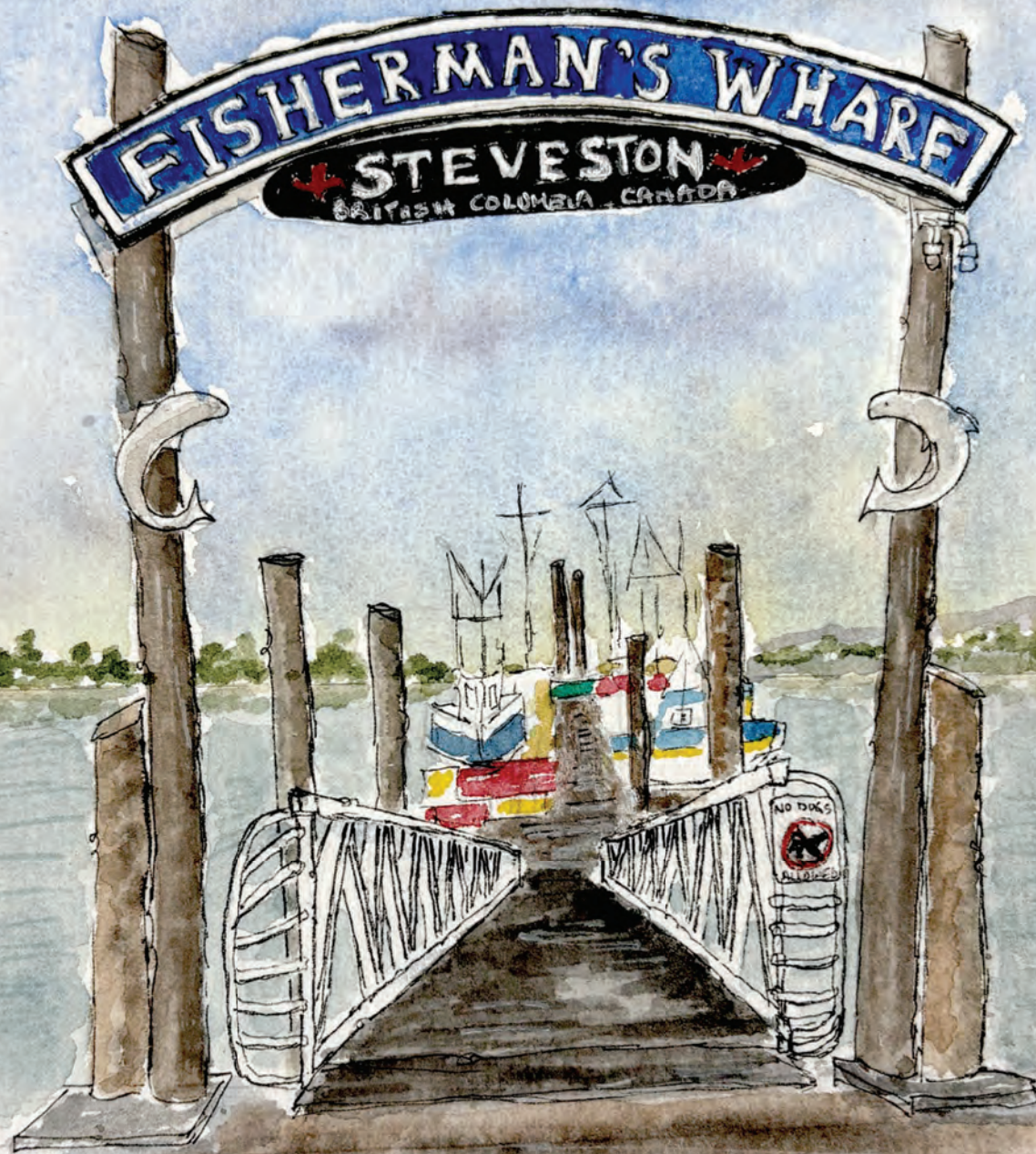


SENIOR LINE

MAGAZINE OF THE JEWISH SENIORS ALLIANCE OF BRITISH COLUMBIA



VOLUME 32(2) - SPRING 2026

ROKSANE '25

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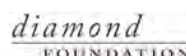
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EDITOR'S MESSAGE

I have been feeling “intellectually starved”! I have been a university junky all my life — attending two universities in Montreal (Concordia and McGill), University of Vermont in Burlington, Vermont, and UBC in Vancouver. Now I live in a small town in Southern Ontario. The nearest university is at least a 30-minute drive on a major, busy highway. I will not drive on Ontario highways — total bedlam! Then I discovered the Thomas More Institute in Montreal. They offer courses in all the Humanities topics. I am now participating in two literature courses on Zoom at 1:30 – 3:30 pm Eastern Time on Tuesday and Thursday. These are structured, interactive courses with an intense reading list for each week. The instructors are volunteers, they have done the research and are knowledgeable about their topic. If you love to learn, check out the Thomas More Institute (<https://thomasmore.qc.ca/>). Just remember there is a 3-hour time difference; that is, 1:30 pm ET is 10:30am Pacific Time.

SENIORS WANT ENTERTAINMENT AND FUN!

Recently I received feedback about the *Senior Line* magazine from a person

STARVED FOR INTELLECTUAL PURSUITS; SAY NO TO AGEISM

Written by Dolores Luber

who I respect and whose opinion I value. In his opinion the magazine had too many pages devoted to movies, documentaries, television series, profile of a director and book reviews. He felt that they did not give “value” to the magazine. He preferred more articles on health, medical issues, housing, exercise, finances, etc. that is, articles which teach, educate and encourage seniors to live a long and healthy life.

Ageism involves negative attitudes, discrimination, and stereotypes about older people. ”

I then checked out the summer magazine and discovered that of the 48 pages, in the magazine, 39 were devoted to his concept of what gives “value”. There are nine pages about movies and books. I reasoned that the major proportion of the magazine was related to **value** topics; I think that is sufficient!

I declined to minimize the number of pages of movies, documentaries, directors and books! Why? Yes, seniors benefit from good advice. but they also need to be intellectually stimulated, to have their curiosity provoked, to be

emotionally challenged and especially, to be entertained! It is **ageism** to suggest that we older seniors have lost the desire to be stimulated by intellectual material, to be exposed to different cultures and to appreciate different styles of art, cinema and books. That is — to have fun!

DEFINITION OF AGEISM

Ageism against seniors involves negative attitudes, discrimination, and stereotypes about older people, affecting their well-being, healthcare, and employment opportunities. It includes both external acts and internalized beliefs, leading to detrimental health outcomes, including increased risk for chronic conditions, dementia, and even reduced lifespan.

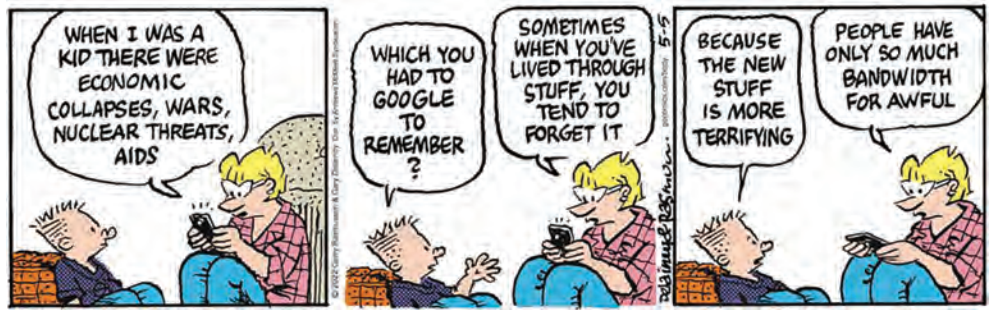
I believe that as editor of this magazine, it is my duty and prerogative to not allow the stereotype of a demented, frail senior inhibit me from providing a balanced content of articles which aim to educate, inspire, stimulate and entertain. I say no to ageism!

The *Senior Line* magazine begins with 50 empty pages.

It is a challenge and an inspiration to me how we, on the editorial committee, will fill those pages. **Larry Shapiro** tackles a difficult topic: Retirement. I recall that when I was 60 years old I decided to

prepare for retirement. I began a new endeavor, studying Hebrew at McGill University. I enrolled in Stained Glass making courses. I sold my home and, in 2004, I moved to Vancouver. I knew only my son, his wife and their infant daughter. I was discovered by Karon Shear, a member of the staff at JSA, and began participating in the office, learning the techniques of editing and assembling the magazine. One thing led to another, and in 2010 I became the editor-in-chief of *Senior Line* magazine. In the meantime I had created a fully-equipped gym in my garage. My trainers were encouraged to train others there.

I found a boarder for the small bedroom. And then I began renting out the large bedroom to medical students who were doing their rotations at the Vancouver General Hospital, a seven-minute walk from my house. A friend encouraged me to run an Airbnb, I did so. I was now in business! Working hard with reservations and housework. I loved meeting all these young, dedicated, medical students, men and women and tourists from around the world. It was inspiring and profitable. I also became a dog sitter for people who went on long



Betty by Gary Delaine and Gerry Rasmussen

holidays-I took care of their precious dogs, all kinds. Retirement can be a creative project — go for it!

Tony DuMoulin, aka Doris, writes about the pros and cons for seniors of the available non-invasive surgical procedures. Of note is his description of Over-Active Bladder Disorder. In the last issue I described my experience with Trans-Catheter Aortic Valve Replacement. Now you can read Mark Ribkoff's description of his Cardiac Ablation procedure. Ken Levitt is back with a delightful, detailed diary of his travels in Spain and Portugal with his son, Dan Levitt. Due to space restraints, I have edited out all the mouth-watering food which they consumed. Ask Ken about it! Michael Geller gives you the knowledge you need to

understand real estate terms. I wish to add my two cents about condo/strata arrangements—they can be intrusive and down-right frustrating. A year and a half after I moved into my townhouse (strata/condo) I was instructed to remove my double birdfeeder. Why? Because "it attracts rats". I could not argue with them as it is true. However, I miss the sights and sounds of these beautiful creatures! AND, if you have a dog, beware! The large majority of condominiums do not allow dogs, and those which do, stipulate that the dog must be under 25lbs. Amy Moss-Archambault wants you to do stretching and flexibility exercises. The magazine is chock full of informative, stimulating and entertaining articles.

Be sure to contribute to Jewish Seniors Alliance of British Columbia so that we can continue supporting frail and isolated seniors. And don't forget to patronize our advertisers.

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.

JSABC WELCOMES NEW SUPPORTERS

| | | |
|-------------------------|------------------|-----------------|
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| Roberta Beiser | Carol Oreck | Howard Shapray |
| Frida Bolotski | Suzanne Pavlich | Maureen Sanders |
| Martin Braverman | Phyllis Rabiner | Eve Silverman |
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| Eva Dymant | Norman Goldstein | Keith Wolfman |
| Elana Gold | Shelley Rivkin | |
| Jack Huberman | Janis Ross | |



CHAIR'S MESSAGE

A SPECTRUM OF CARE: REFLECTING ON A YEAR OF GROWTH AND PURPOSE

Written by Tema (Tammi) Belfer

As our JSABC community continues to grow and evolve, we are reminded of the powerful role we play together in championing dignity, connection, and meaningful aging. This year, we reflect on our journey with gratitude and look forward with optimism. Like a rainbow after the storm, our work represents hope, renewal, and the promise that light always returns. Our strength lies in unity, compassion, and perseverance — values that remain at the heart of everything we do.

HONOURING OUR ROOTS

JSABC's foundation is built on visionaries who understood that aging is not an endpoint, but a continuum of purpose, wisdom, and contribution. We remember with deep admiration our founding leader, Jerry Kushner, of blessed memory, who imagined a community-based organization supporting seniors to live and age with dignity. After Jerry became ill, Serge Haber (z'l) stepped in to continue and grow that mission and shape it into the organization it is today until his passing. Coincidentally, their *Yahrzeits* (memorial of someone's passing based on the Jewish Calendar) fell in the same week this year — the same week as our AGM, which made it all feel

especially poignant — two legacies aligned, guiding our path forward. Today, their torch is proudly carried by Executive Director Jeff Moss along with our committed Board of Directors and Life Governors, devoted staff, and more than 160 volunteers and supporters across British Columbia. Together, we continue to expand our reach and enrich the lives of seniors across the province. Our work is deep, personal, and driven by timeless Jewish values.

In every speech Jeff delivers, to Jewish and non-Jewish audiences, Jeff honours the values on which we were founded and operate today.

- *Kavod* – respect for every individual
- *Chesed* – acts of loving-kindness
- *Tikkun Olam* – our shared responsibility to repair the world

These values inspire every phone call answered, every home visited, and every moment spent listening to and advocating for seniors.

A RAINBOW IMPACT

Our theme this year — reflected beautifully in the metaphor of the rainbow — captures the spectrum of the work we do and the care we provide.

Red – Strength & Advocacy

We stand firmly with seniors, advocating for better healthcare,

safer housing, and essential supports such as accessible home-care services. Meetings with government leaders and senior-advocacy partners reinforce our commitment: as seniors approach 25% of BC's population by 2036, their voices must not only be heard — but valued. We vote. We matter.

Orange – Warmth & Companionship

Through Community Support Services, peer connections, walking partners, and friendly visits, JSABC ensures that no senior walks alone. We are the warm smile, the shared story, the companion on the journey.

Yellow – Knowledge & Illumination

Programs including tech tutoring, cultural and heritage workshops, Phyllis and Irving Snider Foundation Empowerment Series, Spring Forum, Fall Symposium, and *Senior Line* magazine empower lifelong learning and ensure seniors stay connected, informed, and engaged.

Green – Growth & Renewal

Every chapter of life holds possibility. From wellness programs to social engagement opportunities, we nurture physical, emotional, and spiritual growth. As demand increases, so too must our membership, resources, and space — each a vital investment in our future.

Continued on page 6...

ADVOCACY IN ACTION: STANDING UP FOR SENIORS ACROSS BRITISH COLUMBIA

Written by Jeff Moss

Advocacy is simple enough. The Merriam-Webster Dictionary defines it as: “the act or process of supporting a cause or proposal: the act or process of advocating something.” Simple, yes — but in practice, advocacy is powerful. It is the act of standing up for a cause, for a purpose, for others, and often for ourselves. I have the great honour and responsibility of representing the Jewish Seniors Alliance of British Columbia (JSABC) in our advocacy work for seniors across this province — speaking directly with BC’s lawmakers and decision-makers about issues that matter directly to the lives of more than 1,000,000 older adults across BC today. Thanks to the dedication of our engaged JSABC Advocacy Committee, we’ve developed a simple, common-sense message — one that not only addresses a growing crisis but actually saves the government money while helping seniors live better lives.

