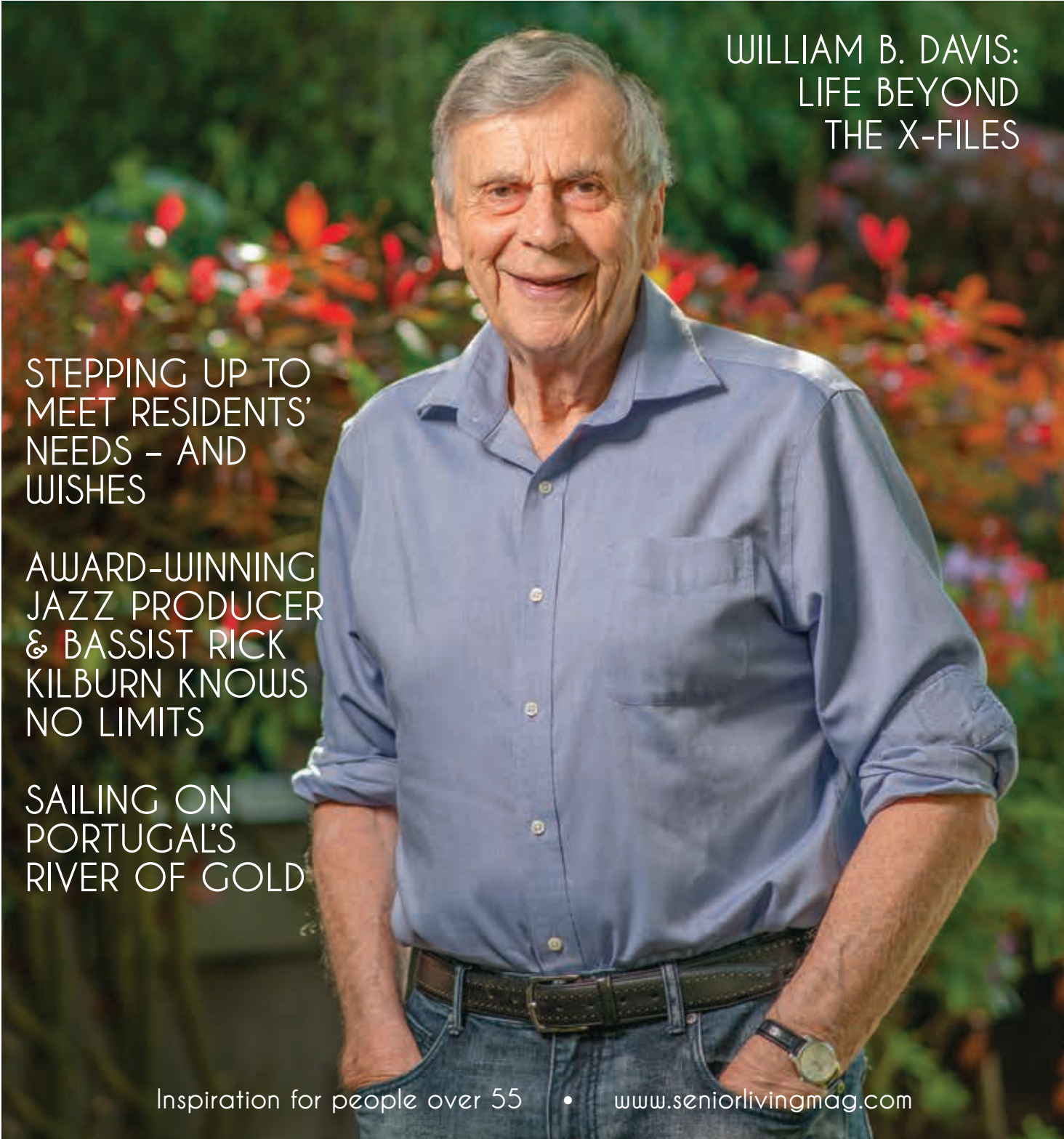


INSPIRED

55+ lifestyle magazine

AUGUST 2019



WILLIAM B. DAVIS:
LIFE BEYOND
THE X-FILES

STEPPING UP TO
MEET RESIDENTS'
NEEDS – AND
WISHES

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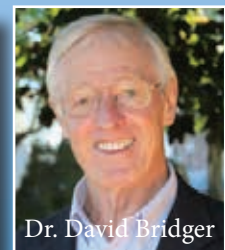
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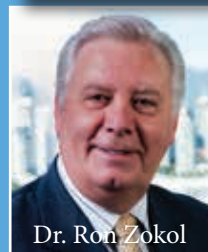
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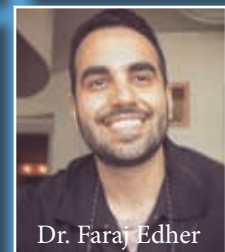
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Cover WILLIAM B. DAVIS
His most famous role may have
been on The X-Files, but
Vancouver’s William B. Davis
has always been most
exhilarated by the theatre.

Photo by Tom Gould



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Though he's not a smoker,
The Cigarette Smoking Man,
William B. Davis, owes much of
his fame to *The X-Files* role.
Photos: Tom Gould

WILLIAM B. DAVIS: SMOKE AND MIRRORS

by JOHN THOMSON

He will forever be known as the Cigarette Smoking Man, the creepy and sinister operative in the TV series *The X-Files*. While heroes Scully and Mulder were investigating the paranormal, the Cigarette Smoking Man was always there to thwart them. Although the show ended in 2002 (there was a short-lived reboot in 2016), *X-Files* fans have never forgotten their favourite bad guy.

As a result, actor William B. Davis (the B is for Bruce), aka the Cigarette Smoking Man, still attends four to six fan conventions a year, signing autographs and posing for selfies. *The X-Files*, he admits, has been good to him, providing him with work and recognition.

“I played [the show] as if I believed I had the conviction to do what I had to do, and most of the fans didn’t want me to do what I had to do,” he recalls with a laugh.

Today, it’s the private lake he and his wife Emmanuelle share with six others south of Blaine, Washington that commands his attention.

“It’s a private lake owned by seven families for water ski training and water ski activities. It’s very small, 670 metres long and half as wide, so the water’s always calm,” he says.

Actor William B. Davis, one of TV’s most reprehensible villains, is a water-skiing champion attracted to the sport as a youngster and winning accolades for his tricks, balancing on one leg and on one ski while completing the prescribed course.

“I’ve held quite a number of national records in my age division,” he says, “but I think most of them have been usurped now by younger people coming along. I was two years ahead of my grade, so most of my classmates were two years older than me,” he continues, “so when it came to team sports, I was always behind. Something like skiing wasn’t a team sport and once I put on the skis, I seemed to have a knack for it.”

He still skis and does tricks despite two artificial hips and a weakened knee. He and Emmanuelle try to get to the lake every weekend, weather permitting. Skiing on snow or water remains his No. 1 passion.

Climate change and how to deal with it is the other.

“I read a number of things in the early 2000s and it was evident this was a more serious problem than people were allowing,” he says. “We lost so much time. It would have been moderately easy to adapt if we started 25 years ago. It would have slowed things down and we would have gotten used to the kind of transitions we need to make.”

He continues to write letters and sign petitions, and takes pride in having alerted BC’s current Environment Minister George Heyman to the issue when they met years ago.

“At the time, he was the Director of the Sierra Club of BC and I got to know him quite well. I hammered him about climate change. He’s got the message,” he laughs.

As for other activities, William has just finished shooting *Upload*, a sci-fi series shot in Vancouver as well as *The Chilling Adventures of Sabrina*, in which he played Methuselah. He has written and directed four short films and stickhandled a television series under his production company William B. Davis Productions. He will be directing *Look Back in Anger* next spring through a theatrical initiative called The Smoking Gun Collective.

“I’m preparing a script and we’re putting together the production crew,” he says.

He’s also developing a movie version of *Homeward Bound*, which he also intends to direct.

“I’ve always primarily thought of myself as a theatre director,” he says. “That’s where my roots are and that’s what gets me going the most.”

Born in Toronto, William credits his cousins with getting him involved in the arts. They ran an Ontario theatre troupe in the ’50s and whenever they needed a child on stage, they called on him to fill the bill. He went to university to be an actor but, in those early days, there were no theatre schools in Canada. Instead, the University of Toronto offered an extra-curricular theatre program alongside its academics, and that provided an entrée into theatre-related activities.

“There was a real focal point for young people interested in theatre,” he says.

Like his classmates, William chose an academic that inter-

Snapshot

with William B. Davis



If you were to meet your 20-year-old self, what advice would you give him?

"I would say don't worry so much. Things will work out."

Who or what has influenced you the most and why?

"I was very influenced by Michael Elliott, who was a theatre director at the National Theatre. His vision of what theatre could do – a depth of humanity – was so inspiring."

What are you most grateful for?

"I'm grateful for good health, especially at my age. I attribute it to keeping my brain active, physical activity and good luck. For me, it's not genetic. My parents didn't live this long."

What does success mean to you?

"Recognition helps, whatever that may mean. For a water skier, it's a very small community and if the other water skiers recognize you, that's good. In the TV world, I have a public profile and that counts for something for sure." |

ested him – philosophy. Meanwhile, he and his pals perfected their craft, performing in campus productions, eventually running their own summer professional theatre company. And a realization: he decided at that point in his life he'd like to switch from acting to directing.

"Directing was more serious work. It seemed to fit my talents at the time."

A year later, William enrolled in the London Academy of Music and Dramatic Art and, in 1964, joined Britain's National Theatre School. He worked alongside other young hopefuls, Maggie Smith, Derek Jacobi and Albert Finney. Finney asked him to be his assistant on the first and only movie he ever directed, *Charlie Bubbles*.

"We both had to finish our contracts at the National and after that he would go into making the film. And then I get a phone call from Montreal asking if I would come and be the assistant artistic director of the National Theatre School of Canada, and 'could you let us know on Monday?' So, it was a very challenging weekend deciding what to do."

William decided to take the Montreal position and was quickly promoted to artistic director. Then to Lennoxville, Quebec where he oversaw the Festival for 10 years, teaching at Bishop University and directing plays across Canada. In 1985, he moved to Vancouver as the artistic director of the Vancouver Playhouse Acting School and, five years later, founded his own school, the William Davis Centre for Actors Study. The Centre was folded into the Vancouver Institute of Media Arts, where he teaches and sits on the Advisory Board. Teaching, directing and administration; it was a full plate.

"There were 20 years where I wasn't acting at all and when I got back into acting, I played a range of different characters. I certainly wasn't typed as the bad guy."

That was until producer Chris Carter and *The X-Files* came calling. His signature role almost didn't materialize.

"When we first did [the pilot], I didn't think anymore about it. It was nice to have that gig. That was that. Later, they brought me in again. And then a couple more."

He was with the show for 10 years. In the seventh season, William wrote an episode called *En Ami*.

"My character had no interaction with Scully at all since the pilot, so I said why

don't we do an episode where they meet each other. The writing team was interested, so we developed it from there."

Television is often dismissed as smoke and mirrors, an illusion that has no bearing on reality. It should come as no surprise then that the Cigarette Smoking Man neither smokes (he was given herbal cigarettes) nor believes in the paranormal.

"A lot of fans don't understand how the business works. They think actors choose their material – and I guess a lot of A-list actors do – whereas we in the trenches do what we get. So, there's no relationship between doing a paranormal story and whether I believe in the paranormal. People would come up to me and show me UFOs and bring me the latest information from Roswell and Area 51," he says. "Finally, I said 'I don't actually believe in this stuff.' They asked, 'Why not?' And I said, 'The onus is on you to prove something exists. I can't prove that things don't exist. I can't prove a negative.' And they said, 'But we have.' So, I thought I better find out."

He hooked up with psychology professor Barry Beyerstein and his Committee for Skeptical Enquiry, an investigative body using scientific experimentation to disclaim the claims of the paranormal. At one point in the 1990s, at the height of *The X-Files*' popularity, William toured Canadian campuses clarifying his position, driven in part by his interest in philosophy.

"If you're interested in philosophy, you try to find out what's real, what's not real, what's true, what's not true. All of those questions."

Or as *The X-Files* was fond of saying: "The Truth is Out There."

William's biggest fan, then and now, is his wife Emmanuelle. Their fairy-tale romance began decades ago and has the trappings of well... a movie. In 1995, when Emmanuelle was living in Paris, she wrote the Cigarette Smoking Man a letter.

"I wrote to him not as a fan but as a femme, a woman. In France, we are quite bold and determined as women," she says of her early crush. "I wrote to him and we wrote to each other but, at the time, our lives were different, so we lost contact. Sometimes people enter your life and it's not the right time but, eventually, if

it's important, it comes back and that's when it's working. In 2010, I got back to him and we reconnected."

William invited her to meet him at a fan convention in London.

"It's what we call in French le coup de foudre or love at first sight," says Emmanuelle.

In 2011, they married but remained apart. Emmanuelle was the Director of Finance for the city of Heyres on the French Riviera. She loved her job and had responsibilities, so the couple met in Canada or in France for a month at a time. It worked for awhile, but separation took its toll.

