

SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF BRITISH COLUMBIA

אודות המגזין
המגזין מיועד לציבור
הבוגרים ולמשפחותיהם
המגזין יתפרסם פעם בשנה
בשפות עברית ויידיש
המגזין יכיל מאמרים
על נושאים הקשורים
לחיינו ולחיינו
המגזין יכיל גם מידע
על שירותי האגודה
המגזין יכיל גם מידע
על אירועי האגודה
המגזין יכיל גם מידע
על חידושי האגודה
המגזין יכיל גם מידע
על פעילות האגודה
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VOLUME 31(2) - WINTER 2025

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A Tribute To Seniors

**We share our thoughts about who you are
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Founders & Builders of our Community Organizations
Volunteers, donors and philanthropists
Educators, authors, thinkers and healers.
Mothers, Fathers, Grandparents,
Aunts, Uncles, Cousins & Friends
Retainers of our community's collective wisdom.

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



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THE PRACTISE OF HOPE

ANTIDOTE FOR DESPAIR AFTER THE OCTOBER 7 HORRORS

Written by Dolores Luber



EDITOR'S MESSAGE

I was born in 1939, so I was too young to deal with World War II; the Vietnam War was far away; the 9/11 tragedy in New York City and Pennsylvania was shocking and difficult to process. The many wars in Israel have been short and victorious. I am now experiencing the fear and despair associated with the long-term warfare, atrocities and the hostage situation in Israel as well as the spread of virulent anti-Semitism across Canada and the United States. I know that I am not alone.

But what can we do? This is our new world, our new normal.

~ Rabbi Stephen Wise, *Sha'arei Beth El*, Oakville, ON

This has been a year of mourning and transitioning, we feel vulnerable and are facing despair. I am offering, as our major article by Rita Roling, the concept of hope, the science and practise of hope, as one of the ways to counter our vulnerability — the renewal of a commitment to hope. And, I suggest, participating, in any way you can, in the support of those who are fighting for their very existence and those who are being harassed and threatened in your neighbourhood and at your local institutions. I am not used to feeling unsafe! But we are resilient,

and my sense of Jewish identity has been strengthened.

A BODY IN MOTION: STRENGTH, CARDIO, BALANCE AND MOBILITY

If you wish to maintain good health, to prevent mental and physical disability, the most important and crucial element of life is exercise, that is, movement. Amy Moss-Archambault gives us the lowdown on the four pillars of movement; strength, cardio, balance and mobility. Her advice is easy to follow, uses your body weight and requires no special equipment. A body in motion stays in motion — get moving! I work out with Amy three times a week.

COPING WITH MEDICAL DIAGNOSES AND MULTIPLE MEDICATIONS

My sense of invulnerability has been shattered. Not only have I gone through one episode of cancer (surgery and radiation treatments) but now I have been diagnosed with heart problems, palpitations, a damaged valve and high cholesterol. Last month the cardiologist increased my medications from two to four! I was shocked! His executive assistant called to tell me the news; without medical explanations, just instructions on when to take them and what not to take. I was upset, I needed more information. Fortunately

I expressed this to my pharmacist when I went to pick up all the medications. She immediately offered to sit down with me and explain what the health issues were and what the roles of the various medications were. This was the best 30 minutes of my life. I came away informed and relieved. Read Shanie Levin's detailed review of our Empowerment session on this topic. And, don't forget to update your Covid and Flu vaccines at the pharmacy — vaccines should be part of your respiratory disease prevention strategy.

I am not used
to feeling
unsafe! But
we are resilient.

SCAMS, ON YOUR CELL PHONE, LAND PHONE AND ON YOUR COMPUTER

I was scammed, you read about it in the last issue of *Senior Line*. Now Helen Parker tells us of her experience with a scammer. Not fun! Read her Letter to the Editor, and learn from it. Never send money! Period. I do not answer unknown callers — if it is important, they will leave a message.

STAY IN YOUR HOME: ADVOCATING FOR FREE HOME CARE SERVICES

Doris (aka Tony DuMoulin) is on a rant. She wants free access to home care and an improvement in the quality and frequencies of services provided to seniors who choose to remain at home. Jewish Seniors Alliance is advocating for free home care so that seniors can remain at home, in familiar surroundings, close to friends and services, for as long as possible.

DOWNSIZING TO A PRESALE OR RESALE CONDO: BUYER BEWARE

You are now ready to downsize to a condo but the options are complicated. Should you buy a condo that is in the planning stage, move-in date two years from now; or should you buy a condo that is on the market, occupancy immediately? In his article, Michael Geller gives you the lowdown of both scenarios, in graphic details. And I might add, from my own bad experience, that you should question your agent about impending construction beside, in the back or in the front of the property that you are interested in. I found myself, in my resale condo, surrounded by new, very noisy condo construction. I had to move out. I bought a townhouse, and now am sitting with an unsold condo and a large mortgage. Buyer beware — do your homework!

YOU ARE A TRAVELLER: FOUR WAYS TO BEAT JET LAG

Did Efraim Halfon's description of his world cruise get you thinking of travelling? Now read his cultural and historic saga of Jews and his family in



Jewish Quarter in Tripoli, Libya *Hara Kabira*, which means "Big Quarter", 1920s.

Libya. When you leave your time zone, you will experience Jet Lag — it takes one day for every hour's difference to get over the feelings of fatigue, lack of sleep and disorientation. Here are four tips to beat jet lag:

1. **Short Trips** — Do not adjust your watch. If it is only a two hour difference, keep to your usual time for meals and bedtime.
2. **Longer Trips** — Be prepared. Start shifting your schedule about three days before a big trip, Try to eat meals and go to bed on the new time schedule.
3. **Hit the Ground Running** — Fight the temptation to nap after checking into your hotel. Try to stay up during the daylight hours. Sightsee, eat, etc. Then you may be able to sleep well at night.
4. **Get Outside** — Exposure to daylight helps your body adjust to a new time zone, so try to spend more time outside at your destination.

In closing, I wish to express my appreciation and wonder at the beauty and wisdom of our cover image and the other paintings in the article by the artist, Sidi Schaffer. Her images combine the beauty of colour and shape with the profound understanding of our Jewish heritage, religiously, culturally and intellectually.

Enjoy the magazine, support our devoted advertisers by frequenting their places of business and using their services. Give generously to JSA so that we can continue to support frail and isolated seniors with companionship and services. 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**

I WAS SCAMMED

I live at Legacy Senior Living and feel that I am very well aware of all scams. I know the “grandmother” scam, the “parcel has the wrong address” scam and many others, yet I got taken...

I play bridge weekly at a friend’s place and every week I am driven there by a retired doctor whom I’ll call Dr. X. He is a very caring person and I’ve known him for two or three years and have found him to be a most thoughtful and dependable person. About a month ago I got an email from “Dr. X” telling me that he needs my help. As I would love to help him and thereby reciprocate all his thoughtful behaviour, I responded and said I would be happy to help. He told me that a dear friend of his is dying of liver cancer, is bedridden, and its her birthday. He said he’s trying to send her a \$50 Amazon card and he’s having trouble sending it, would I please send a card for him? I said that I don’t send things by Amazon, my son does Amazon for me. He said that would be fine, just ask your son to send a \$50 card to (here he shows an email address) and as soon as she receives the \$50 he will repay me the \$50. So my son sent the \$50 and immediately I got an email from “Dr. X” saying that she got the money, “unfortunately it was not enough to buy what she needs to purchase what she wants and would I send \$250 more?”

That is when I realized that I was scammed.

I called my son, who said not to worry, sending the \$50 was strictly between him and Amazon and the scammer would not be involved. I sent my son \$50 then and there. Then I called the police. The lady who spoke to me said exactly what my son said, he is definitely not on the scammer’s computer at all. In the meantime the scammer, the fake “Dr. X” is emailing me and saying please, please send the \$250 right now! After an email asking him to call me (he didn’t) and my trying to reach the real Dr. X (he was out on his boat and out of range) finally the scammer gave up.

I have told this story to several residents here at Legacy and have heard their similar but different stories. Best wishes to you and thanks for sending me *Senior Line* which I devour.

Helen Parker

When doing my deliveries, SO many folks commented on the magazine’s beauty and informative content! Several stores told me they disappear so quickly and can I please bring more—and so I shall!

Gyda Chud

Dolores,

I must compliment you on the latest edition of *Senior Line*. It’s beautiful and informative and does the organization proud! Thanks for all your efforts in pulling this together.

Cheers,

Michael Geller

FCIP, RPP, MLAI, Ret. Architect AIBC

Hello Dolores,

I trust this email finds you well. I enjoyed the latest issue of *Senior Line* magazine. A cheerful package of good stories and inspiring reviews. I especially enjoyed the Barbra Streisand write-up and glowing photograph. Thank you for sharing your personal journey since moving east and good to hear you are enjoying your new home with a garden.

Janet Nicol

JSA WELCOMES NEW SUPPORTERS

Barbara Buchanan
Agnes Jackman
Esther Kornfeld
Helen LaBonte
Darryl Segal
Roxanne Whiteside



SENIOR LINE
Explore the archive of past issues online!
jsalliance.org/senior-line-archive

TRANSITIONS AND THE JSA

Written by Tema (Tammi) Belfer



JSA CHAIR'S MESSAGE

The year 2024 has brought many new ideas and thoughts. The world is changing, and the needs of seniors are growing. By 2031, one in four people in BC will be over 65.

NEW LEADERSHIP AND GOVERNANCE

Our dear Serge Haber (z'l) was president and served like an executive director. Your generous donations in Serge's memory were very much appreciated. Your contributions have a direct impact on the lives of the seniors we serve.

Every president since Serge has made decisions as an unpaid executive director, which was possible because of our dedicated staff. However, this model is not sustainable for the long term. Therefore, we hired our first executive director. Thanks to the Roadburg Foundation grant, I am delighted to introduce Jeff Moss as our first professional Executive Director. Jeff brings experience from United Way and running his own business. Welcome to the JSA family!

BENEFITS OF THIS TRANSITION

This transition, while challenging, offers many rewards:

- **Delivery of Services:** Offering new and more inclusive services.
- **Active Engagement:** Expanding activities to include games, dancing, hobbies, monthly lunch programs, and lifelong learning.

- **Senior Line Magazine:** More editions with interesting articles by and about active seniors.
- **Advocacy:** Increased advocacy to government agencies.
- **Support for the Isolated:** Increased services for isolated and lonely seniors.
- **Volunteer Board:** Less workload for our volunteer board, allowing focus on governance.
- **Staff Direction:** Continuous direction for our staff through our executive director.
- **Educational Opportunities:** More opportunities for seniors to join in fun and educational activities.
- **Partnerships:** Building stronger relationships with funding agencies and program partners.

WHAT IS GOVERNANCE?

JSA is moving from a full working board to a complementary governance board. Governance involves a partnership between the board of directors and the executive director to make decisions together, ensuring the organization remains true to its mission and operates efficiently, effectively, and ethically.

CURRENT LEADERSHIP AND INITIATIVES

JSA has the privilege of getting direction from Howard Horowitz, who is assisting in building our strategic plan. We have also received governance training

from Tom Abbott and self-exploration guidance from Vantage Point, defining specific actions to continue being a leader: helping all seniors in BC enjoy life.

VISION FOR THE FUTURE

JSA has a bright future. Like the lions I saw in Africa, we remain laser focused as we strategize our next steps. And like a herd of elephants, we move together as a family, united with our partners, staff, and members.

CALL TO ACTION

Become a member today and join us in our mission to support all seniors in BC. Help us identify those in need. Together, we can make a difference in a senior's quality of life. Thank you all for your continued support with your donations, your time, and your dedication. Let's move forward with strength and unity.

Respectfully,

Tema (Tammi) Belfer
JSA Chair

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.

LEADERSHIP AND ADVOCACY AT WORK

Written by Jeff Moss



E.D.'S MESSAGE

Since beginning work as Executive Director at Jewish Seniors Alliance of Greater Vancouver in July 2024, I have had the privilege to meet incredible people, living their best lives and impacting many through their dedication, hard work and generosity. The JSA Board is made up primarily of those over 80 years that have, for a long-time, wanted to reduce isolation among seniors, to create connections, and to work for the benefit of seniors province wide. JSA lives its vision of Seniors Helping Seniors. With our beautiful and relevant publication, *Senior Line*, our devoted Editor-in-Chief, Dolores Lubner (age 85), dedicates countless hours of detailed work for the creation of each incredible edition.

JSA's Advocacy Team recently had a direct effect in the BC Provincial election of October 2024. Our Advocacy team, led by Larry Shapiro, sent a video and handbook created by committee member, Howard Glick, to BC politicians in advance of the election to suggest policy that will actually help seniors and government. Following meetings with politicians from each of the main political parties prior to the election, both the BC United (now defunct) and the BC Conservatives adopted our platform recommendation

for barrier-free (no fee, no paperwork, no questions) home support for all seniors in BC. The advocacy work from our small team made an impact on those parties' election platforms and hopefully we will see the policies become law soon.

JSA's visibility has been growing, too. As leaders in advocacy work, we have been recognized on CBC radio as a small charity making an impact. Since joining JSA, I have learned how well regarded our organization is through our Community Support programs, our education and entertainment programs, our health brochures, and *Senior Line* magazine. We are small in number, but recognized for our good work.

Jewish Seniors Alliance serves as a lifeline for older adults. ”

Jewish Seniors Alliance serves as a lifeline for older adults, providing resources, advocacy, and community support that is deeply rooted in the Jewish traditions and values of *Tikkun Olam* and *Tzedakah*. *Tikkun Olam* is a concept in Judaism defined generally as taking action to repair and improve the world. *Tzedakah* is one of 613 commandments given to Jews that refers to the obligation for charity,

justice and righteousness to generate a more just world.