A GROWING CRISIS

Did you know that 20% of British Columbians today are over the age of 65? Within the next decade, that number will reach 25%. By comparison, only 17% of BC’s population is under 18. This dramatic shift in our demographics is already putting enormous pressure on our health-care system — especially in long-term care. Today, more than 7,000 people remain on the waitlist for a long-term care (LTC) bed. By 2036, that

number is projected to balloon to 17,000. That is simply unacceptable. Even worse, the province currently has no plan to build enough long-term care beds to meet this demand. And while not every senior will need a care home, the current lack of options forces many into long-term care prematurely — when they might otherwise have been able to remain in their homes with just a bit of support.

20% of British
Columbians “
today are over
the age of 65.

A SMARTER, MORE COMPASSIONATE SOLUTION

That’s where JSABC’s advocacy comes in. We’ve been sitting down with government and opposition leaders to propose an alternative — a proven, cost-effective approach already used in Alberta, Ontario, Manitoba, Denmark, and several other jurisdictions. **Our proposal is straightforward: universal free home support for all seniors in British Columbia.** This policy would allow older adults to receive the essential support they need — such as personal care, housekeeping, a meal, and companionship — without



the financial burden or bureaucratic red tape that currently prevents many from accessing help.

The benefits are enormous:

- It produces better health outcomes for seniors.
- It would prevent seniors from being stuck in hospital beds awaiting long-term care placement, saving millions in hospital costs.
- It would reduce premature admissions to long-term care homes.
- And most importantly, it would allow seniors to age in place, where they want to — in their own homes and communities, surrounded by familiarity, dignity, and love.

STRENGTH IN NUMBERS

JSABC is not alone in this effort. The Council of Senior Citizens’ Organizations of BC (COSCO), the BC Health Coalition, the BC Care Providers Association, the Independent Long-Term Care Councils of BC, and the Family Caregivers of BC have joined forces with us. They support our mission to bring in universal free home support for all seniors. Together, we represent over 390,000 seniors directly—

a unified, powerful voice advocating for a compassionate and sustainable seniors' care system. Our meetings with government continue, and while progress takes time, our collective message is being heard. This is informed, responsible advocacy — rooted in data, compassion, and practicality.

TURNING INSIGHT INTO ACTION

One of the strengths of our JSABC Advocacy Committee is its creativity. We didn't just present facts and figures — we brought the issue to life. Thanks to the incredible work of Dr. Howard Glick, a retired psychiatrist and AI innovator, our team produced powerful videos that humanize this complex issue. These short films connect emotion with evidence — bridging the heart and the mind — and have proven invaluable in engaging policymakers who might otherwise see seniors' care as just another line item on a budget. The video can be found on our website at www.jsalliance.org/advocacy/. From these videos, we moved into deeper policy discussions. Yet, despite

our evidence, one refrain often echoes in our meetings: "There's no money." Our response is clear: there's no money to waste, either.

THE FINANCIAL CASE FOR COMPASSION

Our analysis shows that a universal free home support program could save the province over \$870,000 per person over the first five years alone, compared to the cost of building and staffing new long-term care beds. In the Vancouver Coastal Health region, for example, fewer than 600 new LTC beds are expected to be built between 2009 and 2029 — a staggering shortfall in the face of an aging population. That is thousands short in the 2nd largest health district in BC. The question, then, is simple: What is government doing? Right now, not enough. JSABC Advocacy is thinking through these tough challenges to present policy alternatives for both government and opposition to cut through the bureaucratic red tape and bring in policies help seniors now, when its needed.

A CALL TO ACTION

Advocacy is not just about speaking — it's about being heard, being persistent, and bringing forward ideas that make sense. The Jewish Seniors Alliance of British Columbia will continue to do just that — representing your voice, our community's voice, and the voices of seniors across BC who deserve to live with dignity, independence, and care. Not every seniors needs help, but JSABC is there to lend a hand when its needed.

If not us, then who?

If not now, when?

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.

A SPECTRUM OF CARE

...Continued from Page 2.

Blue – Stability & Support

We are the steady foundation during transitions, navigating isolation, ageism, and system challenges. Our partnerships and advocacy ensure seniors never fall through the cracks.

Violet – Legacy & Inspiration

Seniors are our storytellers, heritage carriers, and wisdom-keepers. We help preserve their voices and traditions,

inspiring generations to come.

LOOKING AHEAD

JSABC is more than an organization—we are a movement. We are shaping a future where aging is embraced, seniors' voices are empowered, and every individual feels valued and seen. To every volunteer, donor, partner, and member of our community—thank you for walking beside us. Together, we continue to build a life-affirming spectrum of care, connection, and compassion. We are not

just serving seniors. We are building a brighter future for all who age—and for all who love them.

Tema (Tammi) Brener Belfer

JSABC Chair

Tema (Tammi) Belfer is the current Chair of JSABC, immediate past president of Richmond Women's Resource Centre, and serves on the Board of directors at Beth Tikvah synagogue. She teaches adults who are challenged in financial literacy. She is a mom of two; grandmother of six and friend of the world.

COMMUNITY COLLABORATION BLOSSOMS IN VANCOUVER

Written by Pamela Wolfman

A beautiful partnership is taking root in Vancouver! Flower Fun – Sending Sunshine to Seniors has joined forces with the Jewish Seniors Alliance of British Columbia (JSABC) to keep a heartwarming project growing and thriving across Vancouver, Richmond, and beyond. Founded in 2022 by community members Beryl Israel and Barbara Rubanenko, Flower Fun began as a simple yet inspired idea — to repurpose flowers that would otherwise be discarded, transforming them into bright bouquets that bring joy to seniors in long-term care (LTC) and other seniors' homes. During the pandemic, the flowers brought a little colour and joy into the shut-down facilities.

Community Blossoms promises to spread even more sunshine—one bouquet at a time!

The 18 devoted volunteers now collect floral donations from eight local retailers and deliver cheerful bunches of flowers to more than 18 LTC facilities every week. The program continues to bloom, with more care homes eager to participate and new volunteers signing up to help. Volunteer Deborah Youngson says about

the program, “Whenever we drop off flowers we are greeted with smiles and appreciation. We are connecting with seniors and relationships are blooming.”

A chance meeting between Jeff Moss, Executive Director of JSABC, and Pam Wolfman, volunteer manager of Flower Fun, revealed perfect synergy. JSABC’s mission to enhance the well-being of seniors aligns beautifully with the Flower Fun vision of spreading kindness, colour, and connection. The weekly flower deliveries find their way into recreation and art therapy activities, or simply brighten common spaces with their fragrance and beauty.

One heartfelt note from Lior Shahar at the Louis Brier Home sums it up perfectly: “Thank you so much for the incredible kindness and care you show each week. Your thoughtful efforts in collecting and bringing beautiful flowers to our residents fill our home with colour, fragrance, and joy. What you do is truly a mitzvah — an act of pure goodness that lifts spirits and reminds us all of the beauty in giving. The residents look forward to your flowers with smiles and gratitude, and your generosity brightens more hearts than you may ever know.”

JSABC and Flower Fun are now launching a new chapter: Community Blossoms. This expanded initiative will bring fresh flowers not only to LTC homes



but also to seniors living independently in the community. JSA’s volunteer network will help with deliveries, while providing administrative support and fundraising opportunities to sustain and grow the program. “We are excited by the possibilities the Community Blossoms program brings to JSABC. We will be able to help build on the incredible legacy and impact it has had on the lives of its volunteers and recipients. At its roots, this is about bringing joy and connection to seniors. If we can help support its expansion and growth to connect more individuals and bring something beautiful to them, it will enrich and improve lives—and that is important to the work we all do in serving seniors,” says Jeff Moss.

With shared purpose and plenty of heart, Community Blossoms promises to spread even more sunshine—one bouquet at a time!

Pam Wolfman currently volunteers as the Executive Director of the Vancouver Israeli Folk Dance Society. She also volunteers for CHW, the Dunbar Garden Club and the Jewish Federation. She oversees the *Flower Fun-Sending Sunshine to Seniors* project, now *Community Blossoms*, under the auspices of JSABC.

WHAT SHOULD GOVERNMENTS DO?

JSABC SPEAKERS HIGHLIGHT THE COMPLEXITIES OF SUPPORTING MULTIPLE NEEDS

Written by Cynthia Ramsay, Photos by Alex Roque Photography

The Jewish Seniors Alliance of British Columbia's Fall Symposium featured a panel discussion on the responsibilities of governments for seniors. The panelists discussed housing, transportation and healthcare services. They explored challenges in funding, staffing and service delivery, while also touching on topics such as the potential for community involvement in shaping senior support systems.

The November 23 gathering, which took place at the Jewish Community Centre of Greater Vancouver, opened with Jeff Moss, executive director of JSABC. He said provincial advocacy is "at the heart" of what JSA does, "and bringing

together politicians in this space is really important, because the conversations that we have when we meet with the provincial government, or when we're meeting with the opposition, [are] where we are advocating strongly for universal free home support for seniors in British Columbia."

JSA's partners in this campaign are Council of Senior Citizens' Organization (COSCO), the BC Health Coalition, the Independent Long-Term Care Councils Association of BC, Family Caregivers of British Columbia and the BC Care Providers Association (BCCPA), whose chief executive officer, Mary Polak, addressed those gathered.

Polak shared that her father, who's 96 years old, is in long-term care. He has some dementia issues and needs to have some specialized care, she said. "But in the time that he was at home with us and we were trying to give him the best quality of life we could in our own home, it was a real challenge to try and support that with home health services. And we were in a better place than many because at least we had some of the financial capacity to do that, and we had the family around us. But, for an increasing number of people, that's becoming impossible, and it shouldn't be that way."

Ezra Shanken, CEO of the Jewish Federation of Greater Vancouver, which also is a partner and supporter of JSABC, introduced Shay Keil, who sponsored the event with the BCCPA and JSA, along with Michael and Sally Geller, and the Zalkow Foundation.

“ SENIORS ARE THE FOUNDATION OF WHO WE ARE. ”

"Seniors are the foundation of who we are," said Keil. "You've built our families, our traditions and our values, and you deserve to be honoured, supported and celebrated. We often speak of m'dor l'dor, from generation to generation, and that idea is very close to my heart. I strongly believe in the connection between seniors and children and everyone in between. That belief is why I'm here today, and why I'm deeply committed to community through volunteering, supporting and staying actively involved in the organizations that strengthen the lives of those around us, including JSA."

Keil introduced the emcee of the panel, Isobel Mackenzie, "who served as



Left to right: Joyce Murray, Anthony Kupferschmidt, Dan Levitt and Isobel Mackenzie.



Ezra Shanken



British Columbia's seniors advocate from 2014 to 2024, and has spent her career championing the well-being, safety and dignity of our seniors."

Mackenzie asked each panelist to come to the stage: **Anthony Kupferschmidt**, strategic lead for aging and older persons with the City of Vancouver, who has worked in similar capacities with other cities and groups, and is also a gerontologist; **Joyce Murray**, who has served both as a member of the Legislative Assembly and as a member of Parliament; and **Dan Levitt**, a gerontologist who has worked 30-plus years in seniors care, and is the current seniors advocate for the province.

Each panelist gave an overview of their opinions, starting with Kupferschmidt, who noted that much of what a municipality can do for the aging population requires financial support from other orders of government. However, a city can impact seniors in such areas as "zoning and related development charges, making sure that we have the right type of housing and the right mix of housing across the city."

Municipalities can work with the provincial government, for example, on where care homes are located and support

their development. Transportation is another key area, as are sidewalks and other "elements of an age-friendly city." Cities have a role with respect to public libraries and the accessible services they offer, community centres, senior centres, pools, arenas, etc.



Levitt was the next to speak. "Currently, there are 5.5 million people living in our province, 1.1 million people are over 65," he said. "Today, there's one in five – 20% of all people are seniors. Fast forward just a decade from now and it'll be one in four, 25%.... We have more people who are living longer and more people who are seniors, so 400,000 more seniors in the next decade."

Levitt's office monitors five areas: health care, transportation, housing, income and community services. "The general trend,"

he said, "is that there are more seniors and there are more investments, but there's less available per senior."

As an example, he said, a quarter of all seniors are living on \$23,000 a year, or less than \$2,000 a month. "And it's not that hard to go find people living in the West End in affordable housing living on less than \$1,000 a month, so they really need that income support from all levels of government, they need those subsidies."

Levitt said there were 13,000 people on the waitlist for affordable housing last year. "How many of them got a space?" he asked. "Six percent, just under 800 people have got a space for affordable seniors housing in our province. We haven't built enough, and there is a call right now to build more, but we're not keeping pace with that demand."

As well, he said, the province has been taking money away from long-term care homes, no longer funding overtime and agency nurses, for example, and this affects places like the Louis Brier Home and Hospital.

"It means that an already very thin margin is now almost impossible to operate without that government subsidy," said Levitt.



break that down, that's \$4,300 per retiree 65 and older in new money in the 2023 federal budget versus \$755 for younger Canadian under 45 in new money."

She wondered about how well younger people

were being supported. She also spoke of environmental concerns.

“ WHAT DOES IT MEAN TO BE A GOOD ANCESTOR? ”

“What does it mean to be a good ancestor?” she asked. “And what do we think our society, our province, our country needs to do so that we collectively are good ancestors?”

“To govern is to choose,” said Mackenzie, noting that governments must make decisions about how “to allocate our finite resources to our infinite demands.”

The panelists talked more about that, as well as the way in which different levels

of government work with one another. Murray said governments make policies they hope will attract voters, and seniors tend to vote more than younger people, so, for example, “a family with two members can earn up to \$180,000 a year and still get their full OAS,” she said, asking, “Is that a good allocation of money?”

Mackenzie asked a variant of Murray’s question, considering how maximum monthly payments for public long-term care work.

“The person whose income is \$200,000 a year is going to pay the same for their publicly funded long-term care plan as the person whose income is \$70,000 a year,” said Mackenzie. “And so, if, on the one hand, we say, well, the people who have more should get less, which is the OAS argument, to what extent should we flip that and say, well, the people who have more should pay more when it comes to publicly subsidized long-term care? That’s, I think, missing from the discussion... I think there are very uncomfortable conversations ... that governments are going to have to have with their electorate and, as elected officials, you don’t like to have those uncomfortable conversations, for obvious reasons.”

“We haven’t invested enough either in seniors care,” he added. “We did a report in July, and our July report identifies that over 16,000 people are going to be short long-term care because we’re not building enough beds. There are 7,200 people on the waitlist today.” The burden of care, he said, is being transferred to families.

Murray took the conversation in a different direction.

“I was looking at the budget numbers about this when I was thinking about what I would be saying,” she said, “and the total new spending on OAS [Old Age Security] and medical care for seniors alone in the 2023 budget was \$110 billion of new money....

