



SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER

VOLUME 30(2) - WINTER 2023-24

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A Tribute To Seniors



**We share our thoughts about who you are
and what you have accomplished.**

You are wise, thoughtful and giving;
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Founders & Builders of our Community Organizations
Volunteers, donors and philanthropists
Educators, authors, thinkers and healers.
Mothers, Fathers, Grandparents,
Aunts, Uncles, Cousins & Friends
Retainers of our community's collective wisdom.

We honour the memory of our parents Harriet and Arnold Shine^{z1}, Babs and Ted Cohen^{z1}
~ Gary and Linda Cohen, grandchild Mike and great grandchild Aidan



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COPING WITH THE INEVITABLE

Written by Dolores Lubber

EDITOR'S MESSAGE

MISSING AND MOURNED

It is with sadness that we say goodbye to Serge Haber z'l (1928 -2023) who has passed away. He leaves a powerful legacy. We, the editorial committee members of *Senior Line*, welcomed his article for each issue. He was honest and forthright—encouraging others to support frail and isolated seniors, and, in describing his own personal challenges. Farewell dear friend.

WHEN A LOVED ONE IS DIAGNOSED WITH DEMENTIA

During the last five years I have been a witness to the long, exhausting, emotional process which family members and close friends experience as their loved one embarks on the journey of dementia. In this case the diagnosis is vascular dementia, which has different causes than Alzheimer's but the end result is the same.

THE SYMPTOMS AND DIAGNOSIS

It begins with small changes in behaviour; moments when the person's actions are not in sync with what is going on; or an inability to remember a recent event or a name of someone close. The afflicted one experiences frustration and confusion which can lead to arguments, emotional outbursts and sometimes, physical violence. The

spouse is frightened, the grown children offer support and advice. Eventually, the family physician is consulted, tests are made and the fateful moment of diagnosis is upon all those concerned: vascular dementia.

The spouse, the grown children, the siblings, the grandchildren and the friends must now deal with this fact, each in his or her own way. Shock is the first reaction, disbelief maybe, denial and then reluctant acceptance which includes educating oneself as to the symptoms, the development and the speed of the impairments, and finally, the options of care and support for the patient, in the home and in residences which specialize in 'memory care'.

Together, with family and friends, a new reality is developed.

MAJOR LIFE STYLE ADJUSTMENTS

Several years will pass; with each month, restrictions and adjustments are made. The major one is the removal of a driver's licence. The patient does not understand why this is necessary. There is anger and verbal fights. Then there are restrictions of movement, such as

forbidding the patient to walk the dog alone and tagging the patient's iPhone to the iPhones of other family members. And finally, being confined to the home unless accompanied by another person.

Various strategies are put in place: the primary caregiver now needs assistance—help is hired. Gradually the spouse begins to feel overwhelmed by the constant needs of the patient; adult children try to fill in the gap; more help is hired.

THE SENIOR RESIDENCE FOR MEMORY CARE

After three years, the dreaded topic of placing the patient in a senior residence is broached. Family members disagree as to when and how this should happen. The patient has more frequent outbursts of anger and initiates violence. The caregiver is now afraid of being alone in the house. The physician prescribes medications to calm the patient, gradually increasing them as the problems persist. The primary caregiver is racked with guilt—have I done enough? Am I doing the right thing? There is emotional and physical exhaustion. Another year has dragged by.

Finally, the family has no other choice, they agree to investigate the options. Expeditions are made to the various senior residences. Services and prices are compared. A decision is made as to which one is preferred. But when? How to make this transition? The residence

offers good advice. The room is booked at a certain date. Furniture, clothing, and other personal effects are transferred to the room. It is agreed that the hired companion who has spent much time with the patient will continue to visit for the following many weeks. The day arrives, the room is ready, the family is resolved—they introduce the patient to the new environment, the new room and the new people.

ADJUSTING TO THE NEW REALITIES

Day after day, as they visit the new resident, they see how adjustments are being made, how the various activities become part of this new life in residence. Their task now is to adjust to their new reality, each one in his/her own way. It will take time for family members to come to terms with all that came before. Their loved one is doing well in the new home.

I have told this story so that others may understand that what they are going through is normal. It is not easy. However, together, with family and friends, a new reality is developed, both for the sufferer of dementia and for the family members.

POSTSCRIPT TO THE 'MOVING' SAGA

One of my most traumatic incidents in downsizing was disposing of hundreds of books. I have attended four universities and am a confirmed bookworm! The good news is that I recently bought my first “art” book, that is, a large, expensive, illustrated volume—*The Sassoons*, written by Esther da Costa Meyer and Claudia J. Nahson, published by the Jewish Museum, New York. It was thrilling, reading about this influential Jewish

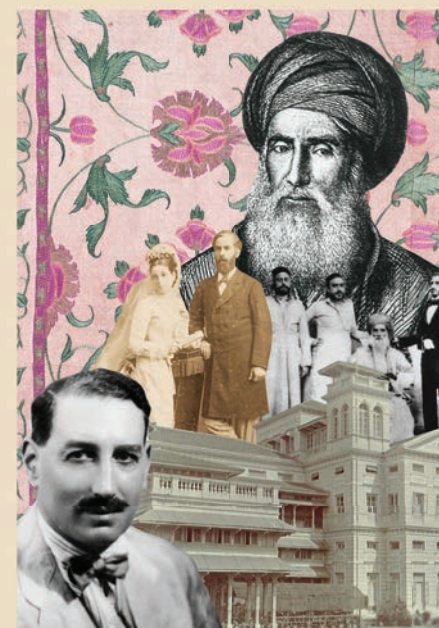
Iraqi family and seeing the results of their philanthropy and the acquisitions of breathtakingly beautiful manuscripts and works of art—collected and donated over the centuries. Inquire at your local library, it is superb. It will not be the last great book I buy, I acknowledge my addiction—the scientific term for the condition is bibliomania. It is defined as an obsessive-compulsive disorder that manifests itself as an excessive need to collect or even hoard books.

YOUR WINTER EDITION OF SENIOR LINE

We continue to celebrate JSA's 20th year of supporting frail and isolated seniors, in training volunteers, in advocating for seniors and in providing them with seminars, workshops and, of course, this magazine.

The topic of longevity and a healthier old age is discussed in Peter Attia's book, *Outlive: The Science & Art of Longevity*, and in Dan Buettner's docuseries *Live to 100: Secrets of the Blue Zone*. You could add 10 healthy years to your life! The paintings of our cover artist Norman Leibovitch are powerful and reflect the aftermath of WWII, where the horrors of the Holocaust and the creation of the State of Israel were represented in his works.

Janet Nicol examines the crisis in health care for seniors by revealing situations brought to light in two books, *Who Cares: The Hidden Crisis of Caregiving and How We Solve It*, and *Neglected No More: The Urgent Need to Improve the Lives of Canada's Elders in the Wake of a Pandemic*. Read the report in *The Bulletin Board* column by Shanie Levin, to catch up on what is happening in regards to the seniors in our community.



The Sassoons

Follow our intrepid journalists, Tony DuMoulin and Doris, rant about seniors' reaction to AI (Artificial Intelligence), and Michael Geller's account of Jewish Housing Initiatives in Vancouver. Cecilia Martell, new to *Senior Line*, inspires us with her post-retirement account, *Creative Pursuits*. *The Great Debate* is back, with Larry Shapiro and Ken Levitt sparring over the decision to stay in one's home or downsize to a condominium.

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



CHANGE AND HOPE: A REFLECTION

Written by Tema (Tammi) Belfer

PRESIDENT'S MESSAGE

As we all have heard most of our adult lives, the only thing that is predictable is change. Now how do we live with it and grow our JSA community with the boundaries always changing? Let me share with you my thoughts and feelings using the examples of *Simchat Torah* and the *sukkah*, two symbols of change and hope in Judaism.

Simchat Torah is the holiday that marks the end of the annual cycle of reading the Torah and the beginning of a new one. It is a time of joy and celebration, when we dance with the Torah scrolls and express our gratitude for the gift of God's word. Last year, at exactly this time, I was in Israel with my daughter Mandy, Yoni, Zoe, Shai, and Liel and my *machtunem*, my son-in-law's parents. We were innocents—walking safely everywhere, dancing in the streets, eating at friends' homes, talking casually with people we passed on the street, trying to decide which synagogue we should go to today. I was free to look at the *sukkahs* everywhere and not have to explain them to anyone. I was happy, safe, and thrilled to be in Israel.

This year, everything has changed. The war in Israel started on October 7, 2023, and so many innocent lives were lost. I can't imagine the fear and pain

that my family and friends are going through. I can't help but wonder how they celebrated *Simchat Torah* amid such chaos and violence.

The *sukkah* is a temporary shelter covered in natural materials, built for the holiday of *Sukkot*. It is a reminder of the fragility of life. It is also a symbol of hope and resilience, as it stands against the ravages of weather and history.

Change is inevitable, but so is hope. ”

The *sukkah* teaches us that even when things seem hopeless, we can still find joy and comfort especially in the company of our loved ones. The *sukkah* also teaches us that even when things seem stable, we should not take them for granted, but appreciate them as gifts.

Today, the symbol of the *sukkah* is even more meaningful to me. It is a sign of solidarity and support for the people of Israel, who are living in a constant state of uncertainty and danger. It is also a sign of faith

and optimism for the future of the Jewish people and the beautiful State of Israel. We must also do our part to help in any way we can, whether it is by donating, volunteering, or advocating.

Change is inevitable, but so is hope. Let us hope and pray that this war and sorrow will soon end, and that a season of peace and joy will begin.

JSA has also adapted to the changing times—the need for senior support is increasing. We have improved our efficiency and focused our efforts on ensuring that we continue to provide valuable and urgently needed services. The mental health of each senior is a right and a priority. We look to you, dear community, to help us continue this invaluable partnership.

Respectfully,

Tema (Tammi) Belfer
President

The President's Message is continued on Page 9 - Serge Haber: A Man of Valour and Vision

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

LETTERS TO THE EDITOR...

I am thrilled with the many responses to our Summer magazine.

We accept all constructive criticism, keep it coming!

Write to Dolores at: editor@jsalliance.org

I have been reading the latest issue of the magazine and was particularly taken with the writing of Serge Haber (z"l). I met Serge many years ago when we were discussing Peer Support. I am presently and have been for many years, a mentor with UBC students as well as now being part of a program for sharing our senior experiences with social work students, as well as pharmacy, etc. I was most impressed with Serge's article.

Eve Sheftel

I want to thank you for the interesting article that you wrote—everything that you had to go through (sleeping on the floor) and being able to face the risk. Also the very organized manner that you dealt with your plan. Taking it in small chunks, using words to encourage your readers while describing your goal. Telling them that they can do it.

Naava Soudack

I must tell you how much I enjoyed reading your *Editor's Message* in the *Senior Line*. Your energy and daring to tackle the difficulties of moving, are amazing and most inspiring. Thank you so much for sharing your experience of changing cities and apartments, with all its joys and sorrows. This takes real courage and guts. Thank you also for continuing to work for the *Senior Line*. I wish you many more years of good health and great work!

Pnina Granirer

My name is Caron Bernstein. I live at the Louis Brier and I am a lucky woman because of your organization. I was matched with Rhoda Cappler who called me repeatedly when I was very lonely, and cheered me up.

With her kindness she was able to make me feel less lonely and we remained friends. Rhoda picks me up, we go for lunch and travel around and feel like two carefree girls. I can't thank the JSA enough for improving my life.

Caron Bernstein

Editor's note: Dictated to Tamara Frankel at Granville Island food court.

I just received the package of magazines—the article looks fantastic. Thank you so much for sending these. I look forward to showing James when I see him next!

Thanks again and enjoy the sunshine!

Hannah Putnam

*Marketing Coordinator
Audain Art Museum*

Editor's note: James Hart is the cover artist of our Summer 2023 edition.

Thank you for dropping off a copy of *Senior Line*. I read it cover to cover and thoroughly enjoyed every article. What a talented and dedicated group you lead. Also a round of applause for how you have made a life here in Burlington.

Cynthia Mintz

It was interesting to read today the article that you wrote about your experience of moving from Vancouver to Burlington. I think that besides the excellent, detailed description on both the difficult and positive sides, you convinced people that it is necessary to take difficult decisions at the right age. And preferably not to postpone the decision.

In a meeting that I had with friends, I heard additional reactions to what you wrote, and afterwards, we continued to talk about the topic. It is good to know that you found your place in your new city and home and that you still continue to contribute here in Vancouver.

Rahel Halabe

Editor's note: Hebrew teacher and author of *Hinneb: Biblical Hebrew the Practical Way*. This is my translation from the email in Hebrew.

THE THREE WATCHMEN

Hi. Forgive me for being so picky... however... I read with great interest the article on James Hart in *Senior Line* (Summer 2023, p. 14-16). There are three bronzes of *The Three Watchmen*, all commissioned by Michael Audain.

1. Acquired by The National Gallery, Ottawa in 2011, it stands in a traffic island nearby.
2. The second one, I am thrilled to say is at the entrance of my condo at 4685 Valley Drive. In our lobby there is a write up about it.
3. Another similar one is at The Audain Art Museum in Whistler.

Shirley Barnett

Editor's note: Thank you, Shirley, for caring enough to enlighten our readers about this magnificent work of art.

Continued on page 6...

THE BULLETIN BOARD

COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

AGEISM IN MEDICINE

On June 6th, the National Council of Jewish Women (NCJW) presented a talk on *Ageism in Medicine: A Call for Equity and Inclusion*. This webinar was presented by the Ageism Committee of NCJW of Canada which was formed in response to a request from the International Council of Jewish Women to support the United Nations global reports and focus on Ageism. Dr. Samir Sangha, a geriatrician, and Director of Health Policy Research at the National Institute on Ageing, was introduced by Linda Steinberg, President of NCJW of Canada. Dr. Sangha offered this definition of Ageism: “Stereotypes, prejudices and discrimination towards others and oneself, based on age.”

Dr. Sangha offered the following statistics concerning aging in Canada—one in three older adults feel that they are treated differently because of their age and that ageism is one of the most tolerated discriminations. They often feel ignored and treated as if they have nothing to contribute. The assumption, that they are not competent, is often made by younger people.

He also spoke about “intersectionality” or the interconnectedness of social categories, such as race and ageism. These are exacerbated by poverty and ill health. Ageism in health care is affected by these prejudices and leads to being patronized or under or over treated. Under treatment can result in being denied certain tests and over treatment in being overmedicated.

Ageism in health care was exposed during Covid by publicly showing the effects in long term care homes. Some strategies to combat ageism in medicine include better education on aging in medical and nursing programs. Challenging our own assumptions and making sure that we value and respect older adults will help. We should be including older adults in the development of policies. Dr. Sangha pointed out that it is only now that the University of Toronto medical school will be including a section on geriatrics in their curriculum.

Rochelle Garfinkel, who sits on the Ageism Committee of the Vancouver NCJW, moderated the question period. It was pointed out that B.C. is lagging behind other provinces in programs such as home care and services in long term care homes. Many older adults, who could manage at home have been forced into institutional care because of the lack of home support.

Shanie Levin is a life governor of JSA and on the editorial board of *Senior Line* magazine.



LETTERS TO THE EDITOR...

Write to Dolores at: editor@jsalliance.org

...Continued from Page 5.

