

SENIOR LINE

The background of the cover is a colorful, abstract painting. It depicts a landscape with a river in the foreground, trees, and buildings. The colors are bold and expressive, with a mix of blues, greens, yellows, and purples. The style is reminiscent of modernist or expressionist art.

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF BRITISH COLUMBIA

VOLUME 32(1) - SUMMER 2025

OUTREACH & EDUCATION | ADVOCACY | COMMUNITY SUPPORT SERVICES

A Tribute To Seniors



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

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

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



Jewish Seniors Alliance of British Columbia

800 East Broadway, Vancouver, BC V5T 1Y1
 Office: 604.732.1555
 Community Support Services : 604.267.1555
 office@jsalliance.org | www.jsalliance.org
 Charitable Registration: #88362 1401 RR0001

THE TEAM

EDITOR-IN-CHIEF

Dolores Luber

EDITORIAL COMMITTEE

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

CONTRIBUTORS

Dolores Luber, Tema (Tammi) Belfer, Jeff Moss, Shanie Levin, Larry Shapiro, Grace Hann, Charles Leibovitch, Kenneth Levitt, Miguel Mendez, Adam Chaki, Efraim Halfon, Michael Geller, Rita Roling, Cecilia Martell, Heather Keller, Janet Nicol, Carol Baird-Krul

LAYOUT, DESIGN & PRODUCTION

Jennifer Propp and Dolores Luber
 Thanks to all contributors...and editorial team
 Thanks to Copytek Printers, Sarj and Bal

DISTRIBUTION

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

ADVERTISERS

Gary & Linda Cohen – *inside front cover*
 The Weinberg Residence – *page 32*
 Free Vancouver Community Pocketbook – *page 32*
 ZLC Financial – *page 33*
 Adam Brosgall: Lawyer & Notary Public – *page 35*
 Allan Seltzer: Reverse Mortgage Specialist – *page 37*
 Terraces on Seventh – *page 38*
 Tikva Housing Society – *inside back cover*
 Nightingale Medical Supplies – *inside back cover*

TABLE OF CONTENTS VOLUME 32(1) - SUMMER 2025

COVER ART: Yehouda Chaki, *October Light 1305* (detail), 2013
 Oil on Canvas, 80"x 120" (see page 14-16).

2, 4	EDITOR'S MESSAGE
3-4	JSA CHAIR'S MESSAGE
5	LETTERS TO THE EDITOR
6-7	EXECUTIVE DIRECTOR'S MESSAGE
	THE BULLETIN BOARD
7	Prescriptions Beyond the Pharmacy
8, 11	REVIEW: Jewish Seniors Alliance Winter Symposium
9	REVIEW: Jewish Seniors Alliance Spring Forum
	JSA COMMUNITY SUPPORT SERVICES
10-11	Volunteer Profiles
12-13	TIME TO UPDATE THE CANADA HEALTH ACT
13	A CELEBRATION OF CONNECTION
14-16	PORTRAIT OF AN ARTIST: Yehouda Chaki
17	PROFILE OF A DIRECTOR: Jodi Foster
18-19	SENIORS AT THE MOVIES
20-21	IN THE SPOTLIGHT: Television Series and Docuseries
22-23	LOST IN TRANSLATION: What's in a Name?
23	CROSSWORD
	CENTERPIECE
24-25	Jewish Seniors Alliance of British Columbia
26-29	JEWS, GLASS AND WORLDWIDE TRADE IN VENICE
30-32	AGING IN PLACE IN A SAFE HOME
34-35	GETTING A GOOD NIGHT'S SLEEP: HOW AND WHY
	HEALTH AND WELLNESS
36-37	Prepared Meal Delivery Kits
39	LOVING MY RE-VISION
40-41	CURL UP WITH A GOOD BOOK
42	FEATURE BOOK REVIEW
43	GUEST BOOK REVIEW
44	CARTOON CAPTION CONTEST
45	HUMOUR!
46-48	MY FAVOURITE MOVIES

WITH GRATEFUL THANKS TO OUR SPONSORS



The Phyllis and Irving Snider Foundation and the Al Roadburg Foundation

VOLUNTEER

Helping older adults live with dignity and support.

The Jewish Seniors Alliance Community Support Services Program offers a variety of volunteer opportunities including Senior Peer Support, and Friendly Visitor/Friendly Phone Calls.

You can make a difference!

All training is Free!
 JSA is an inclusive organization

604.267.1555
 charles.leibovitch@jsalliance.org
 www.jsalliance.org



EDITOR'S MESSAGE

ACCEPTING MY VULNERABILITY: I AM A BIONIC WOMAN!

Written by Dolores Luber

The procedure is non-invasive, with sedation, not full-anesthesia. They punctured two holes in the groin and threaded a new, artificial hand-made aortic valve through a vein into my heart, opening it within the damaged valve. I entered the hospital at 7am on a Thursday morning and left at 9:15am on Friday morning — without pain.

The process of diagnosis can be life-enhancing and even life-saving.

Why am I telling you this story — because I want you to become aware of your body, its symptoms and functions; you can, with the help of your doctor, diagnose serious illness in a timely fashion and even prevent fatal heart attacks and cancer. The process of diagnosis is long, frustrating and tedious but the results can be life-enhancing and even life-saving.

THE FORGOTTEN EXPULSION: JEWS EXPELLED FROM ARAB LANDS

I am discussing the documentary *The Forgotten Expulsion: Jews Expelled*

From Arab Lands here rather than in my TV Series and Documentary column because the topic has received too little attention in the past — this is a follow-up to Efraim Halfon's article, *The History and Culture of Jews in Libya*, which appeared in the Winter 2025 issue of *Senior Line* magazine. Watch the video on Vision TV. The text and images are informative and unforgettable. They will further inform you of this thriving Jewish population and the trauma they experienced. (<https://www.visiontv.ca/videos/forgotten-expulsion-jews-arab-lands/>).

Efraim continues to enlighten us in this Summer magazine with his article *Jews, Glass, and Worldwide Trade in Venice*. This is the fascinating story of his grandfather and great-grandfather in Venice, Italy, from the mid-1850s to the end of the First World War in 1918.

CONGRATULATIONS TO MARIE DODUCK ON HER MEMOIR: A CHILDHOOD UNSPOKEN

Governor General of Canada, Mary Simon, recently appointed Marie Doduck to the Order of Canada, one of the country's highest honours, for her community leadership in Holocaust education and activism. She is a Holocaust survivor and her memoir *A Childhood Unspoken* published in 2023,

Continued on page 4...

FINDING ACCEPTANCE AND PURPOSE

Written by Tema (Tammi) Belfer

Tolerance is a word that acts as a trigger for me. Thank you, Larry Shapiro, for starting my thought process. Do we truly want people to tolerate us? Or would acceptance be more meaningful?

As an individual — a woman, a senior, and a Jewish person — I crave acceptance. Do you see me as a contributing member of society, or do you only see me as a senior — walking a little slower, thinking more deliberately than a 30-year-old, yet still fully capable of fulfilling a valuable role in our community?

At JSABC (Jewish Seniors Alliance of British Columbia), we are dedicated to fighting for what is right for seniors. We work to support both the isolated and lonely senior, as well as the healthy senior — helping them stay connected, stay relevant. Yet, too often, seniors are overlooked — in boardrooms, in politics, and even within their own family structure when they begin to slow down. When children lovingly say, "Please slow down, you're getting old, you know," they mean well, but they misunderstand the impact of those words.

Over time, our confidence is chipped away. What we want — what we need — is respect when earned, acceptance as thinking human beings, and connection to the broader community.

At JSABC, we are fortunate to have attracted incredible talent to our Board of Directors, and today I want to

highlight Marie Doduck. She is not only a long-standing board member but also a mentor, a leader, and a devoted community supporter in every sense.

I dedicate this letter to Mariette Doduck — as well as Marie Doduck — in recognition of all she has done and continues to do.



Marie Doduck

My Dear Marie (Mariette),

Recently, I had the profound privilege of hearing you speak at a Kehila event at Beth Tikvah. Pat Johnson's interview was conducted with such warmth, kindness, and deep respect, and you responded by speaking openly from your heart. It was an honor to witness your courage in sharing your experiences as a young child during the Holocaust.

You spoke about survival — how Mariette learned to make quick decisions in the face of unimaginable horrors. You described the selfless acts of non-Jewish individuals who risked everything to hide and protect you. But you also revealed the



JSA CHAIR'S MESSAGE

painful lesson you had to learn: to stay silent. That silence, meant to keep you safe, prevented you from expressing the natural instinct of a child to cry out in fear or grief. And yet, it followed you long after the war ended — until one of your daughters asked you about your past, finally giving you the space to speak.

I was deeply moved by your story and the strength it took to shape your own future when you arrived in Canada in 1947. Unlike many survivors who sought comfort in familiar circles, you made the courageous decision to step beyond them. Rather than immersing yourself solely in the company of fellow French-speaking survivors, you embraced the challenge of becoming Canadian and forging a new life.

As I listened, I found myself reflecting on my own family's history — from being born in a displaced person's camp, Bergen Belsen to my mom who never spoke of her parents, her sisters, or her twin brothers, all of whom were lost in the war. My dad retained his good humour in waking hours but never slept through the night due to nightmares. Their world was built around the few who survived with them: my aunts and uncles, speaking Yiddish, working tirelessly, and carrying a past they rarely voiced. For so long, I never understood their silence, but hearing you speak gave

me the ability to see their trauma with adult eyes — to appreciate the weight they carried and the choices they made in their own way to endure.

Your humility and grace are remarkable, even as you downplay the incredible recognition of receiving the **Order of Canada in 2024**. The Jewish Seniors Alliance is honored to call you family, and I can say with certainty — there is no one more deserving of this distinction than you.

Thank you, Marie, for helping me recognize both sides of myself. Thank you for giving voice to history and reminding me of the legacy we carry forward.

With deep appreciation and affection,

Tema (Tammi) Brener Belfer
JSA Chair

FROM A REVIEW ABOUT MARIE...

Marie Doduck has achieved remarkable milestones in Canada, showcasing resilience and leadership. Here are some of her notable accomplishments:

- **Holocaust Education:** Marie is a co-founder of the Vancouver Holocaust Education Centre, where she actively promotes awareness and education about the Holocaust.
- **Community Leadership:** She has been a trailblazer in Jewish organizations, breaking barriers as one of the first women to hold leadership roles.
- **Advocacy for Children's Rights:** Marie has been a passionate advocate for children's rights, drawing from her own experiences as a war orphan.

• **Order of Canada:** In 2024, she was honored with the Order of Canada for her contributions to Holocaust education and community leadership.

• **Memoir Author:** Her memoir, *A Childhood Unspoken*, shares her story of survival and rebuilding her life in Canada.

Marie's journey is a testament to her strength and dedication to making a positive impact.

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.

ACCEPTING MY VULNERABILITY

...Continued from Page 2.

relates the harrowing experiences working for the Resistance and her survival as an orphan and as a newly-arrived Canadian. Her book is widely read and is in its second printing. Mary Simon said of Marie "Thank you for your perseverance, fearless leadership and visionary spirit and welcome to the Order of Canada." *Mazel Tov!*

This edition of *Senior Line* is featuring an article on sleep; to be more precise how to get a good night's sleep, written by Rita Roling. Michael Geller will inform you how you can retrofit your home to accommodate the various

challengers that develop as you age. Heather Keller, our guest nutritionist, will enlighten you on the pros and cons of buying frozen prepared meals. Read and be delighted by the book review of *People of the Book* by guest writer Carol Baird-Krul. Ken Levitt has written a much needed article on The Canada Health Act, and a review of his favourite movies. Adam Chaki pays tribute to his father, the painter Yehudah Chaki — the images of nature are brilliant and his works on the Holocaust riveting and true. Thank you all for your diligence and creativity.

Enjoy the magazine and please support our devoted advertisers by

frequenter their places of business and using their service. Give generously to Jewish Seniors Alliance of British Columbia so that we can continue to support frail and isolated seniors with companionship and services. With our advocacy we are making a difference in the services provided to seniors.

Dolores Luber
Editor-in-chief

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 am a member of the British Columbia Retired Teachers Association's Wellness Committee, as well as, the Wellness Chair of the Nanaimo Ladysmith BCRTA branch. I read, with interest as I always do, the JSA's *Senior Line*. This time I was obviously particularly interested in the article, written by Shlomit Rotenberg, about the value of leisure activities and I am hoping you could ask her permission for me to use/quote her information in an article I hope to write for the *BCRTA Postscript Magazine*, as well as, quoting her in a mailout to my local branch?

I absolutely 'love' your magazine, which I received because of my husband's membership from his time living in Vancouver. I find *Senior Line* informative, thought provoking and just plain interesting...thank you.

Carol Baird-Krul

I haven't received the magazine by mail yet — but was able to pick up a copy at Solly's cafe last week. The publication looks beautiful from the cover art to many varied and interesting stories and reviews. Also I liked the updated announcement about the JSA — with its expanded mandate to cover BC — and the good words about *Senior Line* magazine included.

Meanwhile I'll keep my eye out for a future book review and article ideas.

Janet Nicol

I'm enjoying reading the *Senior Line* especially your reviews of TV series and documentaries. Some I've seen or read the book. Wondering if you thought of putting how to watch them: Netflix or Max or Amazon Prime, etc., or if it's different sources in Canada.

I watched *Nobody Wants This* on Netflix. I think it is sad — I really liked it. *All the Light We Cannot See* was a great book as was *The Tattooist of Auschwitz*.

Heidi

Editor's note: Heidi, you are not the only one who has made this request. Therefore, you will find the streaming source of all movies, TV series and documentaries at the end of the review. Thank you for the feedback. (Heidi is my daughter-in-law who lives in Oregon, USA)

Thank you so much for dropping off a copy of the Winter *Senior Line* magazine. I am enjoying it — every page. The articles are interesting and there is so much to read and appreciate. I will be sending in my donation to help in your wonderful programs to aid and advocate for seniors.

Valerie Kielty

Editor's note: Valerie is my neighbour here in Burlington, ON.

Thank you so much for sending me the magazine. I am enjoying reading it, especially Efraim's piece on Libya.

Judy Schwartz

The magazine is beautiful and I want to thank you and your group for including me in it. The colours came out great.

Thanks and best wishes,

Sidi Schaffer

JSA WELCOMES NEW SUPPORTERS

Sam Asmoucha	Steve Hertzman	Reisa Schwartzman
Alla Braoun	Larry Izen	Ilana Shapira
Ruth Buckwold	Gail James	Ruth Singer
Rob Dainow	Nomi Kaplan	Boris Sobolev
Mel & Geri Davis	Morley Levitt	Wendy Stuart
Joy Fai	Ben Levinson	Aron Tischler
Barbara & David Feldstein	Connie Permack	Annette Wasel
Michael Fugman	Rosane Richman	Malcolm Weinstein
Valerie Gruson	Yvonne Rosenberg	Annette Whitehead
	Jack Rozen	Nina Zherlitsyna



E.D.'S MESSAGE

LEADERSHIP AND ADVOCACY AT WORK

Written by Jeff Moss

and our community partners — know the real, measurable impact of our work. We have a responsibility to our funders, including government agencies, foundations, and individual donors, to steward their contributions thoughtfully and transparently. But we also owe it to our clients, volunteers, and the wider public to share the stories, data, and results that show just how transformative our services can be.