"When you say goodbye at the airport, it becomes more and more difficult," she laments. "There are many things you want to share together. When something nice happens, you want to be with your beloved."

In 2014, Emmanuelle finally joined William in Vancouver. William's two adult children from an earlier marriage and three grandchildren live in the US.

Emmanuelle is a former equestrian – she stables her horse, Helios, at the lake south of Blaine – and has taken up boxing. She spars at a Vancouver gym three hours a day, six days a week, preparing for her first amateur fight.

"You discover a lot about your personality," she says. "You fight for victory, to be a better version of yourself."

Given their athletic and creative pursuits, retirement isn't in the cards.

"I don't use the R word. I don't say the word and I don't use it," William says emphatically. "As John Gielgud said, 'actors never retire, the parts just get smaller.'"

At 81, William is still in demand for acting and directing gigs.

"One has more fluidity I suppose," he continues. "I mean I don't go to work every morning at a certain time and finish at a certain time. I have flexibility in what I do, but I don't think of myself as being retired. I end up getting caught in TV work or other projects. For me, to stay active, to stay alert and to do what you want to do is critical and I find working is what keeps me going." |

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LIFE IN RESIDENCE

Living in a retirement residence encompasses more than a bed and a meal plan. Residences consider all aspects of a full life, so residents feel comfortable, safe, engaged and fulfilled. This feature explores some of the efforts BC residences are making to ensure residents enjoy a rich quality of life in their new home.

THE BUCKET LIST

by TONI O'KEEFFE

We all have dreams. Harrison Pointe and Harrison Landing retirement communities, referred to as “The Harrisons,” are helping their residents’ dreams come true.

Located in Langley BC, The Harrisons are premier retirement communities that provide seniors and disabled adults with accommodations and services to meet their physical, emotional, social and spiritual needs. In October 2018, they launched the “Bucket List” initiative aimed at making residents lives a little more exciting. Residents are invited to submit their Top 5 bucket list wishes. The name of one individual is drawn each month and staff try to make that person’s dream come true. Interest in the initiative has been strong with over 50 submissions sent in during the first six months of the program.

Glenn Bell, creator of the program, says the types of wishes granted include:

A river raft ride down the Thompson River followed by a picnic for Audrey, a 100-year-old resident at The Harrisons. Several residents have requested helicopter rides, which Bell says they are organizing this summer. Sol and Elvin were taken to Whistler to ride the Peak-to-Peak gondola, and Rose went to see her favourite hockey team (Montreal Canadiens) play the Vancouver Canucks last November. Bell says they have also planned a cruise up Indian Arm, a hot air balloon ride, train trips, a ride on a Harley Davidson motorcycle and many more. Bell adds that all the winners have been extremely excited.

“The Bucket List initiative was set up to give residents something to dream about and something to look forward to,” says Bell. “The act of setting goals keeps residents excited about life.” |

For information on The Harrison’s go to <https://harrison-pointe.ca>



ABOVE | (Top) Harrison Pointe resident Rose gets her bucket list wish filled at a Habs vs. Canucks game at Rogers Arena.

(Bottom) Audrey, 100, boats up the Fraser River for her bucket list wish. Photos courtesy of the Harrisons

EXTRAORDINARY SENIOR AWARD

by TONI O'KEEFFE

In partnership with the Alzheimer Society of BC and the Pacific National Exhibition (PNE), Retirement Concepts is proud to host the second annual Extraordinary Senior Award.

“We are pleased to be hosting the second Extraordinary Senior Award in 2019 to recognize people within our communities that go above and beyond to help others,” says Retirement Concepts Partner Jennie Deneka. “At Retirement Concepts, we are fortunate to see extraordinary seniors each day and know first-hand the incredible contributions they make across organizations, charities and community initiatives.”

Nominees must be over the age of 65 and a resident of BC. The Extraordinary Senior Award accepts nominations online across the province each year until July.

The recipient receives his or her award at Seniors Day at The Fair at the PNE on August 22, 2019, as well as a VIP day, including admission and parking for four, dinner for two at Hendricks Resto-Lounge in the Westin Grand Hotel, accommodation at the Westin Grand Hotel and travel to the PNE.

“We are thrilled to be partnering with Retirement Concepts and the Alzheimer Society of BC to host the Extraordinary Senior Award and acknowledge those over 65 who make outstanding contributions to our communities,” says PNE President and CEO Shelley Frost. “The Fair at the PNE is fortunate to be able to host this important event as so many of those who come to The Fair every year are seniors themselves.”

If you know an extraordinary senior who is passionate about a cause or active in the community, you can nominate them for 2020 at: www.extraordinarysenior.com |

For more information about Retirement Concepts visit www.retirementconcepts.com

PETS ARE GOOD THERAPY

by TONI O'KEEFFE

The administration at Camellia Residences in Surrey BC understands that pets are good therapy. They believe so strongly in the human connection to our furry friends that when the new Camellia Residence opens in the summer of 2021, they will allow their residents to enjoy the companionship of their pets full-time.

Camellia Residences are built on the values of community, love and dignity.

Camellia offers a wonderful connection and emotional support for like-minded seniors embracing the next stage of life; this includes embracing their residents' love of their furry friends. Each resident will be allowed to have one pet. The organization will also host monthly pet therapy sessions for their residents.

According to multiple health organizations, pets play a significant role in an individual's emotional well-being and keep pet owners active, bringing them joy, companionship, unconditional love and provide the pet owner with daily purpose. Pets help reduce stress, lower blood pressure and increase social interaction and physical activity. Pets can also have an astounding effect on symptoms of depression and feelings of loneliness.

Many people looking to move into a senior residence are reluctant to leave a family pet behind. Knowing they can bring their beloved pet with them is a relief and can make the transition much easier knowing their furry companion is moving with them to their new home.

Hanah Damot, Executive Assistant with ATL Senior Living, says having a pet makes it easier for residents to make friends in a new home as pets provide a focal point for conversation. More and more, pets are being recognized as a part of an individual's care team due to the important role they play in improving social and mental well-being. |

For more information about Camellia Residences visit <https://atlseniorliving.com/en/camellia-residences/>

IS THERE A DOCTOR IN THE HOUSE?

by TONI O'KEEFFE

Having access to a family physician is one of Canada's largest health care challenges.

BC's Minister of Health said in an interview earlier this year that there are approximately 775,000 people in BC without a family doctor. Trillium Care Communities is tackling this challenge on behalf of its residents in their nine independent, assisted and long-term care homes along BC's West Coast.

Lesley Sikorski, Director of Community Relations with Trillium, says the care teams at Trillium are committed to providing their residents with the highest level of care. Having access to a physician is one important aspect of that care.

All Trillium residences have medical directors on site that are



practising general physicians and are part of the Trillium care teams.

These physicians will assume care for any Trillium resident whose primary physician is unable to continue care as a result of distance, transportation issues, or the resident comes to Trillium from other parts of the province or from out of province.

Trillium physicians conduct regular rounds at least once or twice a week checking in on all their patients. This pro-active approach allows doctors to connect with nursing staff and their patients for early intervention on emerging illnesses or conditions for which patients may not seek medical attention.

Nursing staff monitor residents on a regular basis and can loop doctors in if they identify anything requiring attention. Having onsite physicians provides family members with comfort knowing their loved one is receiving exceptional medical attention and being looked in on regularly. |

For more information about Trillium Communities, visit www.trilliumcommunities.com

LEAVING YOUR WORRIES BEHIND

by KATE ROBERTSON

An independent living community like Shannon Oaks in Oak Bay can be the perfect place to enjoy your retirement. No yard work, delicious home-cooked meals, and weekly housekeeping services free up your time to participate in scheduled activities and excursions and to pursue your personal hobbies and interests. Research also shows that there's a positive correlation between the increased social interaction found in a residence and health and well-being in older adults.



ABOVE | Shannon Oaks residents Dick and Ollie. With no yard or home maintenance, housework or cooking to do, residents can enjoy socializing with friends and family and pursuing hobbies. *Photo: Shannon Oaks*

But for some seniors, they worry their life will be too regimented, and they won't have the freedom to do the things they enjoy, preventing them from making the move.

"Although shaking old habits can be difficult, and initially some residents can miss doing their regular chores, they quickly come to realize they enjoy being pampered and find it a relief to let someone else do those chores for them," says Leo Martin, Marketing Manager for Shannon Oaks, Oak Bay.

"Not having to worry about gardening and house maintenance allows them to become more involved in satisfying activities like arts and crafts, learning a new language, or becoming involved with charities."

Perhaps this Shannon Oaks resident says it best: "When someone said to me 'don't you get bored living in a small apartment and having all your meals supplied?' I had to chuckle as I searched my cluttered coffee table for my crowded calendar, each day brimming with activities." |

For more information, visit www.baptisthousing.org/communities/shannon-oaks-oak-bay

STRETCHING TO MEET THE CARE NEEDS OF RESIDENTS

by KATE ROBERTSON

Independent living offers housing and the convenience of services like meals, housekeeping and transportation, as well as activities like fitness classes and recreational outings. Unlike assisted living, residents in independent living residences direct their own lives, if they're healthy and able.

Residences like Berwick Royal Oak also offer a special service called Brio Care to residents, which allows them to stay in the residence, without moving to a care home as their abilities decline.

"Our healthcare team works closely with the resident and the family to develop a resident-focused care plan that caters to their unique needs," says Amanda Guignon, Community Relations Manager for Berwick Royal Oak.

Brio Care residents have full access to the Berwick Royal Oak's building and activities, but also have specialized programs. Care and assistance from nursing and care aides are tailored to suit each resident's special needs, while continuing to promote as much independence as possible in a supportive environment.

"All residents at Berwick Royal Oak are part of the Berwick family," says Guignon, "so when the needs of the resident in independent living change, it is important to cater to these changes by offering more assistance."

The Brio Care suites – spacious studio-style suites with kitchenettes, private bathrooms and outdoor patios – are Berwick's way of focusing on the continuum of care from independent living to licensed residential care. These suites offer a supportive, caring option with assistance available

around the clock.

“This is the Berwick way – having daily access to a variety of engaging activities and events in a comfortable environment, while maintaining independence and enjoying an active, involved lifestyle, without the worry.” |

For more information, visit www.berwickretirement.com/bro/enhanced-living/



The feedback Bria most often gets tends to be about food – residents want to be involved in menu planning. “They want to eat their favourite things and speak to what they like and don’t like. Our chefs are very responsive to this,” says Miller.

Bria’s efforts to be transparent and to increase satisfaction are paying off. In 2018, 94 per cent of residents said they feel at home in their residence, and 95 per cent of residents would recommend Bria Communities to others. |

For more information, visit <https://briacommunities.ca/>



RESPONDING TO RESIDENT CONCERNS

by KATE ROBERTSON

At Bria Communities, seeking resident input and responding to it is part of what makes them special. They know it’s important to elicit feedback often in order to have happy, satisfied residents. To create mechanisms for residents’ voices to be heard, Bria organizes groups like their Resident Food Council and they regularly host Chef’s Chats. Once a year, they also ask residents to participate in a detailed satisfaction survey conducted by a third-party company.

“We really value our residents’ voices, so we seek their input,” says Janice Miller, Marketing Partner of Seniors Living for Bria. “Our commitment is to continuous quality improvement and that’s why we do the survey every year. We know there is always room for improvement, and we want to be transparent with our residents and their family members. The survey creates accountability on our team and creates accountability to our residents – they can give their opinion and know they have been heard. It matters because this is their home, and your voice should always be heard loudly and clearly in your home. We’re committed to improving our services and ensuring what we put in our seniors’ home – food, recreation activities, services – reflects their choices.”



LEFT | Brio Care at Berwick Royal Oak offers a team of licensed nurses and professional care aids for 24/7 support. Photo: Berwick Royal Oak

ABOVE | Residents at Bria Communities have a lot to smile about. The residence conducts yearly third-party satisfaction surveys to ensure residents’ voices are heard and concerns addressed. Photos: Chanelle Gunderson

bc senior housing directory

ABBOTSFORD

Trillium Bevan Village ■●▶

604-850-5416; 33386 Bevan Ave.; info@bevanvillage.ca
Capacity: 141 suites **Starting Price:** \$1800
Amenities/Services: Secure grounds with gazebo and walking paths; outdoor patio with raised garden beds; activity lounges; games area; hair salon; library/tech room; nutritious meals and snacks; recreation calendar; bus outings.

CAMPBELL RIVER

Berwick by the Sea ■●

250-850-1353 / 1-844-418-1353; 1353 16th Ave.
www.berwickretirement.com
Capacity: (I) 131 units; (A) 30 units; private
Starting Price: call for rates
Amenities/Services: ocean view; chef prepared meals; house-keeping; linens; 24hr emergency response; recreation programs; theatre; fitness centre; games room; rooftop lounge; transport.