I just finished reading your *Senior Line* magazine. What a polished, well balanced, interesting, informative, and inclusive magazine! Well done! It is impressive. I enjoyed the read and I am also happy to have the book and TV recommendations. Thank you for sharing.

Shirley Molot

Well done, Dolores! Book and film reviews and so much more! I like the cover as well.

A lot of work, all of which you learned on your own!

Marina Sonkina

Editor's note: Marina is the author of *Ukrainian Portraits: Diaries from the Border*.

Thank you, Dolores, for all your work supporting the community. *Senior Line* goes above and beyond as a publication.

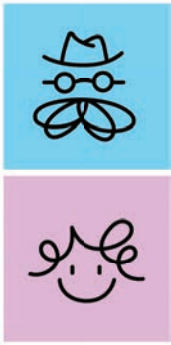
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JSA WELCOMES
NEW SUPPORTERS

Norman Ness
David Rootman
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Jewish Seniors Alliance Spring Forum

LAUGHING MATTERS WITH CAROL ANN FRIED



Written by Tamara Frankel

The first in-person Spring Forum after a long hiatus was held at the Peretz Centre on the last Sunday in May. *Laughing Matters* was presented by **Carol Ann Fried**, an energetic and inspirational speaker and consultant. She was introduced by **Fran Goldberg**. **Tammi Belfer**, president of JSA, welcomed the 40-plus people in the audience and spoke about JSA's alliance with other organizations—and especially with each person in the room and all its members.

None of us, sitting comfortably around the table, expected to be moved around, to have to change tables, to speak to strangers, to scream at each other, and then to tell them that they are awesome.



But this is exactly what happened! The session was a whirlwind of movement, playfulness and laughter. The idea of meeting new people is cause for celebration. To do so in the form of a game has the added ingredient of fun.

THE SESSION WAS
A WHIRLWIND
OF MOVEMENT,
PLAYFULNESS AND
LAUGHTER “

So we played games. We each took the lead and while introducing ourselves made announcements at our table. How else would we learn that Gyda's mother will turn 100 next Saturday? Or that Naava's daughter will be acting in *Henry the Fifth* at *Bard on the Beach*? We imagined holding a cell phone with a photo of an important event in our lives and described it to the group. We learned about mother of the bride/groom wedding dresses, about grandchildren and about trekking trips. All that was accompanied by laughter and delight.

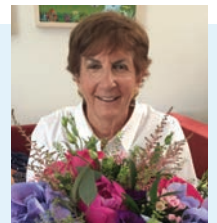
And then we switched tables and initiated a conversation with a total

stranger, with the objective of finding commonalities between us. Some of us discovered that their tablemates grew up in the same city, same neighbourhood and went to the same school, but they had never met—how wonderful to finally meet. At our new table we were asked to complain. About what? My partner, whom I had only just met, complained about American politics, but then found a silver lining to America after all. I, in return, complained about Israeli politics, but then described the beautiful country I grew up in. Yes, there are always two sides to each coin. We ended our encounter with a high five exclaiming: You are awesome! What a nice way to make a new acquaintance.

Throughout the entire session Carol Ann cheered us with her natural creativity of mind and spirit and delighted us with her good humor and charm. **Gyda Chud**, past president of JSA, thanked Carol Ann for introducing us to new people, new friends, and new activities.

Tamara Frankel

serves on the Executive Board of Jewish Seniors Alliance and is a member of the Editorial Committee of *Senior Line* Magazine.





SERGE HABER A VISIONARY

Written by Shanie Levin

On Sunday, November 19th, Jewish Seniors Alliance (JSA) held their Fall Symposium at the Peretz Centre. The event honoured **Serge Haber (z'l)**, the founder of JSA. Serge passed away in October of this year at the age of 95. He never lost his vision of an organization that would see seniors helping seniors. He worked tirelessly to achieve this goal. Many of the speakers on Sunday afternoon mentioned that Serge would never take 'no' for an answer. He managed by the force of his personality to involve people in JSA and to find donors and Foundations to support its work.

Gyda Chud, a former co-president of JSA was the M.C. of the Symposium. She introduced the president, **Tammi Belfer**, who welcomed the fifty in the audience, plus the twenty-two watching online. Former presidents, **Ken Levitt**

and **Marilyn Berger**, then spoke about what they had gained from working with JSA and what they learned personally from Serge. **Cyndi** and **Kara Mintzberg**, cousins of Serge, representing the family, spoke of how much they enjoyed spending time with Serge growing up. They particularly mentioned Shabbat dinners. Serge's children in Toronto and Washington State, were watching on Zoom.

Two videos of Serge were shown. The first was one that had been prepared for his 90th birthday which featured a collage of photos from different periods and events in his life. Some showed him in Rumania before the war, and others in Montreal where he married; and in Vancouver, where he lived for many years. There was also a lovely photo of Serge and **Sheila Gordon**, dancing at the 90th birthday party. Sheila was Serge's partner

for many years. The second video was of a speech that Serge gave to the Fraser Valley Health Authority. He explained the importance of dealing with loneliness that afflicts many seniors, and how JSA's Peer Support Program can help with these issues by providing emotional support.

Rabbi Adam Stein, JSA Board member, presented greetings from Congregation Beth Israel, where Serge was an active member for many years. Rabbi Stein described visiting Serge in hospice. Instead of talking about how he was doing, Serge put the emphasis on asking Rabbi Stein about himself and his family. **Marie Doduck**, another member of the Board, brought greetings from the Holocaust Education Centre, where Serge was active with the survivors group.

Grace Hann, who is the trainer for JSA's Peer Support Program, described her first contacts with Serge. She stated that she was frightened of him until he took the training and easily fit into the group. She felt the force of his dedication and said that she learned a lot from him. **Maurice Moses**, a longtime friend of Serge, sang a moving rendition of *Eli, Eli*. He also led the group in the singing of the *Partisans Hymn*, which Marilyn Berger had suggested as a reminder of the Holocaust and the recent October 7th attack in Israel.

Tammi Belfer talked about the future plans of JSA. She spoke again of Serge's vision and of the three pillars of JSA—education, advocacy and peer support. She mentioned that we may be hiring an executive director in the future. Tammi spoke about the upcoming 20th Anniversary Gala. She pointed out that there were donor cards on the tables and people can direct donations to the Serge Haber Fund at the Jewish Community Foundation. The formal part of the event closed with the singing of *Hativah*. Seniors Stronger Together!



Left to right:

- Kara Mintzberg
- Maurice Moses
- Cyndi Mintzberg
- Marilyn Berger
- Sheila Gordon
- Gyda Chud
- Grace Hann
- Tammi Belfer



SERGE HABER

A MAN OF VALOUR AND VISION

Written by Tema (Tammi) Belfer

Serge Haber (z'l) was a man who touched the hearts and lives of many people in the Jewish community and beyond. He was a Holocaust survivor, a businessman, a philanthropist, a leader, a mentor, a friend, and a hero. He was the co-founder, past president and president emeritus of Jewish Seniors Alliance (JSA), an organization that has seniors helping seniors. JSA advocates for the rights and well-being of seniors, offers Peer Support, and learning opportunities through our *Senior Line* magazine, our Empowerment Series, Spring Forums, and Fall Symposiums.

Serge was a speaker for the Holocaust Educational Centre and was involved in a program promoted by Langara College and wrote of his Holocaust experience in a memoir. You can read his memoirs on our website Holocaust - Jewish Seniors Alliance (jsalliance.org).

Serge passed away on October 19, 2023, at the age of 95. He is survived by his three children, Wanda,

Geoffrey and Stephen, his grandchildren, and his great-grandchild. He also leaves behind his dear friend Sheila and many other admirers and supporters.

He was a man of valour and vision, who jumped in with both feet to build and enhance our Jewish community. He strongly believed in the principle of *Tikkun Olam* – improving the world. He was passionate about combating the loneliness and isolation of frail and isolated seniors. He personally helped many seniors all over the Lower Mainland with his phone calls and sincere question of “how are you today?”

On November 19th, we celebrated Serge Haber (z'l) with a special tribute. We continue to celebrate him throughout this 20th anniversary year of JSA and ensure that we at JSA follow in his very big shoes.

We will miss your kindness, tenacity and dedication to the whole community. You are an inspiration and we at JSA will always honour and remember you.

Annual General Meeting and 20th Anniversary Celebration

Written by Shanie Levin

Jewish Seniors Alliance celebrated our twentieth year on October 26th, 2023, at Congregation Beth Israel. The meeting was followed by a reception honouring two volunteers, **Merle Linde** and **Gyda Chud**. Entertainment was provided by the **Brock House Big Band** with party sandwiches and dessert by **Nava Creative Kosher Cuisine**.

The AGM was called to order by President **Tammi Belfer**. Tammi gave tribute to **Serge Haber (z'l)**, who had passed away the previous week. Serge's family urged JSA to carry on with the meeting and the reception. The meeting gave respect to members who had passed away during the last year. We approved the minutes of 2022, and the agenda for this year.

This was followed by the President's report and a summary of committee reports presented by Gyda Chud. **Larry Shapiro** summarized the financial position as of May 31st for Treasurer **Alan Marchant**, who was unable to be

at the meeting. **Jerry Bleet** brought us up-to-date on fundraising plans. The Election of Directors was presented for the nominating committee by **Ken Levitt**.

Once the formal part of the afternoon was completed the sixty-two members of JSA reassembled in the reception area, where tables had been set up and the band was already playing. The Brock House Big Band is an 18 piece ensemble that plays a variety of jazz and popular music.

Tammi Belfer welcomed **Rabbi Adam Stein**, a board member of JSA, to say the *Hamotzi*. The sandwiches were unwrapped and the audience could begin with the coffee and sandwiches. Ken Levitt gave a tribute to Serge Haber (z'l). He emphasized Serge's work in creating JSA from scratch, his care and compassion for seniors and his work with them. He felt that Serge thrived on challenges. How many people can say that they created an organization? A video of Serge was shown where he talked about the needs of seniors, the



Honourees Merle Linde and Gyda Chud

importance of dealing with loneliness and isolation, and the need for emotional support.

Tammi then invited **Michael Lee**, MLA for Vancouver-Langara, to say a few words. Michael stated that he had met Serge seven years ago at a seniors' event. He praised the work Serge had done in Holocaust education, and his efforts in building JSA to serve the needs of seniors in B.C. He thanked the board and staff for the work that JSA has done.

Tammi then called on **Maurice Moses**, a long time personal friend of Serge's, to speak. Maurice spoke about singing with Serge and Saul 'Pucky' Pellman and Arnold Selwyn at Louis Brier and Beth Israel for many years. Serge called him every Friday to say *Shabbat Shalom*. Maurice made reference to *leich l'chah* and sang a song about it honouring Serge.

Now was the time to honour the two volunteers. Merle Linde has been a Peer Support volunteer since 2005. Merle was



The Brock House Big Band



inspired by the humanitarian ideals of *Tikkun Olam* and *Chesed*, to repair the world with acts of kindness, and to ensure a safeguard for those who are at a disadvantage. This work is a natural progression from participating for many years in community services in both South Africa and Canada.

Charles Leibovitch made the presentation to Merle as **Grace Hann** was away due to a death in her family. He presented Merle with a bouquet of flowers and a certificate, as well as praising her for the many years of service to the seniors that she supported. Grace sent a note stating that Merle has been a role model for her. It is remarkable to see Merle with her clients and how she incorporates her artistic talent in her work with them.

Merle thanked Charles and Grace. Apparently all four of her clients had been artists and she used their abilities and her own in her work with them. She said that people eventually tell you their stories and this enables her to offer emotional support.

Marilyn Berger presented the award, the flowers and certificate, to Gyda Chud. Marilyn called Gyda our star. She feels that Gyda cannot say no and that she takes a lot on herself. She is a past co-president of JSA and presently chairs two committees—Peer Support and Programs. Gyda thanked Marilyn and the committee. She mentioned the three 'R's that are important in education and life: relationship, reflection and restorative practice. She ended with our motto: Seniors Stronger Together.

Ezra Shanken from Jewish Federation addressed the group briefly. He stated that the work of JSA is important to the community and thanked the organization for their crucial work with seniors. We were then entertained by the Big Band and their lovely sound. A few people danced to the music. Dessert was served and people talked and listened to the Band.

This was the first of a number of upcoming events celebrating the 20th anniversary of JSA.



NEW JSA BOARD MEMBER

Lauri Glotman, a mother of three and a grandmother of five, serves as a Director of the Diamond Foundation with a strong commitment to advancing Jewish philanthropy, and a deep passion for supporting vulnerable youth. She is engaged in community and looks forward to collaborating with seniors. Lauri enjoys long walks with her dog, maintaining an active lifestyle, and enjoys spending time at her condo in Phoenix. Lauri holds a BA in Psychology and a professional culinary certification from the Arts Institute of Vancouver.

REVIEW: JSA - PHYLISS AND IRVING SNIDER FOUNDATION EMPOWERMENT SERIES

PIANO AND SONG WITH MIRIAM DAVIDSON

Written by Shanie Levin

The last of the Empowerment Series of the 2022-23 season was held on June 26th at Beth Tikvah Synagogue in Richmond. The event was co-sponsored by Jewish Seniors Alliance, Kehila Seniors and Beth Tikvah. Sixty-four seniors from many parts of the Lower Mainland attended, including Richmond Seniors and L'Chaim Adult Day Centre.

Toby Rubin, the coordinator of the Kehila program introduced **Miriam Davidson**. Miriam explained that she would be playing and singing show tunes as well as some jazz. She began with songs from *The Sound of Music* that were very familiar to the audience, encouraging everyone to join in. Miriam continued with such tunes as

Ain't Misbehaving, *Fly Me to the Moon* and *Only a Paper Moon*. She then played *Memory* from *Cats*. A request for Abba's *Dancing Queen* had the audience swaying and waving their arms in time to the music. The presentation ended with *Here Comes the Sun* by The Beatles.

The afternoon ended with greetings from **Tammi Belfer**, president of Jewish Seniors Alliance and a thank you to the wonderful performer, Miriam Davidson.



JSA CELEBRATES OUR 20TH ANNIVERSARY

Written by Rita Roling

From earliest times people have been fascinated by numbers and number formations. The earliest notations were found on Mesopotamian steles that were likely carved 5500 years ago. Since that time, numbers have become a cornerstone in understanding natural sciences and in the evaluation and progression of the world. Numbers can be used to determine patterns, to quantify, to make predictions, to communicate information and to create abstract patterns such as time. In some cultures each letter of an alphabet carry a numerical value which can be used to construct specific meanings.

Jewish Seniors Alliance of Greater Vancouver has just entered into its twentieth year. In Jewish tradition the number twenty represents a cycle of time or a meaningful waiting period. Thus, it signifies completion of one cycle and hints at a beginning of another. Two decades ago, non-medical services for older adults were rare and relegated to be discussed at a Jewish Federation sub-committee. Demographical statistics however showed

a significant increase in numbers for the older adult population. Thus it became apparent that greater focus needed to be spent on programming for seniors. Serge Haber (z'l) and Jerry Kushner (z'l) answered the call and under their leadership the Jewish Seniors Alliance emerged as an independent non-profit organization. Our organization has firmly planted its roots and is now recognized as a "go to" service provider for adults over the age of fifty-five. JSA is a volunteer driven organization started by older individuals and continues to be directed by older adults. Its motto says it all – "Seniors Stronger Together".