Since starting at JSA one thing became very clear to me. For over 10 years, the discussion of the name “Jewish” Seniors Alliance has been debated without resolution. Are we a Jewish organization or are we a community-serving organization? Is our name a limitation or is it a benefit? What role does faith play in the communities we serve? Planning sessions for years have tried and had difficulty reconciling our name with the work we do.

As Shakespeare wrote in *Romeo and Juliet*, “What's in a name? That which we call a rose, by any other word would smell as sweet.” To me, we reflect on what was intended when the JSA was founded 21 years ago. The work we were founded upon was chosen to reflect the community we come from and the values that govern us. Changing our cultural identity and eliminating Jewish from Jewish Seniors Alliance would lead to what so many have tried through the years to do, and continue to try today, to erase faith for expediency. Name change isn't required to ensure that we are leaders in our program areas. We are already recognized for those achievements. We don't require name change to work with community partners, our partnerships remain vital and strong.

JSA was founded for seniors over 55 regardless of their gender, culture, ethnicity, sexual orientation, physical

and mental abilities, socio-economic status and religious or political beliefs. Our work is governed through the traditions and values of *Tikkun Olam* and *Tzedakah*. The name “Jewish” in Jewish Seniors Alliance is here to stay. What isn’t here to stay is the part of our name that is “of Greater Vancouver”!

I am delighted to share that our name is being changed to Jewish Seniors Alliance of British Columbia to better reflect that which we already are.

We have one Board member who lives in Armstrong BC, and a second who lives in Victoria. We send *Senior*

Line magazine province-wide, and our Advocacy work is for the benefit of all British Columbians. While we are based in Vancouver, our reach is beyond that of our physical location. It will only continue to grow more province wide.

I am happy to be a part of such a remarkable organization that is doing so much good in helping seniors age better. I am inspired by the many seniors I get to visit with who are active and vibrant. I am also pleased to know that we offer invaluable support for those not as fortunate. And I am hopeful that I can build upon the success that has already

been forged, and that Jewish Seniors Alliance of British Columbia will continue to grow into the most trusted and impactful seniors’ community resource throughout the province.

Jeff Moss
Executive Director

Jeff Moss worked at United Way as Campaign Manager, following many years in business. He has also served on the board of Beth Israel Synagogue and is a past Co-Chair of the Richmond Jewish Day School. He and his wife Lainie have three adult children.

APPRECIATION FOR COMMUNITY SUPPORT VOLUNTEERS

Written by Shanie Levin

September 23rd was the BBQ for the Community Support volunteers. At this event, volunteers were called up and given a certificate of appreciation. Many of them spoke about how much they had enjoyed their training and that they got back from volunteering with seniors, as much as they gave. A number of community groups were present and a few made remarks about how effective our Community Support Program has been in helping isolated seniors. These included **Bev Pitman** of United Way, and **Mijal Ben-Dori** from Jewish Federation of Greater Vancouver. **Barb Mikulec** of COSCO was also present.

At the culmination of the program **Michael Lee**, former MLA for

Vancouver-Langara presented **Grace Hann** with the King Charles III medal of leadership for her dedication, leadership, and commitment in her tireless work in advancing the support for seniors living at home. Grace is Senior Community Support Trainer & Supervisor at JSA, and has trained countless volunteers in its Peer Support and Friendly Visitor Programs. Grace also provides additional training in support of reducing isolation and loneliness in our vulnerable seniors sector.

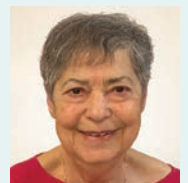
About 60 people attended the event. Most of the attendees were the Peer Support volunteers, but they also included a number of board members, as well as representatives of community organizations. The atmosphere was warm and friendly. Everyone enjoyed the salads



Former MLA Michael Lee presented Grace Hann with the King Charles III medal of leadership.

and burgers. **Charles Leibovitz**, JSA Senior Community Support Coordinator and social worker, sang a song that had everyone up and joining in and even doing a circle dance.

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



COMMUNITY SUPPORT SERVICES

VOLUNTEER PROFILE

SANDRA PERAZA

Interview by Charles Leibovitch

Sandra Peraza is both a friendly visitor volunteer and a senior peer support volunteer. Sandra was born in Mexico and raised by her mother who was a single parent and by her maternal grandmother living in Mazatlán, Mexico. As a young child Sandra was always interested in spending more time with older adults than with children her own age. She enjoyed being with her grandmother while her mother worked full time as a nurse. Sandra, her sister and mother lived with her grandmother for the early years of her life.

Sandra loved watching and helping her grandmother clean, sew and cook. In addition, she began visiting an elderly female who was a neighbour. She spent several times a week with this neighbor, much to the disapproval of her grandmother, who tried to get Sandra to spend more time with other children her own age. Sandra's neighbour had a large garden where they spent hours together, with the neighbour teaching Sandra about the different plants and flowers. The neighbour herself never had any children of her own. Sandra's grandmother continued to disapprove of these visits, but Sandra saw her neighbor several times a week over four years.

A few years later Sandra's mother bought her own house, leaving their grandmother's home to live in the new house which was in the suburbs. Sandra still continued to see her grandmother

every day, but was unable to visit with her older neighbour.

Even as a child, Sandra developed a joy when she was with an older adult. She was often told that she had an older soul. When she completed high school, Sandra chose to study social work at the University. It was her way of wanting to give back to the community. Unfortunately, job opportunities then were few and far between so instead Sandra became an aerobics instructor. Also she began to volunteer to help people, and was invited to visit her cousin who was living in Vancouver. The day that she arrived in Vancouver, she was met by her cousin and her cousin's friend who ended up becoming Sandra's husband. Her husband was from the same town, Mazatlán, where Sandra grew up. They got married in 2000 in Vancouver and made Vancouver their home. Her son was born in 2001.

Sandra decided to postpone working until her son was of school age. She decided to continue to volunteer instead. However, once her son was age six, she tried to find work as a social worker but her degree from Mexico wasn't recognized in Canada. Sandra wanted to look for a job that was part-time in social work during the school hours so she could validate her studies.

She was unable to land a part-time job so instead she began to volunteer at Thunderbird Community Centre next to Thunderbird Elementary, where her son attended school in East Vancouver. She also volunteered at the school in a variety of programs such as community garden,



parent advisory committee (PAC), at the library and on field trips. She also found a part-time job helping a family with child care and housekeeping, working for this family for eight years. She began to volunteer at her son's school with the school's lunch program.

Around 2021 someone from Frog Hollow told Sandra about the Senior Community Support training program at Jewish Seniors Alliance. She completed training first in friendly visiting and later completed the training in senior peer support. She was assigned a client and has continued to visit with this client once a week ever since. Sandra has enjoyed the training very much, the ongoing learning and support that she receives from the community support staff, and other volunteers, and the community spirit and comradery at Jewish Seniors Alliance Community Support Program. On behalf of the board members and staff at Jewish Seniors Alliance we thank you Sandra for your continued support of your client and of the program.

Charles Leibovitch, MSW, is JSA's Senior Community Support Services Coordinator.

He initiated the Program in December 2011. He has a long history of caring for seniors.



THE BULLETIN BOARD

COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

DEFY DEMENTIA

On June 5th the National Council of Jewish Women Ageism Committee presented *Defy Dementia: Learn how to Reduce your Dementia Risk*. This program, from Toronto, was presented on Zoom, thus enabling members from across the country to participate.

Monica Simon, chair of the Ageism Committee introduced the speaker, Dr. Allison Sekuler. Dr. Sekuler is the chair of cognitive neuroscience at Baycrest Rotman Research Institute. She also is on the faculty at University of Toronto and McMaster University. Dr. Sekuler was named one of the top 100 most powerful women in Canada in 2019.

Dr. Sekuler explained that *Defy Dementia* was a new approach at Baycrest Academy for Research and Education that uses “predictive neuroscience” to study precision aging. It examines how individual

determination and novel therapies can halt or slow the progression of dementia.

Dr. Sekuler reminded us that dementia is an umbrella term for a number of different types, the most common being Alzheimers, which constitutes 70 to 80% of those with dementia. Fifty million people world wide suffer from dementia. In Canada, three quarters of a million people over fifty years of age suffer from it and this number will double by 2050.

In Canada, three quarters of a million people over fifty years of age suffer from dementia. ”

If we can delay onset by five years and decrease prevalence in general, and also slow the progression in those already suffering, we can delay the world wide costs by one-half a trillion dollars.

Dr. Sekuler gave us a list of “Risk Factors” that are in our control and that can reduce our risk by up to 40%. She and Jay Ingram, once a CBC broadcaster, have developed a number of podcasts as part of the *Defy Dementia* program that are available online. There are also some one minute videos and infographics. The purpose of these

programs is to raise awareness and slow progression. Each episode focuses on one of the following:

1. Sensory loss — hearing and vision
2. Loneliness
3. Cognitive learning and engagement
4. Exercise — it can increase brain health
5. Nutrition — healthy diet is important
6. New Years resolutions need to be followed
7. Environment — possible effects of air pollution
8. Sleep
9. Keeping things simple
10. Stress
11. Caregiving — the importance of self-care
12. Genetics — this is not the most important element

Monica Simon thanked the guest and turned the program over to Rochelle Garfinkel in Vancouver for a Q and A. There were a number of questions regarding slowing the process and the importance of hearing. The speaker stressed the importance of combining what is learned in other experiments and therapies and applying them to dementia research. For example, what's good for the heart is good for the brain. The *Defy Dementia* podcasts were nominated for a podcast award.

For more information check out the website www.defydementia.org, where all the episodes are available. The lecture is available on the NCJW website, www.ncjwc.org/webinars.



AGM & Dinner

Written by Marilyn Berger | Photography by Darryl Segal

A quorum was achieved, and the business meeting was called to order. It began with a Land Acknowledgement, respecting the rich cultural heritage, traditions, and deep connections with the First Nations, Métis, and Inuit communities. A moment of silence was held in memory of JSA members who passed away this year.

As our treasurer was unavailable, **Tammi Belfer** presented the financial report. Tammi, the current Chair, thanked all partners, supporters, funders, staff, and the board of directors for their dedication. She shared JSA's vision of moving from a working board to a Complementary Governance Board, where the Executive Director and the Board work together.

Committee Reports were delivered by **Tony DuMoulin** for both his current and past chairmanships—Governance Committee and Advocacy. **Gyda Chud** presented the successful programs of the previous fiscal year and what to expect in the new year. **Jerry Bleet**, our fundraising chair, reminded everyone that without their support, we could not deliver essential programs like community support, outreach, and advocacy, helping isolated seniors and providing learning opportunities.

We were delighted to introduce our new Executive Director, **Jeff Moss**, thanks to the Roadburg Foundation. Jeff has experience with United Way and with running his own business. He will

work closely with staff and the board to enhance JSA's mission of education, outreach, peer support, and advocacy. We look forward to working with Jeff, who promises to make seniors' lives less isolated and connect them with valuable resources.

DIRECTORS FOR 2024-2025:

- **Nominated for a one-year term:** Marie Doduck, Shelley Morris, Earl Krieger, Rabbi Adam Stein, Isobel Mackenzie, Jeff Topp
- **Nominated for a three-year term:** Tammi Belfer, Michael Geller
- **Remaining for a one-year term:** Jerry Bleet, Gyda Chud, Tony DuMoulin, Tamara Frankel, Larry Shapiro, Jackie Weiler
- **Remaining for a two-year term:** Francie Steen
- **Life Governors:** Marilyn Berger, Binny Goldman, Shanie Levin, Ken Levitt, Lyle Pullan, Rita Roling

When the meeting adjourned, the board gathered to convene officers for the coming year:

- Tammi Belfer, Chair
- Jerry Bleet, First Vice Chair
- Tony DuMoulin, Second Vice Chair
- Earl Krieger, Treasurer
- Francie Steen, Secretary
- Larry Shapiro and Gyda Chud, Immediate Past Chairs



Tammi Belfer, Selina Robinson, Jeff Moss, and Isobel Mackenzie.

CELEBRATION AND DINNER

We gathered in the Beth Israel social hall, where MC **Rabbi Phillip Bregman** invited **Rabbi Infeld** to perform the traditional *Ha Motzi* (blessing over bread). Everyone enjoyed the appetizers. Thanks to **Tamara Frankel** for organizing an elegant program with dinner, honourees, and creative centerpieces.

Dan Levitt, newly appointed seniors advocate for British Columbia, introduced honouree **Isobel Mackenzie**, recently retired seniors advocate. Isobel, commended for her work, has agreed to join the JSA Board.

Margot Beauchamp presented **Tony DuMoulin** with The Star of JSA Award 2024 for his dedication to the governance transition and as past chair of advocacy committee.

Arnold Silber introduced honouree **Selina Robinson**, former MLA and Minister, who was asked to resign

under antisemitic pressure. Her words resonated deeply, and we respect her support for the Jewish community. Dinner and wine were enjoyed by all. The evening concluded with dessert, a 50/50 draw, and flower arrangement winners at each table.

The *Senior Line* is issued two times a year and with your financial support we can maintain its high quality. Much thanks to all our donors listed in the *Senior Line* magazine, circulated to over 4,000 households and institutions throughout BC. Special thanks to our anonymous donor who has generously donated \$25,000 annually for eight years.



Tamara Frankel, Tony DuMoulin, and Tammi Belfer.

SUPPORT JSA

Thank you to all the hardworking JSA staff. Your efforts are greatly appreciated. JSA counts on your support! We urge everyone (Jewish or not) who cares about seniors in our community to become

a member/supporter. \$18 or higher will make a difference. If you can make a donation, please call the office and speak to Jeff. Thank you for your continuing support.

Marilyn Berger, President of JSA from 2012-2016, 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.