Now, that’s going to tie into some of the demographics, for sure, but, when you



Right: Jeff Moss moderates the question and answer period.



Levitt thought the situation could be improved if governments helped people understand how much money they need to save to age well, what supports there would be for them as they age, and what people could do to support themselves.

Murray suggested, “Maybe what we need is like a citizens’ assembly, to start out by identifying what are the key things that are maybe broken or need improvement so that we can be good ancestors. And then have a citizens’ assembly that looks at what are the best solutions in other countries ... and then create a proposal on that. I think we have to crowdsource the solutions here... We need citizens to help us solve this.”

Kupferschmidt brought up Better at Home, a basket of non-medical services that seniors can access. “There has been public engagement into what those services should be... However, there are examples of the service that is offered in one neighbourhood in the city is different than another,” he said, explaining that a “model with all the best intentions can sometimes create some disparities as well.”

Mackenzie stressed the complexities, both because everyone’s needs and everyone’s solutions are different. “And, in the end, in those environments, generally, we try to come up with solutions that meet the greatest good for the greatest number, but that certainly doesn’t meet the need

for everybody all the time and that is, I think, the political challenge at all levels of government, whether they be the local, the provincial or the federal.”



Cynthia Ramsay is the owner/publisher of the *Jewish Independent*. In addition, she was the editor of the Jewish Museum and Archives of BC’s annual journal, *The Scribe*, for more than 10 years. She is a founding board member of JQT (Jewish Queer Trans) Vancouver and is on the board of the Lotte & John Hecht Memorial Foundation. With a master’s in economics, her previous work experience includes being senior health economist at the Fraser Institute.

COMMUNITY SUPPORT SERVICES VOLUNTEER PROFILE

SUZANNE COLE

Interview by Charles Leibovitch

Suzanne Cole has been a senior peer support volunteer at Jewish Seniors Alliance for a few years now. Suzanne and her family moved to BC from Northern Ontario when she was 2 years old. She grew up and attended school in the newly created suburb of Brentwood Park in North Burnaby. After High School Suzanne entered The Vancouver School of Art (a precursor of Emily Carr University). Stints at Simon Fraser University, UBC and Douglas College followed, with a work career as varied as it was exciting. One thing that remained constant however, was an abiding interest in people. Her work positions ran the

gamut from being a Customs Inspector on Vancouver’s waterfront, teaching newly arrived immigrants career search techniques to selling telecom hardware to small and medium sized businesses.

Suzanne is a strong believer in advocating and helping others and refuses to be bullied by people in authority. It was her love of empowering others that motivated her to enroll in the senior peer support training course led by Grace Hann and Miguel Mendez. She enjoys visiting seniors and not being micromanaged or needing to have an agenda, beyond providing active listening and emotional support. Suzanne strongly believes in taking on new challenges and risks to further her journey of living a meaningful life through helping others.



Suzanne continues to enjoy being a part of the senior peer support volunteers and community at Jewish Seniors Alliance. Thank you, Suzanne!

Charles Leibovitch, MSW, is JSABC’s Senior Community Support Services

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



CELEBRATING OUR FRIENDLY VISITOR GRADUATES

Written by Grace Hann

After eleven sessions of heartfelt learning, laughter, and connection, we are thrilled to honor the newest graduates of our **friendly visitor training program**. What an extraordinary group of volunteers, they showed their commitment, empathy and compassion as we learned together. Now, those volunteers will step into a very vital role, bringing companionship, warmth, and dignity to vulnerable and isolated seniors in our community.

This amazing group of students completed eleven sessions held over Zoom, culminating in a joyful in person grand finale that marked not just the end of a program but the beginning of a meaningful journey. These volunteers are now equipped with the skills to make a lasting difference in enhancing and supporting vulnerable adults, many of whom have been ignored by society.

The Friendly Visitor volunteer does more than just visit. Many times it is a lifeline, it is the first contact the senior

has had with anyone for a week. Our volunteers offer something simple yet profound, a human connection. Through regular visits, shared stories, and attentive listening, they help restore a sense of belonging, visibility and joy.

The training is designed to prepare the volunteers with the many challenges an aging person may experience. Topics ranged from active listening, communicating with a person who has dementia, awareness and sensitivity to diverse cultures, boundaries, and many others. Volunteers learned how to navigate difficult conversations and build trusting relationships. All sessions were interactive, and a sense of connections was formed from the very beginning.

Some may see virtual formats as a deterrent to connecting but the screens would light up with flowing hearts and encouraging thumbs up when people were sharing their stories. Breakout rooms were filled with animated discussions and smiles upon returning to the main room.

The final in-person gathering was a celebration of all that had been learned and a chance to finally hug, laugh and to connect face to face. **Miguel Mendez** and I as facilitators are immensely proud of each of the students. Their commitment to the training and their eagerness to serve their community spoke volumes about the kind of people they are! They will now go and spread their joy, empathy, and compassion to their perspective communities.

To our volunteers, thank you. You have chosen to be present, to listen, and to care. You are the jewel of the program, and your impact will be felt in ways that numbers cannot measure. You remind us that kindness is powerful and even in a changing world, human connection remains our greatest gift.

To **United Way**, thank you for believing in our vision. Your support has provided us with the ability to help our community and to alleviate the loneliness and isolation which is so prevalent in our society.

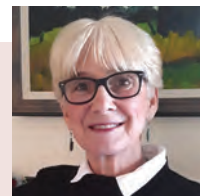
If you are touched by this story, we invite you to join us. The need is great but so is the reward. Whether it's through a smile, a simple visit or a quiet walk through the neighbourhood.

Thank you to the following organizations for joining us: 411 Seniors Centre; West-End Seniors Network; Richmond Cares, Richmond Gives; Brock House; Little Mountain; Share Family Services.



Grace Hann is JSABC's Senior Community Support Services

volunteer trainer. She has been training volunteers and supporting seniors for over 20 years.



REFLECTIONS ON A DECADE OF PEER COUNSELLING

Written by Wayne Davis

I think my introduction to peer counselling may be different from others. I was at a very low point in Spring 2016, having just undergone professional counselling to manage life's issues, when I discovered an advertisement in the *Georgia Straight* for peer counselling training through the Jewish Senior Alliance. Throughout my life, the universe has presented me with what I need, when I need it, even when I'm not asking. This was one of those times.

The timing was fortunate because my counselling had been very effective, bringing me back from a dark place. One insight was that I needed to get outside myself and find purpose and connection. When I called Grace Hann, JSABC's Community Support Service's Supervisor and Trainer, about the training, I thought, "If counselling helped me, perhaps I can help others too."

I finished the training with a great class of about 15 people. Almost a decade later, I'd like to share what I've learned from the pleasure and privilege of interacting with an enormous variety of people as both a friendly visitor and peer counsellor. I've worked with people experiencing deep depression, financial issues, family communication problems, dementia, grief, end-of-life challenges, and those who are simply lonely or disconnected.

With both peer counselling and friendly visiting, it's important to remember it's

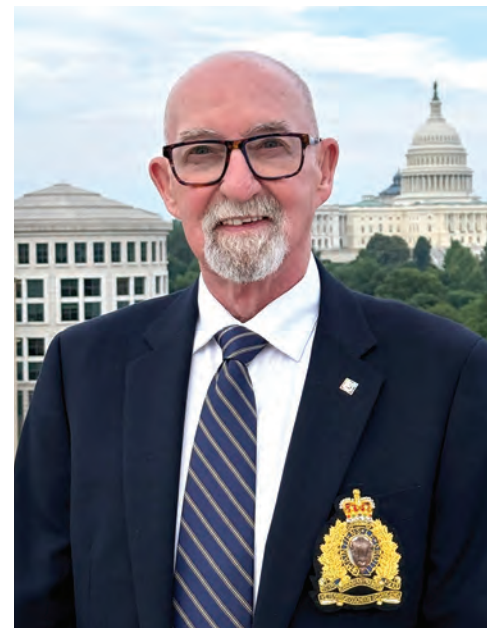
the peer's time — be a listener more than a talker. It's remarkable what people will open up about, and you can almost see them sorting through issues as you sit with them. Give the peer space. As Grace says, "Honour the silent gaps." It took this chatterbox a while to understand this.

Each time I meet a peer, I remind myself it's their time to vent, have company, complain, or sort through problems. Our role is to help them along their path, whatever that may be. Fortunately, JSA's excellent training provides the skills to do this.

Our role is to help them along their path, whatever that may be. ”

I'm in this for both myself and my peers. If you're volunteering out of obligation, you'll find it tedious and frustrating. None of us is Mother Teresa, and we should take pride in doing good and contributing. Enjoy the personal gratification that comes from helping others and celebrate your contribution.

In peer counselling, it's easy to get comfortable with routines and slip into friendly visitor mode rather than focusing on counselling. Bring your learned skills to each session to maintain



momentum and help peers solve their own problems, but don't force it if the energy isn't right. There are good sessions and bad sessions — celebrate the good ones and hang in there.

The JSA team is there to support you. Don't be shy about discussing concerns — they'll help you through rough spots. The match between counsellor and peer is crucial for ongoing success.

Most importantly, look after yourself to avoid burnout. Around year eight, I considered quitting due to time challenges and fatigue. After chatting with Grace, I took a three-month break to re-energize and am now approaching year ten, still enjoying this meaningful work.

Wayne Davis is a former Royal Canadian Mounted Police (RCMP) officer. He's actively involved with Veterans Affairs Canada and is a board member and advocate for the Purge Fund, working to educate about 2SLGBTQI+ history.

PORTRAIT OF AN ARTIST

Roxsane Tanner

Written by Roxsane Tanner

I was born in Amersfoort, Holland, and moved to Canada with my family at the age of two. I was at that time the youngest of five children. Being a surviving Holocaust family made our lives quite different from other families in our community.

Before the war, my mother was a nurse and worked in a hospital for the mentally and physically handicapped in Holland. My father was active in the Dutch underground resistance, and having some Intel to what the Nazis were about to do, my father gave my mother and the administration of the hospital notice that the Nazis were coming the next day. He told my

mother to take a break in the morning and go for a walk into town. She was to keep herself hidden once in town, and could not be seen taking anything with her other than her purse.

During the war time, it was difficult to acquire current and accurate information as to what was happening, and what my father was telling the administration of the hospital seemed impossible, so they did not heed his warnings. Luckily my mother did leave. The Nazis came and trucked all the patients, doctors and nurses, away from the hospital, forcing them onto train cars. For hours they were crammed in these box cars without water or medication which caused a lot of panic. When the train did finally leave, it only went a short distance across the border, where it stopped, and everyone was exterminated right in the box cars.

My parents lived through the horrors of the Holocaust, hiding in different places and ended up for three years on a farm, where my father worked as a farmhand, while my mother was a nanny for the farmers' children. My oldest sister had already been given up to hide with a family, and later, another sister who was born in the pig barn where my parents lived, was also given to a family as their own. I never knew my grandparents and many of my aunts and uncles because they were all captured and killed at Auschwitz.





Heritage homes at Britannia Shipyards, Watercolour on paper

The atrocities of the war were not discussed in our family. It was like my parents were keeping us safe, now in Canada, living integrated into a Christian community. We still kept the High Holidays to the best of our ability. My parents worked seven days a week for years. I can't remember a time that they went on a vacation. But it never felt unusual, it was just the way it was.

Initially, when we first arrived in Canada, we lived in an old farm house outside a small town in Quebec. My parents had a productive garden and canned a lot of food for the winter. We children had our weekly baths in an aluminum tub behind the wood stove in the kitchen—oldest going first, resulting in me being the last one to share the

water. Hence I believe came the phrase, “Don't throw the baby out with the bath water.” Three more children were born in Canada, now there were seven girls and lastly one boy. After moving many times in Canada, we finally worked our way to the west coast to settle here. My parents were entrepreneurs, owning and operating several businesses at a time. I always feel privileged to have inherited my parents' entrepreneurial lifestyle. It was years later, after my father's death, that my mother finally wrote and published her memoirs, called *A long Labour* through the generosity of the Wosk foundation.

I owned and operated a successful wall-covering installation business with my late husband and

after his long seven-year ordeal with cancer, I continued the business for over 50 years. I also owned a sewing manufacturing business with eight to ten staff, making soft goods of various products. Later I opened a sewing school, and for 14 years taught 50-70 children weekly. After a day of wallpaper installation, I would spend my evenings and Saturdays in my studio teaching. Then lastly, around 15 years ago, I had the opportunity to travel to Italy and Greece, as a chaperone with my new husband and the high school students he counselled at that time. Seeing the beautiful silver jewelry sold there, I decided to take up a new challenge of studying to become a silversmith. It was

at that time, I also had an interest in the study of water colour artistry. I now have a silversmithing studio in our back yard, and my water colour painting studio in the loft of our home. My jewelry is sold in a couple stores and I occasionally give silversmithing classes at a local studio.

I am a self-taught water colour artist. At the beginning taking a few lessons at a night school course at a local art shop, and then studying great tutorials on the internet from a variety of professional artists. This allowed me to develop my own style, into the urban pen sketch and water- colour vignette technique. I started water-colour painting the heritage buildings of Steveston, a historic fishing village where I have lived for over 25 years and love dearly. I wanted to capture the quaintness and relaxed feelings of the locality and the people. This wonderful village is located where the Fraser River meets the Salish Sea. I have recently branched out to water-colour painting of

Left:
Fishing Boats,
Watercolour
on paper

Right:
Steveston Pier.
Watercolour
on paper





people's homes. It's a wonderful way to meet folks and capture the essences of their homes and story through the brush and palette. Keeping my work whimsical, these light vignettes evoke emotion and personality, hopefully making these paintings a keepsake of their homes, their family, joy and love. I have been commissioned by builders, contractors, realty agents, and folks wanting a memorable gift for someone special.

I volunteer once a week at the Chabad in Richmond where they tirelessly prepare and bag meals to help the local community. As a youngster I never had Jewish friends, but in recent years, I have made incredible Jewish friends that have fit into my life like wonderful soft leather gloves. While the pages of my story may have changed over time, the essence of who I am and who I have evolved into was truly shaped by the people whose spirit and core values continue to shape and influence the artistic



and entrepreneurial paths I walk today. From generation to generation. All roads have led to this time and place and as I reflect back, taking in all the happy and sad chapters of my life, I feel I have arrived. Recently my paintings were featured at the Steveston Historical Museum Post Office for the month of January, and will be there again this summer.

My Instagram is [studioplace99](#), where you can peruse some of my work, both water colour paintings and my silversmithing. My email address is studioplace@yahoo.com.