CHILLIWACK

Auburn Seniors Residences ■

604-792-3545; 8531 Young Rd.;
aub.info@retirementconcepts.com
Capacity: 54 units **Starting Price:** call for rates
Amenities/Services: shopping nearby; recreation & entertain-ment; 1 & 2 bedrooms available; gardens; 50's diner.

Columbus Manor Chilliwack ■

604-792-5173; 8980 Edward St.;
cca@colchar.org
Capacity: 53 units
Starting Price: \$500 bachelor; \$575 1 bedroom
Amenities/Services: close to bus stops; hospital; shopping; free use of washer and dryer; garden; no pets.

Waverly Seniors Village ■●▶

604-792-6340; 8445 Young Rd.;
waverly.info@retirementconcepts.com
Capacity: (A) 69 units (C) 53 units **Starting Price:** call for rates
Amenities/Services: (I/A) 2 meals/day; (C) 3 meals/day; (A) home support available; 24hr emergency response; recreation; hair-dresser; (I/A) small pets allowed.

COMOX / COURTENAY

Berwick Comox Valley ■●

250-339-1690; 1-866-1690; 1700 Comox Ave.;
www.berwickretirement.com
Capacity: (I) 168 units; (A) 23 units; private
Starting Price: call for rates
Amenities/Services: chef prepared meals; housekeeping; linens; 24hr emergency response; recreation programs; transportation; rooftop garden & lounge; theatre; fitness centre; games room.

Casa Loma Seniors Village ■●

250-331-1183; 4046 Headquarters Rd.;
www.retirementconcepts.com
Capacity: (I/A) 134 units **Starting Price:** call for rates
Amenities/Services: Shopping; shuttle; housekeeping; breakfast bistro; lunch and dinner; recreation; entertainment; fitness classes; theatre; salon; billiards room; pet friendly suites.

Comox Valley Seniors Village ■●▶

250-331-1183; 1-844-603-4663; 4640 Headquarters Rd.;
www.retirementconcepts.com
Capacity: (I/A) 97 units; (C) 136 units
Starting Price: call for rates
Amenities/Services: shopping shuttle; housekeeping; bistro breakfast; lunch & dinner; recreation; entertainment; fitness classes; theatre; library; salon; patio; pets in designated suites.

Riverside Senior Living ■

250-871-8800; 1590 Cliff Ave.; www.riversideseniorliving.ca
Capacity: 38 suites by river **Starting Price:** call for rates
Amenities/Services: All inclusive - 3 meals/day; utilities; house-keeping; activities; pool; billiards lounge; on the riverwalk; at-tached to Best Western Westerly Hotel.

COQUITLAM

Belvedere Care Centre ▶

604-939-5991; 7399 Alderson Ave.; www.belvederebc.com
Capacity: 147 units **Starting Price:** \$205/day
Amenities/Services: 24hr professional nursing; 3 meals; com-prehensive range of social & therapeutic programs; respite care; hospital rehab; transitional care; resident/family centered.

Dufferin Care Centre ▶

604-351-2200; 604-552-1166; 1131 Dufferin St.;
www.retirementconcepts.com
Capacity: 153 units **Starting Price:** call for rates
Amenities/Services: chef prepared meals; housekeeping & lin-ens; nurse on-site 24/7; recreation programs; secure building; garden & patio; on site dietitian; beauty salon; music therapy.

Residences at Belvedere ●

604-939-1930; 750 Delestre Avenue; www.belvederebc.com
Capacity: 114 units **Starting Price:** \$3300
Amenities/Services: 24hr professional assistance; 2 chef pre-pared meals; recreation & leisure program; in-suite emergency call system; weekly housekeeping & linen/towel service; respite care.

housing directory legend

We use three housing categories to define the residences – **Independent/Supportive, Assisted Living and Residential Care.**

Independent/Supportive Living ■ (I)

Independent/Supportive Living includes a combination of housing and hospitality services for retired adults who are capable of directing their own care.

Assisted Living ● (A)

Assisted Living residences offer housing, hospitality services and personal assistance to adults who can live independently but require regular help with daily activities. By law, all Assisted Living residences must be registered with the Assisted Living Registrar of BC.

Residential Care ▶ (C)

Sometimes called Complex Care, these units also provide care and supervision for retired adults who are no longer capable of directing their own day-to-day activities.

Complex Care settings typically provide a combination of housing and hospitality services, as well as extensive support services.

The Housing Directory on *INSPIRED Magazine's* website has a complete list of all senior housing in BC.

You can find it at www.seniorlivingmag.com/housing



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- A special neighbourhood for memory care

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Victoria 250.595.6257

www.shannoanoaks.com

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DELTA

Columbus Lodge Delta ■

604-597-3322; 8850 118A St.; www.colchar.org

Starting Price: \$1580 studio; \$2100 1 bedroom

Amenities/Services: great meals cooked on-site included in monthly rate; near shopping and busses; daily social activities; weekly outings; next to church; no pets.

Waterford, The ■▶

604-943-5954; 1345 56 St.; www.WaterfordForSeniors.com

Capacity: (I) 108 units; (C) 36 units

Starting Price: \$4100/month

Amenities/Services: daily fitness & social activities; Red Seal chef-prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities. Independent living or licensed 24-hour care centre.

Wexford, The ■

604-948-4477; 1737 56 St.; www.WexfordForSeniors.com

Capacity: 65 suites

Starting Price: \$4100/month

Amenities/Services: daily fitness & social activities; Red Seal chef-prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; fitness centre; rooftop garden; private dining room; pets allowed.

DUNCAN

Abbeyfield Houses Society of Duncan ■

250-748-1352; 5905 Indian Rd.;

www.abbeyfieldduncan.ca

Capacity: 9 units

Starting Price: \$1553

Amenities/Services: price includes all meals and snacks; hydro; basic cable; access to laundry facilities. Night responder on sight for emergencies.

FORT ST. JOHN ■●

Abbeyfield Houses of Fort St. John ■

250-785-8381; 8112- 96th Ave.; info@abbeyfieldfsj.org

Capacity: 12 units

Starting Price: call for rates

Amenities/Services: 2 meals per day; complimentary washer/dryer; overnight guest room available; exercise program; bus available; planned social activities; ground level patio.

GOLDEN

Abbeyfield House Society- St. Paul's Golden ■

250-344-7997; 915 9th St.; abbeyfieldgolden@gmail.com

Capacity: 10 units

Starting Price: \$1214

Amenities/Services: Private bedroom and bath/shower; jacuzzi tub room; laundry facility provided; lunch and supper served in dining room; living room with comfortable seating, fireplace, and T.V.; close to shopping; churches; library; restaurants; senior centre; 2 theatres and civic centre; house coordinator on site.

KAMLOOPS

Berwick on the Park ■●▶

250-377-7275; 1-866-377-7275; 60 Whiteshield Cres. S.;

www.berwickretirement.com

Capacity: (I) 119 units; (A) 27 units; (C) 32 units; private

Starting Price: call for rates

Amenities/Services: valley view; chef prepared meals; housekeeping; linens; 24hr emergency response; recreation programs; transport; games room; fitness centre; library; theatre; gardens.

Kamloops Seniors Village ■●▶

250-571-1800; 1-844-603-4663; 1220 Hugh Allan Dr.;

www.retirementconcepts.com

Capacity: (I/A) 101 units; (C) 114 units

Starting Price: call for rates

Amenities/Services: beautiful mountain/valley views; chef prepared meals; shuttle; recreation/entertainment; fitness classes; theatre; library; salon; guest/respite suites; (I/A) small pets okay.

KELOWNA

Orchard City Abbeyfield Society ■

250-763-5254; 1531 Bernard Ave.; ocabbey2@gmail.com
Capacity: 10 units **Starting Price:** \$1625
Amenities/Services: 10 room homely residence offering independent living for single seniors in a secure family atmosphere. Rooms have 2 piece en suite bathroom. Home style cooked meals are prepared in house each day with residents serving their own breakfasts. Laundry facilities; room cleaning; Internet; emergency call button; cable TV. Various social activities held at the house; close to downtown and other recreational facilities.

LANGLEY

Harrison Landing ■ ●

604-530-7075; 20899 Douglas Cres.; www.harrisonlanding.com
Starting Price: \$2850-\$3450
Amenities/Services: toast/juice/coffee breakfast bar; 2 meals; light housekeeping; pub nights; socials; bingo; dining & fireside lounges; outdoor patios; recreation & wellness areas; fitness; bus.

Harrison Pointe ■ ●

604-530-1101; 21616 52 Ave.; www.harrisonpointe.ca
Starting Price: \$2360-\$3540
Amenities/Services: toast/juice/coffee breakfast bar; 2 meals; light housekeeping; pub nights; socials; bingo; dining & fireside lounges; outdoor patios; large rec hall; wellness areas; fitness; bus.

Langley Seniors Village ■ ●

604-539-9934; 20363 65th Ave.; www.retirementconcepts.com
Capacity: 121 units **Starting Price:** \$3585
Amenities/Services: Langley seniors village is centrally located in beautiful Willoughby and walking distance to numerous shops and services. Offering a wide range of activities on-site, as well as a bus for outings.

Magnolia Gardens ■ ►

604-514-1210; 5840 Glover Rd.; www.magnoliagardens.net
Capacity: (I) 115 units; (C) 40 units **Starting Price:** \$2350
Amenities/Services: daily fitness & social activities; Red Seal chef-prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities. Independent living or licensed 24-hour care centre.

Sunridge Gardens ■

604-510-5091; 22301 Fraser Hwy.; www.sunridgegardens.net
Capacity: 145 suites **Starting Price:** \$2150
Amenities/Services: daily fitness & social activities; Red Seal chef-prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities; theatre; courtyard gardens; pets allowed.

MAPLE RIDGE

Maple Ridge Seniors Village ■ ● ►

604-466-3053; 1-844-603-4663; 22141 119th Ave.; www.retirementconcepts.com
Capacity: (I) 49; (A) 33; (C) 108 **Starting Price:** call for rates
Amenities/Services: (I) 2 meals a day; (A) 2 meals a day; (C) 3 meals/day; (A) home support avail; (I/A/C) 24hr emergency response; recreation; hairdresser; small pets allowed in (I/A).

NANAIMO

Berwick on the Lake ■ ● ►

250-729-7995; 1-866-525-3111; 3201 Ross Rd.; www.berwickretirement.com
Capacity: (I) 120 units; (A) 28 units; (C) 36 units; private
Starting Price: call for rates
Amenities/Services: lake view; chef prepared meals; housekeeping; linens; 24hr emergency response; recreation programs; transport; fitness centre; library; theatre; games room; gardens.



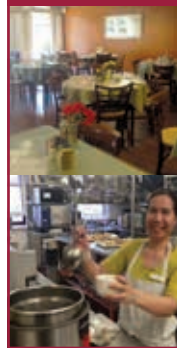
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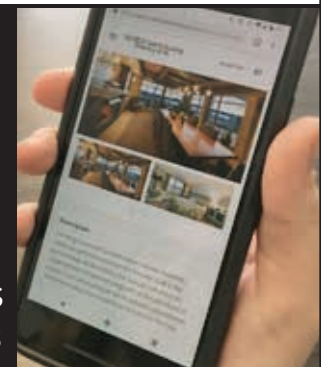
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Oak Tree Manor is located in the heart of downtown Nanaimo, and is also the most affordable seniors independent living facility in the area.

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www.oaktreemanor.ca



325 Hecate St, Nanaimo | Tel. 250.716.1799

Nanaimo Seniors Village

250-729-9524; 1-844-603-4663; 6085 Uplands Dr.;
www.retirementconcepts.com

Capacity: (I) 56 units; (A) 152 units; (C) 150 units

Starting Price: call for rates

Amenities/Services: (I) 1 meal a day; (A) 2 meals a day; (C) 3 meals a day; (A) home support avail; (I/A/C) 24hr emergency response; recreation; hairdresser; small pets allowed in (I/A).

Oak Tree Manor

250-716-1799; 325 Hecate St.; www.oaktreemanor.ca

Capacity: 61 units

Starting Price: \$1450

Amenities/Services: downtown location; waterfront views; 24hr medical alert button; 3 meals/day; housekeeping/linen service; activities program; small pets allowed.

Origin at Longwood

250-751-7755; 6205 Oliver Road

Capacity: 176 units

Starting Price: call for rates

Amenities/Services: gourmet meals; 24hr emergency response; enrichment programs; arts/crafts; woodworking; fitness classes; pool; Nordic pole walking; think fit; housekeeping; pets welcome.

Trillium Woodgrove Manor

250-390-1036; 6304 Metral Dr.; www.trilliumcommunities.com

Capacity: 43 suites

Starting Price: call for rates

Amenities/Services: Lovely outdoor gardens; activity lounge & program; 24hr care & memory care; nutritious meals & snacks; housekeeping; personal laundry service; emergency call system; hairdresser; foot care; no pets allowed.

NEW WESTMINSTER

Dunwood Place

604-521-8636; 901 Colborne St.; dunwoodplace@telus.net

Capacity: 191 units

Starting Price: call for rates

Amenities/Services: in-suite full kitchen; salon; activities lounge; near transit; wheelchair access; woodworking room; 24hr manager; lockable suite doors; café; patio; dining club.

