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55+ lifestyle magazine

AUGUST 2020

PHOTOGRAPHER
FREEMAN
PATTERSON

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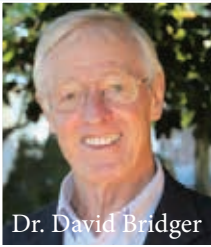
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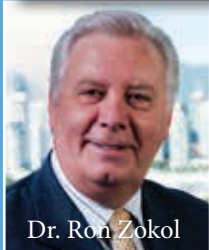
Our Team of Experts



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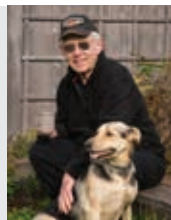
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Cover FREEMAN PATTERSON
with his dog Gaia
Now in his 80s, the photographer,
teacher and writer is enjoying
the best years of his life.
Photo by Leonard Segall



INSPIRED

55+ lifestyle magazine

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resources

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125+ exhibitors, all day entertainment, makeovers, fashion show, speakers and more. March 23, 2021 at Pearkes Rec Centre, Victoria BC www.55pluslifestyle.com

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THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



Wow! We have been overwhelmed by the enthusiastic response of our readers about our first post-COVID-19-shutdown issue last month.

Our distributors tell us people were grabbing magazines out of their hands and carting bundles away in their arms to give to friends and neighbours.

You missed us! And we missed you!

As weeks of social distancing turn into months, I am learning how important touch is and being able to see the faces of the people I love in person.

While putting together this August edition, featuring retirement housing, I was particularly aware of the challenges these homes have faced over the past months in efforts to keep their communities safe.

Every one of us has felt the loss of human contact to one degree or another, but those with family members in a retirement residence have been particularly impacted.

I salute every person who has sacrificed being with someone they love in order to stop the spread of the virus. My deepest condolences go out to those who lost a dear one during this time, unable to be at the side of a parent or friend to comfort them or say goodbye.

I want to express my appreciation to the people who work at these residences, coping with the understandable frustration and fears of residents and family members. Being able to navigate through such extreme circumstances takes tenacity and strength.

As you see on the back cover of this issue, residence staff are not only showing up to do their jobs but doing everything in their power to encourage those around them and make the best of a difficult situation.

I have met the managers and staff at many of the residences profiled in this issue and witnessed their dedication to uplift those within their charge. During this time, we have seen those efforts magnified.

I'm heartened by the focus of our governments and the commitment of our citizens to hold ground against this indiscriminate disease. We can do difficult things when we need to. We truly can.

Dr. Bonnie Henry has done an impressive job of helping BC get through COVID-19 by finding the right balance between caution and hope. Her words both soothe and inspire: "Be kind, be calm, be safe."

Be Safe: Wash your hands and surfaces, practice physical distancing and/or wear a mask – these are simple but effective ways to protect yourself and others.

Be Calm: They say the calmest, safest place is in the eye of a storm. Find ways to stay emotionally centred – a walk in nature, enjoying your pets, spending 15 minutes in meditation, or distracting yourself by cleaning out a drawer... these are small but effective ways we can live more in the moment and obsess less about things outside of our control.

Be Kind: To others and, most importantly, to yourself. Take time to appreciate your resilience. Applaud your ability to handle one of the most unsettling and unprecedented events in our lifetime. Give yourself a break when you have a bad moment, or two, or three, and remember that you're human.

Most importantly, remember that this too shall pass. Stay strong.

See you in September. Blessings to all. |



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Freeman Patterson at his home in Shamper's Bluff, New Brunswick.

Photo: Evelyn Symons

FREEMAN PATTERSON: HAVING THE TIME OF HIS LIFE

by KATE ROBERTSON

Anyone who reads *INSPIRED Magazine* already knows there are an infinite number of inspiring Canadians over 55 embracing life. However, New Brunswick photographer, teacher of visual design and writer, Freeman Patterson, takes it one step further.

"I've said this to dozens of people, old age is absolutely the best time of my life – and the last two years, 81 and 82, have hands-down been the best," he says. "There's just a richness and fullness to aging. When I was young, I always thought that after 65, I had nothing to look forward to except rheumatism and rocking chairs and was I ever wrong."