To best evaluate JSA's evolution from humble beginnings to becoming a front runner in the provision of services for older adults, and to better assess this evolution, requires a retrospective point of view. A small Beth Israel basement office became the first home. It then became a place where ideas were generated and put into action. An administrative support worker was hired. The first year in JSA's history was a time for introductions, learning, assessing needs and identifying service gaps.

In partnership with the Jewish Community Centre, JSA sponsored a resource fair, developed resource materials and attended "brown bag" lunch meetings. These informal meetings became a starting point for JSA which

led to the publishing of *Senior Line*. The magazine with its versatile content aims to inform, to inspire and to entertain the readership. It has become JSA's calling card to the community at large.

Then came the Empowerment Series. As with all JSA programming, it aims to inform, to inspire and to encourage social interaction with others. In order to maximize access, sessions are held at different venues and co-hosted by the venue provider. Due to the success of the Empowerment Series and requests from consumers for more programming, JSA introduced an annual Fall Symposium and Spring Forum. The former is research-based and has an academic slant. Guest speakers from the medical and the social sciences fields discuss current research and how these findings and discourse impact how and where services for older adults will be delivered. The BC Seniors Advocate, Isobel MacKenzie, shared the findings from her research on long term care facilities and the reasons for her recommendations—the need for improvement in service delivery standards and accountability. As an alternative to residential long term care, she reviewed alternatives such as home-based supports and aging in place.

The Spring Forum has an informal setting. The preferred format by attendees is a panel of experts from different disciplines. The panel may consist of a nutritionist, a pharmacist, a psychologist and a massage therapist. Attendance for the Empowerment Series, the Symposium and the Forum is around 700 guests.

A decade ago a survey distributed by the Ministry of Health showed a decline in seniors' mental health. JSA received a small one-time grant. In conjunction with Oakridge Shopping Centre, JSA erected a booth with a banner asking "How is your mental health today?" Resource material



Senior Line is a long running publication that began as a newsletter. (Left: Volume 14-4, Winter 2007)

was ready for the taking and so was a short Yes or No Questionnaire where people could rate their own mental health. The data collected more than underscored the need for emotional support services.

Shelley Rivkin from the Jewish Federation suggested that JSA add a peer counselling service. With start up money from the Jewish Community Fund, JSA was able to hire a program coordinator and a volunteer/trainer coordinator. The first Peer Support training was successful. The teaching materials and training methodologies were exactly what was needed. Over the past years JSA has received accolades for all its services. The volunteer training courses have been especially recognized as stellar. Aside from the emotional support volunteer services, JSA has added Friendly Visitors, Friendly Phone Calls and One-to-One Walking services for frail and isolated older adults. Currently the various peer services provide support for an average of 125 clients a month; and under the Peer Services umbrella we manage a body of 75 volunteers. In addition, program staff co-host weekly webinars and will upon request do speaking engagements and teach technical communication techniques in post secondary institutions. All peer services volunteers must pass a criminal record check; they are encouraged to attend on-going volunteer development opportunities.

Peer Support Services provides peer and case advocacy for clients but the



JSA Board of Directors, 2016-17

Advocacy program mainly places its emphasis on Systemic Advocacy. Such a long term approach will be more effective to ascertain what legislation, policies, and regulations are the most effective way to support the interests of those who are not able to speak for themselves. To be effective, it must work in concert with other advocacy organizations. Thus, JSA has formed close ties with BC Health Coalition, Council of Senior Citizens Organizations of BC, and Disability Alliance BC. Together we have a stronger, more powerful voice. An important role of Advocacy is to inform. JSA's advocacy committee did just that when it compiled and distributed an information booklet about how to access low or no-cost medical services not covered by MSP. The booklets have been widely distributed throughout the Lower Mainland and are easily available at social service and government agencies and in places frequented by low or fixed income older adults.

JSA is now entering into a new cycle! From the retrospective analysis—have the first twenty years been successful and has the organization



Chai Tea Celebration, 2018

adhered to its motto—Seniors Stronger Together? If having a multitude of programs aimed to inform, to inspire, to lessen social isolation and to provide emotional support to vulnerable older adults is deemed a success, and to have compassionate, innovative staff members who believe that everyone has the right to reach their own individual capacity, and an army of over seventy volunteers who freely give their time and expertise to assist others equate success—then this writer believes that Jewish Seniors Alliance is a smashing success. What do you think?



Peer Support Volunteer Graduates, 2015



Rita Roling worked in the social service field for over three decades. She is a firm believer in volunteerism and has for many years been actively involved with JSA. She is an executive of JSA and a member of the editorial committee.



Men at Work

NORMAN LEIBOVITCH

Portrait of an Artist



Written by Babo Kamel (his Daughter)

Norman Leibovitch, (1913-2002) the Montreal artist, was born to immigrant Jewish parents. As a young boy he drew incessantly. A straight A student in high school, he dropped out in his final year because boys were not allowed to take art classes. This left the young man with free time to contemplate his future.

He performed a number of odd jobs to support himself. However, it was not until the age of twenty, after surviving 14 hours adrift in a canoe during a terrifying storm on Lake Ontario, that he decided to devote his life to art. Soon

after this harrowing experience, Leibovitch was awarded a scholarship enabling him to attend the American Artist School in New York City, and later at the New York Art Students League under the famous sculptor William Zorach. Once funding for the scholarships dried up, he returned to his home and immersed himself in painting. He married the love of his life, Pearl, who as an artist in her own right, continued to support his artistic endeavors.

At that time, renting a studio in Montreal was affordable and thus Leibovitch secured the room needed to house the many paintings he went on to produce. He would spend many hours painting in solitude, sometimes leaving home at 3:00 a.m. to walk the distance to his studio. Additionally, he would often hitchhike to the Laurentian Mountains north of the city with his easel and paints in order to find lodging on farms, allowing him to paint *en plein air* (the act of painting outside). Many of these small landscapes are available to purchase today.

In 1948 he emerged on the international scene with an exhibition at the Norlyst Gallery in New York. According to the *Herald Tribune's* art critic, his landscapes were "forceful and expressive". This was followed by other favorable reviews by writers at the *Art Digest* and *Art News* and similarly praised exhibits in Winnipeg, Montreal and Toronto.

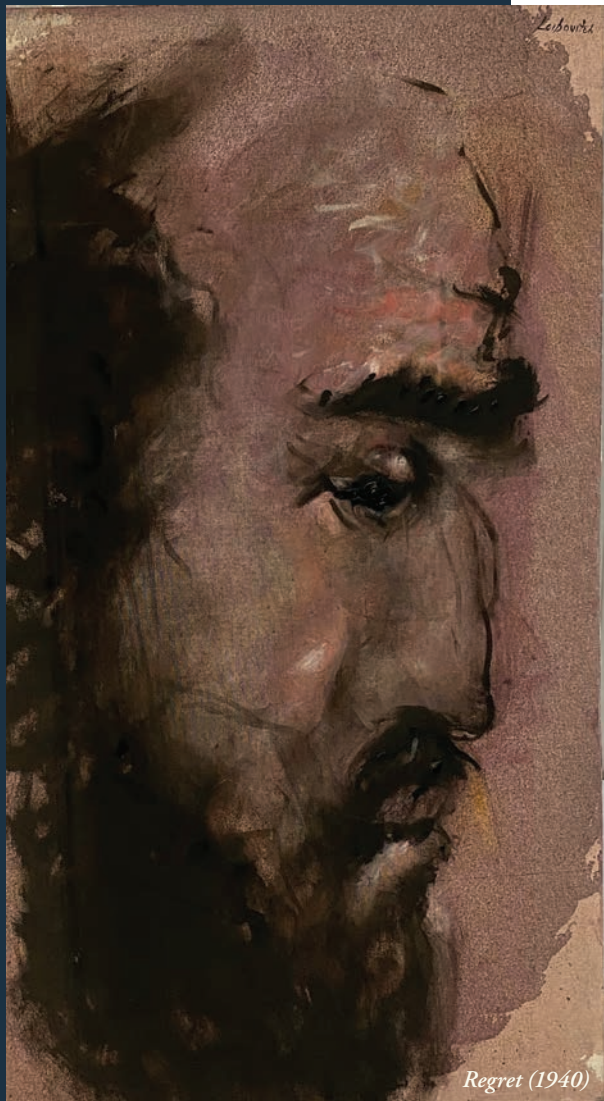
In the same year, he travelled to Israel with Pearl. He was inspired to experiment with painting Israeli



Harbinger (1950)



Surreal Wheatfields at Night (1960)



landscapes and Jewish oriented themes. This fruitful period resulted in successful exhibitions at the College de Brébeuf and at the West End Gallery in Montreal.

Although landscape remained one of his principal preoccupations, over the next ten years Leibovitch broadened his scope to include large figurative paintings as well as abstracts, narratives and nudes. At times his brushstrokes depicted wild, impressionistic work only to be tempered by quiet meditations on the human form.

His portrait of the important artist Alexander Berkovitch is part of the permanent collection of The Portrait Gallery of Canada and his painting *Shtetl Life* is included in *The Posen Library of Jewish Culture and Civilization, v. 9: Catastrophe and Rebirth 1939-1973*.

Over the years he exhibited widely, including favorably reviewed shows at Toronto's Upstairs Gallery and the Penthouse in Montreal. The artist retreated from exhibiting during the years 1963-1980, preferring to spend his time painting, rather than on the business of selling. In fact, Arthur Lismer, one of the founders of the Group of Seven, asked him to do a solo exhibition at the Montreal Museum of Fine Arts, but he declined as he didn't feel that he was yet ready.

In the 1980s he returned to exhibiting his work and never veered away from his calling. In fact, during that time in a television interview on *Chai Montreal*, he explained that painting was his way of being and not just a vocation. "Art was my best form of expression, and a way of life." Tragically, his wife Pearl died in

1987 and from then on most of his work reflected the grief of losing her. He continued to paint until his death in 2002.

The artist's website www.normanleibovitchpaintings.com features a further selection of available works.



Babo Kamel is a poet with two collections, *After*, published by Finishing

Line Press and *What The Days Wanted* published by Broadstone Books. Her father's paintings grace the covers of both books, and you can find her at www.babokamel.com.

PROFILE OF A DIRECTOR: SARAH POLLEY

Written by Dolores Luber

Toronto-based writer and director, Sarah Polley (born 1979) has had a good year. She published a bestselling book of essays called *Run Towards The Danger* and directed the critically acclaimed film *Women Talking* (2022) which won the Oscar for best adapted screenplay. The movie is based on Miriam Toew's novel about the aftermath of sexual assault in a Bolivian Mennonite colony. It is all about women, with an almost entirely female cast, a cinematic innovation.

Polley has transformed herself from an unwilling childhood sweetheart actor to Hollywood A-lister documentarian and filmmaker. She first garnered attention as a child actress for her role as Ramona Quimby in the television series *Ramona*, which led to her role as Sarah in *Road To Avonlea* (1990-1996). She starred in many feature films, to name a few: *Exotica* (1994), *The Sweet Hereafter* (1997), *Guinevere* (1999), *The Weight*

Of Water (2000), *My Life Without Me* (2003), and *Mr. Nobody* (2009).

Polley made her feature film directorial debut with *Away From Her* (2006), a moving, inspirational film about Alzheimer's. Using sympathy and tenderness for its characters, it tells the story of a marriage that drifts out of memory of the wife, and of the husband's effort to deal with that fact. Then came *Take This Waltz* (2011), an unusual love story filmed affectionately in Toronto. The film is full of music, color and warmth, slowly unfolding with moments of funny odd and touching details.

Stories We Tell, a 2012 documentary, is a brilliant film of her own family history: an enthralling, exquisitely layered masterpiece of memoir that unravels an extraordinary world of family secrets through a maze of interviews, home movies, and faux home movies cast



Credit: Jordan Strauss/Invision/AP

with actors. Her book *Run Towards The Danger* is a shocking/tragic/hopeful collection of essays. In search of relief from her debilitating concussion symptoms, a celebrate brain-trauma specialist advised her to stop coddling her noggin and start doing all the things she'd been avoiding—the ones that seemed hardest. It worked! In exposing her family struggles, her hardships as a youth, her paralyzing stage fright and her assault by disgraced CBCer Jian Ghomeshi as a teen, Polley understands that negative experiences help build empathy and being open about your struggles can inspire and bolster others.



Away From Her



Women Talking

SENIORS AT THE MOVIES

Written by Dolores Luber



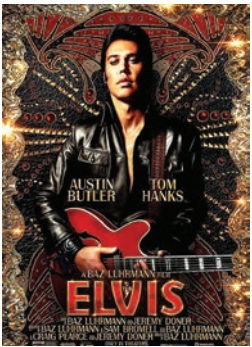
TÁR

2022



Played with fierce and seamless commitment by Cate Blanchett, Lydia Tár is one of the wonders of the classical realm. She is a virtuoso pianist, an earnest ethnomusicologist, and a

purposeful popularizer. She is about to conclude recording a cycle of Mahler symphonies. She is at times arrogant, mean and not particularly lovable. She has a devoted wife and a daughter that she adores. But, Lydia has a lot of appetites. The film's narrative draws from emerging stories of abusive and exploitive behaviour by powerful people in the arts. Enough said. If you love exquisite music and superb acting, the drama will keep you riveted to the screen. *TÁR* is that rarest of items: a prestige awards contender that is also a genuine art film.



ELVIS

2022



One movie critic titled his review “Shocking the King Back to Life”. Austin Butler plays the singer, with Tom Hanks as his devilish manager, in Baz Luhrmann's operatic, chaotic

anti-biopic. I remember Elvis on the *Ed Sullivan Show*. His performance was an historic event! The movie emphasizes Elvis Presley's relevance: His music was a blend of blues, gospel, pop and country which continues to mutate and pollinate in the musical present. The soundtrack shakes up the expected playlist with jolts of hi-hop, slivers of techno and slatherings of synthetic film-score schmaltz. Lots of satin and rhinestone creates an atmosphere of lurid, frenzied eroticism. Col. Tom Parker was Presley's manager for most of his career, and Hanks portrays him as part small-time grafter (British slang: a worker, especially a particularly industrious or dedicated worker), part full-blown Mephistopheles (a crafty, powerful, sardonic person). You decide.



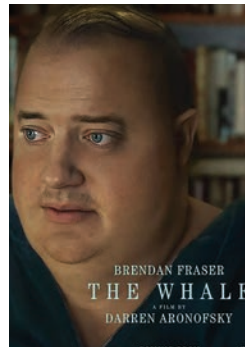
KIMI

2022



This is a sleek and stylish tech thriller, the best I have seen in decades. Director, Steven Soderbergh, and actress Zoë Kravitz deliver a playful, delightful, edge-of-your-seat experience.

Set in the now, a woman faces multiple challenges. A tech worker isolated at home, she stumbles upon a crime via an Alexa-style device. Ruthless and precise, *KIMI* is a timely commentary on isolation and intrusion. It sees the expert craftsman Soderbergh working with genre again, taking a classic concept right out of *Rear Window* and making it current to the era of Covid-19 and Alexa. The final act gets too far out there, and the whole thing wraps a little tidily for a film that's largely about how even an agoraphobic can't actually be alone, but there's no denying that this is a taut, fun exercise. Don't miss it.



