

# SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF GREATER VANCOUVER



VOLUME 31(1) - SUMMER 2024

OUTREACH | ADVOCACY & RESEARCH | PEER SUPPORT SERVICES

# INFORMED ADVICE, TESTED BY TIME.

WITH SPECIALISTS IN EACH FIELD OF SERVICE, ZLC HAS YOU AND YOUR BUSINESS COVERED. FOR MORE INFORMATION, CONTACT GARRY ZLOTNIK, OR VISIT US ONLINE TO GET STARTED.



**GARRY ZLOTNIK**  
FCPA FCA CFP CLU ChFC  
E: gzlotnik@zlc.net T: 604.688.7208  
**www.zlc.net**



INSURANCE & RETIREMENT SOLUTIONS | EMPLOYEE BENEFITS | INVESTMENTS  
PHILANTHROPIC PLANNING | BUSINESS FAMILY SUCCESSION | FINANCIAL PLANNING

# A Tribute To Seniors

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

You are wise, thoughtful and giving;  
Artistic, musical, athletic and poetic  
Entrepreneurs, leaders, activists,  
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<sup>z1</sup>, Babs and Ted Cohen<sup>z1</sup>  
~ Gary and Linda Cohen, Mike, Clare and Aidan Cohen*



# Jewish Seniors Alliance of Greater Vancouver

800 East Broadway, Vancouver, BC V5T 1Y1  
Office: 604.732.1555 | Peer Support: 604.267.1555  
office@jsalliance.org | www.jsalliance.org  
CHARITABLE REGISTRATION  
#88362 1401 RR0001

## THE TEAM

### EDITOR-IN-CHIEF

Dolores Luber

### EDITORIAL COMMITTEE

Dolores Luber, Ken Levitt, Rita Roling, Shanie Levin, Tamara Frankel, Bob Markin, Tony DuMoulin, Binny Goldman, Larry Shapiro, Michael Geller, Janet Nicol

### CONTRIBUTORS

Dolores Luber, Tema (Tammi) Belfer, Larry Shapiro, Shanie Levin, Marilyn Berger, Alan Marchant, Charles Leibovitch, Grace Hann, Tamara Frankel, Janet Nicol, Shlomit Rotenberg, Efraim Halfon, Cecilia Martell, Michael Geller, Rita Roling, Anthony DuMoulin, Kenneth Levitt

### LAYOUT, DESIGN & PRODUCTION

Jennifer Propp and Dolores Luber  
Advertising Solicitor: Violeta Esquinazi  
Thanks to all contributors...and editorial team  
Thanks to Copytek Printers, Sarj and Bal

### DISTRIBUTION

BACI Team, Gyda Chud, Jackie Weiler, Rita Roling, Larry Shapiro, Rita Propp, Ken Levitt, Toby Rubin, Lyle Pullan

## ADVERTISERS

ZLC Financial – *inside front cover*  
Gary & Linda Cohen – *inside front cover*  
Tikva Housing Society – *page 32*  
Hon. Kerry-Lynne Findlay, MP – *page 32*  
Kerrisdale Pharmacy – *page 33*  
Dr. Wilson Kwong: Inspire Dental Group – *page 33*  
Yeartown Monument Ltd. – *page 33*  
MLA Teresa Wat – *page 33*  
Garden City Bakery – *page 37*  
The Weinberg Residence – *page 37*  
MLA Michael Lee & MLA Kevin Falcon – *page 37*  
Free Vancouver Community Pocketbook – *page 37*  
MLAs Brenda Bailey, George Chow, Kelly Greene, Anne Kang, Niki Sharma, and Henry Yao – *page 43*  
Nightingale Medical Supplies – *inside back cover*  
Team Kleiner Real Estate – *inside back cover*

# TABLE OF CONTENTS VOLUME 31(1) - SUMMER 2024

COVER ART: A wall mural depicts how Cardo Street, Jerusalem, might have looked in the Byzantine period. Credit: Konrad Zelazowski (see page 16-18).

2-4	EDITOR'S MESSAGE
4	LETTERS TO THE EDITOR
5	PRESIDENT'S MESSAGE
6	JSA HIRES ITS FIRST EXECUTIVE DIRECTOR
7	SERGE HABER (ז'ל) RECOGNIZED WITH AWARD
	THE BULLETIN BOARD
8	End Profit in Long Term Care
8-9	B.C. Health Coalition Lunch and Learn Series
9	South Vancouver Seniors Network Weekly Webinar
10-11	REVIEW: Jewish Seniors Alliance 20th Anniversary Gala
12	REVIEW: Jewish Seniors Alliance Spring Forum
13-14	REVIEW: JSA-Phyllis and Irving Snider Foundation Empowerment Series
14	WELCOME TO DAN LEVITT, BC'S SENIORS ADVOCATE
15	JSA PEER SUPPORT SERVICES Volunteer Profiles
16-18	PORTRAIT OF AN ARTIST: Street Art in Jerusalem
19	FEATURE BOOK REVIEW
20-21	CURL UP WITH A GOOD BOOK
22-23	NOT ONLY CROSSWORDS AND EXERCISE CENTERPIECE
24-25	Jewish Seniors Alliance: Celebrating 20 Years
26-27	SENIORS AT THE MOVIES
28-29	IN THE SPOTLIGHT: Television Series and Docuseries
30	PROFILE OF A DIRECTOR: Barbra Streisand
31	THE SHORT FILM CATEGORY
34-36	TRAVEL: Cruising the World with Efraim and Silvia Halfon
38	HUMOUR!
39	CARTOON CAPTION CONTEST
40-41	INSPIRATION: To Find a Peaceful Rest
42-43	CHANGES COMING TO VANCOUVER HOUSING OPPORTUNITIES ADVOCACY
44-45	Doris Discusses Overdiagnosis in B.C.'s Healthcare System
	HEALTH AND WELLNESS
46-47	Taking Charge: Medication Management
48	Do We Really Need Over-the-Counter Vitamin Supplements?

## WITH GRATEFUL THANKS TO OUR SPONSORS



The Phyllis and Irving Snider Foundation  
Other Foundations and generous Donors

# THE ACCIDENTAL CONDO DWELLER

Written by Dolores Luber



## EDITOR'S MESSAGE

I decided to move across the country, from Vancouver, BC to Oakville, ON, in order to be close to my son in my advanced senior years. My colleagues and acquaintances applauded the wisdom of the decision; and friends and neighbours were shocked and dismayed! I had no idea that I had such an impact on their lives. I was truly surprised by their expressions of friendship and community. But I persevered. I could not find a house or townhouse in Oakville, or Bronte — finally, on the last day of my second trip to Oakville, I settled (under pressure) on a beautiful small condominium, with a view of Lake Ontario in Burlington, a town that I did not know existed three days before (a 20-minute drive from Oakville). I have been here for a year and a half — let me tell you what it is like to become a condo dweller after living all of my 84 years in houses.

**What I love about living in this 22-floor, 150 apartments, luxurious lakeside condominium:**

### **The front door of the building:**

With a small black fob I can enter the building and the gym no keys necessary, very handy.

**The concierge:** 24-hours a day, there is someone watching the front door, the chief concierge has been very helpful, he has been kind and essential to my wellbeing!

**The building manager:** She has her office on the lobby floor, and residents are welcome to speak with her about issues of concern. I appreciate the accountability and the access to someone who can resolve issues!

**The garbage chute:** I separate the garbage, the recyclables and the organic material, walk down the hall, push two buttons and send the garbage down the chute. So very convenient.

Life is a series of decisions. No decision need be your last. ”

**The stairwell:** As I am on the 4th floor, I walk down the stairs with Kesem, my Standard Poodle, to a separate door and exit the building bypassing the elevator and the lobby. Good exercise!

**Packages:** I must have bought over 100 items from Amazon.ca. Each package is received by the concierge, placed in a locked room, and a text is sent to me advising me that I have a package which I can retrieve at my convenience. No car, no gas, no finding directions — sweet!

**Indoor parking:** I open the garage door with my remote, navigate down four levels to reach my parking spot. It is

clean and dry. The elevator is a couple of steps away.

**Storage Locker:** Close to my parking spot is my storage locker, in a locked room with a gated enclosure and a padlock. Suitcases and assorted other equipment and items can be placed in the locker. Adequate for my needs.

After one year living here, I began to feel lonely, notwithstanding the new people I had met, notwithstanding being involved in the “Social Events Committee,” notwithstanding forming a successful book club which met every month—I began longing for an extra bedroom where I could again have a housemate, that is, a woman who shares my home, who needs a furnished room with kitchen and laundry privileges, who wants to live with an older woman and her dog. I have been doing this successfully for over 30 years. I started checking out larger condominiums and then townhouses and houses. After a six-month search, I found a charming townhouse, not far from the lake, with two extra bedrooms and bathrooms. I bought it and am now living in it. I have been digging holes and planting perennials and annuals. I have furnished the extra bedrooms and will advertise for a housemate or two very shortly.

Life is a series of decisions. No decision need be your last. We must remain flexible and resilient. Change is hard and necessary. I am celebrating my 85th birthday with a party for family — on the invitation it reads “THRIVE @ 85.”

## SENIOR CITIZEN FRAUD: HOW I GOT SCAMMED

I am ashamed to admit that I fell for a scammer who said he was my son and needed money. I was incredulous at first, but he convinced me that he needed the money. I lost all sense of precaution; my son was in trouble, he needed me! The end result was that I sent \$2,200 to an unknown stranger. Then I discovered the truth, too late! I was devastated, I felt shame and embarrassment; how could I have been so gullible? So stupid! My self-confidence was shattered. The TD Bank refused to reimburse me for this fraud. I had made the mistake; it was different from credit card fraud. The people who committed the fraud kept on calling and texting me — for months on end. I have learned something important — I no longer answer the telephone or texts that come from an unknown caller. If you are not in my database, please leave a message. I block all unknown callers when they show up on the smartphone. Once bitten; twice shy!

This is happening everywhere, by telephone, by text, by email. **Please send me your stories of being scammed or of close calls where you almost fell**



The National Library of Israel (Photo: Oren Ben Hakoon)

for a scheme. We will publish your stories and write about scamming and how to prevent it from happening in our next issue.

### 101 TREASURES FROM THE NATIONAL LIBRARY OF ISRAEL

This book is a striking collection of rare books, manuscripts, archives and more, illustrated with magnificent photographs. The planning and building of the new library took years and culminated in the recent opening of the new building. Reading *101 Treasures from the National Library of Israel* is like wandering through a fascinating museum where each exhibit has something exciting and unusual to teach you. The book is organized according to themes such as “Community,” “Art and Text,” “Crossing Cultures,” and “Journeys”. The National Library, with its vision of culture as a bridge and its commitment to representing and granting access to the knowledge and culture of all Israeli citizens, has cultivated collections from the cultures of Islam and Christianity as well as an impressive collection of Arabic newspapers, all of which are represented in this book. The book is available at the Waldman Jewish Library.

### YOUR SUMMER EDITION OF SENIOR LINE

Sometimes the stars align and things fall into place in an unusual and wonderful way. The summer issue of *Senior Line* is an example of hard work and good luck. Tammi Belfer and Larry Shapiro inspire us with messages of accomplishments and hope. Tamara Frankel describes the fascinating world-renown wall art of Jerusalem, aka graffiti. Rita Roling writes about the intricacies of taking your prescription medications. Michael Geller is in the loop, informing us of the major changes coming to the Vancouver housing situation. And dear Doris (Tony DuMoulin) is letting you know about routine screening (e.g. MRI, Cat Scan, and Ultrasound) and some disadvantages of screening.

To top off these health concerns, Shlomit Rotenberg, a guest writer from University of Toronto, writes about the benefits of Leisure Activities for seniors. Thanks to Janet Nicol, we are introduced to a challenging book on self-development.

The *pièce de résistance* is the article and photographs by Efraim Halfon.

He and his wife Silvia traveled around the world by ship for three months. I enjoy living vicariously, don't you? Grace Hann and Charles Leibovitch's interviews allow us to marvel at the generosity and kindness of our volunteers of Senior Peer Support Services. Thanks to Shanie Levin for

her intrepid reporting and reviews of community and JSA events.

**Please support our loyal advertisers by using their services and frequenting their places of business. Your donations allow us to maintain the high quality of services to our seniors and to our community. Thank you.**

**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.

## LETTERS TO THE EDITOR...

**To my readers, you are making my world and the magazine better!  
Send your comments and suggestions to Dolores at: [editor@jsalliance.org](mailto:editor@jsalliance.org)**

Dear Dolores,

For some time, I have wanted to write to thank you for publishing my piece in the winter issue and I apologize for not having managed. On the day the print copy arrived at my home, I was on my way to catch a flight to Calgary: my mother, in long term care, had begun to decline rapidly and my brother asked me to come. In the days following, I kept vigil with her and was with her when she passed. She was a month shy of 97.

Then began the seemingly endless stream of tasks involved in planning a service and initiating the paperwork and bureaucratic hoop jumping one faces as an adult child and executor to the deceased's will. Having returned to Vancouver following my mom's death, I had to do most of the work from here, which added an extra layer of complexity to already complex jobs. Three weeks later, my husband and I drove to Calgary for the service — we drove because we had boxes of old papers and photos to bring back with us — around the time that the weather took an abrupt turn back to winter conditions, so it was hardly an enjoyable trip. The

conditions had hardly improved on our return, so we were stressed and exhausted when we arrived back home.

The weeks, now almost two months, since have been full of unforeseen developments that have slowed me down. We were involved in a car accident in which we were rear ended at speed while stopped at a light and, although we were not seriously injured, we continue to deal with the effects of whiplash, concussion, and trauma, now having to attend physiotherapy, concussion therapy, and other appointments to manage those effects.

I have also had a number of health issues that have plagued me for some time, and am finally getting to see the specialists who will, hopefully, help me to deal with them. Fortunately, life threatening concerns have been ruled out, although I still do not have answers and the problems with which I went to the doctor repeatedly persist. Last week, a dear friend passed away suddenly, and I am once again grieving a loss, which made my grief over my mother's death acute all over again.

However, I do want to tell you how happy I was with seeing my story about learning to knit in print in *Senior Line*. The publication overall is so polished and inviting to readers, and I am honoured to be part of it. Sharing the online link to it with friends and family was a genuine pleasure, and I have had positive feedback from many people, not just to the story, but also to the publication. I look forward to seeing my next story appear in its pages in the summer!

I hope you are well and enjoying the renewal of spring. The tragedy in the Middle East drags on and the fallout the world over is catastrophic, and we can only hope to see an outcome that gives everyone relief.

With thanks, and warm regards,  
**Cecilia Martell**

**Editor's Note:** Cecilia's saga of difficult emotional and physical situations is a reminder of the importance of resilience and hope. Most of us have experienced events and feelings similar to those which she writes about.

### JSA WELCOMES NEW SUPPORTERS

David Goodman  
Dalite Har Toov  
Donna Schacter  
David & Sheryl Wosk

# EMBRACING RENEWAL: THE JOURNEY OF JSA

Written by Tema (Tammi) Belfer



## PRESIDENT'S MESSAGE

### A BEACON OF LIGHT FOR SENIORS

As the seasons change, so do our lives. Jewish Senior Alliance (JSA) embraces this natural rhythm, seeking renewal and purpose in every moment. Let's explore the transformative journey of JSA and its commitment to seniors in Greater Vancouver.

### A PRAYER FOR RENEWAL

"May the new month bring renewal to our lives: A renewal of wonder, freedom, love, justice, friendship, and holiness."

These words resonate deeply with JSA. As we age, our perception may shift. Hopefully, we continue to see the world not as a finished canvas but as an ever-evolving masterpiece. Each day offers an opportunity for renewal — a chance to rediscover wonder, connect with others, and find purpose.

### JSA: A BRIGHT STAR IN THE SENIOR COMMUNITY

JSA shines as a small but powerful star in the Greater Vancouver senior community. Our mission is clear: Seniors helping Seniors to provide one-on-one peer support, education, advocacy, and a sense of fun. We believe that every senior deserves an opportunity to experience these essentials.

### EMBRACING CHANGE

Change is inevitable, and JSA embraces it wholeheartedly. Since October 7th, our

greater Jewish community has rallied together during challenging times, supporting one another through prayers, songs, and peaceful gatherings. We celebrate life's milestones — birthdays, anniversaries, and holidays — finding silver linings even in distress. JSA is celebrating its 20th year of existence this year. After losing our dear Serge Haber (z'l), we continue to be inspired for the next 120 years.

### THE CALL TO CONTINUOUS RENEWAL

Like the moon's ever-changing phases, JSA is embracing a phase of transformation and rejuvenation. The year 2023 marked a significant milestone as we were honoured with a grant from the Ronald S Roadburg Foundation, initiating a comprehensive organizational review. Under the expert guidance of Vantage Point, we embarked on a journey to discover and implement sustainable changes that would resonate with our core values and mission.

The insights gained from this review have become our compass, directing us towards a future of innovation and resilience. We extend our deepest appreciation to our community, with a special acknowledgment to the Ronald S Roadburg Foundation. Their generosity, along with the support from our dedicated Foundation donors, Government Grants, and every single supporter, has been the bedrock of our evolution. Their contributions have empowered us to

undertake a strategic reorganization, celebrate the arrival of our inaugural paid Executive Director, and transition towards a Complementary Governance Model for our board of directors. Throughout this period of change, we have maintained our commitment to our programming, peer support, and advocacy efforts, ensuring that our services continue uninterrupted.