Aging is a “journey that brings change.”

Take, for instance, our Community Support Services program. Through the dedication of over 120 trained volunteers, we provide compassionate in-home support to more than 138 clients — delivering over 500 personalized visits each month. That’s more than 6,000 meaningful in-person connections every year!

Hardly anyone knows this! The reach and depth of this program is incredible: our volunteers aren’t just dropping by — they’re forming bonds, sharing stories, easing burdens, and helping to reduce the loneliness and isolation that so many seniors experience. Each visit is a step toward improving mental well-being and preserving dignity in aging.

Sometimes, those who once volunteered with us become recipients of our care themselves. Aging is a journey that brings change, and not everyone has the family or community support network to navigate it comfortably. This is where JSABC shines. Our services are free, and our volunteers bring not just their time, but their full presence, empathy, and training into every home they enter.

We often partner with families and healthcare professionals to help sustain seniors in their homes longer, enabling them to remain independent and engaged in their own communities. This is no small thing. At a time when public systems are stretched and seniors’ needs are becoming more complex, programs like ours fill essential gaps — with heart and humanity at the core.

As we look ahead, we recognize that our work is only just beginning. Canada’s senior population is projected to grow significantly over the next 14 years. That means more individuals in need of support, connection, and advocacy. At JSABC, we’re rising to that challenge.

Our commitment extends beyond one program. We’re expanding our Advocacy efforts, enhancing our Outreach initiatives, and continuing to grow *Senior Line Magazine*, a publication that has become a vital forum for education, community building, and empowerment.

Crucially, our Volunteer Training Program is also growing — and gaining meaningful community recognition.

With support from our funders, we’ve developed a robust curriculum that trains volunteers to be engaged, aware, resourceful, and responsive. Thanks to the extraordinary work of our trainers, Grace Hann and Miguel Mendez, this model is now being adopted by other organizations across the province. Using JSABC-developed materials and methods, their volunteers are achieving stronger outcomes and creating more meaningful relationships with the seniors they serve. We are training other organizations’ volunteers in the highest standard of care out there.

That ripple effect — the idea that our work not only impacts those we

directly serve but also shapes how other organizations approach care and support — is both humbling and energizing.

Our motto at JSABC is “Seniors Stronger Together”. It’s more than a slogan — it’s a belief system. It’s a promise. And it’s the reason our staff, volunteers, and community partners show up every day ready to listen, support, and connect. The road ahead is full of opportunity, and we are determined to make the most of it. So, if you hear us talking more about what we do, it’s not just self-promotion — it’s visibility with purpose. It’s about making sure that every “tree” that falls — every moment of care, every

act of kindness, every breakthrough in someone’s mental health — is heard. It’s felt. It’s known. And when that happens, it becomes something even greater: a movement.

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.

THE BULLETIN BOARD

COMMUNITY MEETINGS, CONFERENCES AND WEBINARS CONCERNING SENIORS' ISSUES

Written by Shanie Levin

PRESCRIPTIONS BEYOND THE PHARMACY

The presentation, *All Together ECHO – Prescriptions Beyond the Pharmacy: The Social Prescribing Approach to Wellbeing*, took place on Zoom. The guest speaker was **Simon Anderson**, who is research coordinator for the **B.C. Centre for Palliative Care**.

How does social connectedness impact our health through the social prescription method? During the last year of life, due to a serious illness, help is 95% through community and 5% through the medical setting. Community can provide companionship, networking and services for everyday tasks. For those

with palliative care needs, reducing isolation also makes care easier for caregivers. Isolation can lead to a greater risk to cardiovascular health. Social prescribing creates an opportunity of shifting the focus from “what’s the matter with you,” to “what matters to you”. In other words, bridging the medical health system with community. It is important to connect people to non-medical services that already exist, but are unknown to the patient or their caregivers.

Anderson listed the following four models of social prescribing:

- Signposting — giving of information
- Direct referrals to services

- A link to a worker with direct access to services
- Holistic model — a combination of the above

Some of the resources that exist include:

- The World Health Organization (WHO) tool kit
- National Health Services (NHS) for the U. K.
- Alliance for Health Communities guidebook
- Canadian Institute for Social Prescribing — online resources

The session recording can be found online on the CPC website (www.bc-cpc.ca).

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



THE FUTURE OF AGING IN BRITISH COLUMBIA

Written by Shanie Levin

On Sunday, January 12th, Jewish Seniors Alliance with co-sponsors, Kehila of Richmond and the Peretz Centre, presented the Winter Symposium titled, *The Future of Aging*. The speaker for the afternoon was **Dan Levitt**, the Seniors Advocate of British Columbia. Levitt has a long list of experience in the field of aging. He is an honorary member of JSA and has a B.A. from UBC and an M.A. in the field of Gerontology from North Texas University. Levitt is an adjunct professor at UBC and a former instructor at BCIT. He is a member of the international federation on aging and has experience as an international speaker. He has had hands-on experience as CEO of several care homes in the Lower Mainland.

Jeff Moss, Executive Director of JSA, opened the afternoon and introduced the co-sponsors, **Toby Rubin**, co-Executive Director of Kehila in Richmond and **Gyda Chud**, representing the Peretz Centre.

Tammi Belfer, the Chair of JSA, reminded everyone of our commitment to all the seniors of British Columbia, and thanked everyone for the goal of enhancing the quality of life for all seniors. Then Jeff Moss introduced Dan Levitt, who proceeded to educate the 125 attendees about the situation of seniors in

this province. Dan began his talk with an example, from his time at a seniors home in Mission. The story involves giving plants to a number of seniors on one floor of the facility and telling them that they were responsible for the plants. Plants were also given to residents on another floor, but they were told that the staff was responsible for their care. The result was that the residents that were given the responsibility had plants that grew and prospered whereas the others withered and died. Given purpose and responsibility, people will rise to the challenge.

Levitt continued with some statistics: There are presently 1.1 million seniors in B.C., and by 2036 there will be 1,600,000. The fastest growing segment of this cohort is over 85, and one in three of them will need care. Ninety-five per cent of seniors live independently. Of those over 85, 9% are in independent living situations and 13%, are in Long Term Care. Of this group, 85% are homeowners, 5% have dementia and 14% are employed.

In his travels across the province, Levitt has heard from seniors, about age discrimination in the workplace often related to the regulations of employment, such as, losing long term disability and group insurance coverage, after age 65. Many were concerned about the cost of



drivers licence renewal medical forms, which can vary from about \$80 to \$250 depending on doctors' discretion.

Levitt's office is planning a panel on transportation that will look at the present needs of seniors. Some of the concerns are the distances between bus stops and necessary increases to handy-dart services.

There are myths surrounding aging, such as that dementia is inevitable, and that memory loss is always a sign of dementia.

There are many challenges ahead: there are 8,500 people in B.C. waiting for a long term care bed. Home support, which would enable many seniors to "age in place" is very expensive in B.C. These services are free in Ontario and Alberta. There is a great need for more advocacy in this area. Support is also needed for the caregivers, so they are not lost to other jobs where they are aided. Combating ageism is very important and needs to be continually opposed and brought to light.

Some other problems include seismic upgrading needed in many care homes and friendly digital access for seniors. We need to re-imagine aging and celebrate who and how we are. The future must include help at home, with aid in reminders re medications, help with

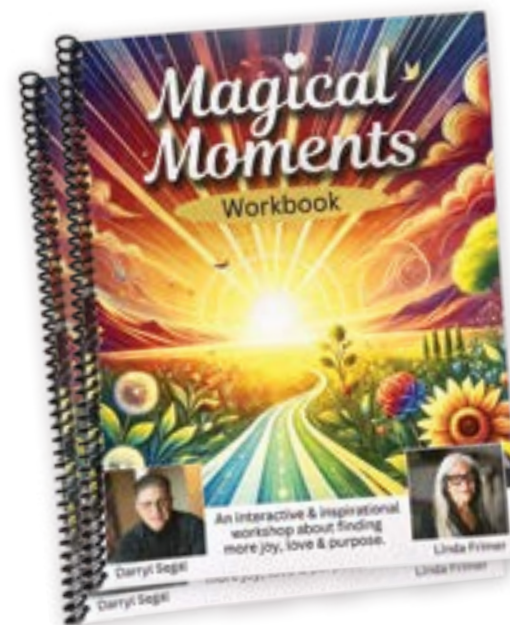
Continued on page 11...

Magical Moments

Written by Larry Shapiro

The day was Sunday, May 25th, the weather was sunny, the sky was blue, a perfect afternoon for a plethora of outdoor activities, yet more than 100 people elected to attend and participate in Jewish Senior Alliance's Annual Spring Forum aptly titled *Magical Moments*, and magical it was.

The enthusiasm of the audience as evident at every table which somehow included people from at least four generations. The welcoming greeting delivered by our freshly minted Executive Director, **Jeff Moss**, explained succinctly all that JSABC does for our community and talked about our achievements and some of our plans for the future.



There was homage paid to Yaron Lischinsky (z'l) and Sarah Milgrim (z'l), the two Israeli Embassy Workers who were shot dead in Washington, DC.

Once the audience settled down after a generous serving of *shmoozing*, it was showtime. The "show", was, as advertised, both interactive and inspirational. The audience was guided through a magical tour about finding more love, joy, and purpose by the dynamic duo of **Darryl Segal** and **Linda Frimer**. There was no evidence of resistance. After all, who amongst us doesn't aspire to more love, joy or purpose?

Needless to say, with the subject matter, professional presentation and the abundant, well put together refreshments AND the nostalgic recording *Let's Twist Again* by Chubby Checker to which a surprising number of attendees were spontaneously triggered to display their own versions of the Twist, everyone I encountered appeared more than satisfied with the event and were happy to express their feelings. A great big thanks to all our staff and volunteers and the entire *Magical Moments* Team who contributed to making this annual Spring Forum the success that it was.



Darryl Segal, Jeff Moss, and Linda Frimer



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

COMMUNITY SUPPORT SERVICES VOLUNTEER PROFILES

FRAN GOLDBERG

Interview by Grace Hann

Growing up in Toronto in the early '50s, in a traditional Jewish home, set the tone for Fran's navigation within her community. Both parents worked outside the home yet they still found time to lend their support to community and synagogue endeavours. Fran recalls that her first real volunteer engagement was in her early teens when she helped out with meals at a seniors' nursing home. Before that she helped care for her maternal grandfather who lived with the family.

As a youngster, Fran could be found babysitting (\$0.25/hour) or at a dance class. Her passion was tap. Ballet and jazz rounded out the dance experience. Fran's parents felt it was very important that their children's lives should include activities that they themselves weren't able to enjoy, including an overnight summer camp in cottage country. Fran immediately felt at peace in nature. Canoeing on the lake provided great respite.

In retrospect, Fran talks positively about not fitting the "Mould" and at times pushing the envelope. This strong character boded very well as she became an adult and had to navigate career choices. Fran's first decision was to enter York University as a dance major. Her thought was to become a dance therapist. She did not feel comfortable at York or the faculty and so transferred to McMaster University in Hamilton where she spent the next three years earning her honours degree in Sociology. Her thesis was on

Voluntary Childlessness. Determined not to go with the flow, Fran raised awareness that people have a choice in how they want their lives to play out.

For her master's thesis in Criminology at the University of Toronto, Fran researched the concept of *Crime Prevention through Environmental Design (CPTED)*. Her findings were incorporated into a newly built housing project in downtown Toronto.

Never to stand still, the next big decision was to move to Vancouver. She fell in love with the city while visiting over the summer. Her first job in Vancouver was to use her skills to design a security system for the city's new automated transit system. When the province changed their mind about the need for safety, Fran pivoted projects. It was 1978 — *The Year of The Disabled*. She was responsible for the overall conceptual design and implementation of a province-wide custom transit system for those unable to use public transit. HandyDart (originally HandyDART) was born. What an achievement!

After a four month period of skiing and having fun in Whistler, it was time to buckle down again. Fran decided that what she really wanted to do was advise and coach individuals in making well reasoned financial decisions. To equip herself with the tools to do this, she spent three years earning the coveted Registered Financial Planners (R.F.P.) designation. Fran opened her own practise in 1992 and never looked back. Being self-employed was important to her as she could stay true to her high

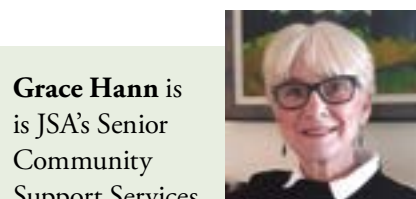


morals and values. It was a wonderful period of her life.

Upon retirement Fran knew that life doesn't come to a halt! Volunteering became an even bigger part of the picture along with recreation and self-care, time to smell the roses. Serge Haber (z'l) nudged Fran for years to join the Jewish Seniors Alliance. She finally relented and became a part of the Community Support Services. Helping another senior fit into and adjust to living in a new city has been very gratifying. Fran watched the senior she was supporting transform into a much more positive life and helped her make meaningful connections in her new community.

I want the community — both present and future — to look very different from the past. Change requires action and action requires involvement.

(Quote by Fran Goldberg appeared in the *Federation Magazine* Elul 5752-Tishrei 5753, 1992, p. 12.)



Grace Hann is JSA's Senior Community Support Services volunteer trainer. She has been training volunteers and supporting seniors for over 20 years.

THERESA DACYSHYN

Interview by Charles Leibovitch

Theresa Dacyshyn was born in Edmonton, Alberta, and was raised to have strong and loving attachments to her family, and in particular, her grandparents. She recalls most of her childhood summers spending time with the grandparents on their farm playing and taking care of the farm animals, horses, cows and chickens and learned early in life the importance of connection with nature and all living things. Theresa felt valued and loved by her grandparents and family.

Theresa also learned the value and importance of work and social roles as a child. This value led Theresa to become a successful corporate director in healthcare services and helped form Theresa's interest in helping various communities. Theresa is a third generation Albertan and at some point in her adult life, in 2021, she made a decision to try to live in another city and left her friends and family to live in Vancouver. She soon became aware that she didn't have any social support

(childhood friends and family members) so she initially joined Meetups.com to meet new people and expand her social network.

At some point she felt that she wanted to connect and volunteer with older adults as she missed having that connection, having been close to both her grandparents as a child and to her parents who are now in their eighties. Theresa shared that her life experiences with all seniors has been very positive.

In 2023 Theresa contacted Jewish Seniors Alliance Community Support Services and applied to become a friendly visitor volunteer. She took the training course with Grace Hann and Miguel Mendez. The training was a very positive and profound experience that touched her heart, brain and spirit. She found the training and later on the volunteer visits with a senior so rewarding. She relates that she learned a great deal about senior's issues. She also greatly valued taking the friendly visiting training with other new volunteers, several who had different cultural experiences and learned as well from each one of them and their personal life experiences.



Most of all Theresa learned that unless you are yourself a senior you will never truly completely understand what a senior goes through but Theresa is learning every day. She continues to volunteer with a senior from Jewish Seniors Alliance.

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 FUTURE OF AGING

...Continued from Page 8.

technology. We need age friendly and dementia friendly places. An example is the city of Brugge, in Belgium where they have instituted both for seniors in their community.