THE WHALE

2022



First, the bad news—the film is an exercise in claustrophobia. Charlie (Brendan Fraser) plays an obese writing instructor reckoning with grief and regret in director Darren

Aronofsky's insistence on a pervasive sense of confinement. After the suicide of his lover, his eating “just got out of control”. His health is failing, and simple physical exertions of standing up and sitting down require enormous effort and mechanical assistance. The good news is that the narrative of the film is extra-ordinary, the emotional honesty is heart-breaking. Aronofsky's strength is that of a manipulator of moods, and a formidable director of actors specializing in characters fighting their way through anguish and delusion toward something like transcendence. *The Whale* unfolds over the course of a week, during which Charlie receives a series of visits: from his friend and informal caretaker; from a young missionary who wants to save his soul; from his estranged teenage daughter; and from his embittered ex-wife. Suffice to say that Brendan Fraser won the Best Actor Academy Award for his role. This is heavy going, prepare to be moved and enlightened.



THE GOOD NURSE

2022



This true-crime tale, starring Eddie Redmayne and Jessica Chastain dramatizes the story of Charles Cullen, a hospital nurse, who confessed to 29 intentional deaths. Director Tobias

Lindholm sets out to answer the fundamental question: how did Cullen get away with it for 16 year across nine different hospitals? Lindholm and scriptwriter Krysty Wilson-Cairns view the United States medical system as a business centered on having patients, not helping them. Nearly every scene is an indignity, even the story's heroine, a nurse named Amy Loughren who provides the only empathy in this miserable tale, is also one of its victims. Cullen, currently serving multiple life sentences at New Jersey State Prison, has yet to share his motives. Hospital bureaucrats downplay the incidents as "unexplainable incidents". This is a grim, feel-bad drama that should be watched—as a warning and a lesson to all patients, family members and medical professionals.



PLAN A

2021



Be prepared for a different kind of Holocaust movie—*Plan A* is an historical thriller about the *Haganah* (the Zionist military organization representing the majority of the Jews in

Palestine from 1920 to 1948), and *Nakam* (meaning 'revenge', which was a paramilitary organization of about fifty Holocaust survivors who, after 1945, sought revenge for the murder of six million Jews, led by Abba Kovner). *Nakam* sought to kill six million Germans in a form of indiscriminate revenge. Directors Yoav Paz and Doron Paz invent an eyewitness/ infiltrator, Max (August Diehl) and it is through his haunted eyes that we see the different ways the devastated survivors think about what to do next. Some leave for what was then British-controlled Palestine, with the hope of creating what would become Israel. Others stay behind, trying to extract vengeance. Max meets up with members of the sympathetic British Jewish Infantry Brigade Group, who are working to relocate survivors to Palestine. They are also killing Nazis who have been identified by at least two sources as responsible for killing Jews. We get a taste of the

real history, if not its literal truth. The *Nakam* were hellbent on making the German populace pay *en masse*, for condoning and/or participating in genocide, their Plan A was a mass poisoning of a city's water supply. It is not hard to identify with the characters of both groups.



ADVENTURES OF A MATHEMATICIAN

2020



Here we have another moral dilemma at the dawn of the nuclear age—the saga of Polish-Jewish brainiac Stanislaw Ulam (Philippe Tokinski) from the

cloistered classrooms of Harvard to Robert Oppenheimer's atomic-bomb 'startup' in dusty New Mexico. Writer-director Thor Klein's intelligent, efficient script relies on our knowledge of the war and the Holocaust to concisely convey the gravity of the situation—creating the atomic bomb during the height of World War II. This is a film about philosophical and existential dilemmas, internalized in the person of Ulam—a cerebral, introverted man who largely keeps his emotions to himself. I was hooked by how ordinary he seemed, how accessible the facts became as the stakes became higher and higher. The film is compelling and well-worth watching.



BLACK PANTHER: WAKANDA FOREVER

2022



This is the second film in the American superhero series based on Marvel Comics. In the past I have avoided watching this type of movie.

Now I regret it. *Black Panther: Wakanda Forever* is an exciting drama, a visually stunning action film which features strong, athletic women. King T'Challa has died, and there is a sense of the disorder that follows in the wake of a charismatic, unifying leader. The film is infused with somber notes of family loss and collective mourning. The characters are many and the plot is complicated. It is, after all, a Marvel comic book movie; but an interesting one with vivid emotions, political intrigue and existential situations. I was mesmerized by the costumes, the combat battles, and the sets. This is fantasy, well done.

IN THE SPOTLIGHT: TELEVISION SERIES AND DOCUSERIES

Written by Dolores Luber

I now have a SMART TV with Google TV, the new, personalized experience that comes built into smart TVs and streaming devices from top brands. If a movie or show is available, I can watch it, either by subscribing to the APP (Netflix, Crave, Amazon Prime, etc.) or by renting or buying it with a credit card. This is a huge improvement over anything else that I have experienced

ENTERTAINING TELEVISION SERIES

THE LINCOLN LAWYER

10 Episodes ★★★★★

It begins simply: 18 months ago an accident nearly killed Haller (Manuel Garcia-Rulfo) and hooked him on painkillers. Now, he's one year sober. During that time he stepped away from being the best defense attorney in Los Angeles and separated from his prosecutor wife, Maggie McPherson (Neve Campbell). But the murder of his colleague, Jimmy Vincent, lures Haller back into law. Vincent left Haller his practice, populated by a smattering of low-level pro bono cases, petty crimes, and one major media circus: the murder trial of successful game developer Trevor Elliot (Christopher Gorham), who's accused of killing his wife and her lover. Nearly every component of this legal drama—including its lovable characters, fascinating cases, gleeful fourth-wall breaks by Haller, whiz-bang pacing, and bright, clean cinematography—make for a bingeable, highly enthralling piece of entertainment.



JEWISH MATCHMAKING

8 Episodes ★★★★★

This is a reality-dating series about Jewish singles in search of love, a spinoff of *Indian Matchmaking*. It features Aleeza Ben Shalom, a dating coach who claims to have 200 weddings under her belt. Ben Shalom is an Orthodox Jew who works with Jews from a wide range of backgrounds and levels of observance, and the show takes pains to explain the various customs and factions within the community (for example, Sephardic versus Ashkenazi Jew). She is good at her job, keeping her clients' often lofty criteria for physical appearance in mind while encouraging them to dig deeper beneath the surface to make connections. Ben Shalom is patient with her ultra-picky charges while also being upfront with them. We watch bone-crushingly awkward dates and dramatic clashes of personality, with the occasional sweet romantic moment sprinkled in. What we get is insight into the ties that bind the Jewish community. *Jewish Matchmaking* makes it clear to a general audience that there are just as many ways of being Jewish as there are Jews in the world. Heartwarming, a real treat to watch.

ROUGH DIAMONDS

8 Episodes ★★★★★

The Belgian thriller *Rough Diamonds* (in English, Flemish and Yiddish, with subtitles or dubbed) is more than just about smuggling and dirty dealing in Antwerp. It also involves a man, Noah Wolfson, who comes back to his ultra-Orthodox Jewish family after leaving the sect fifteen years ago in order to find out what made his brother, Yanki, commit suicide. He discovers that Yanki was a gambling addict who owed a bookie hundreds of thousands of euros. The family is facing financial ruin. There are underlying stories about family and religion that underpins the thriller aspect. Noah has an unknown past but he gets tough when the going gets rough. If you want something meaty and about family strife, watch this.



THE PORTER

8 Episodes ★★★★★

This is a richly detailed series whose Black characters aren't defined by racism or the white characters they interact with. The CBC period drama, set in Montreal, in a majority white society in the 1920s, opens with the kind of antagonism you might be used to seeing. However, they, the Blacks, are heroes of the story and not the victims. The directors created a richly detailed series full of characters with jobs and interests, families and friends, love and hates, passions and secrets—something that is not always a given for characters of

colour. This is Canadian history, the true story of Black railway porters in North America, produced and written by Arnold Pinnock and Bruce Ramsay. Hired by white bosses to serve rich travelers, they came together in 1925 from both sides of the border to form the first Black union, the Brotherhood of Sleeping Car Porters. The narrative has everything—complex characters; moral dilemmas; perseverance in the face of institutionalized racism; badass gangsters and nightclub dancers. It is the biggest Black-led television production in Canadian history and won a record 12 Canadian Screen Awards. Superb and brilliantly entertaining.



LIVE TO 100: SECRETS OF THE BLUE ZONE

4-Part Docuseries ★★★★★

Blue zones are parts of the world where people tend to live the longest. Dan Buettner, the explorer and best-selling author who has studied blue zones for 20-plus years, takes viewers on a journey to regions with the highest number of centenarians: Okinawa, Japan; Sardinia, Italy; Ikaria, Greece; Nicoya, Costa Rica; and Loma Linda, California. The results of his research: regular, natural movement (like walking), whole-food plant-based diets and putting family first. Beuttner recently announced Singapore as the sixth location on the list. The island nation has seen life expectancy grow by 20 years since 1960. Unlike the original blue zones, whose longevity stems from history, culture and tradition, Singapore’s transition to an urban hub is what puts it on the list: It’s an engineered blue zone, instead of one that emerged organically. They have manifestly produced the outcome we want. A fascinating and informative watch.

WILD WILD COUNTRY: THE RAJNEESH PURAM COMMUNITY

6-Part Docuseries ★★★★★

This absorbing series covers the rise and fall of the notorious Rajneeshpuram community. Interviews take us back to 1981, and the town of Antelope, in Wasco County, Oregon, when Bhagwan Shree Rajneesh arrived in town from India.

He was either a great guru, spiritual teacher and mystic or the dangerous cult leader, master criminal and terrorist—depending on which side you were on. This is a documentary of fear and loathing, paranoia and megalomania; add in attempted murder, biological warfare, an arms race, the FBI, and the biggest immigration fraud case in US history. And much more! The interviews are interwoven with archive footage from inside and outside Rajneeshpuram and news coverage from the time—a sex cult that threatened the American way of life. It is beautifully constructed and balanced, since it alternates between the two camps. It is an exhaustive and utterly absorbing piece of work by brothers Maclain and Chapman Way. Bravo!

LAC-MÉGANTIC: THIS IS NOT AN ACCIDENT

4-Part Docuseries ★★★★★

Director, Quebecois filmmaker Philippe Falardeau, has created a heartbreaking docuseries which lays bare the variety of wholly preventable factors that led to one of the biggest disasters and losses of life in Canadian history, and the equally tragic fallout and perpetual trauma that the impacted community still faces to this day. On the night of July 6, 2013, a train carrying highly flammable and combustible fuel derailed while passing through the streets of downtown Lac-Mégantic. 47 people were killed instantly, and as the oil flowed in the streets and the fire raged, it became a literal mushroom cloud of devastation, forcing the evacuation of over 2,000 residents. He makes the case in compelling fashion that the negligence of the railroad industry and the federal government led directly to the horrifying derailment. “The danger still exists, the ticking time bomb is still active. And at some point it’s going to happen in downtown Calgary or in Magog.”

DOCUSERIES YOU DO NOT WANT TO MISS

BILLIONAIRE MURDERS: THE MYSTERIOUS DEATHS OF BARRY AND HONEY SHERMAN

4-Part Docuseries ★★★★★

The murders of Honey and Barry Sherman have intrigued chief investigative reporter, Kevin Donovan for the last five years. His task was to first, find out whether the deaths were a murder-suicide or a double homicide, and second, find out “whodunit.” The series is a riveting play-by-play of the case. Much of the documentary focuses on Donovan trying to unspool the thread of the police’s behaviour, including why they waited to interview certain people, or why they seemed ready to declare the deaths a murder-suicide. Eventually, the Sherman family conducted their own autopsy, which showed evidence that it was a double murder. For the viewer it becomes an emotional journey with shocking scenes and no satisfactory ending. For me, a little too close for comfort. Nevertheless, I’m glad I watched it.

CURL UP WITH A GOOD BOOK

Written by Dolores Luber

All books are available at the Waldman Library, Jewish Community Center. We welcome book reviews by our readers, send them in to me at editor@jsalliance.org

WE SHARE THE SAME SKY: A MEMOIR OF MEMORY & MIGRATION

Written by Rachael Cerroti



In 2009, Rachael Cerroti, a college student pursuing a career in photojournalism, asked her grandmother, Hana, if she could record her story. Hana, a Holocaust survivor, was the only one in her family alive at the end of the war. Upon Hana's passing in 2010, Rachael discovered an incredible archive of her life.

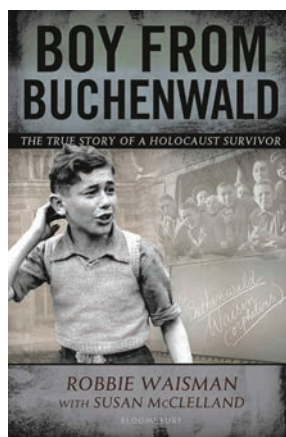
There were preserved albums and hundreds of photographs dating

back to the 1920s. There were letters waiting to be translated, journals, diaries, deportation and immigration papers as well as creative writings from various stages of Hana's life. The book weaves together the stories of these two young women, Hana as a refugee who remains one step ahead of the Nazis at every turn, and Rachael, whose insatiable curiosity to touch the past guides her into the lives of countless strangers. We are grateful to Cerroti who shows us how individuals can make big differences in the lives of others and how important it is to bear witness.

BOY FROM BUCHENWALD: THE TRUE STORY OF A HOLOCAUST SURVIVOR

Written by Robbie Waisman & Susan McClelland

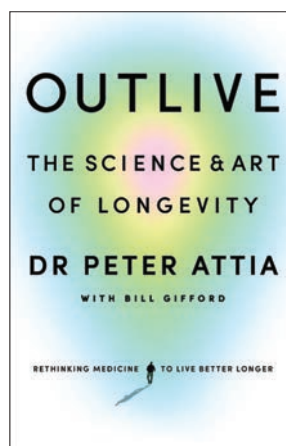
When American army troops liberated the Buchenwald concentration camp on April 11, 1945, they found more than a thousand Jewish boys under the age of eighteen. They had been starved and tortured, witnessing the most extreme



brutality, and they had no idea if their families were alive or dead. Romek Wajzman, age 14, was a Polish child who had survived by working as a slave laborer for a German munitions factory. The boys from Buchenwald were angry at the world! Everything changed for Romek and 427 of these boys when they were brought to a home for rehabilitation in Écouis, France. In clear prose and re-imagined dialogue, along with rare photographs, Robbie Waisman tells his story: the horrors of the Holocaust are well-documented from a teenager's perspective and especially, the challenging period of post-liberation adjustment to a normal life. The 'terrible children of Buchenwald' were cared for and rehabilitated by the staff and mentors of the OSE (*Oeuvre de Secours aux Enfants*), the organization that sheltered and helped Jewish children during World War II.