### JOIN US ON THE JOURNEY

As JSA strides into this era of renewal, we cordially invite you to be part of this exciting chapter at our Annual General Meeting on November 3rd. The profound words of Martin Buber resonate more than ever: "Life is a gift." We are dedicated to honoring this precious gift, staying proactive, and forging ahead on this path together. Your presence and participation will not only bear witness to our growth but also contribute to the vibrant tapestry of our shared future.

Respectfully,

**Tema (Tammi) Belfer**

*President*

**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.



# JSA HIRES ITS FIRST EXECUTIVE DIRECTOR

Jewish Seniors Alliance of Greater Vancouver is pleased to introduce and welcome Jeff Moss as its First Executive Director.

welcome



Jeff has an extensive background and experience in business leadership, in fundraising, and in community engagement. He joins us following his work at United Way as Campaign Manager. He has served on the board of Beth Israel Synagogue and is a past Co-Chair of the Richmond Jewish Day School.

Jeff was born in Vancouver and raised in Richmond. He and his wife Lainie have three adult children.

When contacted about his appointment Jeff said: "I want to work closely with the Board and staff to build upon JSA's dynamic services and programs. As we identify more older adults in our community, we look to support them to be more self-confident and provide access to their local community resources."

Jeff began at JSA on July 2nd. He can be reached through JSA at 604-732-1555 or at [jeff.moss@jsalliance.org](mailto:jeff.moss@jsalliance.org).

Jeff's appointment would not have been possible without the support and generosity of the Ronald S Roadburg Foundation.

Thank you

The Ronald S. Roadburg Foundation has strengthened JSA with a generous donation over three years. Building on a prior grant, this contribution enables crucial organizational improvements to meet growing demand and expand community outreach. JSA extends its heartfelt gratitude for the foundation's support.





# SERGE HABER<sup>Z'L</sup> RECOGNIZED WITH AWARD FOR MERITORIOUS SERVICE

Written by Larry Shapiro

How does one, or even one's community, express their acknowledgement and sincere appreciation for all the dedication and hard work a particularly special person has unselfishly devoted countless volunteer hours to a cause in which he fiercely believed? Well, one way is for the Governor General to award that person with the Canadian Meritorious Service Decoration.

Let us look at the example of Meritorious Service that was our Serge Haber (z'l). In response to the need for greater support for the growing number of vulnerable older adults living at home, Serge's leadership has shaped the growth in this sector by virtue of his actions and resourcefulness. Serge had stepped up as a community leader in 2003 when the impact of severe cuts in the social service sector were exposed across the province through the sad stories of the high human cost incurred as a result of the severe cuts. Serge, on behalf of the Jewish community and others, led a response

to this intolerable situation by founding the JSA to stand as an example for the creation and proliferation of other seniors-focused, not-for-profit, community based organizations that could help mend the gaping holes in the social safety net for older persons.



Serge and the JSA have put seniors in the forefront of the design and operation of the seniors service sector in the Lower Mainland by prioritizing the principle of Seniors helping Seniors. Serge, as an articulate, forceful and effective public speaker, spoke at regional, provincial and federal meetings, giving voice to the many isolated and lonely seniors and thereby made them much less invisible. The more Serge expanded his involvement over time, the more of an authoritative figure he became. His words and actions were well respected in the sector.

JSA's Senior Peer Support program is arguably Serge's finest achievement, becoming the gold standard of its kind in BC up to the present. The volunteer older

adults, who graduate from the program that has grown and improved year after year, go on to support the loneliest, most socially isolated and most grief-stricken seniors in our community. In addition to the Peer Support Service program, an entire network of supports has been put in place under Serge's leadership since he founded the JSA in 2003. Let us not overlook the impact of the formidable *Senior Line* magazine as yet another example of Serge's strong vision of what older adults can accomplish. It has proven to be regarded as having achieved the status of being superior to any other magazine written by seniors for seniors anywhere in Canada.

Serge will be remembered as one of the most ardent campaigners for the wellbeing of older adults as he represented the quintessential example of what volunteering and leadership is all about. As both a visionary and a leader, energetic, persistent, forceful and hard-working would be the words that best describe this remarkable man.

Since February 9, 2024, Serge Haber's (z'l) name, by order of The Chancellery of Honours appears on the Governor General's website, a well-deserved and fitting testimony to his contributions to seniors, to the entire seniors sector and the community, acting as a call for the national recognition and respect Serge so deserves by awarding him a Meritorious Service Decoration (Civil Division).

The Meritorious Service Decorations were created by Queen Elizabeth II, to recognize Canadians for exceptional deeds that bring honour to our country.



**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.

# THE BULLETIN BOARD

## COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

### END PROFIT IN LONG TERM CARE

The program, presented by B.C. Health Coalition (BCHC), was introduced by Margot Beauchamp, representing Jewish Seniors Alliance and co-chair of the event, with Scott De Long, of the B.C. Government Employees Union. Margot stated that the idea was to send a strong message to the provincial government that money for long term care should be spent on care and not on profit. The NDP has made a commitment — they are working on this. However, for-profit homes are now making more profit than ever, for fewer hours of care. Today's meeting is a follow-up to Isobel Mackenzie's report on long term care.

Audrey Guay, of BCHC presented the results of their survey. Respondents strongly agreed that money for care should be spent on care and not on profit. Scott De Long then introduced Isobel Mackenzie, the Senior Advocate of British Columbia. Scott mentioned that the Seniors Advocate had twenty years of experience in the seniors field and that she had worked for the largest not-for-profit agency prior to taking her present position. She had been named CEO of the year.

Isobel reviewed the findings of her recent report and made comparisons to those of five years ago. Close to two billion dollars per year is going to long term care and

half of this is to private companies. There have been some improvements during this period, such as: more funding for hours of care; boosting of staffing levels; increase in infection control; wage levelling of the homes; standardized reporting; improvements in staff training in process; and the labor pool has increased.

Some of the differences between the for-profit and not for profit homes lie in the direct care hours per bed. The for-profit homes under delivered by 500,000 hours of care while the not for profit over delivered by 93,000 hours. The funding formula does not acknowledge for these differences. The government pays the mortgage and sometimes the interest for buildings that are an asset owned by the operators.

Most significant is the concentration of profit in a small group of operators. Seventy-four percent made a profit, but eighty percent of this was in twenty percent of the facilities. We need to look at the care envelope to make sure that the money is not being used for items other than care. Over the last five years funding has increased and profits have continued to grow. Fundamental reform is needed.

Some of her recommendations include: money for care must be spent on care; information regarding this should be available to the public; improve compliance with funded care hours; define profit; why are we funding a capital asset; look at management fees.

Audrey Guay thanked Mackenzie for all her hard work and mentioned that she will be retiring from her position in the near future. Guay then opened the Q. and A. with some questions from the Health Coalition related to the recommendations outlined by Mackenzie. BCHC will be asking interested participants, as well as others, to send a card to the minister regarding this issue. The cards are available through the Health Coalition.

[www.bchealthcoalition.ca](http://www.bchealthcoalition.ca)

### B.C. HEALTH COALITION LUNCH AND LEARN SERIES

The first session was held on April 2nd on Zoom. The topic was *Community Driven Primary Care Solutions*. Audrey Guay, of BCHC introduced the seminar and reiterated the organization's goals: defence of the health care system; anti-privatization; and seniors' care. Audrey then introduced the guest speaker, Tara Kiran of the University of Toronto and St. Michaels Hospital.

Kiran, of Our Care, described the survey they had conducted on primary care. The initiative involved nine thousand participants regarding their primary care, as well as priority panels in five provinces. Thirty-five representatives of the provinces spent time together and developed recommendations concerning primary care. Each provincial panel wrote a report and there was a consensus across provinces to create "Our Care" standards for primary care. These should be connected to social services and community. Information about and data from the survey is available at [ourcare.ca](http://ourcare.ca).

The second meeting of the Lunch and Learn series was held on April 16th. The focus was on extra billing. Audrey Guay reminded everyone that the Canada Health Act does not allow for extra billing. The focus on the Health Units should be on equitable access and their mission should not be related to politics. She then introduced the two guests: Dr. Saad Ahmed, a family doctor, and Andy Longhurst, a board member of the Health Coalition.

Dr. Ahmed began with a definition of extra billing—a charge by a doctor or dentist in addition to the insured service, (i.e. on top of the MSP payment). This differs from user service such as private diagnostic service or a private surgical clinic. In B.C. there was \$5.8 million in extra billing last year. Health Canada charges the system for this re payback. In B.C. the payback for private diagnostic services is not really enforced. Patients are charged for MRIs, CT scans and Ultrasounds even though this is illegal according to the Canada Health Act. Those who can afford to do this are skipping the queue and leaving others to wait longer. B.C. has been attempting to bring the clinics into compliance with the law. For instance, the suit against the Cambie Clinic was won, but it is being appealed to the Supreme Court.

Andy Longhurst explained that the Health Authority has been auditing the private clinics and the federal government has been clawing back the overages from the clinics. A number of the clinics have made out-of-court settlements with the province, however, enforcement has been slow. He reiterated that access to health care in Canada should be based on need, not on ability to pay.

The BCHC is planning several more Lunch and Learn Sessions on issues of health care.

## SOUTH VANCOUVER SENIORS NETWORK WEEKLY WEBINAR

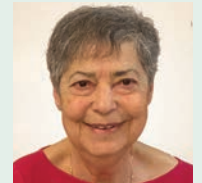
This weekly webinar is hosted by Andrea Krombein of South Vancouver Seniors Network and Grace Hann, of Jewish Seniors Alliance. Their mission is to connect seniors directly to services for advocacy and information. On April 19th the guest speaker was Barb Mikulec representing the National Pensioners Federation. The NPF has existed for seventy-five years and represents 100,000 retirees. They have committees on health and housing that lobby the federal government on these issues as they relate to seniors. There are 7.3 million citizens over 65 in Canada which works out to 18.8% of the population.

We have different needs as we age but housing and pension security are basic. In British Columbia, NPF works with seniors centres and neighborhood houses

to help seniors with technology. They have lobbied the federal government for paper billing if requested. This has been successful and has been passed in parliament. They have been lobbying on many fronts including housing, rent gouging, aging in place, pension protection. NPF has biannual conventions and the next one will be held in Richmond, B.C. in September, 2025. Their newsletter is published three times per year. The cost for a group membership is \$75. Meetings take place monthly on Zoom.

Information on NPF is available at [www.nationalpensionersfederation.ca](http://www.nationalpensionersfederation.ca). To join the weekly webinar, contact Andrea Krombein at [andreak@mofp.org](mailto:andreak@mofp.org) or Grace Hann at [grace.hann@jsalliance.org](mailto:grace.hann@jsalliance.org).

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



**BECOME A VOLUNTEER**

**You can make a difference!**

Learn valuable communications skills and help our older adults live with dignity, rather than in loneliness and isolation.

**Senior Peer Support Training starts September 25th. 2024**

All training is Free! Join our team of Peer Support volunteers: Contact 778.840.4949 or [charles.leibovitch@jsalliance.org](mailto:charles.leibovitch@jsalliance.org)

JSA is an inclusive organization.



# A Night In The Catskills

Written by Marilyn Berger,  
Photography by Alan Marchant



Marilyn Berger

Jewish Seniors Alliance commemorated their 20th anniversary with a grand gala titled *A Night in the Catskills*, showcasing Jewish humour from past to present.

On March 17th, the Schara Tzedek Synagogue was filled to capacity with over 230 supporters and guests who reveled in an evening of delightful food and timeless humor. Co-chaired by **Michael Geller** and **Marilyn Berger**, the event was masterfully emceed by the exceptionally talented visionary, Michael Geller. The night commenced with a warm welcome from President **Tammi Belfer** and a tribute to **Serge Haber (z'l)**, whose foresight laid the foundation for the group two decades ago. JSA is dedicated to supporting the welfare of all seniors, irrespective of race, religion, or sexual orientation, through Advocacy, Peer Support, Education, and Outreach.



Michael Geller introduces Rabbi Susan Tendler and Ross Sadoff

The entertainment lineup featured archival footage of renowned Jewish comedians, whose jokes remain eternally amusing, alongside contemporary live comedians like **Kyle Berger**, **David Granirer**—the founder of *Stand Up for Mental Health*—and **Stephen R. Kaplan**, also known as “**The Maestro**,” who enchanted the audience with his infectious humor and magic.

Members of the community tried their luck in telling jokes, among them Beth Tikvah’s **Rabbi Susan Tendler** and Israel



David Granirer



Kyle Berger

Members of the community tried their luck in telling jokes, among them Beth Tikvah’s **Rabbi Susan Tendler** and Israel



Ken Levitt, Tamara Frankel, Tammi Belfer and Marie Doduck



MLA Michael Lee and Tim Bissett



Stephen R. Kaplan and Gary Averbach

Bonds' **Ross Sadoff**, whose timing was perfect and who delighted the audience. **Rabbi Adam Stein** of Beth Israel Synagogue and JSA Board member, said the *HaMotzi*. **Ezra Shanken**, CEO of Jewish Federation of Greater Vancouver, inspired the audience with a few words. Marilyn Berger capped off the night with her "bucket list" stand up/sit down comedy act, leaving the crowd in high spirits.

Guests indulged in delectable deli offerings from **Omnitsky's** and were treated to exceptional desserts and service by **Nava**. **Tim Bissett** provided exemplary concierge service, working in tandem with the JSA volunteers to ensure a seamless event. The JSA volunteers merit special recognition for their remarkable efforts in facilitating every aspect of the event, from its inception to the festive conclusion. A special acknowledgment is also due to staff members **Miguel Mendez**, **Rita**, and **Jenn Propp** for their dedication and extra hours spent supporting the volunteers.

**Heartfelt gratitude is extended to all who generously contributed to the success of our 20th-anniversary celebration.**



**Marilyn Berger**, President of JSA from 2012-2014, transitioned from founder Serge Haber (z'l) and shared his vision of Seniors Stronger Together. She is a retired educator of Judaic studies and an active JSA Board member.

## Thank You!

JEWISH SENIORS ALLIANCE WOULD LIKE TO THANK OUR SPONSORS FOR THEIR GENEROUS SUPPORT OF THIS EVENT.

### MACHER \$10,000 +

Michael & Sally Geller

### MENSCH \$5,000

Lauri & Barry Glotman Family Foundation  
Arnold & Anita Silber Family Foundation  
Marsid Family Foundation -  
Marie Doduck, Cathy Golden & Bernice Carmeli

### VIP \$2,500

Gary Averbach  
Steven Nemetz  
Herbert & Barbara Silber  
ZLC Financial with support from Garry Zlotnik

### SPONSORS \$1,000

Marilyn & Marshall Berger  
Gary & Linda Cohen  
Harvey & Jodi Dales  
Andrew Abramowich & Jill Diamond  
Geoffrey Glotman  
Ken & Leah Levitt  
Elaine & Zev Shafran

### SPONSORS \$100 - \$500

Esther Chetner  
Miryam & Rafael Filosof  
Fran Goldberg  
Bill & Noemi Gruenthal  
Jane Heyman  
Mark James  
Neil & Judy Kornfeld  
Larry & Tyla Meyer  
Michael Moscovich  
Lola Pauer  
Julie & Michael Seelig  
Alvin Wasserman  
Arthur & Marilyn Weinstein  
Mordechai & Hana Wosk



# AN IMMIGRANT FAMILY'S INFLUENCE

Written by Shanie Levin

**O**n Sunday, May 26th Jewish Seniors Alliance presented their annual Spring Forum at the Vancouver Peretz Centre with speaker **Ben Shneiderman**. Ben was introduced by **Gyda Chud**, a past president of JSA and chair of the Program Committee.

Ben Shneiderman gave a powerful description of his family history, with the aid of a fascinating power point presentation. He is an excellent speaker and kept the audience enthralled throughout. Ben Shneiderman is a Distinguished Professor Emeritus of Computer Science at the University of Maryland. He has received six honorary doctorates in recognition of his pioneering contributions to human-computer interaction and information visualization. He has published more than twenty books, and most recently *Human Centred AI* (2022), which won the Association of American Publishers award for Computer and Information Systems.

However, Shneiderman did not begin with his own contributions, but with those of his parents, Samuel and Eileen

Shneiderman, nee Szymin. They began their journalistic partnership in Warsaw, writing for the many Yiddish publications extant at that time. Their lives mirrored the turbulent events of the time. They moved from Warsaw to Paris where they continued to contribute to Yiddish publications. They did major reporting from Spain during the Spanish Civil War. In 1938, Samuel published a collection of his work on the Spanish Civil War in Yiddish, titled *Krig in Shpanyen: Hinterland*. This coverage earned him the title of “the first Yiddish war reporter”. This book was later published in Polish and in Spanish. It will appear soon for the first time in an English translation as *Journey through the Spanish Civil War*, translated by Deborah Green and published by the Yiddish Book Centre’s White Goat Press. In 1940, due to the impending war, and with the help of the Yiddish press in New York, the family was able to immigrate to the United States. Samuel began work with the Yiddish press in New York City.

Samuel published many other books including editing *Diary of Mary Berg*, by an American woman who was incarcerated in the Warsaw Ghetto and described harrowing details of life there. He also wrote of the Kielce Pogrom in *Between Fear and Hope* as well as many other book and collections. The Weitzman National Museum of American Jewish History has two virtual exhibits ([www.theweitzman.org](http://www.theweitzman.org)). One on Samuel and Eileen’s vital partnership, and the

second on David Seymour (Chim)’s photojournalism, and Ben Shneiderman’s computing contributions.

