



John MacDonald

I was born and educated in the US and moved to Vancouver in 1978, taking a position as a manager of psychological services in a rehabilitation centre. And I stayed in that position for over 30 years. In 2008-09 I was pondering whether to retire and after a lot of reflection, I came to the conclusion that being a psychologist was still a part of my identity. So, in 2010, after being a volunteer in our Olympics, I embarked upon private practice and I am still doing this at the “young” age of 72. I get rewards from helping those who experience deep-seated depression and anxiety.

In 2017, I joined Or Shalom and felt welcomed right from the start. There is a strong community at Or Shalom that I hold in high value. I am pleased to announce that I will be having a Zoom Bar Mitzvah on May 23 and I hope many will “attend” this service. I have enjoyed working with Harriet Frost in preparing for this special day.

For enjoyment I have had lots of good times dining out with friends and currently this is what I miss most in our current health climate. I have a passion for opera and the bard on the beach. I hope that these art forms are able to resume sometime in the future.

Ask me about my most recent Netflix drama series...