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FEBRUARY 2020

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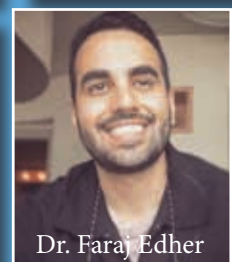
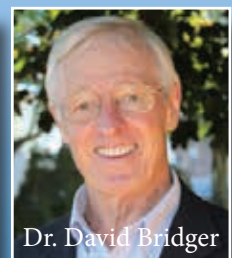
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Cover **BUFFY SAINTE-MARIE**
Since her groundbreaking debut, she
has been a trailblazer and a tireless
advocate, an innovative artist, and a
disruptor of the status quo.

Photo by Matt Barnes



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Buffy Sainte-Marie
performing at Folkfest.
Photo: Lyle Aspinall

BUFFY SAINTE-MARIE: DECLARATION

by JOHN KELLY

A flash in the pan: when an old musket's gunpowder flared up without a bullet being fired. Ineffectual, no consequence. That was the literal meaning. Today, the meaning, the figurative one, refers to someone or something that is merely a one-off, a likely unrepeatable sort of thing. And that brings us around to the music industry. Whether a one-hit wonder or the flavour of the month,

the biz is rife with flashes in the pan. That's rife as in rifle. It's fortunate there are still some, albethey few and far between, shots, if I may continue the metaphor, that have an effect, that stay the course. That soldier on. Universally.

Buffy Sainte Marie's campaign started long ago, and she continues to battle. Put Buffy next to Brittny and the flash-in-the-pan idea may begin to take hold, notwithstanding the fact

that Ms. Spears had another hit. One more time, anyway.

If there is one war Buffy has enlisted to fight in, it is the war to have indigenous people treated as well as the people who first oppressed them. Amongst the skirmishes in which she has taken up arms is the one to bring indigenous music in all its coats and colours to the masses. She knows the battle is an uphill one but remains guarded in her optimism and hope.

“The fact is, we are a tiny minority, often lucky even to be window dressing,” she says. “There is a huge White music industry with many thousands of people working it at every level, discovering, developing the artists they come across and invest in. There’s also a huge Black music industry, and a huge Latino one. But compared to these populations, Indigenous people are a small survivor population, without networking, connections or an address book, and unschooled in the ways many parallel European immigrant business families grow up in, Paul Simon for instance.”

Buffy learned early that to be able to continue spreading her message meant resourcing various means for its delivery. The songs and the meaning and value they carry, unless they are heard, unless they work to improve lives and incite action in others, are lost.

“Actually, at a certain point, I came to understand that I was never going to get heard the way my peers would, with a huge career infrastructure support protecting and promoting ‘the product.’ Blacklisted from radio play, I continued to make the same points on *Sesame Street* for five years as I had been doing in my adult music career, only reaching more people worldwide,” says Buffy. “I expanded that same message in the Cradleboard Teaching Project (Buffy’s 1997 education initiative to raise self-identity and self-esteem in present and future generations of Native American children), speeches, and teacher education throughout the ’90s and early 2000s. All of these efforts had their audiences, so I knew that people wanted to know, so finally – in my album *Medicine Songs* last year – I put all of my activist songs together on one album so people can find this kind of song when they need it, to use in their own lives when they need it. That’s what I mean by putting the songs to work. I get a lot of mail that people find them valuable for putting things into words that many feel but haven’t yet found a way to express,” explains Buffy.

Buffy’s take on the world in all its beauty and blemishes was built over time with each event a kind of unwelcome confirmation that injustice was going to be a lifelong enemy.

“Combinations of things, I think, have shaped my worldview, not all obvious or positive. My worldview is a little bit like that of a Contrary in that my world often seems to be different from that of my peers. Weird, and it’s like several times I’ve been punished for being good at stuff that others couldn’t see.



Photo: D. Brian Campbell

“For instance, I was told I could not be a musician, be in a band, get good grades in school music because I couldn’t seem to learn European notation. But after school, I could go home and play fake Tchaikovsky, so I learned about reality differently than most kids whose lives actually conformed to the popular perceptions of reality. I could play without lessons but got punished for it, being that I was dyslexic in notation. I was also told I could not be indigenous because the Indians were all gone, vanished!” says Buffy.

Imagine the excitement of anticipating college commencement (The University of Massachusetts, in Buffy’s case) only to be told three weeks beforehand that graduation was being denied despite being among the top in her class. Seems an aced speech in a freshman class exempted her from having to take the course. Wonderful, but oh, Buffy was never told she would have to make up a credit. Smells fishy, Boston.

“So, my worldview is definitely not hearsay from somebody else, or some trolled-upon reconstructed trend personality. I have a real reality that starts and stops right here: grounded in the brilliance.”

Fighting for change can leave one feeling as though all one ever does is bemoan the status quo. So, while she never loses sight of the end game, Buffy can separate the muddy trenches from furlough. Still, the message is the message. The medium is the song. Apologies to Marshall McLuhan.

“Oh yeah, they can exist independently. And the songs that have made me enough money have all been love songs, not activist ones. ‘Up Where We Belong’ and ‘Until It’s Time for You to Go’ are pretty much pop standards, not activist or protest. But as somebody trying to be effective beyond just complaining, even though sometimes it’s more effective to show up, or give money, or call your senator etc., I do work really hard on activist songs. I fact check, make them bullet-proof, then try to put them into intriguing, engaging music so they’re catchy instead of boring.

“‘The War Racket’ has an edgy original track. Without it, the song wouldn’t be the same. The music for ‘Bury My Heart at Wounded Knee’ is metal rock, not Woody Guthrie. ‘Universal Soldier’ ends with an unresolved up-in-the-air chord that leaves the lyrics hanging right in your face. That’s all very

strategic, hoping to engage listeners to understand the point of the lyrics,” explains Buffy.

And guess what? In case you thought otherwise, icons put their pants on one leg at a time just like us.

“I try to get up about 6 a.m. Hawaii time wherever I am, until I get used to the jet lag. (That’s noon in Toronto, 6 p.m. in Europe.) Black coffee. Water with apple cider vinegar and Truvia. Breakfast a few hours later. On a heap of hot water-warmed arugula, I put a sliced avocado and two poached eggs. I sprinkle salt and pepper and turmeric plus extra virgin olive oil and garlic, toss it all, and that’s breakfast. If I’m home, I work in the garden, feed the animals, go to the gym, write or make music, have minimal lunch and dinner whenever I get hungry, and go back to working. At least one of those meals is pretty much the same as breakfast except I have salmon, some other veggies. Zero sugar. Zero alcohol. Always feel full, no cravings.”

As for legacy, perhaps it’s as an instrument, a tool for change that Buffy can best envision her bequest to the rest of us.

“I hope to have been of use. I like the idea of using my gifts to bridge the gaps between the indigenous world and everybody else, mostly because we need each other, and both ‘sides’ are cool and have a lot to give.”

“The influence of the Cradleboard Teaching Project model is what makes me feel proud, despite being very early for the market and not about business. I’d like to leave behind the idea that trying hard is really worth it, including how we say things. I also hope that concepts I’ve expressed in songs can be of use.”

“Some will tell you what you really want ain’t on the menu / Don’t believe them. Cook it up yourself and then prepare to serve them.” (From “Jeremiah”)

Aside from the vast blue yawn of the Pacific, the horizon for Buffy includes a great deal of work, musical and otherwise.