Meet the JSA Board of Directors 2024-25



- Back Row**
(left to right):
Earl Krieger
Jerry Bleet
Jackie Weiler (hidden)
Isobel Mackenzie
- Middle Row:**
Gyda Chud
Shelley Morris
- Front Row:**
Tony DuMoulin
Michael Geller
Marilyn Berger
Tamara Frankel
Tammi Belfer

REVIEW: JSA-PHYLISS AND IRVING SNIDER FOUNDATION EMPOWERMENT SERIES

MUSICAL AFTERNOON WITH THE TRIO DE SOUVENIR

Written by Tamara Frankel

Jewish Senior Alliance, along with the Kehila Society and Beth Tikvah Senior Program, co-hosted its Empowerment Program on Monday, June 24th. The concert was preceded by a delicious Israeli style luncheon, catered by **Lital Tamari Cohen** and **Rachel Worth**, that featured falafel, Israeli salad, humus, tahini and coleslaw salad, followed by cupcakes and fruit. Co-Executive Director of Kehila, **Toby Rubin**, welcomed the crowd of 70 people and proudly introduced Beth Tikvah's new baby grand piano. **Tammi Belfer**, Chair of Jewish Senior Alliance, introduced JSA's new Executive Director, **Jeff Moss**.

The musical program featured the *Trio de Souvenir* with **Rudy Rozanski** (piano), **Yu Tsai** (cello) and **Arnold**

Kobiliansky (violin), who played a beautiful selection of music from American, Russian and Japanese movies. In solidarity with all the people in Israel and the Jews around the world, they opened the program with the heart wrenching music of *Schindler's List* by John Williams, followed by three familiar and delightful pieces from *Fiddler on the Roof*.

The violinist Arnold Kobiliansky delighted the audience with a solo by Dmitri Shostakovich from the Soviet film *The Gadfly*. A variety of music of three American and British films included *The Silence of the Lambs*, *Beauty and the Beast*, and *Blue River*. The three senior musicians, played a medley of five enchanting pieces by John Whelan, exploring the themes of fantasy, life and childhood, taking the audience on a journey through the decades.

The trio concluded with two beautiful Argentinian tangos. *Oblivion* — representative of the Argentinian people whose history proves that no matter

who or what pushes them down, they always get up and start again. The final piece was from the film *Scent of a Woman* — *Por Una Cabeza*, in which Academy Award winner Al Pacino teaches a beautiful young woman the tango. The young woman expresses her fear of making a mistake, to which Al Pacino responds, "No mistakes in a tango, darling, not like life". Indeed, there were no mistakes in the beautiful all-encompassing program that the *Trio de Souvenir* presented to the audience.

Tamara Frankel

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



MAKE FRIENDS WITH YOUR PHARMACIST

Written by Shanie Levin

The Empowerment Session, *Make Friends With Your Pharmacist*, was held on Zoom on October 29th, 2024. This series is presented by Jewish Seniors Alliance with the help of the Phyliss and Irving Snider Foundation.

The session was presented by Pharmacist, **Ted Mah**, who spoke to the updated roles and responsibilities pharmacists now have to support our health and well-being. Ted Mah graduated from UBC Pharmacy in 1995 and began his career at a Safeway pharmacy in Victoria. After five years, Mah was promoted to management and for seven years operated the Safeway Pharmacy at City Square in



Trio de Souvenir perform at Beth Tikvah Synagogue.

Vancouver. Presently, he is the manager of the Safeway location on Arbutus in Vancouver.

The event started with a few words about Jewish Seniors Alliance by **Gyda Chud**, past co-president of JSA and chair of the program committee. Chud spoke about JSA's theme of "Seniors Stronger Together" and the three guiding principles of Outreach, Education and Advocacy, and how they can empower us. She then called on Ted Mah to empower and educate us about the new roles for pharmacists.

Mah began by mentioning that he enjoyed his training at UBC, and how in his fourth year, when he did an internship at a hospital, he became very aware of the impact that pharmacy can have on the patients, when the rules and procedures are properly followed.

Mah feels that Safeway Pharmacies have the safest set up in Canada. The central venue for preparing medications for distribution is handled by robots. This avoids human error in the counting of pills. In all pharmacies, audits are done regularly to ensure proper care and count of medications including narcotics. To ensure safety, expired medications are disposed of.

Pharmacies are able to assist with organizing medications. Blister packages of weekly medications are available upon request. Plastic see-through pouches are also available and are labelled with the information of the name of the medication, the dose and the time of day that it should be taken. For the visually impaired there is a chip and a machine that will read out the contents of the bottle.

There have recently been many changes in the abilities of pharmacists that assist

patients and save time for physicians. They can now give many more vaccines than they were able to in the past, for example, they can now give prolia shots. They can also prescribe medication for many minor ailments without a doctor's prescription. These include, anti-histamines for seasonal allergies, nasal steroids, antibiotic eye drops, contraceptives, and help with skin conditions, such as, eczema, dermatitis, diaper rash and bacterial skin infections. In addition, they can prescribe topical creams for such problems as toenail fungus, dandruff, oral ulcers and canker sores, yeast and urinary tract infections, shingles and a host of other ailments.

Pharmacists can also prescribe medication for many minor ailments without a doctor's prescription.

The session then became interactive with the participants posing questions that Ted Mah was happy to answer. One question concerned renewing ongoing prescriptions without consulting the doctor. Mah said this would depend on something called adaptation. If the doctor says, do not adapt then they cannot. Another question concerned the new RNA vaccine. It costs \$275 and at this point must be given annually, like the flu vaccine. There were several questions about supplements. For example, vitamins or calcium. Mah stated that pharmacists can do medication reviews by appointment. This could include a discussion of supplements, such as how they interact with the other meds. All information of



a person's prescriptions are forwarded to a central B.C. Agency.

Drugs no longer being used should be returned to the pharmacy in a ziplock bag for disposal. For syringes one should pick up a special container from the pharmacy. Another question concerned psychotropic drugs and also tolerance of various drugs for different age groups, especially seniors. This is a question for the physician but when a new drug is given it is usually only offered for thirty days in case there is a negative reaction. Other questions concerned taking a flu shot and Covid shot together (this is fine) and how long must one wait after having Covid — you can have a booster shot after three months.

Pharmacists must engage in regular professional development in order to maintain their licences. They must submit their study annually to the College of Pharmacists. There is a shortage of pharmacists in B.C. due to their new roles and added responsibilities.

Tamara Frankel, a member of the program committee and a board member of JSA thanked Ted Mah for his participation and for all his helpful information.

PORTRAIT OF AN ARTIST

Sidi Schaffer

Written by Sidi Schaffer

I was born in Europe, in the northern part of Romania. There I started my fine art education receiving a strong foundation in a realistic academic approach to the subject. For several years the central images of my work were the human form; people in the market, couples in love, portraits, and groupings of figures in different situations.



Top: *Aleph Beth Creation 1*, Mixed media 28"x31"
Right: *Aleph Beth Creation 2*, mixed media 28"x34"



Later I immigrated to Israel where I continued my studies in art, received my degree in art education and taught art in the school system for 14 years. At that time, I fell in love with the Impressionists, especially Cezanne, and started to paint more landscape and still life; trying to catch the essence, the light and beauty of my surroundings. Even my pallet changed.

In 1975 my family and I came to Canada. I needed to establish new roots and master many new challenges. In 1980 I went back to study art at the University of Alberta, graduating in 1983 with a major in Printmaking and Painting. At this time I was totally immersed in abstraction. I simplified my work; my focus was my inner world, my feelings, and my emotions. The art making process became a sacred ritual.

A few years passed and my work became more integrated, combining abstract and figurative. I tried to express the concept of unity between the internal and the external, between the spiritual and the physical.

As an artist I am continually exploring new possibilities. Recently I have been working on a series of mixed media works, a combination of print, drawing, painting and collage. Each of my works begins with a flash of excitement, an idea, an image that reflects my emotional journey. By the time I finish a painting, it seldom resembles my original starting point. Important for me is the visual poetry, the relationship of form, space, color and light.



Top: *Kings and Queens of the Desert*, Acrylic on Canvas 24"x24"
Bottom: *Jacob's Dream*, Acrylic on Canvas 24"x24"



Left: *Torah Torah* Acrylic on paper, 25"x32"
 Right: *Aleph Beth Gimel*, mixed media 22"x28"



My art works I have chosen for this magazine represent an important part of my heritage. They were inspired by my culture, my beliefs, and my reverence for my ancestors.

In my work *Torah, Torah* I tried to express my respect to the symbol that represents our Jewish heritage, our tradition and our way of life. The Hebrew letters are dancing with joy like we do on *Simchat Torah*. The work is spiritual and impressionistic in style.

In the work *B'reshit (In the Beginning)* [see cover] my focus was on the seven days of the creation and the text that is related to it.

The painting *The Aleph Beth* is part of a triptych. It represents my respect to the Hebrew language, its creation and its bond to the modern Israel. The background is more abstract, expressing the power

of the letters bursting high above with joy.

The Painting *Kings and Queens of the Desert* were inspired by sculptures I have seen when visiting Jaffa in Israel. I relocated them in a desert with a hot sun and some walls in the background. On the lower part I painted an excavation area where you can find old vessels, coins, etc. The rest of my works here are all done with my respect to my heritage and the beauty of Israel.

I enjoy the hours spent in front of my canvas. It is an intense emotional outlet, and when I'm finished, I feel happy and at the same time, drained and vulnerable.

If you are interested in one of my works and would like to know more about them, please get in touch with me. My email: sidisch@gmail.com.

FEATURE BOOK REVIEW

THE WORK OF ART: HOW SOMETHING COMES FROM NOTHING

by Adam Moss (Penguin, New York, 2024)

Written by Janet Nicol

How does an artist create something from nothing? *New York* magazine editor Adam Moss, turned visual artist, interviewed 43 artists working in a wide variety of media to satisfy his own curiosity and illuminate the artistic process for others. Most artists selected are in mid-career, others have fully arrived, including Stephen Sondheim (interviewed a year before he passed away), Tony Kushner, Gay Talese and Twyla Tharp.

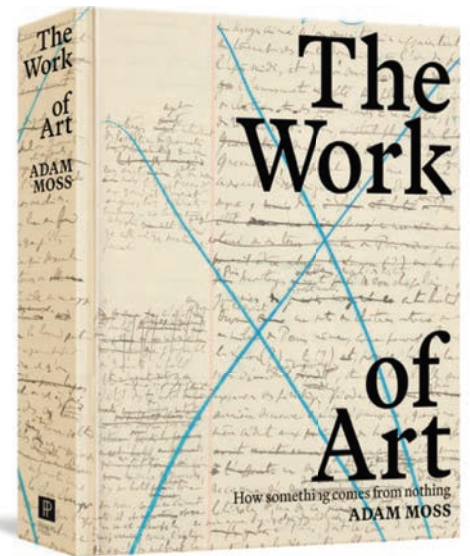
Kara Walker's path to creating a commissioned art installation began with diligent research, a power point presentation and "brainstorming" sketches. The resulting sphinx-like sculpture called *A Subtlety*, or the *Marvelous Sugar Baby* was exhibited at the abandoned Domino Sugar Refinery in New York City in 2014. The images conjured by her imagination are powerful and haunting.

Louise Gluck tells the author she dreamed the initial lines of her poem *Song*. And visual artist Tyler Hobbs explored lines

and colours using computer coding and flow fields to create a limited edition print named *Fidenza*. Architect Elizabeth Diller worked with New York colleagues to create *The Blur Building*, a 'cloud bank' structure set on a lake in Switzerland for Expo 2002. The temporary low-lying building was "very lightweight with four points that touch the lake bottom," Diller explains. Visitors crossed a pedestrian walkway over water to reach a surreal-like structure filled with manufactured fog and a soundscape of 'drips.'

Visual artist Maria de Los Angeles also happens to be the author's teacher and friend. Moss describes her early life within a struggling, immigrant family and where she was always drawing. From his front row seat, Moss observes the now fully grown, accomplished artist's conflicted desire to both draw and paint. After months of turmoil, de Los Angeles created new paintings, described by the author as "braver but also clearer" along with a book of drawings titled *True North*.

Simphiwe Niwube's colourful sculpture of a man on a three-legged 'mythic' horse and titled *Creature*, was built with materials that included metal, fabric, glass eyes and chicken wire. "He gets to the studio," the author reports of the South African-born artist who now resides in Los Angeles, "looks at images, frequently naps in the afternoon." And then Niwube works into the night. "I make so much from impulse, pure impulse," Niwube says.



This is an ambitious book, dense with information and opinions and full of lively illustrations of artists' napkin doodles, notebook entries and sketches along with the display of the art piece (in whole or part) under discussion. Also interviewed are an intriguing category of creators of food recipes, sandcastles, jokes, podcasts and crossword puzzles.

The author's must-read footnotes muse about voice, source of talent, motivation and observed patterns across artists' lives, such as the importance of validation. Readers are guaranteed to be inspired, if not awe-struck, by this compelling and insightful exploration of how riveting art, in all its forms, comes from "nothing".

An abbreviated version of this book review is available online at the *Galleries West* magazine website (www.gallerieswest.ca).



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

All books are available at the Waldman Library,
Jewish Community Centre.

ISRAEL ALONE

Written by Bernard-Henri Lévy



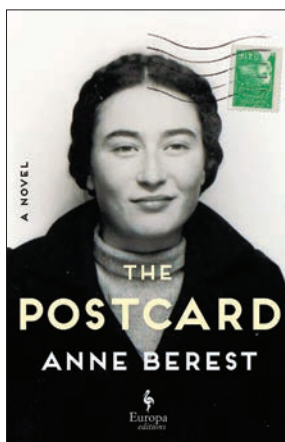
Bernard-Henri Lévy states, “The events of October 7th are not an affront to Israel alone but to all civilization.” Levy makes the intellectual, historical, political, even philosophical case for the uniqueness of the tragedy of October 7th, its heinousness, and mounts a passionate defense of Israel’s existential right to defend itself in the face of such an attack and to

pursue the murderers, planners, and collaborators. Point by point, argument by argument Levy asserts the truths about October 7th and the Gaza operation that followed. I could not put the book down — finally I had the knowledge to defend Israel with cogent truths. Reading the book is like being swept along in a flood of history, famous names, references and, at times, Levy’s own personal history and sentiments. I highly recommend this book.

