single form for all persons and tenses. That was certainly encouraging. Seven tutoring sessions in both Jerusalem and Vancouver added some more personal

sentences to my limited range: 'I teach Hebrew (Sibolayu). I translate Arabic literature (Albowen). I am from Israel (Yiselie), Jerusalem (Yelusaleng) and live in Canada (Janada), Vancouver (Wengehua).

I arrived at Beijing in September, and very quickly was dismayed because Beijiners did not understand my Chinese. Who said that Chinese is easy? If English was not an option (e.g. taxi drivers, grocery stores), I had to resort to sign language and printed addresses in Chinese characters. Pleco, the app on my newly-bought Chinese smartphone, came to my rescue! It translates both ways between Pinyin Chinese and English, gives you the tone indicator, the Chinese character, and even allows you to listen to two different people pronouncing each word. If the store seller did not understand that I was looking for an electric air purifier (a must in Beijing), I showed them my phone screen. Little by little through the first semester, while my students were progressing with their Hebrew, I was slowly starting to recognize some characters: "people, woman, child, good, exit, vehicle, fire, water, north, west, university, Beijing, the numbers 1-10", etc. My reading vocabulary, was approaching one hundred characters. Still, it did not make me better understood. Weekly lessons offered to us at the university, were not intensive enough to be significant. So, when the long winter break came, I enrolled in a daily two-hour beginners' course for 5 weeks. My classmates are all in their twenties working in Beijing or spending a short time traveling through China. This course too is very

pragmatic, covering much of what I already knew, speaking out loud with precise tones. This is a major challenge – not only for me at the end of my sixties, but there is certainly an improvement. The course emphasized writing and recognizing characters. Writing is fun. You can follow stroke instructions and, produce a legible, (even attractive) character, but you might not remember how to reproduce it later! Luckily, you are still allowed to write in Pinyin.

As the weeks go on, I find to my surprise, that I can manage to read a long paragraph printed in characters. The text is simple. I have to refer to the textbook, the indispensable Pleco, as well as educated-guessing based on context, for the first or second time; but by the third time, I am reading Chinese. Hurray! And I am not doing worse than the younger students. They may have better aptitude, but I may be compensating for that with better learning strategies based on my experience. Recently, I have been understood when asking for a smaller size sweater I like, exclaiming that this hat is too expensive, telling the taxi driver to turn right just before the bridge, or asking the grocer if she has bananas or tomatoes today. Believe it or not, in Beijing I have neglected my regular Tai Chi exercises, but I am trying to keep my brain fit. Is learning Chinese a good way to do it? At least as good as Sudoku.

Xin Nian Kuailie – Happy New Year!  
**Rahel Halabe**, Beijing.

**PHOTO:** *Rahel Halabe surrounded by her students holding images of Israel, at Peking University in China (February, 2016).*



# THE POSITIVE AND BENEFICIAL ROLES OF VOLUNTEERISM FOR OLDER ADULTS

**A**fter working for many years I was looking forward to retirement. My life had always been busy, and like many women I had juggled raising a family and establishing a career. This would be the time when I could read, work in the garden, do some traveling and at times just sit and do nothing. During the first year of retirement I did all these things. But something was missing. I needed to be more involved in the community and to take on new challenges. Thus I joined the thousands of older adults and began my journey as a senior volunteer.

According to a Statistics Canada 2011 survey 14.7% of Canada's population was over the age of 65. With longer life expectancies, the aging of the baby-boomers, and continuing immigration it is projected this number will increase to 16% in 2016 and 25% in 2036. Upon retirement thousands of seniors choose to focus their energy and expertise on activities and causes that are of interest to them and volunteerism does just that. In 2010, 36.5% of the 65-75 age group contributed on average 235 hours of volunteer work a year and those over 75 years 198 hours per year. Through analysis of the statistical data over several successive surveys the *2010 Canada Survey of Giving, Volunteering and Participating* concludes that women and men give equally of their time, the volunteer rate for those over the age of 65 have decreased while the average number hours has gradually increased. The lower rates in volunteering and in volunteer hours for the 75+ age groups are likely "due to limitations that may be created from health and mobility issues that increase with age."