Ben also spoke about his uncle, Eileen’s brother, David Seymour, known as “Chim”. Chim was known for his humanistic style of reporting that influenced modern visual storytelling. One of his photos in particular may have influenced a painting by Picasso also related to the war. His photos of the war were widely published in many magazines and journals. He also became known for his captivating and unusual photos of post-World War II orphans of war. No one smiles in any of the group or solo pictures of these children. Indeed, they had little to smile about. He also took photos of many celebrities, such as Audrey Hepburn, Maria Callas, Ingrid Bergman, and many others. Some of these were published in popular media such as *Life* magazine.

Chim took some very interesting shots of life in the early days of the state of Israel in the 1950s. Of particular interest was a photo of a wedding taken outdoors, possibly in the Judean Hills. The *Chuppah* is torn in a few places and one side is being held up by a rifle and a pitchfork. Chim was tragically killed while photographing the Suez Crisis for *Newsweek* in 1956. He was only 45 years old.

Throughout the presentation Ben replied to questions and comments and also took questions at the end. **Marilyn Berger**, a past president of JSA, thanked Ben for his inspiring words.



Gyda Chud and Ben Shneiderman



# REVIEW: JSA - PHYLISS AND IRVING SNIDER FOUNDATION EMPOWERMENT SERIES

Written by Shanie Levin

## DR. HONORÉ FRANCE: SENIORS SUPPORTING SENIORS

On January 22nd, Jewish Seniors Alliance, in co-sponsorship with South Vancouver Seniors Network, as part of their Phyliss and Irving Snider Foundation Empowerment Series, presented a lecture by **Dr. Honoré France**. Dr. France explored the early history of Seniors Peer Support based on the concept of seniors helping seniors. He is an educator, artist, writer, therapist and consultant in the field of mental health. He has taught at a number of universities and has a doctorate in counselling.

**Gyda Chud**, past president of JSA, welcomed everyone and called on **Grace Hann** to introduce Dr. France. Grace Hann is a coordinator of the Peer Support Program at JSA and she is also a co-host with Andrea Krombein of South Vancouver Seniors Network. In her introduction, Grace pointed out that she uses Dr. France's writings on Seniors Supporting Seniors, in her training program for the Peer Support Program at JSA.

Dr. France has been involved with peer support since the late 70s, when he came to Victoria. He spoke about the work done in a hospital in Paris where a doctor and a former patient began a program to help patients by using recovered patients as volunteers. Much research has been done in this area and it has been discovered that para-professionals can be as effective as therapists if they are properly trained.

Dr. France has written a book on peer counselling and peer support. He pointed out that Victor Frankel's book, *The Search for Meaning* and Erickson's, *Stages of Life* are still being used by practicing therapists. Communication and listening skills are of prime importance in peer counselling. Grace Hann pointed out that silence as well as mirroring back what the client has said are very useful in opening communication and forming a bond between the volunteer counsellor and the senior. Dr. France listed some myths about aging: We are just as mentally fit at 80 as at 20, but our reaction times are slower. In order to keep healthy we need to exercise both the body and the mind.

Gyda then thanked Dr. France for all his work and how effective it has been in our training for peer support volunteers.

## LEARNING ABOUT OUR JEWISH MUSEUM AND ARCHIVES

On March 27th, Jewish Seniors Alliance, in partnership with the Vancouver Peretz Centre, held the Empowerment Session titled, *Learning about our Jewish Museum and Archives*. The presenter was **Elana Wenner**, the director of programming and development of the Jewish Museum and Archives. Wenner was introduced by **Gyda Chud**, chair of the programming committee of JSA Gyda asked Elena to give some personal background prior to enlightening us about the history and present

functioning of the Museum and also how we could be personally involved.

Elana holds a B.A. in Jewish Studies from McGill University and an M.A. in Jewish Studies from Concordia. Her M.A. thesis concerns the history and development of Jewish life and culture in Western Canada, which aligns well with her work at the Museum. She got her passion for history from her grandmother, Irene Dodek.

The Museum opened in 1971 as the Jewish Historical Society. Its mandate was to collect, preserve and share memories of Jewish life in British Columbia. Jewish life here goes back to the time of the gold rush. They have representatives collecting information all over the province. Their archive is housed in Richmond, where they store information collected from the 1860s to the present. They also have over one thousands oral histories and are still collecting more. They sponsor walking tours of Strathcona and the Jewish section of the Mount Pleasant cemetery.

As well, they produce online exhibits and publish the journal, *The Scribe*. This journal often has a theme, such as Jewish doctors, the *Shmattah* business, or retail business. The archive has many items and artifacts and they are happy to hear from people who wish to donate items, photos or documents or who wish to search the archives for information. They gather, compile and share stories, such as personal interviews.

The Jewish presence and community development began in 1858 with the Gold rush. Some Jews became miners, but the majority start out by selling equipment to the miners. These sales in time morphed into general stores. By this time there were fifty Jewish families in Victoria leading to the founding of

**Continued on page 14...**

# WELCOME TO DAN LEVITT, BC'S SENIORS ADVOCATE

Written by Larry Shapiro

Following several months of being aware of the fast-approaching retirement date of the intrepid Isobel Mackenzie, there was a great sigh of relief when the announcement was made that none other than Dan Aaron Levitt had been appointed as the new Seniors Advocate for British Columbia. Who better suited to continue the great work done by BC's first seniors advocate to support oversight and advocacy towards improving seniors care and the programs and services they require. What makes Dan so well suited to fill the position of BC's senior advocate you may ask? Well, championing the rights of seniors for over three decades at the local, national and international levels, gives Dan all the credibility he needs to excel in his new position.

Dan's academic background includes earning a Bachelor of Arts degree with a major in psychology from UBC in 1992,

followed by his graduating from the University of North Texas, Center for Studies in Aging, with a Master of Science degree in 1994. As if that wasn't enough, Dan was awarded an associate certificate in fundraising management from the British Columbia Institute of Technology in 2006.

Dan is presently heading the Office of the Seniors Advocate, an independent office of the BC provincial government and charged with the responsibility of acting in the interest of seniors and their caregivers. The office monitors and analyzes seniors' services and makes recommendations to government and service providers to address systemic issues in five areas: health care, housing, income support, community support and transportation. Being well aware of the advocacy required to advance the rights of seniors and analyze the most pressing issues impacting their welfare,



Dan Levitt  
([www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca))

Dan declared his goal is for every senior, their families and their caregivers to be able to exercise their agency to access the supports and services they need. As Seniors Advocate, Dan Levitt vows to work collaboratively with seniors, government officials and service providers to promote healthy aging. Seniors are at the heart of our communities and, in my opinion *are the heart* of our communities. This is why it is imperative that they have a strong leading advocate like Dan A. Levitt who has a comprehensive understanding of their needs and is able to help them access the programs and services they need and deserve to live a dignified and fulfilling life.

---

## JEWISH MUSEUM AND ARCHIVES

---

...Continued from Page 13.

the Hebrew Benevolent Society. In 1859 they established the first Jewish cemetery in Western Canada. Temple Emanu-El dates to 1863 and is the oldest synagogue in continuous use in Canada. It was also the first brick house of worship in Victoria. They were also active in the general community with several serving

as aldermen and at least one in the provincial legislature.

David Oppenheimer became the second mayor of Vancouver. He introduced many amenities to the city including a transit system, sewers, paved roads, brick buildings and Stanley Park. Religious institutions developed mainly in Vancouver particularly in the east end

area and Strathcona. The first rabbi, Rabbi Pastinsky, would go to the port daily to welcome newcomers and help them set up in their new home. The first synagogue was at Heatley and Pender. The National Council of Jewish Women had a house in the area (it still exists), where they looked after social services for the community members in need of assistance.

They are always looking for volunteers and donations, both financial and archival. **For more information you can contact Elana at [ewenner@jewishmuseum.ca](mailto:ewenner@jewishmuseum.ca).**



# PEER SUPPORT SERVICES: VOLUNTEER PROFILES

## TANNIS BOXER

Interview by Charles Leibovitch

**T**annis Boxer has been a Peer Support Friendly Visitor for seniors at Jewish Seniors Alliance since February 2022. Tannis grew up in Vancouver. Her father developed Parkinson's Disease and passed away while Tannis was a teen. During his illness, Tannis witnessed the care and compassion her mother gave to her father as his caregiver, which likely served as a foundation for Tannis' career and volunteer work throughout her life.

Tannis initially got her law degree from UBC and became a lawyer. She got her first job as a law clerk for a group of judges, but found she was more interested in answering questions from and helping clients. She went back to school and got a degree in library sciences. She later got a job at Legal Aid and for the past twelve years, Tannis has worked as a poverty advocate in North Vancouver, working with people at risk, often negotiating with tenants' landlords. Tannis enjoys helping people on an individual level.

Tannis and her husband Jack, a retired physician, are blessed with four children and eight grandchildren. In 2022 she



became a friendly visitor volunteer for seniors and has been visiting her clients ever since. Tannis currently has three clients

and she finds that her visits and phone calls brighten both her day and her clients' day. As the visits progress, the clients have opened up more and more about their lives. Tannis also enjoys meeting people from all over the world, learning about their different cultures and traditions. We thank Tannis for her care and support of our peer support clients at JSA.

**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.



## YVES BOUTIN

Interview by Grace Hann

**Y**ves was born in the town of Shawinigan located on the Saint-Maurice River. Growing up there was fun with an easy neighbourly connection. The frigid winters helped freeze the backyard and turn it into a skating rink. With no set schedules or friend play-dates, there was an easy and spontaneous flow of play.

As Yves became an adult and had to decide on his future, he felt it was best to move away as he felt the little town just a little restrictive and even smothering. Yves stepped out of his comfort zone and planned his first trip abroad! He spent time travelling throughout France where he made lasting friends. While there he encountered experiences that were different than anything he had ever experienced in Shawinigan!

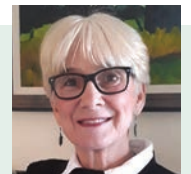


Yves already had his plan and being an Interior Designer was very appealing. He went to art school, wrote articles

for *Canadian Interior* and talked about some of his experiences and observations with some great buildings in France. At just 21 years old, Yves made the long trek to Vancouver for his very first job! While not easy, he gained experience and eventually became a manager at a retail designer show company. His success was well recognized. Vancouver was in sharp contrast to his hometown and after some back and forth to the East Coast, in 2015 Yves made Vancouver his home! The same year Yves retired. He and his partner have a lovely home and no doubt, very tastefully decorated!

Upon retirement Yves felt as if he didn't have much structure and was wondering how to fill some of these voids. Following a recommendation from a friend, he took a PSS training course at JSA and became a Friendly Visitor. Since then, Yves has been supporting seniors. His very first client was from his hometown. There was a strong connection that continued until the client eventually returned home to be with family. Visits with another client, which continue today, consist of sitting on the client's front porch listening to stories from years long gone but the memories still very vivid and alive.

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



# STREET ART IN JERUSALEM

aka

מאכנה יהודה

Written by Tamara Frankel

**M**achne Yehuda, or *The Shuk*, as it is known to Israelis, is a vibrant and bustling market in Jerusalem. There you can find fresh fruit and vegetables, baked goods, cheeses, meats, nuts, halva and spices, and everything in between. This popular and colorful open air, partially covered market is the most popular market in Israel, attracting local shoppers and tourists alike. The colors, sounds, flavors, and atmosphere are unique to Jerusalem. There you encounter Jews and Arabs shopping side-by-side in its crowded alleyways and streets six days a week, from Sunday through Friday afternoon, until the sounding of the bugle signifies the market will close for the Sabbath.

And then what? Then the market is transformed into an open-air museum. When the garage doors to the stalls shut in the evening, an incredible gallery of colorful murals is visible. As you walk through the alleys, famous faces and other creations will stare back at you. Among them are Jewish World War II hero Hannah Senesh in her military uniform, Ben Gurion, Golda Meir, Rabbi Abraham Joshua Heschel, my favourite beloved entertainer Yossi Banai, and even Mahatma Gandhi tucked under a “Strictly Kosher” sign. These captivating, spray-painted images are the work of 30-year-old British-born artist, Solomon Souza, who works all night to make the market as vibrant when it’s closed as when it’s open. Souza has spray-painted over 250 works on the shuttered stalls in the market, depicting well-known contemporary and historical figures.



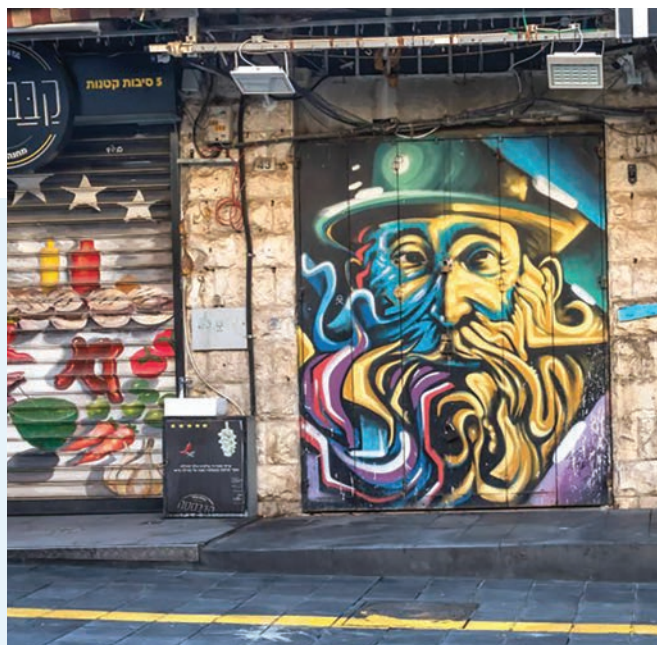
*A Wall For Peace* in a public market in the industrial neighborhood of Talpiot, Jerusalem, by Barcelona-based artist Zosen

Street art came to the fore in New York and Philadelphia in the '60s driven by the momentum of artists like Cornbread and Cool Earl. The objective of street art is to make this art accessible and visible to a large number of people, as a way to communicate deeper meaning, provoke people and make them think. Today, some street art can be valued at millions of dollars and are renowned works of art.

While graffiti exists throughout the world, as expressions of protest or simply of sheer artistic exuberance, much of the graffiti in Jerusalem is actively supported by the municipality. And walking tours of graffiti art have popped up as a new form of tourism. Street Art in Jerusalem is unique in that it is a welcome addition to the city's culture. Jerusalem's street art is actively supported in a program headed by Ido Levitt, director of the Jerusalem Center Development Company, a branch of the Jerusalem Development Authority. Designs must receive approval from the municipality as well as from nearby residents and businesses who might be affected by it. All art is governed by a strict policy against politics, violence, and other inappropriate images. The aim is to enhance the neighbourhood and to make sure that it is bustling both during the day and the evening.



Detail of a mural on Shimon Ben Shetach Street , Jerusalem, painted by CitéCréation. (Photo: Dror Hadadi)



Solomon Souza has painted more than 250 market stall shutters and doors in the *Machne Yebuda* market in Jerusalem. (Photo: Rodney Martin)



Mural on the building at Ha-Rav Shmuel Barukh Street, Jerusalem. (Photo: Konrad Zelazowski)

Outside *Machne Yehuda*, other Jerusalem neighborhoods of historic significance have sprouted wall art. In *Beit Yaakov*, thirty artists came together to join the project *Tabula Rasa* (“blank slate”), which includes art on walls, poles, balconies, doors, shops, and even on electrical boxes. There are murals everywhere and one balcony is even filled with a poem and mural. One piece of art depicts the people, kiosks, and buildings of *Machne Yehuda* Market with three-dimensional accuracy. It was painted by 12 artists from Lyons, France, called *Cité de la Création*.

A very special piece of art, that contrasts greatly with the colorful stalls of *Machne*

*Yehuda*, can be seen on a building that was once on the border with Jordan, and is full of holes caused by gunfire. The artist, Addam Yekutieli, incorporated all the damage that was caused into his work *246 Sides To A Story* by numbering each bullet hole and providing a legend that makes for intriguing reading. There are a total of 246 marks in the building, all of which have been given context.

Jerusalem is not the only city that features street art. There are captivating examples of street art in Tel Aviv, Haifa and other cities in Israel. Israeli street art reflects the country's unique cultural, historical, and political landscape. It reflects the mood of

the people. An example of that mood is in the aftermath of Prime Minister Rabin's death in 1995, when graffiti and street art emerged as a powerful form of expression for many young Israelis.

In addition to contemporary street art, there are many examples in Israel of ancient graffiti. Inscriptions and drawings have been found in archaeological sites throughout the country that provide insight into the everyday lives of ancient civilizations. These graffiti written by Jews can be traced back to the 8th century BCE in places such as *Beit She'arim*. While the most common graffiti were phrases like "Good luck in your resurrection" and "My beloved was here", more outlandish graffiti was found too, such as "You will come to an evil end if you rob this grave", and while ancient graffiti was most commonly found near tombs, it also was used in everyday ancient life for various purposes such as advertising a store or marking rows of theater seats to claim ownership.

From ancient times to the present, art has taken so many forms. It is located in formal collections in galleries and museums, as well as on the walls of our homes. But the sheer outburst of creative energy represented by wall art is larger than life. Graffiti can deface parts of our city, but as the Jerusalem example shows it can also enhance many areas and help bring them to life in the off hours. Jerusalem has succeeded in fostering graffiti and murals and other wall art that bring joy to passersby.