THE POSTCARD

Written by Anne Berest

The exceptional power of *The Postcard* derives from its focus on a single family — the author’s — whose members the reader comes to know and care about through her intimate and sensitive portrayal. The plot is based on real events from the author’s life. Anne relates how her mother received a tourist postcard, without signature or return address, containing nothing but the first names of her grandparents, aunt and uncle, all of whom were



is the granddaughter of the only surviving member of the family and is suffering from her parent’s nightmares, experiencing family trauma, or “cellular memory” transmitted in the womb or down the generations, a longing for what we don’t know and never will know of the people who have been lost. With her mother’s help, they piece together her family’s story — fragments of a vanished world.

LADY TAN’S CIRCLE OF WOMEN

Written by Lisa See



This is an historical novel set in China during the Ming Dynasty (1368-1644). I was instantly engaged by the young character’s plight as she receives instruction from her mother about the pains of foot binding. Yes. Foot binding, I was shocked and the details are gruesome! But I was fascinated. Set in 15th century China, this is the fictional account of the life of Tan Yunxian, a woman who became a practicing doctor in China at a time it was extremely rare and severely frowned upon. Yunxian was so successful looking after her female patients, she published a book of medical cases in 1511. Women’s friendships, in a world where they have little freedom, shape a beautifully written, quietly moving book. I became totally immersed in the details and the situation in which women found themselves. An excellent novel.

THREE FLOORS UP

Written by Eshkol Nevo

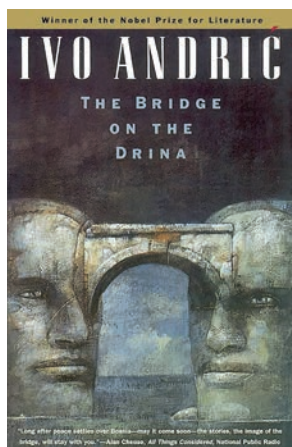


In this lively tripartite novel each of the three stories is set on one of three floors in a suburban Tel Aviv apartment building. Three monologues on three emotionally different floors. Each floor represents the three stages in Freud's theory of personal development, the Id, the Ego and the Superego. The candid monologues expose the psyches of people caught

at critical points in their lives. The stories progress up the three floors, each dealing with a situation that comes closer to resolution as the novel goes up a floor. The reader comes to know Arnon, Hani, and Devora intimately. The characters whisper confessions to us; we decide whether to judge or to forgive their sins — which are, of course, variations of our own. Perceptive and compelling.

THE BRIDGE ON THE DRINA

Written by Ivo Andrić



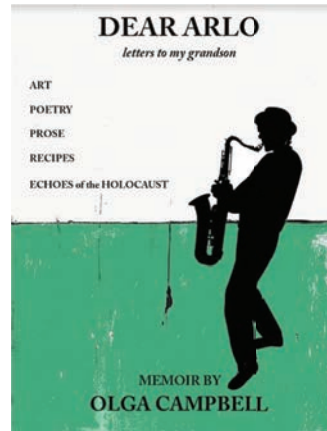
This historical novel, written in 1945, is a haunting memoir exquisitely rendered in time and place. A Balkan native, now adviser to the Sultan of the Ottoman Empire, decides to use his position to build a stone bridge designed by the great Ottoman architect Mimar Sinan to commemorate the land he came from and to glorify God. The Mehmed

Pasa Sokolovic Bridge in Visegrade stands as a silent witness to history, from its construction in the mid-16th century until its partial destruction during World War I. Ivo Andrić was Yugoslavia's best known literary figure who was awarded the Nobel Prize in Literature in 1961. The book is a vivid depiction of the suffering history has imposed upon the people of Bosnia. *The Bridge on the*

Drina is a fascinating mixture of facts and anecdotes, telescoping the passage of years with immense narrative skill.

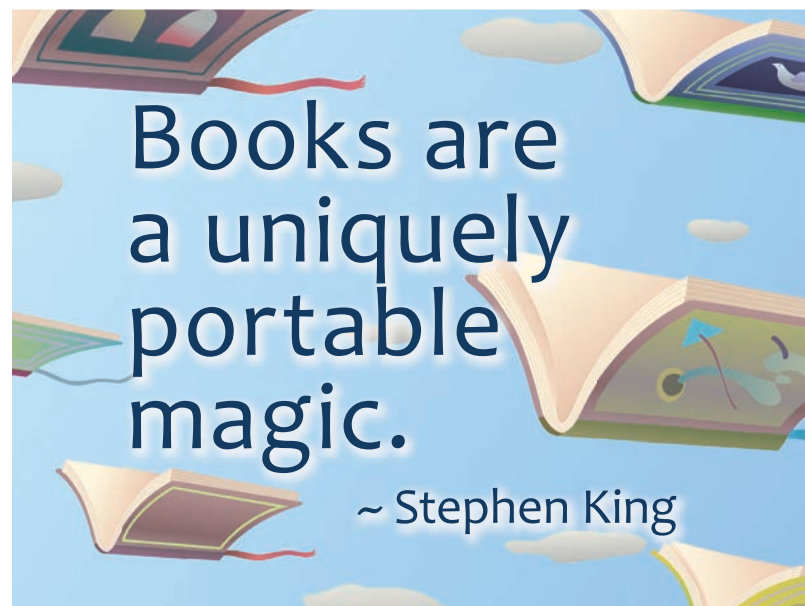
DEAR ARLO: LETTERS TO MY GRANDSON

Written by Olga Campbell



BC artist and author Olga Campbell explores the legacy of trauma and how it shapes one's identity. The book celebrates the power of writing and art as a transformational and healing tool. At the heart of the book are letters to Campbell's grandson Arlo. These letters serve to unify the book and

transition from one section to the next. This is a memoir, a deeply moving story about the impact of the Holocaust through generations and the devastatingly premature loss of Campbell's beloved husband, Chris. Told through art, poetry, prose and traditional recipes, as a second generation descendant of Holocaust survivors, Campbell gives us a narrative of despair and hope, one which celebrates the transformative and healing power of art. It is a beautiful book, a pleasure to peruse.

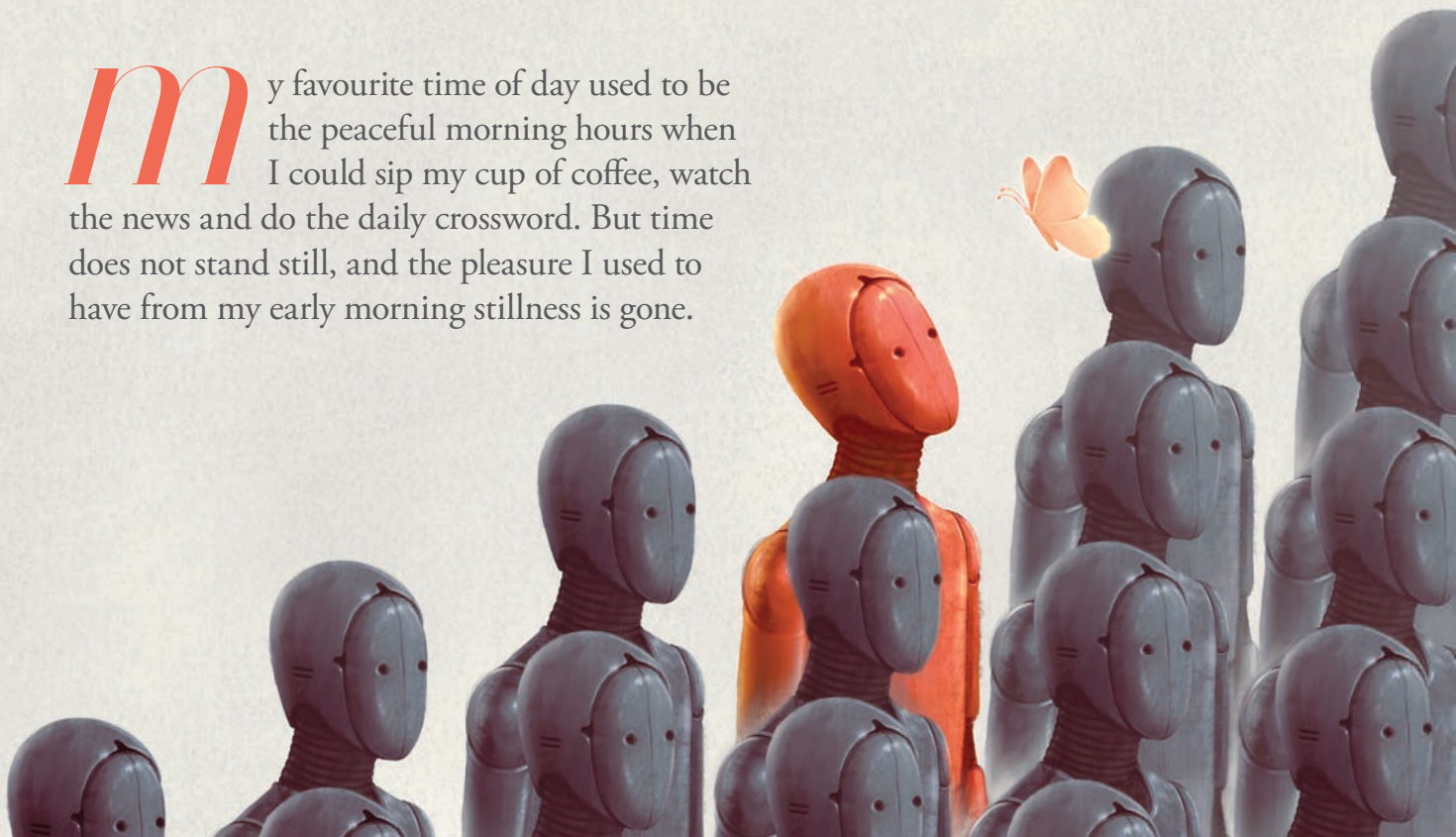


Programmed to HOPE

a PROVEN COPING MECHANISM

Written by Rita Roling

*m*y favourite time of day used to be the peaceful morning hours when I could sip my cup of coffee, watch the news and do the daily crossword. But time does not stand still, and the pleasure I used to have from my early morning stillness is gone.



The positive feelings I got from my rituals prepared me to face the day and for the most part deal calmly with whatever was thrown my way. But now when I turn on the news, all I see is turmoil, suffering and grief. I and likely many others

cannot erase the image in our minds of the innocent little children who were either deliberately murdered or died of hunger or from warfare. The obvious solution would be to stop watching but as I am still part of this world, I have a need to know what takes place outside my little corner of metropolitan Vancouver. I have tried to close my eyes but the images are etched into my brain. My own powers are very limited and I cannot change the world except pray for divine intervention and hope for the madness to end.

The Queensbury College definition of faith and hope states that the two are interconnected but yet different. “Faith involves a trusting relationship with a person or a belief system, and it is the foundation of most major religions. Hope is a belief that the future will be better than the present and that hope is the surest and most steadfast anchor of the soul.” In his article *The New Science of Hope*, Dr. Dan J. Tomasulu writes that “Hope is the only positive thought process that requires negativity or uncertainty. It is a blend of optimism and willpower and a firm belief that that the desired goal is achievable. This positive way of thinking is essential for sustaining faith and for allowing a supreme entity to guide believers through difficult times.” This writer opines that faith by itself seems impossible whereas hope without faith may be too difficult to maintain.

Hope is more than wishful thinking, it is a state of cognitive optimistic thinking and as such it can be taught.



Hope does not miraculously appear. It is a cognitive process that can be achieved through training the mind. The science of hope describes it as a dynamic process that may require consistent efforts to nurture and maintain. Hope is an innate quality but not a singular one as at its core lay attributes such as compassion, and resilience. All these are nurtured through mindfulness and contemplative self-reflective practices. To add to the complexity, hope is also influenced by factors such as personality, life experience, environment and physiology.

As a singular individual this writer cannot do much to change world affairs but I can set goals for myself that will ease my distress and give me enough energy to join forces with likeminded individuals who also hope to see the end of the current “madness” throughout the world. Mental Health of America gives some useful suggestions such as: remind yourself that this will eventually stop, look ahead to more peaceful times, control what you can, combat negative thoughts, keep up with basic health care, focus on the positive, practice gratitude, make time for fun, and avoid negativity.



Practising **gratitude** allows me to take inventory of all the positives instead of drowning in the negatives.

Keep in mind that for a desired goal to be achievable it is crucial to focus directly on the expectations and not to be clouded on the optimism imbedded in hope. It is easy to confuse optimism with hope. Rabbi Jonathan Sacks (z”l) writes: “Optimism is the belief that things are going to get better. Hope is the belief that, if we work hard enough together, we can make things better, It needs no courage just a certain naivety to be an optimist, It needs a great deal of courage to have hope—and hope is what transforms the human situation.”

Being hopeful has so many benefits. The late psychologist C.R. Snyder in his extensive research into the science of hope concludes that those with higher hope consistently do better in all areas of life including academics, physical and mental health and

they have better social skills. For me mornings are still the most enjoyable part of the day. I have incorporated some of the good suggestions and broken them down into ways that will help me to function better. I still drink my coffee and do the crossword, but I have limited the number of times I watch the news and the number of devices that give me the information.

It is such a relief. Keep feeling hopeful and do what is within your power to make the world a better place. Being hopeful has so many benefits.



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 a life governor of JSA and a member of the editorial committee.

LOST IN TRANSLATION: WHAT'S IN A NAME?

Written by Dolores Luber

“**W**hat's in a name? That which we call a rose, by any other name would smell as sweet.” This is Juliet's line when she is telling Romeo that a name is nothing but a name and it is hence a convention with no meaning behind it. I disagree!

ESTHER: Formed as a method of concealment, Esther is thought to be forged from the Hebrew root *s-t-r*, which means “hide”, in reference to the Persian queen's hidden identity. However, Esther is most often traced to the Old Persian *stāra*, which means “star”.