Now there can be as many reasons as people as to what makes older age rewarding enough to declare it life's highlight, but for Freeman, almost dying twice had something to do with it. Twenty years ago, he underwent not one, but two, liver transplants. When the call came from the Halifax transplant clinic that they'd found a donor, Freeman was near death.

The first liver did not "take" and Freeman went into rejection almost immediately. The second transplant, five days later, was a success, but it was followed by a long period of rehabilitation.

"When my transplant surgeon came by to tell me I'd actually undergone two surgeries, he said to me, 'Freeman you have just won the 649 five weeks in a row. You should not be here – you had a less than one per cent chance of surviving.'"

RIGHT | One of Freeman's photos of texture from his property.

Photo: Freeman Patterson

At 82, Freeman says he feels healthier than he did at 40.

“I was given this incredible life again, two times, so I make darn sure that I do what I have to do to stay healthy. I get lots of physical exercise, and I really, really look after my diet. I think it deepens my appreciation for all the good things, even though it is the sort of experience you would not wish on your worst enemy,” he says. “I was forced to go places within myself that I would never have chosen to go. Looking back from this perspective, I bless it.”

Freeman grew up in New Brunswick and after completing an undergrad degree in philosophy at Acadia University in Nova Scotia, went on to do a post-grad Master of Divinity at Columbia University in New York. While there, he studied photography and visual design privately, which helped shape the topic of his master’s thesis – “Still Photography as a Medium of Religious Expression.”

After that, even though Freeman became dean of religious studies at Alberta College, he was still actively working in photography and soon realized it was his passion. In 1966, he moved to Toronto to pursue a photography career with clients like the United Church of Canada’s still-photography and production house and the National Film Board of Canada.

In 1973, Freeman decided to move back to New Brunswick to build a house and photography studio at Shamper’s Bluff, on a farm near his family homestead (about 1.5 hours south-east of Fredericton). Almost immediately, he started offering visual design workshops, and local classes quickly turned into workshops and seminars around the world, which, to this day, sell out so fast participants must be quick to register. The first of Freeman’s instructional books on photography and visual design, a direct outgrowth of the workshops, appeared in 1977 and was followed by five more instructional books, plus 10 larger, coffee-table books.

In his classes, Freeman starts with the basic elements of design – line, shape, texture and perspective. But knowing the building blocks of visual design is one thing, learning how to arrange (or compose) them effectively in picture space is another, so he also teaches the role of balance, rhythm, proportion and dominance. It’s for this reason that Freeman prefers to call his classes “visual design” rather than “photography” classes.

“For example,” he says, “let’s look at the balance of a painting. Sometimes you want a lot of balance, but if you’re painting a picture of your two grandsons having a fight and one is sort of winning, well, maybe you want imbalance to show who is winning. And then I talk about rhythm in the same terms of life experiences, and so on, to integrate all of those things.”

Something else Freeman teaches his students is that the camera looks both ways. Even if you’re a person who’s not into deep self-examination, your photos may be more revealing than you’re aware.

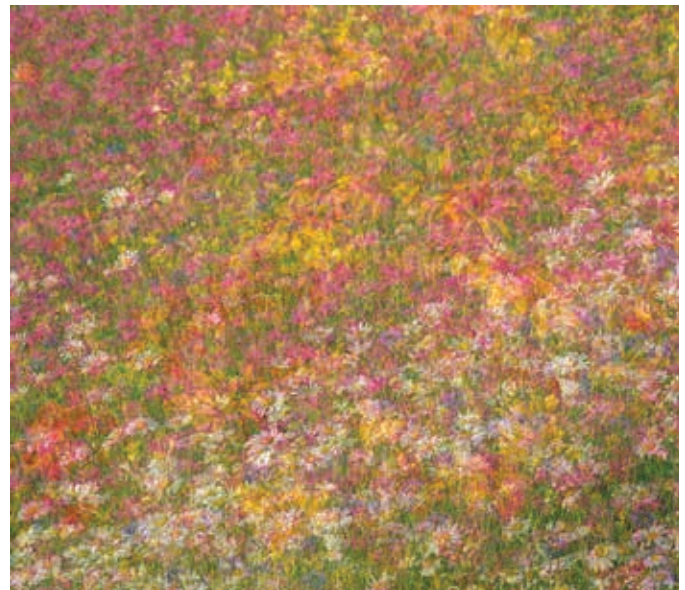
“What you choose to photograph and how you go about it, both say something about you,” says Freeman, “so unless you’re competing in a contest, or doing work for a client, the

photograph you make can’t help but tell your life story.”