The path forward needs to include seniors' mobility, not being static and connecting with community; more training for staff, in both home care and long term care.

Recommendations from Dan and the Office of the Seniors Advocate:

1. Improve SAFER (a rental help program for seniors — rates inadequate)
2. Free home support
3. Fund such shots as shingles, RSV (respiratory syncytial virus), and enhanced flu shots.
4. Help develop cross ministry

synergy for seniors issues so that they work together.

Gyda Chud led a Q And A session, and there were many questions from the audience. **Ken Levitt**, Dan's father, who is a long-time board member of JSA, said a few words of appreciation. **Larry Shapiro**, Past Chair, presented Dan with a gift and Jeff Moss thanked Dan and everyone for coming. This was followed by coffee, tea and goodies. The audience lingered and talked with the speaker before leaving with more knowledge and confidence than when they arrived!

TIME TO UPDATE THE CANADA HEALTH ACT

Written by Kenneth Levitt

The British North America Act of 1867 established the Dominion of Canada. One of the critical discussions at the time was the division of responsibilities between Ottawa and the provinces. Healthcare became the domain of the provinces.

As Canada expanded in terms of the number of provinces and population, so did the cost of providing healthcare. Ottawa financially supported the provinces' healthcare on a cost-sharing basis, with Ottawa providing the provinces with block funding. This was a lump sum transfer of funds to support a shared cost of the Medicare program. There was a great variation from province to province in how health care was provided. In some jurisdictions, physicians billed their patients directly, as did some hospitals. Philanthropic organizations and mutual aid organizations were developing in the rural areas. Physicians wanted more money for their services and hospitals were after more funding.

It was during the 1940s that Canada began to move towards socialized medicine. Each province developed its form of hospital insurance where citizens paid a fee to the province in return for hospital service and care. Physicians were paid a negotiated fee for service by the provincial health authority. Until this time, the healthcare systems in the USA and Canada were very similar. There was pushback to keep the system on a fee-for-service and a for-profit system. In addition, there were many commissions and reviews of how the federal and provincial governments should work

together to develop the best healthcare system for Canadians. Federal legislation was enacted to formally establish rules for the provinces to continue to receive federal funds.

In 1984 there were major changes in federal legislation that resulted in the Canada Health Act (CHA). The Act solidified the rules and regulations of what was required by the provinces to ensure they would receive transfer payments from Ottawa. It is important to discuss the primary rules set out in the Act; the Federal-Provincial controversies; and the changes that may be needed. The Act established five principles that must be adhered to, but it is the interpretation of the regulations that causes some major challenges.

PRINCIPLE 1: ACCESSIBILITY

Provinces and territories are required to provide "reasonable access" to insured health services. "Reasonable access" may not be available equally for all residents of our province. How should "reasonable access" be interpreted? For example, how can this requirement be enforced when there are over 6 million Canadians without their physician? This is particularly evident in rural B.C., where residents do not have equal access to health care as do persons in urban areas.

PRINCIPLE 2: UNIVERSALITY

This provision obligates provinces and territories to provide insured health services to all legal residents on uniform terms. This principle does not allow for innovation of how healthcare services

may be provided by the provinces and territories. It stifles the ability for freedom of choice for persons who want independence of how their health care is provided. There is a growing number of Canadians who want such options.

PRINCIPLE 3: PORTABILITY

When a person moves from one province/territory to another, they can continue with their current health care insurance for a maximum of three months. After that period, the health insurance will be assumed by the new province/territory. The purpose of this principle was to protect the most economically vulnerable when seeking health care in a new jurisdiction.

PRINCIPLE 4: COMPREHENSIVENESS

The provinces and territories' health programs MUST ensure all medically necessary services are provided by hospitals, physicians and dentists when the services must be performed in a hospital. This section currently provides provinces and territories with the freedom to choose which services are to be covered and which will not be covered. Should the provinces and territories have the freedom to define services, or should the federal government define the services to ensure there is commonality in all the provinces and territories?

PRINCIPLE 5: PUBLIC ADMINISTRATION.

The provinces and territories plans must be administered and operated on a nonprofit basis by a public authority. This provision established the single insurer structure and eliminated competition in universal health insurance. For-profit or ownership or competition with the sole insurance authority is not permitted. It has been suggested that competition leads to innovation.

COMMENTS AND RECOMMENDATIONS

1. Health Care is a RIGHT for all Canadians. It is not a Privilege.
2. There are cracks in the provision of healthcare as defined in CHA.
3. Is it time to reconsider a competing option? As noted earlier, competition breeds innovation.
4. Should provinces and territories have more independence from Ottawa in the delivery of healthcare without being penalized? Co-payment is a political rather than a legal matter.
5. More funds could be allocated to supporting healthcare by charging a user fee. How many of us would support a user fee or a tax increase?
6. Changes in how medical care is provided have been happening for the past two decades. Pharmacists and Nurse Practitioners have been delegated some of the services that were exclusively done by physicians. These services should be part of CHA and included in each province and territory's healthcare coverage.
7. Ottawa, the provinces and territories need to study other established and successful health care systems to

determine what changes are needed to improve the delivery of healthcare services. Sweden, for example, has maintained a universal health care philosophy that incorporates for-profit with not-for-profit and allows its citizens to make choices.

What do you think?



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

A CELEBRATION OF CONNECTION FRIENDLY VISITOR TRAINING GRADUATION

Written by Grace Hann and Miguel Mendez

On Wednesday, March 26, we celebrated the graduation of our latest Friendly Visitor Training Program, offered in partnership with Multicultural Helping House Society (MHHS) and funded through United Way. This marks the fourth training we've delivered together in the past 12 months, and it stood out for the vibrancy, enthusiasm, and deep sense of community that emerged among the participants.

Over the course of five Zoom sessions and one dynamic in-person gathering, participants engaged deeply, not only through lectures and discussions, but through role-playing exercises and real case scenarios that brought the training to life. These interactive moments allowed volunteers to practice empathy, active listening, and boundary-setting in a safe, supportive space.

What made this training truly special was the diversity of cultural backgrounds represented. People from all walks of life came together to learn, share, and grow. But this was not just about teaching, this was about honoring the wisdom that each participant brought with them. Every story, question, and perspective enriched the group and deepened our understanding of how best to support seniors in our communities.

At the final in-person session, participants received their certificates of completion with pride and joy. The atmosphere was filled with laughter, warmth, and meaningful conversation. We shared food, stories, and a strong sense of connection. As a touching close to the day, one of our talented volunteers played a beautiful piece on the piano, leaving us all moved and inspired.



We are now proud to say that 16 thoroughly trained individuals are ready to support seniors with compassion, awareness, and practical skills. They are equipped to help navigate the challenges older adults face, including social isolation, grief, cognitive decline, and age-related health changes. The Friendly Visitor Program is about more than just training, it's about building community, fostering empathy, and creating lasting human connections.



Miguel Mendez is a clinical psychologist with a Master's degree in Family Therapy. He is also a facilitator for JSA's Peer Support Services program.

Yehouda Chaki

PORTRAIT OF AN ARTIST

Written by Adam Chaki



The artist Yehouda Chaki (z'l) was one of Canada's most respected and successful painters and widely regarded as one of our greatest colourists. He was also my father.

Chaki arrived in Canada, a man in his twenties, falling hard for the unimaginable vastness of our forests and our sense of infinite possibility. Nothing could be more Canadian than an immigrant's love letter to his adoptive country, but viewing his work in that way tells only part of the story. Those close to him understood that the extravagant hues of the impressionistic landscapes and resplendent bouquets were a garden planted in the ashes of humanity's greatest catastrophe,

one that saw his entire extended family and his entire community wiped out. Chaki, as he was known to everyone, was born in Athens on the eve of WWII. He, his parents and brother hid and survived while 85% of the Jews in Greece did not.

Chaki's expansive *Mi Makir* project, dedicated to those lost in the Holocaust, was exhibited at several major museums. The show, a very extensive series of portraits each representing one of those who perished in the *Shoah*, referenced the daily radio broadcasts from his youth in Tel Aviv. During these brief announcements the entire country would listen silently as they were asked if anybody knew the whereabouts or the fate of a missing loved-one. *Mi Makir* means literally "who has any information?" These paintings represent one of the rare moments when he showed us the grey and black beneath the ardent red and fecund green.



Flowers with Yellow (2009) oil on canvas, 38" x 48"



Express Train from Salonika to Auschwitz, 1969, oil on canvas.
Collection of the Leonard & Bina Ellen Art Gallery, Concordia University. Inv. 969.29. Photo: Richard-Max Tremblay

Although he lived in Montreal, his connection to the west coast was one of depth and affection. An epic landscape dominated the lobby of the Bentall Building, another greeted guests at the Sutton Place Hotel for years. His work, much sought-after by collectors, appeared for years at Buschlen Mowatt and is now shown at Gallery Jones in Vancouver. It was the *Toba River Series*, however, that cemented the bond. A group of landscape paintings of the Toba River region, commissioned by Donald McInnes and Plutonic Power, the series was immortalized in an exquisite limited-edition book. Chaki was quoted as having said that the experience made him feel more Canadian than Canadians. An astute stranger's gaze will always have more insight than a lying mirror and the paintings were crafted in the unmistakable haze of Pacific Daylight Time.



Mi Makir; *A Search for the Missing*, installation, Montreal Museum of Fine Arts.

When I was a child, and later a young man, my father's paintings were an often-daunting omnipresence, not only in the studio but also when we visited people. The grander the home, the more wall space he seemed to occupy, tagging penthouses and manors as though they were so many subway cars. There are also many major public offerings including a masterful stained-glass

work at Concordia University and a series of windows at Montreal's Adath Israel Synagogue. It is described as one of the foundational elements of the congregation's identity. People would also recognize the staggering *Four Seasons* paintings that held court for decades at Montreal's iconic Place Ville Marie and work on permanent display at the National Assembly in Quebec City.



The Four Seasons, 1988, oil on canvas, 264"x132"; Royal Bank of Canada.

Odon Wagner, of the prestigious Toronto gallery that bears his name and has represented Chaki for decades, told me a few years ago that once the artist has presented his work, he has spoken. In other words it is up to the rest of us to analyze and draw lessons. Taking that into account, the messages that this work provokes can seem unlikely and surprising, especially given the inherent optimism of a bouquet of flowers or the tranquility of a wild pond. One may be warmed by the lushness of the paintings and their often vertiginous three-dimensionality, but there is also the nagging whisper of history. As we watch regional fires threaten to coalesce into global chaos we might wonder who, in the next generation, will have to desperately pull colour from the crawl space of their imagination.

Adam Chaki is a musician, songwriter and director, living in Montreal



PROFILE OF A DIRECTOR AND ACTOR: JODI FOSTER

Written by Dolores Luber

Jodi Foster, (age 63), began her professional career at the tender age of three, with a role as the Coppertone Girl in a television commercial for the iconic suntan lotion brand. She then continued as a child model and later gained recognition as a teen idol through various Disney films.

She appeared in Martin Scorsese's comedy-drama *Alice Doesn't Live Here Anymore* (1974). And then there was *Taxi Driver* (1976), directed by Scorsese. For her role as a teenage prostitute, she received a nomination for the Academy Award for Best Supporting Actress at the age of 14. During the filming Foster developed a bond with co-star Robert De Niro, who saw "serious potential" in her and dedicated time rehearsing scenes with her. She called *Taxi Driver* a life-changing experience and said it was "the first time anyone asked me to create a character that wasn't myself. It was the first time I realized that acting wasn't this hobby you just sort of did, but that

there was actually some craft." Among her early films were *Tom Sawyer*, *Bugsy Malone*, *The Little Girl Who Lives down the Lane*, *Carny* and *Foxes*.

She attended Yale University, where she majored in African-American literature, graduating in 1985. Her dream of a quiet college life was dashed in 1981, when a disturbed man named John Hinckley Jr. attempted to assassinate President Ronald Reagan and said he did it in order to impress Foster. Hinckley had become obsessed with the famous student, writing her love letters and calling her on the phone. She eventually testified during Hinckley's trial and admitted to being badly shaken by the experience.

Foster then transitioned into mature leading roles and won two Academy Awards for Best Actress for playing a rape victim in *The Accused*, and Clarice Starling in the thriller *The Silence of the Lambs* (1991). These were followed by many films, to name a few, *Anna and the King*, *Panic Room*, *Elysium*,



The Mauritanian and *Nyad* (2023). *Nyad* earned Foster her fifth Oscar nomination. In 2024, she starred in the HBO anthology series *True Detective: Night Country* for which she won a Primetime Emmy Award and Golden Globe award.

Foster made her directorial debut with *Little Man Tate* (1991) and has since directed films such as *Home for the Holidays*, *The Beaver*, and *Money Monster*. She founded her own production company, Egg Pictures, in 1992. Foster also received Primetime Emmy nominations for producing *The Baby Dance* (1998) and for directing the *Orange is the New Black* episode *Lesbian Request Denied* (2013). She has also directed episodes of *Tales from the Darkside*, *House of Cards*, the *Black Mirror* episode *Arkangel*, and *Tales from the Loop* (2020).

Foster has experienced career setbacks such as movies which failed to attract audiences and which received bad reviews and setbacks in productions. However she has made creative choices which have received respect and acknowledgement by the movie industry.



Taxi Driver



The Silence of the Lambs

SENIORS AT THE MOVIES

Written by Dolores Luber

My Smart TV with Google TV makes life so easy. I subscribe to Netflix, Amazon Prime Video and Crave. But there are many other streaming services such as Apple TV+, Paramount, etc. You can rent or buy movies at many sites. I list only one option; ask your TV “Where can I watch...” Or do a text search and you will see all the available options.



THE BRUTALIST

2024



Adrien Brody plays Lazlo Toth, a Hungarian architect and Holocaust survivor who comes to the US and begins a distinguished career under the patronage of a wealthy

man, Harrison Van Buren, played by Guy Pearce. It is about antisemitism and the capitalist adventure, about the unassimilated immigrant experience and about American can-do naiveté versus the tragic, painful depths of European culture and expertise. Toth remodels the Van Buren library, Van Buren is thrilled by the bold modernistic reimagining of the space. A grandiose project is then offered to Toth. But Toth's haughty perfectionism, and his problems with drink and drugs make the project an ordeal. This is an electrifying piece of work. It won three Academy Awards. **Available on Amazon Prime Video.**



HIT MAN

2023



This is a comedy, subtle but top-notch. Glen Powell is Gary Johnson, a teacher turned private police man. In his role as hit man, we see his character develop and grow. His job is to catch

people who want to hire him to kill someone. We can connect with his character and his many personas. The acting is great and the overall story entertaining and gripping. I loved this film — it is unpredictable and exciting. **Available on Netflix.**



UNBROKEN

2014



This is a war drama, intense and gripping, directed by Angelina Jolie. Based on the true story of Japanese war veteran/ Olympic distance runner Louis Zamperini. Jack O'Connell

plays Louis, a Japanese Kamikaze pilot who aborts his mission, and Miyavi as the callous captor Mutsihiro Watanabe in a prisoner of war camp. This is a powerful movie, 2 ½ hours long, which tells the story of survival, resilience and redemption. With disheartening and harrowing scenes, it is hard to watch. The emotions are raw, the depiction of violence brutal. Yet we experience the strength of the human spirit. Excellent in every way. **Available on Netflix.**



TRANSMITZVAH

2024



At age 13, Ruben Singman, who identifies as Trans, asks to be called to the *Torah* as a *Bat Mitzvah*. His father denies the request. Mummy (Ruben) runs away that day and returns as a

pop superstar famous for singing Yiddish and Hebrew classics. She wants to have her *Bat Mitzvah* after all! The film is about choosing your own destiny. The costumes, sets, locations and lighting are grand. It is entertaining and challenges our ideas about customs and rituals. **Available on Netflix.**



EMILIA PÉREZ

2024



The star of Jacques Audiard's showy musical about a trans Mexican drug lord, Karla Sofia Gascón, adds soul to the melodrama. Zoe Saldña also shines (she won an Academy award).