## VARIOUS TYPES OF VOLUNTEERISM

Volunteer work takes numerous forms, and prospective volunteers have a plethora of choices. A volunteer placement may take place close to home or abroad. It may involve high degrees of responsibilities, intensity and specific expertise, or necessitate relaxed communication and people-oriented skills. Most volunteer placements require weekly or monthly commitments. According to *Canada Survey of*

*Giving, Volunteering and Participating (2010)*. The top four types of activities for older adults were: organizing/supervising events, fundraising, serving on committees or boards, and teaching/mentoring. Also included in the survey but deemed less desirable were food distribution, clerical assistance, health care and social welfare, maintenance/repair and conservation/environmental protection. In her document *Transforming 50+ Volunteering*, D. E. Conners notes that "the highest average hours are given to organizations that relate to: religion, politics, sports culture and social services." When comparing age-groups the baby-boomers tend to be more involved with physically-challenging activities such as sport and recreation than those over the age of 65. Older adults tend to gravitate toward office work and serving on boards and committees, where their professional skills can be utilized. Thus, it is not surprising that Volunteer Canada's research data shows that while the "non-profit volunteer base is getting younger, their leadership volunteers are older.

BE THE **CHANGE**  
YOU WISH TO SEE IN  
THE WORLD

—MAHATMA GHANDI

## THE REASONS WHY OLDER ADULTS VOLUNTEER

Volunteering has the capacity to provide meaningful activities particularly after retirement. Older adults rarely volunteer their time and services for college or university credits, educational enrolment requirements or job opportunities. Instead they seek a meaningful experience where their particular talents and experience will be useful. In her report *Volunteering in Canada, 2004-2013* Maire Sinha states that for 95% of older volunteers, the greatest motivation was to make a contribution to the community and to use their acquired skills and experiences. Others reported that they had been deeply affected by a cause or an event in their lives and that was the main motivational factor when choosing a volunteer

activity. Regardless of age and in order to have successful and rewarding volunteer experiences, prospective volunteers need to assess their own skills, talents, wants and needs. If there is a poor fit between novice volunteers and placements, it is likely that those individuals will withdraw from volunteer work; whereas a suitable placement creates loyalty, worthiness and service longevity.

## THE BENEFITS OF VOLUNTEERING

It is a fact that volunteering increases self-confidence, self-esteem and life satisfaction. While in the workforce and raising families, people acquire several statuses such as a good parent, an excellent worker, a great provider and a "mover and shaker". These are all valuable social assets, but many people have not established an identity separate from these roles. Consequently, when retirement has occurred these statuses may no longer be relevant. Volunteer service provides many older adults with a new sense of purpose and their community service helps define who they are. Volunteer Canada in its 2011 document *Volunteering and Healthy Aging* states that volunteering plays a vital role in healthy aging as it helps the older person to remain active and to be involved with the community. It also points out that older volunteers have reduced stress-related illnesses, have fewer hospital stays, lower depression rates, and are less likely to feel isolated. A 2008 Washington DC social policy issue brief *Increasing Volunteerism among Older Adults: Benefits and Strategies for States* goes even further and states that "remaining engaged in social activities is a key to staying physically and mentally healthy." Volunteerism can soften the effects of aging on mortality rates, help offset the loss of purpose felt by many older adults, and can lead to an overall improved quality of life.



Rita Roling

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## WHY DO WE VOLUNTEER?

**V**olunteers are those who offer service of their own free will, without being asked. This is the traditional, altruistic way of perceiving a volunteer. In this pristine sense one should not expect a reward, favour or show of gratitude. Most people who volunteer do so because they are making a contribution to society in some way. Others volunteer as a result of values that have been instilled in them as part of their heritage, or by the examples that others have set. Each person will have asked themselves, "What can I do or contribute to make life better for those who we serve?" or "What can my organization do to make our service or 'raison d'être' more meaningful to our membership and to our constituent services?" Volunteers are the backbone of every not-for-profit organization. Their roles run the gamut of everything that an organization does: sit on Boards of Directors, raise funds for the organization's operations, chart the future of the organization, visit seniors in their homes, or visit the sick. These are but a few of the ways that volunteers make an enormous contribution.