When he’s at home, Freeman leaves his cameras hanging on a chair in his kitchen and when anything moves him, he starts taking pictures.

“If I haven’t done something in a while, one of the things I do – and I do this in my visual design workshops, as well – is to go outside, pick a random number of steps and a direction, and set my tripod down.”

“Then I make 30 images without moving the tripod, 30 thoughtfully composed shots,” he continues. “The premise is the best place in the entire world to see well is wherever you are. Then, wherever you go – sailing down the Danube, or viewing the cherry blossoms in DC – you can see well there, too.”



Like anyone who takes visual art seriously, Freeman has noticed his approach has evolved throughout the years.

“When you see this change in style, it can be enormously revealing. Some years ago, I was working on a project for which I had to go back through all my images from the beginning of my picture-making,” he says. “I decided instead of starting with the first, I would start with the present and work my way backwards. As I did that, I began to see things.”

For example, Freeman had taken several photos of the texture of the field behind his house without a point of interest. In mid-December, there was some white snow and mid-tone brown grass and little black pin pricks of shadows amongst everything else.

“There was a full tonal range of brightness, everything was incredibly integrated, and nothing stood out,” says Freeman. “As I sat there with my cup of coffee, I said ‘why were you making these pictures?’ And that’s when I realized that’s what I want my life to be like, I want that integration.”

Freeman realized that because he was on such a high, the appearance of the field had a symbolic value for him.

“The father of depth psychology, Carl Jung, more than once remarked ‘you don’t go looking for symbols, they find

Snapshot

with Freeman Patterson

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

“Move to South Island, New Zealand, and base your life there. Why? Because it has the world’s most equitable climate, yet with varied weather, because it is topographically and ecologically magnificent, because the entire country is rich in its artistic and cultural heritage and contemporary practice, because it is politically stable, and because the people are great! To me, the severity of the Canadian winter is as much to be feared as the possibility of earthquakes. Furthermore, unlike in most of Canada, there I can motorcycle all year long.”

What or who has influenced you the most and why?

“To speak first of persons who influenced me positively, my mother, above everybody else. She was a nurse, a city girl who became a farm wife; she had an aesthetic bent that she never had the time to indulge, but she drew my attention to important things like the whistle of the wind blowing through tall, beautifully curving grasses and light flashing off the wings of birds when they made a sudden turn in unison. I am so happy and proud to say, these many decades later, that in drawing my attention to these things, my mother gave me the life I’ve had.

Dr. Helen Manzer who taught me evening classes in photography and visual design at the Brooklyn YWCA in New York City was also a great influence. She not only clarified the basic building blocks of design for me but insisted on discipline and real care in arranging them to communicate effectively. As for places of influence, the fields, forests, rivers and streams of New Brunswick and all their inhabitants – plant and animal. They became my closest childhood friends, and I have always felt utterly at home among them. I love New Zealand for its similar topography and natural vegetative covering. However, in the northwest corner of South Africa, I have another home, Namaqualand, especially the section known as the Richtersveld. It is the southern part of the Namib, the great desert that occupies most of Namibia and spills across the Orange River into South Africa. Here, I can see the bones of Earth and I feel utterly at home here, too. It’s as though I lived in this mountainous moonscape long, long ago because I was familiar with it on my very first visit. I’ve returned more than 40 times in this life.”

What are you most grateful for?

“Three things: friends who tell me the truth about myself and, even when they have to be critical, never withhold their care and love; being able to live on Shamber’s Bluff, which is mostly wilderness and always will be; and excellent physical and mental health.”

What does success mean to you?

“It means realizing that my ego is only a tiny part of my total self, like the tip of an iceberg, that the bigger part of me is my unconscious, where most of the work of being human goes on. The challenge is to become more and more aware or, to put it another way, try to ensure that the two aspects of myself pull together in a healthy direction. Real success is not a material achievement, but rather an emotional/spiritual one.” |



you.’ When I started to go back through my images, I realized I was already investigating this integration, I just didn’t know it. It went back three years before it stopped altogether,” he says.

Freeman says the fields and woodlands around his house, where he’s now wandered for nearly half a century, are still his favourite place to make pictures.