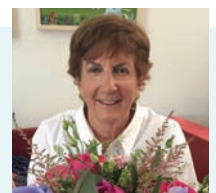
# YITZHAK RABIN MEMORIAL

Rabin Memorial Monument in Tel Aviv.  
(Photo: Michael Seelig)

In the aftermath of Prime Minister Yitzhak Rabin's death in 1995, graffiti and street art emerged as a powerful form of expression for many young Israelis. The graffiti produced at this time can be seen as a form of “ritual bereavement” and created a kind of collectivism that allowed individuals to develop an expressive ritual of fellowship which affirmed that one was not alone. It is also an unusual example of scrawled street art morphing into a long-lasting shrine to the late Prime Minister. The heart-broken messages scrawled on the wall behind the site of Rabin's murder have been saved and now form part of the permanent memorial, a remarkable combination of the spontaneous outpouring of grief and the formal etched stone memorial.



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



# FEATURE BOOK REVIEW

## HOW TO KNOW A PERSON: THE ART OF SEEING OTHERS DEEPLY AND BEING DEEPLY SEEN

by David Brooks, Random House, New York, 2013

Written by Janet Nicol

How can we enhance our relationships in a world plagued with excessive social media, loneliness and political divisions? This question is explored by David Brooks, a senior *New York Times* writer and social commentator in his engaging and timely non-fiction book, *How To Know A Person*. Readers are offered a wealth of insights and tools to consider when talking with others.

Brooks believes there is a power in seeing, listening and “accompanying” when we converse with a family member, friend, colleague or even a stranger. He observes two types of people, the Illuminator and the Diminisher. The first type sees others in their fullness, the second, as if they were barely present. Well-intended interactions can fall short, the author writes, but “...if we try our best to illuminate people with a glowing gaze that is tender, generous and receptive, we’ll at least be on the right track.”

Brooks was motivated to explore this topic following the suicide of a close, life-long friend, leaving him devastated and in search for answers. Much of his study employs anecdotes and stories, both from the author’s own life and that of others, including well-known writers, philosophers and characters in popular films. Experts and research data are occasionally drawn upon as well.

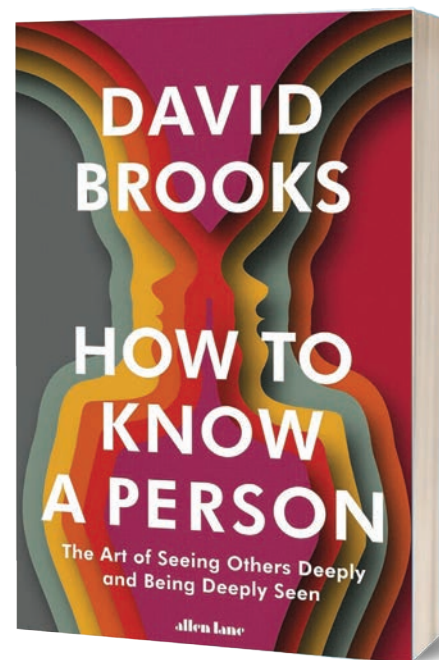
“I See You,” the first of three sections, describes the attributes of an Illuminator.

“I See You in Your Struggles” takes a deeper dive into the ways we can have real conversations. “I See You in Your Strengths,” looks at how to be more perceptive about another person’s character — such as discovering their sense of purpose or learning how an ancestor shows up in their life. On the later topic, Brooks identifies with twentieth century psychoanalyst therapist Theodore Reik who described himself an ‘infidel Jew.’ “I can scarcely read Hebrew any longer,” Reik stated, “I have only a smattering of Jewish history, literature, and religion. Yet I know that I am a Jew in every fibre of my personality.”

“Each person is a mystery,” Brooks tells us. “And when you are surrounded by mysteries, as the saying goes, its best to live life in the form of a question.”

The best questions to ask someone are humble and open-ended, the author believes. “They’re encouraging the other person to take control and take the conversation where they want it to go.”

The art of empathy is another valuable social skill. When American actor Paul Giamatti prepared for his role as President John Adams in a television miniseries, he learned the historic figure was plagued by illnesses, giving him insight on how to carry himself. Suffering is something we better comprehend in others when we’ve experienced it, the author also notes. He quotes playwright Thornton Wilder,



who said: “Without your wound where would your power be?”

Brooks recalls instances when he ‘missed the moment’ in asking the right question or engaged in an ego-driven conversation. He also acknowledges limitations he’s unlikely to overcome, such as a natural diffidence. But on the plus side, he sees himself becoming more vulnerable, open and approachable “and, I hope, kind.”

In summing up, the author writes...“it’s not only the epic acts of heroism and altruism that define a person’s character; it’s the everyday acts of encounter.” This thought-provoking book is sure to inspire, instruct and enlarge readers’ understanding of encounters, whether brief or over a life-time.



Janet Nicol taught at a Vancouver high school for 29 years and is a freelance writer with a blog at

<http://janetnicol.wordpress.com/>

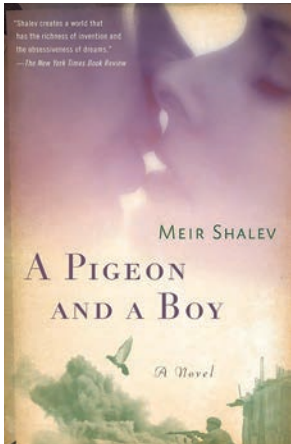
# CURL UP WITH A GOOD BOOK

Written by Dolores Luber

The result of joining a book club is that I am now reading a wider variety of fiction and non-fiction. Check out these interesting reads. We welcome book reviews by our readers, please send them in to me at [editor@jsalliance.org](mailto:editor@jsalliance.org)

## A PIGEON AND A BOY

Written by Meir Shalev



From the internationally acclaimed Israeli writer Meir Shalev comes a mesmerizing novel of two love stories, separated by half a century but connected by one enchanting act of devotion. During the 1948 War of Independence — a time when pigeons are still used to deliver battlefield messages — a gifted young pigeon handler is mortally wounded. In the moments before

his death he dispatches one last pigeon. Intertwined with this story is the contemporary tale of Yair Mendelsohn, who has his own legacy from the 1948 War. Yair is a tour guide specializing in bird-watching trips. A gift from his mother on her deathbed becomes the key to a life he thought no longer possible. Unforgettable in both its particulars and its sweep, *A Pigeon and a Boy* is a tale of lovers then and now. Meir Shalev tells a story as universal as war and as intimate as a winged declaration of love — a remarkable and unforgettable novel.

## RAGGED COMPANY

Written by Richard Wagamese

Four chronically homeless people — Amelia One Sky, Timber, Double Dick and Digger — seek refuge in a warm movie theatre when a severe Arctic Front descends on the city. This temporary refuge transfuses them and they continue their trips

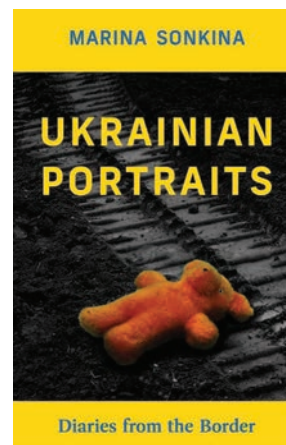


to the cinema. On one of these outings they meet Granite, a jaded and lonely journalist who has turned his back on writing. An unlikely friendship is struck. A found cigarette package (contents: some unsmoked cigarettes, three \$20 bills, and a lottery ticket) changes the fortune of this struggling group. *Ragged Company* is a journey into both the future and the past.

Richard Wagamese deftly explores the nature of the comforts these friends find in their ideas of “home,” as he reconnects them to their histories. Wagamese writes with brutal clarity of systematic abuse, violence and trauma. You will be informed and enlightened by this magnificent novel based on this Canadian author’s real-life experiences.

## UKRAINIAN PORTRAITS: DIARIES FROM THE BORDER

Written by Marina Sonkina

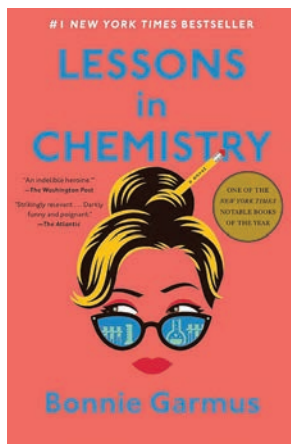


At the outbreak of the war in Ukraine in February 2022, Canadian author Marina Sonkina flew to the Ukraine-Polish border to volunteer in a refugee camp, using her knowledge of Russian and some Ukrainian. The suffering on a massive scale was beyond what she could possibly expect. “Putin’s destruction of Ukraine left me with dismay

and utter helplessness. But when I came as a volunteer to a transition refugees’ centre at the Polish-Ukrainian border, I saw an outpouring of good will on an unprecedented scale. This book is a celebration of the magnanimity that lives in the heart of each of us and comes forth when called upon. It is also a homage to the millions of destitute Ukrainian women faced with the daunting task of rebuilding their lives and the lives of their children with patient courage, moral grace, and faith in the ultimate victory of goodness over evil.” *Ukrainian Portraits* is a vivid, well-crafted narrative that takes us beyond the headlines into the heart of an ongoing humanitarian crisis.

## LESSONS IN CHEMISTRY

Written by Bonnie Garmus



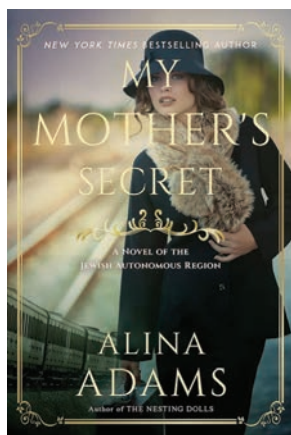
A tale of female disempowerment in the 50s and 60s gets a culinary tweak in this sweet revenge comedy. Here is a polished, funny, thought-provoking story, wearing its research lightly but confidently, and with sentences so stylishly turned it's hard to believe it's a debut novel for the writer.

As the novel opens in 1961, Elizabeth is a 30-year-old single

mother and the reluctant “permanently depressed” star of a cooking show for housewives called *Supper at Six*. By training she is a research chemist though her academic career has foundered despite her obvious talent, and as the narrative jumps back 10 years, we understand why. Elizabeth has been subject to attacks on her reputation and her person, from the major — sexual assault and theft of her work — to the casual everyday misogyny meted out by people including other women who see her independence and single-mindedness as a threat. Elizabeth is a feminist and modern thinker. She has little talent for ingratiating herself with other people. The dry wit of Garmus's writing is invigorating and produced hoots of laughter. There is an infectious absurdity to the book and its hero. I loved it!

## MY MOTHER'S SECRET: A NOVEL OF THE JEWISH AUTONOMOUS REGION

Written by Alina Adams

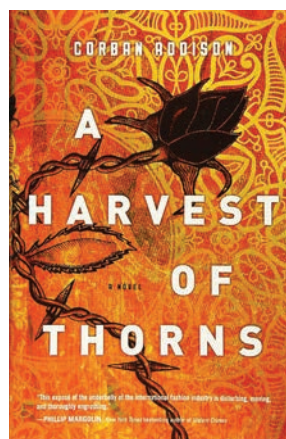


*New York Times* bestselling author Alina Adams draws on her own experiences as a Jewish refugee from Odessa, USSR as she provides readers a rare glimpse into the world's first Jewish Autonomous Region. *My Mother's Secret* is rooted in detailed research about a little known chapter of Soviet and Jewish history while

exploring universal themes of identity, love, loss, war, and parenthood. During Josef Stalin's Great Terror purges, 18-year old Regina flees to Birobidzhan on the border between Russia and China. Once there, Regina has to grapple with her preconceived notions of socialism and Judaism. The bulk of the story details the struggles to survive amidst threats of being labeled a traitor which was common in the USSR during this time period. She falls in love with Aaron, but he is sent to the battlefield and later captured. She must marry another man, raise their daughter and forget about him. The writer's focus on detail brought the community to life and highlighted the pitfalls. I knew of this community where Yiddish was spoken; now I have a better understanding of what exactly happened and why it failed.

## A HARVEST OF THORNS

Written by Corban Addison



*A Harvest of Thorns* is a novel about corporate greed at its worst within the fashion industry and how workers in Bangladesh are exploited for profit. The story begins with a fire at a factory with tragic consequences as many people are killed, trapped by the flames and acrid smoke. Among those killed is a young girl trying to escape the fire by

climbing down a makeshift rope ladder. Sadly the rope that was tied together using the garments from the factory floor gives way and the girl falls to her death. A photographer later takes a photograph of the young girl and instantly the photograph becomes front page news around the world. The company Presto must now struggle with damage limitation as they try to make sure that no damage to the company name comes from the fire. A former journalist Joshua Griswold goes about building a court case that will, if he wins, have ramifications for the fashion industry on a world wide scale and would rock Presto from the shop floor to the boardroom. Rooted in fact, based on a true account of a factory fire in 2010, this story goes to the core of the issue of forced labour and the appalling working conditions in the factories. This is a compelling read!

# NOT ONLY CROSSWORDS AND EXERCISE

## THE ROLE OF LEISURE ACTIVITIES IN ENHANCING THE HEALTH OF OLDER ADULTS

Written by Shlomit Rotenberg

It has been widely recognized that maintaining an active lifestyle is crucial for older adults' health and quality of life. While physical exercise and cognitive stimulation are often highlighted for their health benefits, the role of leisure activities in supporting the health of older adults is often underappreciated. This piece explores how leisure activities can contribute to the physical, mental and emotional well-being of older adults, and support healthy aging.

### PHYSICAL HEALTH IMPROVEMENTS

It is easy to understand why physically demanding leisure activities, such as

fitness classes, walking groups, or sports, significantly improve physical health. Indeed, physical exercise of moderate to vigorous intensity reduces the risk of dementia, and improves muscle strength, balance, and cardiovascular health. However, leisure activities often involve a physical component even if they are not categorized as exercise. For example, gardening, photography or bird watching involve walking, bending, squatting, and climbing, making them physically engaging activities. Pottery and sculpting involve kneading and shaping clay, which requires hand strength and endurance, providing a physical element to the creative activity. Activities such as yoga and tai chi incorporate breathing and

meditation elements that can improve cardiovascular health, while also help reducing stress.

### BETTER EMOTIONAL WELL-BEING

Leisure activities enhance mood and emotional well-being through various mechanisms. First, leisure activities often serve as a distraction from daily stressors, providing a break from routine and a sense of escape. Engaging in enjoyable activities can lead to a relaxation response, decreasing stress hormone levels and promoting a sense of calmness and contentment, which can be therapeutic and rejuvenating.

Second, engaging in leisure activities that offer cognitive and/or physical challenges can enhance mood by fostering feelings of competence and accomplishment. For example, successfully mastering a complex new quilting pattern or building a garden planter for the first time can be fulfilling and instill a sense of achievement. Third, leisure activities involving interacting with others provide social support and a sense of belonging, which can combat feelings of loneliness and isolation.

Participating in group activities like clubs or social gatherings helps maintain social networks, providing emotional support and contributing to well-being. Group activities, specifically those that provide opportunities for informal social interactions, like chatting over a cup of tea, enrich the lives of the participants and foster an emotional bond. Moreover, activities that involve contribution to others, such as volunteering, mentoring, or supporting a friend, improve mental well-being by providing a sense of purpose and fulfillment. Acts of giving and kindness can activate positive emotions such as joy, gratitude, and love.

Acts of giving and kindness can activate positive emotions such as joy, gratitude, and love.

”







Giving to others is also perceived as a moral or spiritual act that aligns with one's personal values and beliefs and can provide a deep sense of satisfaction and integrity. Thus, leisure activities that offer a positive escape, a "just right challenge", and/or positive interactions with others, can boost mood and support emotional well-being.

## COGNITIVE HEALTH BENEFITS

Engaging in cognitively stimulating leisure activities may help maintain cognitive health in aging by reducing age-related cognitive decline. This does not include only crossword puzzles, chess or bridge. The cognitive stimulation provided by activities such as music, art, and new learning are highly significant for maintaining brain health. Brain health is achieved through the process of neuroplasticity, whereby cognitively stimulating leisure activities result in new or improved neural connections. Engagement in complex leisure activities that require problem-solving, strategic thinking, or learning new skills keeps the brain active and resilient against cognitive decline. Furthermore, it is possible that leisure activities enhance cognitive health indirectly, through their positive impact on physical health and mood, which are proven to improve cognitive functioning.

## CHALLENGES TO TAKING UP NEW ACTIVITIES

While the benefits of leisure activities for older adults are clear, several challenges may make it difficult to take up new activities.

1. **Physical limitations** such as reduced mobility or chronic health conditions can make participation difficult or undesirable.
2. **Motivation:** Some people may lack motivation to try new activities, especially if they have been inactive or isolated for a long time. Post pandemic, some people find it difficult to re-establish active routines.
3. **Emotional barriers:** Trying new activities can be intimidating, especially if it involves meeting new people or stepping out of one's comfort zone. Some may also experience fear of injury or a lack of confidence in their ability to do a certain activity.
4. **Access to activities:** Logistical issues like transportation difficulties, lack of accessible facilities, or absence of age-appropriate activities can prevent engagement. Cost can be another barrier, especially for activities that require membership fees or equipment.
5. **Lack of social support:** Some older adults may lack social support or encouragement to try new activities, which can make it harder to take the first step.

## OVERCOMING CHALLENGES AND GETTING ENGAGED

Despite these challenges, there are several strategies to overcome barriers and get more engaged in leisure activities:

1. **Adapt activities to your abilities:** If you have physical limitations,

look for activities that can be easily modified to suit your needs. Many organizations offer adaptive programs for older adults.