“Privately, I’m researching the slave trade in Native American women and girls (men as well) from the 1500s to present day. So huge, so un-studied by English-speakers. In South Carolina in the 1800s, there were still more Native American slaves being exported than there were Africans being imported, but few scholars have brought the enslavement of Native American people to public attention. Missing and Murdered Indigenous Women and Girls is not new.”

Buffy’s main delivery method, the one she is most well-known for, is never on the back burner for very long.

“On the other hand, as a writer, I have a bunch of children’s songs I’m turning into a book series, and a full-length children’s book coming out probably this fall. Also writing a screenplay; and developing a mentoring initiative for reserve kids to learn about concerts, art shows and other showbiz and art careers.”

There will be no truce, no cease-fire in the fight for musical equity. For Buffy, laying down arms is not an option. As for the place indigenous artists occupy on the musical landscape, Buffy says that it is, “better than it was, not as good as we wish.”

“We’ve never been around how the game is played, who

Snapshot

with Buffy Sainte-Marie

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

“Trust your gut: keep your nose on the joy trail and avoid predators because it’s all real and your choices last a long time.”

Who or what has influenced you the most? And why?

“My mother who raised me who was always so nice to me and also so funny. She was an unschooled biblio-holic who read everything, was kind of a hermit with no social pressures, worked in publishing as a proofreader and editor, and thought that learning something – anything – was like money in the bank. She told me anything I wanted to learn about was out there: Go get ‘em!”



payolas whom, where the door is or what to do or who to talk to. Although we get some surface attention now and then, like every 30 years when there's a new Indian movie, in order to play in the major leagues, eventually you have to have a team, and we don't have that. Yet. Because we're still pretty tokenized, you seldom see more than one indigenous act on a show. And we are so dis-similar: Tanya and I and Lido and Jeremy and Tribe Called Red (to mention a few) are all indigenous, but we couldn't be more different: each is a true original. It's all good: we're all ripening, and so are audiences."

About a decade ago, Leonard Cohen referenced a quote by Tennessee Williams – "Life is a fairly well written play except for the third act." Whether or not the guys were addressing the uncertainty of the last third of one's life given its surprises, health related and other, the sentiment carries little resonance for Buffy.

"I don't live much like either of those guys, so I have fewer aches and pains and complaints. I'm as healthy at 78 as I was at 21, better, in fact, because I eat so much smarter now. I'm strong, creative and have a lot of fun, same as in my 20s, 30s etc. I've loved every birthday, never understood the decade-ing that people fear: The Big 3-O etc. However, in my life, I've never had a hangover or any of the typical liver, joint pain and brain inflammation most people get from wine, beer, other alcohol, refined foods and sugars. (This is a very unpopular position though. And besides making wine connoisseurs mad, not drinking is a huge impediment to social and business networking, because that's where the deals are made, so I'm not recommending it for business.)"

So, if Buffy has her way, we're stuck with her. But if your way includes the eradication of injustice in all its manifestations, if your way embraces great music from exciting indigenous artists, and if your way looks with admiration and thanks on the life of a woman who has worked tirelessly to champion the lives of others, being stuck with Buffy really ain't such a bad thing. |

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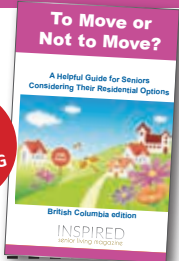
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HAVING FUN IN THE SWISS ALPS

by KATE ROBERTSON

As an avid hiker, I've always dreamed of hiking the Swiss Alps. The idea of hiking through amazing mountain landscapes, while at the same time learning about the history and culture in local villages, was appealing – so different from the vast, rugged wilderness I'm used to in Canada.

Mountains comprise 60 per cent of the central and southern regions of Switzerland and, although the country is only 217 by 355 kilometres, it has 65,000 kilometres of hiking trails. A vast network of cable cars helps make the mountains accessible to hikers of any age or ability.

Surrounded by five different countries, with four national languages, English is common. So, when I learned that Switzerland Tourism had dubbed 2019 the Year of Hiking and that Air Canada now offers seasonal direct flights from Vancouver to Zurich, I decided it was time to live the dream.

A two-hour train trip from Zurich brings me to Brig, where I overnight, and my history lesson begins. Located next to the Italian border, Brig was the site of the first man-made road into the Alps, a trade route between Italy and France. The oldest city gate in all of Switzerland is here (which Napoleon would have moved his troops through) plus Stockalper Castle, one of the most important Baroque palaces in the country – and I'd never even heard of this small Alpine town before.

Our first morning, we meet our hiking guide, Ed Hummer, in nearby Morel. A series of cable cars takes us up to Riederalp, and from this vantage, it's easy to see the interconnected trails that weave the communities together,

including the village where Ed lived as a child.

"Usually we would be hiking through cows, sheep and fields of wildflowers in June," says Ed, "but this year was a big snow year and the melt is late, so the livestock is still down in the valley pastures."

Indeed, the wind is howling, and it's trying hard to snow. When I dressed this morning, I didn't consider the cooler temperature at the much higher altitude over 2,000 metres, and in my shorts, my bare legs are icy.

Ed swears that the cold temperatures of the mountains preserve the skin, and he looks and moves like he's at least 15 years younger than his 81 years, so I'm inclined to believe him.

From Riederalp, we walk over to the Moosefluh gondola, which will take us to the base of the 23-kilometre Aletsch Glacier, the longest in the Alps and a UNESCO World Heritage site. At the top of the cliff overlooking the glacier, Ed shares another reason that he's happy about the snow and cold this year, with a before-and-after photo evidencing that the glacier has retreated 1.3 kilometres since 1980. The effects of climate change are frightening for a culture built around the mountains and the water they provide, not just for drinking, but also irrigation and hydroelectricity.

ABOVE | Guide Ed Hummer leads the group on Panoram Ridge Trail.

RIGHT | Horse-drawn carriage to the Cheese Grotto, Gstaad.

TOC PAGE | An alpine hut on the way to Bachalpsee.

Photos: Kate Robertson

As we traverse over patches of snow down Panorama Ridge Trail, it's like being on top of the world, and Ed orients us to the surrounding mountains. To the south is Italy, the east, France. Jungfrau and Eiger peaks are to the north. The snowy tip of the Matterhorn is just visible in the distance. The temperature rises as we descend, and the snow disappears to expose grassy pastures dotted with wildflowers.

Back at Riederalp, before we go down the mountain on the cable car, we stop for a hearty traditional lunch of warm, crispy schnitzel at Restaurant Derby. I love the fact that even high up in the Alps, there is civilization.



My next stop is Gstaad, a famous Alps ski-resort town in the Bernese Oberland region. There are 300 kilometres of hiking trails here, but on this rainy day, I'm taking a horse-drawn-carriage ride through the countryside, which is home to 200 farms, 80 working Alpine pastures and 7,000 cows.

All of this means it's Swiss-cheese time, so we stop at Molkerei Gstaad, a village co-operative where the cheese – made up in the summer mountain stables the way it has been for centuries – is aged and sold. A 25-metre descent underground pops us out into a cheese-heaven cellar stocked with 3,000 giant wheels of cheese, tasty Hobelkase

samples and a glass of wine at the ready.