Left:
Red Barn,
Watercolour
on paper

Right:
*Steveston
Historical
Museum Post
Office.*
Watercolour
on paper

TRIBUTE TO ROBERT REDFORD

1936-2025

Written by Dolores Luber

Robert Redford was a screen idol turned director, activist, and independent film impresario. From *Butch Cassidy and the Sundance Kid*, to *The Sting*, both films with Paul Newman, to *All the President's Men*, his filmography was packed with works carrying cultural resonance, and his Sundance Film Festival became synonymous with the creative cutting edge.

With a distaste for Hollywood's dumb-it-down approach to moviemaking, Mr. Redford typically demanded that his films carry cultural weight, in many cases making serious topics like grief (familial, societal) and political corruption resonate with audiences, in no small part because of his immense star power. He was one of Hollywood's preferred leads for decades, whether in comedies, dramas or thrillers. He had range. As a romantic leading man, he

was paired with Jane Fonda in *Barefoot in the Park*, Barbra Streisand in *The Way We Were*, and Meryl Streep in *Out of Africa*.

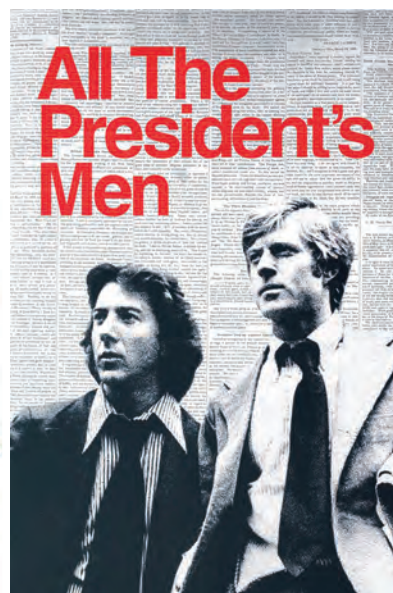
He branched into directing in his 40s and won an Academy Award for his first effort, 1980's *Ordinary People*, about an upper-middle-class family's disintegration after a son's death, reflecting his experience of his mother's death when he was a teenager. His next film as director was *Milagro Beanfield War*. It was followed by *A River Runs Through It*, a period drama about fly fishermen pondering existential questions; and then *Quiz Show* which was nominated for four Oscars, including best picture and best director.

Perhaps Mr. Redford's greatest cultural impact was as an independent film impresario. In 1981, he founded the Sundance Institute, a non-profit dedicated to cultivating fresh cinematic voices.



His personal life was difficult with two marriages, four children: his children suffered from sickness and deaths (sudden infant death syndrome; a daughter's boyfriend shot dead; his son had two liver transplants and died of cancer at 58).

An ardent environmentalist, Mr. Redford was given the Natural Resources Defense Council Forces for Nature Award in 2004. We will miss his acting, directing, leadership and activism. He has said "It was authentic, I got my way." Indeed!



SENIORS AT THE MOVIES

Written by Dolores Luber



PARASITE 2019



In Bong Joon Ho's Oscar winning film, a destitute family occupies a wealthy household in an elaborate scheme that goes comically — then horribly — wrong. The story takes

place in South Korea but could easily unfold in Los Angeles or London. The faces and places represent universal ideas about human dignity, and class life itself. The Kim family's fortunes change after the son, Ki-woo, lands a lucrative job as an English-language tutor for the teenage daughter of the wealthy Park family. When Ki-woo crosses the threshold of the Park's house, he enters another world, one of cultivated sensitivities and warmly polished surfaces that are at once signifiers of bourgeois success and blunt reproaches to his own family's deprivation. Ki-woo's mother and two sisters insinuate themselves into the lives of their pampered counterparts. All goes well until their worlds spectacularly collide, erupting with annihilating force. Comedy turns to tragedy. A brilliant and captivating movie. Do not miss it! Available on Netflix with English subtitles.



ALL THE MONEY IN THE WORLD 2017



This is an engrossing kidnap thriller. At the center of the movie is a trio of lead performances: Michelle Williams as Gail Harris, the mother

of the abducted heir to the Getty fortune; Charlie Plummer as the heir, John Paul Getty III; and Christopher Plummer as the young man's grandfather, John Paul Getty, the richest man in the world at that time. However, Grandpa refuses to pay the ransom of \$17 million, hemming and hawing and trying to get the price down. The facts are brutal and shocking but the performances are great. Available on Amazon Prime Video.



WIL (WILL) 2023



Two young police officers, Wil and Lode, find themselves torn between collaboration and resistance as they navigate Nazi-occupied Antwerp during World War II's darkest days (1942). This gripping and thought-provoking drama follows an auxiliary policeman caught between morality and the anti-Semitic ideology of the governing Germans. They kill a German officer who was physically and verbally abusing a family, torturing them for money. Wil and Lode hide the body. This film is a riveting exploration of moral dilemmas in wartime, it casts a sharp light on the complexity of human choices in times of conflict. The film entertains and also challenges and inspires. An excellent historical drama. Available on Netflix with English subtitles.



ARRIVAL 2016



Denis Villeneuve directs this Sci-fi drama starring Amy Adams. Louise Banks (Adams), is a linguist engaged by the United States Army to discover how to communicate with extraterrestrials who have arrived on Earth. Both cerebral and emotional, *Arrival* will challenge you with its complex plot and its ideas about life, death, communication and the nature of time. An enthralling and thought provoking watch. Available on Netflix.



THE MARTIAN 2015



An astronaut (Matt Damon) becomes stranded on Mars after his team assumes him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue. Ridley Scott's epic space adventure is a story of determination and human triumph. You will laugh and cheer. Available on Disney+.

IN THE SPOTLIGHT: TV SERIES AND DOCUSERIES

Written by Dolores Luber

ENTERTAINING TELEVISION SERIES

THE LAW ACCORDING TO LIDIA POËT

★★★★★

This series is inspired by the true story of Italy's first female lawyer, Lidia Poët, who lived from 1855 to 1949. We follow Lidia as she investigates murders while simultaneously fighting to be recognized as a lawyer. It has engaging storylines, a charismatic lead actress Matilda De Angelis, and stunning costumes. It is a strong period drama with great acting, engaging mysteries, and beautiful visuals. Available on Netflix.



THE ASUNTA CASE

★★★★★

This is Netflix's new investigative thriller. The miniseries unravels one of the most shocking true crimes committed in Spain. A wealthy couple from Santiago de Compostela, Spain, adopted a baby girl named Asunta Fong Yang from China in 2001.

Twelve years later, when they report her missing, the authorities initially suspect a kidnapping. As the investigation unfolds, the couple is arrested for her murder, causing shockwaves throughout the country. It is based on a true story of the real life murder of 12-year-old Asunta. This is an excellent portrayal of a sordid and tragic crime. Available on Netflix with English subtitles.



JEWISH MATCHMAKING

★★★★★

Nominally, Netflix's series is about romance within Jewish culture. In practice, it's a lesson in how you need a no-nonsense mother to pick your partner — even if you think you don't. Matchmaker Aleeza ben Shalom has been married for 20 years, had five children and got 200 couples to the altar. She sits each candidate down, takes notes of how religiously observant they are, how ready they are to start a family, and then suggest a candidate. People are foolish and inconsistent, loving and careless, worth screaming at in one moment and crying over the

next. This is entertainment at its best. No matter, Aleeza remains calm and patient. Wonderful fun! Available on Netflix.

THREE KOREAN DRAMAS

CRASH LANDING ON YOU; IT'S OKAY TO NOT BE OKAY; NAVILLERA

★★★★★

I recently discovered Korean TV series — I am addicted to them. These dramas have wonderful characterizations and romantic complications; but there is no sex and no violence. *Crash Landing On You* finds a wealthy South Korean business woman accidentally stranded in North Korea. Her life is saved by a North Korean soldier on the frontier.

It's Okay To Not Be Okay is a mesmerizing South Korean drama that intertwines romance, mental health, and healing in a beautifully crafted narrative.

Navillera's plot revolves around a young ballet dancer who meets an elderly man who dreamt of dancing in "Swan Lake" his whole life. It is a touching story about determination, talent, family, and friendship. All three are superb, a pleasure to watch!

All 3 tv series are on Netflix with English vocals and English subtitles.

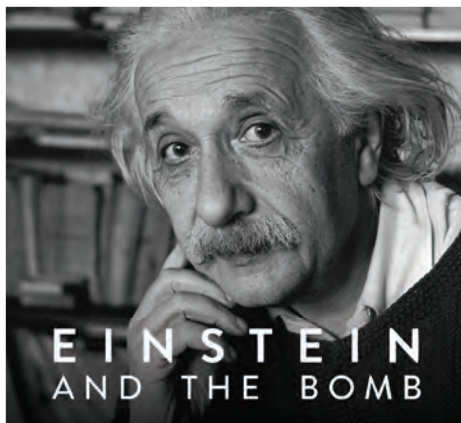


DOCUSERIES YOU DO NOT WANT TO MISS

EINSTEIN AND THE BOMB

★★★★★

Albert Einstein fled Germany for his safety. There was a bounty on his head. The film blends documentary and drama with inclusions of speeches made by Adolf Hitler, propaganda minister Joseph Goebbels, and newsreels from the time. Everything Einstein says in the film is derived from his actual spoken or written words. In 1946 he sent a letter to President Roosevelt warning him that Germany may be building an atomic bomb. This letter initiated the development of atomic weapons in America, conveying the urgency of the situation. He later expressed regret over signing the letter, saying it was his “one mistake.” A gripping film. Available on Netflix.



THE MAGNITUDE OF ALL THINGS

★★★★★

The director Jennifer Abbott harnesses a new emotion as she explores climate change (not anger or hope) but environmental grief and loss; she is grieving for our planet. *The Magnitude Of All Things* witnesses far corners of

the world coping and adapting in the face of devastating losses — but also many people fighting for the world’s future. The documentary navigates the space between anger and hope to emerge with a deeper sense of serenity. It is as poignant as it is provocative. A very moving experience to watch. Available on Amazon Prime Video.



ELIZABETH TAYLOR: THE LOST TAPES

★★★★★

This documentary allows Elizabeth Taylor’s own voice to narrate her story, inviting audiences to rediscover not just a megastar of Hollywood’s Golden Age but a complex woman who navigated lifelong fame, person identity, and public scrutiny on a global stage from an early childhood. Through newly discovered interviews with Taylor and unprecedented access to the movie star’s personal archive, we discover a different Taylor than we had imagined. Available on Amazon Prime Video.



UNBROKEN

★★★★★

Unbroken chronicles how the seven Weber siblings, ages 6-18, evaded certain capture and death and ultimately escaped Nazi Germany using their cunning instincts following their mother’s murder at Auschwitz. Their lives changed forever when a benevolent farmer put them in the back of his truck and drove them to his fruit orchard 60 kilometers east of Berlin, where they were put into hiding in a laundry hut and spent two years on their own. Emboldened by their father’s mandate that they ‘always stay together,’ and separated from their father, the siblings declared themselves orphans to escape to a new life in America — told to the daughter of the youngest Weber sibling by surviving siblings in their eighties and nineties. A must watch! Available on Netflix.



HIGH ARCTIC HAULERS

★★★★★

Faced with the lack of port infrastructure and a schedule that is set by the tides, unloading cargo ships in remote Arctic communities is a challenging job. Delivery of food and much-needed supplies for survival happens once a year! Brilliant and thrilling. Available on Netflix.



my favourite songs & their singers

Written by Ken Levitt

The great songs, who sang them, and how they sang them have always fascinated me. I enjoy a broad range of music genres, including Folk, Jazz, Bluegrass, and Broadway. But there are several songs and singers that I especially enjoy. I want to share with you the songs they sang. Then I will reveal who my favorite is. Music enthusiasts, like art enthusiasts, have likes, dislikes, and who cares.

Over the Rainbow

From the movie, *The Wizard of Oz* (1939, MGM)
Music by Harold Arlen and E.Y. "Yip" Harburg

Over the Rainbow was named "Song of the Century". The song is about an unhappy girl (Dorothy) who is afraid of losing her dog. Dorothy longs for a happy place and that place is "Somewhere over the Rainbow".

nominees

1. Judy Garland
2. Israel Kamakawiwo'ole (My favourite)
3. Eric Clapton



Judy Garland

Send in The Clowns

From the Broadway show *A Little Night Music*
Music and lyrics by Stephen Sondheim

The song is about a middle-aged couple. They met at a social event in their younger years, and they were in love but went their separate ways. The meeting rekindles memories and evokes what might have been.

nominees

1. Dame Judi Dench (My favourite)
2. Glynis Johns
3. Barbra Streisand



Louis Armstrong

What a Wonderful World

Music and lyrics by Bob Thiele and George David Weiss (1967)

The song was written in the turbulent years, particularly in the USA. Much of it centered on protests over the Vietnam War...The song's message is 'the world will be wonderful if we allow it to happen.'

nominees

1. Louis Armstrong (My favourite)
2. David Attenborough
3. Eva Cassidy & Katie Melua

All-Star Vocalists

Best female voice: Ella Fitzgerald
Best female song stylist: Billie Holiday

Best male voice: Mel Torme
Best male song stylist: Tony Bennet

Do you agree or disagree? (Let us know).
You can find them all on YouTube.

The Brothers Four



Try to Remember

Opening song from the *Fantasticks*
Lyrics by Tom Jones (USA); Music by Harvey Schmidt

The song "encourages the audience to imagine what the sparse set of this musical might look like. It ran for 42 years, off and on Broadway.

nominees

1. The Brothers Four
2. Jerry Orbach
3. Ed Ames (My favourite)



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.

JEWISH SENIORS ALLIANCE OF BRITISH COLUMBIA



Jewish Seniors Alliance of British Columbia embraces all seniors to ensure they can age with dignity and respect. JSABC is governed by the Jewish value of *Tikkun Olam* (repairing the world) and works at making a meaningful impact in reducing isolation, loneliness and aging better for all seniors.

JSABC builds connections with seniors through our core service areas of Community Support Services, Outreach, Advocacy, and *Senior Line* Magazine. Over the past year, with very generous donations, we have provided more services and increased the number of individuals served throughout community.

FOR
MORE
THAN **22**
YEARS,
JSABC:

- Has been reducing isolation and loneliness among seniors.
- Has been 100% Member/Donor; Foundation; Grant; Government funded.
- Makes a recognized impact as a leader in provincial advocacy.
- Offers free and barrier-free programs and services for all participants.
- Collaborates as an integrated Jewish and community hub partner.
- Actively fights institutionalized antisemitism through its collaborations and community work.