### MY PERSONAL EVOLUTION AS A VOLUNTEER:

My interest in volunteering came from observing my parents growing up in rural Surrey in the late 1940's and 1950's. Both were involved in the Royal Canadian Legion and the Newton Athletic Club. I became involved in a number of organizations that included the British Columbia Association of Social Workers, Habonim Dror Camp Miriam, the Performing Arts Lodge, Beth Israel Synagogue, and more recently, the Jewish Seniors Alliance. My motivation: to use my experience in supervision, management and organizational development. What can I do to make a difference? It was important for me to believe in the purpose and direction of the organization and how I could fit in. I have never wanted to be a spectator but an active contributor to the positive evolution of the organization and, of course, to the services being provided.

### EXCEPTIONAL VOLUNTEERS IN OUR COMMUNITY:

**Norman Franks** represents the quintessential volunteer. Franks is a native Vancouverite. As a student at UBC he served as President of Hillel House. At the invitation of Jeffrey and Peter Barnett, who established the Variety Club in Vancouver, Franks became a member. He identified with them because he is the parent of a severely-challenged child. Franks has been

involved with many organizations: State of Israel Bonds as Executive Director, Project Isiah, Louis Brier Foundation, Vancouver Talmud Torah, Mountain View Cemetery Restoration Committee, Board member of Beth Israel Synagogue, for the past nine years has served as Parnass. Franks works for personal satisfaction for the task at hand. In his own words. "I feel blessed and volunteering is my way of showing gratitude".

Twenty-seven year old **Courtney Cohen** sets the standard for young people who demonstrate a passion for volunteering. In 2013 while 'brainstorming' with Lynne Fader, Co-Executive Director of the Kehila of Richmond, the idea of "Rose's Angels" was born. Courtney's inspiration comes from the memory of her late 'Boba', Rose Lewin, who she described as "the most compassionate and selfless person I have ever known." Rose's Angels is a yearly event that provides a special gift package aimed to assist persons in situations of poverty or who live well below acceptable income standards. Agencies that received gift packages included the Jewish Food Bank, CHIMO Outreach, Richmond Family Place, Turning Point Recovery, and Richmond Multi-Cultural Society along with various other agencies. On February 14th, 2016 over 40 volunteers recruited by Courtney gathered at the Richmond Jewish Day School to assemble and deliver a total of 400 care packages and 750 warm bundles. Courtney measures success by "Knowing others are benefiting from our care packages and the satisfaction felt by all volunteers and donors".

**Do volunteers make a difference?  
After reading this article, you have  
the answer!**

**Elayne Shapray** <sup>(21)</sup> represents a special class of volunteers for her courage and for her convictions. She was a registered nurse by profession and graduated from the Jewish General Hospital in Montreal. In her own words, "Volunteering was always in my blood and I had the luxury of not having to work. I wanted to give back to the community. I got more from volunteering". Elayne had an enviable record for the volunteering she undertook: Planned Parenthood, Palliative Care at Vancouver General Hospital, helped to

start L'Chaim Seniors Day Care, UBC Women's Resources, served on the boards of Jewish Family Service and the Beth Israel (BI) Synagogue. It was Elayne who initiated the Annual Coat Drive at the BI 22 years ago. At age 39 she was diagnosed with Multiple Sclerosis (MS). She never disclosed her malady to the organizations she volunteered with so she would not receive any special treatment. Her days as an active volunteer ended about two years ago.

Her most recent diagnosis was Progressive Secondary MS. Since 2011. Elayne has been in the media on the "Right to Choose"; Patient Assisted Dying. Elayne will be remembered for her caring, involvements and beliefs.