In Switzerland, where there's cheese, there's fondue, so that night, I'm immersed in fondue culture at Romantik Hotel Hornberg. A server in traditional Swiss dirndl attire serves up a delicious fondue trio – meat and seafood in a bubbling broth, the beloved Swiss cheese fondue (still my favourite), and chocolate fondue for dessert.

Down the train tracks, further into the Bernese Oberland region, we arrive at Grindelwald, a Swiss-chalet-style alpine village. Grindelwald has become a basecamp for climbers tackling the iconic Eiger north face, but tourism began here in the 1700s, as one of the

chocolate on the patio of the inn's 2,681 metre Faulhorn Summit perch.

You can't visit Grindelwald without hiking the First Cliff Walk, a metal suspension path that wraps around the mountains. The walk culminates in a narrow plank-walk onto a suspended glass-bottomed observation deck that juts 45 metres out into the void. On a clear day, I'm told, the views are stellar.

Our guide, it turns out, is a daredevil, and rather than taking the cable car all the way back down to Grindelwald, we jump on the Mountain Go Karts to career down the three kilometres, mostly gravel road, hydraulic brakes screeching as we navigate hair-pin turns. His final surprise? A ride on the First Glider that has all four of us hanging suspended 15 metres above the ground while being speedily pulled backwards, then shot down the mountain at 85 kilometres per hour. One more way to have fun in the Swiss Alps checked off my list. |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/fun-in-the-swiss-alps

first places in the Bernese Alps to offer guided mountain tours.

We start from the Firstbahn cable station with our guide, and an hour of easy hiking winds us through snow drifts and past wooden alpine huts up to Bachalpsee Lake. When conditions are just right, there is a perfect reflection of adjacent Schreckhorn peak in the lake's calm blue waters, but today it's foggy, with sleet and snow, so my camera remains in my pocket.

In better conditions, the trail continues another hour-and-a-half along some steep switchbacks to Berg Hotel, one of the oldest mountain inns in the Alps, built in 1830, where you can enjoy a hot

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Amenities/Services: shopping shuttle; housekeeping; bistro breakfast; lunch & dinner; recreation; entertainment; fitness classes; theatre; library; salon; patio; pets in designated suites

COQUITLAM

Belvedere Care Centre ▶

604-939-5991; 739 Alderson Ave.; www.belvederebc.com
Capacity:(CC) 148, Funded 61, (PP) 87
Starting Price: call for rates
Amenities/Services: 24 hr professional assistance; 3 meals, tea/coffee, snacks, recreation/leisure program; lounges, outdoor space, resident/family centered living. Access to physicians.

Dufferin Care Centre ▶

604-552-1166; 1131 Dufferin St.
www.retirementconcepts.com
Capacity: 153 units **Starting Price:** call for rates
Amenities/Services: chef prepared meals; housekeeping & linens; 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: (I) 53, (AL) 60, & 1 guest suite **Starting Price:** \$3400
Amenities/Services: 24 hr professional assistance; 2 chef prepared meals; recreation/leisure program; in-suite emergency call system, weekly housekeeping & linen/towel service; respite care.

DELTA

Waterford, The ■▶

604-943-5954; 1345 56 St.; www.waterfordforseniors.com
Capacity: (I) 106 units; (C) 36 units **Starting Price:** \$4150
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:** \$4200/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.

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 also has senior housing options.

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

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SMILING A 2019 study published in the *Psychological Bulletin* concluded that smiling makes you feel happy! Best of all—it's free! Look for an opportunity to put a smile on

EXERCISE Trigger the release of feel-good chemicals in your brain. Take a walk, go dancing, or play a game of bocce, and you'll enjoy a boost to your overall mood.

CONNECT Stay positive by combatting loneliness. Visit a neighbour, make a phone call, join a club—make an effort to make a connection.

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www.BriaCommunities.ca

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TSAWWASSEN



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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

LANGLEY

Harrison Landing ■●

604-530-7075; 20899 Douglas Cres.; www.harrisonlanding.com

Starting Price: \$2700 - \$3150

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: \$2290 - \$3440

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: call for rates

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: \$2425

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

Sunridge Gardens ■

604-510-5091; 22301 Fraser Hwy.; www.sunridgegardens.net

Capacity: 145 suites

Starting Price: \$2300

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

Nanaimo Seniors Village ■●▶

250-729-9524; 1-844-603-4663; 6089 Uplands Dr.

www.retirementconcepts.com

Capacity: 302 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)

NEW WESTMINSTER

Dunwood Place ■

604-521-8636; 901 Colborne St.

Capacity: 191 bachelors & 1 bedrooms

Starting Price: 30% of monthly income

Amenities/Services: café & large patio for barbeques etc., large lounge with view of Mt. Baker, workshop, tenant gardens, bingo, karaoke, cards, church services & bible studies, dinners, movie nights, 2 libraries

PARKSVILLE

Stanford Seniors Village ■●▶

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

Capacity: 234 units

Starting Price: call for rates

Amenities/Services: ocean view suites; chef prepared meals; housekeeping and 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 units

Starting Price: call for rates

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

SIDNEY

Amica Beechwood Village ■●

250-655-0849; 2315 Mills Rd.; http://amica.ca/beechwood

Capacity: 106 units

Starting Price: \$3495

Amenities/Services: Studio, 1 & 2 bedroom suites; All meals included; 24 hour on-site staff + emergency call system; Utilities include heat, hot water, basic cable; Weekly housekeeping, flat laundry service; Daily activities and events; Respite stays.

SURREY

Amenida Seniors Community ■●

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

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

Starting Price: \$2100

Amenities/Services: fitness and recreation programs; easy access to: park, senior/recreation centre, library, shopping and services; visiting medical professionals - no office waits; phone, cable, internet and 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 Seniors Village ■●►

778-545-5000; 15240 34th Ave. www.retirementconcepts.com

Capacity: 153 units

Starting Price: call for rates

Amenities/Services: Independent/Assisted living - 1 bdrm suites with dining; housekeeping and 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) 38, (AL) 35, (AL Respite) 5, (CC) 55

Starting Price: call for rates

Amenities/Services: 24 hr. professional assistance; (CC), 3 meals; (I,AL) 2 meals; recreation; lounges; outdoor space; tea/coffee; resident/family centered living; 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/respite suites; (I/A) small pets okay

VANCOUVER

Chelsea Park ■

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

Capacity: 74 units

Starting Price: \$2700

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.

Shannon Oaks Vancouver ■

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

Capacity: 146 units

Starting Price: \$4040

Amenities/Services: dining; housekeeping; daily activities; bus outings; fitness programs; 24/7 emergency assistance; library; courtyard gardens; pets welcome

Southview Terrace ■

604-438-3367; 7252 Kerr St; www.southviewterracesa.ca

Capacity: 122 units

Starting Price: Call for rates

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

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Terraces on Seventh

604-738-8380; 1570 West 7th Ave;
info@terracesonseventh.com

Capacity: 103 units

Starting Price: Call for rates

Amenities/Services: 2 meals per day, bistro, general store, hair salon, housekeeping services, on call nurse, 24hr security, entertainment and social group outings

VICTORIA

Amica Douglas House

250-383-6258; 50 Douglas St. <http://www.amica.ca>

Capacity: 102 units

Starting Price: \$3700

Amenities/Services: Douglas House offers full kitchens in independent living, spacious suites and assisted living services. We offer Licensed Residential Care with nurses on duty 24/7. We are located in James Bay.