“There are still parts of Shamber’s Bluff I haven’t seen yet,” he says. “Nothing gives me more pleasure than just walking out of my house into the woods. In 30 seconds, I’m into a fully functioning community.”

“An example: a yucky day last January, I had to get out of the house and about a minute into the forest, I left the trail and there was this gigantic spruce tree that had been blown down. I could see new seedlings coming out of it. And then as I leaned against the tree and looked around more, there were six kinds of lichen – all thriving and doing their thing. There were a few snowflakes. The winter birds were around, I could see hare tracks. I’m thinking it just works perfectly, and that, for me, is as wholesome as you can get. It’s submersing myself in good health.”

It’s thanks to Freeman’s actions, however, that those wild fields and woodlands remain. Initially, when he returned to Shamber’s Bluff in 1973, the 40 hectares of land between the two parcels of land that he owns were up for development. So, he approached The Nature Conservancy of Canada and said that if they could acquire the intervening 40 hectares, he would donate his property in return for a life lease.

“It took them some time,” says Freeman, “but they got it. The land met their requirements for different plant and animal species that use the space. So, in effect, I gave away my wealth, but I’m not sorry, because on the day the three pieces of property became a single unit, I really felt I’d gained another 100 acres.”

This country living has also made it possible for Freeman to pursue another of his passions: gardening. In fact, in a cleared space in the woodlands, he has made the largest azalea and rhododendron garden in Canada.

“I’ve always gardened,” he says. “I grew up on a dairy farm down the road, and from the age of eight, I was called every morning at five to help with the livestock. I also helped in the huge vegetable gardens, but I always had a tiny flower plot because I loved flowers. My father, however, was only interested in whether a plant could produce food or something to wear. So, really, what I’m doing now with this gardening – especially since my transplant – is what I always wanted to do. A person is never too old to have a happy childhood!”

Clearly, Freeman is having the time of his life. |

To learn more, visit www.freemanpatterson.com

bc senior housing directory

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: 1 BR+den or 2 BR; 3 meals a day provided plus 50's Diner on site; housekeeping; library; media room; hair-dresser; small pets allowed.

Columbus Manor Chilliwack ■

604-997-7337; 8980 Edward St.
www.colchar.org
Capacity: 54 units; private **Starting Price:** \$554
Amenities/Services: Laundry; free parking.

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 ■●

250-897-1033; 4646 Headquarters Rd.
www.retirementconcepts.com
Capacity: (I/A) 132 apartments; **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; (C) 136 apartments **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.

COQUITLAM

Belvedere Care Centre ▶

604-939-5991; 739 Alderson Ave.; www.belvederebc.com
Capacity: (C) 148 units - Funded 61 units, (PP) 87 units
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: site 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, (A) 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

Columbus Lodge Delta ■

604-833-8552; 8850 118A St, North Delta
www.colchar.org
Capacity: 31 units; private **Starting Price:** \$1600
Amenities/Services: Chef prepared Continental breakfast, lunch, dinner; laundry; hydro included; activities; bus trips once a week.

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
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 Living (I) ■

Includes a combination of housing and hospitality services for retired adults who are capable of directing their own care.

Assisted Living (A) ●

Offers 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

KAMLOOPS

Berwick on the Park ■●

250-377-7275; 1-866-377-7275; 60 Whiteshield Cres. S.
www.berwickretirement.com
Capacity: (I) 131 units; (A) 27 units; private
Starting Price: call for rates
Amenities/Services: valley view; chef prepared meals; house-keeping; 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 **Price:** call for rates
Amenities/Services: beautiful mountain/valley views; chef prepared meals 2x day for (I/A) and 3 Meals for (C); shuttle; recreation/entertainment; fitness classes; theatre; library; salon; (I/A) small pets okay.

LANGLEY

Harrison Landing ■●

604-530-7075; 20899 Douglas Cres.; www.harrisonlanding.com
Starting Price: \$2800-\$3600
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: \$2420-\$3600
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 apartments **Starting Price:** call for rates
Amenities/Services: Langley Seniors Village is centrally located in beautiful Willoughby, walking distance to numerous shops & services. Offering a wide arrange of activities on-site & bus for outings, chef prepared meals, library, hairdresser.