CARMEL: A gender-neutral name of Hebrew origin, Carmel translates to “garden” or “orchard”.

HANNAH/ ANNA: A variation of the Hebrew name Channah, which means “favor” or “grace”. “He has favoured me.” The name Anna is derived from Hannah.

TAMAR: Of Hebrew origin that means “date palm”, or “palm tree”.

SARAH: Of Hebrew origin that means “princess” or “noblewoman”. It can also be interpreted as “lady” or “happy”.

DEBORAH: Of Hebrew origin that means “bee”.

DINAH: Dinah is a Hebrew female name meaning “judged” or “vindicated”, “justified”.

JOSEPH: Of Hebrew origin meaning “He shall add; God shall add.”

NOAH: In its masculine form, Noah derives from Noach, a Hebrew name meaning “rest or repose.”

CHAIM: A masculine name of Hebrew origin, meaning “life.” This name has taken on an array of variations, including Hyman, Hymie, and Chai.

MATTHEW: Of Hebrew origin meaning “Gift of God, gift of Yahweh.”

SAMUEL/ SAM: Of Hebrew origin that means “God heard” or “name of God”. The name comes from the Hebrew words *Shem* (name) and *'Ēl* (God or deity).

DAVID: The name means “beloved” in Hebrew and comes from the Hebrew word *dod*.

DANIEL: A masculine name of Hebrew origin that means “God is my judge”. It's derived from the Hebrew words *Dan*, meaning “judge,” and *Ēl*, meaning “God”.

MICHAEL: A name of Hebrew origin and means “who is like God?” or “gift from God.”

S
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PUZZLE 1

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

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

Fill the remaining squares, using all the numbers 1-9 exactly once in each row, column, and the nine 3x3 subgrids. **Solution:** page 47.



JEWISH SENIORS ALLIANCE OF BRITISH COLUMBIA

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604.267.1555



charles.leibovitch@jsalliance.org

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- JSA Advocacy is meeting with governmental leaders in support of Universal Free Home Support for all seniors in BC.





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- Partnership with other community organizations to deliver ongoing programming.

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Senior Line Magazine is free for all readers, 100% donor funded.



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JSA is 100% donor funded and offers universal and free services to support the needs of those facing loneliness, isolation, and building of community connection. We can't support our services and programs without the generous support of our community partners, foundations, donors, and individuals.

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PROFILE OF A DIRECTOR: JAMES CAMERON

Written by Dolores Luber

James Cameron (age 70) is a Canadian director, screenwriter and producer who has had an extensive career in film and television. He had an early interest in special effects. At his American university he learned about optical printing, front screen projection and dye transfers, anything that related to film technology. After the excitement of seeing *Star Wars* in 1977, Cameron (now age 23) quit his job as a truck driver to enter the film industry. In 1978, after borrowing money from a consortium of dentists, he learned to direct, write and produce his first short film *Xenogenesis* (1978). In 1982, after being involved in a long list of movies, he got his breakthrough as a director with the film *Piranha II: The Spawning*. He then wrote the script and directed *The Terminator* (1982) a sci-fi action film starring Arnold Schwarzenegger, about a cyborg sent from the future to carry out a lethal mission. This was his first blockbuster! In 2008, the film was selected for preservation in the United States National Film Registry, being deemed culturally, historically, or aesthetically significant.

He went on to write the script for Sylvester Stallone's *Rambo: First Blood Part II* (1984). He was then hired to write and direct the sequel *Aliens* (1986), another huge box office success, nominated for seven Academy Awards in 1987.

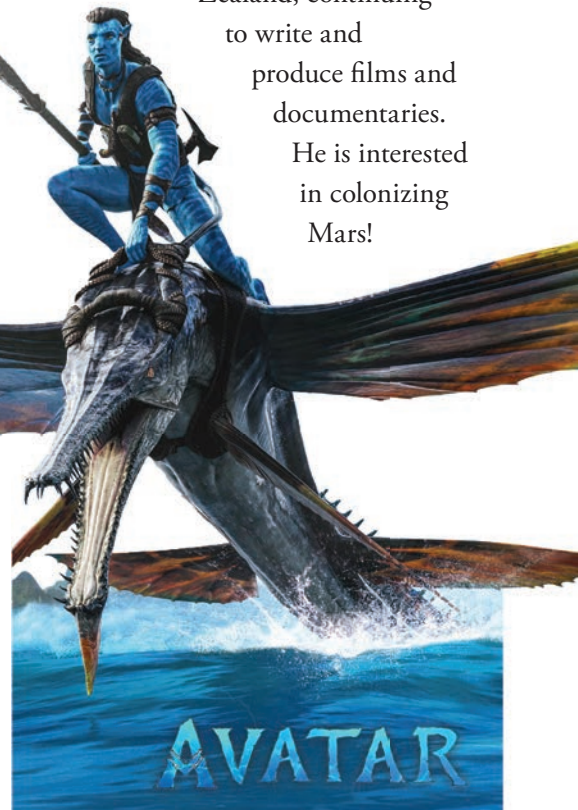
There were many more subsequent films and successes. His next major project was *Titanic* (1997), an epic about RMS Titanic, which sank in 1912 after striking an iceberg. He created the screenplay which depicts two star-crossed lovers, portrayed by Leonardo DiCaprio and Kate Winslet from different social classes who fall in love amid the backdrop of the tragedy. Film critic Roger Ebert praised Cameron's storytelling writing: "It is flawlessly crafted, intelligently constructed, strongly acted and spellbinding." Millions of spectators agreed with him! In 2017, *Titanic* became Cameron's second film to be selected for preservation in the United States National Film Registry. His films have earned him millions of dollars.



Cameron has experience with deep-sea exploration, in part because of his work on *The Abyss*, *Titanic*, and *Avatar: The Way of Water* and his childhood fascination with shipwrecks. He has contributed to advancements in underwater filming and remotely operated vehicles, and helped develop the 3D Fusion Camera System. In 2011, Cameron became a *National Geographic* explorer-in-residence.

In 2010, *Time* magazine named Cameron one of the 100 most influential people in the world. In 2019, Cameron was appointed as a Companion of the Order of Canada by Governor General Julie Payette. He now resides in New Zealand, continuing

to write and produce films and documentaries. He is interested in colonizing Mars!



SENIORS AT THE MOVIES

Written by Dolores Luber



OSLO

2021



Oslo is a dramatic account of the secret back-channel peace negotiations between the Israeli government and the Palestinian Liberation Organization (PLO) in 1993. It

chronicles the first face-to-face attempt between both sides, the building bricks of what was intended to be a permanent resolution to a generations-long conflict. Israeli Prime Minister Yitzhak Rabin and PLO Chairman Yasser Arafat are never seen in the film. Instead, *Oslo* brings into focus the unheralded roles of Norwegian diplomat Mona Juul and her husband, Terje Rod-Larsen, who supervise the deal with precision. Unfortunately it ends with the assassination the Yitzhak Rabin in 1995.



THE AERONAUTS

2019



The Aeronauts takes us back to 1862, a time when aeronautical expeditions were just taking flight. It follows the balloon expedition of James Glaisher whose life goal is to travel into the sky

to predict the weather, and Amelia Wren, an aeronaut. The pair, fighting against thunderstorms, wind and hailstones as they ascend higher and higher, achieve something phenomenal: they travel to heights no one has ever reached before in order to record observations that were crucial to our understanding of weather. I loved the film, great fun, a pleasure to watch.



WORTH

2021



Worth is the story of the 9/11 Victim's Compensation Fund. The fund was created by an act of the U.S. Congress to ease the suffering

of families who lost loved ones in the attack. Is a janitor's life worth less than a Fortune 500 CEO's? Kenneth Feinberg and Camille Biros were the attorneys supervising the fund, along with Charles Wolf, who lost his wife Katherine in the attacks and started "fixtheFund.org". They grapple with the overwhelming question of how to work out compensation in a way that will make everyone feel as if their needs were met and their feelings respected. The mandate was to enroll 80% of eligible people by December 3, 2003! Brilliantly directed, an excellent portrayal of what actually happened.



ATANARJUAT: THE FAST RUNNER

2001



Shot in *Inuitut*, the language of the Inuit peoples who live within the Arctic Circle, it was made with an Inuit cast and crew. We experience

the smoky interiors of igloos and being out on the ice. Based on a story that is at least 1,000 years old, it records a way of life that still exists within living memory. The film is about romantic tensions that lead to tragedy within a small, closely knit community of people who depend on one another for survival, surrounded by a landscape of ice and snow. You are watching a masterpiece, a classic work of narrative sweep and visual beauty. There are lessons to be learned by us all.



FORGOTTEN LOVE

2023



Forgotten Love is a pre-war Polish epic that depicts love, its loss, its renewal, and the effects it has over generations of families and countries. A renowned surgeon loses his memory after an

attempted robbery. Lost and confused, he roams the country for decades not knowing who he is or whatever happened to the little daughter his estranged wife stole from him. The doctor has been reduced to a member of the lower class. The film emphasizes the class divide and its attendant injustices. Father and daughter, separated over decades, find their way back to one another. The film satisfies our need for romance in art, it leaves us happy to be human.

IN THE SPOTLIGHT: TV SERIES AND DOCUSERIES

Written by Dolores Luber

ENTERTAINING TELEVISION SERIES

THE TATTOOIST OF AUSCHWITZ

6 Episodes ★★★★★

In 1942, a Slovakian Jew named Lali is deported to the Auschwitz II-Birkenau extermination camp in Poland. He is given the task of tattooing serial numbers on to the arms of new arrivals – one of them is Gita, with whom Lali falls instantly in love. Thanks to the privileges Lali's job brings, and the protection given to the couple by the unstable SS officer Stefan Baretzki, Lali and Gita are able to pursue their romance and survive. Decades later, the widowed Lali (Harvey Keitel) invites writer Heather Morris (Melanie Lynskey) to hear his story of the Holocaust and of his life afterwards with Gita. Based on facts, depictions of atrocities are brutal. Be aware and prepared.



RIPLEY

8 Episodes ★★★★★

Tom (Andrew Scott) is a small-time scammer scraping by in early-1960s New York City when he is summoned to meet with Herbert Greenleaf, a shipping magnate whose son Richard (Johnny Flynn) has been living in Italy on a trust fund. He is willing to pay Tom to bring him home. I savoured each episode, beautifully acted and hypnotic in detail and scope. Tom Ripley begins to merge with Dickie Greenleaf, affecting the confidence and ease that come with extreme privilege until he internalizes them. The series is shot in stunning black and white, moving very slowly. It is mesmerizing. Don't miss it!

ALL THE LIGHT WE CANNOT SEE

4 Episodes ★★★

Mostly set in the Nazi-occupied French coastal town of St. Malo in 1944, the mini series follows the lives of two teenagers. There is the blind French

teenager named Marie-Laure LeBlanc who broadcasts an illegal radio show each night in hopes of locating her missing father, Daniel, once the keeper of the locks at the Museum of Natural History in Paris, or her uncle Etienne, a member of the Resistance. Then there is Werner Pfennig, a German orphan who was forced to join the Nazis because of his proficiency with radio technology. Great actors and good source material enhance this morally-uplifting tale—a conflict of good versus evil.



MONSTERS: LYLE AND ERIK MENENDEZ STORY

9 Episodes ★★★★★

This was a crime that shocked and captivated a nation, in 1989. Lyle and Erik Menendez, then 21 and 18, stormed into their Beverly Hills mansion, shot their father, Jose, five times at point-blank range and their mother, Kitty, nine times. In a frantic 911 emergency call, they then claimed that somebody had killed their parents. The brothers eventually confessed, but always maintained that they acted in self-defence. You, the viewer, will be horrified by the details of sexual and physical abuse; and you will also be confused as to how they should be punished. Thirty-four years later, they are still in prison. Watch and decide for yourself.



NOBODY WANTS THIS

10 Episodes ★★★

The series, a romantic comedy, depicts a romance between Rabbi Noah Roklov (Adam Brody) as joint-smoking basketball-loving son of Russian immigrants who dreams of leading his synagogue, and irreligious Joanne (Kristen Bell), who cohosts a successful sex and relationship podcast. After meeting at a dinner party, the pair struggle to reconcile their undeniable chemistry with their wildly different backgrounds and beliefs. Their will-they-won't-they relationship is punctuated by steamy scenes and witty banter. You will laugh; but this is deep stuff. Food for thought!

DOCUSERIES YOU DO NOT WANT TO MISS

LEARNING FROM THE LIGHT: THE VISION OF I.M. PEI

★★★★★

For three years directors Bo Landin and Sterling Van Wagenen followed 92 year old I.M. Pei in his work to complete the Museum of Islamic Art in Qatar. Culture, nature, and light: these elements provide the structure of the documentary film that explores the mind and heart of one of the world's master architects, Chinese-American I.M. Pei.

Pei's bountiful energy is extraordinary, he views this as his personal project to comprehend the complexities of Islamic art and architecture. Visually stunning and inspirational!

JAILBREAK: LOVE ON THE RUN

★★★★★

It is just a simple story of woman meets man, and falls in love. Except, in this case the woman is a prison officer and the man is a prisoner, whom she has helped escape from prison. In 2022, an 11-day manhunt began in Alabama—two unlikely star-crossed lovers had absconded from jail. Based on surveillance footage and recorded phone conversations, the documentary reveals that Vicky and Casey had been engaged in a secret romantic relationship. I felt empathy for her and her desire for one last romance in spite of being a highly respected assistant director of corrections. All true, all superbly filmed. Loved it.



MONTRÉAL: MY LOVE, MY STORY

5 Episodes ★★★★★

In 1642, the first French colony was founded in Canada. It was located on a point of land that would one day become one of the most beautiful and historical cities in the world. Today, we call it Montreal and the year 2017 marked its

375th birthday. This documentary series explores the Aboriginal, French and British roots of Montreal. Supported by nearly one thousand photographs, paintings and maps drawn from major public archives and private collections, this series brings together the city's builder in a vast panoramic portrait of the first metropolis of Canada. Stunning and extraordinary! Of course, I am not biased, I spent 60 years of my life in the city.