Amica on the Gorge

250-220-8000; 994 Gorge Rd. W; <http://www.amica.ca>

Capacity: 166 units

Starting Price: \$3300

Amenities/Services: 3 meals a day; bistro; weekly housekeeping, linen service; daily activities provided by our Life Enrichment team

Amica Somerset House

250-380-9121; 540 Dallas Rd. <http://www.amica.ca>

Capacity: 135 suites **Starting Price:** \$3500/month

Amenities/Services: Oceanfront Studio to 2 Bedroom Suites with balconies. Includes meals in our dining room, weekly housekeeping, activities, fitness programs, all-day Bistro, Theatre, Pool & Fitness Centre, bus shuttle.

Aquara by Element

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

Capacity: 157 units

Starting Price: call for rates

Amenities/Services: 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 **Starting Price:** call for rates

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

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

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: three home cooked meals a day; daily housekeeping; social activities; 24 hour bistro; bedsitting rooms for independent seniors; no pets

Legion Manor

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

Capacity: 146 units

Starting Price: call for rates

Amenities/Services: We offer 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.

Rose Manor ■

250-383-0414; 857 Rupert Terrace; www.rosemanor.ca
Capacity: 70 units **Starting Price:** \$1300
Amenities/Services: 3 meals and tea times daily; weekly laundry and housekeeping; entertainment and activities; no pets allowed

Selkirk Seniors Village ●►

250-940-1028; 385 Waterfront Cres.
selkirk.info@retirementconcepts.com
Capacity: 234 units **Starting Price:** call for rates
Amenities/Services: heart of Victoria; beautiful gardens and secure courtyard; chef inspired meals; entertainment & recreation; gardens; 24/7 emergency assistance; pets welcome

Shannon Oaks ■

250-595-6257; 2000 Goldsmith St.
Capacity: 102 units **Starting Price:** \$3920 (all inclusive)
Amenities/Services: dining; courtyard gardens; coffee bar; library; hair salon; gym; arts and crafts room; housekeeping; A/C in suite; 24/7 emergency assistance; bus trips; activities

Sunrise Senior Living of Victoria ■●►

250-383-1366; 920 Humboldt St.; www.sunrisevictoria.com
Capacity: 93 units; private
Starting Price: \$5300/month
Amenities/Services: 24/7 nurse & care; emergency call system; memory, complex & palliative care; secure environment; walking club; activities; bistro; salon; lounge; pets with restrictions

Victorian at McKenzie, The ■

250-381-9496; 4000 Douglas St; www.victorianatmckenzie.ca
Capacity: 117 units **Starting Price:** \$2400/month
Amenities/Services: 3 chef-prepared meals/day; housekeeping; shuttle bus; all day cafe; life line; 24/7 on duty personnel; calendar of activities; exercise classes; games room; library; residents' computer, pets welcome

Wellesley of Victoria ■●►

250-383-9099; 1-844-603-4663; 2800 Blanshard St.
www.retirementconcepts.com
Capacity: 204 units
Starting Price: call for rates
Amenities/Services: salon; store; bistro; housekeeping; room for private functions; library; recreation; shopping shuttle; rooftop gardens; patio; theatre; AC; secure parking; pets w/ restrictions

WHITE ROCK

Concord Retirement Residence ■

604-531-6198; 15869 Pacific Ave;
www.concordretirementresidence.com
Capacity: 43 units
Starting Price: Cottages \$1750; Main \$2500
Amenities/Services: 3 home cooked meals; snacks; weekly housekeeping & laundry; 24hr emergency response; recreation; transportation; concierge service; pets allowed

White Rock Seniors Village ■►

604-541-4663; 1183 Maple St. www.retirementconcepts.com
Capacity: 143 units **Starting Price:** call for rates
Amenities/Services: We provide both Independent Living and Complex Care accommodations. Newly renovated, this community offers a welcoming atmosphere and a variety of amenities to help residents feel at home.

WILLIAMS LAKE

Williams Lake Seniors Village ■●►

250-305-1131; 1455 Western Ave.;
wlsv.info@retirementconcepts.com
Capacity: (I)/(AL) 118 units; (R) **Starting Price:** call for rates
Amenities/Services: 24/7 staff; salon; store; bistro; housekeeping; room for private functions; library; recreation; private shuttle; A/C; reserved parking; pets welcome!

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RETIREMENT RESIDENCE: A NEW ADVENTURE AWAITS

by MYLES SHANE

Moving a family member into a retirement residence can be difficult for everyone involved. Even starting a conversation with your loved one about the matter can provoke anxiety. However, there are ways families or close friends can help someone prepare for the next chapter of their life.

Tania Dusevic, General Manager at The Waterford seniors' living community in Tsawwassen, feels it is crucial the conversation starts early, before there's a crisis and no other option exists.

"The earlier you start the conversation, the better," says Dusevic. "Even though it might be several years before Mom and Dad are ready to sell their place and move, families can begin to have non-emotional and non-confrontational conversations. Don't shy away from asking about preferences and how to handle unexpected circumstances. Make sure all the stakeholders get to be part of the conversation."

"Conversations are important and hopefully honest conversations will discover what is important to both the senior and the family member," says Jackie Cox-Ziegler, Executive Director of The Glenshiel Housing Society. "Location, wanting to stay in a particular community or move closer to family; affordability; nutritional meals and no more dishes; no more housework/home maintenance; interaction with others, loneliness or isolation; activities; safety; walkable or transit; assistance with specific things; independence and making decisions... many things may come up. Through your conversations, get a sense of the essentials, the nice to haves and the definitely nots."

At Legion Manor, Assistant Executive Director Paula Hosking adds her own perspective on the issue: "Start the conversation earlier rather than later. This can be difficult but is worth it in the long run. Talk to your family about what the next move looks like well before you are considering the move. Many seniors believe that moving out of their family home means moving into a care home, but retirement living is so very different," says Hosking. "The more information you can get to compare communities, the easier it will be to make a final decision."



Once a handful of retirement residences are in contention, ask them these important questions:

- Is there a waitlist?
- What are the monthly charges and what do they include?
- What happens if mom/dad/grandma/etc. has a fall and needs more help?
- What size are the suites?
- Is there 24-hour nursing care for medication reminders, etc.?
- Are pets allowed?
- Is smoking allowed onsite?
- What about dietary restrictions (vegan, allergies, preferences)?

Hosking emphasizes that it's critical to share any issues with memory or health with the residence. "Be as clear as you can to the community you are wanting your loved one to move into about his/her physical and mental state."

Strategies to help your family member make the right decision about where they want to live start with research.

"When possible, arrange to visit different residences. A visit, a meal, a shared activity, all will help in finding out what a different lifestyle might be like," says Cox-Ziegler. "Shortlist some places based on priorities and go out and visit them, if possible, together. Often it is the feel of the place from conversations with staff or residents that is important."

Supporting seniors during the physical transition to the retirement home is intricate to the process. Hosking emphasized there are many ways to support a loved one during the transition phase (the move).