PARKSVILLE

Stanford Seniors Village

250-951-0811; 250 Craig St.; www.retirementconcepts.com

Capacity: (I) 29; (A) 22; (C) 182

Starting Price: call for rates

Amenities/Services: ocean view suites; chef prepared meals; housekeeping & laundry; 24hr emergency response; therapy services; recreation programs; music therapist; hair salon; games room; theatre; courtyard gardens.

QUALICUM BEACH

Berwick Qualicum Beach

250-738-6200; 120 First Ave W.; berwickretirement.com

Capacity: 94 units

Starting Price: call for rates

Amenities/Services: Ocean view; chef prepared meals; housekeeping; linens; 24hr emergency response; recreation programs; theatre; fitness centre; games room; rooftop lounge; transport.

The Gardens at Qualicum Beach

250-738-2253; 650 Berwick Rd.;

www.thegardensatqualicum.com

Capacity: 67

Starting Price: call for rates

Amenities/Services: Nutritious lunch and dinner; snacks; weekly housekeeping & flat linen laundry service; full membership in social, recreational, & wellness programs; scheduled bus outings; small pets.

SIDNEY

Norgarden ■

250-656-8822; 2300 Henry Avenue;
www.welcometonorgarden.ca

Capacity: 42 units

Starting Price: \$3300

Amenities/Services: individualized lifestyle; underground secure parking; salon/spa; activities; bus; spacious suites; refrigerators; family owned; near amenities; guest suite; pets welcome.

Peninsula, The ■ ●

250-656-8827; 2290 Henry Avenue;
www.welcometopeninsula.ca

Capacity: (I) 42 units; (A) 25 units

Starting Price: \$3900

Amenities/Services: individualized lifestyle services; underground parking; salon/spa; activities; bus; spacious suites; locally owned; near amenities; guest suites; pets welcome.

SURREY

Amenida Seniors Community ■ ●

604-597-9333; 13855 68th Ave.; www.amenidaseniorsliving.ca

Capacity: (I) 134 units; (A) 20 units

Starting Price: \$2100

Amenities/Services: fitness & recreation programs; easy access to park, senior/recreation centre, library, shopping & services; visiting medical professionals - no office waits; phone, cable, internet & emergency pendant included; pets welcome.

Guildford Seniors Village ▶

604-582-0808; 1-844-603-4663; 14568 104A Ave.;

www.retirementconcepts.com

Capacity: 98 units

Starting Price: call for rates

Amenities/Services: personalized 24hr nursing care; memory care; secured; furnished studios w/ en-suite; 3 meals; snacks; therapeutic spa; recreation; laundry/housekeeping; courtyard gardens.

Peace Portal Seniors Village ▶

604-535-2273; 1-844-603-4663; 15441 16th Ave.;

www.retirementconcepts.com

Capacity: 84 units

Starting Price: call for rates

Amenities/Services: 24hr full nursing care; controlled access community; furnished studio suites w/ en-suite; housekeeping/laundry; 3 nutritious meals and snacks; therapeutic recreation.

Rosemary Heights Senior Village ■ ● ▶

778-545-5000; 15240- 34th Avenue;

www.retirementconcepts.com

Capacity: 153

Starting Price: call for rates

Amenities/Services: Independent/Assisted living - 1 bdrm suites with dining; housekeeping & recreation allows you to enjoy the convenience of support services in a social atmosphere.

Suncrest Retirement Community ■ ▶

604-542-6200; 2567 King George Blvd.; www.belvederebc.com

Capacity: (I) 78 units; (C) 124 units

Starting Price: call for rates

Amenities/Services: 24hr professional care; 3 meals (C); 2 meals (I); recreation; lounges; outdoor space; tea/coffee; snacks; resident/family centered care; large, inviting, spacious areas to relax & socialize.

SUMMERLAND

Summerland Seniors Village ■ ● ▶


250-404-4400; 1-844-603-4663; 12803 Atkinson Rd.;

ssv.info@retirementconcepts.com

Capacity: (I/A) 120 units; (C) 112 units

Starting Price: call for rates


Amenities/Services: chef prepared meals; shuttle; recreation/entertainment; fitness classes; theatre; library; salon; guest/respice suites; (I/A) small pets okay.



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VANCOUVER

Abbeyfield Houses of Vancouver Society ■

604-261-1180; 1275 W 67th Ave.;

www.abbeyfieldvancouver.com

Capacity: 16 units Starting Price: \$1575

Amenities/Services: Single rooms w/ bathrooms, most with showers, patio or balcony; near transit on Granville and Oak Streets; close to Marpole Neighbourhood House.

Chelsea Park ■

604-789-7132; 1968 E. 19th Ave.; kdupont@newchelsea.ca

Capacity: 74 units Starting Price: \$2500

Amenities/Services: For a sense of belonging and total community "Seal of Approval" recipient; Chelsea Park offers well-designed; comfortable; affordable living for seniors. Right next door to John Hendry Park, Trout Lake.

Columbus Millennium Tower ■

604-408-3547; 1175 Broughton St.; cca@colchar.org

Capacity: 56 units

Starting Price: \$970 studio; \$1775 1 bedroom

Amenities/Services: meal plans available; near downtown, parks, & St. Paul's Hospital; basic cable included; piano lounge; TV rooms; patios; chapel; parking; hair salon; no pets.

Columbus Tower Vancouver ■

604-992-1344; 5233 Joyce St.; cca@colchar.org

Starting Price: \$650

Amenities/Services: close to skytrain; shopping; bus stops; St. Mary's parish; some TV channels included; TV lounge; patio; free parking; washer & dryer; no pets.

Shannon Oaks ■

604-324-6257; 2526 Waverly Ave.; www.shannonoaks.com

Capacity: 146 units

Starting Price: \$3930 (all-inclusive)

Amenities/Services: dining; coffee bar; housekeeping; activities;

fitness centre; auditorium; library; hair salon; A/C in suite; internet in suite; HD TV; courtyard gardens; 24/7 emergency assistance; pets welcome.

Southview Terrace ■

604-438-3367; 7252 Kerr Street; southviewterracesa.ca

Capacity: 57 units

Starting Price: Call for rates

Amenities/Services: Southview terrace offers 1 & 2 bdrm apts. Rent incl lunch & dinner; utilities; cable; phone; housekeeping; flat laundry; 24hr emergency response; activities; and more. Located beside Champlain mall.

VICTORIA

Aquara by Element ■ ● ►

250-940-5155; 110-645 Tyee Rd.; aquarabelement.com

Capacity: 157 units

Starting Price: call for rates

Amenities/Services: Our discovery centre is located at 110-645 Tyee Rd, Victoria, BC. An active retirement living community offering Independent & Supportive Living condominiums and rentals, and Complex Care.

Berwick House ■ ● ►

250-721-4062; 1-866-721-4062; 4062 Shelbourne St.;

www.berwickretirement.com

Capacity: (I) 99 units; (A) 25 units; (C) 37 units; private

Starting Price: call for rates

Amenities/Services: chef prepared meals; housekeeping; linens; 24hr emergency response; recreation programs; transport; fitness centre; library; theatre; games room; gardens.

Berwick Royal Oak ■ ● ►

250-386-4680; 1-866-721-4680; 4680 Elk Lake Dr.

Capacity: (I) 201 units; (A) 25 units; (C) 27 units

Starting Price: call for rates

Amenities/Services: chef prepared meals; housekeeping; linens; 24hr emergency response; recreation programs; transport; fitness centre; library; theatre; games room; gardens.

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Email: cca@colchar.org
www.colchar.org

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The Cridge Village Seniors' Centre ●

250-384-8058; 1307 Hillside Ave.;

www.cridge.org

Capacity: 38 private units;

38 VIHA units

Starting Price: \$2515 - private pay

Amenities/Services: beautiful heritage building; walking paths; excellent food; modern construction; grand lounge; extensive recreation programming; common areas; visiting pets only.

Glenshiel Retirement Residence ■

250-383-4164; 606 Douglas St.;

www.theglenshiel.bc.ca

Capacity: 68 units

Starting Price: \$1350

Amenities/Services: social activities; movies; exercise classes; three home cooked meals a day; daily housekeeping; laundry facilities; hair care available; 24 hour bistro; no pets.

Legion Manor Victoria ■●

250-652-3261; 7601 East Saanich Rd.;

legionmanorvictoria.ca

Capacity: 146 units

Starting Price: call for rates

Amenities/Services: Legion Manor offers 78 Independent affordable housing suites, 68 Supportive/Assisted Living suites. We are situated on 5 acres in the beautiful Saanich Peninsula & close to all amenities.

Minton House ■ (Rent or Own)

250-380-4977; 1070 Southgate St.;

www.mintonhouse.ca

Capacity: 26 units

Starting Price: call for rates

Amenities/Services: weekly housekeeping; 3 course evening meal; personal emergency response system; seasonal events; opportunity for social engagement; small pets allowed; fully functional kitchens.

Revera - Parkwood Court ▶

250-598-1575; 3000 Shelbourne St.;

www.reveraliving.com

Capacity: 79 units

Starting Price: \$6200

Amenities/Services: licensed residential care; nurses 24/7; private studio and 1bdm suites; chef prepared meals; recreation programs; bus trips; patio/garden; spa bathing rooms; hair salon.

Revera - Parkwood Place ■

250-598-1565; 3051 Shelbourne St.;

www.reveraliving.com

Capacity: 100 units

Starting Price: \$2150

Amenities/Services: spacious studios; 1&2bdm suites; 3 chef-prepared meals daily; fitness studio; 24hr emergency response system; full recreational package; basic cable & hydro; near Hillside Mall, Doctor's offices, pharmacies; pet friendly.



The Cridge
Centre for
the Family

1307 Hillside Ave., Victoria BC

250.384.8058

www.cridge.org



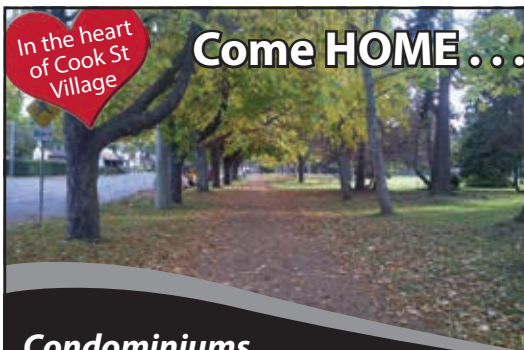
Welcome to The Cridge

- We offer bright, quiet, one or two bedroom suites. *"I can't believe how quickly it became home."*
- Our meals are incredible - cooked from scratch - organic and local when possible. *"I have never eaten this well in my life."*
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Sunrise Senior Living of Victoria ■●▶

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Trillium Clover Point Care ▶

778-817-1139; 90 Linden Ave.; www.trilliumcommunities.com

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Starting Price: call for rates

Amenities/Services: Lovely outdoor garden & patio; 24hr care & memory care; nutritious meals & snacks; activities & daily walking program; housekeeping; personal laundry service; emergency call system; hairdresser; foot care; small dogs considered.

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Trillium Hart House ▶

778-817-1139; 1961 Fairfield Rd.;

www.trilliumcommunities.com

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ities; daily exercises; bus outings; housekeeping; laundry service; emerg call system; hairdresser; footcare; small pets considered.

Trillium Highgate Lodge ●▶

250-472-0077; 1538 Cedar Hill X-Rd.;

www.trilliumcommunities.com

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250-478-7527; 333 Wale Rd.; liveatwestshorevillage.com

Capacity: 122 units

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Victorian at McKenzie, The ■

250-381-9496; 4000 Douglas St.; www.VictorianatMckenzie.ca

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DECORATING THE FENG SHUI WAY

by NANCY J. SCHAAF

Whether renovating a current home, moving into a new one, or downsizing to an apartment or condo, decorating the Feng Shui way is a system for arranging personal spaces in harmony and balance with the natural world.

For thousands of years, the Chinese recognized the relationship between an environment and its inhabitants. The principal goal of Feng Shui is to introduce positive energies into the living environment.

To nourish and fill the home, Chi or universal energy, needs to flow smoothly throughout the space. Feng Shui incorporates various methods – some complicated and some simple – to create harmony and encourage energy in the home.

WHERE TO START?

Begin decorating with some of the easy basic features like decluttering. This is essential for creating harmony as clutter forms a barrier, which accumulates bad energy and prevents the invitation of good energy into the home.

Secondly, allow natural light into the home. Positive energy flows with aid from the air and natural light. Open the windows often and use air-purifying plants like spider plants, ferns and English Ivy.

FIVE ELEMENTS

After completing these basic steps, decorate using the Five Elements before moving on to complicated levels of Feng Shui, such as the annual movement of Feng Shui stars or Bagua energy maps.

A sense of equilibrium or harmony among the Five Elements in the home's design is significant. Wood, metal, fire,

ABOVE | In Feng Shui, the octagonal bagua is a tool used to analyze the energy of a given space.

water and earth create balance and vibrant energy in all home areas. Each element is distinguished by a characteristic shape, vibrant colours and a set of attributes.