We see gory crime-scene photos, a menacing cartel boss Manitas, and a singing-and-dancing Zoe Saldña, who plays Rita, a lawyer who is hired by Manitas. She presents as a man

but identifies as a woman. Rita will help with clandestinely obtaining gender-affirming surgery and with tidying up some of the complications that come from a violent enterprise. The movie's racing tempo and rapidly detonating bombshells give the story a destabilizing momentum and mounting suspense. It is a wild ride! **Available on Netflix.**



A REAL PAIN

2024



Jesse Eisenberg directs and stars in a melancholic yet funny exploration of Jewish loss and belonging with an outstanding performance by Kieran Culkin (he won an Academy Award).

David (Eisenberg) is a fidgety, ordinary guy who, with his very complicated cousin Benji (Culkin), set off on a heritage tour of Poland. Their grandmother survived the Holocaust and they decided to visit the house where she grew up. For David and Benji, the film portrays mourning as an act of survival — it deals with an anguished generational legacy. **Available on Amazon Prime Video.**



JOY: THE BIRTH OF IVF

2024



Thomasin McKenzie plays an unheralded pioneer of in vitro fertilization, which is considered by many to be a miracle. The movie

Joy, The Birth of IVF, set in the 1960s, is a biographical treatment of Jean Purdy, one of the pioneers of the science. It is concerned with the human story behind the creation of I.V.F. The real-life Purdy, a nurse, was long unacknowledged for her work. It begins in a British medical school with Purdy intrigued by the unorthodox theories on infertility put forth by Bill Nighy as Dr. Patrick Steptoe. They are joined by Bob Edwards. This trio of pioneers begin experimenting, understanding that their approach would attract disapprobation from religious and societal factions. After 10 years of trial and error, Louise Brown was born. **Available on Netflix.**



THE FOUNDER

2016



The Founder is mesmerized by its hero, McDonald's chain founder Ray Kroc (played by Michael Keaton), but horrified by how he built his empire. By the end of the tale, he's

become a bland megalomaniac surrounded by enablers and worshipers, ruling a corporation that he built by exploiting the optimism and trust of McDonald's originators Richard and Maurice McDonald (Nick Offerman and John Carroll Lynch). The McDonald brothers were bought out at a too-low price and robbed of future royalties after accepting a handshake agreement that Kroc never honoured. Richard and Maurice McDonald are sacrificed on the altar of American entrepreneurship and greed. The film is interesting and unsettling. There is no happy ending. **Available on Amazon Prime Video.**



SUPERMAN: THE CHRISTOPHER REEVE STORY

2024



Superman: The Christopher Reeve Story is presented in a non-linear narrative alternating between before

and after Reeve's horse-riding accident, suffering a spinal cord injury that paralyzes him from the neck down. Earlier, Reeve auditions for the role of Superman as its titular hero. Director Richard Donner wants an unknown actor to play him. Reeve wins the role despite disapproval from his father and peers. *Superman: The Movie* is released in 1978 and becomes a massive success with Reeve unanimously praised, solidifying him into a movie star. After his accident, he is supported by his wife, his family and his friends. Reeve begins using his platform to advocate for disabled people and spinal cord injury research. He starts the Christopher Reeve Foundation that would open centers, lobby for several bills and advocate for stem cell research. This is an affectionate retrospective on Christopher Reeve's bravery and heroism in his personal life. **Available on Crave.**

IN THE SPOTLIGHT: TV SERIES AND DOCUSERIES

Written by Dolores Luber

ENTERTAINING TELEVISION SERIES

ONE HUNDRED YEARS OF SOLITUDE

8 Episodes ★★★★★

Based on Gabriel Garcia Marquez's classic novel (1967), the 16-part series is big, gorgeous and hugely entertaining. It begins in the middle of the 19th century, following Jose Arcadio Buendia and Ursula Iguarian to Macondo, an isolated utopia where strange things happen. Politics impinges on the haven of Macondo, bringing with it corruption, civil war and a host of opportunities to reveal hidden cowardice or courage. Take the time to go on this exquisitely filmed odyssey. Available on Netflix.



A GENTLEMAN IN MOSCOW

8 Episodes ★★★★★

I loved the book, and was thrilled with this charming period drama about a 1920s Russian aristocrat being kept in a hotel, the magnificent old Metropol Hotel, by the Bolsheviks. Ewan McGregor plays Rostov, who is an intoxicating

figure of delight. He must renounce his possessions and money and swap his suite for a cold, cramped attic room. So long as he does nothing to anger the authorities, his food and board are free, for life. But if he ever sets foot outside he is to be shot on the spot. He is aided by an inquisitive nine-year-old, Nina who knows where to find all the hotel's secret passages, and dusty locked rooms full of confiscated treasure. Enter and revel in this unusual story. Available on Amazon Prime Video.



A MAN ON THE INSIDE

8 Episodes ★★★★★

This series shines a positive light on retirement homes, that they can be happy vibrant places where all sorts of life takes place. Ted Danson plays Charles, a private investigator who hopes to solve a theft. He is "the man on the inside". This is a show that tugs on the heart-strings but gives you plenty of moments of humour, conflict, and good natured fun. Charles deals with balancing the genuine connections he forms with the people there against his role as a spy. You will enjoy this heartfelt exploration of friendship, romance and parenting in the twilight years. Available on Netflix.

NORTH OF NORTH

8 Episodes ★★★

The creators and producers have set out to capture the unique humour found everywhere in Inuit communities in a story with universal appeal. The show follows young Inuk mother Siaja when she decides to leave her self-absorbed husband, Ting. Siaja finds herself living with her seven-year old daughter at her mother Neevee's, and desperately seeking work at the local community centre ruled by Helen. Primarily shot on breathtaking location in Iqaluit's Apex neighbourhood, this series is a fresh and fun experience for the viewer. Available on CBC Gem.

THE BREAKTHROUGH

4 Episodes ★★★★★

This Swedish series follows a double murder which took place in October, 2004 in the town of Linköping, Sweden. It took 16 years to solve, thanks to the use of DNA genealogy, a technology not available 20 years ago. It starts with the stabbing of an 8-year-old boy named Adan as he was walking to school. There were years of frustration when the investigation went cold; until the discovery and use of DNA and its unique characteristics in solving crimes. Available on Netflix.

AMERICAN PRIMEVAL

6 Episodes ★★★

Warning, this Western series is a violent, bloody saga of the American Frontier. Murder, rape, mayhem and suicide fill this relentlessly brutal world. This is history, based on the Mountain Meadows Massacre, and the Mormon War that took place in 1857-1858 in what is now Utah and Wyoming. I learned so much by watching this well-acted series, based on what actually happened. Do not watch before bedtime! Available on Netflix.

DOCUSERIES YOU DO NOT WANT TO MISS

ELDORADO: EVERYTHING THE NAZIS HATE

★★★★

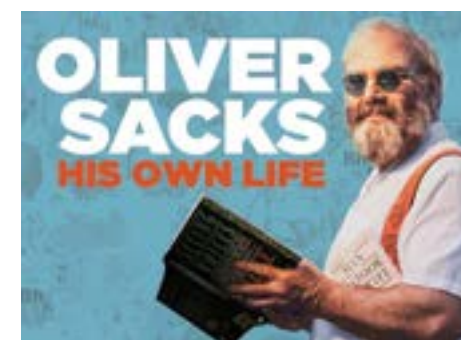
This fascinating documentary uncovers astonishing newly found or compiled archival material on German trans and gay people. It recreates the liberated lifestyles and queer excellence that thrived in Berlin's nightlife in the 1920s — a culture that was completely eradicated and nearly erased from memory by the rise of the Nazi party in the 1930s. *Eldorado* succeeds in preserving these nearly lost stories. The film does so with style, sensitivity and a respect for the history it examines. Available on Netflix.



LEE: WWII PHOTOGRAPHER

★★★★

Kate Winslet stars as the photographer, Lee Miller, in this story about her career from 1938 until shortly after World War II. Miller documented the war for British Vogue. She is responsible for some of the most indelible images of World War II. The director Ellen Kuras uses Miller's actual photos and recreates a number of her more piercing images throughout the film — as a tribute, but also as a call to head to the archive to see her photographs. Available on Amazon Prime Video.



OLIVER SACKS: HIS OWN LIFE

★★★★

This documentary explores the fascinating and sometimes troubled life of the famous neurologist (I have read all of his books recounting case studies in neurology). The physician and writer Oliver Sacks was perhaps the platonic ideal of the avuncular white male genius. But as comfortable a figure as he became, Sacks, who died in 2015 at age 82 of cancer, was for a long time, a traumatized and troubled man. In his biography *On The Move*, Sacks recounts anguish, alienation and drug addiction. A deftly edited mix of archival footage, still imagery, talking-head interviews and in-the-moment narration, the film illuminates details of what can only be called an extraordinary existence. Available on Amazon Prime Video.

LEONARDO, THE MAN WHO SAVED SCIENCE

★★★★

At his death in 1516, Leonardo da Vinci was famous for such masterpieces as the *Mona Lisa* and *The Last Supper*. But he was more than a painter, he was also a musician, writer, and showman. In the pages of his notebooks written in a secretive reverse script and unpublished for more than 400 years, we discover yet another Leonardo, the man of science — including machine guns, diving suits, construction cranes, robots and flying

machines. New evidence shows that many of his ideas were realized long before he sketched them out in his notebooks — some even 1,700 years before. The documentary features drawings of his most famous ideas and inventions, some of which trace their original creation to ancient Greece while others were a product of the scientific inventions of the golden age of Islamic learning. In his pursuit of creating these inventions, he generated and created what we now call the scientific method. A superb documentary! Available on Amazon Prime Video.



LANCASTER: ABOVE AND BEYOND

★★★★

The story of the Lancaster, the iconic World War II bomber, is told through the words of the last surviving crew members, re-mastered archive material and extraordinary aerial footage of the RAF's last airworthy Lancaster. Responsible for some of the most famous and infamous missions in World War II history, from Dambuster raids to the controversial bombing of Dresden, the Lancaster would help turn the tide of war. *Lancaster* is an epic and poignant story of courage, fear, friendship and the moral complexities of war. I live in Southern Ontario, near The Canadian Warplanes Heritage Museum in Hamilton. Two or three times every summer a Lancaster comes roaring over my head! A splendid sight. Available on Amazon Prime Video.

LOST IN TRANSLATION: CURIUSER AND CURIUSER!

Written by Dolores Luber

“Curiouser and curiouser!” is used to describe something that is becoming increasingly confusing or strange. The phrase is a result of Alice’s insatiable curiosity, which leads her deeper into Wonderland’s mysteries. The phrase is an example of Carroll’s use of an ungrammatical expression to enhance the story in *Alice in Wonderland*. The comparative degree of “curious” should have been “more curious”.

I am a curious person. If I read a word I do not understand, I look it up in the dictionary. It seems that I am not alone. Several of the following words were part of articles which I read explaining the origin of words. When I meet a person with an accent, I always try to guess where they were born. A name tag will intrigue me, and I am not shy to engage that person in conversation about the origin and meaning of their name. It is a wonderful way to meet and communicate with strangers. Try it!

DIASPORA

In the late third century BCE, a group of scholars working on a translation project in Egypt invented a Greek word that would change the course of Jewish—and arguably human—history. The project was to render the Hebrew *Torah* into Koine Greek. When the *Septuagint*’s translators arrived at a verse in which Moses predicts that the Israelites would become a horror (*za’ava*) before the foreign nations if the terms of God’s covenant were violated (*Deuteronomy*

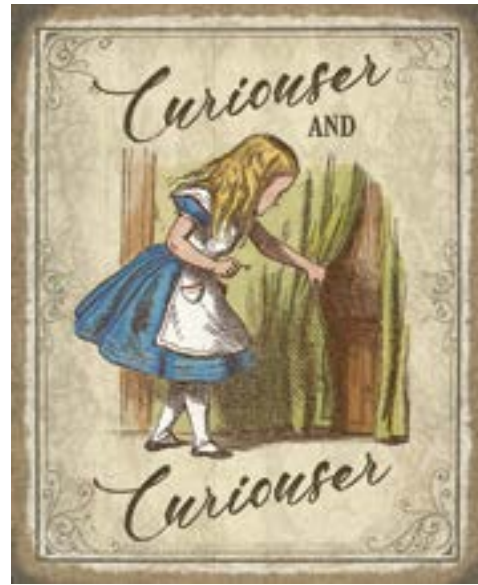
28:25), they searched for the right Greek word to describe the Israelites’ condition, creating a new word: **diaspora** from **dia-**, meaning over or through, and **-sperein**, meaning to scatter like seeds.

The Lord will put you to rout before your enemies; you shall march out against them by a single road but flee from them by many roads; and you shall become a horror (*za’ava*) to all the kingdoms of the earth.”

Eleven verses later (*Deuteronomy* 28:36), Moses clarifies the nature of this humiliation by forecasting that the people will be expelled from their land: “The Lord will drive you, and the king you have set over you, to a nation unknown to you or your fathers.” The scholars read this horrifying vision of expulsion back into the earlier verse, and *za’ava* became **diaspora**. Thus *Deuteronomy* 28:25 reads:

May the Lord give you slaughter before your enemies; you shall go out against them by one way and flee from them by seven ways. And you shall be in dispersion [**diaspora**] in all the kingdoms of the earth.

Of the fifteen appearances of the word **diaspora** in Second Temple literature, thirteen of these appear in works that were preserved in the *Septuagint*: *Deuteronomy*, *Isaiah*, *Jeremiah*, *Daniel*, *Nehemiah*, *Judith*, *2 Maccabees*, and *Psalms*. In most of these works, the word **diaspora** enforces the association between living outside the Land of Israel and the experience of shame.



OY VEY!

Oy Vey! Also *Oy Vavoy!* *Oy Vey Iz Mir!* *Oy Gevalt!* Or simply: *Oy!*—is an iconic Jewish expression that conveys the weariness of people overly familiar with hardship and oppression, as well as the resilience of a people that finds hope and sometimes even humour in catastrophe. But where did it come from? Half Hebrew, half Aramaic, this classic lament is all Jewish. The word *oy* (אוי) goes back thousands of years, to the Hebrew Bible where there is nothing funny about the word *oy*. It is an expression of anguish and lament. The prophet Jeremiah used it eight times. A few examples will give a sense of the way this word was originally used. In the Bible, *oy* can be wielded as a curse or at least a poetic barb thrown at one’s enemies. For example:

Oy to you, Moab! You are undone, O people of Chemosh! (*Numbers* 21:29)

Oy to us! Nothing like this has ever happened before. (*1 Samuel* 4:7)

The *Talmud*’s Aramaic version of *oy* is the word *vey* (וי) which may well give us the *vey* in *oy vey*. The expression *oy vey* comes to us in English through Yiddish. Yiddish also gives us all the resonant variations of

this lament, most notably *oy vey iz mir!* (“woe to me!”).