"There are various downsizing companies out there that support seniors moving into retirement communities, making the transition much smoother. During the move, communicate with the residence around picking up the keys, best times to have the move occur, locking out elevators (if needed), etc. On the day of the move, if possible, take your loved one out for lunch or for

a quiet walk as others do all the heavy work. Once they are in, try your best to get them as settled as possible; make their bed, set up their tv or computer, ask if they want pictures hung now or later, offer to pick up a dinner or get their meal from the dining room, so they can have a quiet meal in their suite on their first day. Others may want to jump right in; allowing them the choice is a way to keep them in control.”

“Once the big move is over, be sure to stay in touch with your loved one as they can still get lonely and second guess their decision making. Remind them of the programs offered in the community as a way of getting to know other residents and get comfortable within the community. Ask them how things are going, don’t be afraid if it’s negative at first... change is hard at the best of times.”

Dusevic agrees maintaining a strong connection is crucial.

“Staying in touch is easier than ever thanks to technology,” she says. “If your loved one is willing and able to embrace technology, then it’s time to engage using a tablet or laptop for face-to-face communication tools like FaceTime or Skype. Encourage younger family members (grandchildren) to have regular contact through technology by sending pictures, videos and making calls; this gives seniors an incentive to engage new technology.”

Like many retirement homes, Bria Communities recreation teams offer training sessions to help residents get more acquainted with technology. Staff are always willing to help troubleshoot any tech problems.

Whether you or your parents are moving into a retirement residence, the process is just that – a process. It takes physical and emotional energy to move somewhere new and leave a place you’ve called “home.” Some loved one’s might simply refuse help and never move, while others may find the idea exciting and full of potential. Regardless, transitioning into a new chapter of life is an adventure that can create treasured experiences and add years of joy to one’s life. |



Help the University of Guelph improve hearing healthcare across Canada.

Connect Hearing and Professor Mark Fenske at the University of Guelph are seeking participants who are over 50 years of age, have never worn hearing aids and have not had a hearing test in the last 24 months, for a hearing study that investigates factors that can influence better hearing.

Study Parameters

The researchers will examine listening in a range of situations, from one-on-one, to group conversations, watching TV and wider social contexts like supermarkets and other noisy environments, and how it effects connection and socialization.

Why Participate?

It is estimated that 46% of people aged 45 to 87 have some degree of hearing loss, but most do not seek a solution right away. In this study you’ll be playing an important part in determining the key factors around identifying hearing loss and what influences the decision to seek treatment.

Participants will be significantly adding to growing knowledge surrounding hearing loss.

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*Wingfield, A., Tun, P. A., & McCoy, S. L. (2005). Hearing Loss in Older Adulthood: What It Is and How It Interacts With Cognitive Performance. *Current Directions in Psychological Science*, 14(3), 144–148. † Study participants must be over 50 years of age and have never worn hearing aids. No fees and no purchase necessary. ‡ Cruickshanks, K. L., Wiley, T. L., Tweed, T. S., Klein, B. E. K., Klein, R., Mares-Perlman, J. A., & Nondahl, D. M. (1998). Prevalence of Hearing Loss in Older Adults in Beaver Dam, Wisconsin: The Epidemiology of Hearing Loss Study. *Am. J. Epidemiol.* 148 (9), 879–886. 2. National Institutes of Health. (2010).

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HAUTE CUISINE AT RETIREMENT RESIDENCES

by SHERRY CONLY

For lunch, enjoy a light and flaky bacon, chive and cheddar quiche. For dinner, indulge in a juicy roast pork tenderloin with mango chutney, curried sweet potatoes, green beans and cauliflower.

You're not at a five-star resort or on a cruise, you're at one of the many BC retirement residences. Constantly ramping up their amenities to suit modern seniors, they're adding more and more luxury items, from river rock fireplaces and onsite theatres, to rooftop lounges, and now, haute cuisine prepared exclusively in-house by red-seal chefs.

It's long been proven that a healthy diet results in a healthier body and mind, so it's no longer enough just to provide the standard meat, potatoes and vegetables or mass-produced meals of yesterday. Emphasis is placed on fresh, whole foods and locally sourced, seasonal ingredients, the key to preparing the freshest meals possible, all dietician approved and prepared by top chefs.

At Berwick's many newer residences, food is ordered fresh each day.

"We order fresh produce daily, and local food and produce, like salmon, eggs, lettuce, meats, etc. are all top priority when the season is right," says Leon Wang, Executive Chef at Berwick Royal Oak.

"Creating the menu is a collective effort. Our chefs are expected to create a balanced menu for nutrition and variety, but others involved in finalizing the menu are the general manager, regional and corporate chefs, district management and, of course, we welcome feedback from our residents, as well," says Evan Bryn-Jones, Director of Hospitality at Berwick, Qualicum Beach.

At Langley's Harrison Landing and Harrison Pointe, the menus include a wide range of salads and fresh local vegetables and fruit, purchased from small markets on the Lower

Mainland whenever possible.

There's also a growing emphasis on culturally diverse dishes, especially in metropolitan areas with a larger diaspora of modern seniors from all corners of the globe, and more seniors who are well-travelled and increasingly adventurous with their dinner plates.

At the upcoming Camellia Residences in Surrey and Kanaka Residences in Metro Vancouver, there will be an emphasis on providing diverse and even trendy menu selections. This can include anything from sushi to Korean bulgogi, along with more traditional North American choices.

"The menu will feature a rotating choice of items designed with a global flair," says Hanah Damot, Marketing Manager for Camellia Residences, opening in 2021/2022.

There's always plenty of room for the classics, too.

"Sundays are reserved for old favourites and many residents invite their families to dinner, which is generally a roast meal – turkey, ham or beef. All the old standards that we're used to, we usually serve up on Sundays," says Glenn Bell, Manager of Harrison Landing and Harrison Pointe.

Beyond the wide choice of meals is the choice in venue. Gone are the carpeted dining rooms, and a small/repetitive selection of meals. Instead, residents can grab a quick bite for breakfast on their way to yoga class, stop in at the bistro for a freshly made soup or panini for lunch, then meet with friends for a nice dinner in one of the in-house restaurants.

Various indoor and outdoor spaces are also designed to promote a social dining experience, from elegantly appointed restaurants, to down-to-earth bistros and buffets for an unstructured lunch or dinner. Berwick Royal Oak is home to the Shield and Dragon complete with bar and dark wooden beams for a cosy English country pub feel. A great spot for comfort food, the pub also features a garden patio for the warmer months.

Flexible dining arrangements are also wonderful for visits with loved ones. Rather than trying to work around dining room schedules or seeking out a local coffee shop off campus, residents and their visitors can get comfortable in the bistro. In some communities, residents can even host a family celebration in a community kitchen/dining space.

The overarching goal is to create a social atmosphere, akin to the dinner parties, celebrations and get-togethers that have always been centred on a great meal. Even better, residents enjoy a great, healthful meal on their timeline in their preferred venue, without having to worry about grocery shopping, cooking or cleanup.

“Residents enjoy the many options from different food outlets (restaurants) in the building, and they love having the ability to make choices when it comes to their meals,” says Wang.

Don’t fancy quiche or roast pork? Not a problem. These residences offer a wide variety of choices for breakfast, lunch and dinner, and cater specifically to allergies, intolerances or specific preferences like portion size or even the cooking method.

Residents always play a key role in the creation of the menu, based on requests and preferences. At the Harrisons, monthly meetings are held so residents can pass on any requests and provide feedback on the existing menu.