2. **Explore different options:** Explore opportunities for engagement by seeking out community centers, senior centers, or local clubs that offer activities for older adults. Look for activities that fit your schedule and interests. Don't be afraid to try a variety of activities to find what you enjoy.
3. **Set realistic goals:** Start with small, achievable goals to build confidence and momentum. For example, aim to attend one new activity per week.
4. **Seek social support:** Enlist the support of friends, family members, or others to help you try new activities and stay motivated. You may be more motivated to take part in a group activity.
5. **Focus on enjoyment:** Choose activities that you find enjoyable and fulfilling. The more you enjoy an activity, the more likely you are to stick with it.

By addressing these factors and taking proactive steps to get engaged, older adults can reap the numerous benefits of social leisure activities and enhance their overall quality of life.



**Shlomit Rotenberg** is an Assistant Professor at the Department of Occupational Science & Occupational Therapy, University of Toronto. Her research focuses on the intersection between aging, cognition, and everyday life. If you may be interested in participating in studies on this topic, please email: [s.rotenberg@utoronto.ca](mailto:s.rotenberg@utoronto.ca)

# JEWISH SENIORS ALLIANCE



# CELEBRATING 20 YEARS



**J**ewish 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<sup>Z'L</sup>



**T**he 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 continue to 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](http://www.jewishcommunityfoundation.com)  
604-257-5100

# ENHANCING SENIORS' 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 region 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

## HELP JSA GROW ANOTHER 20 YEARS

I would like to make a gift of:  \$36  \$54  \$72  \$100  \$500  \$1000  Other \$ \_\_\_\_\_

Set up my Monthly Recurring Support in the amount of \$ \_\_\_\_\_ (minimum \$10.00 monthly)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Phone: \_\_\_\_\_

Credit Card # (Visa/MC): \_\_\_\_\_ CVV: \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_ Signature: \_\_\_\_\_

Here is my cheque enclosed for \$ \_\_\_\_\_ payable to Jewish Seniors Alliance of Greater Vancouver

Please direct my gift to:  The JSA General Fund  
 The JSA Endowment in honour of Serge Haber (z'l) at the Jewish Community Foundation

Save the postage please email the tax receipt

Jewish Seniors Alliance, 800 East Broadway, Vancouver, BC V5T 1Y1 | 604.732.1555 | PSS: 604.267.1555 | office@jsalliance.org

# SENIORS AT THE MOVIES

Written by Dolores Luber

I now have a large Smart Television Set equipped with Google TV. I can access any movie at any time. I pay monthly for some of the APPS such as Amazon Prime, Crave and Netflix and sometimes, I pay for individual movies with my credit card. I feel that the whole world is now accessible to me — I appreciate it and I am grateful.



## OPPENHEIMER

2023



Watch this 3-hour movie when you are alert and have the patience to concentrate on the dialogue and the images. *Oppenheimer* is a biographical thriller film written and directed by

Christopher Nolan, starring Cillian Murphy. A drama about genius, hubris and error, both individual and collective, it charts the turbulent life of the American theoretical physicist who helped research and develop the two atomic bombs that were dropped on Hiroshima and Nagasaki during World War II. Cillian Murphy is superb, he becomes Oppenheimer! The cinematography is stunning, all the acting is exceptional. It is a dense, event-filled story which follows J. Robert Oppenheimer from starting in the early 1920s until his old age. I was riveted and excited to have experienced this amazing true story.



## A MILLION MILES AWAY

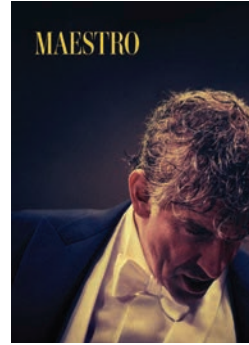
2023



This is an outstanding film directed by Alejandra Marquez, which portrays how José M. Hernandez, brilliantly played by Michael Peña, who worked California fields with

his family as a child migrant worker, became an astronaut after NASA had previously rejected him a dozen times. It is a testament to the transformative power of resilience. Embodying the essence of a dreamer, he uses his exceptional

mathematical ability and sheer determination to advance his academic and professional career. Chronicling the journey from humble beginnings as a child migrant worker to the pinnacle of astronautic achievement, Hernandez's story unfolds with impeccable grace. A must-see movie which will inspire and guide the dreamers among us.



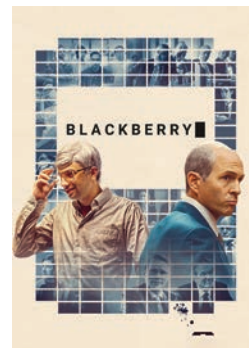
## MAESTRO

2023



*Maestro*, directed by Bradley Cooper, tells the story of Leonard Bernstein's career as celebrated conductor and composer – from the mythical phone call he received informing him that

he'd be needed to conduct the New York Philharmonic to his later work as a teacher. Its gaze falls equally upon the lifelong relationship Bernstein (Bradley Cooper) had with actor Felicia Monteleone (Carey Mulligan). Bernstein conducted like he lived – with everything he had, all at once. The film evokes Bernstein's headlong character; his passions, his love of family, his children and his lifelong friends. It is a feast for eyes and ears, the music is luscious. This is a love story and I loved it. So will you!



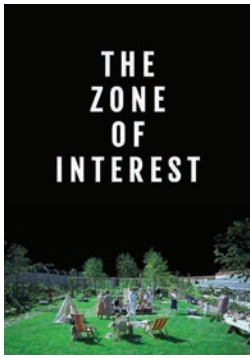
## BLACKBERRY

2023



Director Matt Johnson's boisterous drama about the rise and fall of the mobile smart phone and the chaotic collection of Canadian nerds — Mike Lazaridis, played by Jay

Baruchel; and Doug Fregin, played by Johnson, who created it — diverges refreshingly from the usual arc of product success stories. By any standard, the BlackBerry story is a wild ride — going from prototype cobbled together from bits of a pocket calculator to a product so addictive that it was nicknamed the CrackBerry. This is a film about the boom-and-bust, crash-and-burn trajectory of one of the world's first smartphones. You will laugh and you will scream at the screen wondering how the smartest guys in Waterloo, Ontario could have been so incredibly dumb. This is a very good movie, buckle your seatbel!



## ZONE OF INTEREST

2023



Jonathon Glazer has produced and directed a Holocaust movie where the victims and the atrocities of Auschwitz are absent, reduced to background noise and visual hints.

The action charts the daily round of what appears to be a normal German family. The paterfamilias goes off punctually to work each morning while his wife — mother of five — stays home to raise the kids. On weekends, there are parties in their walled garden or excursions to their nearby lake house. Idyllic? Yes, but we viewers know what is behind the wall, we see the tall smokestack. We are viewing the life story of a member of the SS, Rudolf Hoss, the long-serving commandant of Auschwitz. If we are not sufficiently aware of where he is and what he is doing during the day, we are in danger of empathizing with him and his family. But we know that he is the perpetrator of mass murder. The movie is difficult to watch. I was painfully aware of the unseen horrors; yet I came away informed and better equipped to understand what has been called “the banality of evil”.



## ANATOMY OF A FALL

2023



The movie is a cerebral trial drama by the director Justine Triet. It opens with a mysterious death in the French Alps. The deceased is an aspiring writer named Samuel

(Samuel Theis). The suspect is his more successful wife Sandra (Sandra Huller), a novelist who is stoic, remote and a tad frosty. The film is an anthology of competing narratives, every marriage is made of two storytellers. Fascinating stuff. The most important judge in the room is the couple’s preteen son Daniel (Milo Machado Graner), partly blind because of an accident that figures into the case. He becomes central to the competing narratives. Listen carefully to the dialogue, then decide for yourself what exactly happened. This is stimulating, exciting film-making.



## NYAD

2023



This bio-sport drama, directed by Elizabeth Chai Vasarhelyi and Jimmy Chin, is about athlete Diana Nyad (played by Annette Bening) creating her own legend which relates to the naiads of Greek mythology, “My ancestors! The nymphs that swam in the lakes and the rivers and the ocean.” She is a record-breaking long-distance swimmer who, at the age of 60, vows to conquer the challenge that bested her at age 28, with the assistance of her best friend Bonnie (Jodie Foster). She’ll swim nonstop from Cuba to Florida — over two days of sharks, storms, stinging jellyfish and hallucinatory exhaustion. Bening shows us a woman willing to endure Hell. The scenes between Diana and Bonnie are riveting, they capture decades of camaraderie, the dialogue is inspirational and note-worthy. By the end of the movie Diana has earned our respect. We, the viewers, are in awe of her fortitude, her courage and her commitment during this four-year journey with her best friend and coach and a dedicated sailing team. Bravo!



## THE HOLDOVERS

2023



This moody, quarrelsome ‘comedy’ directed by Alexander Payne takes place in New England somewhere in 1970, at a tony, all-boys boarding school, where the students who can’t go

home for Christmas wind up spending their breaks in the care of Paul Hunham (Paul Giamatti) the sourest, most pompous instructor who flunks senators’ kids; and in fairness, the kids are no picnic either. There is Paul Hunham, the unpopular teacher, a bright abrasive student Angus and Mary, the school’s head cook and a recently bereaved mother, who find themselves forced to spend the winter holiday together in the empty academy, three sad souls. *The Holdovers* has a sharpness to the comedy, attitude, freshness and some wisdom. The film has been called “A masterclass in melancholy” — however, I enjoyed experiencing New England again (I lived there for five years). The acting is perfect and the characterizations develop in a meaningful manner. No sex, no violence, a pleasure to watch.

# IN THE SPOTLIGHT: TV SERIES AND DOCUSERIES

Written by Dolores Luber

## ENTERTAINING TELEVISION SERIES



### PEAKY BLINDERS

6 Seasons ★★★★★

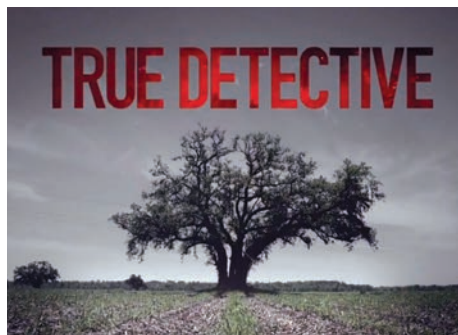
I am running out of superlatives — *Peaky Blinders* is entertainment of the highest quality. It is smart, sarcastic, funny, stylishly violent, and exquisite to look at. Tommy Shelby, gang leader, (superbly played by Cillian Murphy) is the central character who grapples with his World War I post-traumatic stress disorder; masculinity and violence are inextricably linked. The gang succeeds by using physical force as well as cunning, not to mention those razor blades sewed into their caps. The Shelby crime family includes Tommy, Arthur (Paul Anderson), John (Joe Cole) and Polly (Helen McCrory). You will get to know them all. Season 5 and 6 focus more on the internal battle within Tommy as opposed to the toxic aggression of previous seasons. He suffers from seizures, with his body reflecting the inner turmoil wrought

from fighting at home and abroad. This vulnerability is the essential reason viewers root for the character. He can be a very unlikeable character but he's relatable because we now have a more nuanced understanding of war and trauma. Beware — it is highly addictive!

### TRUE DETECTIVE

4 Seasons ★★★★★

In Season 1 Martin Hart (Woody Harrelson) and Rust Cohle (Matthew McConaughey) are a mismatched team of Louisiana state cops. A woman is found ritualistically murdered; Cohle suspects a serial killer; no one but Hart believes him. This is a masterpiece of cosmic horror noir and a piece of art that feels like it was created not just by, but for men; a gritty treatise against toxic masculinity that still dehumanizes women. These two actors are magnificent together; I was spellbound! I skipped Season 2, the reviews were terrible. Season 3 focuses on the story of a macabre crime in the heart of the Ozarks, a mystery that deepens over decades and plays out



in three separate time periods. The disappearance of a young Arkansas boy and his sister, Will and Julie Purcell, in 1980 launches a decades-long investigation for detective Wayne Hays and his partner Roland West. Season 4 is visually brutal, and I watched it all. Jodie Foster and Kali Reis are fantastic. It's really radical, in the sense that it places women at the center of its crime, the investigation of that crime, and the crime's revelation. Do not watch this late at night, terrifying images will haunt you.



### TRANSPLANT

4 Seasons ★★★★★

*Transplant* is an excellent Emergency Room drama set in a large Toronto hospital with a refreshingly diverse set of characters you can relate to. This Canadian drama about a Syrian refugee/doc (the transplant) who must start his residency all over again offers a fresh perspective and an engaging fix for fans of medical shows. That's me! Our hero is Bashir Hamed (Hamza Haq) a talented surgeon trained in war-torn Syria, he performs amazing semi-improvised surgeries. He is haunted by flashbacks, deals with immigration issues, and has a sweet dynamic with Sirena Gulamgaus, as his younger sister. The surgeries are graphic and the human relationships tender and enlightening. An excellent opportunity for viewers to appreciate a finely wrought dramatic series.

## THE DIPLOMAT

2 Seasons ★★★

In *The Diplomat* Keri Russel plays a no-nonsense ambassador and Rufus Sewell plays her smoother husband. The series is a political thriller laced with romance and written in a high-comic, high-velocity style. It gets complicated with geopolitical crises and amorous complications. Earthshaking events are played out in a comic framework. This is lively, messy, masterfully cast and masterfully executed series — well-worth the viewing.

## DOCUSERIES YOU DO NOT WANT TO MISS

### FIRE OF LOVE

★★★

This documentary is a poem of matrimony and magma. *Fire of Love* is about Katia and Maurice Krafft, a married team of volcanologist-filmmakers. The Kraffts were known for their inventive exploration and photography of active volcanoes. Their work started in the late 1960s and ended in 1991 when a pyroclastic flow on Japan's Mt. Unzen wiped them out along with a group of 41 scientists, firefighters, and journalists. They shared an obsession with fiery earth and they knew and accepted the risks of their chosen field. Director Sara Dosa highlights the riveting imagery and the relationship between Katia and Maurice with their eccentric charisma and romantic mystique which gets themselves (and the viewer) as close to the action as possible. What a beautiful experience this film creates!



### AFTER AUSCHWITZ

★★★★★

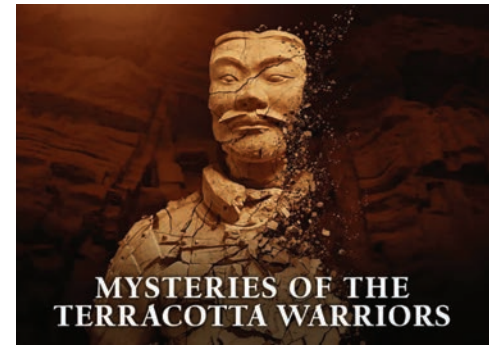
Director Jon Kean's documentary tells the stories of six Jewish women who survived the Nazi death machine and went on, experiencing great difficulties, to rebuild their lives in the United States. The anguish that underlies *After Auschwitz* is profound. Yet hope still flickers throughout this documentary. Starting with the Allied liberation of the concentration camps, "You're free. Go home," the film traces the women's experiences using interviews and news footage, some of it horribly brutal. All six eventually relocated to America where they were bewildered by friends and relatives who were loath to mention the camps. This film is a valuable contribution to Holocaust testimonies and a tribute to the resilience of these women and their hard-won later successes. Absolutely a must watch!

### ARNOLD

★★★★★

In this 3-part docuseries, the director Lesley Chilcott explores different facets of Schwarzenegger's life and career, athlete, actor and American politician, in the five decades he's been a household name. Arnold makes motivating mega-statements throughout the series, describing a belief system that he actually

lives by. After all, the man has reinvented himself countless times as a professional bodybuilder, actor, filmmaker, businessman and politician, an inspiring résumé for a kid from a small town in Austria. Schwarzenegger also discusses some of the darkest moments in his life "People will remember my successes, but people will also remember my failures." Fascinating testimony from a man with a vision and the discipline, intelligence and energy to pursue his dreams.



### MYSTERIES OF THE TERRACOTTA WARRIORS

★★★★★

This documentary is a fascinating historical mystery puzzle which unravels before your eyes. One of the world's great archaeological finds, thousands of terracotta warriors, each one unique, standing in formation beneath the ground — but each one smashed to pieces. Why? What happened? We go back over 2000 years to the Qin Dynasty to learn how this enormous grave site came to be and why. Along the way, the conspiracies and brutalities used in politics to annihilate your opponents are explained and documented. Not a pretty picture! This is a superb documentary based on scientific methods, enlightening us about one of the world's oldest civilizations.

# PROFILE OF A DIRECTOR, PRODUCER, SINGER, ACTRESS: BARBRA STREISAND

Written by Dolores Luber

In 1964 I was entertained and thrilled by 21-year old Barbra Streisand on Broadway in New York City in her starring role in *Funny Girl*, playing and singing in a tribute to the famed comedienne Fanny Brice. On February 25th, 2024, Barbra Streisand, age 81, was honoured with the Lifetime Achievement Award by the Screen Actors Guild, their highest prize. Streisand was greeted with a standing ovation and cheers from the crowd. Many had tears in their eyes. The appearance was a rare one for the legendary star, who has stayed largely out of the public eye in recent years – although she has made waves with her recent memoir *My Name is Barbra*.

Her career is multi-faceted and legendary. After several years on Broadway, she went on to make the 1968 movie, *Funny Girl*,



Barbra Streisand on the set of *Yentl* (1983).

and won an Oscar as best actress for it in 1969. She then appears in the 1969 movie-musical *Hello Dolly!* Streisand appears in the CBS special *Colour Me Barbra*. The show earned her an Emmy Award and a Grammy Award for the accompanying album.