BUPKIS: “And what did they receive in return? *Bupkis*.” (Andrew Coyne in *The Globe and Mail*). *Bupkis* is a Yiddish word which means “nothing, nonsense or rubbish.”

WORDS TO UNDERSTAND OUR POLITICAL AND DIGITAL WORLD

POLARIZATION: Division into two sharply distinct opposites; especially, a state in which the opinions, beliefs, or interests of a group or society no longer range along a continuum but become concentrated at opposing extremes.

CANCEL CULTURE: Refers to the phenomenon of withdrawing support from or publicly shaming individuals, groups, or organizations for actions or opinions deemed offensive or unacceptable, often facilitated by social media.

ALGORITHM: A set of commands that must be followed for a computer to perform calculations or other problem-solving operations. According to its formal definition, an algorithm is a finite set of instructions carried out in a specific order to perform a particular task.

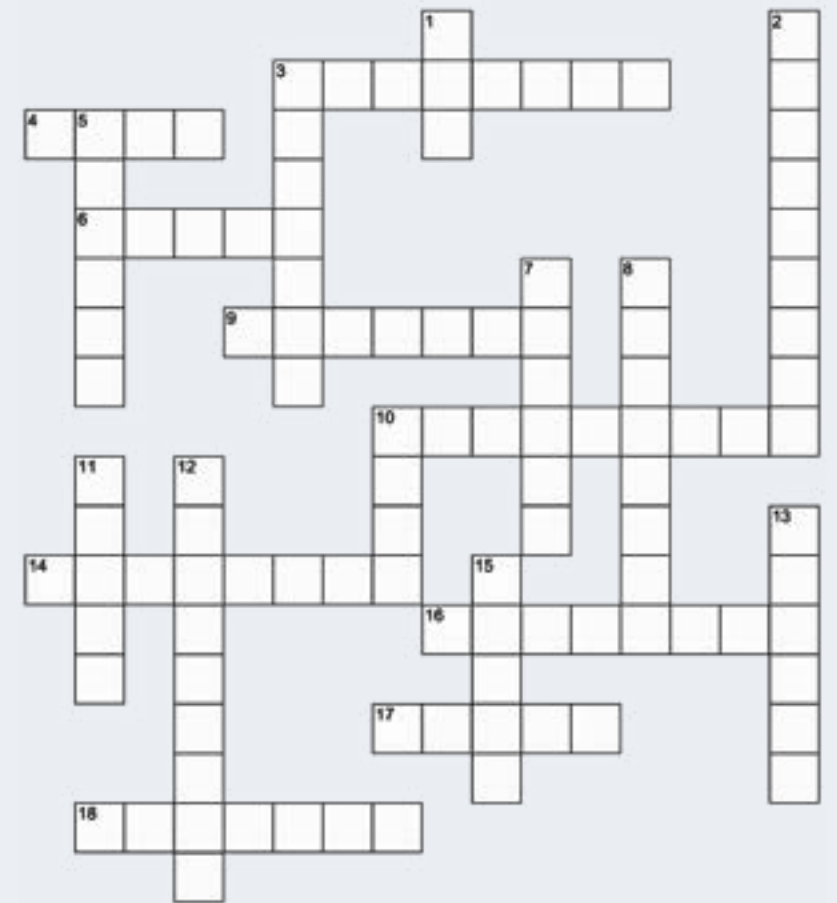
DEEP FAKE: A video or audio recording or an image of a person in which their face or body has been digitally altered so that they appear to be someone else, typically used maliciously or to spread false information.

LITMUS TEST: Refers to any single factor that establishes the true character of something or causes it to be assigned to one category or another. Often it refers to something (such as an opinion about a political or moral issue) that can be used to make a judgment about whether someone or something is acceptable or not.

TIME CROSSWORD PUZZLE

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

For Solution See Page 37



ACROSS

- 3 Keep safe from loss
- 4 Season after Summer and before Winter
- 6 Hours of darkness between sunset and dawn
- 9 Standard time used in Canada five hours behind Greenwich time
- 10 Instrument that measures time
- 14 Eleventh month of the year
- 16 Standard time used in Canada seven hours behind Greenwich time
- 17 State of bodily rest
- 18 Standard time used in Canada eight hours behind Greenwich time

DOWN

- 1 Country that adopted time zones and began using DST in 1918
- 2 Towards or into an earlier time
- 3 Standard time used in Canada six hours behind Greenwich time
- 5 Happening once every year
- 7 Power or capacity for activity
- 8 Time that the sky is or becomes light
- 10 Unit of time equal to sixty minutes
- 11 Device for measuring time
- 12 _____ Mean Time
- 13 First day of the week
- 15 Time _____

COMMUNITY SUPPORT SERVICES

Every month Community Support Services:

- Helps over 150 clients through one-on-one Peer Support and Friendly Visitor programs.
- Provides over 115 family and caregivers support.
- Manages over 120 volunteers.
- Provides over 600 phone connections for supportive care management.

Resulting in an 80% reduction in feelings of loneliness and isolation!



OUTREACH

Building connection through in-person and live events:

- Provide entertaining, engaging and informative programs in person and online.
- Multiple events including our annual Spring Forum and Fall Symposium, and Phyllis and Irving Snider Foundation Empowerment Series.
- Partnership with other community organizations to deliver ongoing programming.

SENIOR LINE MAGAZINE....

Over 4000 Senior Line Magazines are printed and distributed through its twice-annual publication schedule, providing over 10,000 readers with access to its informative articles, beautiful artwork, and lasting community connection. JSA would like to expand its reach to all corners of the province.

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



VOLUNTEERS MAKE THE DIFFERENCE....

At JSA, our volunteers are the lifeblood of the organization. Our expertly trained Peer Support, and Friendly Visitor volunteers support clients to remain independent and connected to their communities. Careful consideration is given to match volunteers and clients to achieve the best outcomes for both.

Contact us today to volunteer, and make a meaningful impact in your life and that of our clients.

📞 604.267.1555 ✉️ charles.leibovitch@jsalliance.org



WE CAN'T DO THIS WITHOUT YOU....

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.

ADVOCACY

Making an impact in the lives of all seniors throughout BC:

- JSA Advocacy is actively engaged in lobbying government for better outcomes for seniors, and reducing costs to government of unnecessary admission of seniors to long-term care facilities.
- JSA Advocacy is meeting with governmental leaders in support of Universal Free Home Support for all seniors in BC.



Help us today by making a meaningful contribution to Jewish Seniors Alliance of BC!

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

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

Name: _____ Email: _____

Address: _____ City: _____ Phone: _____

Credit Card # (Visa/MC): _____ CVV: _____

Expiry Date _____ / _____ Signature: _____

Here is my cheque enclosed for \$ _____ payable to Jewish Seniors Alliance of British Columbia.

Save the postage, please email the tax receipt.

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

JEWELS GLASS

AND WORLDWIDE TRADE IN VENICE

Written by Efraim Halfon



Venetian Glass Beads

Visitors in Venice often take a *vaporetto*, a small city ferry, to go to the Island of Murano. Murano is famous for its high-quality glass production. There are many unique types that visitors can purchase — for example, Glass Beads, Chandeliers, Figurines, Vases, Decorative Trays, Sculptures, Glassware (Bowls, Plates, Glasses) and Mirrors. Reputable stores offer certificates of authenticity and they ship all over the world. At the condo in Milano, where I grew up, we had a Venetian chandelier in our dining room. To a child it was a normal piece of furniture together with other sculptures, Art Deco lamps, and vases that were passed on from other generations and that I still have at my home in Canada.

I became interested in the genealogy of my family from my mother's side, and I began to assemble information online. The search opened a window into the life of my great-great grandfather, Vita Arbib, and my great grandfather, Salvatore Arbib, in Venice from the mid-1850s to the end of the First World War (1918).

THE FASCINATING STORY OF MY TWO ANCESTORS

The family Arbib in antiquity used to live in Persia. I do not know in which century they emigrated from Persia to Spain. There is a story that a Perla Arbib was in a battle near Tehran. When the commander was injured, she took command and led the army to victory. Thus, in Persia many descendants of the Arbib family used to call their daughters, Perla. Even in Tripolitania, Libya, the Arbibs used to call their daughters Giora, the traditional Arab name of Perla. In the British Museum there are documents regarding the Arbib family before their expulsion from Spain in 1492.

The Republic of Venice had commercial relations with the government in Tripoli di Barberia. Most of these relations were with the Jews of Tripoli, Libya; Venice, Italy and Spalato, Croatia. Venice had a consulate in Tripoli; the Venetian consulates of the 18th century were very influential.

HISTORICAL CONTEXT

When Vita Arbib was born, Venice was ruled by the Austrian Empire. After the Napoleonic Wars, Venice had been ceded to Austria in 1815 at the Congress of Vienna, and it became part of the Austrian Kingdom of Lombardy-Venetia. The



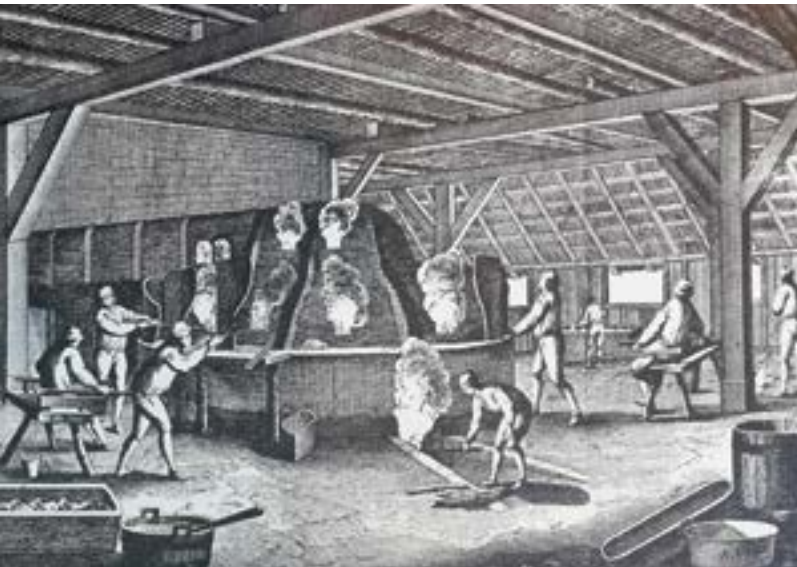
Murano (Photo: Magda Ehlers)

kingdom was composed of two main areas: Lombardy and Venetia. After Prussia's victory over Austria, the Congress of Prague was held to settle the post-war situation in Central Europe. As a result, Austria was excluded from German affairs, and Venice, which had been under Austrian control, was ceded to the Kingdom of Italy in 1866. For the Arbib family not much changed and business continued to grow.

Vittorio Haim Arbib, also called Vita, was born in 1823 in Tripoli, from David Arbib and Rachele Zeghejer (from a family historically connected to the Jewish community in Venice). Thus, he was a citizen of the Ottoman Empire. Eventually he married Diamante Fargion, daughter of David Fargion and Perla Ruben.



Salvatore Arbib and Clotilde Levi



Glassworking at a Wood-Fired Furnace
Denis Diderot (1713-1784)

THE GLASS INDUSTRY IN VENICE AND WORLD-WIDE

The Fargion family has historical roots in Northern Italy. Vita eventually became a partner with A. Bonlini to incorporate a company, *Bonlini e Arbib* that manufactured “conterie” The *conterie* were beads of *pâte de verre*. In particular, from the end of the 19th century, beads produced from the so-called *paternostri* by cutting a hollow rod and rounding off the little cylinders produced with heat in *ferrazze*, or special metal containers. Historically, the Venetians sold the beads to the main European ports (Lisbon, Cadiz, Liverpool and Amsterdam), from which the pearls left for the Atlantic coasts of Africa and America. In America the Europeans used them as a bargaining chip with the Native Americans, who decorated their clothes, headdresses and accessories. The Native American considered the choice and variety of colors to be very important. In Africa the beads were a means of buying both local goods and slaves.

The *Bonlini e Arbib* Company had about 250 employees manufacturing beads.

The procedure to create beads was very involved and many specialized workers with different functions worked in a very long (over 400 feet) building. The first step was to heat a mass of glass and then two persons ran



Left: Candle Holder
Above: Kiddush Cup
Right: Lady with a Large Hat, Daffinger



in opposite directions for about sixty meters to create a long and narrow tube of glass. This glass was cut into one meter pieces and each piece was subdivided into hundreds of very small balls that were then coloured and sold. The specialized workers were identified with specific names: *tiracanne* (who inserted a metal rod tip into the molten glass mass inside a crucible to create a cane, a cylindrical filament), the *tagiadori* (who cut the canes to turn them into tiny pieces) the *fregadori* (who plugged the small pieces with a mixture of slaked lime and sweet charcoal so that in the subsequent procedure the hole would not close), *governadori* (who sorted the beads by size), *lustradori* (who shined the beads) and finally the *impiraresse* (who strung the beads).

To optimize production, in 1898 a number of companies involved in the production of glass beads joined forces in the complex built in the heart of Murano, *Palazzo Giustinian* and the *Basilica di San Donato*, setting up a single large company, *Società Veneziana Conterie*, which between 1940 and 1970 employed more than 3000 workers, until it closed in 1993. Thus, Vita's company existed under a different name for almost another century. Vita had many children. In addition

to my great grandfather Salvatore, he had several sons and daughters, Enrico, Eugenio, Emilia, Rachele, and Marietta.

CARAVANS, MUMMIES & FEATHERS

My great-grandfather Salvatore Arbib also had an interesting life. Born in 1854, Salvatore was a businessman with many interests as an explorer in Africa. When he was young he moved to Alexandria, Egypt to work with his grandfather David Arbib. As part of his business, Salvatore organized many caravans that crossed the Sahara desert from the south, the Sahel, and sometimes he even took part in these long journeys on the back of a camel. I have his travel diary.

Salvatore was interested in archaeology and from his many trips he brought back so many artifacts that he had his own Egyptian museum in Dorsoduro 3441, a community in Venice. He had so many artifacts, including two mummies, that he donated them to the Archaeological Museum in Venice (*Piazza San Marco*) where they can still be viewed — Salvatore Arbib is recognized as the official donor. Salvatore became wealthy and he bought a residence for himself and for his four daughters in Dorsoduro 3441. Marcella, Bianca and Valeria owned their apartments in the same compound until they died. Matilde married in 1906 and moved to Tripoli, Libya. My mother, Wanda, was born there in March 1908.