Incorporating these five elements is an excellent way to create a harmonious home. It is best to express Feng Shui elements with visually pleasing and aesthetically appropriate items that complement existing home decor.

WOOD

Wood is the earthiest of all the elements as it brings the energy of unlimited growth and abundance. The colours associated with wood are shades of brown and green. The shape used in the wood element is both horizontal and vertical rectangles, as its energy flows upward as does a tree. Decorate with objects such as a wood tray, a statue or wood picture frame surrounding a painting of a forest or garden.

Wood is also associated with the beginning of new life. Living plants such as the jade plant or an assortment of aromatic herbs in the kitchen are perfect examples of wood Chi.

FIRE

Decorating with the bright, bold Fire element brings passion and success into one's life. Red and orange colours dominate the fire element, but other colours such as purple, vivid yellow, magenta, and pink can be used. Décor items with stars and triangular shapes belong to this element. Choosing a star shaped light fixture or actual fire décor items such as a fireplace or red candles are excellent pieces for this element.

EARTH

The essential Earth element strengthens the home. The colour scheme is dark brown or sand. Square shapes signify the Earth element as the shape expresses the Earth energy of nourishment, stability and grounding. In Feng Shui, the square shape brings a balanced, stable energy. A square woven basket, pottery and images of landscapes convey this element.

METAL

The Metal element brings clarity, freshness and ease into the space. The strong cooling energy of the metal element is expressed in the colours white and gray. White symbolizes new beginnings, purity, innocence and cleansing. A variety of metallic finishes such as gold, silver and bronze in circle shapes distinguishes this element.

Décor items made from metal, such as the frames of mirrors, metal vases and sculptures, can bring this element into the home. In a room with large circular windows or a huge round rug, energy feels refreshed and active. The round shape, the best shape for a table, activates and maintains energy. It is the shape that allows for a free, fresh and equal flow of energy among the family.

WATER

Decorating with the Water element brings flow, freshness and freedom to the home interior. Water is fluid and flows gracefully. Any décor item with wavy, flowing or curved patterns or shapes is an expression of the water element. Like a meandering stream, create pathways in the arrangement of furniture to incorporate this element. Use the serene colour of blue, which brings calmness and contentment. Add a small water fountain or aquarium to enhance the water element.

Feng Shui not only creates a home that feels happy, balanced and harmonious but is a valuable foundation for life. Experiencing an immediate positive or happy response to an item enhances its quality of energy. In decorating, remember that creating a home with good energy will bring happiness and contentment. Once the balance of the Feng Shui's five elements is achieved, a harmonious home is truly yours to enjoy.

Environmental psychologist and author of *Designology*, Dr. Sally Augustin states, "Your home is not only an echo of who you are now, but a tool you can use to reach your goals and become who you want to be in the future." |



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WEAVING HISTORY AND JOY

by ANNA KALINOWSKI

Anxiety, discomfort and the regret of consuming too much sugar are feelings most of us experience during a trip to the dentist. A dose of inspiration is the last thing anticipated amid an intimate encounter with prodding dental tools. For Sola Fiedler, however, a trip to the dentist more than 30 years ago filled her with a bolt of creativity that laid the foundation for her career as an artist.

“I’m lying in the [dentist’s] chair on the 19th floor of the building and looking down on Vancouver,” she recalls, “thinking ‘the whole city is going to change!’”

“Change” was imminent with the upcoming Expo ’86. At the time, Sola didn’t own a camera and didn’t know how to paint or draw, but knew she needed to capture the city before it transformed forever.

Born in 1936, Sola grew up with knitting as a daily part of life in London during World War II and realized she could use those skills to “paint a picture with yarn.” The notion of painting with yarn is known as tapestry, a form of textile art created by weaving thread, and it became Sola’s primary mode of artistic expression.

“[Weaving] is something I’ve done since I was a child,” she says. “I never went to university or anything to study art. It’s just something I do – it’s like breathing.”

After her first tapestry, Sola discovered how much she loved the process, to the extent that it became integrated in her identity.

“When I did my first tapestry, I discovered it was so beautiful to be alone working that I renamed myself Solo. And then a Spanish friend said, ‘no, change it to the feminine – it’s Sola.’ Now I’ve been Sola for over 30 years.”

While Sola embraces the solitary creativity associated with being an artist, her work captures anything but an isolated existence. The majority of Sola’s works depict hyper-realistic cityscapes, most often featuring Olympic host cities leading up to the big event.

The excitement that surrounds the Olympics keeps Sola consistently engaged with her work. “It takes an enormous effort and dedication to spend years doing something, it has



to be kind of important.” She continues with a laugh, “I get very excited about celebrations. Any reason to celebrate – I’m there!”

Sola’s creative process is particularly outstanding as she doesn’t use any photographs for reference. Instead, she takes her time traversing through each of the cities she illustrates, memorizing the height of buildings, the intricacies of landmarks, and the intersections of streets before returning to her tapestry to weave in more details.

Today, Sola, 82, is working on a tapestry to commemorate the 2028 Summer Olympic Games in Los Angeles. Having recently visited the city to begin preparations for the work, she realizes this piece will be different from her previous works.

The process will include collaging more interesting parts of the city together without creating an exact replica of the cityscape as she normally does.

“I’m thinking of myself as being a drone that’s going up to check out certain areas, instead of the entire city,” she says. “That’s where my head is at. I have all sorts of interesting dreams of what I’ll put into the tapestry.”

ABOVE | Artist Sola Fiedler weaves a story in tapestry. *Photo: Amanda Skuse*

RIGHT | (Top) Sola with her art at the Sarah McLachlan School of Music. *Photo: Susan Fiedler* (Bottom) Olympic host cities are the focus of much of Sola’s highly detailed work. Vancouver 2010. *Photo: Amanda Skuse*

TOC | Sola with her Las Vegas tapestry. *Photo: Imaginion Photography*

Another reason this tapestry will be different from her previous works is Sola's stage of life.

"I'm not going to do [the LA tapestry] quite as large as I normally do, which will give me a better chance at finding a home for it," she says. "I'm always conscious of the fact that I'm in my 80s now, and time is finite. I used to think I had forever, but once I hit 80, I began to think 'okay, you got to plan a little more carefully.' It's better to finish it if you can."

Due to her focus on accuracy and detail, many of Sola's tapestries function as historic documents that capture a specific moment in the past. Yet, Sola is always looking towards the future, particularly a more sustainable future.

All Sola's pieces are created using recycled fabrics, many of which come from old sweaters she finds and unravels to match details in her cityscapes. This environmentally friendly process is both a statement and a way of life.

"I think it's really important that I use recycled materials with everything I do; it just comes naturally, and it feels right."

In fact, alongside planning towards the 2028 Olympic tapestry, Sola dedicates much of her time to recycling.

"I work a lot on recycling because that's how I grew up during the war – so that again is like breathing. I rescue about 700 cashmere sweaters every year from the thrift store and I restore them to new."

This sustainable future Sola advocates for is one she is determined to experience.

"I'm really looking forward to celebrating my 100th birthday in the middle of the 2036 Olympics," she says. Sola's mother lived to three months shy of her 100th birthday, so a centennial celebration is in her favour.

"I have the genes and I take very good care. I exercise a couple of hours a day and I eat the most nutritious diet I can find – I haven't eaten sugar for 40 years. I've been working on living to be 100 for a long time because there is so much to live for and I

just want to enjoy every moment of it as much as I can."

When Sola speaks about her tapestries, many of which require thousands of painstaking hours to complete, it is clear how much joy the craft has given her over the last four decades. It has become a recent mantra to dedicate her time to the things that bring her joy and is something she wants to communicate through her work.

"I think it's important to think 'does what I'm doing right now spark joy?' or 'what I'm planning to do – will that spark joy?' And I think that's a really neat way of looking at life. It really has been fun lately to think about what I'm doing and if it sparks joy. It might help other people to think about it that way, too." |



NO LIMITS

By Kerilie McDowall



Four-time JUNO-award winning record producer and bassist/composer Rick Kilburn opens the door to his tranquil Qualicum, BC home, where he and his wife live with his 91-year-old father, Jim Kilburn. Offering coffee and a comfortable welcome, the multi-award-winning musician confesses he had the notion he would retire at 65 to spend more time with his music and hobbies on Vancouver Island, but the busy 68-year-old jazz bassist and recording engineer/producer is as active now as ever before.

Last winter, Rick toured Vancouver Island, receiving standing ovations for his “Christmas With Sinatra” Frank Sinatra concert arrangements for vocalist Dane Warren and small jazz group. He spent about 150 hours writing 26 arrangements for the performance.

“It took 20 days, and because it was Sinatra, I had to honour those Nelson Riddle arrangements. So, I basically did a reduction of the big band arrangements for small jazz group.”

Leading an enviably colourful, creative lifestyle, Rick lives five days a month in Vancouver and also performs at the Fairview Pub and Sylvia Hotel regularly with the

Weaver-Worth band. Performing weekly at Vancouver Island’s The Old School House Art Centre in duo with Ron Hadley, the two musicians explore classic jazz standards in an art gallery jazz club setting.

Rick grew up in a musical family. Jim Kilburn was a jazz guitarist and president of The Cellar Jazz Society, the governing body of Vancouver’s original Cellar jazz club. Often falling asleep on someone’s lap as his father played, Rick, as a small child, was influenced by the celebrities that came by his family’s home.

ABOVE | Performing, producing and caring for his aging father amid an active family keeps award-winning jazz musician Rick Kilburn striving to new heights. *Photo: Kerilie McDowall*

Kilburn recalls “jamming” on a one-string violin, along with Wes Montgomery and his father. “All of a sudden I was the only one playing, and Wes and Dad were looking around the corner chuckling.”

At age 19, Rick was a member of the rock group Chilliwack. Inspired by jazz pianist Bill Evans and bassists Scott LaFaro, Ron Carter, Dave Young and Paul Chambers, he moved to Edmonton to study with jazz bassist Dave Young, leaving for Boston’s Berklee College of Music to further his studies. Highlights in Boston and New York City at age 23 included performing as a bassist with jazz stars Chet Baker, Airtio Moreira, Flora Purim w/John Scofield, Kenny Werner and Jamie Haddad and Claudio Roditi.

Rick’s New York City years were spent performing with other US musicians like Darius Brubeck, Dan Brubeck, Dave Brubeck, Mose Allison, Red Rodney and Sam Rivers, among others. In his New York City loft, he held jam sessions with jazz saxophonist Jerry Borgonzi, and well-known jazz artists Mike Brecker and Steve Grossman would drop by to join the jam.

“The heaviest of the heavy guys would come to my place to play,” says Rick. “Borgonzi would be there every time and we even had a rehearsal there with Gerry Mulligan. It was an amazing period being able to hang out with those guys. I was scared practically the whole time... intimidated by those players but, boy, they kicked me in the butt. It was good for me, and I think by the end of that I was playing pretty well.”

Over his career, Rick has owned several successful recording studios. He worked as an instructor at Vancouver Island University and Vancouver Community College. He helped set up a recording and engineering component of the jazz performance workshop at The Banff Centre; has composed for movie, video and television soundtracks; and has even operated an island jingle company.

He has spent over 55 years as a bassist, where 12-hour practice sessions were common, alongside working at his other passion as a producer, editing, mixing and engineering. The producer currently operates a mobile recording studio business producing exquisitely recorded jazz albums for top jazz artists.

Rick claims playing the bass is his first love, but writing is a huge part of his fascination, too.

“I really like the solitude of getting into composition: it’s like a meditation; you get into a really nice space,” he says. “Sometimes it takes a while, a couple of hours, like practicing... I really like the idea of being musically free. I am

enjoying the recording, too.”

“I want to keep doing what I do. I want to keep projects at a very high level. These days, my favourite thing is to record a band live. I’m recording a lot at Studio Live in Cumberland. I love the sound there. Mainly though, I really would like to become a better bass player – and a better cook,” he says with a smile. “Music is an individual spiritual pursuit. That’s what it is.”

Having won two West Coast Music Awards and an East Coast Music Award, what he’d like to do next as a producer is win a Grammy.

“I want to work on a project that wins a Grammy – that’s what I want. I had one project that got short-listed for a Grammy, but that’s the closest I have made it.”

Performing as a bassist and producing jazz albums for elite BC artists – while looking after his 91-year-old father – keeps the dynamic musician on a full, creative and work-at-home schedule.

“My life has been a balance; kind of a teeter-totter trying to keep the balance between the monk and the pirate,” says Rick. “The jazz monk, you know – solitude, practicing, being internal – and then the pirate shows up. The pirate is that person who has no limits – so the internal world and the external world –

“My life has been a balance;
kind of a teeter-totter
trying to keep the balance
between the monk
and the pirate.”

–Rick Kilburn

it’s a balance between the two.”

Rick’s wife, Mihoko, is a fabulous cook, and the couple enjoys fine food.