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 out-ings; 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 out-ings; 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) 30; (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; housekeep- ing; 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: 357 apartments **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: (I) 29; (A) 23; (C) 182 **Starting Price:** call for rates
Amenities/Services: ocean view suites; chef prepared meals; housekeeping & laundry; 24 hour emergency response; therapy services; recreation programs; hair salon; beautiful 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; house-keeping; 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 & dinner; snacks; weekly housekeeping & flat linen laundry service; full membership in social, recreational & 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 housekeep- ing, flat laundry service; daily activities & events; respite stays.

housing directory legend

■ Independent/Supportive Living (I)

● Assisted Living (A)

▶ Residential Care (C)

STEVESTON

Wisteria Place ■

604-338-5280; 4388 Garry St.; www.wisteriaplace.ca
Capacity: 107 Studios, 1&2 Bdrm Suites **Starting Price:** \$3100
Amenities/Services: Welcoming helpful staff; meals included; 24 hr emergency response; weekly housekeeping; daily diverse activities & events for vibrant living; in-suite laundry; heat included; wellness programs; trial stays; aging in place; & more.

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 & recreation programs; easy access to: park, senior/recreation centre, library, shopping and 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 studios **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 apartments **Price:** call for rates
Amenities/Services: 24hr full nursing care; controlled access community; furnished studio suites w/ en-suite; housekeeping/laundry; 3 nutritious meals & snacks; therapeutic recreation.

Rosemary Heights Seniors Village ■●►

778-545-5000; 15240 34th Ave. www.retirementconcepts.com
Capacity: (I/A) 63; (C) 90 apartments **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; personalized 24hr nursing care.

Suncrest Retirement Community ■●►

604-542-6200; 2567 King George Blvd.; www.belvederebc.com
Capacity: (I) 38, (A) 35, (Respite) 5, (C) 55
Starting Price: call for rates
Amenities/Services: 24 hr. professional assistance; (C) 3 meals, (I/A) 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; (C) 112 **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 & 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. Many amenities included.



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Columbus Millennium Tower ■

604-408-3547; 1175 Broughton St.

www.colchar.org

Capacity: 56 units; private

Starting Price: \$1050

Amenities/Services: Dining room service at additional fee; pay laundry; pay secure underground parking; West end of Vancouver.

Columbus Tower Vancouver ■

604-992-1344; 5233 Joyce St.

www.colchar.org

Capacity: 81 units; private

Starting Price: \$720

Amenities/Services: Next to Sky Train; laundry; pay parking option.

Shannon Oaks ■

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

Capacity: 146 units

Starting Price: \$4190 (all inclusive)

Amenities/Services: dining; housekeeping; daily activities; bus outings; fitness programs; 24/7 emergency assistance; library; courtyard gardens; coffee bar; A/C in suites; gym; pets welcome.

Southview Terrace ■

604-438-3367; 3131 58 Ave E; www.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; & more; located beside Champlain mall.

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 & 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: Full kitchens in independent living, spacious suites & assisted living services; licensed residential care with nurses on duty 24/7; 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.

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.

housing directory legend

■ Independent/Supportive Living (I)

● Assisted Living (A)

▶ Residential Care (C)

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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; bedsitting rooms for independent seniors; no pets.

Legion Manor ■●

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

www.legionmanorvictoria.ca

Capacity: 146 units **Starting Price:** call for rates

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

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 1 bdrm 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 & 2 bdrm 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.

Revera - The Kensington ■

250-477-1232; 3965 Shelbourne St. www.reveraliving.com

Capacity: 115 units **Starting Price:** \$2210

Amenities/Services: chef prepared meals; 24hr emergency system; housekeeping; recreation/fitness; walking path; community vegetable garden; library; salon; lounges; pets okay.

Rose Manor ■

250-383-0414; 857 Rupert Terrace;

www.rosemanor.ca

Capacity: 70 units **Starting Price:** \$1334

Amenities/Services: 3 meals & tea times daily; weekly laundry & housekeeping; entertainment & activities; no pets allowed.

Saint Francis Manor by the Sea ■

250-382-7999; 1128 Dallas Road;

www.saintfrancismanor.com

Capacity: 12 units **Starting Price:** \$1975

Amenities/Services: Saint Francis Manor by the Sea is a Supportive Living Senior Residence on Dallas Road in Victoria, BC. There are spectacular mountain and oceanfront views to enjoy with 3 home-cooked meals daily.