Family and
Caregiver
Support
Annually
1,800



Number of
In-Home
Visits
Annually
7,200

Over
160
Community
Support
Services
Volunteers



Senior Line
Magazine
Readership
8,000

Outreach
Event
Attendance
700



NEW LOGO



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RETIREMENT: INVENT YOUR NEW LIFE

Written by Larry Shapiro

Dear *Senior Line* readers, I was given the rather daunting assignment by my editor to speak to the subject of retirement. Daunting because there are very few similarities in how each of us views and even interprets the word retirement. So, in full recognition of the fact that we are all, as individuals, as unique as snowflakes, I see my mission as a commentary on the transition of seniors into their “golden”, or in far too many cases not-so-golden years. Not only are we unique in our differences but also in the particular circumstances in which we find ourselves when, for instance, we find ourselves separated from our long

established routine and faced with a vast new reality that will likely define the rest of our lives.

Most people define or see retirement as freedom from working — some by choice and part of a plan, but most feel they have been “put out to pasture”, considered past their prime or beyond their expiry date by society. Many folks find retiring difficult and resist doing so because it means leaving a long established career that, although stretching out their working years is not ideal, they find themselves with nothing in which to look forward. There are of course those retired, or soon to be so, whom have made retirement plans.

We all know what they say about men and their plans:

“Man Plans, and God Laughs”
~ *An Ancient Yiddish Proverb*

“The Best Laid Plans of Mice and Man Often Go Awry”
~ *Robert Burns*

It has been said that society has not prepared us for the transition into retirement. In my opinion, we all have the ability to redefine ourselves! If you find the possibilities escape you or overwhelm you, there is a lot of help out there through relatively easily accessible resources. The reality of your financial status will determine to a large degree the choices you will have concerning how you spend your new wealth and which activities you will pursue in your free time. Take it one step at a time, at your own pace. The lesson soon learned after retirement is that it is up to each individual to invent their own narrative, whether it be leaving work entirely or combining it with other unrelated activities.

When the fact that we are living longer than previous generations is considered, a healthy attitude toward retirement would be to view it as a new beginning rather than an end. Concerns such as the rampant rising cost of living, especially for essentials like groceries, medication, shelter and fuel creates a real challenge to those living on a fixed income. It may be wise to explore the different living options available if and when the necessity to move to less costly accommodation becomes necessary. Don't ever lose sight of the fact that one's income determines one's options.

So, no matter what your state of affairs is, try to establish financial

It is up to each individual to
invent their own narrative.

”



sustainability before retiring. Once a realistic financial plan is in place, a good next step should be to reduce any debt you are carrying before you cease working. The next logical step is attempting to calculate the foreseeable expenses you will be incurring while being mindful of the fact that one never really knows what unexpected situations may occur.

Take it one step at a time, at your own pace.

Acknowledging that a meaningful retirement will be different for everyone, finding purpose and fulfillment is of utmost importance to all retirees. Happiness will be the result of

successfully identifying what truly interests you and making the time to pursue it. We all need a reason to get out of bed in the morning and to feel that our lives have purpose and meaning. If I may offer you my personal recommendation to all those contemplating retirement, seek advice from those of your peers who have gone through the transition of retirement. No use reinventing the wheel.

I have saved what I feel is the best for last — my own experience with retirement. I would be grossly remiss if I didn't share with you what has proved to be, beyond a doubt, my wise choice. Volunteering — the rewards you can reap by volunteering to help your peers can very well be the most direct route to purpose and fulfillment. Jewish Seniors Alliance

of BC is a great place to start to receive what is considered by many knowledgeable people as the best available training in peer counselling. You will join a dedicated group of people, both professionals and volunteers who contribute their time and knowledge to the well-being of frail and isolated seniors. Wishing you a happy retirement!



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 JSABC Board.

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Carpe Diem

FATHER AND SON EXPLORE SPAIN AND PORTUGAL

Written by Ken Levitt



Lisbon, Portugal

In early May 2025, Dan asked me to join him on a father-son trip to Spain and Portugal. At first, I declined. With Leah's urging and the ability to purchase travel insurance, I said 'Yes'. I told Dan about my limitations. Dan is a seasoned traveller, so I was happy to let him make all the travel arrangements.

On Monday, May 12th, we flew to Montreal, then a red eye to Barcelona, arriving early Tuesday, May 13. We checked into our hotel and had breakfast. After a nap to recover from jet lag, we took a taxi to the Picasso Museum, where hundreds of the Spanish painter's works of art are displayed in a three-floor building. There was a lot of walking to see so many paintings. To 'preserve myself,' I took the elevator and sat on benches located in front of the paintings. After an afternoon siesta at our hotel, we took a taxi to mid-Barcelona. We walked to *Casa Batlló*, a tall apartment building designed by the renowned Spanish architect Antoni Gaudí (1852-1926). The



Wine Barrels



visual aesthetics of all Gaudí's buildings were mesmerizing. That evening, we ate dinner at a Catalonian restaurant Braso Caliu. After dinner, we went for a long walk down *Las Ramblas* (a major tourist attraction). It is a vast boulevard that has many open-air restaurants and gift shops. Before falling asleep, I checked my Fitbit. I can't believe my jetlagged body walked 10,000 steps.

WEDNESDAY, MAY 14: After breakfast, we took a taxi to Gaudí-Guell Park, described as geometrical, insightful, imaginative and ornamental in its style. The park is built into a large hill, so walking up steep steps and paths took time. Next, we visited Gaudí's *La Familia*, an avant-garde church-like building with high spires, surrounded by what look like large apartment buildings. We stood and stared, along with hundreds of other tourists, at this magnificent structure.

Next, we taxied to St. Vincent market, where we had lunch at Kiosk Universal. In the evening, we visited the Gaudí-Guell Palace, best described as an imaginatively designed structure with curved lines and asymmetrical shapes. For supper, we ate at Restaurant Succulent.

THURSDAY, MAY 15: After breakfast with a snack packed, we went to the central train station for our high-speed train to Madrid. The trip is 506 km (336 miles). At speeds of up to 285 kph (170 mph), we arrived in Madrid in less than 2 1/2 hours. After checking into our hotel and resting, we took a taxi to *Museo Reina Sofía*, a museum of contemporary art. It was closed, so we visited a nearby market. As we exited, we heard music and walked toward its source. We had stumbled on an outdoor town square where a day-long concert was underway, with the Spanish rock band celebrating its 50th anniversary. Most of the crowd were locals and older adults. I felt quite at home! That night, we ate at Ponzano, a restaurant



Mosaic del Pla de l'Os, a famous pavement mosaic created by artist Joan Miró in 1976. It is located on La Rambla in Barcelona, Spain.



Guernica, 1937 by Pablo Picasso at the Museo Reina Sofía in Madrid

recommended by Phil Rosenthal from the Netflix show *Somebody Feed Phil*.

Friday, May 16: After breakfast, we went to the *Museo del Prado*, Spain's national museum. It has 8,200 drawings, 7,800 paintings, and 1,000 sculptures. It has an extensive range of art and showcases Spain's Big Three: Goya, Picasso, and Dalí. I did as much viewing as I could in a very crowded museum.

Taking regular breaks, I was able to see much of the exhibit. After lunch at the museum, we visited the Royal Spanish Palace Museum, an opulent structure consisting of 1,500,000 square feet and 3,418 rooms. We visited: the Throne Room, the Royal Armoury, and the Hall of Columns. Supper was at *Casa Rotin*, celebrating its 300th anniversary. Finding my vacation-ready legs, I walked 9,000 steps!

Saturday, May 17: After breakfast, we took a taxi to the Thyssen-Bornemisza National Museum. It houses a private family collection of over 800 works from the Masters to the



Porto, Portugal

Renaissance to the Impressionists and to the 20th century. The artist's works included El Greco, Rembrandt, Degas, Van Gogh, and Chagall. The works were spread across dozens of large rooms with many benches. I stared at some paintings to soak in the colours, the mix of sunlight and shadows that made them lifelike. We lunched at *Casa Dani*, located in the *Mercado de La Paz*. In the early evening, we boarded Air Europa for the one-hour flight (554 km) to Porto, Portugal. We rented a car and, of course, looked for a place to eat! We found Restaurant O Xarroco, a place locals eat at. After supper, we checked into our hotel and got a much-needed sleep.

Sunday, May 18th: Following breakfast, we drove to the Douro Valley, 110 km east of Porto. As you get closer to the wineries, the view is awe-inspiring with terraced hills, full of vineyards and olive trees. First stop was the Port Wine Museum in Douro showcasing the history of wine and Port. A video showed the early 100% manual process that, over the years, became very mechanical. Next stop was a vineyard, *Quinta (estate) da Rose*, where we toured the factory and sampled the Port. Within the winery, there is an outdoor restaurant, Tim's Terrace, overlooking the Douro River and offering a spectacular view of the surrounding hills and vineyards. We returned to Porto in the late afternoon. After a rest, we had supper at the Casa Peacador.

Monday, May 19: After breakfast, we drove to the waterfront area to visit the 'Old Library', but the wait was too long, so we walked to the WOW District. The WOW District was redeveloped five years ago and is the cultural centre of old Porto. It is situated at the mouth of the Douro River. On the north side, there are very picturesque houses and condos, beautifully painted in bright pastoral colours — the waterfront area where there are eight museums and 12 restaurants. At 4



Pena National Palace in Sintra, Portugal

pm, we checked out of our hotel and headed for the Porto to Lisbon train station. We travelled 274 km in three hours through beautifully manicured vineyards and past cattle grazing on dairy farms, then checked into our hotel. We asked the front desk where we might go for a late supper. About two blocks from the hotel, we found Mr. Papas' restaurant, where the locals eat.

Tuesday, May 20: After breakfast, we visited museums and churches. The best part of the day was going into a bakery where the primary product is Portuguese custard tarts. They are a deliciously flaky dessert that migrated from Macau and became a local favourite. This custard tart recipe yields buttery, sweet tarts with aromatic custard that bakes until just scorched on top. They are outstanding! I couldn't stop at one tart!

Wednesday, May 21: After breakfast, we took a taxi downtown and window-shopped, coming across a unique store called *Conserveira de Lisboa*. It is one of many shops devoted to packing various types of seafood in sardine cans. Lunch was nearby at the Time Out Market, one of Lisbon's top markets. It is a large building that houses 16 restaurants and several dozen meat, vegetable, and flower stalls. We walked by many ancient churches. As my legs were getting tired, we hailed a taxi and drove by the huge landmark, 'Monument of the Discoveries'. The monument pays homage to the Portuguese 'Age of Discovery'. That evening we ate at our hotel. By 9:00 pm, we had packed our bags for the return home.

Thursday, May 22: Up early to catch a 5:00 a.m. flight to Frankfurt, where we boarded our Air Canada flight — arriving at YVR just before noon. As much as I love to travel, seeing the maple leaf and arriving home never gets old. Enjoy life without stopping adventure seeking!



Azenhas do Mar, a picturesque seaside village in Portugal.

NON-INVASIVE SURGERY: CARDIAC ABLATION

Written by Mark Ribkoff

My road to having an ablation procedure started a few years ago. Over the last two years I began noticing a higher than normal heart rate, heart palpitations and loss of energy. It turns out my heart was misfiring with erratic electrical signals being sent throughout my heart. In order to get things under control, I needed a procedure called an ablation to deal with my heart arrhythmias. Basically they would create scar tissue in and around my heart to stop the erratic electrical currents from going in the wrong direction.

Once diagnosed with Atrial Fibrillation and Supraventricular Tachycardia, I needed to find the right surgeon, an Electrophysiologist. I did my research and found a specialist with a solid track record, made an appointment and interviewed him for the position. He explained the procedure in detail and advised me that this as a non-invasive procedure. This meant that I was only going to have a small incision about 5-10cm wide and that he would insert a catheter into one of my veins located in the groin area. By doing it this way I would only need to be at the hospital for the day and would be able to go home soon after the procedure was completed. We were a perfect fit so I scheduled surgery soon after meeting with the specialist.

The day of the procedure was straight forward starting at 8 am. I had a basic check-up, bloodwork done, and was

kept entertained by the nurses. The procedure was scheduled for 10 am, it was supposed to last 1 to 1.5 hours and I would be fully anesthetized due to the complexity of dealing with multiple arrhythmias. The nursing staff was attentive and reassuring, the anesthesiologist advised me of what was going to happen, asked a few questions about my prior experiences with anesthesiology and said that she would take care to make sure everything went smoothly. Then the surgeon came in. He assured me and my wife that he was confident in the procedure's positive results given my excellent overall health. I was feeling positive with what I heard and relaxed as the rest of the day was up to these specialists. They rolled me off to the operating room shortly after the surgeon's visit.

Once in the OR I noticed how cold it was in there. Everything was shiny and new, tons of high tech equipment and lots of attending staff to take care of me. A quick review from the nurse on what was going to happen and then they hooked me up to the sleeping gas. Count back from 10 and relax, they told me, 10-9-8-7..... I was out.

I woke up feeling groggy and not 100%. Slowly everything came into focus and I noticed the clock on the wall was now at 12:30pm. Hmm, that took a little longer than I expected. My wife smiled as I looked over at her, sensing the relief in her eyes. After all, I was still alive. The nurses attended to me as I regained

my bearings. "Would you like some lunch?" they asked. "Sure," I said. After all I had not eaten or drank anything since the night before. I immediately consumed my lunch and felt great.

It took a while for the surgeon to circle back to my room for a visit. It turned out I was his second of what would be four cardiac ablations that day. Around 3pm he stopped in to review the procedure with me and my wife. He looked exhausted after his third procedure; versus looking so fresh and attentive when he saw me after his first. It turns out both my procedure and the next one were more complex than expected. He explained why it took longer for me. They thought I would need work in three regions of my heart, but once they got into it they found a fourth region that needed a tune-up. On a scale of difficulty the doctor gave my procedure an 8 to 9 out of 10. I said to him with a smile, "well I know you like challenges and you got one today." He smiled back, we relaxed and discussed the finer points of what he had done. By 4 pm I was out of bed and on my way home with my wife who was driving.

Fast forward two months later, and I feel much, much better. My heart rate is stable, no more erratic spikes up and down. The takeaway from all this is, take control of your health, be your own advocate and get the best people on your team for the most successful outcome.



Mark Ribkoff was born in Montreal. He is a retired Designer and Entrepreneur. He is always on the cutting edge of wind and water sports, living life one wave at a time.

DORIS TALKS ABOUT SURGERY FOR OLDER ADULTS

Written by Tony DuMoulin

I had the pleasure of a recent visit with my dear friend Doris, and I want to tell you about the interesting conversation we had about surgery for those of us over 70. Since both of us are aware of the importance of regular exercise at our age, and since we both enjoy walking, we decided to enjoy a walk along the seawall from Kits Point to Granville Island in Vancouver.