Steve McQueen, Paul Newman, Streisand and Sidney Poitier create their production company, First Artists, in 1972. The company's mission is to give actors more creative control. She was the first woman to write, produce, direct, and star in 1983's *Yentl*, a film for which she became the first woman to win a best director Golden Globe. Streisand and Ryan O'Neil appear in the 1972 comedy *What's Up, Doc?* Streisand appears in the 1976 remake of *A Star is Born*. She earned a Best Original Song Oscar for the film's theme song, *Evergreen*. She earns two Emmys for her work on *Barbra Streisand: The Concert* in 1995. The special garnered ten Emmy nominations and five wins.

As an actor, singer, director and writer, Streisand has brought joy to audiences around the world for decades. She has won two Oscars, eight Grammys, five Emmys and one Tony award throughout her career, making her one of the most legendary EGOT winners to date. At



Barbra Streisand was honored with a Life Achievement Award at the 2024 Screen Actors Guild Awards.

the award ceremony in February, she said "I want to live life. I want to get in my husband's truck and just wander, hopefully with the children somewhere near us. Life is fun for me when they come over. They love playing with the dogs and we have fun, I haven't had much fun in my life, to tell you the truth. And I want to have more fun."

*Mazel Tov, Barbra!*



Funny Girl (1968)  
Soundtrack Album



# THE SHORT FILM CATEGORY

Written by Dolores Luber

I have discovered a new genre of movies, the short film, which includes animation, documentary and live action short movies. Because of my Smart TV, I can now watch these movies without going to film festivals at various locations. Here is a small sample of the high artistic quality you can expect from these films.

## PERIOD. END OF SENTENCE 2018

Indian women lead a quiet sexual revolution. The documentary short follows a group of local women in Hapur, India, as they learn how to operate a machine that makes low-cost, biodegradable sanitary pads, which they sell to other women at affordable prices. The lack of access to pads among those women for centuries resulted in health issues, school absences, and eventual dropout of the girls. Access to the pads supports and empowers the women to shed the taboos in India surrounding menstruation—all while contributing to the economic future of their community.

## LIFE OVERTAKES ME: RESIGNATION SYNDROME 2019

This Swedish film shows how refugee children withdraw into a coma-like illness called Resignation Syndrome apparently because of the traumatic experiences they have had related to the trauma experienced during their migration and immigration. The Syndrome seems to be a devastating PTSD-type affliction, mentally and physically paralyzing. This is an eye-

opening documentary about the impact on those forced to leave their countries and seek asylum in a strange and foreign land.

## THE WONDERFUL STORY OF HENRY SUGAR 2023

Roald Dahl's story is an American fantasy short film which sees a rich man learning about a clairvoyant guru who could see without using his eyes through the power of a particular form of yoga, then setting out to master the skill in order to cheat at gambling. Henry wins huge amounts of money gambling; then has a change of heart, devoting his efforts to establishing a network of successful hospitals and orphanages.



## LETTER TO A PIG 2022

The Israeli-French animated short film *Letter to a Pig* is outstanding. A Holocaust survivor reads a letter he wrote to the pig who saved his life while hiding in a pigsty. A young schoolgirl hears his testimony in class and sinks into a twisted nightmare where she confronts questions of identity, collective trauma and the extremes of human nature. She interprets the fear, anger, and hopes of a generation far removed from the horrors of war, yet reeling under the legacy of collective generational trauma.

## SUDOKU PUZZLE

			8			3		
	4		6	7		9	5	
	5		1	3				
						7		
2	8				5			4
3				4		8		9
			3				6	
			4		1	3		
				2			5	7

Sudoku is a logic puzzle, the goal of which is to fill the remaining squares, using all the numbers 1-9 exactly once in each row, column, and the nine 3x3 subgrids.

Find more at  
[www.puzzles.ca](http://www.puzzles.ca).

Solution: page 47.



More than 130 seniors urgently need a safe, secure and affordable home.

The power of giving is in your hands.

Donate now:

[www.tikvahousing.org/donate](http://www.tikvahousing.org/donate)



104 - 1177 West Broadway, Vancouver, BC V6H 1G3  
778-998-4582 // [info@tikvahousing.org](mailto:info@tikvahousing.org) // Charitable Registration # 84256 2613 RR0001

Standing Strong with  
**ISRAEL**



HON.  
**KERRY-LYNNE  
FINDLAY** MP  
SOUTH SURREY—WHITE ROCK

[kerry-lynn.findlay@parl.gc.ca](mailto:kerry-lynn.findlay@parl.gc.ca)  
[klfindlay.com](http://klfindlay.com) • 604-542-9495

# KERRISDALE PHARMACY

*"For over 45 years we have helped generations of families stay healthy and happy."*

*We'd love to help you too."*

Colin Holyk,  
Pharmacist and Owner



## Specializing in Medication Compounding

prescription delivery • compression stockings • vaccines/flu shots  
sport & injury rehab braces • homeopathic remedies • online orders  
organic skin care • vitamins & nutritional supplements

5591 West Boulevard (@ 40th Ave), Vancouver, BC V6M 3W6  
604-261-0333 [www.kerrisdalepharmacy.com](http://www.kerrisdalepharmacy.com)

Confident  
smiles  
transform  
lives.

DISCOVER  
TRANSFORMATIONAL  
DENTISTRY AT ANY AGE

If you are thinking about having a straighter, more complete, or whiter smile, Dr. Kwong has a suite of dental options uniquely customized just for you. Call today and discover how a Dr. Kwong smile will transform your life.

604.261.9111

- Smile Design and Whitening
- Restorative Dentistry and Invisalign®
- Dental Implants and Teeth Replacement

**inspire**  
DENTAL GROUP

DR WILSON J KWONG | [INSPIREDENTAL.CA/OAKRIDGE](http://INSPIREDENTAL.CA/OAKRIDGE)

Oakridge Centre South Tower, Suite 218 – 650 West 41st Avenue, Vancouver, BC Canada V5Z 2M9

## HEADSTONES ADDRESS STONES

RELIABLE – QUALITY GUARANTEED  
FAST DELIVERY, LATEST TECHNOLOGY  
FRIENDLY – COMPATIONATE  
RESPECTFUL



Yeartown Monument Ltd.



## YEARTOWN MONUMENT

135 - 5751 CEDARBRIDGE WAY, RICHMOND  
ASK FOR AMANDA 604 - 270 - 1219

LOCALLY OWNED CANADIAN COMPANY

## Proud to serve you as your MLA

for Richmond North Centre



**TERESA WAT**  
MLA | RICHMOND  
NORTH CENTRE

604-775-0754

[Teresa.Wat.MLA@leg.bc.ca](mailto:Teresa.Wat.MLA@leg.bc.ca)

f / [teresa.wat3](https://www.facebook.com/teresa.wat3)

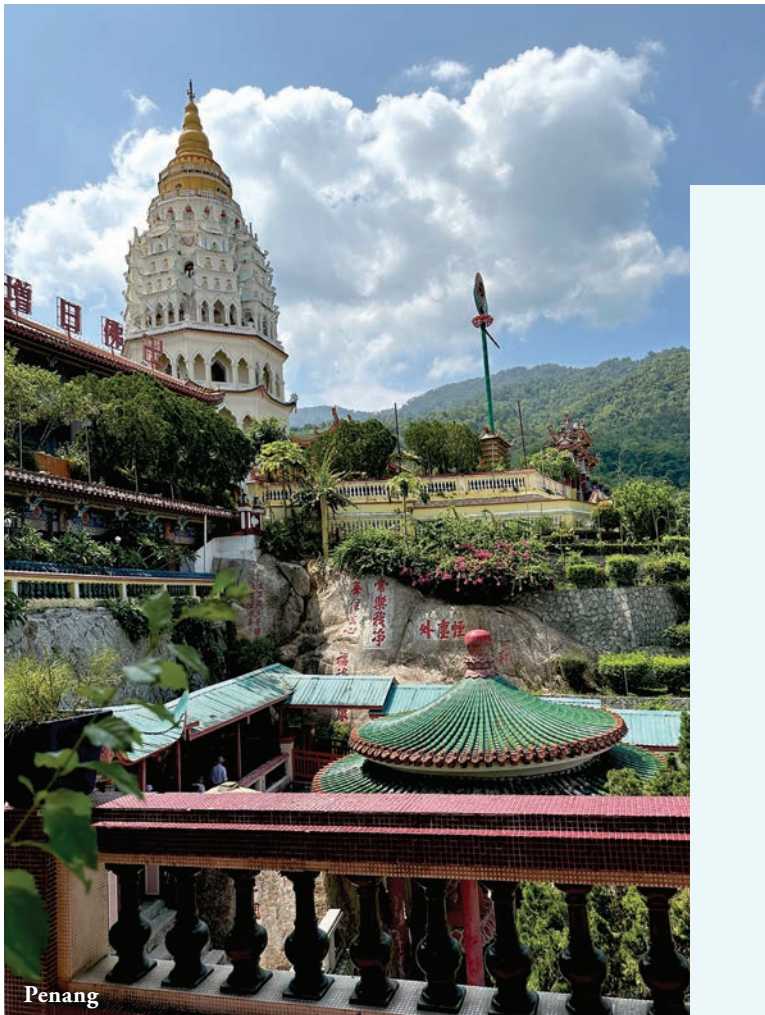
🐦 @Teresa\_Wat

A message from your local MLA

# CRUISING THE WORLD

With Efraim and Silvia Halfon

Written by Efraim Halfon



Penang



Bungalows on the water in Moorea at the Sofitel hotel

January 5, 2023:

We board the *Island Princess* for a 114 day cruise. This is our second world cruise and, when boarding, we meet many passengers from four years ago. Sephardi from Libya, and my wife both of Ashkenazi and Italian origins, now in Canada, we began to cruise in 2008, first for a week, then two weeks, then a month and then three months: Miami to Singapore with a group of astronomers to experience a long, four minute solar eclipse. As a self-employed tax accountant I could work from the ship and in the meantime explore the world as we have done ever since.

Passengers range from infants to very old: a few families with young children, many people working remotely in the buffet lounge with their laptops, a few middle age couples and several singles. Some passengers have been married forever, and we also met a ninety-five year old minister with a walker just married. I like to ask passengers about their past professional life and have interesting conversations.

After a stop in Colombia we enter the Panama Canal. Now with climate change and reduced rainfall only a few ships a day can transit, in order to save the precious waters of Gatun Lake. Most everyone is on deck to watch the locks. There is



less than a foot on each side from the ship to the canal. The pilot is in control. The only place in the world where the pilot has authority over the captain. On shore small locomotives keep us straight using long lines.

We sail north, towards Los Angeles, to board more passengers. On the way we stop in Costa Rica for a day of rafting, we skip Nicaragua, because of unrest in that country, and after Puerto Vallarta, we arrive in LA. Crossing to Honolulu takes four days. On the ship we attend lectures, play bingo, bridge, mah-jong, listen to music and enjoy nightly entertainment. On Friday nights we meet for Shabbat Service, the ship provides a room, prayer book, kosher wine and *challah*.

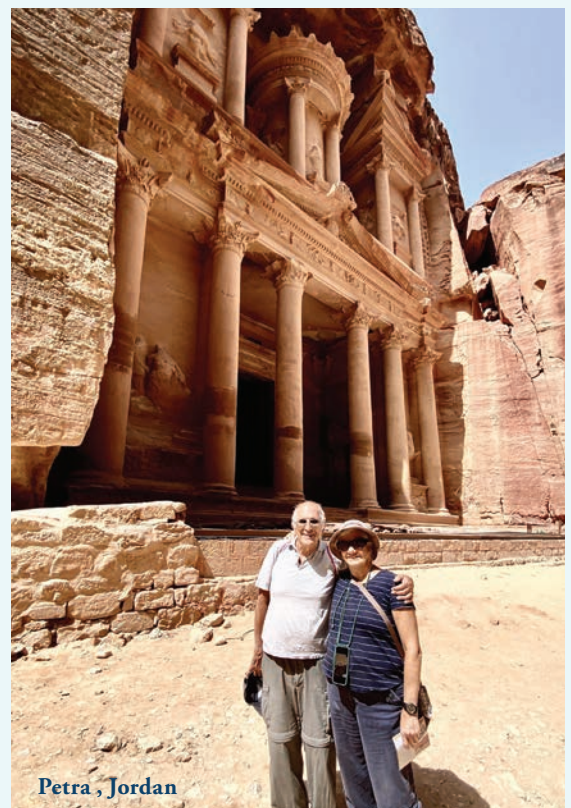
We have breakfast and dinner in the main dining room. Lunch is at the buffet, so that we can spend more time in the pool and in the gym. Service in the dining room is impeccable with a regular menu and a vegetarian menu.

Hawaii is beautiful. We then proceed towards Tahiti via American Samoa. We like visiting this port again to learn about the local culture. They bury their ancestors in the front yard; thus it is difficult to sell their property.

## February:

In Tahiti we leave the ship and go to the Sofitel in Moorea for a once in-a-lifetime one night stay in a bungalow over the water and swim with the sharks. More sea days on the way to New Zealand and more opportunities to interact with the ship staff. One of the benefits of a long cruise is that the crew members know that we are not leaving. We are here for the long haul. So we know them as persons and they know us.

In New Zealand we had six ports scheduled but due to a cyclone, we missed three ports. However, we went to Melbourne, not on the schedule, and we quite enjoyed the unexpected port. We took the ferry from Sydney to Manly beach and saw many regattas



Petra, Jordan

in the port. We also had a walking tour where they told us how well former inmates did in Australia. In Cairns we had a fifth shot of the COVID vaccine. Next stop was Darwin but there was another cyclone, so we missed it.

## March:

We visited Komodo Island with its dragons. Singapore is one of our favourite ports. We spent the day at the botanical gardens, Chinatown and our favourite, Gardens on the Bay, in front of the famous hotel Marina Bay that has a swimming pool on its roof. A long crossing from Phuket to Sri Lanka across the Indian Ocean. This port was the last one we visited in our last world cruise. At that time we went south to the Maldives, Seychelles, Madagascar, South Africa, Namibia, St. Helena and Brazil. This time we went to Dubai for two days, an amazing city in the desert. We went to see Burj Al Arab Hotel whose shape is designed to resemble the sail of a ship. Then on to the *suk*, an open air market, to the famous Palm Island and finally to Dubai Mall, the largest mall in the world near the Burj Khalifa, the highest skyscraper in the world.

A few hours later we were in Muscat, the capital of Oman. Very different from Dubai. Most women had a burka

with only their eyes showing. We made acquaintance with one of them and she offered us a special drink that only the locals know. Also her husband was very gracious and we had a long conversation. We visited the *suk*, the outside of the Royal Palace and the A Mirani Fort. We also took an on-and-off bus tour, but it was a Friday, the whole city was closed — nobody around.

In Jordan we walked to Petra and then we took a truck in the desert to Wadi Rum, where they filmed the movie *Mars* because of its reddish sands, and where *Lawrence of Arabia* spent a few months. On to the Suez Canal. Beautiful transit with a stop in Israel.

## March 27:

Most passengers took tours to Jerusalem. We hired a taxi to go to the Holon cemetery where my father is buried. We said *Kaddish* and went to the Libyan Jewish Heritage Center. As the website states, “it tells the story of the Libyan Jewish community and the story of a community that disappeared...here visitors learn about the history of the ancient community in Libya from the time of King Solomon until the immigration to Israel.” My family left Spain in 1492 and spent 400 years in Libya. We had shakshuka for lunch and then we stopped

at the beach in Bat Yam, then back to the port in Ashdod. Passengers who went to Jerusalem came back very late. Huge demonstrations were taking place in Israel against the proposal to change the rules of the Supreme Court.

## April:

After three months on the ship Europe is waiting for us: Ephesus in Turkey, then Sparta in Greece and then three stops in Italy. One of the palaces we like best is Kotor in Montenegro. The walled town of Kotor is pedestrian only. Lots of cats roam the street, they are very well fed and looked after by the local population. We enjoyed the feeling of the old town. We even found a post office and a hairdresser for my wife for the formal night on the ship.

For Passover the ship provided eight days of *matzo* plus a room where we had a *Seder* with all the required food.

In Catania, Italy we hired an on-line cook to teach us how to make a special Sicilian cake, the Torta Delizia — one of the best choices we made. Malta and Barcelona were interesting. In Marseilles we went to the old port and then on to the *Pâtisserie Orientale Tanite* where they have the best oriental pastries that you can dream of. Final stops before Florida were in Casablanca and the Balearic Islands. On April 27, 2023 we said goodbye to all ship staff and the other passengers; we were homeward bound.

Ephesus Library, Turkey



**Efraim Halfon** is a retired scientist, formerly with Environment Canada. Efraim was born in Tripoli, Libya and moved to Italy when Libya became independent and his father did not want for his son to grow in an Arab Country. After he obtained a B Sc in Limnology he received a Fulbright scholarship towards a Ph.D in ecology at the University of Georgia.