Selkirk Seniors Village ●▶

250-940-1028; 385 Waterfront Cres.

selkirk.info@retirementconcepts.com

Capacity: (A)41; (C)217 **Starting Price:** call for rates

Amenities/Services: heart of Victoria; beautiful secure garden courtyard; chef inspired meals; entertainment & recreation; gardens; 24/7 emergency assistance; no live-in pets.

Shannon Oaks ■

250-595-6257; 2000 Goldsmith St.

www.shannonoaks.com

Capacity: 102 units **Starting Price:** \$4230 (all inclusive)

Amenities/Services: dining; courtyard gardens; coffee bar; library; hair salon; gym; arts & 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 apartments **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 \$2575

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 apartments **Starting Price:** call for rates

Amenities/Services: We provide both Independent Living & Complex Care accommodations; newly renovated, this community offers a welcoming atmosphere & 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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STAYING IN TOUCH DURING COVID-19

by TONI O'KEEFFE

When COVID-19 swept in and brought the world to its knees, care homes and health authorities had to re-evaluate engagement strategies to communicate with seniors and keep them active, engaged and safe.

Social isolation among seniors is an ongoing area of concern across Canada. Loneliness can lead to chronic illnesses, such as mobility issues, depression, cognitive decline and an increased risk of dementia. Long-term care facilities are home to seniors that most often depend on their loved ones for social companionship. During a pandemic, those connections and regular communication are significantly reduced or gone.

Bria Communities operate four senior living homes in the Lower Mainland with capacity for 828 residents. According to Janice Miller, Marketing Partner, Bria moved quickly to address the communication and engagement needs of their residents and families when the pandemic hit, while still keeping them safe.

Under the advisement of the Provincial Health Officer, Bria, like most care homes, implemented “essential visitor” policies. These policies included restricting access to only care aides involved in the personal care of residents and designated family members who assist a loved one with daily activities. These strict policies impacted the amount of face-to-face interaction seniors had with the outside world.

To improve communications and engagement, each Bria home purchased iPads and trained staff on how to use Google Meet, a video-chatting service designed to let users chat over video and text. This investment allowed staff to coordinate online meetings between residents, their friends and family members.

Bria also facilitated numerous window visits, posting messages of hope and love in their windows, and updated their website regularly to make it easier for family and friends to follow what was happening across Bria Communities.

The company also encouraged loved ones to drop off “timed care packages.” These packages are filled with gifts or messages to be delivered to residents, on specific days, such as birthdays, Mother’s Day, Father’s Day or other special events.

As well, Bria took steps to allow the celebration of milestone moments. For example, Marjory Keeper,

living at Sunridge Gardens, was able to celebrate her 99th birthday during the pandemic from her second floor balcony, while her family and friends sang, dropped off gifts and visited her from the patio below.

The Province’s Health Authorities also ensured the physical and mental well-being of seniors during the pandemic.

There are 146 long-term care/assisted living homes within the Island Health Region on Vancouver Island. These residences have capacity to house up to 6,400 residents.

According to Mark Blandford, Executive Director, Primary Care & Seniors Health for Island Health, “Visitor restrictions is not something any care organization wants to do, but it’s been necessary. Our care homes have invested in iPads and other technology to facilitate virtual visits between residents and their loved ones.”

Blandford continues, “Community organizations, businesses and our health-care partners, including foundations and auxiliaries, have also made generous donations of electronic devices to help support virtual interactions between our long-term care residents and their family and friends.

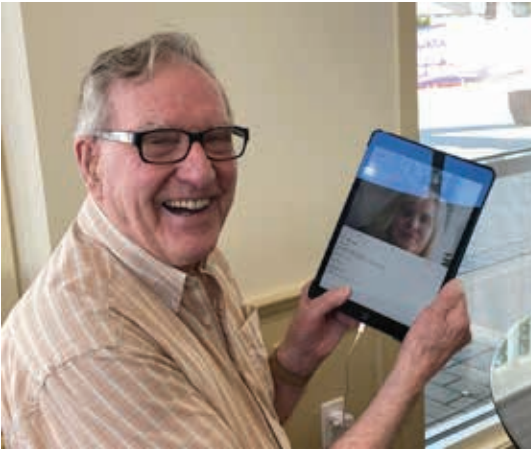
According to a report on social isolation among Canadian seniors in 2018, over 44 per cent of seniors in residential care have been diagnosed with depression or showed symptoms of depression. This data suggests that care homes and health authorities must work hard – and together – to ensure senior engagement is a top priority.