In later years Salvatore's main business was the importation of Ostrich feathers from Africa to Europe. Feathers were

in vogue at the beginning of the twentieth century, elegant women all over Europe used them for their dresses and hats. Ostrich feather farms were also developed in South Africa, creating a large worldwide business. Unfortunately, the ostrich feather market eventually collapsed and Salvatore lost everything. Eventually he went bankrupt. Salvatore died in 1918 in Venice. He is buried



Top: Salvatore Arbib, my great grandfather, on the right with his friend in front of the Pyramids and the Sphinx, 1898

Bottom: Mummies donated by Salvatore Arbib

in the Jewish cemetery on the island of Lido, a cemetery that has been in use since the 16th century and is an important historical and cultural site for the Jewish community in Venice.

On September 10, 1919, a year after Salvatore died, the Allies signed the Treaty of Saint-Germain and granted Trentino-South Tyrol, Trento and Trieste to Italy, as part of the post-war reorganization of borders which had been promised at the treaty of London (1915) in exchange for Italy joining the Allies during the war. The unification of Italy was now complete.

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 up 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.

AGING IN PLACE IN A SAFE HOME

Written by Michael Geller

In a recent issue of *Senior Line*, I offered some thoughts on what to consider when buying a condominium or renting a new home. I was surprised by the broad, and generally positive response, which proves there are a lot of you who read this beautiful magazine, right to the end. Several people told me they wished they had read the article before they made their move since they agreed with the suggestions e.g. check to see if there are drawers in the bathroom vanity and a medicine cabinet.

However, quite a few of you told me that it meant nothing to them since

they had no plans to move whatsoever. Instead, they were staying in their houses “until they carry me out in a box.” That said, they would be interested in what they could do to make their existing homes a little safer, convenient, and more comfortable. This prompted me to do some online research and since I recently succumbed to my wife’s urging to undertake a few renovations in our own house, I am pleased to offer some suggestions for those of you who live in older homes and want to stay put.

Some of these ideas date back to my experience in the early 1970s when as a young architect working at CMHC,

I participated in the drafting of a publication entitled *Safety in the Home*. I don’t think it is still available, but if you go online, you will find many ‘home safety checklists’ that offer excellent suggestion on what you can do. I’ll never forget the time when my wife told me that my 92-year-old father had had a fall in his apartment at Oak Gardens, the seniors’ condominium building I developed with Morris Wosk. “Why did you fall?” I asked him over the phone. “Well,” he responded, “I was the only person in our building who hadn’t yet had a fall!”

PREVENTING FALLS

I share this since one of the most important things we can do, whether in an old or new home, is reduce the risk of falling. One way is to go around the house and focus on things that you may have ignored for years, but which could cause falls now because you are older, and yes, I’m talking to myself.

Here’s a more detailed breakdown to prevent falls.

- Clear clutter from walkways, hallways, and rooms.
- Secure area rugs with non-slip backing or remove them altogether.
- Ensure cords and wires are out of the way.
- Repair any loose or uneven flooring.
- If you don’t have handrails on outdoor stairs, add some. If indoor stairs only have a handrail on one side, consider adding one on the other side.

IMPROVE LIGHTING

Another important thing is to improve the lighting in your house. Do you still

have those old incandescent flood lights that were all the rage in the 70s? You’ll be surprised what a difference it makes to have an electrician come in and replace them with new LED lights. And it doesn’t cost an arm and a leg. It is particularly important to upgrade the lighting in hallways, stairs, and bathrooms.

It is also a good idea to add motion-sensor lights in closets and for nighttime use. Some of the battery-

operated units are inexpensive and make a big difference. You just need to experiment a bit with the location, so you don’t make the same mistake I made when I added lights to my wife’s new IKEA closets. Every time I got in and out of bed, the light went on!

While LED lights tend to be much brighter than older incandescent bulbs most can easily be dimmed. Dimmer switches are relatively inexpensive and easy to install. I highly recommend them to create comfortable and safe light levels, especially at night when many falls occur.

BATHROOM SAFETY

Many falls occur in the bathroom. To reduce the risk, you should consider adding non-slip mats or flooring in the shower and bathtub. It is also a good idea to install a shower chair or bench, and easy-to-reach soap dispensers and towel racks. And grab bars.

When we designed Oak Gardens, we installed grab bars next to the bathroom toilets. Many potential buyers told me they didn’t want them since they didn’t want their bathrooms to look like a hospital. In fact, if you go to Home Depot or similar stores you will see that



Lever handles are easier to grip.



Pullout drawers can make kitchen items easier to reach.

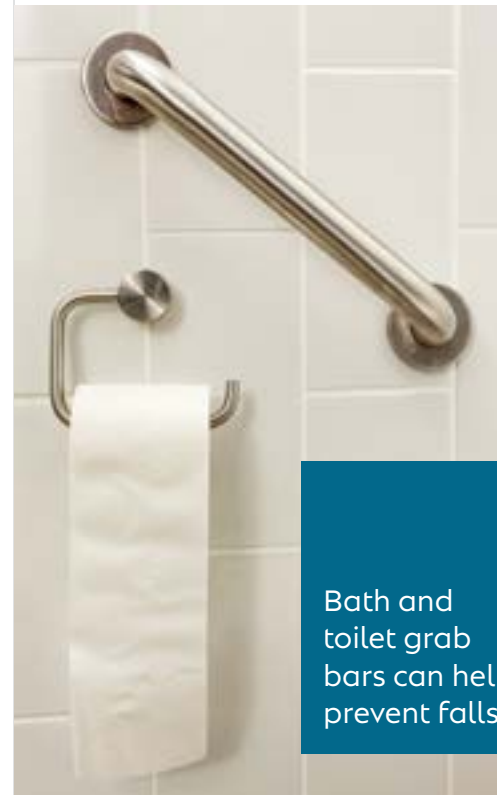
many bars are quite decorative and look just fine.

One issue is their installation. Ideally, they need to be secured to the wooden studs. If this is not possible, a carpenter needs to install a wood backing. But it’s worth it. While we are on the topic of toilets, you should replace your old toilets with new ‘comfort height’ toilets. It is surprisingly inexpensive.

At my wife’s urging, we also had the electrician install a plug in the bathroom so the plumber could install a ‘Toto Washlet’ toilet seat. It is heated with various spray functions. (As an aside, I am writing this column from a hotel room in Osaka, Japan, where all toilets have these features.)

TAPS AND DOOR HANDLES

As part of our renovation, we replaced all the old round door knobs with lever



Bath and toilet grab bars can help prevent falls.

One of the most important things we can do is reduce the risk of falling. ”





Regularly check smoke and carbon monoxide detectors.

suitable as you get older. Various inserts can be installed to convert lower cabinets into easier to pullout drawers, and the cost is less than you might think. I could write a whole article on different ways to improve kitchen design, but I'll leave that for a future article. Just go to IKEA.

SMOKE AND CARBON MONOXIDE DETECTORS

When was the last time you checked to see if your smoke alarms were working? Precisely. And have you ever installed carbon monoxide detectors. These are two things all of us should consider. Yes, I'm talking to myself.

SMART HOME DEVICES

Finally, for now, there are a variety of smart home devices that can help seniors

monitor their home and environment and make homes safer and more comfortable. Again, this could be another article.

To conclude, I have just touched the surface of this topic, but I hope these suggestions will be useful as you begin to do your own research on how to make your own home safer and more comfortable.



Michael Geller
FCIP, RPP, MLAI,
Ret. Architect
AIBC is a JSA
director with a
longstanding

interest in community housing. He can be reached at geller@sfu.ca, on twitter [@michaelgeller](https://twitter.com/michaelgeller) and at www.gellersworldtravel.blogspot.com.

hardware. There are many products available and while this wasn't essential, they do look nicer and are easier to use. We also replaced the taps in our bathrooms. Again, there are many good, inexpensive lever products available, and it makes staying in the house more pleasant.

KITCHENS

A trip to IKEA will give you many ideas on how to make your kitchen more

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

SUITES AVAILABLE NOW!

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

Call 604.261.9622
or visit weinbergresidence.com to book a tour

FREE VANCOUVER COMMUNITY POCKETBOOK

Featuring:

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

To get your copy, email Spencer van Vloten at spencer@bedisability.com or visit SpencerV.ca

TRUSTED FINANCIAL ADVICE, TESTED BY TIME



Garry Zlotnik
Chairman & CEO

ZIG FINANCIAL

E: g.zlotnik@zic.net T: 604.688.7208
1200 - 666 Burrard Street, Vancouver

GETTING A GOOD NIGHT'S SLEEP: HOW AND WHY

Written by Rita Roling

Life is a non-static process without a status quo. Thus we must be prepared to expect and to adapt to any changes coming our way. Aging is part of the life process. As older adults we have been through umpteen changes and have had several decades to develop adaptation techniques. We may not like all the changes but kicking and screaming, so far we have made it.

Sleep changes with age. Those of us who have reached older adulthood may at one time have been “the life of the party” but those days are for the most part gone. We no longer sleep as deeply and we wake up more frequently at night. We go to bed earlier and rise earlier. Despite those changes you can

still feel satisfied with your sleep and be energized in the morning.

Research shows that most people sleep a third of their lives. When we sleep we let go and surrender to something over which we have no control. Dr. C. Sandlund of the Karolinska Institute in Stockholm defines sleep as “a psychological state that is also an experience that happens during an unconscious state.” Sleep is one of our most basic needs and is essential for our physiological and mental health. It is crucial for recovery and for rebuilding physiological and mental functions. When we are awake and active we build up a need for sleep and the longer we have been up and about the greater the need.

During sleep the metabolism and energy we need during waking hours decrease and are instead used for rebuilding cells and muscles. Illness and medications can disrupt sleep and the aging process may also cause some changes in the circadian rhythm unconscious state. The circadian system is the body’s natural 24 hour clock that regulates your sleep/wake cycles and influences other physiological processes. This biological system synchronizes bodily functions with earth’s daily rotation, assisting us to adapt to changes in light, temperatures, and other environmental clues. Imbalances in homeostatic and circadian rhythm (the need for sleep



and the internal clock) will affect sleep quality and quantity

To define a “good night’s sleep” we need the following components:

- Sleep continuously during the night
- If sleep is interrupted, to be able to fall back asleep within thirty to forty minutes
- To sleep as long as reasonable, based on age
- To be rested and energetic the following day

However recent research shows that for sleep to be successful, a period of seven to eight hours does not have to be consecutive but can be broken up into segments. So if you have a restful nap in the afternoon or fall asleep while watching your favourite Netflix show, that time is counted as part of the recommended number of hours.

Anyone can have occasional poor sleep, and that by itself does not mean that you have a sleep disorder. A sleep disturbance is a temporary or transient issue that is often triggered by external issues such as stress or change in routine.

There is a correlation of quality of sleep with daily activities such as exercise, daylight hours, bedtime routines, and diets. At times we tend to sabotage ourselves and create conditions that prevent sleep. For example if you are convinced that you require a totally quiet environment to sleep, that is wishful thinking, as complete silence does not exist. All you will accomplish is to raise your anxiety levels to a point where sleep is impossible. Reframe your thoughts and familiarize yourself with the sounds, maybe do a mental body

Sleep is one of our most basic needs and is essential for our physiological and mental health. ”

scan and enjoy your comfortable rest. “I did not sleep a wink” is a familiar expression but likely a false belief. We can only recall conscious happenings such as the number of bathroom trips or fridge raids.

DO I HAVE A SLEEP DISORDER?

A sleep disorder is a chronic or recurring problem that affects sleep patterns,

duration, and quality of sleep; a sleep disorder can cause significant daytime impairment. More than fifty percent of older Americans will, at one point in their lives, be diagnosed with a sleep disorder such as Sleep Apnea. The Mayo Clinic differentiates Apnea into two separate but related conditions – Obstructive Sleep Apnea (OSA) and Central Sleep Apnea (CSA). The former is temporary, but at times, while sleeping, frequent stops in breathing occur which is due to a stoppage in the airway. The latter is more severe and due to faulty signals from the brain to the muscles that control the airway. Both are medical conditions that need to be treated and monitored by a medical professional.

Symptoms of OSA may include: waking up from sleep with a choking/gasping sensation, shortness of breath, difficulties with memory and concentration, daytime sleepiness and fatigue.

Nutrition plays a large role in sleeping disorders. In a six month Spanish research project involving 180 overweight individuals, they were divided into a research group and a control group. The research group received Mediterranean life style counselling whereas the members of the control group received only pamphlets. After six months the research group showed a substantial decrease in OSA episodes, weight loss and increased

energy levels whereas the control group showed little or no improvements.

More than likely most of us have experienced temporary sleeping disruptions and some of us may have a sleeping disorder. All of us are responsible for monitoring our own sleep patterns and routines. You may want to keep a journal where you record your pre-bedtime habits and all the hours that you sleep. Perhaps you may find that you are doing just fine and that your entries set you up for a restful sleep. You may also be surprised at the low level of sleep and change some of your habits. If you’re sleeping is disrupted on a regular basis and if you have difficulties functioning during day time hours consult with your physician. A referral to a sleep clinic may be beneficial. We all deserve a good restful sleep and you have earned it. Thus this writer wishes you “*Laila Tov*”, Good Night and *Spokoynoy Nochi*.



Rita Roling worked in the social service field for over three decades. She is a firm

believer in volunteerism and has for many years been actively involved with JSA. She is an executive of JSA and a member of the editorial committee.



Adam Brosgall
Lawyer & Notary Public

LOCAL

- ✓ Powers of Attorney
- ✓ Wills
- ✓ Representation Agreements
- ✓ Notarizations
- ✓ Mobile Visits

GLOBAL

- ✓ Apostille Services
- ✓ International Document Processing

615-938 Howe Street | adam@brosgall.com
604-685-2326 | www.vancouvernotary.biz

SENIOR LINE MAGAZINE ONLINE!

Explore the archive of past issues

Visit www.jsalliance.org/senior-line-archive

PREPARED MEAL DELIVERY KITS

Written by Heather Keller

Meal delivery boxes or kits — we have all seen the ads but are they right for you? There has been a rise in meal delivery services since the pandemic and the interest in this meal option has continued. As a registered dietitian and specialist in older adult nutrition, I did some investigating, although I have yet to try these options for myself and my household. I outline here some of the features that you will want to consider in choosing a meal delivery program or meal kit.

FULLY COOKED MEALS — HEAT AND EAT

Some meal boxes are fully cooked and only require reheating in the microwave. This is a nice option if you have limited cooking skills, time, energy or interest in cooking. These are packaged to arrive ‘food safe’ at your door. Make sure

you refrigerate them and fully reheat properly by following the instructions provided. Some items may not reheat as well as others, so you may need to adjust your expectations on quality. You can also make the most of these meals by providing them on a regular plate for eating...this will certainly boost the mealtime experience as compared to eating from the containers provided.

ALL THE INGREDIENTS SUPPLIED — FOLLOW THE RECIPE

Then there are the food boxes where the shopping and maybe partial preparation, such as washing and cutting up ingredients, are completed for you. This certainly provides the convenience of having the right ingredients on hand in the right amounts. If you like to cook, but feel you are in a bit of ‘rut’, these may

be the meal service for you. Recipes are diverse and can be from cultural cuisines or based on your diet goals, such as weight loss or high protein. These types of boxes will often identify how much cooking time and skill is required and provide step by step instructions on the site. These recipes provide opportunities to try new ingredients, cooking techniques and food styles. Some meal kits allow you to select the portion size as well as other features such as being simple and quick to prepare or plant-based. Some even provide further details on the type of cookware or appliances needed too, as well as full list of ingredients, although this may take going to subpages on the website to find. Several of the boxes indicate they are ‘chef prepared’, which to me means that I get to try some new ingredients or foods and that if I follow the instructions, the recipe should work. Look for boxes that have clear step-by-step instructions and pictures for reference. One thing I wondered about was the longevity of the partially prepared ingredients. For example, if I did not want to cook today, would the shredded cabbage stay fresh in my fridge for a few days?