RATHER

★★★★★

For decades, Dan Rather delivered the news with authenticity, integrity and courage. *Rather* chronicles his rise to prominence, sudden and dramatic public downfall, and redemption and re-emergence as a voice of reason to a new generation. It is quite a legacy, going back to how he reported on the hurricane in 1961. He spent over a year on the ground in Vietnam. His reporting led to the withdrawal of American forces. He was the only major American television reporter in Tiananmen Square. His reach and access was extraordinary, and therefore so were the impact of his mistakes. As a voice in their homes every night, Dan Rather influenced how Americans thought about the news. The documentary is an interesting reckoning of one man's influence and legacy.

Continued on page 31...



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KANEHSATAKE: 270 YEARS OF RESISTANCE



This is the dramatic and brilliant account of the 78-day faceoff between Indigenous people and the combined might of the Canadian military and Quebec's provincial police. Director Alanis Obomsawin filmed the events of July 11, 1990, as it happened, when Sûreté du Québec officers met armed resistance when attempting to forcibly remove barricades setup by Mohawks to protect an ancestral burial ground. People of the Kahnawake and Akwesasne reserves joined the Mohawks, who were preventing the construction of luxury condos and the expansion of a golf course on their sacred land. The film and the crisis may have been the turning point for the white majority's more positive reactions to Indigenous claims. Bravo!

SLY

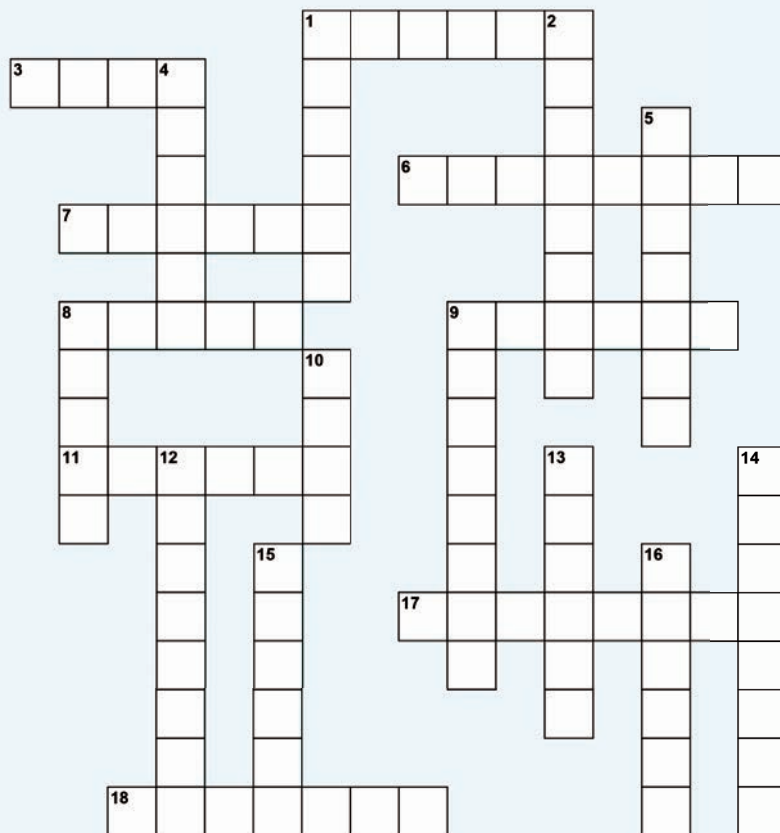


This is Sylvester Stallone's autobiography! What an inspiring and creative career. After an astounding fourteen-year stretch that contained the first five *Rocky* movies and three *Rambo* films, he keeps on reinventing himself, alternating red meat action flicks with attempts at farce and romance. He wears four hats on his signature projects; actor, writer, director and producer. We are face-to-face with an outsider, an underdog, an Italian-American New Yorker with a speech impediment who suddenly became rich and famous without learning how to be smooth and classy first. The *Rocky* movies in the '70s and '80s were "issues" as well as films, as discussed for their racial politics as for their dramatic achievements. He is the proverbial "self-made man". Hats off!

FOUR SEASONS CROSSWORD PUZZLE

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

For Solution See Page 47



ACROSS

- 1 Season of the year between Spring and Fall
- 3 Frozen precipitation that falls as ice crystals formed into flakes
- 6 Geological formation with great height and sides higher than a hill
- 7 Season of the year between Summer and Winter
- 8 Process of being born
- 9 Long area of low elevation, often following a stream bed, surrounded by mountains
- 11 Very dry, often sandy area with little or no plant growth
- 17 Day on which ordinary business activity is suspended in commemoration of some person or event
- 18 State of the atmosphere at a particular place and time

DOWN

- 1 Season of the year between Winter and Summer
- 2 Amount of rain measured in units of depth
- 4 Season of the year between Fall and Spring
- 5 Gathering of ripe crops
- 8 Warm-blooded, egg-laying vertebrate animals with wings and feathers
- 9 Period of rest, leisure, recreation, or travel
- 10 Large and significant town
- 12 Land that borders on the ocean
- 13 Group consisting of parents and their children
- 14 Bright light of the sun unobstructed by clouds
- 15 Land densely covered with trees
- 16 Area of land used in cultivating flowers, vegetables or herbs

CARTOON CAPTION CONTEST

CONGRATULATIONS TO OUR WINNER: JOYCE ROBBINS

♪♪ To the tune of Nancy Sinatra song: ♪♪
“Honey...These boots are made for Walkering, and that's just what they'll do.”

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

This gadget? My walker!
- **Alex Kliner**

It's a TESLA. It propels and steers itself!
- **Morris Harowitz**

Why waste a good walk by looking
at trees?
- **Chris Friedrichs**

1. Really? You want me to check google
maps to see how far Costco is?
2. Google maps say to make a right
turn here and that our destination, the
Sunny Banks bench, will be on our
right, 10 steps ahead.
- **Barry Corrin**

Let me teach you how to use this tablet.
Maybe you'll have better luck with it!
- **David Kirkpatrick**

I never get lost anymore. This new
voice-activated, built-in GPS shows
me where I'm going, and it tells me
how to get to the location I think that
I wanted!
- **Sheila Romalis**

1. Hey Baby How's about us taking a
walker on the wild side!
2. My device counts steps. Race ya'
around the block. Best two outa'
three wins!
- **Joyce Robbins**

Honey, there's a new cartoon caption
contest in *Senior Line*! Shall we enter?
- **Shirley Cohn**

Hey good looking, where are you
parking tonight?
- **Herb Mills**



1. Yes I can find our suite. It's just that
my iPad could be compromised. Waze
keeps giving me an alternate route.
2. So you need a driver! My calendar
is clear on Friday to take you to the
hairdresser.
3. No worries dear. I have just
customized your voice on Siri.
You are still in charge.
- **Anita Karp**

Just got this new high-tech
walker! Let's see now: "ENTER
DESTINATION".....
- **Edward Korbin**



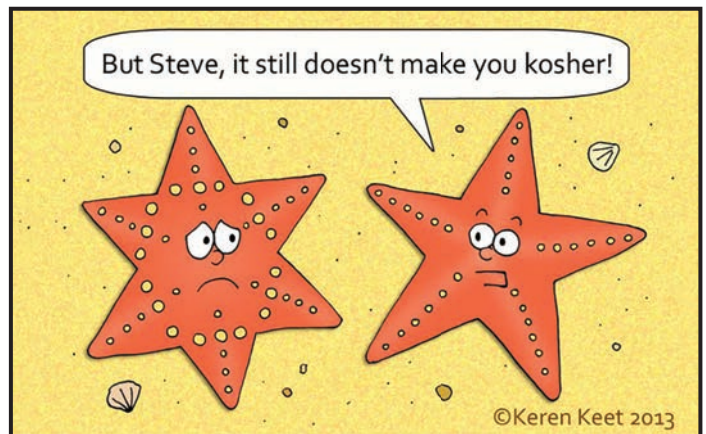
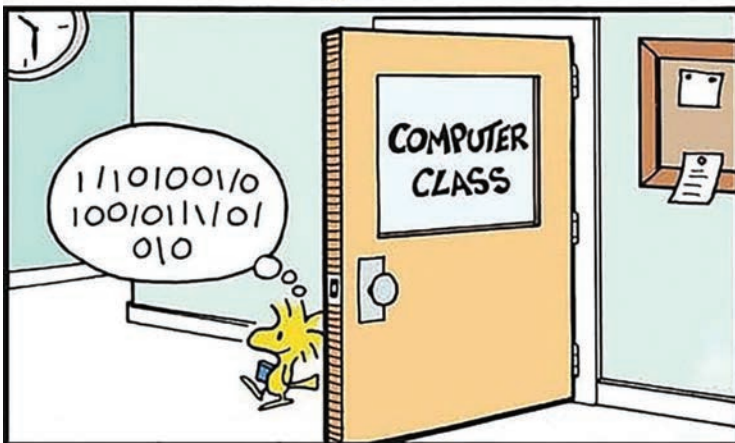
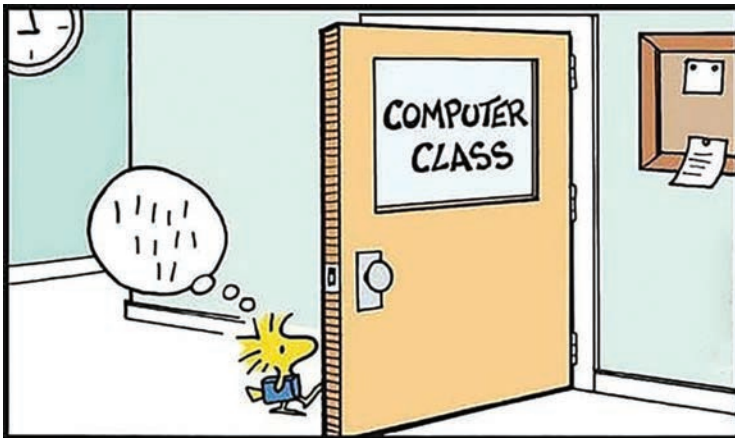
ENTER THE CARTOON CAPTION CONTEST!

Write a caption, what is she saying to him?
Send it to us by mail or email by May 2025.

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

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

HUMOUR!



The History and Culture of Jews in Libya

Written by Efraim Halfon



Efraim Halfon's mother, Wanda Nahum, in front of biplane, 1920s.



Waterfront in Tripoli, Libya.

My father used to tell me that our family had been in Libya for four hundred years. I verified this information when I had my DNA checked at the genealogy site, MyHeritage, and I tested 96% Jew from North Africa. But it wasn't the blood that made me feel part of a story, it was the awareness of belonging to a community that had fought to stay alive for centuries. After the expulsion of Jews from Spain in 1492, many Sephardi Jews sought refuge in the Ottoman Empire. Libya's Jewish community grew as a result, merging with the indigenous Libyan Jews who had lived in the region for centuries. Over time, the Jewish communities in Libya especially in Tripoli and Benghazi became vibrant centres of Jewish culture, education, and religious practice. Rabbi Shalom Gornish, one of the community's most influential figures, led Tripoli spiritually, and in Benghazi Rabbi Mas'ud Hai Rakkah inspired generations with his profound teachings.

But this rich and vibrant life was not meant to last.

Before Italy invaded Libya in 1911, the Jewish community, under Ottoman rule, generally enjoyed a degree of autonomy within the Millet System, which allowed them to manage their religious and communal affairs. In 1866 Giannetto Paggi established an Italian boys' school and a year later a girls' school, thus showing the cultural influence of Italy. The two main Jewish centres in Libya were Tripoli in the west and Benghazi in the east. My maternal grandfather Eugenio Nahum was born in Tripoli from my great-grandfather Abramo Nahum and my paternal grandfather, Efraim Halfon, was born in Benghazi. Tripoli had the larger community and was the hub of Jewish life, with schools, synagogues, and cultural organizations.

When Italy invaded Libya in 1911, the Jewish community suffered its first blow. The Italian occupation guaranteed a false stability, a precarious balance that soon crumbled under the weight of the racial laws introduced in 1938 by Mussolini's fascist regime. My grandparents' life, which until then had been prosperous and peaceful, was turned upside down. Eugenio had a tuna fishery and Effraim was a commercial ship owner and president of the Jewish community in Benghazi. My mother recollected amazing parties at the Uaddan Hotel and long days at the beach. But then came the war. After Italy entered the war in 1940, Italo Balbo, the Italian governor of Libya, reportedly tried to convince Benito Mussolini to delay the implementation of Italy's anti-Jewish racial laws in the region. Despite his efforts, racial laws were eventually implemented, and they had devastating effects on the Jewish community.

During World War II, the Giado concentration camp was established by the Italian Fascist regime in the Libyan Desert. Hundreds of Libyan Jews, particularly from the rural areas, were imprisoned there under harsh conditions. Many of those interned died from malnutrition, disease, and forced labour. In addition to Giado, many Jews from Tripoli, including my uncle Emilio Nahum, were deported to Bergen-Belsen and others sent to concentration camps in Italy, such as Fossoli.



Libyan Jews were mainly located in *Hava Kebira* and *Hava saghira* (big and small quarters) in the old city of Tripoli.

Emilio survived and returned to Tripoli after the war but he was in bad health for the rest of his life. On January 23, 1943, British General Bernard Montgomery entered Tripoli after defeating German General Erwin Rommel's forces. For the Jews of Libya, Montgomery's victory meant liberation from Fascist oppression. However, the community still faced challenges such as anti-Jewish sentiment from the Arab population.