# BRAIDED Challah

WORLD FAMOUS JEWISH SWEET EGG BREAD

KOSHER LACTOSE FREE NO ANIMAL FAT PARVE

NOW AVAILABLE in the ff. LOCATIONS

### RICHMOND

- SAFEWAY Seafair No. 1 Rd.
- SAVE-ON FOODS Ironwood Terra Nova
- SUPERSTORE No. 3 Rd.
- PRICE SMART No. 3 Rd. & Ackroyd
- FRESHCO No. 3 Rd. & Williams Blundell & No. 2 Rd.
- HAPPY HOUSE Supermarket Blundell & Railway Ave.
- NORTH SHORE** Congregation Har-EI

### VANCOUVER

- Omnitsky Kasher 41st & Oak
- SUPERSTORE Marine Dr. & Main
- SAVE-ON FOODS Dunbar & 41st Kerrisdale (W 49th & West Boulevard)
- SAFEWAY King Edward & Oak Marpole (70th & Granville) Arbutus W Broadway (Broadway & Macdonald)
- MEINHARDT 14th & Granville
- LOBLAWS CITYMARKET 16th & Arbutus

### VANCOUVER

- STONG'S MARKET Dunbar
- NESTER'S MARKET Main St. & 29th
- 88 SUPERMARKET Main St. & 29th 49th & Elliot
- BURNABY** SAFEWAY Kensington Square
- COQUITLAM** SAFEWAY Burquitlam (Clarke Rd & Como Lake)
- WHITEROCK** SAFEWAY

#360 - 9100 Blundell Rd., Richmond, B.C. V6Y 1K3  
604-244-7888 • gardencitybakery@gmail.com



THE WEINBERG RESIDENCE  
ASSISTED LIVING AND MULTI-LEVEL CARE FOR SENIORS



A WARM SENSE OF COMMUNITY  
AND EXCELLENT, AFFORDABLE CARE  
IN THE HEART OF OAKRIDGE.  
**YOUR PEACE OF MIND IS WORTH IT.**

Call 604.261.9622  
or visit [weinbergresidence.com](http://weinbergresidence.com) to book a tour.

THE DR. IRVING & PHYLLIS SNIDER CAMPUS FOR JEWISH SENIORS,  
SITE OF THE LOUIS BRIER HOME & HOSPITAL AND WEINBERG RESIDENCE

# WE'RE HERE FOR YOU

Your local BC United MLAs



**KEVIN FALCON**  
LEADER OF THE  
OFFICIAL OPPOSITION  
MLA | VANCOUVER-QUILCHENA  
604-664-0748  
Kevin.Falcon.MLA@leg.bc.ca  
f /kevinfalconbc  
t @kevinfalcon  
i @kevinfalconbc



**MICHAEL LEE**  
MLA | VANCOUVER-LANGARA  
604-660-8380  
Michael.Lee.MLA@leg.bc.ca  
f /MichaelLeeBC  
t @MichaelLeeBC  
i @MichaelLeeBC

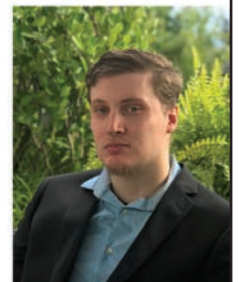
A message from your BC United MLAs

## FREE VANCOUVER COMMUNITY POCKETBOOK

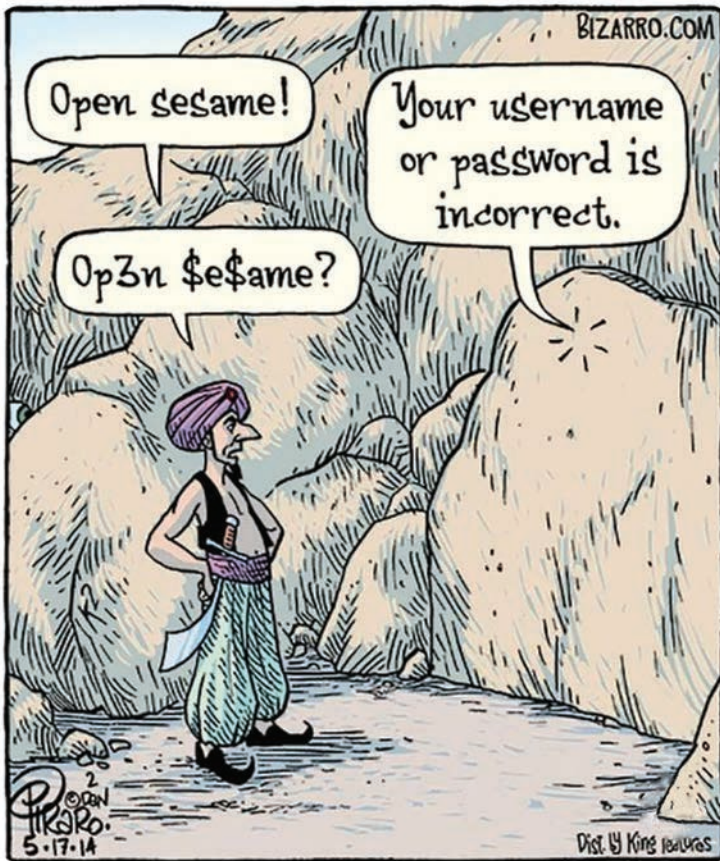
### Featuring:

- An extensive resource guide: funding, housing, health & more
- Tips and tricks to help you find support
- Interviews with non-profits and advocates
- An overview of tenants' rights in BC
- Contact info for local representatives
- Fun and interesting facts
- A built-in notebook

To get your copy, email Spencer van Vloten  
at [spencer@bcdisability.com](mailto:spencer@bcdisability.com) or visit  
[SpencerV.ca](http://SpencerV.ca)



# HUMOUR!



Our luggage is in Greece. We might as well go there."



More walking, less flying."



4000 years later and we're back to the same language..





# CARTOON CAPTION CONTEST

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

CONGRATULATIONS TO OUR WINNER:



**EDWARD KORBIN**

“Darling, when I asked you if you had gas,  
I MEANT THE CAR!!!”

I said "Let's take the Amtrack," but no,  
you wanted to save money by driving  
all the way to Pheonix.

- **Leslie Benisz**

Hat and Sunscreen! Hat and Sunscreen!  
I told you a million times!!

**Edward Korbin**

Is this what you meant by a beautiful  
hike in the desert?

- **Shirley Cohn**

You had plenty of gas yesterday.

- **Marcy Glanzberg**

Didn't I tell you to go electric?

- **Hugh Nathan**

1. My luck! I married a modern-day Moses!
2. I shoulda brought sandals, not high heels!
3. It's not only the car that's out'a gas,  
my Mr. Big Shot!

- **Alex Kliner**

## ENTER THE CARTOON CAPTION CONTEST!

Write a caption, what is he saying to her?  
Send it to us by mail or email by October 2024.

**Jewish Seniors Alliance**  
800 East Broadway, Vancouver, BC V5T 1Y1  
Email: [office@jsalliance.org](mailto: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*.



# TO FIND A PEACEFUL REST

Written by Cecilia Martell

“I think it might be on the way to Dalhausen,” the woman in the tourist information centre shrugged her shoulders. “You might want to ask someone who’s lived here longer.” “I’m not entirely sure where it is,” the hotel owner confessed. “If you drive about 3 kilometers along the Dalhauserstrasse, it’s supposed to be somewhere on the left side. I’ve lived here all my life but I’ve never seen it.”

We were visiting the German village where my mother had grown up, a village that traced its earliest records to the 860s — well over 1100 years. It and the surrounding communities had been thriving farming and commercial centers for a millennium, and the town had existed as we understand towns, as civic entities, for almost 600 years. At its core were dozens of *Fachwerkhäuser* — wattle and daub, half-timbered buildings — that had endured for centuries themselves, but, over time, developed crazy angles and proportions on the outside and been modernized on the inside. Modernization being, in some instances, a relative term. Families too, had lived there for generations, and people knew one another. Recognized their own when they visited. Recognized me as the next generation of that which had emigrated.

It was a kind of homecoming. The last surviving member of my mother’s family had passed away a couple of years before and we had come to put flowers on her grave. The florist had recognized me, knew why we were there, something that

was both comforting and disconcerting. But we had another mission more obscure and, in some ways, more significant to us and to the family that was no more. And our inquiries for that other cemetery garnered no concrete information.

The distance between Beverungen and Dalhausen was no more than eight kilometers through farmland and small wooded copses. How hard could it be to find?

How does one remember a horrific past if the monuments are themselves forgotten?

We drove along the winding country road between the two villages, carefully scanning the left side of the road. After about six kilometers, we turned around and drove back, this time scanning the right side of the road. Still nothing.

On the third drive past, we spotted a narrow rusted iron gate between two overgrown hedges, set slightly back from the road. This had to be it.

Jewish cemeteries in Germany are all under *Denkmalschutz* — monument preservation order — so we imagined they would be well marked and easy to find. Unfortunately, they were also

usually located outside civic boundaries, as only Christian cemeteries had been permitted inside them. The anti-Semitism of centuries had made it so. Even though the Jewish Synagogues in this region had been within the towns themselves, cemeteries were of a different order. By the time we found the Beverungen *Judenfriedhof*, the sun was beginning to cast lengthening shadows, so we did not feel we had much time to explore.

A small sign, rusted and blurry with moss, was affixed to the gate:

*Denkmalschutz  
Unbefugter Zugang verboten!*

No Trespassing.

The gate was in even worse condition than had been evident from the road and, although there was no lock and the latch could have been released, the bottom of the gate itself was so firmly embedded in years of accumulated dirt and debris, it would have been impossible to open.

We scouted around for further signs or information, but found nothing. No traffic passed us along the road, and no signs of life could be seen anywhere in the neighbouring fields.

We peered through the bars of the gate and saw a long abandoned array of gravestones stretching back a good 100 meters, and the hedge suggested a similar width. The hedge encompassed the cemetery on all sides, and we could see that there were breaks in it at various intervals.

Without speaking, we began to wade through the overgrowth of weeds along the perimeter of the hedge — not an easy task in sandals! — until we reached the first opening. Opening might be too strong a word: it was a bramble covered gap. Still...



*Judenfriedhof (Jewish Cemetery) in Beverungen, Germany*

Neither of us is given to taking the law lightly, and *Unbefugter Zugang verboten!* was weighted with authority. But it was clear that the *Denkmalschutz* governing this cemetery was not actively enforced, and that the cemetery had fallen, not only into decay, but also out of memory. We pushed aside the brambles as best we could and squeezed our way through the hedge.

The stillness of the graveyard was sudden and heavy with the history of centuries. *Friedhof*, literally means court of peace, what in English we know as a graveyard, whose connotations are differently nuanced. Typical German graveyards are hubs of community, graves are planted with shrubs and flowers and tended and visited and watered frequently, and, because they are often literally in the centre of small towns, people stroll through to appreciate the quiet or cut through on their way from one place to another. They are places of interest, and of generational history.

This stillness, however, was not what I could describe as peaceful. It was a troubled stillness. In the far reaches of the graveyard were ancient markers and headstones, inscribed in both Hebrew and German, but barely legible. Some dates could be made out: 1700

region became clearer on newer stones: Rose, Löwenstein, Goldschmidt, Katz, Kohlberg. The last, familiar.

A family name.

Some of the stones, especially in the newer section of the cemetery, had been defaced — ugly, hateful slurs and symbols, slashes of red and black, long faded but ever harsh and painful reminders of a not so distant past. The newest monument was dated 2002, although its presence there suggested a defiant attempt to restore the cemetery, rehabilitate it, and the abject failure of that effort lay in the date itself. In its stark contrast to earlier dates, the last of which was around 1942. And in the graffiti scrawled across it. *After 2002.*

Being under *Denkmalschutz* had certainly not placed that graveyard — or any others, for that matter — under any kind of maintenance. The Beverungen *Judenfriedhof* had been long abandoned and obviously mostly forgotten, judging by the gate, the overgrowth, and even the faded graffiti. Originally, the monument protection act was intended to maintain the old cemeteries as they had been left, following the Holocaust and the Nazi Regime. Like many monuments of the period, they were not restored, but

something, 1776, 1852. Many had fallen over as the graves below had been reclaimed by the earth; others had been deliberately knocked over. As we wandered through the centuries of family burials, recurrent and established names in the

preserved in their defaced, destroyed conditions, as reminders of a brutal history not to be repeated.

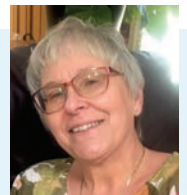
The intentions of well-meaning post-WWII governments had become victims of their own decrees. How does one remember a horrific past if the monuments are themselves forgotten, even buried?

As we made our way through and past the graves of long dead villagers — whose families themselves had long since vanished, many up in smoke of the death camps, others who fled and never returned — for whom no one was left to mourn or sweep moss lovingly off the markers or place a pebble of remembrance, we noticed, here and there amidst the rubble of ages deposited by nature over decades, unexpected splashes of colour — brilliant yellows, cheerful pinks, and lush purples — where wildflowers had taken root and were reclaiming the battered spaces.

The sun was low in the west when we finally struggled through another gap in the hedge, and the quiet of the *Friedhof* no longer seemed as oppressive as it had when we arrived. Perhaps it was just as well that few remembered where the graveyard was, and that its only sentinel was the rusty sign at the gate, its only gardener Nature herself, who would gently embrace the remains of those souls buried there, giving them, finally, the peace to rest.

### 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.



# CHANGES COMING TO VANCOUVER HOUSING OPPORTUNITIES

Written by Michael Geller

If you live in British Columbia, your neighbourhood is likely to change much more in the next five years than it did during the last five years.

This will be especially true if you live in a single-family house or close to a SkyTrain station or bus exchange. The reason is two pieces of provincial legislation that were approved in November 2023, known as Bill 44 and Bill 47. One will allow more housing choices in established neighbourhoods. The other will encourage more housing near transit.

These bills are intended to increase the supply of housing throughout the province. After all, if supply increases, prices will come down. Right?

Well, not necessarily. But there is no doubt that allowing more housing choices in established neighbourhoods and creating more housing near transit stations and frequent bus routes is a good thing. Especially if some of this housing will

be affordable to those who currently are excluded from the market.

The following are the relevant pieces of legislation.

## BILL 44: SMALL SCALE MULT-UNIT HOUSING

Bill 44 will allow Small Scale Multi-Unit Housing, (SSMUH) on single-family lots throughout BC. In communities with less than 5,000 residents, a basement suite and laneway or coach house will be permitted on every single-family lot anywhere in British Columbia.

In municipalities with more than 5000 people, the legislation will allow 3 to 4 homes on most single-family lots, and up to six homes on larger lots close to frequent service bus stops.

The province is leaving it up to each municipality to determine how many homes can be sold and how many must be rented. Details regarding housing

affordability, building size, setbacks and appearance will also be left up to the municipalities. However, whereas in the past these types of developments usually had to go through a rezoning and Public Hearing, these will no longer be required.

One important aspect of this legislation is that municipalities will no longer be allowed to establish minimum parking requirements for any properties within 400 metres of transit stops. That doesn't mean parking will not be provided. Rather, it will be up to the builders to determine how much parking should be provided, not the government.

Having recently designed and developed two small projects in West Vancouver where I replaced a single house with four new homes, I know how important it is to provide sufficient parking, especially for pricier homes for sale. I therefore expect builders to include as much parking as possible on the lots.

However, it will be difficult to provide parking for more than three or four cars on a typical 50-foot-wide lot, so anyone who requires a second parking spot will be parking on the street. Most likely in front of your house.

## BILL 47: TRANSIT-ORIENTED AREAS

Bill 47 establishes Transit-Oriented Areas (TOAs). These comprise properties within a certain radius of a SkyTrain transit station, passenger rail station, or bus exchange. The provincial and municipal governments are preparing maps illustrating a 400 metre or 800 metre circle around the transit station, which equates to a 5- or 10-minute walking distance. In some instances, a 200-metre radius may also be established.

The province has established minimum building heights and densities (a measure



of the building size relative to the lot area) for these TOAs. The allowable densities will be significantly higher than the current single-family density, in some instances as much as eight times what is currently allowed. Therefore, we can expect to see 20 storey buildings where today only single-family houses are permitted.

The new legislation also restricts the ability of local governments to require residential parking on sites within TOAs. This will not eliminate all parking. Local governments will still be able to require builders and developers to provide parking to accommodate people with disabilities. However, I expect additional parking will be provided, generally underground; but the amount of parking will likely be less than what was previously required since there is an expectation that residents will use nearby transit, or walk, cycle, and use car share programs.

Every BC municipality was required to revise its zoning bylaws to accommodate Bills 44 and 47 by June 30th, 2024, so in most cases, these Bills are now in effect. While I believe the new legislation is a step in the right direction, I do worry that it may be going a bit too far, too fast. In addition to my concerns about juxtaposing very large buildings next to small homes, and some potential serious parking problems, there may not be adequate sewer or water infrastructure to accommodate multi-family developments in many single-family neighbourhoods. Also, as more people move in, there will be a need for more schools, parks, and community facilities.

While the government has announced new mechanisms to help fund this growth, in many instances the financing will simply increase the cost of new homes. Instead, what is needed is an alternative approach to financing growth,

like that used fifty plus years ago, when the costs were shared by existing taxpayers and new homebuyers and renters through property tax adjustments.

While many so-called experts, me included, have been speculating about how these new pieces of legislation might impact property values, the truth is few if any of us really know. But the one thing that is certain is that changes are coming, and hopefully many of us will be the beneficiaries.