**Larry Shapiro** and his wife, **Dianne**, moved to Vancouver from Montreal two and one-half years ago to be closer to family. In Montreal he was involved with Civil Defence, Federation of Zionist Organizations and his Masonic Lodge. He became an advocate for his independent late mother's wellbeing, ensuring all her needs were met. As a new Vancouverite, he became involved with the Oakridge Seniors Center, now as a Director on the Board. Shortly thereafter he met the venerable, Serge Haber, the Founder of JSA, who invited him to become a volunteer as a Peer Counsellor. After meeting the program's trainer, Grace Hann, he entered the 55 hour training program. Today, Larry has 5 seniors with whom he is in regular face to face contact. He is now on the Executive committee of JSA. He has some very thoughtful insights about seniors who may be isolated, lonely and possibly depressed. Interaction with seniors in need requires more than mere physical care. Larry states "Listening is important and it is something not all of us do well. People have a story to tell and they want to relive their lives through story telling even if it repetitive. I have seen the positive effects that peer counselling can make. It is often an instantaneous and spontaneous return to normalcy because it involves another person who listens and cares unconditionally."



**Ken Levitt**

# A dog story: Marian Cohen and her Dog Molly



**M**y name is Marian Cohen and my dog is named Molly. Molly is a very calm and delightful Shih Tzu ‘rescued’ and adopted by my husband and me seven years ago when she was just over two years old. We were told by the organization that brought her to Vancouver that she had been having puppies at a puppy mill in northern BC and was no longer wanted by them. When she came to us she didn’t know how to play with toys, run after a ball or fetch a stick. She was scared of noisy buses and trucks and didn’t know how to negotiate stairs or get into an elevator. In time she adapted to city life and going out for walks. However, her favorite pastimes are meeting and greeting people, laying on the couch and watching my every move!

I was born in England but eventually immigrated to Israel where I lived for twenty years. Ten years ago I came to Vancouver to visit two of my children who had moved here. I fell in love with

Vancouver, and after meeting and marrying Len Cohen, settled down to a new and rewarding life.

I joined Jewish Senior Alliance and worked on many projects for several years in the organization. I also volunteered at Beth Israel synagogue in various ways, including being active in the Women’s League whilst it was still functioning.

After Molly had been with us for a while I saw that St. Johns Ambulance was running a Therapy Dog Program and I thought that this was something that would work for me and Molly. Molly and I were checked out by the program to determine whether Molly had the qualifications to be a Therapy dog. Well, it seems we both passed with flying colors, and we started out to volunteer at Crofton Manor and later at the Louis Brier home where we visited with residents, many of whom had dementia and limited cognition. These residents delighted in Molly’s visits and greeted her with a smile and their memories of pets from many years ago.

After we had been volunteering for several years, I requested that Molly and I be further assessed by the Therapy program so that we could qualify to visit children. After Molly was assessed as suitable to visit children, we spent some time at the local library in the Paws 4 Stories program, where children came to read to Molly! Then I was very excited when we were accepted to visit children at BC Children’s Hospital, Vancouver. The dog therapy program had been running very successfully for a few years with a limited number of dogs, and the hospital was looking for an additional small dog, who could visit with children confined to their beds.

I am at Children’s Hospital with Molly every Thursday afternoon and there have been so many rewarding episodes—seeing Molly getting on the children’s beds, being cuddled and petted and photographed

with them. I tell the children that Molly is a therapy dog visiting them to give them love and petting time, but that Molly believes that the therapy is for her! Molly makes herself comfortable on the children’s beds, and often rolls over to have her tummy rubbed. Some of the children spend many days away from their homes, and some come from the distant northern parts of BC and really miss the pets they have left at home. Last year we were asked to accompany a small boy who needed a CT scan and who was very nervous after a bad experience with a previous scan. Molly accompanied him and sat on the bed with him by the scanning machine until he settled down.


When we are walking the wards at Children’s Hospital, we often get requests from the doctors and nurses who want some time with Molly.

Molly has become a wonderful companion and Therapy dog and visiting the children at the hospital is the most rewarding part of my week. My grandchildren called Molly an old people’s dog, as she doesn’t do anything exciting. However, they now agree that giving and getting love from adults and children is a great achievement.

If you have a loving, calm dog and would like to be part of this program, you should contact your local St. Johns Ambulance Therapy Dog Program. You will find this to be a double-edged reward: rewarding for yourself and for the people and children who interact with your dog.

*Interview by Edith Shier*





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The week of April 10 – 16 is National Volunteer week in Canada. This is the time when the enormous economic and social contributions so freely provided by the over 3 million older volunteers are officially recognized and celebrated. However, volunteer appreciation needs to be ongoing. Today's volunteers want placements where they can utilize their skills, talents, experience and interests. Volunteers must be shown appreciation; they must take pride in their accomplishments.