“I am not allowed in the kitchen because I am too big. I get in the way and the kitchen is small,” he says. “We like travelling, food and movies; they are the things we like to do together.”

“I want to take a river cruise from Moscow to Saint Petersburg. I have been there about 30 times. I love Russia. The people are great! The architecture, the history; Russia is just an amazing place.”

“Mihoko is a ballroom dancer and I dance with her after I have had a few scotches,” he laughs. “My stepson, Taku, has three children: Ashitaka, who is 10 and the twins, Kento and Tyson, who are five years old. My stepdaughter, Erika, and I enjoy occasional motorcycle rides together. Ashitaka is playing the ukulele and one of the twins is now starting to beat on drums. So, I am wondering if there is going to be a family band somewhere along the line. I think for sure there is going to be a family jam session at some point.

On health and lifestyle, Rick claims to follow no discipline. “I mean really no discipline, although I am counting

calories. I started logging my food and calories and have lost some weight – 20 pounds since then,” he says demonstrating the phone app.

The bassist wants to focus on hobbies like golf, cooking, reading, photography, boating and fly fishing in addition to producing and playing the bass in his golden years.

“I like to dream about having a hot rod muscle car, but I am just dreaming about it. I love muscle cars. Perhaps

I will be the only 80-year-old driving around in a '40 Ford sedan with a blower on it,” he laughs.

Rick is currently considering a recording project of his own with musician colleagues from his past and present. “I want to put together my own CD, which I am still just thinking about, and planning, and wondering who I will have on it.”

For maximizing joy in life after 65, Rick says, “I’ll do my don’ts first: Don’t

sit on the couch; don’t watch too much TV. Sports is okay,” he laughs. Do listen to music, if you can. I think music can be very helpful. Stay physically active in whatever way you possibly can. Keep your mind active. If you play a musical instrument, keep playing. Music is an activity that involves both sides of the brain, so keep it up, it’s good for you. Try to keep a positive attitude. Exercise is part of that. Stay interested and keep communicating with people.”

Rick’s advice for young and emerging musicians: “Get into the spiritual aspect of music and self-discovery and, eventually, you may be fortunate to have one of the gigs. It doesn’t matter where in the world that is because people will find out about you, you just have to shine. I have been fortunate in this lifetime. Having chased my dreams in music and been allowed to basically do what I wish. Yes, there have been many detours and forks in the road, but some not-so-desirable forks along the way had some very fortunate turns. If I were to try to describe my life and career, I could say, “Not bad for a young guy!” |



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Erectile dysfunction is a common and treatable condition.

The vast majority of men over 40 don't like to talk about impotence. When guys get together over a beer or to watch football or hockey, you'll almost never hear this come up. **But studies confirm, that in any crowd, it's likely that half the men over are experiencing some form of erectile dysfunction**, according to Dr. Neil Pollock, medical director and founder of Pollock Clinics in Vancouver and New Westminster. "It's a very common condition, that we want to destigmatize and help people feel comfortable talking about," Dr. Pollock explains. "There are studies showing that people with a healthier and happier sex life tend to live longer. We have effective treatment options to ensure that they and their partners don't have to suffer in silence." Pollock Clinics is a brand people can trust, with over 25 years of experience and performing more than 5,000 circumcisions and vasectomies each year. Annually, more than 1,000 doctors refer their patients to Pollock Clinics.

There are three forms of erectile dysfunction treatments available at the clinic:

Platelet-rich plasma (PRP) injections is a virtually painless process to promote better blood flow to erectile tissue and enhance sensitivity. Created from the patient's own blood, PRP treatment is commonly used in orthopedics, plastic surgery, and sports medicine. Studies have shown that this penile injection contains several different growth factors that can stimulate the healing of erectile tissue and is a safe and effective option for penile rejuvenation and improvement of erectile function. A second treatment option is **ED Shockwave Therapy**, which uses acoustic soundwave technology to promote regeneration of blood vessels in the penile shaft. That, like PRP, leads to longer and more satisfying erections and it's accomplished by directing painless energy waves into the shaft of the penis. **Sex Therapy** is also available with Pollock Clinics' certified sex therapist, Tom Foster, to deal with psychogenic issues that might be

affecting a man's sexual health. Foster provides strategies to get a patient's mind working with him instead of against him in a sexual encounter.

Factors that can contribute to erectile dysfunction

One of the physicians, Dr. Roozbeh Ahmadi, is a family doctor who has a special interest in men's sexual health. He's trained at the Steinberg Urology Centre in Montreal for shockwave therapy and platelet rich plasma therapy for ED, with further education and learning from leaders in the field, including those at Men's Health Boston. He says there are many factors that can contribute to erectile dysfunction, including high blood pressure, elevated cholesterol, diabetes, sleep apnea, and other conditions such as multiple sclerosis and Parkinson's disease. "At Pollock Clinics, we practise regenerative, innovative treatment modalities to target the root cause of the problem and not simply treat the symptoms of erectile dysfunction," Dr. Ahmadi emphasizes. As an example, he points out that a pill like Viagra will only temporarily open up blood vessels. Moreover, medications sometimes have undesirable side effects, including headaches, nasal congestion, and visual changes that are difficult to tolerate.

ED Shockwave Therapy and PRP treatment, on the other hand, have been shown to improve the quality of erections by enhancing and increasing the blood flow to the erectile tissue, offering a longer lasting desired outcome.

He acknowledges that lifestyle factors—such as smoking or obesity—can contribute to erectile dysfunction. And he's not shy about letting patients know the role that regular exercise and a healthy diet can play in overcoming this condition. In addition he explains that if there are blood flow problems causing impotence, this could be an indication of other serious health problems. This is not only of concern to men, but



also their loved ones. To illustrate his point, he discloses that the arteries bringing blood to the penis that cause erections, are about two millimetres in diameter. The arteries that feed the heart muscle (coronary arteries), on the other hand, are about four millimetres in diameter. So if the arteries in the penis are impaired, there's a chance that the arteries to the heart could also require medical attention. This is especially of concern if erectile dysfunction exists alongside risk factors for coronary artery disease, such as elevated blood pressure, elevated cholesterol level, and diabetes.

Dr. Ahmadi and Dr. Pollock are proud of the role that their Shock Wave Therapy and PRP injections are having in advancing the treatment of erectile dysfunction. "Our goal is to continue helping men in the field of sexual medicine as we have for the last 25 years," Dr. Pollock says. "And now these innovative treatments will provide options for those men struggling with erectile dysfunction."

For more information, or to see if you are eligible to receive treatment, book your confidential, complimentary initial visit today

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PAYING IT FORWARD

by MYLES SHANE

At 57, Rebekah Demirel is a classically trained acupuncturist and East Asian medicine practitioner. She is a Master Practitioner in Clinical Counselling specializing in post-traumatic stress and critical incident stress debriefing. She's also the writer of the critically acclaimed biography, *Nothing For Nothing, Transformation Through Trauma*.

Even with her countless accolades, however, success has not come easy. Rebekah's journey has been paved with more valleys than peaks, but her tenacity and determination has helped her overcome and endure almost insurmountable odds to fulfill her dream of helping others.

From the beginning, Rebekah's childhood was different than average.

"I grew up in southeast Vancouver in a rundown veteran's home, overlooking the Fraser River flats towards Richmond," she says.

Inside that house, Rebekah witnessed things a three-year-old should never see. She grew up in an abusive home, where psychological and physical trauma were commonplace.

"Mom left when I was three and my brother, Michael, was six," she recalls. "After 20 years in an unhappy marriage to my dad, who beat her and abused their children, she felt she had no choice. Mom tried to keep us with her, but my father hired lawyers and with testimonies from family and the church, he was able to obtain full custody of us."

With no protector, Rebekah learned how to survive and function despite her unpredictable environment. Not unlike a robot, she was able to shift her mind to autopilot and compartmentalize her feelings of being in constant danger.

"At age 13, I ran away with an older boyfriend who beat me and tried to force me into human trafficking," says Rebekah. "Police found me and took me to an emergency shelter, where I met my social worker, John Turvey, who helped me through many chaotic years in and out of foster care and living on the streets. He convinced me to go back to school and was my guiding light of stability."



After many years of struggle and homelessness, Rebekah was offered an advanced first aid course. Later, she was hired by BC Ambulance as a paramedic and eventually became a paramedic trainer. But Rebekah found ambulance work the stuff of nightmares. She was often caught in the aftermath of chaos and violence. Snapshots of horror had become ingrained on her cerebral cortex.

"I could no longer sleep at night," she says. "I was diagnosed with Post Traumatic Stress Syndrome."

Rebekah received intense counselling to address her long-buried childhood trauma. Without it, she says she wouldn't have been able to deal with the pain and denial she'd experienced. Her personal healing propelled her to embark on a three-year counselling program to study how to aid others afflicted with stress and trauma.

"With my physical health still in bad shape, and suffering from insomnia, digestive issues, skin rashes, headaches and a nervous system in constant fight or flight mode, I noticed a Chinese medicine school in Victoria was offering therapy in a 'student clinic.'"

Doctor Jenny and her husband Dr. Mui owned the school, and both provided acupuncture and directed their students to take care of Rebekah.

"Over the course of a year, I regained my health and, one day, I experienced an epiphany. 'Dr. Jenny,' I said, 'I want to be an acupuncturist. I am going to quit the ambulance service and return to school to study Chinese medicine.'"

PHOTOS | Rebekah Demirel did the work to get her to the other side of a traumatic start in life. Now she helps others on a similar journey of healing body, mind and soul. Photos: Sinan Demirel

After graduating from both counselling and Chinese medicine school, Rebekah opened a practice and continued her studies in the science of mind-and-body connection, called psychoneuroimmunology.

“My practice at The Point Acupuncture and Counselling is especially for women who have experienced early childhood trauma and who may be having both emotional and physical manifestations of post-traumatic stress.”

Rebekah is a National Acupuncture Detox Association (NADA) instructor and specialist, using the NADA five-point ear protocol especially for both post-traumatic stress and addictions to help withdrawal and cravings. The NADA Protocol is a non-verbal approach to healing. It involves the gentle placement of up to five small sterilized disposable needles into specific sites on each ear.



With the combination of counselling therapy to facilitate personal insight and growth, along with acupuncture and other East Asian medicine techniques like qigong, Rebekah provides patients with support and guidance to find their own paths to health.

“Using my unique personal experience, training and skills, I have developed a series of programs that I offer to medical professionals, social service professionals and many other groups who are exposed to secondary trauma from people they work with,” she says. “I call this work Trauma Integration Programs, which is based on the latest information on trauma, loss, addiction and homelessness.”

Her cutting-edge techniques are derived from traditional disciplines, which assist participants in discovering their own insights and ways to move forward, beyond the current issues plaguing them.

“Secondary traumatic stress impacts social service providers facilitating access to essential needs, while giving emotional support to their clients,” says Rebekah. “It can feel

overwhelming when issues of trauma and loss arise for providers, affecting their lives, both on and off the job.”

Evidence suggests that insomnia, depression and poorer immune function are some frequent symptoms. If secondary traumatic stress isn’t properly addressed, life can quickly feel untenable.

“When we begin to discover the feelings and beliefs that can come from difficulties in life, we can also begin to find the lessons and insights, which give us wisdom and freedom to squeeze the richness from life. I consider my challenges and difficulties to be my greatest gifts,” says Rebekah. “I am a more full and whole human being because of every hardship.”

Another part of Rebekah’s practice women seem to love is facial rejuvenation acupuncture, also known as cosmetic acupuncture, which helps boost skin collagen and take years off your face.

“I call it the spa treatment with results that last! It’s a 90-minute pampering, including constitutional body needles and very fine facial needles and massage.”

Rebekah has always been a survivor, but surviving wasn’t enough. Today, her world is about helping other woman who have been through the same cycles of violence and turmoil she had to endure. As she helps her clients, she continues to thrive on her own journey to healing her body, mind and soul. |

For more information on the types of therapy Rebekah offers, visit www.traumaprograms.com and www.lovethepoint.com

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THE ULTIMATE TRAVEL EXPERIENCE: MARS

by MIKE HOWARD

Mars. I'm finally going. Yep – got my boarding pass and everything – departing from the launch site at Cape Canaveral Airforce Station in Florida in July 2020 on an *Atlas V-541* rocket. We'll achieve Earth orbit and hurtle out into space, arriving at Jezero Crater in February 2021. The mission? To search for signs of past microbial life, characterize the planet's climate and geology, collect samples for future return to Earth, and pave the way for human exploration of the Red Planet. The stuff dreams are made of.

I remember staring enthralled at the projector screen in my 6th grade class in Adams Elementary School. An animated Disney educational film projected three-stage rockets striking out for Mars by the year 2000. I licked the tip of my pencil and did the math. I'd be forty-nine years old and wondered if that would be too old to make the flight.

True, NASA is running 20 years behind schedule and, true, I won't actually be setting foot on the red planet myself. But my name, preserved on a silicon microchip, will make the trip and set down with the Mars 2020 Rover. And not only do I have a hard copy boarding pass (NASA M2M963157163335) and a high definition mission patch, but I earned 313,586.649 frequent flier points to boot.