The establishment of the State of Israel in 1948 and the growing Arab-Israeli conflict led to widespread emigration of Libyan Jews to Israel and Italy. Pogroms and increasing



Left: Wanda Nahum dressed in arab costume. Right: Eugenio Nahum at his tuna fishery with employees, 1930s.



Pietro Verri elementary school in Tripoli, founded in 1876.

hostility in Libya made it unsafe for Jews to remain, however, my grandparents decided to remain in Libya since they were getting old. Libya gained its independence in December 1951 under King Idris. Although the new monarchy initially granted equal rights to all its citizens, including Jews, the Jewish community continued to face discrimination. The rise of Arab nationalism and the aftermath of the 1948 Arab-Israeli War further complicated the position of Jews in Libya and this led to the decision of my parents to emigrate to Milano, Italy. My father felt that he was too old to begin a life in Israel. I remember, as a four year old, the travel on the ship from Tripoli to Genoa. I visited Tripoli in December 1964 to visit my grandparents and other relatives, as well to see the house in Citta' Giardino where I was born in 1948. My parents, Saul and Wanda, established a middle class life in Milano but several of my father's businesses failed and he had to create new opportunities. Very stressed, he died of a perforated ulcer on Passover 1971 while on holidays in Israel. He is buried in



Children learning Arabic at Italian school in Tripoli.

Holon. Effraim and Diamantina left Benghazi in 1964 and joined us in Milano. All their seven children had resettled in Italy and France. Like them, many Jewish families left Libya, bringing with them memories of a lost life, but also the strength to rebuild an identity elsewhere.

When Muammar Qaddafi came to power in 1969, the situation for the remaining Jews in Libya worsened dramatically. Anti-Jewish sentiment escalated, leading to pogroms and violence against the Jewish community. Several of my relatives were slaughtered. Qaddafi nationalized Jewish property and forced the remaining Jewish population to leave the country. My grandfather Eugenio lost all his real estate holdings and joined our family with only a few suitcases. No Jews remain in Libya, marking the end of a long and rich history.

This is the story of one of many Jewish populations in North Africa.

Once well established, no Jewish populations exist in North Africa now. None of us felt like refugees. My wife and I were asked to move to Canada in 1975 to join the water research community and we never left. My mother visited every year from Italy until she passed away in Milano in 1995.

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.



Efraim Halfon, age 16, visiting his grandparents in Tripoli, December 1964.

A city skyline at night with illuminated buildings and a dark sky. A diagonal line divides the image, with the top right portion showing the city and the bottom left portion being a dark blue gradient.

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A Body in Motion Stays In **Motion**

Written by Amy Moss-Archambault



Newton's First Law of Motion states: An object at rest remains at rest, and an object in motion remains in motion at constant speed and in a straight line unless acted on by an unbalanced force. When it comes to the human body, we think age is the force acting on the body causing us to come to a state of rest, but the truth is age is not the limiting force we believe it to be. Our bodies are miraculous machines designed to stay in motion. With the right inputs, we can keep our bodies in motion, allowing us to thrive as we age.

There are four key ways to help you thrive as you age. These pillars of movement are: strength, cardio, balance, and mobility.

Balance

Stand at a counter, raise one leg up and hold it for as long as possible and then repeat on the other leg.

The Pillar of Strength

Muscle mass is a leading indicator of longevity, with a direct relationship between how much skeletal muscle a person has and how long they live. The more muscle, the longer a person tends to live. But after the age of 30, we start to lose muscle mass if we don't actively strength train. Why is muscle mass a leading indicator of longevity? Muscle mass is connected to our metabolic health, injury prevention, hormone balance and even glucose control. Think of skeletal muscle as a stabilizing force on the body.

Here is where Newton's Law can be applied to understand how muscle loss can be offset with resistance training. The body stays in motion by not only increasing muscle mass but also increasing the functionality of the muscle. There isn't an age limit to start resistance training. You can start at any age and gain the benefits of increased muscle mass. Start with bodyweight exercises, then graduate to resistance bands and then to weights. You can employ a trainer to help guide you, join a fitness class specializing in resistance training for older adults or try the 50/50 Challenge.

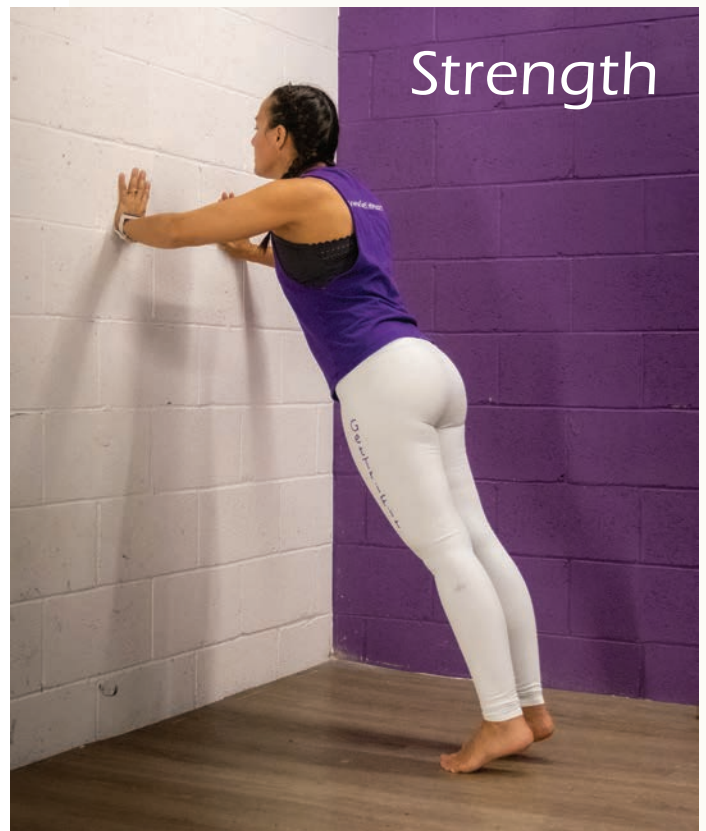
The 50/50 Challenge is completing 50 squats and 50 push-ups, but it's not as daunting as it sounds. Standing in front of a kitchen table or counter, hold onto the counter for support and complete 10 squats by lowering yourself to a comfortable level while maintaining your balance. Then, standing in front of the counter, extend your hands and brace the counter. Lean forward, lowering your chest to the counter and push back, executing a standing push-up. Repeat 10 times. You can also use a wall. Complete this set of supported squats and push-ups 5 times and you have the 50/50 Challenge. Doing this daily builds muscle and confidence.

The Pillar of Cardio

Cardio is fuel for the brain by increasing how quickly we think (processing speed), improving our memory, and problem solving. It also improves our mood and energy. Our cardiovascular strength is so important that "poor cardiorespiratory fitness carries a greater risk of death than smoking." (Attia, 221) We measure a person's cardiorespiratory fitness by testing their VO2 max (the maximum amount of oxygen they can absorb). The higher a person's VO2, the stronger their cardiovascular system is. Most importantly, our cardiovascular system is dynamic, meaning we can improve it at any age — and it doesn't require running a marathon.



Holding onto a table or counter for support, lower yourself to a comfortable level while maintaining your balance.

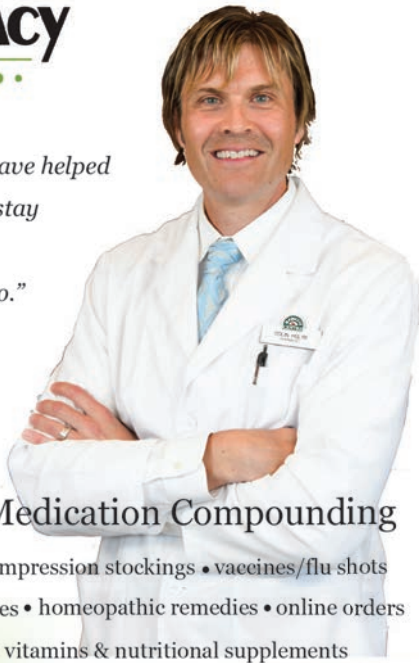


Brace the wall. Lean forward, lowering your chest to the wall and push back, executing a standing push-up.

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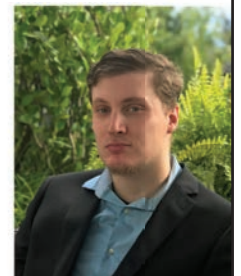
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All it requires is walking. Specifically, walking fast enough to raise your heart rate and be slightly breathless but able to carry a full conversation. This is called Zone 2. Completing Zone 2 work by walking for 60 minutes improves your overall VO2. Whether power walking in a mall, walking outside, hiking or walking on a treadmill, you improve your cardiovascular health. You can start at any age to reap the benefits while increasing your longevity and cognitive strength.

The Pillar of Balance

Our ability to balance starts to decline at the age of 50. The average person in their 50s is able to balance on one leg for 45 seconds; by the age of 70, it decreases to 28 seconds, and by the age of 80, it drops to 12 seconds. It's no wonder that over half of people aged 75 and older fall each year. Balance, like muscle mass and cardiovascular strength, is an indicator of longevity. Working on improving your balance not only diminishes your chances of falls but it also increases your longevity.

One simple way to improve your longevity is practicing balancing on one foot. Start by standing at a counter, raise one leg up and hold it for as long as possible and then repeat on the other leg. Work towards being able to let go of the counter, slowly increasing how long you can stand on each leg without assistance. This one exercise practiced daily increases your balance, and abdominal and leg strength.

The Pillar of Mobility

Mobility is a word we hear more frequently. What it means is the range of motion of our joints and spine. The greater our range of motion the more flexibility and stability we have in our joints. As we age our range of motion is hindered by arthritis which can be painful and often limits the quality of life. Arthritis is a force that stops a body in motion. Or is it? In the past, the advice regarding arthritic joints was to splinter the joint or limit the range of motion, to reduce or stop activity that forces the joint to move. A meta-analysis study conducted in 2020 confirmed: "any exercise is better than no exercise." (HU, Huiling, et al. Nov 2020)

Where Newton's Law is felt is in limited mobility. It quickly shrinks our world, preventing us from engaging with friends and family, and reducing our ability to go outside. Working through a daily stretching routine, or joining a Tai Chi class, or taking a gentle/chair yoga class, all help improve mobility and keep us engaged with the world.



Mobility

Place your left hand on your right knee and your right arm over the back of your chair. Turn to look over your right shoulder and hold for four breaths. Exhale back to center and repeat on the other side.

Creating a Routine

Using the 4 Pillars of Movement you can create a daily routine that keeps your body in motion.

1. Start each day with a stretch routine
2. Follow up with balance exercises
3. Complete your 50/50 challenge
4. Go for a walk

Making this daily routine a habit will build a strong body that stays in motion.

Amy Moss-Archambault is a certified personal trainer, entrepreneur and world class triathlete who uses her love for biomechanics and psychology to help people embrace an active lifestyle. www.gettrifit.com

DORIS HAS CONCERNS ABOUT HOME HEALTHCARE

Written by Tony DuMoulin

Occasionally I treat myself to a pleasant Sunday brunch with a friend. One of my favourite spots in Vancouver is the dining room of the old Sylvia Hotel, which looks out on English Bay Beach and the big, open south-west sky that floods the neighbourhood with a wonderful light, even when it is gloomy in other parts of the city.

My brunch there two weeks ago was especially enjoyable because my companion was my dear friend Doris, always inspiring with her passion about wanting to fix whatever she finds broken when it comes to the needs of her fellow seniors. Doris wasted no time letting me know what was on her mind. She started right in after we had ordered our meals. “My good friend Leo is in a terrible predicament,” she began, “and it is because of a serious gap in services by our healthcare system here in BC.”

“Please tell me more,” I urged.

“Leo is now 91 years old,” Doris continued. “He is living on his own in a modest apartment, one he has called home for the past 20 years, ever since his wife died. His two adult children live somewhere in Ontario, and they each visit Leo about once a year, but otherwise he is on his own. He has always appeared quite content with his lot, and until recently he has managed to live happily and independently on his own. But when I went to visit him a week ago, it was

apparent to me that he was losing his ability to cope without any help.

Once he succeeds in getting up and dressed in the morning, he can manage quite well. He walks, slowly, to a grocery store nearby to buy food, and he can heat up a pre-cooked meal and wash up, but the first step in this day, getting out of

BC has among the most unaffordable user fee regimes in the country. ”

bed, is now a real struggle. He has lost strength in his upper body, and is having a hard time...” here Doris demonstrated her point with her arms on the seat of her chair, “lifting himself into an upright position so his legs can swing sideways and touch the floor. He told me that the previous day he had taken over an hour to ‘crab-walk’ out of his bed. And he has fallen more than once. Some months ago his son, on his most recent visit, attempted to hang a sling arrangement from the ceiling above Leo’s bed to help him sit up, but it never really worked.”

“It sounds to me like Leo needs someone to come in and help him in the morning”, I offered, stating the obvious. “Either that, or a long term care facility where help is readily at hand.”

“These sound like straightforward enough options”, Doris agreed, “but here is Leo’s predicament. He lives very modestly on an income, which includes his CPP, OAS and a small pension from his former employer, of just under \$30,000 a year. This allows him to pay his rent, pay for his medications, and buy some groceries, but with nothing left over after that. Leo knows that he will soon need homecare help, and he knows he could never afford a private service, but when he looked into the public home healthcare services provided by our healthcare system, he was shocked to learn that with his income, a daily one hour home healthcare visit would cost him \$9,000 a year in user fees, an amount he cannot possibly afford. And think how many other BC seniors there must be with a similar level of income, who need some home healthcare, but cannot afford it.”

“That seems crazy. I guess long term care is the only option. Can he afford that?” I asked.