WHAT DIET ARE YOU ON?

Several of the companies provide specialized diet options such as vegetarian, keto, or reduced calories, and identify potential allergens. However, relatively few indicate that they are planned by registered dietitians, and I did not see any low sodium, cardiovascular or diabetes friendly options. Further, no menus were specifically designed for the needs of older adults (specifically sufficient calcium and protein), although a seniors’ option which had smaller portions and discounted prices was provided by some. Despite the lack of

dietitian expertise, many kits and boxes advertise that they are ‘healthy’. Many provide nutritional content — look for ‘nutrition information’, ‘nutrition guidance’, or ‘nutritional values’. But sometimes you have to visit several pages to find this information or need to register before it is available. This is limiting...as someone interested in the nutritional quality of what I eat, these details should be easy to find, understand and accurate. As a nutrition professional, I also wondered where this nutritional information came from; there was no reference made to what data base or the expertise upon which this nutritional information was drawn.

I viewed several recipes for nutritional content from different providers and found several to have a relatively high sodium and saturated fat content. A healthy diet should limit these

nutrients. Unlike food labels in the grocery store on packaged food products, you typically do not get a sense from these meals kits if there is ‘a lot’ (> 15%) or ‘a little’ (< 5%) of these nutrients in the final food product. I did find two suppliers that did indicate the proportion of the Daily Value resulting from a single serving. Nutrients to focus in on are saturated fat (you want to limit this to about 10% of your calories; for a 2000 kcal diet this would be ~200 kcal or 22g per day), sodium (< 2300 mg to be heart healthy), protein (for a 70kg person over the age of 65 years, you want to consume about 84 g or 1.2 g/kg per day), and fibre (aim for 20-30 gms/day).

Finally, pricing can vary dramatically among these meal delivery boxes or kits. Cost is typically higher than if you shopped at the grocery store, but

sometimes the price is better for larger orders. For those who value convenience as well as the opportunity to try new foods, meal kits could make sense for you. So, if you are thinking about a meal kit consider cost, quality of instructions if you need to prepare the food, and nutritional quality, specific to your needs and concerns.



Heather Keller is a Professor in the Department of Kinesiology and Health Sciences at the University of Waterloo. She is also the Schlegel-UW Research Chair with the Schlegel-UW Research Institute for Aging. Heather is an expert in older adult nutrition with more than 30 years of experience in the field.



Your retirement Your way
 A reverse mortgage unlocks money in your home — tax-free — without selling or downsizing and no monthly mortgage payments.

Use your equity to:

- Supplement your retirement income
- Gift your children and grandchildren funds to cover housing, education & simchas
- Stay in your home
- Cover medical expenses or home renovations
- Travel, enjoy life and reduce financial stress
- Renovate your home for accessibility

Reverse Mortgage Specialist
Allan Seltzer 604.202.7114
www.seltzerteam.com

CROSSWORD SOLUTION - PAGE 23

SENIOR LIVING

TERRACES

on Seventh

LIVING WELL.
CREATIVE
FREEDOM.

Providing personalized services for active seniors in a warm and diverse community.



Terraces on Seventh

We are a boutique retirement community in the heart of South Granville. This unique neighbourhood offers a vibrant lifestyle and is home to art galleries, restaurants, live theatre, and a vast array of cafes and specialty shops. The excitement of Granville Island, False Creek, Kitsilano, and Downtown Vancouver are all conveniently located just minutes away!

1570 W. 7th Ave., Vancouver, BC | 604-816-6350
info@terracesonseventh.com | terracesonseventh.com

LOVING MY RE-VISION

PART 1

Written by Cecilia Martell

Having been severely nearsighted for most of my life, I vividly recall donning my first pair of glasses, at age 11, and the profound impact of suddenly seeing the world: the previously homogeneous green blur of a tree jumped into sharp focus as individual, crisply delineated tiny shapes of leaves; traffic lights became clear round orbs on standards where before they had been a swath of undefined coloured flares. The faces of familiar people went from soft, ill-defined shapes to sharply cast individual features, features not distinguishable further away than five meters.

Over many years, I kept the visual deterioration at bay with the appropriate corrective lenses. Looking in a mirror without my glasses increasingly became an exercise of leaning in to view nose, eyes, eyebrows, lips. If I saw my whole face at all, it was only behind glasses, once the makeup had been applied in close-up and the glasses placed on my nose to scrutinize the overall effect. Indeed, the glasses became an essential part of me, functionally and aesthetically, so much so that the idea of being without them could elicit a panicked response, such as when a nurse removed them just before my first child was born, leaving me helpless and helplessly blind, and begging to have them returned. Such was the power of being able to see: the loss of vision in that moment was far more painful than the contractions I was experiencing.

Other aspects of my ongoing visual corrections became relatively minor nuisances. As I grew older, one of my

eyes became stubbornly resistant to correction beyond a certain point, but the other eye adapted and took over nicely when new lenses were prescribed, so the deficit was — mostly — hardly noticeable after a few short days. Binocular vision is one of those minor miracles that we don't and can't fully appreciate until it's thrown into stark relief. And often we don't really notice changes in our vision for a long time after their onset because they are gradual, our eyes are amazingly adaptive, and we essentially shrink into the constraints that changes impose on us, constraints both subtle and brutal in ways we don't comprehend until we can step outside of them.

A DEEPENING GLOOM

The year I turned 65 was full of the kinds of challenges that make one acutely aware of the aging process and the pressing demands that follow. The death of a parent after the protracted misery of advancing Alzheimer Disease. Long Covid, with its persistent symptoms of coughing, fatigue, and shortness of breath. A car accident that resulted in minor physical injuries, but also a concussion that produced vertigo and exhaustion. All of these events contributed to a deepening sense of depression, my world was being drained of colour.

Had this house we had bought because of its bright, airy expansiveness, its vaulted ceilings, its light enhancing skylights, always been so dark and oppressive? Had I imagined the brightness in better days, and was now seeing the dreary reality? I wanted to disappear, flee to a Greek island where the blues and golds are ubiquitous

and beautiful and I could breathe and move and relish warmth and light.

In the midst of this dreadful gloom, my cough suddenly worsened, compounding my misery. An extended bout of pneumonia followed, with rounds of antibiotics that depleted me as much as they treated my persistent infection. I recovered from the pneumonia, gradually, but my mental state did not.

Had someone told me that a major contributing factor to my depression was my worsening vision, I would have scoffed. But realizing that I was suddenly experiencing visual difficulties when driving sent me to the optometrist, who referred me to an eye surgeon, who confirmed that I had cataracts that needed to be removed, if I wanted to restore some visual acuity and retain my ability to drive.

Cataracts are insidious, as are other, far more dangerous, optical diseases such as glaucoma and AMD (Age-related Macular Degeneration). Their symptoms creep in gradually and the conditions are often not diagnosed until significant physical damage has been done to the eye.

FINDING HOPE WITH CATARACT SURGERY

In the next issue of *Senior Line* I will explain in detail the process and the procedures involved in the miracle of recovering my sight at last. I could see!

Cecilia Martell

retired from post-secondary teaching in 2014 to spend more time with family, to travel, and to enjoy her creative interests. She lives in Vancouver with her husband Karl, her large stash of colourful yarns and accumulated historical documents, and their books. Many books.



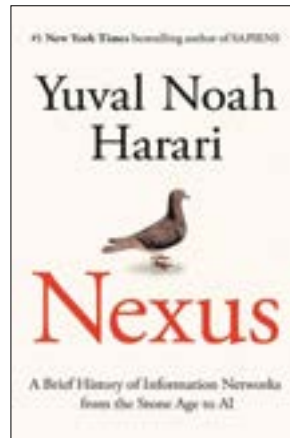
CURL UP WITH A GOOD BOOK

Written by Dolores Luber

These books reveal my wildly eclectic interests. Read a couple of them and give me your opinion. All the books are available at the Waldman Jewish Library at the JCC. Please send me your book recommendations.

NEXUS: A BRIEF HISTORY OF INFORMATION NETWORKS FROM THE STONE AGE TO AI

Written by Yuval Noah Harari



Harari offers a penetrating critique of the dangers of machine learning and its capacity to manipulate the truth. For Harari, the threat is insidious. “For thousands of years prophets, poets and politicians have used language to manipulate and reshape society. Now computers are learning how to do it. And they won’t need to send killer robots to shoot us. They could

manipulate human beings to pull the trigger.” Harari describes how AI could threaten democracy and divide the world. “Power always stems from cooperation between large numbers of humans,” he writes, and the “glue” that holds these networks of cooperation together is information, which “many philosophers and biologists” see as “the most basic building block of reality”.

But information doesn’t reliably tell the truth about the world. More often, Harari emphasises, it gives rise to fictions, fantasies and mass delusions, which lead to such catastrophic developments as Nazism and Stalinism. He writes “Never summon a power you can’t control.” AI could threaten democracy and divide the world. I now understand terms like algorism, AI, deep fake, chatbot and block chain. This book requires concentration and reflection from the reader. It is a rewarding experience!

THE ART OF RACING IN THE RAIN

Written by Garth Stein



Enzo knows he is different from other dogs: a philosopher with a nearly human soul (and an obsession with opposable thumbs), he has educated himself by watching television extensively, and by listening very closely to the words of his master, Denny Swift, an up-and-coming race car driver. Through Denny, Enzo has gained tremendous insight into the human condition, and

he sees that life, like racing, isn’t simply about going fast. On the eve of his death, Enzo takes stock of his life, recalling all that he and his family have been through. A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope, *The Art of Racing in the Rain* is a beautifully crafted and captivating look at the wonders and absurdities of human life.

THE WILDES: A NOVEL IN FIVE ACTS

Written by Louis Bayard

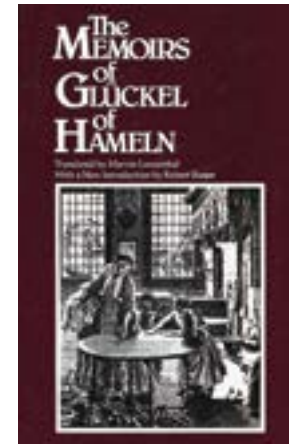


The Wildes focuses on the consequences of Oscar Wilde’s scandalous downfall — not on the playwright himself but on his wife and two sons. The opening scenes, with the as-yet-intact family on holiday in Norfolk in the summer of 1892, deliver a wonderfully witty drawing-room drama that descends into something darker with the sudden arrival of Lord Alfred Douglas.

The novel will circle back to that marital implosion, but first we’re transported to Liguria in 1897, where the invalid Constance Wilde lives in exile under an assumed name. Then it’s on to the trenches of World War 1 France, and later to 1920’s Soho, detailing the lives of the two sons. The writing is exquisite, the situations are vividly described. It is a pleasure to absorb the reality of the era and its consequences.

THE MEMOIRS OF GLUCKEL OF HAMELN

Translated by Marvin Lowe

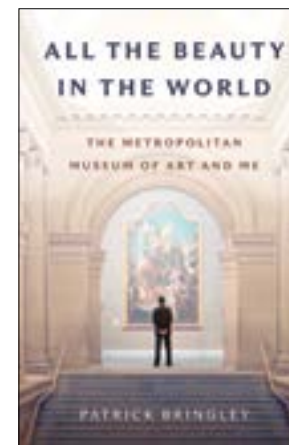


Begun in 1690, this diary of a forty-four-year-old German Jewish widow, mother of fourteen children, tells how she guided the financial and personal destinies of her children, how she engaged in trade, ran her own factory, and promoted the welfare of her large family. Her memoir, a rare account of an ordinary woman, enlightens not just her children,

for whom she wrote it, but all posterity about her life and community. Gluckel speaks to us with determination and humor from the seventeenth century. She tells of war, plague, pirates, soldiers, the hysteria of the false messiah Sabbtai Zevi, murder, bankruptcy, wedding feasts, births and deaths. She writes in a matter of fact way of the frightening and precarious situation under which the Jews of northern Germany lived. This memoir is a document in the history of women and of life in the seventeenth century.

ALL THE BEAUTY IN THE WORLD: THE METROPOLITAN MUSEUM OF ART AND ME

Written by Patrick Bringley



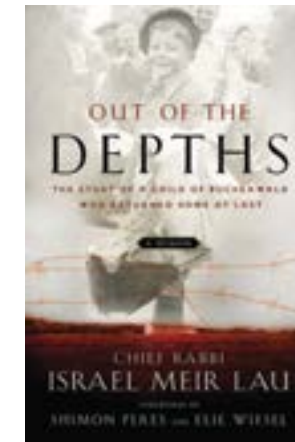
This book has been called “exquisite” and “hauntingly beautiful”. I agree. It is a portrait of the Metropolitan Museum of Art and its treasures by a former *New Yorker* staff who spent a decade as a museum guard. Millions of people climb the grand marble staircase to visit the Metropolitan Museum of Art every year, but only a select few have unrestricted access

to every nook and cranny. After his brother’s diagnosis of fatal cancer, Bringley feels the need to escape the mundane

clamour of daily life. So he quit *The New Yorker* and sought solace in the most beautiful place he knew. We follow him as he guards delicate treasures from Egypt to Rome, strolls the labyrinths beneath the galleries, and marvels at the beautiful works in his care. This book is empathic, moving, consoling and beautiful — the portrait of a great museum, its hidden treasures, and the people who make it tick, by one of its most intimate observers.

OUT OF THE DEPTHS: THE STORY OF A CHILD OF BUCHENWALD WHO RETURNED HOME AT LAST

Written by Chief Rabbi Israel Meir Lau



Israel Meir Lau, one of the youngest survivors of Buchenwald, was just eight years old when the camp was liberated in 1945. Descended from a 1,000-year unbroken chain of rabbis, he grew up to become Chief Rabbi of Israel — and like many of the great rabbis, Lau is a master storyteller. *Out of the Depths* is his harrowing, miraculous, and inspiring account of life in

one of the Nazis deadliest concentration camps, and how he managed to survive against all possible odds.

Lau, who lost most of his family in the Holocaust, also chronicles his life after the war, including his emigration to Mandate Palestine during a period that coincides with the development of the State of Israel. Saved by his mother, who at the very last moment flung him from a doomed women’s train into his brother Naphtali’s arms, young Israel Meir is charged with retaining and rekindling the flame of his family’s rabbinic dynasty, thanks in large part to Naphtali’s single-minded devotion and courage. Naphtali continually risked his own life as he rescued and hid Israel Meir countless times throughout the war. At war’s end, as the brothers healed and regrouped, they knew without a shadow of doubt where they were headed: *Eretz Israel*. The Holocaust comes alive with all its horrors, but so do the sparks of hope that emanate from his story. Readers will devour this gripping and stimulating memoir from one of the great leaders of modern day Jewry.