Of course, I'm not travelling alone. I expect to be in good company. Children of all ages, enthusiastic for a piece of the future, began signing up Tuesday, May 21. The Microdevices Laboratory at NASA's Jet Propulsion Laboratory (JPL) in Pasadena, California will use an

electron beam to etch the submitted names onto a silicon chip with lines of text smaller than one-thousandth the width of a human hair (75 nanometres). More than a million names can be inscribed on a single dime-sized microchip, which will ride on the rover under a glass cover. Space (so to speak) is limited and the window closes September 30.

NASA will use Mars 2020 and other missions to prepare for human exploration of the Red Planet. As another step toward that goal, NASA is returning American astronauts to the moon in 2024. Government, industry and international partners will join NASA in a global effort to build and test the systems needed for human missions to Mars and beyond.

Of course, one could always wait for NASA's Space Launch System and Orion "manned" exploration vehicles, currently scheduled for some time in the 2030s.

Personally? I'm not sure I can wait that long. Then again, you never know... after all, I do have a head start with "re-deemable" frequent flier mileage. |

Information on the Mars 2020 mission to Jezero Crater and links to access boarding passes are available at: <https://go.nasa.gov/Mars2020Pass> and <https://www.nasa.gov/mars2020>.

Mike Howard is a travel journalist working out of the Pacific Northwest. He has authored multiple "Custom Guides" for Trip.com (Malta, Victoria, BC and Surrounds, Seattle and the Olympic Peninsula, Montenegro and Germany) and is a destination expert for those regions.





BARB PARROTT was still undergoing radiation therapy last year when she decided it was time to run for a civic election seat on the Vancouver School Board.

“I always wanted to be a trustee, and I realized the time was now, so I went for it,” she says. “I was not about to hide the fact that I was in chemotherapy as late as September. I decided to be as public as possible about it.”

She went on to win her seat.

A long-time, highly respected advocate for teachers and students in numerous educational leadership roles such as President of VESTA (Vancouver Elementary School Teachers Association) and BCTF Executive Committee Member, Barb was also a committed Reading Recovery and Learning Assistance teacher in both Langley and Vancouver school districts before she retired in 2009.

“It’s exciting and enriching to get my brain going again,” she says, referring to her new role. “I love doing the research.”

Barb, also a lifetime knitter, engages in weekly sessions with five friends doing just that. “It’s fun to create something and it’s easier to sit and do things while you’re talking,” says the inspirational leader, mentor, teacher and now school trustee.



DEBORAH PELDSZUS and her sister DIANE, after a pilgrimage to their native Lithuania in 2016, decided to take their heritage forward and create the concept of “slow fashion,” referring to the longevity of garments.

They founded Linen Farm, a sister enterprise that designs 100% stone-washed European linen wearables in Canada, manufactures them in hand-crafted all-women companies in the Baltic states, and ships the end products to Canadian retailers, including the Vancouver and Toronto Art Gallery gift shops.

“Linen, which grows in northern European countries, is a strong fabric you can use for a long time,” says Deb, referring especially to the third-generation handmade linen tablecloths she and her sister inherited from their grandmother.

The sisters, former sales-and-marketing and interior-design skilled professionals, live in BC (Deb, *pictured right*) and Ontario (Diane, *pictured left*).

“We are on the phone almost daily,” says Deb, previously a sales rep for Canadian Art Prints. She acknowledges that they both initially faced the “risk-and-fear factors” of starting a new business at this time in their lives, but she adds that both factors diminish as you grow older.

“You have more confidence in what you know,” she says, describing how, once they took the plunge, “their creative juices just started to flow.” That includes collaborating with the Vancouver Art Gallery Gift Shop to create Emily Carr printed linen scarves. “It felt right,” says Deb, “so we went for it, and we love what we’re doing.” |

For more information, visit www.linenfarm.com

BRIDGING THE GAP

by INSPIRED STAFF

INSPIRED Magazine contributor Joan Boxall discusses her new book, published by Caitlin Press in May 2019: *DrawBridge: Drawing Alongside My Brother's Schizophrenia*; Illustrations by her brother, Stephen A. Corcoran.

INSPIRED Magazine: The title encompasses a lot. What do you mean by “drawbridge”?

Joan Boxall: Steve was an artist. Drawing was his medium. He used pastel, charcoal, conte crayon, and smatterings of acrylic paint. The act of drawing became a communication tool, bridging the gap between us. So-called ‘normal’ meet-ups over coffee had failed. Once I was on Steve’s common ground, we bridged the gap.

Steve and I come from a lawn bowling family (my parents were BC and Canadian champions). In lawn bowling and bocce, the goal is to draw the bowl to a target or ‘jack.’ The closer you get, the better you do. Steve and I played bocce regularly. We drew closer.

Drawbridges open as well as close. Trust has to be earned. That takes time. Sometimes, bridges open. Sometimes, all goes sideways.

IM: How was trust established?

JB: We made a commitment to meet on Tuesdays. The first few months we bumbled around, but for most of our decade together, he did art Tuesday mornings. A time commitment builds trust. I was his co-trustee along with our older brother, who I call ‘Darren’ in the book.

IM: Why did you use the present tense and the first person in telling the story?

JB: I want to bring the reader along with me – to dissolve any icy membrane. *DrawBridge*’s 10 personal essays are about Steve (not by Steve). The use of ‘I’ is a representative one.

Personal essays are one form of creative non-fictional (CNF) representation: ‘true stories, well told’ according to Lee Gutkind (who some call the godfather of CNF). To Charles Simic, American Poet Laureate, personal essays are factually accurate yet shaped like fiction.

IM: Is *DrawBridge* a kind of collage?

JB: No, Steve thought in collages, but I braided the strands of research and poetry around a central story plait. His collage-oscopes into braided essays.



IM: Is *DrawBridge* also about you?

JB: Yes, Steve and I both represented the ‘real.’ I did it in poem-and-essay form, and he did it, too, in figurative drawing. He was an artistic trailblazer/visionary. I depict our decade-long journey through my point-of-view, which is quite telling.

IM: What books influenced your writing?

JB: I researched the illness, but I also researched art and creativity. Betty Edwards’s *Drawing on the Right Side of the Brain* was a big influence. I did all the book’s exercises twice before I began my journey with Steve. The quest-style of storytelling was compelling.

Chris Vogler’s *The Writer’s Journey* based on *The Hero’s Journey* by Joseph Campbell played an important role. I saw Steve as hero, and me as mentor, but came to realize that we all carry those roles, and many more, within us. We all have the power to help each other, or not. Steve was my biggest influence.

IM: What did doing art with Steve look like on a Tuesday?

JB: The first couple of years, we met at The Art Studios, a Vancouver Coastal Health initiative for people with mental health diagnoses (now Vancouver Recovery Through Art Society, VRTAS).

ABOVE | Author Joan Boxall with her brother artist Stephen A. Corcoran.

INSET | Joan’s recently released *DrawBridge: Drawing Alongside My Brother’s Schizophrenia*. Photos: Courtesy of Joan Boxall

Steve did sketch and silk-screen sessions with Ann Webborn, an occupational therapist and artist. She was so helpful in resuscitating the creative person he'd always been. He flourished in sessions with her and other teachers. He'd go; I'd go as buffer-advocate. And then I thought I'd be able to leave him to it. He, however, wanted me to share in the journey. That was the start.

IM: Did The Art Studios routine continue?

JB: No. I signed him up for as many classes as we could, until he said, 'Stop signing me up.' Still keeping in touch with Ann and the studio, we joined Basic Inquiry, which became our art venue for the next eight years: one morning a week for three hours. At Basic, we sat in a circle, along with a dozen other artists, sketching one nude model.

IM: You use the term 'we.' Did you also draw?

JB: Yes, Steve and I were in our fifties. He hadn't been in a class situation or mingling with people for over 25 years. I became a family peer supporter. The Art Studios to Basic Inquiry was quite a leap. Basic sessions were not teacher-led classes – they were, and still are, timed sessions. Steve could get caught up in tangents in speech. By the time we started at Basic, he'd learned to focus on doing the art: to 'shut up and draw.' I sat next to him: drawing the same model and using the same tools and rules.

IM: What does 'peer' mean to you?

JB: Peers are equals. Siblings are family peers. Artists are peers. I went to a mental health symposium, which made this clear to me and gave guidelines for understanding the illness. The CMHA and affiliates are still helping families work together.

IM: What about poetry in the book? How did that evolve?

JB: Poems are another form of creative non-fiction. Most artists use a variety of genres as Steve might have liked to do. I use poetic forms such as the blues, villanelle, free verse, lipogram, pantoum, sestina, ghazal, along with poetic dialogue and prose.

IM: Is there a message here for families coping with mental health challenges?

JB: I want to share our story to inspire other families with hope. Every illness expresses itself differently: person to person, family to family. Steve not only suffered mental illness, but also the metastasized colon cancer that took his life. Art helped Steve regain his artful essence.

Art helped him cope with his mental illness. Support for programs like The Art Studios is vital to a vibrant society.

IM: What's next?

JB: More poems, more essays, and from the French word, essayer, I'll keep on trying.

For more information about where you can find DrawBridge or Steve's art, visit www.seniorlivingmag.com/author-joan-boxall



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FOREVER FIT

by EVE LEES



COUNTING CALORIES IS OLD SCHOOL

Tired of counting calories? Your intuition is far more accurate because your body has its own built-in calorie counter: hunger.

Your hunger signals can be compared to a car's gas gauge. Your body knows when it needs fuel (food) and when it's full. You won't gain excess weight if you listen to your body and never ignore hunger signals.

Naturally slender people usually eat only when their stomach sends hunger pangs (or if they feel hunger in other ways, like light-headedness or sudden fatigue). They intuitively know when their body needs fuel and when it's had enough. Thin people won't eat if they don't feel like it – even if they see and smell food – and they know to stop eating when they're full. And that's a big factor behind why they never seem to gain excess weight. Consistent non-hunger eating packs on the pounds!

Unfortunately, we can lose our natural born instinct and our discipline to acknowledge when we are hungry and when we are full. We develop habits, like eating when the clock tells us it's time to eat or being forced to clean our plate as children. And society's obsession with appearance teaches us to ignore our hunger and stick to a "diet" (a multi-billion-dollar industry).

However, ignoring hunger signals won't help you lose weight and keep it off. Instead, it can make you more efficient at storing body fat and less efficient at utilizing it.

When your body signals hunger, it's telling you it needs fuel for energy. But if you don't comply, it senses a state of "famine." If this happens too often, the body eventually learns to hang on to body fat because fat is the preferred source of long-term fuel. This is an inborn defence mechanism we all have. It was once essential for survival – when food was often scarce.

With today's availability of food, this defence system is no longer necessary. But there's no way to shut it off. This survival trait is one cause of binges and the repetitive

weight gain/loss cycle. And it's the major reason why *diets don't work* – because calorie restriction creates hunger.

Attuned eaters eat when hungry and stop when satisfied most of the time. Even though they may occasionally eat when not hungry or overeat at times (think holidays), they usually do not eat again until hungry. Their bodies automatically balance out their calories in this way and they don't gain weight.

Be prepared for unexpected hunger signals by preparing healthy foods ahead of time and arranging take-along snacks. Choose to eat as healthfully as possible to ensure your body receives all the nutrients it needs to sustain life.

Listen to your body. Eat only when hungry and stop when you are full. This may help you develop the habits of naturally thin people. If you need assistance with Intuitive Eating, consult a Registered Dietitian (RD). |

To find a Registered Dietitian in your area, visit www.seniorlivingmag.com/counting-calories-is-old-school

Eve Lees has been active in the health & fitness industry since 1979. Currently, she is a Freelance Health Writer for several publications and speaks to business and private groups on various health topics. www.artnews-healthnews.com



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SAILING ON PORTUGAL'S "RIVER OF GOLD"

by MARILYN JONES

It is easy to be overwhelmed by the beauty of the Douro River Valley as we sail toward Porto. Only 10 days ago, I arrived in Lisbon to begin my tour of Portugal and I have fallen in love with this culturally rich nation and its natural beauty.

Come along with me as I tell you about my time in Portugal with Viking River Cruises.

LISBON

Before setting sail, I was able to tour Lisbon, its historic neighbourhoods, monuments and two world-class museums.

Remember world history and all those explorers and dates you had to memorize? It all came back to me when I visited the Maritime Museum in the heart of the city. Located in the west wing of Jerónimos Monastery, the museum – with more than 17,000 items – helps explain in detail Portugal's domination of the seas.

I was in awe of all the Portuguese accomplished. From the beginning of The Age of Discovery in 1279 when King Diniz set out to improve Portugal's emerging navy, Portugal was at the forefront of navigating the world's waterways.

Other highlights for me were two 18th century ceremonial barges, a 19th-century royal cabin from the yacht of Queen Amelia, and the seaplane *Santa Cruz* that made the first crossing of the south Atlantic in 1922.