**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 and at www.  
gellersworldtravel.blogspot.com.

# BC SENIOR RESOURCES



**BC Housing  
Subsidized Housing**  
1-800-257-7756



**BC Bus Pass**  
1-866-866-0800



**Travel Assistance**  
1-800-661-2668



**HealthLinkBC.ca**  
8-1-1



**www.SeniorsBC.ca**



**MLA Brenda Bailey**  
Vancouver-False Creek  
(604) 775-2601

Brenda.Bailey.MLA@leg.bc.ca



**MLA George Chow**  
Vancouver-Fraserview  
(604) 660-2035

George.Chow.MLA@leg.bc.ca



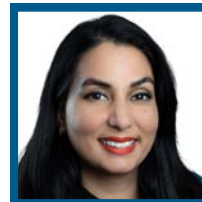
**MLA Kelly Greene**  
Richmond-Steveston  
(604) 241-8452

Kelly.Greene.MLA@leg.bc.ca



**MLA Anne Kang**  
Burnaby-Deer Lake  
(604) 775-0565

Anne.Kang.MLA@leg.bc.ca



**MLA Niki Sharma**  
Vancouver-Hastings  
(604) 775-2277

Niki.Sharma.MLA@leg.bc.ca



**MLA Henry Yao**  
Richmond South Centre  
(604) 775-0891

Henry.Yao.MLA@leg.bc.ca

# DORIS DISCUSSES OVERDIAGNOSIS IN BC'S HEALTHCARE SYSTEM

Written by Tony DuMoulin

As always, I was delighted to see my dear friend Doris again after several months of not seeing one another. We reconnected on a warm, sunny Vancouver day recently, in a small cafe we both like, where we enjoyed a light lunch on the patio.

For readers who have not met Doris, she is a healthy, independent 86 year old retired teacher who lives at home alone, and in recent years has become a feisty advocate for the rights and needs of seniors. In her free time, when she is not in her garden, she researches a wide range of topics on the internet, and when she comes across something important or troubling, she speaks up about it, frequently and passionately.

As soon as we had ordered our meals, I could tell right away that Doris was eager to embark on her latest topic, so I asked her what was on her mind. She had just researched an issue I knew nothing about, which led to the following conversation:

**Doris:** Have you heard about concerns with overdiagnosis of seniors in our healthcare system?

**Tony:** Overdiagnosis? What's that all about? I have been diagnosed with a few chronic conditions over the years, but I'm not aware that I have ever been overdiagnosed.

**Doris:** Well, it arises where healthy

people are screened for, and then diagnosed with conditions that might never cause them harm. **There are really three parts to this phenomenon: over-screening or testing of patients with no symptoms; over-diagnosing based on the test results; and then, overtreating.**

Some call it the “medicalization” of our lives. ”

Some call it the “medicalization” of our lives. In the U.S., where there is more of a profit motive than we have in Canada, the term “disease-mongering” has been applied to the situation. Put another way, overdiagnosis is a correct diagnosis, but one which is unnecessary, because there is no treatment available, there is no treatment needed, or there is no treatment wanted.

**Tony:** That does sound troubling. But isn't it better to know everything about your health, just to be safe?

**Doris:** That's where it gets tricky, Tony. You see, not all screenings or tests are beneficial, especially for us seniors. Sometimes, they can lead to unnecessary treatments, including surgery or other invasive procedures that can do more

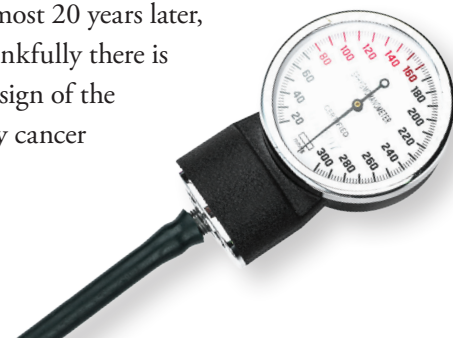
harm than good. But doctors are naturally inclined to avail themselves of every screening test available, just to be sure they haven't missed anything. Early detection has become the “holy grail” of preventative healthcare, and the more sophisticated and precise screening has become, the more likely an anomaly of some sort will be discovered.

**Tony:** I have never thought of this. Can you give me an example?

**Doris:** Consider routine prostate cancer screening for men (PSA tests) or breast cancer screening (mammograms) for women. These are valuable tests for the right people at the right stage in life, but sometimes they detect small, slow-growing or non-growing cancers that may never result in symptoms during our lifetime. But once detected, doctors might feel compelled to treat them, or patients may insist on unnecessary procedures, even though the treatment itself can have serious side effects. Screening, by its very nature, since it captures one moment in time, tends to identify slow growing cancers more often than the fast growing ones that need to be treated.

**Tony:** I see what you mean. I myself started routine PSA tests for prostate cancer when I turned 60 on the recommendation of my family doctor. When the test numbers started going up — there were no symptoms — I had a biopsy, which detected a tiny, slow growing cancer. My oncologist recommended “watchful waiting” over a number of years, but no treatment unless a problem arose.

Almost 20 years later, thankfully there is no sign of the tiny cancer





at all. So, was I overdiagnosed? Should I have been screened in the first place? What if the cancer had been fast-growing but never found until too late? I must say that overall I feel better that I was screened.

**Doris:** In your case, it sounds like the screening was good preventative medicine, and most important, you were not over-treated. Interestingly, some researchers are now recommending against PSA tests for symptom-free 70+ year olds.

And it's not just cancer screenings, Tony. Even things like blood pressure or cholesterol checks can sometimes lead to unnecessary prescriptions, procedures or lifestyle changes that may not benefit us in the long run. High cholesterol and high blood pressure are simply risk factors for possible disease in the future, not symptoms of a present disease.

**Tony:** But isn't prevention better than cure, Doris? I'd rather catch something early and deal with it than wait until it's too late.

**Doris:** Of course, prevention is important. But we also need to be mindful of the risks of overdoing it. That's why it's essential to have a balanced approach to healthcare, one that takes into account the potential harms of overtesting, overdiagnosis and overtreatment.

**Tony:** That makes sense.

But how do we know when a test or screening is necessary, and when it's just adding to unnecessary worry?

**Doris:** That's the million-dollar question, of course. It often comes down to having open and honest conversations with our doctors, weighing the potential benefits and harms of any particular screening or test before going ahead with it. Someone fortunate enough to have a family doctor who knows her patient well can have these conversations on a periodic basis, and order screening only when a risk/benefit discussion has taken place. Those who are forced to rely on drop-in clinics and emergency departments are more likely to be overdiagnosed and possibly overtreated when something shows up on a test.

**Tony:** So, it's about being informed and advocating for ourselves?

**Doris:** Precisely! We know our bodies better than anyone else. And while it's essential to trust our doctors, it's also crucial to ask questions and seek second opinions if something doesn't feel right, especially when a treatment is being recommended.

And we need to bear in mind the broader implications of overtesting and overdiagnosis for our healthcare system as a whole.

**Tony:** What do you mean?

**Doris:** Well, think about it this way. If too many symptom-free people in BC are being diagnosed with, and treated for, conditions that don't really need treatment, it puts an additional burden on our limited healthcare resources. That means longer wait times for those who actually need care and higher costs for everyone involved. That's why it's essential for policymakers and healthcare professionals to be mindful of the risks of overdiagnosis and overtreatment and work towards finding solutions that prioritize quality over quantity.

**Tony:** It sounds like we've got some advocacy work to do to convince the policy-makers who fund healthcare to strive for the right balance between early detection of treatable diseases and testing everyone for everything just because we can.

**Doris:** I couldn't agree more, Tony. And speaking of how to make a difference, how do we go about educating our peers about the importance of informed decision-making in healthcare?

**Tony:** I guess the first step is just talking about this with family members, friends and our own healthcare providers, so more and more conversations like this take place.

As Doris and I finished our lunch and headed out into the beautiful summer afternoon, we reminded each other of the importance of staying informed and advocating for ourselves in the complex world of healthcare. Do we really want or need the next test offered to us?

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



# TAKING CHARGE: MEDICATION MANAGEMENT

Written by Rita Roling

A few weeks ago I met up with some friends for coffee. We talked about life in general and how it is affecting us as we age. All of us reluctantly agreed that we are not as spry as we used to be, and we confessed that we have some health issues which require long term medical intervention in the form of medication. Many of us take multiple pharmaceutical drugs daily and in addition we may use non-prescription “over the counter” vitamins and other supplements. When we added up the number of prescription drugs we take every day the total amount came to 42.

We are not alone; according to a 2016 Health Canada statistical report, 66% percent of Canadians over the age of 65 were taking five or more a day,

over 25% ten a day, and a little more than 8% fifteen a day. However, the data are quite dated and since 2016 the older age groups have had a rapid growth so current percentages would likely be different.

According to research, half of consumers do not take their meds as prescribed.

Andy Donald — a certified geriatric pharmacist — in his role as a guest speaker at a Canadian Association of

Retired Persons (CARP) function asked an elderly audience to hold up their hands if any of them had experienced ongoing dizziness, and if so, he asked if this is a normal part of aging. Just about all audience members raised a hand. Mr. Donald explained that interactions of multiple medications and/or the wrong dosage may be the cause, but rather than to determine an underlying reason, it is not unusual for older people to receive a prescription aimed to counteract the dizziness. According to research, half of consumers do not take their meds as prescribed. They may experience negative side effects or cannot afford to take dosages as prescribed and therefore take less. It's also possible that memory is a factor and they may accidentally take a double dose. Mr. Donald stressed the importance of developing a medication management plan and strongly recommended that a pharmacist should have a role in such plan.

Pharmacists have a key part in supporting such a strategy as they have the necessary knowledge to educate consumers of the proper use, storing and disposals of meds as well as the dangers of misuse. In case a prescription is refilled too often, a pharmacist is the gate keeper who can alert the physician that a patient may not use the medication as prescribed. Your pharmacist can help you to organize your meds by day of the week and time of the day. You may want to consult with your pharmacist about blister packaging and if this is an option for you. Such packaging ensures that your medications are stored safely and are protected from external containments. Blister packs, however, are not for everyone as they have an environmental impact, they are hard to open and may not be suitable for individuals with poor grip strength.





## NOT ALL MEDICATIONS ARE THE SAME

Prescription medications are prescribed by a physician or nurse practitioner and filled at a pharmacy. They can be either “generic” or “brand name”. Prescription drugs are not for sharing; they are prescribed for you only so keep yours to yourself and no matter how enticing do not take meds that are meant for someone else. Over-the-Counter meds do not require a prescription. These include aspirins, laxatives, cold and cough medicines, pain relievers and sleeping aids.

Various medications may have negative interactions so before you combine your prescriptions and OTC meds consult with your health provider if the combination is safe for you. When you fill your prescription ask what is the reason for the drug and if you should expect any side effects. You may also want to know what you should do

if you happen to miss a dose. If you want further information regarding medications you can ask google or any other tech information aide.

The first step when setting up a medication management plan is to take inventory of your meds. Make a list of the medications you take and include the names, doses and how often you take them. Note all your OTC meds including vitamins, supplements and alternative health products. Make sure to update the list any time anything changes and share your list with your health providers and caregivers. If you need assistance with setting up your management chart you can Goggle Medication Management Chart or you can ask your pharmacist for pointers.

As an older person who regularly takes prescribed medications I complain and whine about having to medicate myself in order for my health to be the best it can be. But, then I remember

how prescription drugs have benefited millions of us in so many ways. For example: antihypertensive medications prevent strokes and heart attacks; vaccines and antibiotics help to curb infectious diseases; drugs that control blood sugar; and meds that make pain bearable, etc. Without these some of us would not be around to read this magazine article so take charge of your health and develop your medication management plan. In addition, exercise your body and mind, keep a healthy diet and let us all say, “until 120!”



**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.

## ACCESSING HEALTH SERVICES NOT COVERED BY MSP

### A Resource Guide for BC Seniors

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](http://www.jsalliance.org) or scan the QR Code.



Jewish Seniors Alliance of Greater Vancouver  
800 East Broadway | 604-732-1555 | [office@jsalliance.org](mailto:office@jsalliance.org) | [www.jsalliance.org](http://www.jsalliance.org)

## SUDOKU SOLUTION

### PAGE 31

9	1	2	5	8	4	7	3	6
8	4	3	6	7	2	1	9	5
7	5	6	9	1	3	2	4	8
1	6	4	2	9	8	5	7	3
2	8	9	7	3	5	6	1	4
3	7	5	1	4	6	8	2	9
4	2	8	3	5	7	9	6	1
5	9	7	4	6	1	3	8	2
6	3	1	8	2	9	4	5	7

# DO WE REALLY NEED OVER-THE-COUNTER VITAMIN SUPPLEMENTS?

Written by Ken Levitt

I am skeptical about the beneficial value of over-the-counter vitamins in our lives. Perhaps the real value is “in the eyes of the beholder!”

In 2021 Canadians spent \$3.2B on over-the-counter (OTC) medications which included vitamins and natural health remedies. This represents huge profits for vitamins and natural product manufacturers that claim they will make a difference in our lives. On a personal note, I take two OTC vitamin supplements, as suggested by my physician:

**1. Magnesium (400 mg)** - a mineral that is important for bone health, nerve function and digestion. It can be found in dark and leafy greens such as spinach, nuts and seeds, and fiber-rich whole grains.

**2. Vitamin D3 (2000 IU)** - for older adults helps your body absorb calcium and maintain a healthy immune system. It can be found in fish, cod liver oil, beef liver, fortified milk, yogurt and in egg yolks. Don't forget that a main source of vitamin D is sunshine!

To get a better understanding of the real value of OTC vitamins, I decided to seek the counsel of a physician, a pharmacist, a dietician and a focus group.

## PHYSICIAN

The Physician informed me that there is no scientific consensus that taking vitamins will prolong your life. However, as we age our physiology changes and we

are less able to absorb certain vitamins and minerals. Taking a Multivitamin and Vitamin D may aid in the absorption of these vitamins and minerals.

## PHARMACIST

The grocery store where this pharmacist works has about 500 OTC vitamins in a very tiny space. I asked, “What do you advise clients when they ask which OTC vitamin(s) they should take?” Her response was to ask what they were looking for. Should clients determine what is best for them? The pharmacist replied, “Always have your preferences reviewed by a health professional. When taking natural products or vitamins, ensure there is a number on the label. The number is issued by Health Canada. Health Canada tests OTC vitamins and homeopathic medicine to determine if the item's ingredients are safe but does not determine if they are beneficial. Be sure that whatever you wish to take is not contraindicated with other vitamins or medications you may be using.”

## DIETICIAN

The dietician may suggest some vitamins as part of her consultations but will not recommend them as a requirement. She suggested that persons over 50 years old could take Vitamin B12. Vitamin B12 (cobalamin) has an essential role in red blood cell formation, cell metabolism, nerve function and the production of Deoxyribonucleotide (DNA).

## FOCUS GROUP

There was a consensus among the focus group that there was some value in taking OTC vitamins. One participant takes Vitamin D and Feramax (iron). She does not feel any better than 'normal' but blood tests show that the Feramax is working. She added, "I don't want any chemicals in my body that I do not need". Another participant said she only took a multivitamin of her own choice but had it approved by her physician. Another participant noted that her urologist recommended that she take Vitamin D, Feramax and Cranberry pills (a probiotic) for iron deficiency and bladder issues.

## CONCLUSIONS

There is little scientific evidence that vitamins make a difference if we stick to a well-balanced diet and avoid certain foods (that we are addicted to); we should not require supplements. Check with reliable sources for the efficacy of OTC. One such source is the Mayo Clinic. A recent article by a Mayo Clinic physician is entitled *Vitamins and Supplements - To Supplement or Not*. Here is a quote from this article that reflects how to consider supplements:

**“Remember, supplements are not substitutes. They can't replace the hundreds of nutrients in whole foods that you need for a nutritionally balanced diet. But, in conjunction with a healthy lifestyle supplements can be used effectively to bolster your health.”**



**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.



# NIGHTINGALE

MEDICAL SUPPLIES

Providing medical supplies and support to our clients for over 50 years.

**VISIT OUR NEW LOCATION!**

785 West 16th Ave.  
Vancouver, BC  
P: 604.563.0422



Ostomy, Continence, Breast Care, Compression, Nutrition & Supplements, Home Health Care, Scar Therapy, Foot Care and more!

- FREE certified mastectomy & compression sock fittings
- Nurse consults for Ostomy and Wound Care
- Seven locations in BC

**Vancouver**

Phone: 604.563.0422

**Langley**

Phone: 604.427.1988

**Victoria**

Phone: 250.475.0007

**Vernon**

Phone: 250.545.7033

**Vancouver - South (Kent)**

Phone: 604.879.9101

**White Rock**

Phone: 604.536.4061

**Kamloops**

Phone: 250.377.8844



**Shop Online:**

[nightingalemedical.ca](http://nightingalemedical.ca)



# MAXIMIZE YOUR TIME

## All-Inclusive Real Estate Experience

We do it all, so you don't have to!

- ✓ Buying
- ✓ Selling
- ✓ Decluttering
- ✓ Storage
- ✓ Packing
- ✓ Staging
- ✓ Photography
- ✓ Marketing
- ✓ Moving



**TEAM KLEINER**  
REAL ESTATE PROFESSIONALS

**Konstantin & Mary**  
Oakwyn Realty Ltd.

**604-332-8335**

[WWW.TEAMKLEINER.COM](http://WWW.TEAMKLEINER.COM)



# AGM & Dinner

Join us as we honour two extraordinary women for their work on behalf of seniors



Isobel Mackenzie



Selina Robinson

November 3rd

5:00 PM

Annual General Meeting

6:00 PM

Dinner

At Beth Israel Synagogue  
989 West 28th Avenue

For ticket information contact  
[office@jsalliance.org](mailto:office@jsalliance.org)



*Thank you*  
TO JSA'S SPONSORS:



Funded in part by the Government of Canada's New Horizons for Seniors Program



The Phyllis and Irving Snider Foundation, other Foundations and our many generous Donors

Sender:  
 **Jewish Seniors Alliance**  
800 East Broadway  
Vancouver, BC V5T 1Y1

CANADA		POSTES
POST		CANADA
	Postage paid Personalized Mail	Port payé Courrier personnalisé
8176185		
RETURN POSTAGE GUARANTEED PORT DE RETOUR GARANTI		