OUTLIVE: THE SCIENCE & ART OF LONGEVITY

Written by Peter Attia

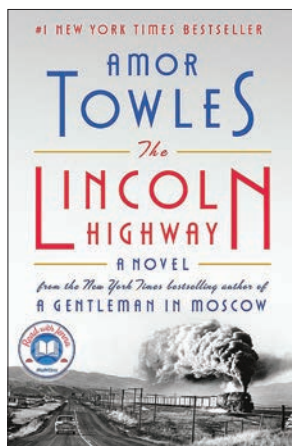


For all its successes, mainstream medicine has failed to make much progress against the diseases of aging that kill most people: heart disease, cancer, Alzheimer's disease and type 2 diabetes. Too often, it intervenes with treatments too late to help, prolonging lifespan at the expense of healthspan or quality of life. Dr. Attia believes we must replace this outdated framework with a

personalized, proactive strategy for longevity, one where we take action now, rather than waiting. He presents a well-founded strategic and tactical approach to extending lifespan while also improving our physical, cognitive, and emotional health. Aging and longevity are far more malleable than we think; our fate is not set in stone. With the right road map, you can plot a different path for your life, one that lets you outlive your genes to make each decade better than the one before. I skipped over some of the science and concentrated on what I could do to improve my life.

THE LINCOLN HIGHWAY

Written by Amor Towles



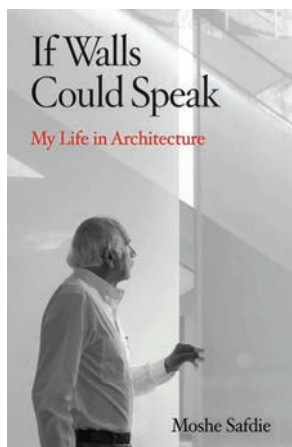
And now for something different—hitch a ride on Amor Towles’ road trip *The Lincoln Highway*. After the success of his novel *A Gentleman in Moscow*, Towles hits the open road. Two teenagers, Emmett and his younger brother Billy, head to California in search of their mother, who walked out eight years ago. But there’s a hitch:

Emmett’s beloved powder-blue

Studebaker has been “borrowed” by a couple of boys on the run from the work farm. Emmett and Billy cross paths with hobos, out-of-work actors, panhandlers, hucksters and just plumb ordinary folks. Beyond the picaresque there are deeper questions of justice. Set in the 50s, the novel is pure Americana, a long, easy, enjoyable if at times hokey ride on a highway filled with adventure.

IF WALLS COULD SPEAK: MY LIFE IN ARCHITECTURE

Written by Moshe Safdie

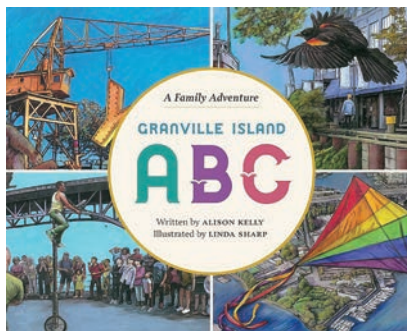


Over more than five decades, legendary architect Moshe Safdie has built some of the world’s most influential and memorable structures—from the 1967 modular housing scheme in Montreal know as Habitat and the *Yad Vashem* memorial in Israel, to the Crystal Bridges Museum in Arkansas and the Marina Bay Sands development and extraordinary Jewel Changi

airport interior garden and waterfall in Singapore. We learn how an architect thinks and works, relating memorable stories of what has inspired him, Safdie reveals the complex interplay that underpins every project and his vision of the role architecture can and should play in society at large. The illustrations are magnificent. This book will forever change the way you look at and appreciate any built structure. Superb!

GRANVILLE ISLAND ABC

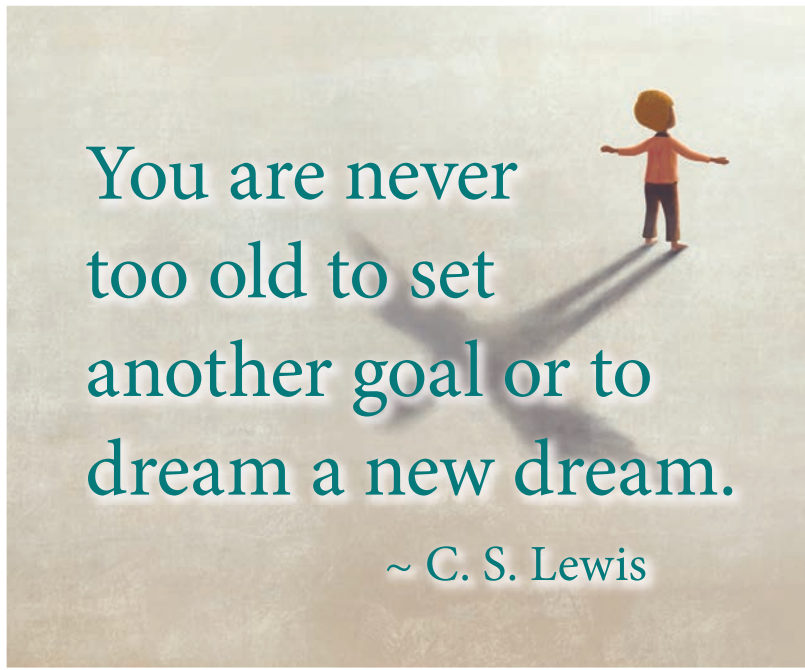
Written by Alison Kelly, Illustrated by Linda Sharp



Do you live in Vancouver? Have you visited Granville Island? Here is your opportunity to get to know this unique, colourful and engaging environment. Alison

Kelly’s fascinating facts and Linda Sharp’s gorgeous illustrations are joyful and knowledgeable. This book is the perfect gift for a young person or a newcomer to BC or a tourist visiting Greater Vancouver!

Granville Island ABC is a visual treasure hunt that invites families to explore the sights, sounds, and smells of this exciting arts and culture destination. With fun (and mostly free) discoveries for every letter of the alphabet—from buskers to houseboats, industrial relics to parks, seawalls to turtles—this book is the perfect companion to a family outing. With interesting facts, a detailed map, a historical timeline, and text that fosters observation and entertainment, it is sure to appeal to locals and tourists alike. Its whimsical illustrations contain hidden details and capture Granville Island’s unique mix of industrial and artistic, historical and modern, urban and wild.



You are never
too old to set
another goal or to
dream a new dream.

~ C. S. Lewis

JEWISH SENIORS ALLIANCE

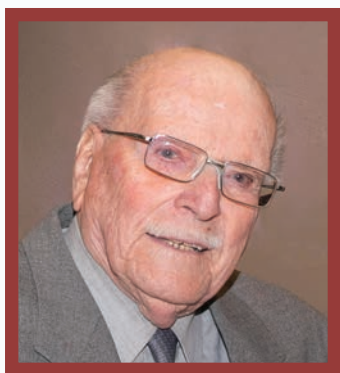


CELEBRATING 20 YEARS



Jewish Seniors Alliance of Greater Vancouver (JSA) is celebrating its 20th anniversary year and with your generosity JSA will continue thriving for another 20 years!

LEAVE A LEGACY TO THE JEWISH SENIORS ALLIANCE ENDOWMENT IN HONOUR OF SERGE HABER^{Z'L}



The establishment of the Jewish Seniors Alliance Endowment in honour of Serge Haber (z'l) at the Jewish Community Foundation is a testament to our commitment to empowering and supporting senior members in our community, by providing essential services, fostering social connections, and promoting the well-being of our valued seniors for years to come.

We invite you to support this worthy cause. Together, we can make a profound difference in the lives of those who have contributed so much to our society.

With Appreciation,

A handwritten signature in cursive script, appearing to read 'T Belfer'.

Tammi Belfer
President

A handwritten signature in cursive script, appearing to read 'J Bleet'.

Jerry Bleet
Chair, Donor Relations



www.jewishcommunityfoundation.com
604-257-5100

ENHANCING SENIOR'S LIVES

Training Volunteers

Senior Peer Volunteers support senior clients to remain independent and connected to their communities. The training programs include recruiting, training, matching volunteers to the client and supporting them.

Clients

Peer Support clients are older adults living in the Greater Vancouver Regions who may be isolated and socially disconnected. They are matched with a volunteer who will support them in a one-to-one relationship.

Advocacy

JSA's Advocacy continues to forge new collaborations to broaden its scope, urging change in government funding and ageist policies.

Outreach and Education

JSA's Outreach goal is to enhance the lives of all seniors in our community. The programs empower, inform and educate on those issues that are relevant to the 55 plus age group. *Senior Line* magazine is produced by senior volunteers, with over 4000 copies distributed each issue.

JSA'S IMPACT

- ▶ JSA PEER SUPPORT SERVICES HAVE HELPED MORE THAN 1000 CLIENTS AND TRAINED OVER 600 VOLUNTEERS
- ▶ JSA HAS THE CAPACITY TO WORK WITH 100 CLIENTS PER MONTH
- ▶ OVER 50% OF CLIENTS ARE REFERRED BY VANCOUVER COASTAL HEALTH
- ▶ 80% OF CLIENTS REPORT A DECREASED SENSE OF LONELINESS
- ▶ JSA HAS THE CAPACITY TO MANAGE A ROSTER OF 70 VOLUNTEERS
- ▶ JSA AFFILIATES WITH OVER 400 COMMUNITY ORGANIZATIONS

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PEER SUPPORT SERVICES: VOLUNTEER PROFILES

CATHY MOSS

Interview by Charles Leibovitch

Cathy Moss was born in Montreal, raised by a mother who was a gifted educator and a father who was an entrepreneur and builder. Her parents nourished and built community, establishing a public library in Ville LaSalle. With a family that held deep humanistic values it was no wonder that Cathy, her sister Natasha, and her brother Peter, excelled in careers spanning education, theatre, and television.

Cathy started university in the early 70s, then took a break from her studies to join an artistic community in Prince Edward Island. With the help of *Opportunity For Youth* funds, they created a travelling puppet theatre that performed in elementary schools around the island. It was the roots of her career as it blended children's education, creative storytelling, and nurturing community while expressing her values.

In 1974 Cathy returned to Montreal to finish her degree in English literature where she met her husband, Alvin. After graduation, one of her professors offered her the opportunity to teach a class in composition. She was then hired to teach the same subject at Lasalle College. By the late 1970s doors were beginning to close for Anglophones in Montreal. Cathy and Alvin made the move to Vancouver where a promising job awaited Alvin.

Cathy found work writing and editing a children's magazine for McDonald's Corp called *Fun Times*. The magazine was distributed worldwide and translated into 28 languages.

Cathy then made the leap into television with *KidZone*, a family series for Knowledge Network. As Cathy's reputation and skills grew, she was offered jobs writing on other children's shows in Canada and co-productions around the world, e.g. *Fred Penner's, Skinamarink, Cat in the Hat, Arthur, Momolu* and *Gumboot Kids*. She also created original children's TV shows including *Franny's Feet, Doggy Day School* and *Count on Me*.

Cathy has two children, a son and a daughter, and four delightful grandchildren.

Throughout her working years Cathy volunteered in community projects including running the Community Kitchen at Little Mountain Neighborhood House and working with new Canadians at Frontier College.

During the COVID-19 outbreak Cathy became aware of the challenges facing seniors, including isolation, anxiety and loneliness, especially if they were on their own. She discovered the JSA Senior Peer Support program and took the training course in 2021. After a year of volunteering she and her friend and fellow JSA volunteer Beverlee Gray started a Zoom group for JSA clients that is now entering its second year. Cathy's way of combining



creativity with humanistic values continues to drive her work building community.

Charles Leibovitch, MSW, is JSA's Senior Peer Support Services Coordinator. He initiated the Program in December 2011. He has a long history of caring for seniors.



BEVERLEE GRAY

Interview by Grace Hann

My parents had moved from Europe when they were very young and only met later after they were established in Canada. Growing up in Montreal I embraced and cherished the cultural variety and the French language. Sadly, my father died at the young age of 49. My mother raised me and my six sisters on her own but with the help of her close family and community. While we didn't have much, I never felt poor, but



rather the opposite, because of such caring people in our lives.

As a young child I went to a parochial school and discovered an interest in culture and psychology. At the age of 19 I travelled to Europe to “see the world,” and quickly discovered its vastness and variety. Meeting people from different cultures but with similar interests felt deeply satisfying. We communicated without understanding languages but were still able to share and communicate on different and often more meaningful levels.

For four years I studied Psychology and French at Rutgers University in New Jersey; then in 1973 I moved to Halifax. There, I eagerly became part of the culture of Maritimers who lived sometimes difficult lives but whose common decency suited me so well!

I loved Nova Scotia. While on vacation, I had fallen in love with Vancouver. So, in 1977 I packed up my stuff and drove across Canada to Vancouver, in my blue Datsun 260 Z. I found work in Human Resources, where I took pride in putting the

right people in the right job. My boss once said that I was “a good judge of horse flesh”.

Some time later, my partner took his play to Broadway. It was like I joined the circus. I was alarmed at the instability of this lifestyle but we did finally settle down in a home of our own, where we raised our two sons — a musician and an artist.

Throughout this period, I volunteered with MSF/Doctors Without Borders where I learned about the importance of peer-to-peer support. As well, I could really get behind its values, and its engagement with the world. This revitalized my life. I met great friends. I continue to volunteer, running their program in Canada.

Now, because of my experience in peer-to-peer support, I volunteer with JSA,

whose program is an effective process in which everyone benefits. Volunteering enriches my life, and I get a huge sense of accomplishment.

As I become more aware of the challenges less fortunate seniors face, I'm frustrated by the lack of support and resources available to help people who are in dire need. Someday this will change, but in the meantime, community initiatives such as JSA's Peer Support Services can make a big difference. That's why I'm here.



Grace Hann

is the trainer of volunteers of Senior Peer Support Services. She has been training volunteers and supporting seniors for over 20 years.



You can make a difference!

Help our older adults live with dignity, safety and comfort rather than in loneliness and isolation.

JSA offers the following volunteer opportunities:

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

Extending Our Reach:

JSA offers our professional training free of charge to our community partners.



For information on how to join our volunteer team contact Grace Hann or Charles Leibovitch at 604.267.1555

DORIS DISCOVERS AI

Written by Tony DuMoulin

I had not talked to my dear friend Doris for a while, so last week I decided to give her a call to see how she was doing and what she was up to these days. For those of you who have not heard of Doris, she is an outgoing, charming and independent 86 year old widow who lives alone in her own home in Vancouver, and enjoys life by being constantly engaged in the world around her, and by speaking out at every opportunity about ways in which the lives of her fellow seniors can be improved. I always learn something new when I talk with Doris.

Doris immediately started our telephone conversation with a question: “Do you know anything about generative artificial intelligence (AI)?” When I said I did not, she followed up with: “Well, you should! Have you heard of “ChatGPT?” I said I had, but was

not sure what it was. Doris started to get excited. “I have a new ‘friend’ I can have in-depth conversations with on my computer. It is a generative AI program that ‘thinks’ for itself, and uses ‘natural language processing’ to create text in response to any questions you ask. You can ask follow-up questions, seek clarification, challenge the replies you get, and so on. It is just like having a conversation with a very smart friend who knows a lot about almost any subject (but, as with any friend, is sometimes wrong).”

“It does sound exciting, but I think that for me, something of this sort would be beyond my limited technological capabilities. How would I know how to start, and how can it benefit old folks like you and me?” I asked Doris. “It is easy to learn,” she responded, “and there are some online tips and tutorials for

beginners. If you have your computer or smartphone handy, open it up and see what I have just sent you.” Immediately upon opening up my laptop, this is what I found by way of an email from Doris:



EMPOWERING SENIORS WITH GENERATIVE AI: OVERCOMING MISCONCEPTIONS AND UNLOCKING BENEFITS

Generative Artificial Intelligence (AI) has rapidly evolved in recent years, offering a wide range of benefits to people of all ages. Seniors, in particular, can significantly enhance their quality of life through the use of generative AI tools. While some seniors may be apprehensive about embracing this technology, understanding its advantages and dispelling misconceptions is crucial. In this 500-word summary, we'll explore the benefits of generative AI for seniors and why they should not fear this tool.