“Residents can relay their requests to our server during mealtime regarding portion size or personal preferences and allergens, and for other dietary concerns, they’re encouraged to meet with the chef to review meal planning,” says Bryn-Jones.

This means that whether a resident is gluten-free, vegan or pescatarian, they’re going to eat well, and never go back to their room hungry for lack of a healthy and delicious meal option.

In modern retirement residences, it’s all about providing world-class service, whole foods and a wide variety of dining spaces to suit every mood and occasion, whether you prefer hot dogs or haute cuisine. For a fine dining experience, or a quick afternoon snack, today’s retirement communities are heavily focused on great meals created from local ingredients by highly trained chefs, for the most healthful and nutritious menus possible. |

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MORE NEW SENIOR RESIDENCES TO COME ON VANCOUVER ISLAND

by KATE ROBERTSON

Many of the 55-plus demographic are choosing to live in a residential setting because of the benefits: consolidated living expenses, no yard work, amenities and services, and increased social opportunities. With a growing number of baby boomers reaching that age, the demand for new seniors' residences continues. Retirement community organizations are building new homes to meet the demand and, over the years, more diversity in living space and planned programs and activities have become available, as well as a wider range of options for individual budgets – from luxury to economical.

To help meet the demand, these three new senior residences on Vancouver Island are expected to open over the next year or so.

TERRACES AT HIGHGATE

Trillium Communities, a locally owned and operated organization known for their track-record of providing beautiful retirement communities and boutique-style long-term care homes (current locations in Victoria, Colwood, Nanaimo, Abbotsford, Sidney and Shawnigan Lake), is adding 78 new individual living suites and 30 long-term care units to their existing community at Mt. Tolmie, Saanich. The Mt. Tolmie neighbourhood is stacked with amenities and, within a two-block radius, there are banks, a pharmacy, a lab, various shops, restaurants, churches and frequent walker and wheelchair-friendly buses.

"The Terraces at Highgate will feature a central dining room with vaulted ceilings, floor-to-ceiling stone fireplace

and a view to a zen-like outdoor private garden," says Kris Coventry, Chief Operations Officer for Trillium Communities. "There will be landscaped walkways around the property, which, together with an indoor gym and bowling alley, will provide lots of opportunity to exercise and socialize. Spacious activity rooms will provide space for gatherings and organized activities where like-minded residents can forge new friendships and stay active."

"Activities and outings will be arranged for all tastes and abilities, like yoga, tai chi, cards and board games, local entertainers, bingo, arts & crafts and dancing. We're also incorporating a children's daycare and are excited about this intergenerational use of the property."

Terraces at Highgate will also feature a full-cinema experience (complete with popcorn!) private theatre, a library with computers, and a hair salon and day spa, which will be open to the public, but will offer residents special rates.

"Our priority is to provide all residents with every comfort and convenience," says Tammy Fowler, General Manager at Trillium Highgate Lodge. "We believe that happiness and well-being is achieved through positive social interactions, keeping the mind and body active, and lots of laughter."

Trillium will be hosting a Community Open House in the next few months to unveil the Terraces at Highgate model and invite conversation about this exciting project, so stay tuned.

ABOVE | Communal table and café at one of Element Lifestyle's retirement residences. Photo: Courtesy of Element Lifestyle

AQUARA BY ELEMENT

Another new build, slated for 2021 completion, is happening in the Songhees area of Vic West, just over the Johnson Street bridge. Aquara will have a total of 157 suites, including 47 condos, 75 rental suites, and 35 licensed-care suites. It will be the first 65+ community in Victoria to offer a combination of rentals, condos, independent and supportive living and care, and the only aging-in-place residence to provide a choice to own or rent.

"We designed our suites to allow aging-in-place," says Erin Van Zant, Sales, Leasing and Marketing Manager for Aquara, "with consideration to features such as tub and shower access, advanced security with an integrated fob system that combines suite and amenity access, as well as emergency response. An aging-in-place community gives residents the option to live independently, add supportive living as and when needed, and have priority access to licensed care. Also, as couples don't always need the same level of care, Aquara offers the option for them to tailor to their individual needs and remain together."

With a location in the residential harbourside neighbourhood, just one block from the ocean, Aquara residents will be able to access services, amenities and infrastructure within walking distance or just a short drive away in Victoria's downtown. The community will feature bright, modern West Coast décor, and amenities will include more than 30,000 square feet of space for dining, activities, theatre, salon/barber, gym, yoga studio, a business centre, and a rooftop patio for BBQs and lounging.

"At Aquara, we will offer intergenerational opportunities and programming," says Van Zant. "We know that both younger and senior generations benefit from these interactions. For example, there will be crafts with grandchildren, private dining for family functions, and university/student talks onsite about current events or research."

Interested in more information? See Aquara's ad on page 14.

NANAIMO AFFORDABLE HOUSING SOCIETY

Nanaimo Affordable Housing Society (NAHS) currently operates 14 affordable social housing properties for citizens with mental health issues, families, singles and seniors. Each property has a different rental fee structure, depending on the time it was constructed and the target population. NAHS was formed in 1990 by a group of community members concerned about the growing need for affordable rental accommodation in Nanaimo.

The Society is building a new complex with 57 one-bedroom units for independent 65+ seniors at 20 Prideaux Street. Each unit will be approximately 650-square feet, with a full kitchen and a bathroom with walk-in shower. Heating will be electric baseboard, and each unit will have its own electric hot water tank. Hydro will be the tenant's responsibility.

"The project is a short walk from Nanaimo's picturesque waterfront and close to downtown, Millstone River and Barsby Park," says Jim Spinelli, CEO for NAHS. "There will be laundry rooms, scooter parking and a small amenity space that can be used for tenant meetings and functions. The complex will be smoke-free and there will be an outside smoking kiosk. The building is being developed under the Initiative for Housing Innovation program of the Province of BC, which helps to ensure the rents can be set at approximately 25 per cent below the current market rents for newly built rental properties in Nanaimo."

Additionally, NAHS is expanding Buttertubs Place, another of their affordable senior housing complexes that will add 159 units and will be ready for new tenants in early 2021.

It is anticipated the residence at 20 Prideaux Street will open in spring of 2020. |

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REWRITING RETIREMENT

by MYLES SHANE

Author Ann Pearson, a former UBC instructor, wasn't forced to retire at age 60. Enjoying good health and energy, she chose to retire.

"I retired at 60 as my mother was ill and I wanted to be free to go back to England to spend time with her," says Ann. "After her death, I wrote the story of her life, which had been marked by much sadness. Telling my mother's story seemed to release something in me, and I haven't stopped writing since."

Ann didn't write the story for commercial purposes, rather she penned the memoir for friends, family and the younger generation.

"I got the idea sitting by her bedside in the hospital and thinking that the nice young nurses who saw her as a tiny, helpless old woman had no idea of what a pretty woman she'd once been or how much sadness she had experienced over her lifetime. The memoir was also an outlet for grief, but in telling her story, I found a voice. Or perhaps even more, the process of trying to recreate the past for the younger generation and the satisfaction of finding the right words, of pinning something down, made me want to continue writing."

Ann grew up in Suffolk, England, bordering Norfolk to the north, Cambridgeshire to the west and Essex to the south. Despite the sadness of losing her father when she was six, Ann had a happy childhood with freedom to roam the woods and fields around her home.