BOTOX FOR OVER-ACTIVE BLADDER (OAB)

Shortly after we started our walk, Doris became a bit agitated, and quickly explained that she had recently developed an “overactive bladder”, and needed to find a washroom immediately. I suggested that we would find one in the Maritime Museum some fifty yards ahead, which indeed we did. After Doris rejoined me, and we continued walking, I told her about a procedure a friend of mine had undergone recently to help him with his overactive bladder (OAB). Marvin found himself needing to run to a bathroom

many times a day, getting up at least twice during the night, and requiring diapers to protect against frequent leaking when he was out and about. He learned that this condition was common, suffered by three million other Canadians. After other therapies failed to solve Marvin’s OAB, his family doctor recommended a bladder BOTOX injection: a simple, minimally invasive procedure carried out by a urologist.

As an outpatient, referred by his family doctor, Marvin received a local anesthetic, and then the urologist, using a fine needle, injected BOTOX (yes, the cosmetic treatment for wrinkles) into his bladder wall a number of times to ensure the BOTOX would be distributed throughout the bladder muscle. Marvin told me that the procedure was quick (less than five minutes), and that he found a reduction in his symptoms within two weeks, with even greater benefits after about five weeks. The urologist told him that he would likely need follow-up injections after six to nine months, and that these could continue as long as they helped. Doris was delighted with

this BOTOX information, which she said she would take up with her family doctor at her next appointment. And, she will spread the word to her many friends.

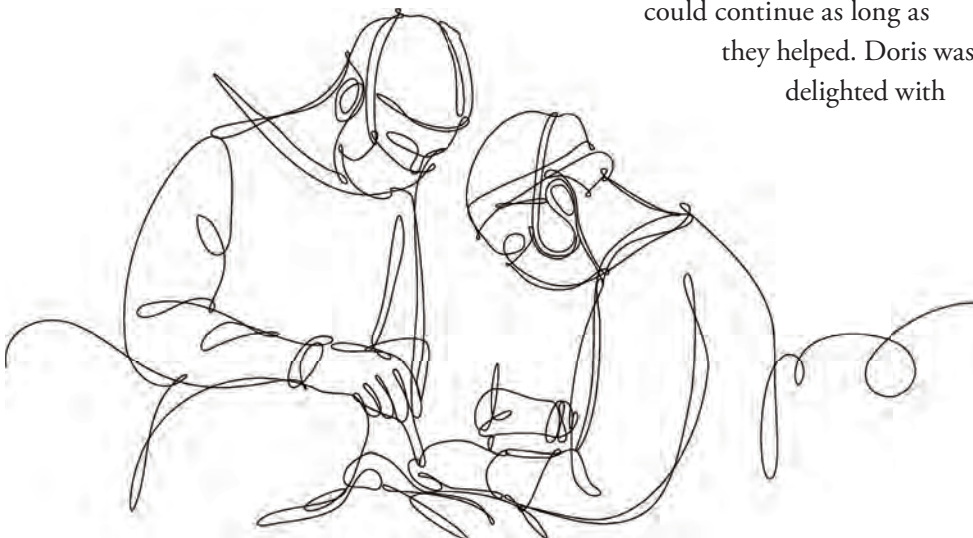
RISKS AND BENEFITS OF SURGICAL INTERVENTIONS FOR OLDER ADULTS

This exchange quickly led us to a general discussion of the risks and benefits of surgical interventions for those of advanced age, many of whom have underlying chronic health conditions of various kinds.

Most operations, including ones considered to be higher risk, can be done safely.

Doris expressed her concern that such conditions can increase the risk of complications both during and after surgery, particularly conditions such as congestive heart failure, unstable angina, chronic obstructive pulmonary disease (COPD), type 1 diabetes, previous strokes or transient ischemic attacks (TIAs), Parkinson’s, and dementia. In addition, Doris observed, another concern for older patients is that the aging brain is more vulnerable to anesthetics.

One of the most common complications after surgery is a temporary state in which a patient can be confused, disoriented, and unaware of their surroundings, and can have problems with memory and attention. This is known as postoperative delirium, which usually disappears after about a week. A more serious condition is postoperative cognition dysfunction (POCD), which can lead to long term memory loss, and make it difficult to



learn, concentrate and think. Doris went on to point out that older patients are more likely to need postoperative rehabilitation, and will likely have a longer recovery time than younger people.

I agree about the important concerns and the risks Doris listed, but, having looked into this issue myself, I commented that despite these risks, many older persons have nevertheless had successful surgeries without complications, including risky ones such as the repair of a fracture after a fall, or heart surgery. In fact, my research indicated that no less than 38% of surgeries in U.S. hospitals, including outpatient procedures, are performed on patients 65 or over.

Doris and I both agreed that if an older adult is generally in good health, most operations, including ones considered to be higher risk, can be done safely. Even when the risks of surgery are high, they still may be outweighed by the potential benefits. This is especially true in the case of elective surgery, when there is time to prepare for the trauma of the surgery and the post-surgery recovery stage.

There are several steps an older patient can take before and after surgery to reduce the risk of complications and shorten the recovery period. Sometimes “prehabilitation”, such as fitness training, or some physiotherapist sessions before surgery can help a patient gain the strength needed to ease recovery.

And physiotherapy after surgery can increase balance, endurance, flexibility and strength. I recalled my own knee replacement surgery almost 15 years ago now. My sessions with a fitness trainer before surgery to build up the muscles around my arthritic knee made a huge difference in my post-op rehab sessions. In preparing for surgery, an older patient should talk to their surgeon, or a specialist nurse, about the common side effects or risk factors for the type of procedure they are having, and their particular health needs. One can also consult with the anesthesiologist about the anesthetic to be used, and its particular post-op effects.

MINIMALLY INVASIVE SURGICAL PROCEDURES

As we continued our walk, Doris and I shared what we knew about the many recent advances in the development of minimally invasive surgical procedures, many of which can enhance the quality of life of older patients with substantially fewer risks, and much quicker recovery times, than the more traditional surgeries many seniors may fear.

Instead of putting you under a general anesthetic and “cutting you open” with a scalpel, specialists can do tiny incisions with only a local anesthetic, and then access the site with small instruments with a camera and light: laparoscopic (abdominal cavity); thorascopic (chest cavity); and arthroscopic (joints) surgeries

are all now available. The small incisions required by these methods reduce wound healing time, associated pain, and the risk of infection.

In addition to the Bladder BOTOX procedure, we were both able to list many other examples of common, minimally invasive procedures: cataract surgery, using a tiny incision in the eye; knee arthroscopy: this procedure uses a small camera to diagnose and repair issues inside the knee joint; it is used for meniscus repair, ligament reconstruction and cartilage problems; laparoscopic removal of the gall bladder; laparoscopic removal of the appendix; laparoscopic repair of hernias; colonoscopies, which are diagnostic procedures; and ureteroscopy, a procedure for diagnosing and treating urinary tract issues, most often to remove kidney stones. These are just a few examples. Doris remarked to me that she knew of a number of friends who, collectively, had undergone every one of the procedures we had discussed. And with huge advances in AI and robotic medicine, many new procedures will become available soon to benefit older people and the cohorts following ours.

Tony DuMoulin is a retired Vancouver lawyer who recently sat on the JSABC Board, where he was Chair of its Advocacy Committee and then, its Governance Committee.



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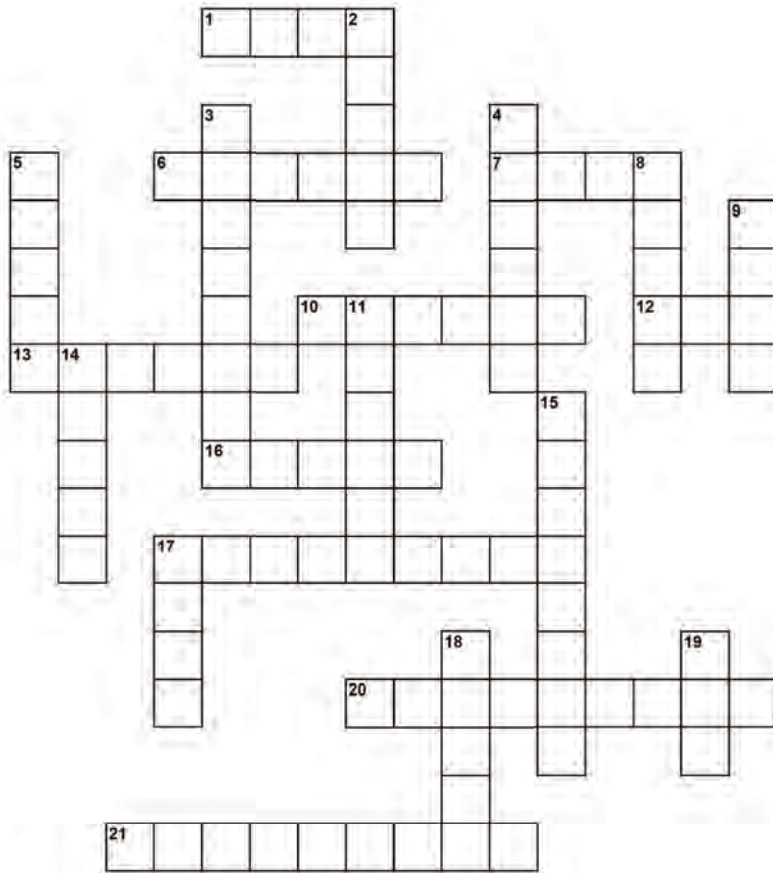
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PUZZLES

Crossword by Jimmy and Evelyn Johnson - www.qets.com
Solution: Page 41



GARDENING CROSSWORD PUZZLE

ACROSS

- 1 Become larger
- 6 Blossom
- 7 Precipitation
- 10 Area of land used for cultivating plants and flowers
- 12 Garden tool with flat crosswise blade and long handle
- 13 Long handled scoop used for digging
- 16 Bush
- 17 Any young tree or plant
- 20 Having a life cycle of more than two years
- 21 To sprout



DOWN

- 2 Transparent, tasteless, and odorless liquid
- 3 Tool used to trim hedges
- 4 Hand tool with broad curved blade used for scooping earth
- 5 Green plant with narrow flat leaves and jointed stems
- 8 Period between sunset and sunrise
- 9 Perennial woody plant consisting of roots, trunk, and branches
- 11 Plant that completes life cycle in one year
- 14 Decomposed plant matter in soil
- 15 Bright light of the sun
- 17 Earth
- 18 Edible plant product
- 19 Period between sunrise and sunset



SUDOKU

PUZZLE 1

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PUZZLE 2

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| | 3 | | 4 | | 7 |
| | | 1 | | 9 | 4 |
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| 4 | | | 8 | | 5 |

Fill the remaining squares, using all the numbers 1-9 exactly once in each row, column, and the nine 3x3 subgrids (www.puzzles.ca). Solution: page 41.

NOTHING ABOUT US WITHOUT US

INDEPENDENT LONG-TERM CARE COUNCILS ASSOCIATION OF BC

Written by Lisa Dawson

Have you ever had a friend or family member enter long-term care? Can you imagine a future where you, your partner, or a loved one may need that level of support?

If so, this story matters to you.

This is the story of why the voices of residents and those closest to them matter in long-term care communities and how using those voices can improve quality of life.

Why should you concern yourself with long-term care now?

Because the facts tell us we must.

In British Columbia, there are approximately 29,200 publicly funded long-term care beds, and demand already far exceeds supply. Projections indicate a need for 16,000 additional beds by 2036. At the same time, the largest population surge of seniors (65+) is happening now and will peak between 2030 and 2036, when one in three British Columbians will be a senior.

Despite this growth, long-term care infrastructure and funding models have not kept pace. Those who live with the experience of long-term care every day — residents and their families — have valuable insight. Their voices matter.

THE ROLE OF FAMILY COUNCILS

Family Councils emerged when groups of people closest to residents

began coming together to discuss concerns, share ideas, and advocate for improvements in their own care homes. Advocacy is not confrontation. It is relationship-building, based on curiosity, collaboration, and constructive dialogue with decision-makers.

Effective Family Councils work alongside receptive management to ensure voices are heard and acted upon. Even within systemic limitations, this partnership has led to tangible improvements in residents' quality of life. Examples include library and garden revitalization, improved name tags and education around care team roles, and improved food and dining experience through regular food advisory committee meetings.

A CAREGIVER'S PERSPECTIVE

For many of us caregivers, the family council is our community within the long-term care home that provides peer support, education and conversation. Through participation in a local care home council (Family Council), involvement with a regional association (Vancouver Coastal Association of Family Councils), and contribution at the Independent Long-Term Care Councils Association of BC (ILTCCABC), long-term care has a pathway for elevating its voices to our Ministry of Health.

When we choose to engage — respectfully, persistently, and collectively — continuous quality improvement can happen.

Long-term care is evolving. Residents are entering later in life, often with multiple health challenges, neurocognitive disorders, diverse languages, and cultural backgrounds. The transition into care is profound, bringing loss and uncertainty for residents and families alike. While we may not choose this chapter, we can influence how it is lived.

Family Councils provide peer support, a forum to raise concerns, celebrate successes, and contribute to policy and practice that shape daily life in care homes.

“Nothing about us without us” captures the heart of this work. Frailty does not erase a person's right to be heard, to belong, or to influence decisions that affect their life.

YOUR CALL TO ACTION — BEFORE YOU NEED IT.

You do not need to be in crisis to get involved. In fact, the best time to learn about long-term care is before you need it — before decisions are rushed, emotions are high, and options feel limited. Help shape a system that you — or someone you love — may rely on in the future.

To learn more about long-term care, how to start or participate in a Family Council, or how to get involved locally, connect with your regional association:

Because when the time comes, you will be glad you did not wait.

Learn more about Independent Long-Term Care Councils Association of BC:

Email: iltccabc@gmail.com

Visit: www.iltccabc.ca

Lisa Dawson is the President of Independent Long-Term Care Councils Association of BC (ILTCCABC).

THE FAR SIDE OF THE SKY

A NOVEL OF LOVE AND DEATH IN SHANGHAI

by Daniel Kalla

Written by Carol Baird-Krul

Franz Adler is a widowed and renowned surgeon who lives in Germany with his young handicapped daughter Hannah. Following his brother's murder on Kristallnacht, he comes to the realization that they are living in an ongoing nightmare and, as Jews, he must find a safe place to live. Along with Esther, his widowed sister-in-law, and a gay artist friend, he manages to get permission to leave Germany and is able to buy passage for them all to Shanghai, China.