- **Enhanced Communication:** Generative AI, such as natural language processing, can assist seniors in maintaining and improving their communication skills. Speech-to-text technology can transcribe spoken words into written text, making it easier for seniors to participate in digital conversations, compose emails, or engage in online discussions, even if they have difficulty typing.
- **Cognitive Support:** Seniors may face challenges with memory and cognition. Generative AI can help with reminders, provide cognitive exercises, and offer mental stimulation through games, quizzes, and puzzles, thus aiding in cognitive health and memory retention.



- **Accessible Information:** With generative AI, seniors have access to a wealth of information at their fingertips. Voice-activated virtual assistants can provide answers to questions, read the news, and even help with research, making learning and staying informed more accessible.
- **Safety and Security:** Smart home devices powered by generative AI can enhance senior safety by offering features like fall detection, medication reminders, and home security monitoring. These technologies can provide peace of mind to both seniors and their caregivers.
- **Personalized Healthcare:** AI-powered healthcare apps can help seniors track their health, manage medications, and even receive early warnings about potential health issues. Telemedicine and virtual consultations become more feasible, ensuring seniors receive necessary medical attention from the comfort of their homes.
- **Social Connection:** Isolation and loneliness can be significant concerns for seniors. Generative AI can connect them with friends and family through video calls, social media, and email, fostering social engagement and emotional well-being.
- **Entertainment and Creativity:** AI-driven applications can offer seniors entertainment options, such as music recommendations, movie suggestions, and even art creation tools. Seniors can explore their creative side with ease, using generative AI to assist in artistic endeavors.
- **Accessibility and Inclusivity:** Generative AI can provide seniors with various accessibility features, including text-to-speech and speech-

to-text capabilities, making digital content more accessible to those with sensory impairments.

Despite these numerous benefits, seniors might harbor concerns about generative AI. Here's why they should not fear it:

- **User-Friendly Interfaces:** Most generative AI applications are designed with user-friendliness in mind. They offer intuitive interfaces, easy-to-follow guides, and responsive customer support to assist seniors in using these tools effectively.
- **Privacy and Security:** Seniors often worry about the security of their personal information. Reputable AI developers prioritize data security and privacy, using encryption and robust security protocols to protect users' data.
- **Customization:** AI tools are highly adaptable. Seniors can tailor these tools to their specific needs and preferences, making them a helpful and personalized resource.
- **Affordability:** Many generative AI tools are budget-friendly or even free, ensuring that seniors can access these technologies without incurring significant costs.
- **Community Support:** Seniors need not face this technological journey alone. Local community centers, libraries, and tech-savvy family members can provide guidance and support, helping them make the most of generative AI.
- **Learning Opportunities:** Seniors should view AI as an opportunity to learn and grow. Embracing generative AI can foster a sense of accomplishment and lifelong learning, boosting confidence in their technological abilities.

In conclusion, generative AI offers a myriad of benefits to seniors, ranging from improved communication and cognitive support to enhanced safety, social connection, and creativity. While initial apprehensions are natural, seniors should not fear this tool. With user-friendly interfaces, strong privacy safeguards, customization options, affordability, and community support, generative AI can become a valuable asset in the lives of seniors, empowering them to lead healthier, more connected, and more fulfilling lives. Seniors can embrace this technology as a valuable tool in their journey toward a better quality of life. [This was from Chat GPT].



Doris continued: “What you see was written by ChatGPT in about 30 seconds, in response to the request I typed just while we were talking: ‘Do a 500 word summary of the benefits of generative AI to seniors, and why seniors should not fear this tool’. My point is: AI chat programs such as Chat GPT are very easy to access and use, and can provide a lot of information very quickly. Anyone who can type an email can be comfortable with a generative AI program. Just type ‘ChatGPT’ into your search engine, open the site, and you will see a space to type in your question. It couldn't be easier. And the more questions you ask, the better your ‘conversation’ becomes. I am learning each time I use it that the secret is to be very precise with your questions. When I asked for a 500 word summary for you, ChatGPT knew how much detail to provide.

“I have also started using ChatGPT to draft letters to MPs and MLAs

advocating for older persons. It is a huge time saver, and in seconds I can produce a well-researched and persuasive letter that in the past would have taken me days. As an example, this morning I sent a ChatGPT-assisted letter to my local MP urging the federal government to pass its long promised legislation to fund universal pharmacare. It was so easy. My hope is that our powerful “seniors lobby” of almost 25% of Canada’s population will soon embrace generative AI tools to demand that their MPs, MLA’s and municipal representatives do their part to meet the needs of seniors. What a force we could be! This tool takes a lot of the work out of being our own advocates, well armed with research.”

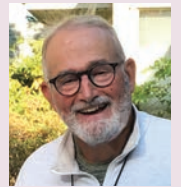
“It sounds almost too good to be true”, I responded. “Is it expensive to use ChatGPT?” Doris knew the answer:

“You can use the basic program for free, but it has limitations, the main one being that at this time, it cannot access information more recent than 2021, though that cutoff date is likely to be advanced soon. But this free service, called ChatGPT 3.5, is a great place to start. If you find you want to use generative AI more extensively, you can pay \$20 per month for the 4.0 version, which offers current information. I am paying for this now, and I find it is worth it.

“But be aware, Tony, that AI answers are not always accurate, especially if your question is too vague, or needs up-to-date information not available on the free service. You must always keep your wits about you and be skeptical when using this tool. Don’t blindly accept everything you get back. But by and large it is more

accurate than mere human research, so with proper care, it is still a wonderful tool. And ChatGPT is not the only one, just the most well-known right now. You may prefer using Bing Chat by Microsoft, which is just as accessible and user friendly as ChatGPT, and has additional features. You should check it out. There is also Google Bard to watch for, but I cannot comment on it because it is not yet available in Canada. I expect that it will be soon.” As I thanked Doris and ended the call, I thought to myself: a new era has begun.

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



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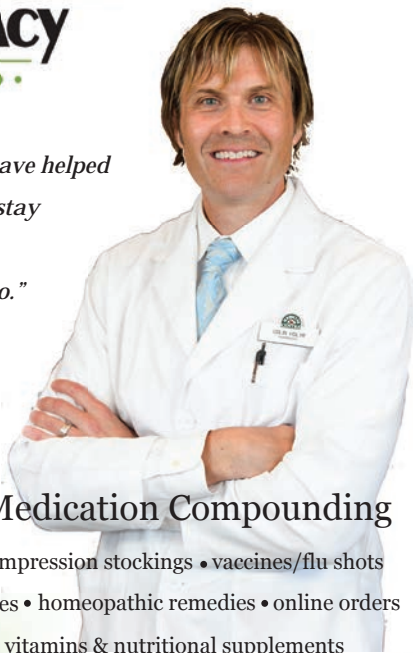
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The Great Debate



Downsizing Versus Remaining in Your Home

Should I purchase a reverse mortgage or downsize? This is a dilemma faced by many older adults. It raises numerous questions about lifestyles, about independence, and about quality of life. My good friend and colleague, Larry Shapiro, has taken the position that he favors a reverse mortgage or facsimile. I am taking the position that downsizing is the preferable choice. I would never want to be burdened by a debt incurred by a reverse mortgage.

This column will be of special interest to those persons who are financially independent and mortgage-free, given that older adult homeowners usually do not have mortgages.



Downsizing is A Good Option

Written by Kenneth Levitt

There are many advantages to downsizing. By downsizing, we mean moving into a smaller living space. When contemplating downsizing there are many positive aspects to consider.

- Moving into a smaller house or condo is easier to manage.
- You retain your independence.
- It is an opportunity to move to a new location of your choice, possibly to be nearer amenities and to be closer to friends.
- It is less expensive to operate a smaller property, e.g. lower taxes and lower utility bills.
- There are fewer household tasks to do.
- With good financial advice and a good price for your property, you should have additional income from the capital or interest from the invested funds.
- You could pay off an existing mortgage.
- Downsizing forces you to declutter your current residence.
- Smaller homes have a smaller environmental impact.
- Smaller homes give you more time to do things that have a greater priority than cleaning and physical maintenance.
- There is less space to accumulate items you really do not need.

Two Financial Examples for your Consideration:

1. Let us say you sell your property for \$1.75M and purchase a condo for \$1.25M. You invest the balance with a financial broker like ZLC. Your \$500,000 will net you 5% or \$25,000 per year. This will have a major impact on your quality of life and allow you to do some of the 'bucket list' about which you may have fantasized.

This example allows you to essentially keep the capital from the sale of your property. Perhaps most importantly, you are indebted to nobody, you maintain control and you maintain your independence.

2. As noted above, you realize \$1.75M from the sale of your property. You decide to invest it all with a quality investment/money management company. You are guaranteed a 5% return on your investment which amounts to about \$90,000 per year.

You decide to rent. Assuming you are financially independent and have other retirement income you have the choice of where you want to live and what lifestyle suits you. You keep the capital which could increase, and you still maintain control and independence.

A Caveat About Downsizing:

Every plan has an upside and a downside which need to be carefully considered and evaluated.

There are many issues to downsizing:

- Do I want to discard or dispose of a legacy of personal possessions?
- What family members would want our precious possessions?

- Do I want to spend many hours involved in selling my current accommodation and spend a good deal of money on legal fees, commissions, and moving expenses?
- Will the area I move to change our lifestyle substantially?
- What will it be like leaving friends and/or family?
- Why am I moving or is someone else (a relative) pressuring me?
- Is the financial gain I hope to make worth it?
- Is the new neighbourhood I have chosen right for me?

A contemplated move from a current premise to a new one can be traumatic for older adults. Thoughtful planning and weighing the pros and cons of downsizing are imperative. This is an important discussion you must have with an immediate family member or neutral party.

For me, there is no pro or con. It is all pro! I do not want others making the decision about "What is in my best interests". I want to be in charge as long as I am capable.

I want to control my life as long as possible. I do not want to have a big debt to contend with. I want my independence and I will downsize when it suits me.



Ken Levitt is Past-President of JSA and served as Administrator of Louis Brier Home and Hospital from 1985-2002. He has a background in recreation, corrections, child welfare and services to seniors.

Remain in Your Home: Reverse Mortgage and Alternatives

Written by Larry Shapiro

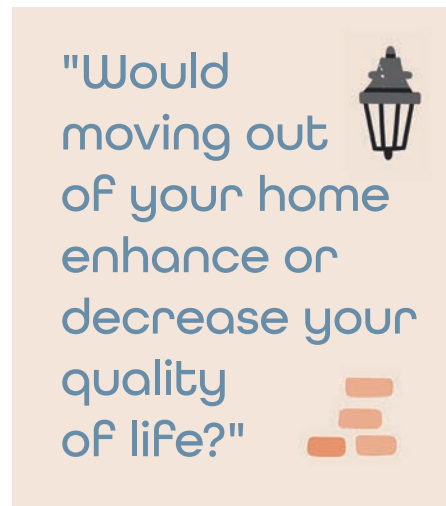
The opportunity to debate the benefits of releasing the equity built up over the years in one's home by means of a **Reverse Mortgage** over selling the same property outright and purchasing a smaller home, most likely a strata apartment (condominium), has led me to examine alternatives to the Reverse Mortgage for the following reasons:

Firstly, the maximum payout of a Reverse Mortgage is never more than fifty-five percent (55%) of the property value when the borrower is 55 years old and decreases substantially as the age of the borrower increases. Since almost every case involving someone looking to raise cash through leveraging the value locked into their home is different, there should be and in fact are alternatives to the Reverse Mortgage.

A retired senior may opt to raise cash and not have any means of doing so other than tapping into the equity that has accumulated in their home. One of the reasons for the need for cash is the wish to remain in their home, but to do so may well require a substantial investment in renovating the house to accommodate changes like the inability to navigate stairs or access rooms with a wheel chair, walker, scooter or other physical aids. Perhaps adding a bedroom on a lower floor or adding a

room to accommodate a live-in care giver, complex medical equipment or having a ramp built to allow easy and safe accesses to the house entrance, or perhaps adding a walk-in tub or even a solarium to enhance the quality of life of the senior home owner.

I suggest that this debate focus on the benefits of remaining in the familiar setting of home and neighborhood as opposed to being uprooted and moving away for the sake of downsizing. One size does not fit all, so these alternatives are an effort to customize the way to release the equity from your home.



One alternative is a **Home Equity Line Of Credit**, referred to as **HELOC**. The advantage of a HELOC is that it allows one to pay off the entire loan without incurring any penalty, unlike a Reverse Mortgage with which penalties apply during the initial five (5) years of the loan. Another advantage of a HELOC is the fact that the rates of interest are generally lower than those of a Reverse Mortgage. The disadvantages of a HELOC is that this type of loan requires monthly interest payments whereas Reverse Mortgages do not.

Other disadvantages are that one needs to qualify for a HELOC Loan which means one's income and credit score will be assessed which is not the case with a Reverse Mortgage. There is also the fact that one can lose their home if the interest payments are not kept up. This is the ideal alternative for anyone who needs short term cash or accessibility for a rainy day fund. For those who need cash for a longer period of time, the Reverse Mortgage is probably the more appropriate choice.

Another common alternative is selling one's home. When considering this option, ask yourself these pertinent questions: Where are you going to live and what will the cost be? How does this cost compare to a Reverse Mortgage, HELOC or other alternative? Are you physically able to remain in your home and maintain it? Would moving out of your home enhance or decrease your quality of life?

How important to you is your current home? There are many choices that are available if you decide to remain in your home. Any senior contemplating a move could and should discuss the different options available with their banker, accountant, lawyer or financial advisor. The quality of the time you have left and how you spend it should be the main consideration for your final decision. Live long and live well.



Larry Shapiro studied accounting and worked at major firms as well as with the Federal government. In 1977, he studied real estate and opened his own business. Since moving from Montreal to Vancouver, Larry has been an active member of the JSA Board.

OPEN SESAME: ODE TO THE GLASS JAR

Compiled by Sheila Delany

On the SFU Retirees Association e-list, a member recently sent out the following message:

“As I age, my hands lose muscle power, and many new jars seem impossible. I tried various commercial gadgets, bits of rubber, etc. but the all-time winner for something completely tight, is two oil-filter wrenches, easy to buy at a place like Canadian Tire. You buy a small one and a larger one and wrap them around the lid, with the pull set to go in opposite directions. Fun, and it works every time because you are using your whole arms to power the things apart.”

This message generated a set of responses offering other favorite methods and which might be helpful or amusing to readers of *Senior Line*:

“Strike the rim of the lid sharply with a knife-handle (obviously it should be a

butter-knife, no sharp blade), facing in the screw-off direction.”

“Hold the metal rim over a gas-stove flame, if you have a gas stove; the heat expands the metal so that the cover twists off easily. In the absence of a gas stove, another source of heat would work, such as a stream of hot water from your sink—then twist open using a cloth to protect your hands.”

“Slightly lift a section of the lid with an old-fashioned beer opener. Just at one spot.”