Without the benefit of tireless volunteers, the communities served by them stands to lose great human and financial assets. Most non-profit organizations report that volunteers increase the quality of services or programs and over 70% of agencies and community services surveyed, report cost savings as a result of volunteerism. It is estimated by the *Volunteering in Canada 2004-2013* report that “the hours contributed by volunteers in 2013 stood at 1.96 billion hours, equivalent to about 1 million full-time, year-round jobs.” If not for volunteerism who would fill these positions and at what cost?

Are you interested in volunteering or want to know what type of volunteer opportunities are available? Contact the Volunteer Bureau in your area or call the Jewish Seniors' Alliance at 604-532-1555.

Rita Roling

**VOLUNTEERS MAKE A DIFFERENCE**



## SAVE THE DATE FOR AN EXCEPTIONAL CFHU EVENT ON SUNDAY EVENING: JULY 17

Students struggling with tuition and living expenses is a familiar story in North America. Self-sacrifice and patriotic dedication before even having the chance to face the financial hardships and worry of university is unknown! In Israel it is a common story. Not only do students, right out of high school, commit some of the best years of their lives to serving their country, some serve in combat units, like the counter-terrorism unit known as Duvedvan. They risk their lives regularly to protect the State of Israel. Without these brave soldiers, unknowable damage would befall the people of Israel.

When they do begin university, they are still expected to drop their studies at any time so they can rejoin their unit when a national crisis arises. The stress is enormous and for students with financial concerns, even more challenging. Canadian Friends of Hebrew University (CFHU) identified this

as a problem. By providing scholarships to members of Israel Defence Forces (IDF) elite units, CFHU is giving a lifeline to students under intense stress. Less than a year after this fundraising campaign was launched, the effects of the scholarships have been life-changing for the students.

In order to raise awareness and funds for this cause, Vancouver CHFU Chapter will host an event on Sunday July 17 7:30 pm at Congregation Beth Israel, modeled on the TED talks. The evening will include two elements:

**Dr. Yaakov Nahmias** – Director of the Center for Bioengineering at Hebrew U will give us an exciting glimpse into the future of medicine.

**Four recently released soldiers will describe their harrowing life as member of an elite combat unit.** These impressive young men will speak about realities that no Canadian can even imagine. The exhibit,

the intense level of leadership, dedication and responsibility that serving in the IDF has given them. They are from an IDF unit called 669 which is the Airborne Rescue and Evacuation. This unit aided in rescue efforts after natural disasters such as in Nepal, Romania, and Haiti.

CFHU is making it possible for donors to connect directly with students, to personally engage and be part of helping the best and the brightest of Israeli society to meet the challenges faced by being a student as well as, at times, a soldier.

**To support the soldier-students call 604-257 5133 or email [vanc@cfhu.org](mailto:vanc@cfhu.org)**

**For tickets for the event: [www.cfhu.org/Tickets-For-HU-Summer-Event](http://www.cfhu.org/Tickets-For-HU-Summer-Event)**

**For donations: [donate.cfhu.org/CampaignforHUSoldiers](http://donate.cfhu.org/CampaignforHUSoldiers)**

# CARP's TOP TEN | 2015-16 EDITION

Here are CARP's 2016 top 10 advocacy issues that will require real political commitment and long-term investment from governments.

**1 RETIREMENT INCOME SECURITY** Since 2008, CARP advocated for a supplementary Universal Pension Plan (UPP), starting with a modest increase to the CPP. ...Now with a new federal government that campaigned on a promise to enhance CPP, Canadians should expect federal and provincial governments to meet in early 2016 to act on expanding the CPP. ...



**2 HEALTH-CARE TRANSFORMATION** The current post-acute health-care system is fragmented and designed with the priorities of service providers in mind.... Services are separated into discrete silos... leaving patients to navigate the system on their own. CARP calls for health-care transformation that will treat patients as health-care citizens, providing clear and direct access to care from first diagnosis...to acute care to home and community-based long-term care to end-of-life needs. ...