The family eventually moved to Ipswich, a small town on the River Orwell that now features a picturesque waterfront lined with cafés, galleries and shops, but was then a working dockyard still showing bomb damage from World War II.

Leaving Ipswich, Ann was off to study at the University of London.

"My eyes were opened," she says. "It wasn't yet the

swinging London of the late sixties, but it introduced me to a larger world and people from many different backgrounds."

For the first six months, Ann lived in a series of "bedsits," which allowed her the freedom to discover different London neighbourhoods.

"Sometimes, I paid a lower rent in exchange for babysitting."

At the University of London, Ann achieved a BA in French and Spanish. Her course also comprised a year as a teaching assistant at a French school in the Pyrenees, a range of mountains in southwest Europe that forms a natural border between Spain and France.

Once she graduated, she moved to Vancouver. She had met her husband at university, and they decided living in Canada for a year would be a wonderful experience. A year turned into two and, inevitably, Vancouver became home.

"I ended up several thousand miles away from the world that originally shaped me, although I still get homesick for the English countryside."

At UBC, Ann received a PhD in literature. After teaching for almost a decade, she felt she needed a break from the academic world and had other passions and interests she wanted to pursue. Her next career stop was as a self-employed gardener.

"I enjoyed my clients and their gardens but didn't make much money and I was on my own by then. So, I went back to teaching, only this time in a new context."

Ann returned to UBC to teach a different type of program.



"The Arts One program at UBC is a first-year introduction to some of the world's most significant philosophical and literary works and very stimulating to teach," she says. Another course Ann enjoyed teaching was women's writing. "I was broadening my horizons and my students challenged me further, making me rethink some of my unexamined preconceptions."

While teaching at the university, Ann met her partner Allan, a history professor.

After writing her mother's story, which she never published, Ann became addicted to the craft. Her debut novel, *A Promise On The Horizon*, takes place during the year 1811 when Napoleon's empire incorporated almost the entire Italian peninsula. As her story evolved, two French travellers meet on the road to Milan – a brash young man, bored with his official career and a shy, secretive woman, desperate to escape the narrow confines of a provincial life. Both are drawn to Italy's classical and artistic heritage, but the Italy they encounter is a country in the ferment of social and political change. Opened to new ways of seeing by their Italian experiences, both travellers glimpse the possibility of a different life.

Upon completion of a novel, the next step is usually finding an agent or a publisher, but Ann had different thoughts on the matter.

"I knew that writing a first novel later in life would make it hard – if not impossible – to find an agent since I wasn't a 30-year old with a long career ahead of me," says Ann. "Few publishers will look at manuscripts by unrepresented authors; I decided to self-publish and find a press that produced handsome books. As soon as I met Jo Blackmore in her tiny office at Granville Island Publishing, I knew I was in good hands."

As Ann continues promoting her book, she reflects on what inspired her to tackle a book that took almost a decade to research and write.

"Growing up in England made me very interested in history and then, because I was raised within a strong religious tradition but discovered very different ways of thinking at university, I've always looked for the alternative story or interpretation, which is a very important part of studying history."

Today, Ann is far from finished writing.

"Now that I've finally let it go (her first published novel), I've started on a second book, set in the same period but in England this time, with a very different cast of characters. I hope it won't take as long to write as the first," she says.

"I spend my days alone creating an imaginary world. Writing is solitary and obsessive – I can't wait to get to my desk every morning. I hope that the immense amount of research historical fiction involves and the challenge of creating many different characters and their stories in my head will keep my brain active for the rest of my life." |

A Promise on the Horizon is available at Indigo and on Amazon. There's also an electronic version. For more information, visit www.annpearsonauthor.com

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AMAZING MALTA

by JANE CASSIE

What's one thing most people hope for when they travel? Good weather, right? My husband and I are on a 12-day Holland America Mediterranean cruise with our friends, the Fishers. And thankfully the weather gods have heard our prayers as we've dodged the forecasted precipitation in all eight ports. Will Malta be the ninth? Based on the ominous cloud cover as we pull into the capital city of Valletta, we're not so sure.

"I've got an umbrella just in case," Anna Grech Sant reassures when meeting us. "Malta is a UNESCO World Heritage Site and has been called an open-air museum. I wouldn't want you missing a thing."

It's clear that, whatever the weather, our award-winning tour guide is passionate about her job. For 44 years, she has been educating visitors about this island, the largest of three that make up the Maltese archipelago, located south of Sicily, north of Africa and smack dab in the middle of the Mediterranean.

Because of its strategic location, we discover that Malta has had a line-up of rulers: Romans, Normans, Sicilians, Spanish, Knights of St. John and French. And based on which side of the road we're now driving on, clearly the British. From the early 19th Century until 1964, Malta was a British Crown Colony and, in 1974, it was declared a Republic.

With our proficient chauffeur, Ron, behind the wheel, we make a quick getaway from the cruise crowds and, by the time we reach Upper Barrakka Gardens, the clouds have magically dispersed and we're bathed in full-on sun.

From this pretty perch overlooking Grand Harbour, we're privy to stunning views of the city's bastion walls, limestone structures and sapphire waters that stretch be-

yond. Adjacent, are colonnaded gardens that offered recreation to the Knights of the Langue of the Order of Saint John back in 1661. They were opened to the public in 1824, then suffered major damage during the Second World War and required full restoration.

Today, this park-like hilltop is a magnet for flower lovers, view seekers and lots of tourists, just like us. We walk in the footsteps of Roosevelt, Churchill and other greats when strolling around the central fountain where assorted monuments, plaques and statues share other significant people and events from the past.

Just beyond the park's arched entrance is old town Valletta, a labyrinth of cobblestone streets where golden-hued churches and baroque buildings rise in juxtaposition to the more modern; The Renzo Piano-designed City Gate, the open-air Royal Opera House, and the breathtaking Parliament Building, completed in 2014.

We pose in front of the flowing Triton Fountain and next to the cannons of Auberge De Castille, where the current Prime Minister hangs his hat, then head along Republic Street, bordered by shoe stores and retail outlets. But they are bypassed for now as our next cultural magnet is waiting, the National Museum of Archaeology.

"These amazing artifacts showcase our history," Anna informs, as we meander through the impressive venue. Be-

ABOVE | Ominous cloud cover as the author cruises into Valletta.

RIGHT | Bird's eye view of the Blue Grotto.

TOC PAGE | The author and her husband pose in front of Triton Fountain.

Photos: Jane and Brent Cassie

neath preserving glass are tools that date back to 5200 BC and 5,000-year-old prehistoric figurines that were locally excavated. We gaze at the recumbent Sleeping Lady, Fat Ladies with their rounded thighs, and the headless Venus de Malta, aka Goddess of Fertility, who is only about 10 cm tall. Phoenician amulets, ancient boulders, temple replicas – so beautifully frozen in stone for us all to view.

“At our next stop, you’ll see where some of these originated,” Anna assures. “But first, you’ll get a bird’s eye view of the Blue Grotto.”

Although a boat tour will provide a closer encounter of these limestone sea caves, from our cliff-top stop, we have the perfect photo-op of the clear emerald waters and the magnificent wave-eroded arch far below.