“Hit the rim at a sharp angle with the non-cutting side of a large knife, and rotate the bottle. Learned from my mother from the Old Country.”

“I use an ice-pick to pound a hole in the lid! That breaks the seal and the jar is open. Wearing rubber gloves helps give traction, or you can put several rubber bands around the jar and the lid, and



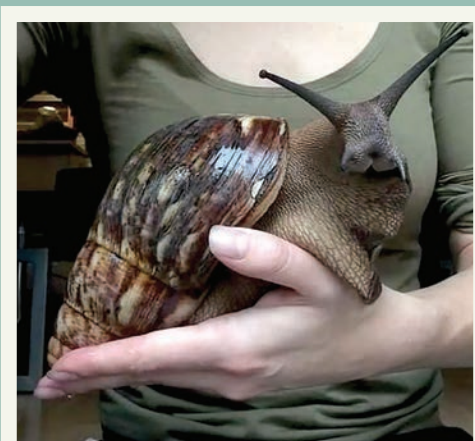
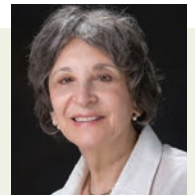
that sometimes helps, but the ice-pick method is quick, easy and never fails.”

“I use rubber gloves, which seem to help my grip.”

“A rinse under hot water, breaks the seal & easily opened with bare, old, hands! “

That’s it—hope these are helpful or at least good for a chuckle!

Sheila Delany is Professor Emerita of English at Simon Fraser University in British Columbia and the author of *Medieval Literary Politics*, among other books. She now writes for SFURA, the online publication of SFU Retirees Association.



IDENTIFY THIS OBJECT

WHAT IS THIS?

1. A cute rabbit in a shell
2. A enlarged fake photo of a snail
3. An average-sized giant African land snail

Check page 48 for the answer!



TAKING CARE: THE ‘UNDERVALUED’ WORK OF SOCIETY’S CAREGIVERS

Written by Janet Nicol

The Covid-19 pandemic of 2020-2023 exposed the fault lines within our senior care system. Challenges faced by the people who take care of elders came to light. An under-researched topic, caregivers are the focus of an engaging study by British author Emily Kenway's *Who Cares: The Hidden Crisis of Caregiving and How We Solve It*.

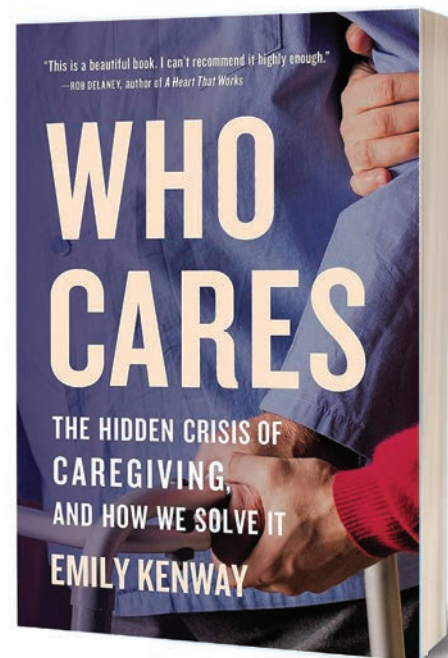
Kenway was motivated to take a closer look because of her experience as a primary caregiver for her terminally ill mother. She describes balancing time for her mother's care with her own life as a single, career woman. Her account

weaves a personal situation with a deeply researched examination of the British caregiving system, employing a global and feminist perspective.

Most caregivers are women, and many suffer from poverty, isolation and burn out. The chapter *On Women, Maidens and Migrants* delves into this female experience, underscoring the fact that unpaid caregivers subsidize the nation's economy by providing non-professional care.

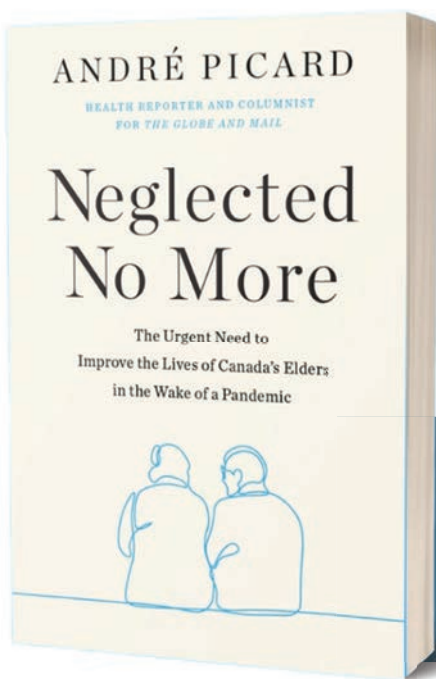
Looking back to the 1970s, Kenway reflects on the “Wages for Housework” feminist campaign to address unpaid domestic work. Motherhood and conventional child-care were top of the agenda while elder care was barely discussed. Changes are required to the very foundations on which the modern welfare state was built.

On Technology is a chapter with cutting-edge information about the future of elder care. Several tools already in place are mentioned, including “WhatsApp,”



a website application that keeps family members informed of medical developments. Another device on the market offers an alarm system that goes off when a person with an at-risk condition, such as a dementia disease, leaves the bedroom at night. An “Alexa” device (used by the author's mother) turns the radio on and off by voice command. “ElliQ” is a robotic social companion and “Joy for All” is a brand producing life-like companion cats.

Kenway questions the effectiveness of “carebots” and gives a list of the positives and negatives. There's a reduction of caregivers' work load, for example. On the other hand, technological break-downs can add to the work load. Privacy and safety concerns need to be considered as well. In summation,



One in four Canadians over the age of 15—or 7.8 million people—provide care to a family member or friend.

”

technology will support, rather than liberate us from caregiving tasks.

Crucial to effective caregiving are supportive family, community, employers and government. Kenway calls for a “commoning” of care in both the private and public realm. “We need new skills to build our commons of care,” she writes, “skills about building relationships, knowing our boundaries, making decisions together and holding people accountable for the prejudices they will inevitably bring to common spaces.”

Kenway concludes on a personal note, sharing an instructive series of lists for unpaid caregivers. First up is: “What You’ll Miss.” “Sleep” and “feeling part of the world,” are a few of her cautionary warnings. The final list, titled “What You’ll Be,” includes “illuminated”.

Complementing Kenway’s findings is Canadian journalist Andre Picard’s *Neglected No More: The Urgent Need to Improve the Lives of Canada’s Elders in the Wake of a Pandemic*. The reader learns one in four Canadians over the age of 15—or 7.8 million people—provide care to a family member or friend. These caregivers assist people with a “long-term health condition, a physical or mental disability, or problems related to aging.”

The chapter *Healing Hands* focusses on paid care workers, a “ubiquitous” and largely unregulated category of employees within Canada’s health care system. “These hard-working women are paid lowly wages for backbreaking work,” Picard writes, “and are largely taken for granted both by the individuals they serve and by the institutions that employ them, as well as by a society

whose politics and values have made this work a cornerstone of eldercare.”

In summing up, Picard believes Canadians don’t need another government report on health care. We need to act. Both Kenway and Picard succeed in providing solid evidence for the creation of an improved “community of care.” Everyone can play a role. Paying attention, staying informed and providing support to caregivers’ needs and concerns are important first steps.



Janet Nicol taught at a Vancouver high school for 29 years and is a freelance writer with a blog at <http://janetnicol.wordpress.com/>

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A Love Song

FOUR SEASONS BY THE SALISH SEA

Book Review by the Author, Carolyn Redl

After moving to Vancouver Island from the Prairies in the early 2000s, I made it my mission to learn as much as I could about life along the Salish Sea. I wanted to know about all things that dig, float, swim, or merely grow in and around my new saltwater realm. With each passing day, I discovered answers to my many questions and realized that I wanted to share my findings.

Four Seasons by the Salish Sea (Heritage House Publishing, 2023) engagingly explains the seasonal ebbs and flows along this magnificent stretch of coastline bordering Pacific waters. It highlights events in nature from spring flower blooms to herring and salmon spawns. It describes viewing orcas in the distance and finding sand dollars, Turkish towels, and nudibranchs in the intertidal zone. It considers the complex ecosystems of the coastal cedar, hemlock, and Douglas-fir rainforest as well as those offshore on La Perouse Bank.



Four Seasons by the Salish Sea describes notable experiences and events. Who wouldn't delight in crabbing off the Nanaimo crabbing dock? Or being thrust back in time at Egmont on the Sunshine Coast at a Thanksgiving feast which mimics pioneer feasts? Or simply hiking the region's many trails? Once seen, surely no one can forget the daring kayakers shooting the rapids at Skookumchuck Narrows.

While recognizing a pre-contact history dating back at least 5850 BCE, it describes the colonial history of places such as Malcolm Island. This community was founded on the socialist principles of a group of Finnish immigrants, still evident in the sign on the local store: Co-operative Store Association 1909. Artifacts in the museum at nearby Alert Bay on Cormorant Island testify to the rich culture of the people existing prior to contact. In describing my experiences on these islands, Friendly Cove, northern Vancouver Island amongst other places, I hope to honor the long, admittedly also troubling, history of the west coast.

From start to finish, *Four Seasons by the Salish Sea* is a love song. It is sung with the passion and love that new parents exude when they first see their newborn child.



Credit: Nancy Randall Art & Photography

CAROLYN REDL

FOUR SEASONS

by the

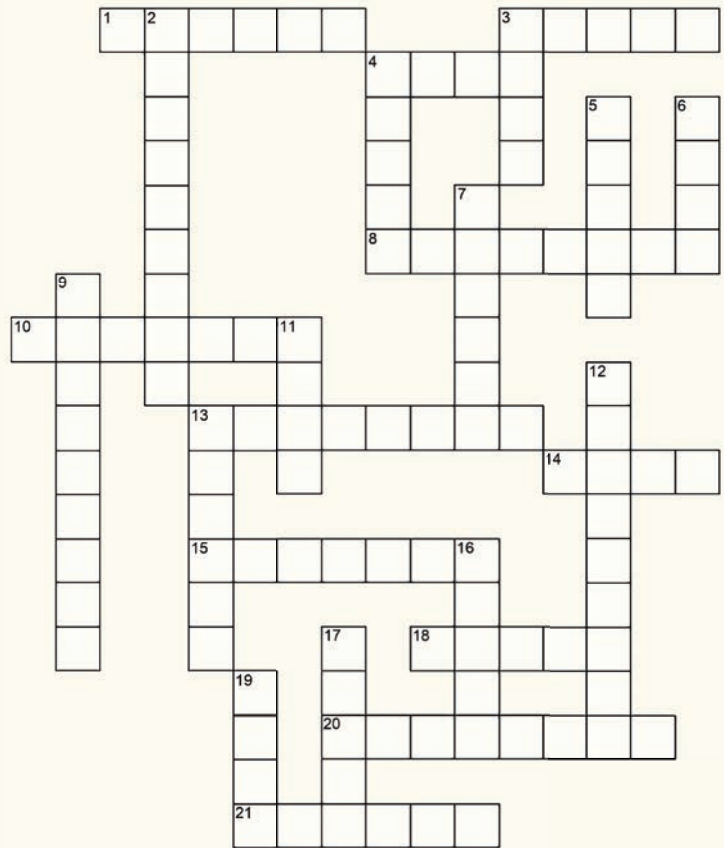
SALISH SEA

Discovering the Natural Wonders of Coastal Living

WINTER CROSSWORD PUZZLE

Crossword by Jimmy and Evelyn Johnson - www.qets.com

For Solution See Page 48



It celebrates nature while subtly warning of the dangers of climate change. As a bonus, it is illustrated with stunning images by Nancy Randall and other photographers that position readers on the scene.

It's a must-have book for anyone who dreams of living by the sea or for locals to thumb through and remember their own experiences. I hope they enjoy reading it as much as I enjoyed living and writing about my experiences.

Acknowledgments:

I am grateful and acknowledge the Coast Salish Peoples who have been stewards of the lands and waters of the Salish Sea for millennia, and who include the Hul'qumi'num, Klahoose, Lkwungen, Malahat, Musqueam, OStlq'emeylem, Pentlatch, Scia'new, Tla'amin, Shishalh, Skwxwu7mesh, Sto:lo, Tseil-Waututh, T'Sou-ke, WSANEC, and Xwemalhkwa Peoples.

Carolyn Redl taught literature and creative writing for over thirty years. Redl is the co-producer of *A Woman I Know: Canadian Literature by Women* an eight-part series of programs for ACCESS, the Education Channel.

ACROSS

- 1 Long handled scoop for digging
- 3 Long narrow garment worn around the neck for warmth
- 4 Hollow metal cup with a clapper that makes a ringing sound
- 8 Having a slick surface that is difficult to move upon without sliding
- 10 Hand coverings
- 13 Violent windstorm producing heavy snow
- 14 Without warmth
- 15 Tapered spikes of ice formed by dripping water
- 18 Warm outer jacket with a hood
- 20 Twelfth month of the year
- 21 Heat

DOWN

- 2 Remain dormant over winter in a den
- 3 Flat platform of wood mounted on runners
- 4 Coverings for the feet
- 5 Freezing rain
- 6 Achromatic colour between black and white
- 7 Season of the year between autumn and spring
- 9 Hearth
- 11 Worn attached to boots for gliding over snow
- 12 A single flake of snow
- 13 Cook in an oven using dry heat
- 16 Shoe with blade attached to sole
- 17 Juice pressed out of apples
- 19 Precipitation that falls as ice crystals

CREATIVE PURSUITS: MOVING BEYOND RETIREMENT

Written by Cecilia Martell

When I took early retirement, the initial sense of relief was uncomfortably elbowed aside by a deeply unsettling feeling of futility and worthlessness, as though I had simply given up.

But there was nothing simple about having left: my spirit was so battered that I knew I had not been effective at my teaching for several years, so continuing would have served no one, not my students, not my family, and especially not me. After several months of groping for something to fill the void, something other than becoming a housewife, or going to the reading group, or playing taxi for the grandchildren, I began to see that I needed a creative endeavour, preferably one that would allow me to produce tangible results, not ephemera.

The reading group was increasingly becoming an activity I would liken to dental work without anaesthetic. I couldn't read anymore, period. My work had trampled my biggest joy out of me. I had read incessantly all my life, and now books reminded me of the job I'd left. But the inability to read caused me to drift through my days like one of Poe's spectral women.

Deriving fulfilment from housework was an unlikely proposition. Cleaning a bathroom, for example, is a losing battle: once it's in sparkling condition,

I, for one, am inclined to put up caution tape and send my husband to the neighbour's.

As for the grandchildren, merely shuttling them from school to music lessons or soccer practice has all the satisfaction of waiting for Godot: one hopes for engagement from the back seat but nothing is forthcoming.

It became the creative outlet I'd never had before and hadn't really known I needed.

The last time I attended the reading group, I was intrigued by what one of the members was working on. She was knitting, something I had never seen before on knitting needles — she certainly wasn't producing anything so ho-hum as a scarf! Her project looked like gossamer lace, and she was reading from a printed pattern that seemed hopelessly complex. In that moment, I knew what I wanted to do: I wanted to learn to knit...that.

My grandmother had tried to teach me to knit when I was little, but since she only visited us once every three years or so, I didn't exactly make much progress



beyond basic knit and purl stitches, and never learned to cast on or off.