**3 UNIVERSAL PHARMACARE** ...Canadians want to see universal pharmacare become a reality. ...A majority agree drug prices should be identical across Canada. CARP calls for a universal pharmacare that; 1) includes catastrophic coverage and a more comprehensive range of drugs; 2) ensures Canadians have equal access to affordable drugs regardless of their location and income.

**4 HOME CARE** Access to home care is essential for Canadians to age in their communities safely, comfortably and independently....CARP calls for national home-care standards and sustained funding to ensure people can age at home for as long as possible, starting with the new federal government following through on their election promise of \$4 billion in new funding for home-care services.



**5 SUPPORT FOR CARE-GIVERS** Eight million Canadians provide informal, unpaid care to loved ones, bearing tremendous stress while helping people avoid hospitals or nursing homes. CARP calls for comprehensive caregiver support, including financial assistance, workplace protection, respite care and formal training. ...CARP will work to ensure that the new government acts on its election promise to make the EI Compassionate Care Benefits more flexible....

**6 OLDER WORKERS** The right to work and remain engaged in the workforce is under threat for many older Canadians pressured to “make room” for younger employees, even though they have the experience, skills and potential to continue making contributions. ...

**7 AGE-FRIENDLY CITIES** CARP is calling on municipalities across Canada to make major urban centres model age-friendly cities. ...As older Canadians confront health or financial challenges, many ask themselves, “Will I have to move?” In a truly age-friendly city, the answer is “no.”



**8 INVESTOR PROTECTION** Canadian retail investors face a complex range of financial products, an unevenly regulated industry environment and a lack of legal recourse and financial restitution for professional fraud or misconduct.... CARP calls for a legislated fiduciary duty that will protect investors from conflicts of interest, misconduct and fraud and improve access to restitution.

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# MOST-BRIDGE

## Russian Jewish Seniors' Society



**Одно яблоко в день-и нет нужды в докторе.**

**В воскресенье, 3его апреля, в Peretz Centre, Альянс (JSA) проводил свой весенний форум. Людей пришло очень много, зал был просто битком набит. Все радовались возможности встретиться с друзьями, посмеяться, пообщаться, расслабиться, отдохнуть и, конечно, послушать интересную лекцию. О докторе Хо они уже были наслышаны. Всё было предусмотрено: внесено нужное количество столов и стульев, людям с недостаточно хорошим слухом отвели места ближе к сцене.**

Форум начался с выступления Стэна Шэр. Он всю свою жизнь был активным певцом и развлекателем гостей. На форуме он пел песни, аккомпанируя себе на своей гармонике. Ведущей форума была Президент Альянса Marilyn Berger. На форуме присутствовал Dan Ruimy, MP, Liberal Candidate in Pitt Meadows-Maple Ridge. Larry Shapiro представил публике Д-ра Кендалл Хо, гостя, выступление которого люди с нетерпением ждали. Д-р Хо- практикующий врач неотложной помощи в отделении экстренной помощи Ванкуверского Генерального Госпиталя. Сейчас он возглавляет электронную группу экстренной медицины, которая входит в отделение медицинского факультета UBC. Д-р Хо исследует лечение с помощью электроники, т.е. использует современные технологии в медицине. Он показал нам некоторые вебсайты неотложной помощи и электронные инструменты для оказания помощи в чрезвычайных ситуациях. Он также поделился полезными советами о том, как пользоваться этими инструментами и как использовать их должным образом в сотрудничестве с врачами и работниками здравоохранения.

Ещё один девиз форума: "Live to 120 Thriving". По словам д-ра Хо, наши смартфоны, компьютеры, телевизоры могут обеспечить нас полезной и нужной нам информацией. Вот, например, 3 любимые программы д-ра Хо, явно почерпнутые в интернете или в телепередаче. Первая-упорядочение веса и соответственно-питания. Всё это тесно связано с количеством калорий и с количеством и качеством потребляемой пищи. Сам доктор успешно похудел на 8 паундов за 2 месяца. У него хватило силы

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The Pharmasave team from left:

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

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воли отказаться от бургера с луком, содержащих 1050 калорий. И он купил вместо бургера сашими (род рыбы) и калифорнийский ролл, которые содержат всего 500 калорий. Он не допустил переедания и поэтому чувствовал себя отлично. Сколько кг. сбросить-это решает каждый для себя индивидуально, т.к.у всех разный метаболизм.