This first book in the Adler Family trilogy focuses on an extraordinary period in Chinese and Jewish history. ”

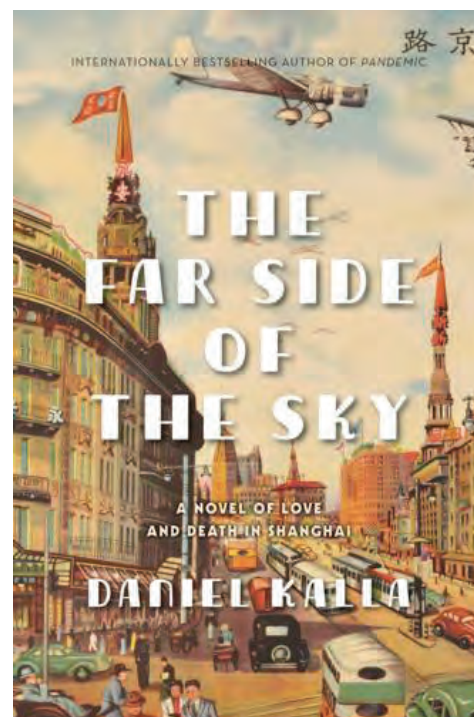
On arrival, Dr. Adler begins working at the refugee hospital where his skills are very much in need. He meets a charming American-Chinese nurse Soon Yi 'Sunny' Mah. Despite Shanghai and the Chinese culture being so different from Germany, the group settle in along with the growing population of Jewish refugees that will eventually number around twenty thousand. However, with obstacles requiring life and death decisions danger continues to lurk in many forms and life in Shanghai, while far from the horrors of Nazi Europe, is

not completely safe, as the Japanese occupiers harass and intimidate the Chinese citizens, as well as, their foreign visitors.

This first book in the Adler Family trilogy focuses on an extraordinary period in Chinese and Jewish history, when cultures collide and stories of cowardness and heroism are intertwined with everyday life where people must work hard to survive in the chaos that surrounds them. The author has combined interesting facts with a cross cultural love story set in Asia against the backdrop of World War Two.

The evening of November 9th, and the day of November 10th, 1938 was when the Nazis unleashed their reign of abject terror on the Jewish population of Germany and Austria. *Kristallnacht* (Crystal Night), or as it is often referred to, the Night of Broken Glass and is so called because of the broken glass from the windows of Jewish businesses and synagogues that were broken during the rampage and scattered on the sidewalks and streets of cities and towns.

The author, Daniel Kalla is, like Adler, a physician. An emergency room doctor in Vancouver, Kalla is a well known author, although this particular series is not his usual genre. Dr. Kalla used this little known episode about the European Jews' last haven from Hitler's growing menace, his medical



background and his own family's history to write this trilogy.

Book 2 – *Rising Sun, Falling Shadow*

Book 3 – *Nightfall Over Shanghai*

Learn more about the history of Jews in China by visiting:

- https://en.wikipedia.org/wiki/History_of_the_Jews_in_China
- https://en.wikipedia.org/wiki/Shanghai_Jewish_Refugees_Museum



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.

FEATURE BOOK REVIEWS: SPOTLIGHT ON RESILIENT VANCOUVER COMMUNITIES

Written by Janet Nicol

CHINATOWN VANCOUVER: AN ILLUSTRATED HISTORY

Written by Donna Seto
(House of Anansi Press, Toronto 2025)

During the Covid pandemic, academic Donna Seto visited her favourite childhood haunt, Vancouver's Chinatown, and created watercolour paintings of the many historic buildings; then shared her artwork on social media. Now a compilation of her colourful illustrations and histories are available in a softcover book.

Whether residing in or out of Chinatown in the 1960s and 1970s, city dwellers of a certain age — this writer included — are familiar with the popular 'Ho-Ho Chop Suey' restaurant at 100-102 East Pender Street. Opened by the Quon Family in 1954, the restaurant was situated on the main floor of a five-storey brick building. The second owners closed the restaurant in 2009 and the building now operates as the Sun Ah Hotel. Seto retrieved archival photographs to capture the glory days with her paint brush, most notably the multi-storey neon sign flashing 'Ho Ho' in bright red lights alongside a red bowl and chopsticks. "Often restaurants like Ho Ho's became sites of cultural exchange," the author writes, "where non-Chinese patrons suspended prejudices and opened

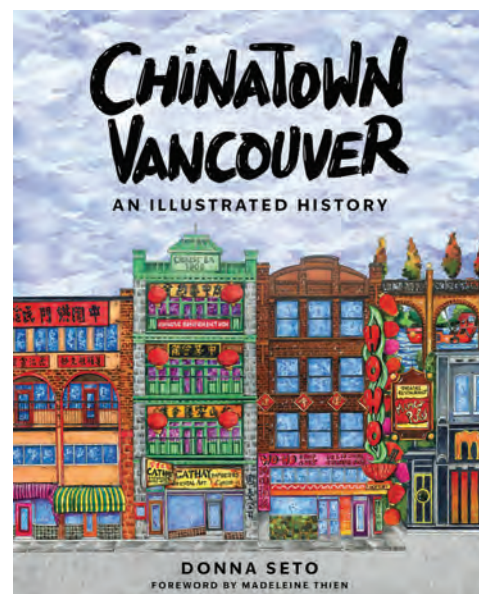
themselves to a diverse culinary and cultural experience."

Black and white photographs accompany the artwork throughout the book, enhancing the author's 'past and present' theme. Research includes interviews with residents and the descendants of former residents, adding a rich dimension to the community portrait.

Often restaurants
like Ho Ho's
became sites of
cultural exchange.

The Chinese Benevolent Association Building at 104-108 East Pender was built in 1909 and has jade-green details and recessed balconies. The association was founded in 1889 with the intention of "protecting Chinese business interests and livelihoods from discriminatory government legislation."

Loo Gee Wing made his fortune in the Cariboo Gold Rush in the late 1800s and went on to construct theatres in Chinatown and finance visits from Cantonese opera troupes. The reader also learns about peddlers, early immigrant bachelors, night clubs and old world politics.



Chinatown began as a self-contained community out of necessity. A series of challenges have occurred over time, including a spike in vandalism during the Covid-19 health crisis. "Highways, Gentrification and Grit," is the title of the fifth and final chapter highlighting protests and on-going concerns. In the brief conclusion, *Memory and Place*, Seto reflects on the discriminatory Chinese Head Tax implemented in 1885 and the government apology delivered in 2006. Seto's lovingly drawn watercolours and well-researched text is guaranteed to transport the reader to the streets of Chinatown and the fascinating historic buildings containing layered and multi-generational histories.

THE PRINCESS DOLLS

Written by Ellen Schwartz
Illustrated by Mariko Andro
(Tradewind Books, Vancouver, 2018)

The Princess Dolls is a sensitively illustrated book of historical fiction aimed at middle grade readers. Adults may want to consider purchasing the book as a special gift for the young

person in their life. The novel recounts the internment of Japanese-Canadians along British Columbia's west coast in early 1942 as the Second World War rages on. The story is told through the



eyes of best friends and school mates, Esther Shulman and Michiko Suzuki. The tension in their friendship is tested against a backdrop of increasing hostility toward the Japanese Canadian community. Author Ellen Schwartz is well-known for her children's stories about social justice issues. Her novel is enhanced with pen and ink illustrations by Mariko Ando, a Vancouver printmaker originally from Japan.

As the story unfolds, Michiko and her family are sent to an internment camp in Kaslo, BC. Esther bears witness to Michiko's empty desk at school and her family's vacated house and abandoned grocery store. Esther's grandmother notices her distress and helps her to talk about it so she can make amends with Michiko. Another plot thread spotlights the fear Esther's parents endure when their relatives in Germany plan an escape to Switzerland — and succeed.

On a separate note connected to Canada's internment of Japanese Canadians, a monument wall is under construction in Victoria, BC to permanently honour the 22,000 Japanese Canadians uprooted from their homes in 1942, and stripped of all properties and possessions. Meticulous research has gone into compiling the database of the names to be engraved onto the wall.

More information about the project is available at - <https://jclegacies.com/programs/monument/>.



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

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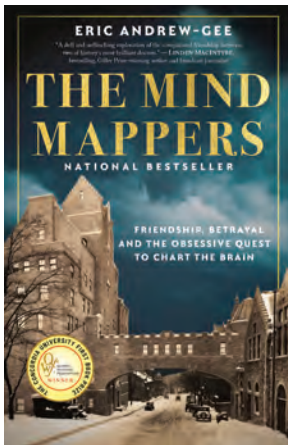
CURL UP WITH A GOOD BOOK

Written by Dolores Luber

All books are available at the Waldman Library at the Jewish Community Center .

THE MIND MAPPERS

Written by Eric Andrew-Gee



This book explores the riveting true story of the star-crossed friendship between two neuroscientists — one famous, the other forgotten — who mapped the brain, but lost each other. Read about the friendship, betrayal and obsessive quest to chart the brain. Montreal had become the global mecca for brain research in the 1930s and 1940s. *The Mind Mappers*

unfolds several remarkable stories in elegant tandem: of bold medical research and discovery, of intimate friendships and their sometimes tragic cost and of mid-20th century Montreal, a city of radiant character.

THE TREES

Written by Percival Everett



When a pair of detectives from the Mississippi Bureau of Investigation (FBI) arrive in Money, Mississippi, to investigate a series of brutal murders, they find at each crime scene an unexpected second dead body; that of a man who resembles Emmett Till — these are acts of retribution and revenge. The topic is racism and police violence, the book is a

devastating critique of White supremacy and confronts the

painful legacy of lynching in the United States. The narrative is a unmediated satire, a fast-paced comedy with elements of crime and horror that directly addresses racism in a boldly shocking manner.

THE NIGHT SPARROW

Written by Shelly Sanders



This book is inspired by real female snipers and interpreters who worked in the Red Army during World War II. *The Night Sparrow* is a portrait of friendship, resilience and courage under extraordinary circumstances. In 1941, Elena Bruskina, an ambitious university student, sees her world collapse when the Nazis invade the Soviet Union. She and her

Jewish family are forced into the Minsk ghetto, where her father and brother are murdered. When her younger sister is hanged because of false charges and her mother is shot, Elena escapes the ghetto, determined to avenge the killing of her family members.

HELD

Written by Anne Michaels

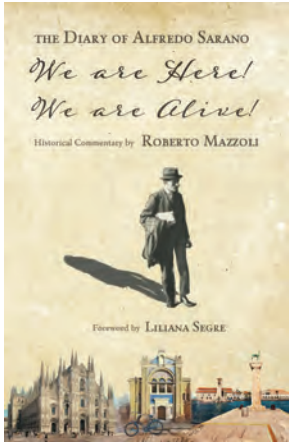


Held is an epic novel, spanning from 1902 to 2025, which tells the story of multiple members of a family, through four generations. The locations or settings include a French battlefield during World War 1, 1900s Paris, mid-20th century Suffolk, England, 2025 in Finland, and London. The plots shift back and forth from the past to the present or future.

The characters in each time period have connections to one another, and several themes recur throughout the narratives. Themes explored by various characters include mortality and death, the philosophy of science, love, the soul, and grief. The writing is exquisite, well worth the effort!

WE ARE HERE! WE ARE ALIVE! THE DIARY OF ALFREDO SARANO

Written by Shelly Sanders

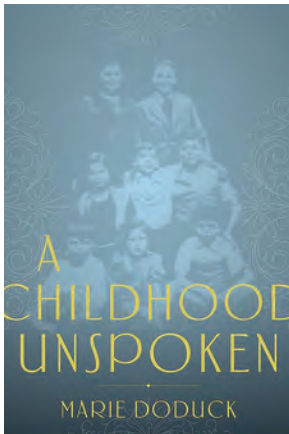


The original diary of Alfredo Sarano (1906-1990), with commentary by historian Roberto Mazzoli, *We Are Here!* weaves together the wartime experience of Sarano, the secretary of the Jewish Community of Milan, whose canny bluff shielded his community from the deportations. Padre Sante Raffaeli, an untiring

Franciscan abbot, who sheltered Jewish refugees in his parish; and Erich Eder, a God-fearing Wehrmacht officer who hid their presence from his superiors. This diary invites us to consider The Second World War from a brighter angle, as a conflict marked not only by scarring atrocities and shattered hopes by also by compassion, courage, and faith.

A CHILDHOOD UNSPOKEN

Written by Marie Doduck



Mariette is only five years old when the Nazis invade her hometown of Brussels, Belgium, in 1940. Soon her family is torn apart, and Mariette and her siblings are scattered, hiding with non-Jews and in convents and orphanages, or working for the resistance. She emerges from the war quick-thinking and fiercely independent.

Marie Doduck, C.M., is a force to be reckoned with. A Holocaust survivor who arrived in Canada as a child, she rebuilt her life with determination and an unyielding sense of purpose. The first woman to do many things in her community, including sitting on a *beit din* (Jewish rabbinical court) and leading major Jewish organizations — a trailblazer. An inspiring and unforgettable memoir!

PUZZLE SOLUTIONS

Puzzles: Page 35



PUZZLE 1

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

PUZZLE 2

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





A LEXICON OF HOUSING

Written by Michael Geller

When my daughter and her cousin are discussing their work at the dinner table, I often have no idea what they are talking about. That is because they are both doctors, and their conversations are peppered with technical terms and acronyms that are meaningless to me. I know the same often happens when I am discussing housing and planning matters with my colleagues.

Seniors housing could be many different things. ”

Density means something quite different when being discussed by doctors or planners. Similarly, seniors housing can mean different things for different audiences. I discovered this a few years ago at a neighbourhood association meeting when I was criticized for one of my nearby developments since I had promised seniors housing but the homes were sold as condominiums. The neighbour did not appreciate that seniors housing could be many different things. It could be an assisted living or a care facility, a rental project, a condominium project, or something else.

I often hear people mistakenly talk about townhouses and condominiums. Again, a townhouse is a form of housing whereas a condominium is a form of tenure. But I know what they are trying to say. For them, a condominium is an apartment. In the future, it will be increasingly important to know how to use these terms since some townhouses are condominiums and some apartments are not. More specifically, townhouses can be rental, condominium, or part of a housing cooperative, or a cohousing development. They can also be ‘fee-simple’ which means they are owned just like a single-family house. For many this is a most attractive option since while condominium living can offer many benefits, not everyone wants to live in a development overseen by a strata council president who wanted to be prime minister of Canada, but ended up looking after 24 townhouses.

COOPERATIVE HOUSING

In Canada, most co-ops are government subsidized projects often occupied by former hippies. But on Park Avenue in New York, a co-op is the most exclusive form of ownership housing since a co-op can legally decide who can move in and who cannot. In Vancouver we have both types of co-ops. While the

majority are government subsidized, there are market co-ops such as McRae Mews next to Hycroft, the University Women's Club in Shaughnessy, and Ocean Towers, the large white 19-storey building on Morton Avenue overlooking English Bay.