Now, 50 years later, I embarked on a quest to learn a new skill. As with many things, I was eager to leap beyond the boring baby steps needed to master a new skill right into the tangled midst of yo k2tog skp yo kfb. So I asked my friend from the reading group if she would teach me to knit.

In short order, I became demonic in my new obsession: the first sampler became a scarf, which led to multiple hats, to more scarves, and then I was ready for my first lace shawl! But who was I kidding? That gorgeous silk yarn was a fiendish opponent, as I wrestled desperately with that yarn — with slippery needles and not much common sense or understanding — to duplicate a pattern that had tricked me into believing I would produce something delicate, drapery, and delightful. What was on my needles looked like a glorified hairball. Thankfully, my friend rescued me on several occasions and, by the time I was ready to cast off, she had persuaded me it was beautiful. It just needed to be blocked.

Now, there was a new word again. By the time I'd assembled the necessary

tools, I was in debt. This was not going to be a cheap habit to feed. But as I laboriously blocked out the shawl, it began to bloom, and the pattern emerged from the knotty mess with such fineness that nothing else mattered.

My teacher had a nickname for me by then: the knitting machine. She trotted me out to her other knitting friends like a prize poodle. In the years since, I have expanded my repertoire considerably, always choosing my patterns based on what each new one could teach me — a new stitch or technique, new uses for old tools, or new tools to make old methods more efficient. I've begun developing my own patterns as well as spinning my own yarn, and there is nothing comparable to sumptuous fibres, like yak, camel, and silk, in my hands, becoming.

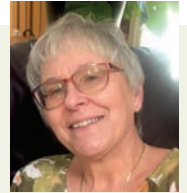
This “hobby” is perhaps the most outrageous thing I've ever done. It would not be an overstatement to say it saved my life. It became the creative outlet I'd never had before and hadn't really known I needed. It has taught me patience and calm like nothing else has ever done, even at those times when I had to unravel and begin again.

But it is also true that knitting alone will not satisfy my craving for creative expression, although it keeps me communing with likeminded knitters and spinners. I have recently begun cultivating other avenues to connect and create, and doing so is making me uncomfortably aware that I tend to be rather obsessive/compulsive/effusive. The creative spirit driving me is like a drug.

Perhaps hope does exist for this once battered spirit to find new direction, to steer a new course. The teaching I left behind is suddenly farther behind than I realized, and I can focus instead on being and doing what I actually loved most at every stage of my life: being a student, a learner, soaking up, mulling, absorbing, gathering, crafting, drafting, spinning yarns.

Cecilia Martell

is a retired post-secondary instructor of English literature, whose current interests include fabric arts, travel, genealogical research, and European history. She lives and writes in Vancouver.



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HOUSING VANCOUVER'S JEWISH COMMUNITY

PART TWO

Written by Michael Geller

In the last issue of *Senior Line*, I reviewed housing developments built to serve Vancouver's Jewish Community over the past five decades. Since most of us can't remember what we had for lunch on Tuesday, let alone the last issue of *Senior Line*, let me remind you of some highlights. Most of today's Jewish community housing was developed by Shalom Legion #178 Building Society, B'nai Brith Lions Gate Building Society, the Richon Housing Cooperative, Louis Brier Home and Hospital, and more recently the Yaffa Housing Society and Tikva Housing Society.

While working for CMHC, I participated in several of these

developments. Also, in partnership with Morris Wosk (z"l), I developed a Jewish seniors' condominium on Oak Street between 42nd and 43rd. The proposal attracted considerable community opposition and many worried whether it would ever be approved. Following one boisterous Public Hearing, I recall asking friends to suggest names for the development. Judy Kornfeld thought that if it was approved, we might call it Miracle on 42nd. Alternatively, she offered The Oak Folks Home.

We eventually settled on Oak Gardens. Although this was a market condominium and we were obliged to sell to anyone, thanks to the *Jewish Western Bulletin* (now the *Jewish*

Independent) and word of mouth, all 45 homes were sold to Jewish households. For many years, my father was the only single, unattached male living in the building. He was never lonely.

Which brings me to two community organizations that in recent years have created homes and friendships for many other Jewish households: Yaffa Housing Society and Tikva Housing Society.

YAFFA HOUSING SOCIETY

Yaffa Housing Society was the brainchild of Aaron Estrin (z"l). Along with his wife Tzvia and other caring individuals, he realized there was a need for community-based group homes that could provide food, shelter, programming, and on-premises support for Jewish adults struggling with mental illness.

In the late 80s and 90s, they devoted considerable effort towards the creation of Canada's first facility providing housing and support services for Jewish adults with mental and developmental difficulties. In 2000, the Society welcomed five residents into its first group home.

Since then, the number of people living in Yaffa facilities has increased to 18. Yaffa has no paid staff other than a 20-hour-a-week in-house mental health support worker funded by Vancouver Coastal Health.

According to Avie Estrin, the Estrin's son, Yaffa is unique insofar as it represents the only dedicated Jewish mental health group home in Canada, west of Toronto. Unfortunately, Vancouver's Jewish community remains largely unaware of the essential service Yaffa provides. While Federation provides limited financial support, the society depends on donations and



Avie Estrin outside of Yaffa's laneway house, 2018. (Credit: Pat Johnson /*Jewish Independent*)

community support to supplement this. Joe Segal (ז"ל), was a supporter from the very beginning.

To donate, volunteer or learn more about the Yaffa Housing Society, visit yaffahouse.org.

TIKVA HOUSING SOCIETY

Tikva Housing Society's mission is to provide innovative and affordable housing solutions primarily for Jewish individuals and families. It accomplishes this by acquiring and operating affordable rental housing, providing long-term subsidies to low-income individuals and families in these facilities; and offering short-term rent subsidies to households living in market rental housing who are unable to afford their rent due to a temporary crisis.

Tikva has strategic partnerships with other housing providers such as S.U.C.C.E.S.S and YWCA, to mention a few. It also partners with Jewish Federation of Greater Vancouver, Jewish

Family Services, and BC Housing. Although these alliances support Tikva in different ways, the vital work of the organization is funded entirely through donations and grants from the Jewish community.

Tikva currently operates seven housing programs. Some are stand-alone, such as the Dany Guincher House and the Al and Lola Roadburg Residences, an existing rental apartment building recently purchased in the heart of Kerrisdale.

The Ben and Esther Dayson Residences is a 32-unit affordable townhouse community located in South Vancouver. It was spearheaded by Shirley Barnett, Philip Dayson and the Ben and Esther Dayson Charitable Foundation, a long-

time supporter of Tikva, and developed in partnership with the City of Vancouver and the Community Land Trust. The tenants' rent is approximately 30% of gross household income to a maximum cap.

The Diamond Residences (Storeys) in Richmond, ח"לָפִיעַן located in Arbutus Village, and Dogwood Gardens, across from Langara Gardens, are each part of a larger project,



Vancouver Jewish social service agencies have identified that safe, secure, affordable housing is a highly critical priority. ”

Susana Cogan Housing
(Credit: Geller)



Ben and Esther Dayson Residences (Credit: Geller)



developed with housing partners.

Burnaby's Susana Cogan Place is Tikva's most recent affordable housing project, providing homes for 20 low and moderate-income households. Developed in partnership with Polygon Homes and BC Housing, it is named after Susana Cogan (ז"ל), the driving force behind Tikva Housing from 2006 to 2017.

As of December 2023, Tikva is providing affordable, safe, and secure homes to 324 people in 168 units. In addition, in the 2022-2023 fiscal year, Tikva allocated over \$117,000 in rent subsidies to those living in market housing.

To learn more about Tikva and how it is serving low-income households, go to tikvahousing.org.

While Yaffa and Tikva are playing essential roles in housing low-income Jewish households, the need is much greater than most of us appreciate.

I recently participated in a housing forum panel organized by Anat Gogo, Tikva's Executive Director. In preparation for this discussion, I was shocked to learn there are 348 people on the Jewish Housing Registry waiting for housing. This includes 82 families with children and 71 applicants with disabilities.

Others are on income assistance, fleeing abusive relationships with few life skills to enable them to work. Because of limited financial resources, these people often live in deplorable, unsafe, inadequate places or may be homeless or at risk of becoming homeless. For those who have mental health issues, their

problems may be even more difficult since community-based health supports are often unobtainable. For these and other reasons, Vancouver Jewish social service agencies have identified that safe, secure, affordable housing is a highly critical priority that needs to be addressed. Fortunately, JSA is helping to address this need.



Michael Geller
FCIP, RPP,
MLAI, Ret.
Architect AIBC is
a JSA director with
a longstanding
interest in community housing. He
can be reached at geller@sfu.ca, on
twitter [@michaelgeller](https://twitter.com/michaelgeller) and at www.gellersworldtravel.blogspot.com.



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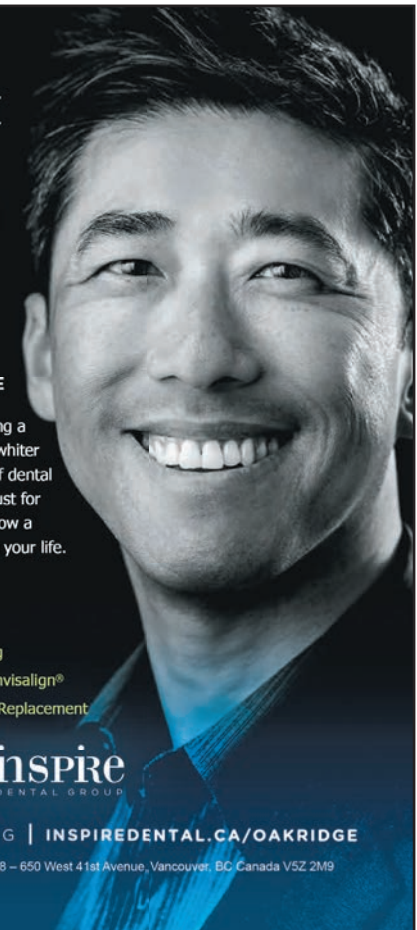
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JEWISH SENIORS ALLIANCE

HUMOUR!

I found a book called
"How to Solve 50%
of Your Problems".
So, I bought two.



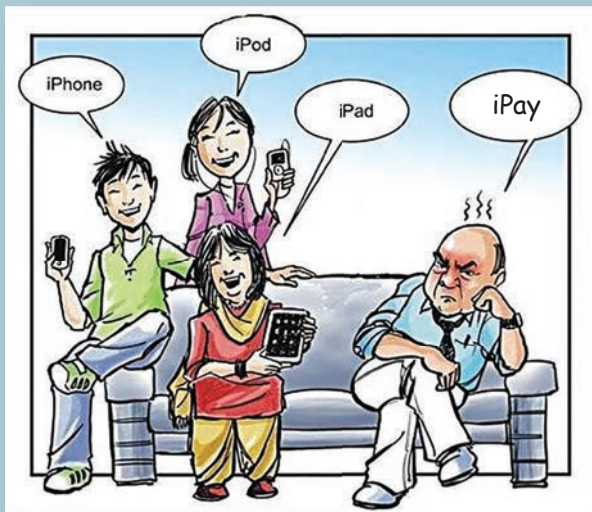
When I get old I don't want people thinking
"What a sweet little old lady"...
I want 'em saying
"Oh Crap! What's she up to now?"



CARTOON CAPTION CONTEST

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

CONGRATULATIONS TO OUR WINNERS:



EDWARD KORBIN

“iPay”

RHEA LAZAR

“iPaid!”

NASSA SELWYN

“iPAY, x%#*!***”

iPhone; iPod; iPad; I Know!

- **Bill Gruenthal**

iPhone; iPod; iPad; iGive Up!

- **Sharon Harowitz**

iPhone; iPod; iPad; I Quit!

- **David Kirkpatrick**

iPhone; iPod; iPad; i *Gevalt!*

- **Dana Sair**

1. iPhone; iPod; iPad; iAke

2. iPhone; iPod; iPad; Not i

Anita Karp

iPhone; iPod; iPad; i*Plotz*

- **Shirley Cohn**

iPhone; iPod; iPad; iPout

- **Sheila Romalis**

iPhone; iPod; iPad; i-Board (bored)

- **Judy Stern**

iPhone; iPod; iPad; iMad

- **Len Polsky**

1. iPhone; iPod; iPad; i*Gevalt*

2. iPhone; iPod; iPad; irate

Barry Corrin

iPhone; iPod; iPad; Where is my cat?

- **Marianne Werner**

ENTER THE CARTOON CAPTION CONTEST!

Write a caption, what is she saying to him?
Send it to us by mail or email by May 2024.

Jewish Seniors Alliance
800 East Broadway, Vancouver, BC V5T 1Y1
Email: office@jsalliance.org

Be sure to include your name and address. The author of the winning caption will receive a prize and two Tribute Cards worth \$18.00 each. We will publish the cartoon with your caption in the next *Senior Line*.



LOST IN TRANSLATION

ENGLISH: THE INVASION OF FOREIGN WORDS

Written by Dolores Luber

There is no end to my embarrassment. I keep reading words which I do not understand. I realize that for my whole life I have just skipped over them, without truly grasping their meanings. Does this happen to you? I thought that I was speaking, reading and writing in English—well, not really! There are so many foreign language words in our vocabulary (and I am no stranger to foreign languages having studied Latin, French, Spanish, Hebrew and Arabic), I thought I would mention a few to you.

SIC: Latin, used in brackets after a copied or quoted word that appears odd or erroneous to show that the word is quoted exactly as it stands in the original, as in “a hero of antient [sic] Rome.”

PALIMPSET: Latin from Greek, a manuscript or piece of writing material

on which the original writing has been effaced to make room for later writing but of which traces remain.

ERSATZ: German, (of a product) made or used as a substitute, typically an inferior one, for something else.

INTERREGNUM: Latin, a period when normal government is suspended, especially between successive reigns or regimes.

BONA FIDES: Latin, a person's honesty and sincerity of intention.

DOPPELGÄNGER: German, a biologically unrelated look-alike, or a double, of a living person.

CHUTZPAH: Hebrew, the quality of audacity, for good or for bad. It derives from the

Hebrew word, meaning "insolence", "cheek" or "audacity".

DIVA: Italian, a famous female opera singer, a self-important person who is temperamental and difficult to please (typically used of a woman).

MENSCH: Yiddish, a person of integrity and honor, someone to admire and emulate, someone of noble character.

CAVEAT EMPTOR: Latin, a warning or proviso of specific stipulations, conditions, or limitations.

RIPOST: Italian, make a quick, clever reply to an insult or criticism.

In my next article I will deal with those long, complicated words that keep coming up in my readings. Send me in the words that mystify you at editor@jsalliance.org!

Creativity is intelligence having fun.



CROSSWORD SOLUTION - PAGE 39



IDENTIFY THIS OBJECT - PAGE 35

Answer: 3. An average-sized giant African land snail



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Jewish Seniors Alliance (JSA) recognizes that in BC, our Medical Services Plan (MSP) specifically excludes coverage of dental, vision, hearing, and other services such as physio, massage, podiatry, and assistive devices. As a result, many do not receive necessary care and those who do are subject to high out-of-pocket costs.

JSA is pleased to present **Accessing Health Services Not Covered By MSP**. This Resource Guide provides information about financial benefits seniors are entitled to and tips on how to access some extended health services.



To access the JSA Resource Guide visit www.jsalliance.org or scan the QR Code.



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