Nearby and also boasting an unparalleled sea panorama are the megalithic temple of Ħaġar Qim. The hands-on Visitor’s Centre and 4D presentation (complete with rain droplets) is a good prep to these well-preserved structures. But nothing compares to the real thing. Beneath the protected canopy, we wander in awe along the series of interconnected pathways that lead past oval chambers and 18-tonne boulders. It’s hard to fathom how these pillars were erected back in prehistoric times.

At our next stop, we once again step back in time. And I mean way back! The Hypogeum, located in the working-class community of Paola, is certainly unassuming from its exterior. But after descending stairs to this subterranean grotto, it’s anything but. “It dates back 5,000 years to the Bronze Age,” Anna announces with pride, “and is believed to be the oldest prehistoric underground temple in the world.”

For good reason, this UNESCO World Heritage Site is kept preserved, protected and free of photographers by limiting admission to 10 visitors at a time. Booking six months in advance is a must and is well worth the pre-planning.

With audio sets glued to our ears, we listen intently while first watching a slide show, then getting up close and personal with this prehistoric time capsule. A scaffolding-like ramp then leads us along a labyrinth of claustrophobic corridors to hand-chipped chambers where elongated skulls, skeletal bones and heaps of the dead lay until this discovery in 1902.

Stairs that drop off to basement chambers were possibly used as a defence strategy for unwanted intruders. Vaulted domes, archways and okra paintings decorate the more important rooms like the Holy of Holies and the reverberating Oracle Chamber. We’re informed by our audio guide that acoustics come alive here with any sounds. Although I have a yearning to test out my vocal cords, I’m silenced by the awe-struck effect from this underground graveyard.

The same overwhelming sensation hits me again after we skip the long line-up (thanks to Anna) and enter our final attraction, St. John’s Cathedral. Don’t let the plain-Jane 16th Century exterior deter you from going inside. This Baroque beauty in the heart of Valletta that escaped destruction from World War II boasts some famous works by Mattia Preti and Caravaggio. Every inch of the stunning interiors is adorned with either 22-karat gold, polished silver, gleaming marble or colourful paintings. And eight glitzy chapels represent different Orders Of The Knights, which now rest in peace beneath patterned gravestones in the adjacent nave. For a little work-out and spectacular panorama, we hoof it up 45 stairs to the balcony. Literally and figuratively, the view is brilliant!

An old-time favourite, the Caffè Cordina, is a perfect place to wrap up our day with Anna. Although once a small Bormla tea shop, this popular Valletta icon occupies a special place in the hearts of locals today. And while enjoying healthy salads and fruit-infused smoothies, we commend our guide – while also sending a quiet thanks to the weather gods for a sunny day on amazing Malta! |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/amazing-malta

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REBOOT

by VERENA FOXX

ANNETTE DUCHARME is all charm! The accomplished Diamond award-winning Franco-Ontarian pop and rock singer-songwriter, guitarist and composer, originally from Windsor, has called Vancouver home since the 1980s.



Photo: Trevan Wong

After years of cross-country touring and recording seven albums, originally with the Bowers-Ducharme duo and later performing solo works with backup, in 2011, Annette decided to focus on extended voice training. Working with coaches that include internationally renowned soprano Heidi Klassen and intuitive voice teacher Richard Williams, Annette realized she had “this other voice in me,” which turned out to be in the coloratura soprano range.

Formerly a “natural” singer, she says her voice “has grown” through her current performances as Lady Macbeth (*Macbeth*) and Violetta (*La Traviata*) with Canada’s only repertory opera company, Opera Pro Cantanti, based in Vancouver.

“I’m letting the music speak through me,” she says, explaining that in her operatic role she now feels quite “at home.” But she still finds time to write songs. After all, one of her early pieces, “Sinking Like a Sunset,” became one of Canadian Tom Cochrane’s hit singles.

For more opera information: www.procantanti.com

MARY ANNE CHU has practised yoga for as long as she can remember. The former Vancouver kindergarten and primary ESL teacher enrolled in the 2008 inaugural Yoga Teacher

Training programme at Langara College (now University). In 2015, she did further training through Langara’s Continuing Studies, focusing on Therapeutic Yoga for Trauma, Resilience and Emotional Well-Being.

With her formal certification, plus many years of her own Iyengar practice that included being on the BKS Iyengar Yoga Vancouver Association board, Mary Anne started teaching chair yoga to those over 65 at the Renfrew-Collingwood Seniors’ Centre in Vancouver. Once a week, for the past 12 years, she motivates participants, from 65 to 103, to gently move.

“They do what they can,” she says. “I talk them through it, taking into account their physical and medical limitations.”

Over the years, Mary Anne has built relationships with her community of “yogis” that come regularly to participate in their well-being.

“I love working with them, and it allows me to be with a group of multi-ethnic elders that I otherwise have little contact with since my Italian mother passed,” she adds.



Mary Anne also volunteered her skills with younger Downtown East Side women, supporting them in accessing the benefits of a yoga practice.

“It gave them the opportunity to experience their bodies in new ways,” she says of the experience. “They came because they felt it helped them. They were very thankful and usually left a bit happier.” |

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STRATEGIES AND RESOURCES FOR DECISION-MAKING: TAKING STOCK

By Wendy Johnstone

FIRST IN A THREE-PART SERIES

Betty, 80, was diagnosed with Alzheimer's Disease five years ago. She is on the highest dosage of a "memory pill" and is well supported at home by her spouse. She is very functional and maintains a high level of independence and quality of life. But some cracks are starting to show. About three months ago, Betty fell and hit her head resulting in a concussion and a decline in her memory. Her physician felt it would be important to monitor her over a few months to see how well she "bounced back." Betty presents very well and most times when people meet her, they don't understand just how affected she is by her memory loss. At her latest doctor's appointment, her cognition and memory were reassessed. The physician had to deliver the news on her cognitive decline. Betty was devastated and grief stricken by the news of her advancing loss, and her husband was concerned about what this means for their future.

A diagnosis of a complex or chronic illness delivers in its wake a difficult decision-making process. Few individuals make decisions entirely on their own. Usually family members are part of the picture and their interests are at stake, too. Most people are not aware of what community health services and supports are available. With the added complication of having to help with decision-making for a person who may be cognitively impaired, injured, very ill or frail, the process is even more important for the family caregiver.

In this three-part series, Family Caregivers of BC will share strategies and resources on decision-making and health care advocacy with care recipients with complex and chronic illnesses.

Before family caregivers can navigate the range of community services and the health care system, it is a good idea to have a sense of what the person they are caring for needs.

Often caregivers aren't sure; this is completely normal-

Very few of us have health care training or case management skills. Many caregivers are thrown into their roles overnight.

Taking stock of the current situation of the care recipient is a good starting place and can include:

- What are the current health problems of the person being cared for and for the caregiver?
- Have any medical emergencies occurred recently?
- Are there cognitive challenges? For example, missed appointments, unopened mail, unpaid bills, scorched pots/pans, difficulty with driving, changes in ability to have conversations, recalling conversations.
- Has there been notable changes in behaviour or mood?
- Is the person being cared for still engaged in meaningful activities?
- How is the care recipient managing their daily activities?
- What kind of support does the care recipient already receive and who is providing it?
- What is the financial situation? Are there resources for additional services?
- Are the proper financial and legal documents in place?
- Is the caregiver feeling well-supported in their role? And do they feel they are getting enough time for respite?

Next month, we will provide tips and strategies on relationship building with health care providers. |

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



Watch for our brand new Caregiver Podcasts
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