AFFORDABLE HOUSING

Another term that causes confusion is affordable housing. This generally means housing that is offered for rent below market. But it can also be Rent-Geared-to-Income (RGI) housing for which residents do not pay more than 30% of their income. To further confuse things, affordable housing can also be offered for sale under certain circumstances.

Today, much of the affordable housing can be found in government subsidized projects and older rental apartment buildings around the region. Sadly, along the Broadway Corridor in Vancouver, and around new transit stations throughout Metro Vancouver, many of these older buildings are being demolished, and replaced by new mid- and high-rise market rental buildings.



While some of these new buildings will include 20% below market rental units, some architects and planners are questioning whether the provincial and municipal policies that encourage the demolition of these older buildings is really a wise initiative. That said, it must be noted that these new buildings will increase the supply of rental housing and, in years to come, these units will become more affordable.

SOCIAL HOUSING

In the past, CMHC, the federal housing agency, was active in the development of social housing projects which were then referred to as public housing projects. However, in the 1970s, CMHC started to fund housing developed by non-profit organizations such as the Lions Club, or ethnic and religious based organisations. Maplecrest, which was developed by the Shalom Legion, is one such example.

COHOUSING

I'd like to finish off with a few more terms. The first is cohousing. This is a hybrid form of housing between a co-op and a condominium. The residents are often involved in the initial planning and design of the development and own their home which can be a townhouse or apartment. There is also a higher degree of shared spaces, making this an extremely desirable type of housing. Harbourside cohousing is a senior-focused cohousing community located on a waterfront site in Sooke, British Columbia, and is one of the first senior cohousing communities in Western Canada. Hopefully, more will be created.

COLIVING

Coliving is communal living in which a person has their own bedroom, with a private or shared bathroom, and a shared living/dining/ kitchen area. Some of you are thinking this

is how you lived while attending university or starting your first job. However, it can also be for seniors. A wonderful example is Abbeyfield, an international organization that operates an independent seniors' home in the Marpole area of Vancouver offering 16 bed-sitting rooms, a common kitchen, dining, and living facilities.

LIFE LEASE HOUSING

Finally, there is life lease housing. This is a senior living option where a resident pays an upfront fee for the right to live in a unit for life but does not own the property itself. It is managed by a non-profit or community organization and can include a range of housing types like apartments or townhomes, with age restrictions. While offering benefits like social amenities and potential affordability compared to a condominium, it is important to understand the rules, fees, and repayment terms. A good example of life lease housing is the Performing Arts Lodge (PAL) within the Bayshore development next to Stanley Park. It was developed for retired performers

and radio personalities who often achieved considerable fame, but not much money. In addition to the homes, PAL has a theatre on the top floor. I was involved with this development and am disappointed that more similar projects have not been built.

Hopefully the next time you hear someone is building a seniors' project, you will know it could be social housing, rental housing, or a condominium. It might also be a co-op, cohousing, coliving, or a life lease development. It could also be a care facility, which is something we will discuss in a future article.



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

interest in community housing. He can be reached at geller@sfu.ca, on twitter @michaelgeller and at www.gellersworldtravel.blogspot.com.

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Forging An Independent Lifestyle



Written by Amy Moss-Archambault

The number one concern for seniors' emotional and social well-being is the loss of independence. The inability to live in your home or manage your daily tasks (like bathing, dressing and meal preparation) is a reasonable fear but also manageable. Taking small daily actions to remain mobile, strong and agile on your feet builds a robust independent life, starting with mobility and stretching.

The benefits of stretching far exceed easing tight muscles. Daily stretching provides:

1. Improved range of motion and flexibility, reducing stiffness
2. Decreases joint and muscle pain
3. Enhanced walking performance, including improved speed
4. Improved cardiovascular health by lowering blood pressure and heart rate
5. Reduced fall risk

The challenge is what stretches should you prioritize and how do you incorporate them into your daily routine. Break your stretching routine into 2 segments: one for first thing in the morning when you wake up and can execute while in bed; the second just prior to taking your morning walk.



Leg Swings

Holding onto a solid surface, swing one leg forward and backward, then side to side, keeping your core engaged.

Rise and Shine Routine:

- 1. Pencil Stretch:** Extend your arms over head and lengthen your legs into a long thin line. Take a big breath and release any tension in your body. Complete 2-3 breath cycles.
- 2. Glute Bridge:** Lying on your back, bend your knees and slide your feet as close to your glutes as is comfortable for you. Lift your hips to the ceiling and hold for 5 seconds, then lower for 5 seconds. Repeat 8-10 times.
- 3. Butterfly stretch:** Let your bent knees fall to the side, opening your hips. Hold for 5 seconds, then lower for 5 seconds. Repeat 8-10 times.
- 4. Knee hugs:** Lying on your back bring one knee towards your chest, followed by the other and hug your knees.
- 5. Heel slides:** Lie on your back with legs straight. Slowly slide one heel toward your buttocks while keeping your foot on the floor, then slide it back out. 8-10 times per leg.
- 6. Ankle Alphabet:** While lying down, draw the alphabet (A-Z) with your feet. This is crucial for balance.



Pre-Walk Routine:

- 1. Toe Taps:** Tap your toes forward, to the side, and backward, with or without arm raises. Complete 5 cycles of tapping in each direction.
- 2. Leg swings:** Holding onto the kitchen counter or other solid surface, swing one leg forward and backward, then side to side, keeping your core engaged. 8-10 times each leg.
- 3. Arm Circles:** Roll your shoulders up, back, and down in a smooth, circular motion. Starting with small circles and slowly creating larger circles.
- 4. Seated Spinal Twist:** Sit with legs bent at 90 degrees. Reach your right hand across your body to your left knee and place your left hand behind you. Lift your chin and twist your torso to the left. Hold for 30 seconds. Complete the opposite action on the right side.

- 5. Chair Squats:** From a seated position, press down in your heels, squeeze your glutes and lift yourself to a stand. Slowly lower yourself back to your chair. Repeat 8-10 times.

Each routine should take no more than 10 minutes but is easily adapted into your daily life. To forge an independent lifestyle you need to incorporate small daily habits that seamlessly blend into your day, from daily stretching to walking to strength training. Stretching is just one piece of the strategy but a crucial one. As you build confidence and success in achieving daily movement you can add more focused sessions like chair yoga or gentle movement classes to continue improving your mobility.

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

CARTOON CAPTION CONTEST

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

Shirley, the subscribed vitamins are not doing much for old Sonny's energy. Any suggestions?

- Anita Karp

I'm going to be in great shape for our dog-sledding holiday in Whitehorse. Mush!

- Phil Yacht

Honey, that's a cougar!

- Hinda Avery

It will not help you, I am not getting up. We're both too clever for you."

- Sidi Schaffer

Oy Freya, Rover needs exercise and I can't get up.

You take him....

- Edward Korbin

Rover sights the cat, and my new "body-lift" springs into action!!

- Sheila Romalis

Honey, I'm ready to get out of the chair.

- Ken Karasick



CONGRATULATIONS TO OUR WINNER:

SHIRLEY COHN

"Honey, I know you want me to get up out of this chair, but it's not going to work!"



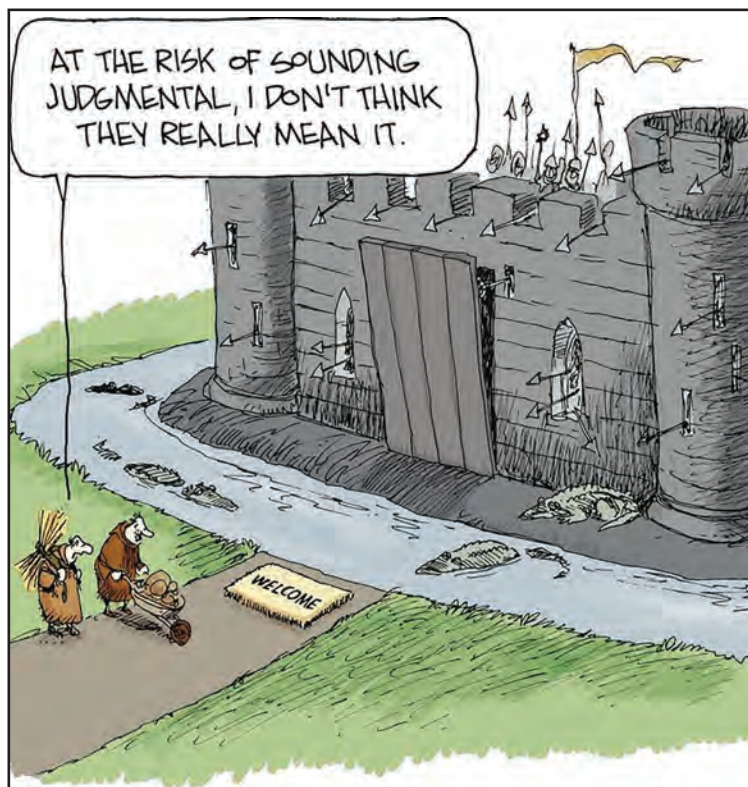
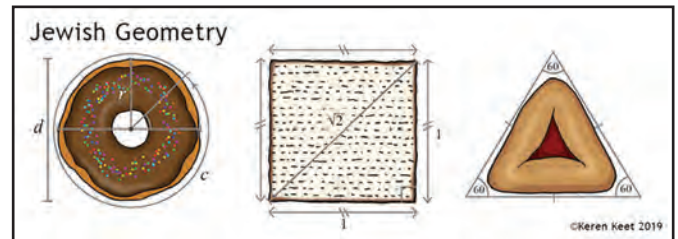
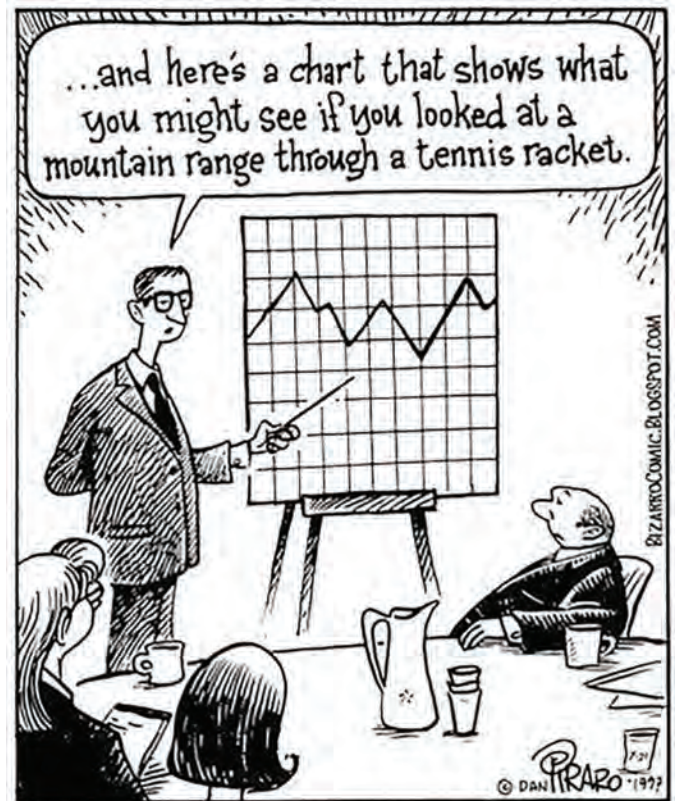
CARTOON CAPTION CONTEST!

Write a caption: how does the bear respond in the last panel?
Send it to us by mail or email by August 2026.

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Email: office@jsabc.ca

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!



"Right now I take a blue pill, a purple pill, an orange pill, a white pill, and a yellow pill. I need you to prescribe a green pill to complete my collection."

LOST IN TRANSLATION: EARLIEST KNOWN KIDDUSH CUP, THE CUP OF JOY

Written by Dolores Luber

Those of you who read my *Lost in Translation* column know that my interests are eclectic; words, language, religion, archaeology, you name it; I am curious!

Throughout history, Kiddush cups have been passed down as treasured family heirlooms due to their profound religious and cultural significance. I present to you the earliest known Kiddush Cup. Recent research dates the cup to the 11th or 12th century, and places it firmly on the Silk Route, in or around the historic region of Khorasan (home at the time to a thriving Jewish community).

The Silk Route, or Silk Road, was an extensive network of land and sea trade routes active from the 2nd century BCE to the mid-15th century CE, connecting East Asia, the Middle East, and Europe. While primarily known for the trade of Chinese silk westward and Western goods like gold and horses eastward, the Silk Road also served as a conduit for the exchange of culture, religion, technology, and disease, profoundly influencing the development of human civilization. Khorasan (Persian): During Hellenistic and Parthian times, Khorasan was a province in northeastern Iran.

The cup's elegant inscriptions in both Hebrew and Arabic illustrate the richly intertwined histories of Islamic

artistry and Jewish tradition. No other medieval Judaica artefact of this early date is known to exist. Inscribed on the cup is “Simcha son of Salman, Simcha may he live for Eternity” along with a series of blessings in Arabic, including: “With Good-fortune, and Blessing, and Joy and Joy, and Happiness” and “Glory, Prosperity, and Wealth and Grace, and Success, and Health and Well-Being, and Wealth and Happiness, and Health and Long Life to its owner.”

Inscriptions in both Hebrew and Arabic illustrate the richly intertwined histories of Islamic artistry and Jewish tradition. ”

Interestingly, the Arabic inscription features the blessing of “joy” (*surur*), written twice. It seems the master silversmith intentionally duplicated the word to mirror the Hebrew name of the early owner — *Simcha* — which also translates to joy.

The “Cup of Joy” Kiddush Cup was sold for \$3,954,000 on October 29th, 2025, at Sotheby’s to Alfred Hack, a lawyer from Berlin, Germany.



The Cup of Joy, the earliest known kiddush cup.
(Courtesy of Sotheby's)

THE CAMBRIDGE DICTIONARY ADDED OVER 6000 WORDS THIS YEAR

The 6,212 new words, phrases and meanings, alongside a regular program of revisions and an expanding range of bilingual dictionaries make the *Cambridge Dictionary* one of the fastest-growing dictionaries in the world. For example, **skibidi** — a slang term which has different meanings such as cool or bad, or can be used with no real meaning as a joke; **delulu** — a play on the word delusional, means ‘believing things that are not real or true, usually because you choose to; and **tradwife** — short for traditional wife, a married woman who stays at home doing cooking, cleaning, etc., and has children that she takes care of. How about **broligarchy** — a blend of bro and oligarchy means ‘a small group of men, especially men owning or involved in a technology business, who are extremely rich and powerful, and who have or want political influence.’ We all saw the lineup of powerful tech leaders including Jeff Bezos, Elon Musk and Mark Zuckerberg at the inauguration of President Trump in January 2025. **Google** <https://dictionary.cambridge.org/> to learn more about it.

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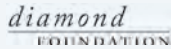


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