2ая любимая программа д-ра Хо-работа сердца. Те, кто обеспокоен работой своего сердца, могут записывать данные об этой работе и приносить их к своему семейному врачу.

3я любимая программа д-ра Хо-сон. Теперь уже не рекомендуется, чтобы глубокий сон был нарушен громким звонком будильника. Вместо этого вас тихонько подталкивает АПП, который следит за вашим сном и постепенно нежно будит вас, и вы постепенно отходите от сна прежде чем наступит время для того, чтобы проснуться.



Ida Gitlina



# MEMBERSHIP



## MEMBERSHIP COMMITTEE:

Lyle Pullan, Binny Goldman,

## WELCOME TO NEW MEMBERS

Ernie Bayer | Cynthia & George Bluman | John Arato | Marcy & Monte Glanzberg | Al Stein | Anne Lerner | Laura Darlington | Ken Waldman | Marion Pollack | Gloria J. Wood

# ENSURE OUR JSA FUTURE



## MEMBERSHIP RENEWAL AND/OR APPLICATION FORM

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

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 yr.
<input type="checkbox"/> We wish to make a further donation of \$ _____		
For a donation of \$180 you will be honoured as a Life Member		
Cheque enclosed for \$ _____ payable to Jewish Seniors Alliance		
Credit Card #	Expiry Date /	
<input type="checkbox"/> Easier by phone? A JSA volunteer will call you.		
Signature		



\ continued from page 30

**9** **END-OF-LIFE CARE** Improving end-of-life care must become a health-care priority. A majority of CARP members polled say a “good death,” one in which the patient has control, choice and dignity, is not yet possible across Canada. ...the Supreme Court of Canada (SCC) has ruled that the criminal ban on assisted dying is unconstitutional... CARP is calling for a timely response to the SCC ruling.



**10** **NATIONAL DEMENTIA CARE STRATEGY** Dementia is an illness that robs people of their personality, cognitive ability, independence, control and well-being—essential traits that make people who they are. ..., CARP is calling for a paradigm shift in how we care for dementia...including greater caregiver support, mandatory dementia care training for health-care providers and more funding for innovation, home care and long-term care.



For the complete text please go to

<http://www.carp.ca/2015/11/18/carps-2015-top-ten/>

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JEWISH SENIORS ALLIANCE

AGM

# Annual General Meeting

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THURSDAY SEPTEMBER 15, 2016

REGISTRATION - 5PM | AGM - 5:15PM

FOLLOWED AT 6PM BY DINNER

CONGREGATION BETH ISRAEL

IN THE BEV LIBIN CONFERENCE CENTRE (LOWER LEVEL)

989 WEST 28TH AVE., VANCOUVER

FREE PARKING ON P1 OR P2

*Enjoy Music and a delicious Dinner*

JOIN US AS WE HONOUR THE FOLLOWING SENIORS FOR THEIR COMMUNITY WORK



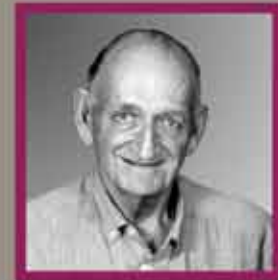
**RALPH JACKSON:**  
ROYAL CANADIAN LEGION SHALOM  
BRANCH 178

Long serving member who occupied many positions on the executive. Currently vice president and member of financial committee. President of Jewish War Vets for many years. Ralph is a true example of 'service above self'.



**BILL GRUENTHAL**  
JEWISH MUSEUM AND ARCHIVES  
OF BRITISH COLUMBIA

Past president and long-time director of the Jewish Museum and Archives of BC. With a passion for community history, Bill has been a tireless supporter for close to 20 years.



**MILTON ADELSON:**  
JEWISH SENIORS ALLIANCE  
OF GREATER VANCOUVER

Milton is a great supporter of JSA and has been involved since 2008. He worked diligently as Treasurer for many years, and remains on the Financial Committee.

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