

## The remarkable Stanley M. Diamond; Dr. Phil's book launch; Smile on Seniors



Ruth and Stanley Diamond.

By Mike Cohen

Stanley M. Diamond, the executive director and founder of Jewish Records Indexing – Poland Inc. and his wife Ruth celebrated their 175th birthday recently. This was Stan's 90th, with Ruth turning 85. "My wife and I were born five years and five days apart," he explained. Diamond is considered a groundbreaking researcher in genealogy and an author. JRI-Poland is a searchable online database. His commitment to uncovering family histories obscured by war and upheaval has paved the way for countless people of European Jewish ancestry to trace their roots and track down surviving relatives. His personal journey to trace his family lineage not only unveiled surprising connections but also ignited a vision: making genealogical research more accessible for all. JRI-Poland, since its inception in 1995, has become a cornerstone for those tracing their Polish Jewish roots. With collaboration from the Polish State Archives, the organization has built a database of over seven million records. In honor of Diamond's birthday, JRI-Poland kicked off its 2024 NextGen Fundraising Campaign which they usually start in November or December by adding \$90,000 to their goal in recognition of his contribution to this organization. Funds raised will go towards website development project.

**A GOLDEN BOOK LAUNCH:** The Friends of the Jewish Public Library will present a keynote lecture with former Montreal General Hospital Physician-in-Chief, Dr. Phil Gold on Thurs. Oct. 19 (7 pm) at the Gelber Conference Centre (5151 Chem. de la Côte-Sainte-Catherine). Dr. Gold recently published his



A "Meet and Greet" took place for Smile on Seniors in late August.

autobiography, *Gold's Rounds*, which chronicles his life story. I reviewed in a recent Suburban column. Dr. Gold famously went on to discover CEA (carcinoembryonic antigen), the first marker for cancer that could be used in clinical practice. Copies of *Gold's Rounds* will be available for purchase and signature. Ticket info: [www.jewishpubliclibrary.org](http://www.jewishpubliclibrary.org).

**INTERGENERATIONAL COMMUNITY GARDEN:** The Ometz Mental Health Support Services Department, L'Annexe: the Ometz Centre for Young Adults, and the Cummings Centre recently celebrated the success of their inaugural Intergenerational Community Garden with a delicious Harvest Party! The space allows people of all ages to learn about planting and caring for a garden while enjoying the therapeutic benefits of nature. Throughout the summer, produce was shared and distributed among the participants and was also used to prepare healthy meals in various cooking programs. The Harvest Party featured a special meal of Middle Eastern food and homegrown tomatoes, peppers, kale and herbs. To learn more about this and similar initiatives, visit [ometz.ca](http://ometz.ca) and follow @agenceometz and @lannexemtl on Instagram and Facebook!

**SMILE ON SENIORS:** In September of 2023 Smile On Seniors (S.O.S.) entered into its fifth year of servicing the senior community of Côte-Saint-Luc. This is a unique program, designed to enhance the lives and cater to the specific needs of local seniors. Its first program in 2019 had only 13 participants while today they are up to as many as 40 participants on average. The holiday events number a few hundred. For the upcoming



Working at the Intergenerational Community Garden.

year, Smile On Seniors has put together a full array of programs taking place multiple days each week. This includes educational classes and courses, physical and mental health workshops and exercise. A variety of clubs like art, cooking, exercise fusion and therapeutic writing are also available. "Our society is a society in which one's value is often measured in terms of physical strength. The Jewish perspective is different", says Rabbi Levi Naparstek, Director of S.O.S. To learn more call (514) 485-7221 #114 or email [sos@chabadcsl.com](mailto:sos@chabadcsl.com). If you would like to pick up our new program calendar for the upcoming year, visit our office located at 6501 Kildare Road. Smile On Seniors is a division of Beth Chabad CSL directed by Rabbi Mendel and Sarah Raskin.

**SOUL AND MOTOWN:** The Cummings Centre will present a highly festive tribute of soul, Motown and R&B with recording artist Dorian Sherwood and Soul Tree on Oct. 18 (7 pm) at 5700 Westbury Ave. Tickets for this exciting, high-energy show are still available at \$50 for members and \$65 for guests. You can call 514.343.3510 or visit [cummingscentre.org](http://cummingscentre.org). Sherwood is one of Quebec's most talented R&B artists, having worked with the likes of Lara Fabian, Corey Hart, Celine Dion, Chaka Khan, and Roch Voisine to name a few. He is equally adept at song writing, producing and arranging and established a record label in 2008.

Have an item for the SJN?  
E-mail [mcohen@thesuburban.com](mailto:mcohen@thesuburban.com)

SJN BROUGHT TO YOU BY

### If It's On Your Mind... Our Best Minds Are On It.

SUPPORT RESEARCH AND INNOVATION IN BRAIN DISEASE,  
NEUROSCIENCE AND MENTAL HEALTH.

Tel Aviv University drives medical and scientific innovation.

We invest in researchers, medical experts and students  
whose exceptional minds will change the world –  
one idea, one neuron and one discovery at a time.

Learn more at [brainovation.cftau.ca](http://brainovation.cftau.ca)