“Ironically, government funded long term care is more affordable for someone like Leo than home healthcare is, because the patient cost is a percentage of total income. But when I mentioned long term care to Leo, he became extremely agitated and shook his head back and forth, saying ‘no, no, no, I’m not ready for that’. About six months earlier his daughter, on her last trip to see her dad, had thoughtfully taken Leo to visit a number of facilities she thought might be suitable ‘one day’. Leo had not liked any of them. There was nothing actually wrong with most of them, but he knew immediately, like the vast majority of British Columbians, that he would be much, much happier at home, where everything was familiar. The thought of moving filled him with dread, he told me. He has a friend down the hallway in his building, who comes over

to Leo's two or three times a week, and they watch their favourite sports teams on TV together. 'If I had to move into long term care, I would probably never see him again,' Leo confided to me in despair."

"So what can be done for Leo and others in his position," I asked, knowing that Doris was not the type to let situations like this lie. "Leo needs free home healthcare, and it should be available in BC. It would be if he lived in Ontario, or even in conservative Alberta, of all places."

"That is all very well," I responded, "but right now BC is running a huge deficit, and it has a lot of debt. There is political pressure on the government to cut costs in order to balance the books someday soon. Why would the health ministry ever agree to the extra burden of funding free home healthcare?"

"A very good question," said Doris with a smile. "And I have an answer. After leaving Leo to continue managing on his own, I went home and did some research on the internet. I came across an important analysis of healthcare costs reported on by the province's recently retired Seniors Advocate, Isobel Mackenzie. It turns out that it costs the public healthcare system — that is, us, the taxpayers — much more to provide a long term care bed than it costs to provide one, two or three hours a day of homecare, even with no user fees. This makes sense when you think about it. Long term care facilities must be built, equipped, staffed, supplied and maintained, all at great cost compared to providing the Leos of this province one or two hours of daily home healthcare. The research strongly suggests that more than 2,000 BC seniors are living in long term care beds only because they cannot avoid the user fees for homecare. What is less expensive for the taxpayer is more expensive for the person

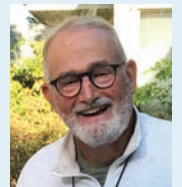
needing care. It is crazy-making to think about. If the estimated 2,000 seniors were able to stay at home and receive free home healthcare, it would save the healthcare system tens of millions of dollars every year. And as the number of seniors in the province is increasing faster than any other age group, the potential for cost savings will just keep growing."

"And free home healthcare would ease the long term care bed waiting times for those who really cannot manage at home," I suggested. "Free publicly funded home healthcare sounds like a win-win strategy to me. Why aren't healthcare officials, or our elected politicians, implementing this?"

"The simple answer is that they don't seem to read, let alone act on, the excellent research on this and other seniors issues published by the Seniors Advocate," Doris responded. "And more generally, seniors' issues seem to be low on most politicians' list of priorities. It is our

job as voting seniors to change this by making this an important issue with as much noise as we can. For my part, that visit to poor Leo has spurred me to take action. I have made an appointment with my newly elected rookie MLA. I will bring her a highlighted copy of the Seniors' Advocate's report on home healthcare, point out that BC has among the most unaffordable user fee regimes in the country, and I will demand that she pursue this with the Health Ministry and in the legislature. And I am contacting all my friends involved with seniors' organizations and urging them to do the same. Who knows, if we all take action like this, maybe free home healthcare can be adopted in time to help Leo."

Tony DuMoulin
is a JSA Board
Member and Chair
of its Governance
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BUYER BEWARE: BUYING PRESALE OR RESALE CONDOMINIUMS

Written by Michael Geller

Hardly a week goes by when someone does not ask for my advice on buying a condominium. Should they consider a pre-sale, or buy a new or older resale? What about a townhouse, rather than an apartment? I am a retired architect and developer, not a realtor, but I have designed and built thousands of homes, the majority of which intended for people moving out of single-family houses. So, at the risk of offending others in the real estate community, here are a few observations.

For those not yet ready to move, a presale may be worth considering. A presale condominium offers the opportunity to move into something brand new and allow the purchaser to choose finishes and options. You are

likely to enjoy a more energy efficient home and a greater likelihood of air-conditioning. There is also new home warranty protection.

However, there are cons, especially for seniors. Firstly, your new home may take years to complete, especially if in a high rise building. Furthermore, it may not be ready when promised. When buying a presale, you cannot really see what you are buying. While computer generated illustrations can help, that black dot or square in the floor plan may turn out to be a column in the wrong place. Plans and specifications often change, and your deposits will be tied up for the duration of construction. Sometimes you may have to move into your home while construction continues around you. New homes, like new cars, are

usually more expensive, especially when including GST. While presales can appreciate from the time you buy until the time you move in, this is not always the case.

The other option is to buy a resale condominium. This allows you to see what you are buying. There are no lengthy waiting periods. Older condominiums often have larger room sizes and the price per square foot is likely to be lower. There is a lower deposit requirement and typically no GST. Another advantage is you can check out the condominium 'community'. You can read the strata council minutes and talk to people living in the building or complex.

But there are cons as well. Unless you renovate, you cannot choose your colour scheme and options. There often are fewer amenities in older buildings and more maintenance and repair. There will inevitably be 'special assessments' if the reserve fund has been underfunded, and too often it is. A resale will likely have a less efficient heating system, no air-conditioning, higher maintenance bills, and little or no new home warranty.

Regardless of whether you are buying a presale or resale, there are many little things that seniors should check out. For instance, is there a lazy-susan in the kitchen corner cabinet? If not, I usually tell people not to buy. If the developer scrimped there, where else did he scrimp? Are there drawers in lower kitchen cabinets? Drawers are more expensive to build, but much more accessible than cupboards. Is there a full height pantry with pull-out drawers? There should be, especially in a more expensive home. Where is the microwave? Increasingly, designers put it below the counter where it is inaccessible.



While not restricted to seniors, Geller's Elm Park Place in Kerrisdale incorporated many features that would appeal to seniors. The project was marketed as apartments for people not yet ready for an apartment. (Credit: Geller)

Bathroom design is extremely important. A key consideration is whether there is a walk-in shower or just a bathtub. Support bars can be essential. Unfortunately, few new homes have plywood backing for support bars. They can easily be installed in wood frame buildings, but it is more difficult in concrete buildings with steel studs. Newer toilets; while lever handles are preferable to knobs, they too can be easily switched. It is important to check whether there is a medicine cabinet in the bathroom and sufficient drawers in the vanities? Sadly, too many new apartments often have neither.

Fortunately, forthcoming changes to the building code will make new housing much more accessible for seniors. Are there light fixtures in the bedroom ceilings? Often there are not. If there are, is there a light switch by the bed? Similarly, are there lights in or near the closets? After all, you need to see what you are going to wear.

When downsizing from a house to a townhouse or apartment, the lack of closet or storage space can be challenging. Most new apartments do not have linen or broom closets, something we find in a house. Sometimes, there is not even a decent entry coat closet since it is combined with the stacked washer/dryer.

Too often, people do not pay attention to what kind of heating and cooling a new home might have. Electric baseboard heating is the cheapest for the builder, but not very desirable. In floor radiant offers more flexibility in furniture arrangement. Recently, a few buildings, like those in the Olympic Village, have in ceiling radiant heat.

Air conditioning is becoming increasingly common and necessary.



The Lanesborough in Kerrisdale, developed by Polygon Homes, is a seniors-restricted complex with design features appealing to older people (Credit: Geller).

New homes often have an electric heat pump that provides both efficient heating and cooling. But this is rarely available in older buildings.

Regardless of whether the building is old or new, you should check whether there is enough natural ventilation. How do the windows open? Are the upper latches accessible? If there is no air conditioning, are there any ceiling fans? They can help, especially in hot summers. If you are considering an apartment, are there enough elevators? Is the intercom system owned or rented? Increasingly, essential equipment including elevators, is leased, not owned by the building.

One of the big challenges moving from a house to an apartment is reduced outdoor space. It is therefore important to check the patio or balcony design and dimensions. Ideally, balconies should be at least six feet deep to accommodate furniture.

When buying an older condominium, a most important consideration is whether a 'depreciation report' has been prepared describing the building condition and

estimated cost to repair? If it is an older building and there is no depreciation report, I usually recommend not to buy.

For more reasoned and practical advice on buying or living in a condominium check out the Condominium Homeowners Association. <https://choa.bc.ca/about-choa/>. It is a consumer based non-profit association that promotes the understanding of strata property living and ownership.

If you are not yet ready for an apartment or townhouse, in a future article I will explore how to make an existing home more suitable for aging in place. However, in the meantime, I hope this article alerts you to the myriad of things to consider when downsizing.



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BECOMING AN ELDER

Written by Dr. Carole Christopher
founder/leader of the SPEC Elders Circle

We are stuck in an adolescent phase of our human evolutionary process and over-rely on power/control and violence to deal with problems. Our disconnection and exploitation of nature is driving many species to extinction and if we don't learn how to turn this around, it could drive us there too. We feel the pressure to mature in wisdom and recognize our place in the web of life.

Historically we turn to elders for wisdom and mature judgement. Elders have emotional resources and life experience, and they often have time and motivation to cultivate additional qualities that can help transform our collective future.

Some of the major ingredients of this transformation include:

- Understanding ourselves better which involves **self-reflection**
- Connecting in love with younger/future generations which involves **caring/compassion**
- Expanding our sense of belonging to 'all our relations' which involves being **Pro-social**
- Being open-minded which involves **embracing uncertainty/curiosity**
- Being committed to our values which involves being **decisive**

- Overcoming the negativity bias which involves **self-regulation**
- Creating a **spiritual** bond with nature

This compilation of wisdom characteristics has come down through the ages but it's also reinforced with research from different fields of study with a remarkable degree of convergence. There's a lot of agreement that these are the qualities of wisdom — the states of mind — that we need in this time.

Historically we
turn to elders
for wisdom and
mature judgement.

The process of maturing can be gradual over a lifetime, but it can also happen in life-changing moments that further unfold over time. Both processes give us insight into life lessons and help us evolve a more mature perspective. We learn that we can change, we can reframe our circumstances, we are not our achievements or accumulations, meaning/purpose is not a concept but a felt sense, and we have untapped depths of love and caring. No matter how confused or distorted our view of life,



we can undertake a journey of healing and uncover beauty and goodness.

When I was in my mid-60s, Rick and I were walking one evening near the beach and we ran into friends. And as we talked about travel, wine, books, and films, the thought occurred to me that we never talk about the legacy we're leaving behind for coming generations. The circumstances that created a warming climate are not all our fault. They've been brewing at least since the 1800s when we started burning large quantities of fossil fuels. But it's now clear that we're driving other species to extinction and unless we turn this around it could happen to us.

I started asking friends if they ever thought about being an elder? 90% said they liked the idea but they had no wisdom to share.

In 2015 we started the Society Promoting Environmental Conservation (SPEC) Elders Circle with the conviction that cultivating the qualities of mature wisdom would be rewarding for Elders. It would enhance our effectiveness, better protect our health and well-being, and offer a more wholesome response to the fear, hatred,

I'M DEFERRING MY B.C. PROPERTY TAX. WILL YOU?

Written by Dan Levitt

For house rich and cash poor seniors, property tax deferral remains an effective way for seniors to age in place in their homes, close to family and friends. The provincial government should expand the property tax deferral program to include seniors who live in co-operative housing. These changes would make life more affordable for seniors.

I just turned 55, own a house with the mortgage almost paid off, and recently completed some overdue and costly major house repairs that we had delayed, like replacing the leaky roof that caused damage to the ceilings. We decided it was also time to replace the exterior wood trim because of dry rot, including the stairs to the back door, and to paint the outside and inside of the house — our home maintenance list so far. These expenses depleted much of our family's rainy-day savings account, but what if we didn't have those savings? How could we have afforded to maintain the house? These were not improvements, just maintenance work to ensure the home was livable.

According to the 2021 Canadian Census, 80 per cent of B.C.'s one million seniors own a home. One program that can help seniors keep more of their income is the provincial government's Property Tax Deferral Program, which allows eligible homeowners 55 years of age and older to defer some or all of their annual property taxes. Once the deferral application is approved, the province pays the taxes to the local government on behalf of

the applicant. The deferred taxes plus interest are repaid to the province when the homeowner sells the house.

As B.C.'s Seniors Advocate, the No. 1 issue I hear from seniors is affordability due to the rising costs of living. Half of the seniors in the province live on less than minimum wage. One in four seniors only receives \$2,100 a month from the Canada Pension Plan and Old Age Security. Seniors have been hit hard by inflationary pressures and are lining up at food banks, having run out of money to buy food.

Staying connected with your local neighbourhood is one of the best ways to combat loneliness.

The average property tax bill in B.C. is \$4,700 — that's up to \$400 a month that could be going toward essentials such as medications or personal necessities. With rising property tax rates, the cost of this annual expense seems to be increasing every year. The office of the seniors advocate is encouraging the provincial government to expand the property tax deferral program to include deferrals for utilities such as water, sewage and garbage, as well as heating and electricity costs, home insurance and other unavoidable

expenses such as strata fees. Further expansion to include seniors who live in co-operative housing is also encouraged. These changes would make life more affordable for seniors.

The goal of expanding the program is to help seniors age in place in their homes, in the communities where they live, close to family and friends. This is particularly important given the challenges with transportation, especially for people who no longer drive.

Staying connected with your local neighbourhood is one of the best ways to combat loneliness and social isolation. For house rich and cash poor seniors, property tax deferral remains an effective way for seniors to free up some of their income to pay for the increasing cost of living. It does not solve the living expense challenge of all low income seniors, and is not enough for some, but it can be a part of what is needed to help seniors cover the costs of daily living.

The program offers cost relief to homeowners and is designed to be cost neutral to government. The challenge is the lack of uptake from seniors for whom it would be most beneficial. Increasing awareness of the program is key to helping seniors take advantage of these benefits to help make life more affordable and I encourage seniors who are struggling financially and who are eligible to apply.



Dan Levitt is B.C.'s Seniors Advocate. Prior to his appointment, Dan held leadership positions in senior-living and long-term care homes in the Lower Mainland for more than ten years where he helped shape a dementia-friendly future for seniors.

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