FEATURE BOOK REVIEW

RETIRE AND ASPIRE: JUST GETTING STARTED! THE SIX PRINCIPLES FOR CREATING AN INCREDIBLE RETIREMENT

by Scott Armstrong

Written by Janet Nicol

Don't call it "retirement", Canadian author Scott Armstrong writes, — call it "entering the work-optional phase of your life." At sixty-something himself, Armstrong has branded a whole new way of positive thinking for people transitioning — not just into retirement but at other stages of life. He calls it "Mind Switch," a new way of thinking about the the next life phases.

With more Canadians than ever living longer, Armstrong suggests society "retire" the word "retirement." "The rules have been altered," he writes, "the game has changed, and we need a new playbook."

The 167-page softcover doesn't deliver a long list of statistics or research findings, but the author does offer a valuable pep talk on senior living based on experiences as an advisor to people in other walks of life transitioning careers, including athletes and members of the armed forces. As a result, the writing comes across as being penned by someone who is an empathetic "people person", observing and helping others from diverse backgrounds and talents.

Identify your passions, Armstrong advises in the first of six foundational steps to achieving one's aspiration. "Whether you are over 40, 50, 60, 70, 80 or 90," he states, "there are fires within each of us to

brighten the best years of our lives going forward." To find that fire, make a list of activities of interest, take baby steps and be open to the next link.

Several examples of people who made the "Mind Switch" are profiled throughout the book. Included is Armstrong, an animal-lover who took his passion to the next level by partnering with others to set up a wildlife sanctuary, now called Speaking of Wildlife.

A chapter devoted to the practical matter of household budget has a core message: develop a long-term savings strategy in order to set up a financially stable position "for the long run". Taking care of oneself physically is another foundational principle, achieved through healthy dietary habits and regular exercise.

Another chapter looks at the importance of social connections. Tips for growth in this area include:

1. getting out of 'auto speak' — that is, breaking the pattern of talking about oneself while conversing. Instead take an interest in the other person and
2. "get out of the cave" and join a book group, sports club, volunteer job, creative group, travel group or an on-line community.

On this topic of personal/social well-being, the author also discusses the



importance of surrounding oneself with people who are supportive and positive.

Armstrong notes others are always watching — whether they be loved ones, neighbours or former colleagues — and so how one thinks and acts has an impact. He encourages the reader to define one's "living legacy" and asks: "Will you decide what you want yours to say, while you still have the time to author it, actively and mindfully, or will you let daily circumstances and the influence of others create it for you?"

In sum, *Retire and Aspire* underscores the power of positive thinking, regards retirement as a gift and encourages people to get down to business by drawing a roadmap to achieve their aspirations.

Retire and Aspire is available at the Waldman Jewish Library, JCC.



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

GUEST BOOK REVIEW

THE PEOPLE OF THE BOOK

by Geraldine Brooks

Written by Carol Baird-Krul

This fictional account, published in 2008, is based on a true story about one of the oldest surviving illuminated texts. Hanna Heath, a somewhat abrasive rare book expert from Australia, is offered the opportunity to study and hopefully restore the priceless *Sarajevo Haggadah*, a 14th Century manuscript that is believed to have originated in Barcelona. As she studies the book Hanna is left with more questions than answers and so begins an intriguing tale of discovery.

The story alternates between the past and the present as Hanna, in the course of restoration, finds such disparate and unexplainable things, as fragments of a butterfly wing stuck in the spine, the long hair of a cat tangled in the binding,

a wine stain mixed with blood and metal clasps that don't fit with the age of manuscript. As well, the larger questions of how did the *Haggadah* get from Spain to Sarajevo and survive two wars, where certain factions involved wanted anything Jewish destroyed. Arranging for forensic analysis and searching for pertinent information in various archives, Hanna follows this incredible volume over it's 500-year history as fictional explanations, some of which have an intriguing element of truth, are revealed.

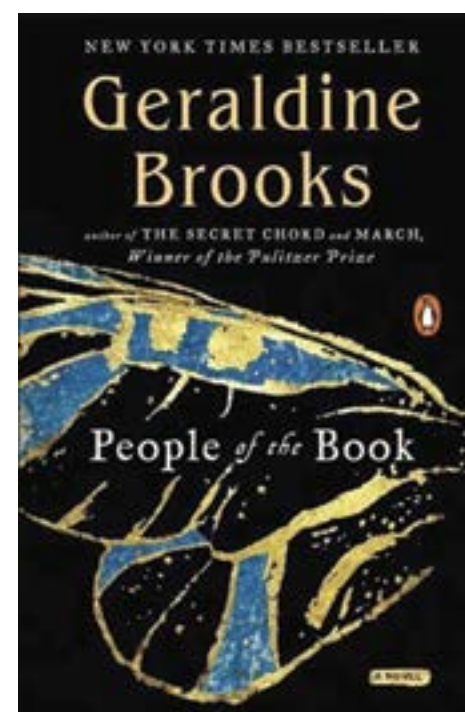
People of the Book is a brilliantly crafted if somewhat slow-paced story that takes the reader on a journey of discovery both real and imagined. As the reader, you are

pulled along by the thread of a human story, as the author weaves facts about the creation of this priceless and incredibly beautiful text, with real and imagined events combined with all too human emotions that transcend the centuries.

Geraldine Brooks is a Pulitzer Prize winning author, who was a correspondent for the *Wall Street Journal* in Bosnia, the Middle East and Somalia.



Carol Baird-Krul is a former Teacher-Librarian. Now retired, she indulges her 'people' habit by being involved in various committees both local and provincial, and being a Marriage Commissioner. She now enjoys simply being with her new husband and sharing the wonderful quiet life, talking and gazing at the sea and mountains.



ACCESSING HEALTH SERVICES NOT COVERED BY MSP

A Resource Guide for BC Seniors

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

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



Jewish Seniors Alliance of British Columbia
800 East Broadway | 604-732-1555 | office@jsalliance.org | www.jsalliance.org

CARTOON CAPTION CONTEST

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

1. Remember darling, when I was with you when I saved you from the fire, then I was with you when I rescued you from drowning...I swear...I AM NOT A JINX!!
2. Sweetheart, you need this like a *loch in kop!*

- Edward Korbin

This one does just fine without a caption!

- Shirley Cohn

Honey, I've prepared ahead and signed our insurance policy. Our rabbi has a coffin and a hearse waiting at the finish line and I'm prepared to become a rich widow by the time you arrive.

- Leslie Benisz

Why'd you stuff those pillows down your shirt?
They'll slow you down!

- Hinda Avery

Hey, Marathon Man, need a leg up?!

- Gloria Chochinov & Anita Winestock

1. Your "uncrutchd" knees can run this race?
2. Breathe into your knobby knees fer' race winning gas will ya?

- Janice Masur

This is going to be another one of those better or worse things isn't it.

- Deborah Thomas

1. Seriously? You're asking me who these are for?
2. I'll be waiting for you at the 100 meter mark.
3. Your mother called. She said you "should break a leg".

- Barry Corrin



You say that you've trained and come prepared. Well, I can tell you, this time we've both come prepared!! Only difference is that I am not delusionall!

CONGRATULATIONS TO OUR WINNER:
SHEILA ROMALIS



ENTER THE CARTOON CAPTION CONTEST!

Write a caption, what is he saying to her?
Send it to us by mail or email by October 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. We will publish the cartoon with your caption in the next *Senior Line*.

HUMOUR!



"You can come down now, Everett. The children have grown up and left."



Cursor Precursor



My Favourite Movies

Written by Kenneth Levitt



As long as I can remember I have loved going to the movies. Watching a movie on the big screen provided a special experience. The large screen mesmerized me and it was almost like being in the movie. My earliest memories of attending a movie go back to my preschool years (1942) attending the Kingsway Theater. My older brother Ronald, reluctantly escorted and looked after me. The theater was very noisy, full of kids as we watched serials like the *Green Hornet* and *Masked Marvel* preceded by previews, *Movietone News* and a cartoon. I equally could not get enough of the *Lone Ranger*, Gene Autry or Roy Rogers. I lost track of how much popcorn I have eaten! I have vivid memories of many movies. Here are four movies that I could see over and over and never tire of them.

The Wizard of Oz (MGM, 1939)



The movie, based on a book written in 1900 by Frank Baum, is a fantasy and a Hollywood icon. Stars included Judy Garland (Dorothy), Frank Morgan (the Wizard), Ray Bolger (the Scarecrow), Bert Laur (the Cowardly Lion), Jack Haley (the Tin Man) and the Munchkins. During a tornado in Kansas Dorothy is knocked unconscious and wakes up in the village of the Munchkins, in the land of Oz. The Wicked Witch of the West tries to save her sister's magical ruby slippers but Glinda, the Good witch,



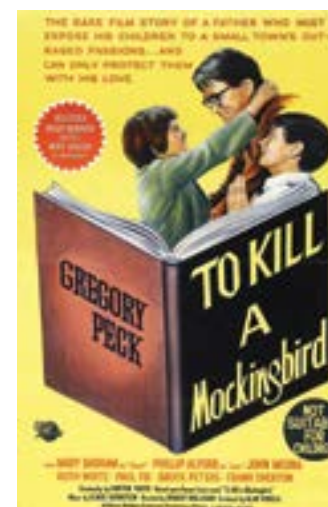
intervenes and Dorothy gets the shoes. Dorothy must go to the Emerald City, she is escorted by the Scarecrow, the Tin Man and the Cowardly Lion. In the Emerald City they find the Wizard who helps Dorothy get back to Kansas.

What is so special about The Wizard of Oz?

The moment the colour of the movie goes from black and white to technicolour is truly magical. Harold Arlen (music) and Yip Harburg (lyrics) wrote all the music for *The Wizard of Oz*. Is there a more memorable song than *Somewhere over the Rainbow*? The movie is also about how good conquers evil. Sometimes I try to impersonate the Munchkins!



To Kill a Mockingbird (Universal Pictures, 1962)



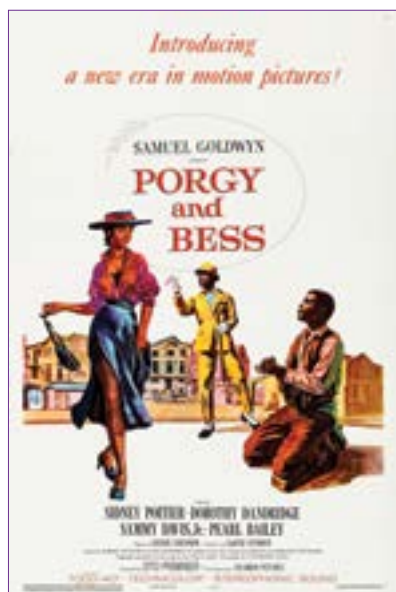
To Kill a Mockingbird is based on a 1960 book by Harper Lee. Gregory Peck won the Best Actor Academy Award in 1962 for his role as lawyer, Atticus Finch. Kim Hunner narrates the movie set in the Deep South USA during the depression years. It is about a



wrongfully accused Black man (Brock Peters) of the crime of rape. We see a community deeply divided by colour. We watch the developing story of how a great lawyer defends a Black man, likely knowing his oratory will not succeed. The best scene occurs when Atticus presents his closing argument to the jury; pleading that they should find the defendant not guilty. The defendant is found guilty and is removed from the court only to be lynched the next day.

What is special about To Kill a Mockingbird?

The courtroom shows that apartheid existed in the community; Whites sat in the main courtroom while Blacks were confined to the balcony. It shows a great father, Atticus, teaching his growing children by example, about the real world they will be part of. It reinforced Gregory Peck's place amongst the best actors in Hollywood. The film was released in 1962, the beginning of the Civil Rights movement in the USA. Sixty-three years later the film is still relevant!



Porgy and Bess (Columbia Pictures, 1959)

The movie was based on a 1925 fictional novel by DuBose Hayward, *Porgy*. It starred Sydney Poitier (Porgy), Sammy Davis Jr (Sportin' Life), Dorothy Dandridge (Bess) and Brock Peters (Crown). The Gershwin brothers, George and Ira, respectively, wrote the music and lyrics. The movie takes place in a South Carolina town of Catfish Row, an all-Black fishing village. Crown is a bully who lives with Bess. He kills a neighbour and Sportin' Life, a shady character, urges him to flee. Bess is homeless, finds shelter with Porgy, a cripple, and they fall in love. Crown is jealous of Porgy. They fight and Porgy kills Crown. Bess leaves with Sportin' Life and Porgy intends to follow. End of story. The music and songs are amazing, e.g. *Summertime*, *I Got Plenty of Nuthin* and *It Ain't Necessarily So*.



What is special about Porgy and Bess?

It is an original American folk opera with an all-Black cast. DuBose Hayward presents the life of Blacks in the Deep South; he wants the status quo to never change. The best *Porgy and Bess* recording is by Ella Fitzgerald and Louis Armstrong, 1959 — Verve Records.

Dr. No (United Artists, 1962)



Dr. No was the first of 25 *James Bond* movies from 1962-2021. The *James Bond* series was inspired by Ian Fleming's English spy series and introduces us to James Bond also known as 007, a licensed-to-kill-English spy. It stars Sean Connery as James Bond, Bernard Lee as M, Joseph Wiseman as Dr. No, and Ursula Andress as Honey Ryder. After English Spy 018 is mysteriously murdered in Jamaica, James Bond is assigned to find out what happened. M provides new and innovative weapons of self-defense. In Kingston, Bond watches a mysterious boat that belongs to Dr. No, out walks Honey Ryder from the water. Bond learns that Dr. No plans to destroy the world.

What is special about Dr. No?

It introduced Sean Connery, a 31-year old Scottish actor. Connery represented the quintessence of Bond. He was handsome, suave, sophisticated, charming with females and always won at Baccarat. Connery starred in 7 of the 25 Bond movies. The movies grossed US\$12.67B while production costs were US\$3.5B; a gross profit was a whopping \$US 9.37B.

More than 140 Jewish seniors in Metro Vancouver urgently need a safe and affordable home.

The power of giving is in your hands.

DONATE NOW 

www.tikvahousing.org/donate



TIKVA
HOUSING
From hope to home

104 - 1177 West Broadway, Vancouver, BC V6H 1G3
778 998-4582 // info@tikvahousing.org // Charitable registration #84256 2613 RR0001



NIGHTINGALE
MEDICAL SUPPLIES

PROUDLY CANADIAN



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



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

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

Vancouver Phone: 604.563.0422	Langley Phone: 604.427.1988	Victoria Phone: 250.475.0007	Vernon Phone: 250.545.7033
 Shop Online: nightingalemedical.ca	White Rock Phone: 604.536.4061	Kamloops Phone: 250.377.8844	Kelowna <small>NEW</small> Phone: 250.868.3034



Jewish Seniors Alliance
of British Columbia

AGM & DINNER

Join us as we honour extraordinary seniors



Shelley Rivkin



Barb Mikulec



Ken Levitt



Mariette Doduck
JSA Star

SUNDAY, OCTOBER 26

AT BETH ISRAEL SYNAGOGUE

DINNER TICKETS: \$75

Email office@jsalliance.org or call 604-732-1555

5:00 PM

Annual General Meeting

6:00 PM

Dinner

Thank you

TO JSA'S SPONSORS:



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

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