The National Tile Museum traces the origins of Portugal's famous tilework from the 16th century to present day. Housed in the Madre de Deus Convent, the painted tiles tell

a story of what was important artistically at the time of their creation and everyday life. As much as geometric designs were popular, so were artistic and religious renderings.

PORTO

From Lisbon, we travelled north toward Porto and our ship, the *Viking Osfrid*, stopping along the way in Coimbra. Exploring the city centre, I gained an understanding of its role as Portugal's medieval capital for more than a century.

We also visited the University of Coimbra. Established in 1290 in Lisbon and moved to its present location in 1537, it is one of the oldest universities in continuous operation in the world.

Porto is the second largest city in Portugal after Lisbon; its city centre is a UNESCO World Heritage Site. After settling into my room aboard the ship, I took a grand tour of the city famous for its port wine. Indeed, over the next few days, I will hear more about the famous wine as we sail along the Douro River into the heart of wine-producing country.

Stops along the way include Porto Cathedral, an impressive house of worship, and Sao Bento Railway Station. The station

ABOVE | The Douro River Valley. RIGHT | A street performer in Coimbra, a beautiful and historic city known for its university.

PAGE 40 | The São Bento Railway Station in Porto is decorated with tile from the early 20th century.

TOC PAGE | Mateus Palace & Gardens is a showpiece from the early 18th century. Photos: Marilyn Jones

is adorned with approximately 20,000 painted tiles dating from 1905 to 1916. They were composed by Jorge Colaço, an important painter of the time. There was tile everywhere in the city; on the façades of great churches, along the inside of highway tunnels, on private homes and businesses.

We visited neighbourhoods with narrow cobblestone streets, were offered panoramic views of the river and saw where the river meets the Atlantic Ocean.

In addition to included tours, Viking Cruises also offers optional tours. On one of these tours I discovered Guimaraes, known as the birthplace of Portugal. Originally settled in the ninth century, it was Portugal's first capital and the birthplace of its first king.

From the 10th century castle and 15th century palace to the 18th century convent, we stroll along the medieval streetscapes as we explore the UNESCO designated site.



A PALACE AND A MEDIEVAL VILLAGE

We set sail and head inland. On both sides of the river are terraced vineyards. The grapevines follow the curve of every hill. This deep green scene is framed by the pastel blue of the sky and the sapphire river.

When we arrived in Régua, proclaimed the hub of the wine region in 1756 by the Marques de Pombal, we headed for Mateus Palace & Gardens. Built in the first half of the 18th century, the palace is one of the finest representations of Baroque civil architecture in Portugal. Although the family still lives here, we were allowed into the four season's room, ladies parlour, gentleman's parlour, dining room and, my favourite, the library.

The gardens, modelled after Versailles, feature different areas separated by hedges. One leafy wall framed a rainbow of different coloured roses.

Castelo Rodrigo, although humble in its size and posture, played an important role in the fight between Portugal and Spain for territory along the Côa River, a tributary of the

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Douro. This medieval village looks much the same way it did in the 16th century with its cobblestone streets and stone houses.

I wandered along the winding streets, explored castle ruins and shopped for candied almonds, olive oil and souvenir items made from Portugal's famous cork.

SALAMANCA, SPAIN

For history lovers, shoppers or anyone wanting to sit at a sidewalk café and watch the world go by, Salamanca is a wonderful destination. A UNESCO designated city, I started my exploration in Plaza Major, built in the 18th century, before heading down one of the pedestrian streets towards the cathedrals.

Construction of the New Cathedral began in the 16th century and was completed in 1728. Its interior is made up of many chapels, chambers and naves. As priceless as its artifacts are and as impressive as its architecture is, I preferred the Old Cathedral located next door. Entrance is through a passageway

between the cathedrals.

The Old Cathedral was started in the 12th century in the romantic style and continued in the following centuries. Walls are painted with frescoes hundreds of years old and a museum here shows many ancient artifacts. During my visit, there was a wedding and I sat for a few moments taking in the scene of love, beauty and memories being made.

The last must-see is the University of Salamanca. It is the oldest in Spain by date of foundation, at the beginning of the 13th century. One building has a "plateresca wall," which is carved in stone as if it were gold with the head of the Catholic Monarchs and the Emperor, Charles V's shield.

As I shopped throughout the day, I came across everything imaginable made into the image of a frog: key chains, toys, statues and t-shirts. When I visited the university, a local guide told me that traditionally if a student found the frog in the "plateresca wall" they would have good luck. It is perched high

up on a skull's head. I was fortunate; my guide showed me where it was. I would never have found it on my own.



HEADING WEST

On our way back towards Porto, we have two more stops.

In Favaios, we visited a traditional bakery where bread is baked in an oven heated with wood and old grapevines. A museum in the village also tells why bread making and wine production are so important to the tiny village.

The most visited attraction in Lamego is the sanctuary dedicated to Our Lady of Remedies, built in 1750, which stands gracefully above the town. Hundreds of steps lead up to the church.

The church rises at one end of the main thoroughfare and at the other end is the 18th century Episcopal palace now housing the town's museum. Many priceless treasures are kept here, including important work by the Portuguese master Vasco Fernandes.

Also along this main street is Lamego Cathedral. Built in the 12th century by the first king of Portugal, Afonso Henriques, it was in this town that his ascension to the throne was announced.

All too soon my Portugal adventure is coming to an end. I sit on the sundeck and take one last look at the beautiful Douro River valley before returning to Porto. Tomorrow I will fly back to reality taking with me hundreds of photos and countless memories of this beautiful country... and a frog from Salamanca. |

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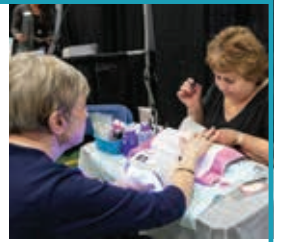
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Creating Wellness When it Seems Impossible

By Wendy Johnstone

When I'm working with a caregiver and I hear them struggling to prioritize their needs or find the time and energy to keep well, it's incredibly difficult for me to respond with: "Put your own oxygen mask on first before helping the person you are caring for."

It's one thing for caregivers to understand that if they run out of oxygen, they can't help anyone else with their oxygen mask; it's another for caregivers to imagine this small act is even possible when they feel stretched to their limit.

Self-compassion is essential to overall wellbeing. Being kind to yourself the way you'd be kind to a friend is the foundation to self-care. Self-compassion is "on-the-job" self-care and doesn't require a break from caregiving like other suggested forms of self-care (i.e. exercise, time alone, etc.). Self-compassion is the ability to notice when you're struggling – to see and hear yourself – and to feel tenderness for yourself in difficult moments. The demands of caregiving are such that, at some point, all of us will fall short of our own and others' expectations, so the ability to meet the imperfections of caregiving with self-compassion makes caregiving more sustainable.

Research suggests finding one or two activities that fit in with your unique lifestyle and interests. Whether it's a physical activity, creative or intellectual exercise or relaxation, when we involve ourselves in something we enjoy, it creates momentum to take care of ourselves in other ways. When faced with a challenging schedule and the often-emotional role of caregiving, we rarely have time to do as much as we'd like to keep us well, so making time for this one activity can impact all areas of our lives.

Wellbeing also includes connecting with others, asking for help and sharing the care. Caregivers often feel the need to be very independent. While being independent and resilient are both strengths, the blind spots include feelings of isolation and possible caregiver burnout.



Reach out to a friend, to a peer or to a support line or group for caregivers.

Starting small with being well can create opportunity to see the benefits of self-care. Small amounts of self-care along the way are a much better plan for living well than a crash course in wellness that lasts for a day. Wellness does not mean you won't ever feel stressed or tired – or that you'll find time for it every day. There will be peaks and valleys. It's a shift in mindset. It is about embracing the idea that "I am a priority" and my wellbeing is just as important as the person I'm caring for. It's also seeing wellness and self-care as part of a lifestyle. You may get off track, but that doesn't mean you can't get back on track and ensure you spend even a small amount of time on the one thing that makes you well.

Finding time for wellness or self-care doesn't need to mean self-improvement (although don't be surprised if you see some benefits – big or small!). Calling a friend who lifts you up, saying no, finding five minutes to have a cup of tea in silence or closing your eyes are all acts of self-care and being well. |

Wendy Johnstone is a Gerontologist and a consultant with Family Caregivers of British Columbia in Victoria, BC.



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ARTFUL ISLANDERS

I recently spent a month living on Salt Spring Island. I met people with unique abilities and talents. Several caught my fancy. I asked if I could interview them and learn a bit more about that they do. I wish I had photographs to share.

In addition to these three, there were the gardeners, growing peonies the size of small soccer balls. You name the flower; someone had lovingly planted and cherished it.

Izadoura, a most colourful volunteer, in the best sense of the word, is a dancer. She began performing at age three and still is as she enters her 70s. She tried doing conventional work when she came to the coast in her 20s, but it just didn't click. So, Izadoura began dancing. Her passion and profession took her around the world. She found Salt Spring Island and fits right in.

Christi's is a story of living off the land. She thinks of herself as a farmer. I thought of her as a shepherd. When I met her, one of her responsibilities was the care and feeding of a small herd of Icelandic sheep. No walking down roads amid her flock, however, Christi drives a big black truck.

She also has a herd of goats, and I think there are several other species that come and go on her farm when she is not caring for critters that live elsewhere on the island. She got involved with the land when she determined that it was important to know where her food comes from.

What do you do when you are married to a world-famous author and you want to keep busy? Meet Dorothy Tinman, a creative in her own right. Dorothy's husband, Dr. Patrick Taylor, is author of the Irish Country Stories series. Book 16 was sitting on his desk when I interviewed Dorothy.

In each of Patrick's books, the housekeeper, Mrs. Kincaid, uses a few recipes to whet the readers' appetite, so the couple decided a cookbook was a good idea. When Dorothy was immobilized due to an ankle replacement several years ago, she put on Mrs. Kincaid's apron and, presto, an awesome cookbook of Irish recipes, *An Irish Country Cookbook*, was hatched.

Naturally, there is more to each of these people than I have space to share here, so my suggestion is that you take a boat ride, head to Salt Spring Island and meet some of the interesting people that have found their way there and call the island home. |

Pat Nichol is a speaker and published author. Reach her by email at mpatnichol@gmail.com

by PAT NICHOL



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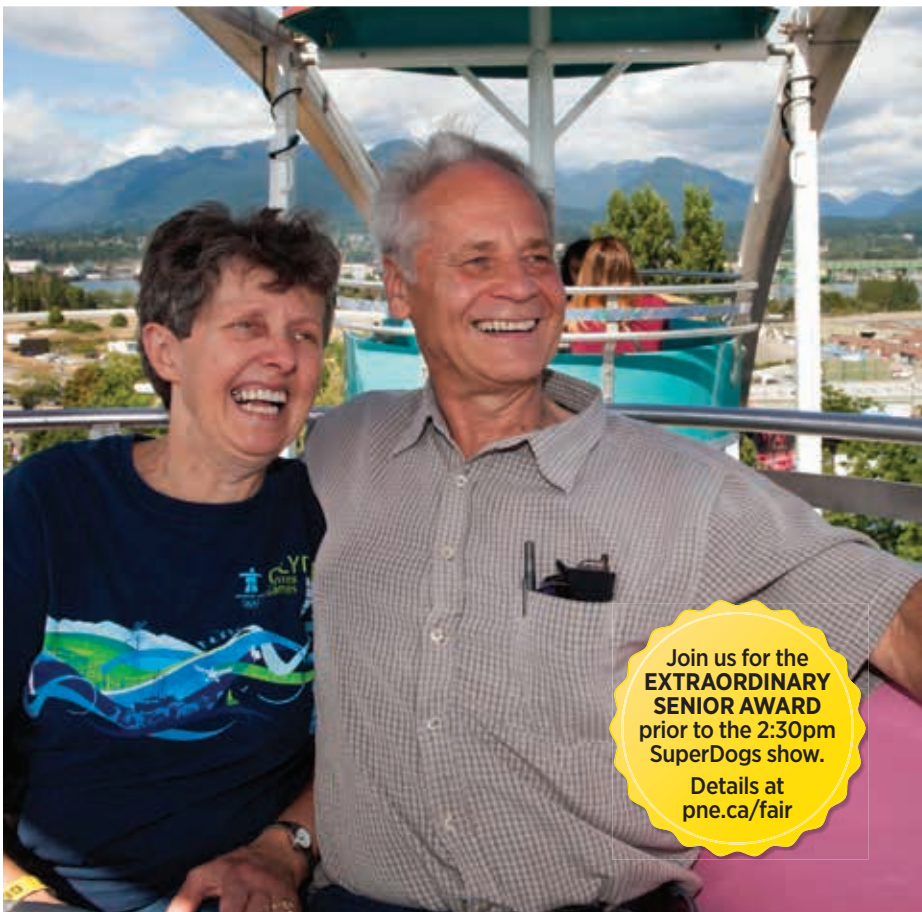
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