Other things seniors can do to stay engaged with the outside world when faced with any isolation period includes:

- Schedule virtual visits with friends and family using Zoom, Google Meet or other technologies;
- Download online word games, like Sudoku and puzzles;
- Watch live concerts and events online; many organizations have posted listings of free online performances;
- Take an online class;

PHOTOS | (Top to bottom) Gail Fisher (outside) and Shirley Fisher (inside) having a window visit at the Magnolia Gardens Care Centre. Harry Hinkleman at Sunridge Gardens uses iPad to stay connected. Shirley Newton at The Wexford, holding a sign letting her family know she’s doing fine. Marjorie Keeper enjoys a piece of her 99th birthday cake at Sunridge Gardens.

Photos provided by Janice Miller, Bria Communities.



- Browse YouTube tutorials, Ted Talks and other learning videos, which provide a broad range of information on a variety of topics;

- Join an online club, discussion group or book club;

- The 50plus-Club Chat is a free chatroom, dedicated to bringing seniors together to share insights on life, family, friendship, travel, arts, culture, music, the economy and just about anything www.50plus-club.ca/chat;

- Over the coming months, the “Connecting with Compassion” team at UBC will deliver iPads to long-term care homes across the province in hopes of facilitating virtual visits and connections among family and friends. The iPads will arrive preloaded with video-conferencing programs, like FaceTime, Zoom and Skype.

“Seniors and their loved ones are making big sacrifices right now, and we recognize how difficult it has been for everyone,” says Kathy MacNeil, President & Chief Executive Officer for Island Health. “We know seniors are healthier when they are actively engaged and able to connect with family and friends. Island Health is committed to continuing to support the physical, mental and spiritual health of all seniors in care, and we will continue to explore new and safe opportunities to improve their well-being.”

Both Bria and Island Health say they are working closely with the Provincial Health Office and making policy and operational changes as required to ensure BC seniors are safe, engaged and actively connecting to the world and loved ones in meaningful ways. |

For more information on Bria Communities, see their ad on the inside back cover or visit <https://briacommunities.ca>

More information on Island Health www.islandhealth.ca

Island Health Voices From Families initiative: <https://vimeo.com/showcase/7157218>

UBC’s Connecting with Compassion: www.med.ubc.ca/news/combating-social-isolation-during-covid-19/

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Photo: 42 North from Pixels

EDUCATION OFFERS HOPE FOR LGBTQ2+ SENIORS

by MARTIN DONNER

While there are many happily retired seniors, others face challenges of which the majority is not aware. At one time or another in Western society, most seniors have or will experience some form of ageism, but seniors who are lesbian, gay, bisexual, transgender, queer or two-spirited (LGBTQ2+) may also experience homophobia or transphobia. Often, they endure those prejudices alone and in silence.

Homosexuality was decriminalized in Canada in 1969. In 1998, Canada's Supreme Court ruled that discrimination based on sexual orientation contravened the law. While these landmarks were important milestones in our journey towards everyone being treated fairly and with dignity, the ruling did not entirely end the prejudice experienced by some members of the LGBTQ2+ community.

Fortunately, there is hope for LGBTQ2+ seniors. Nicole Tremblay is one of the people working to end the prejudice. In her capacity as the Clinical Educator of the Vancouver Island Health Authority, Tremblay provides education and practice support to health care staff who provide care to seniors. Included in the broad range of topics covered by her are the issues facing LGBTQ2+ seniors. It does not take long when speaking with Tremblay to see the depth of her knowledge about these issues, and her compassion and empathy for LGBTQ2+ seniors.

"While laws and social norms have evolved regarding the acceptance of the LGBTQ2+ community," she says, "one does not have to look far to find examples of transphobia or homophobia in our community."

"LGBTQ2+ seniors fear having to live in a long-term care facility or retirement home because they will be living with

other seniors who grew up in times of significant societal prejudice and discrimination against the LGBTQ2+ community."

Many LGBTQ2+ seniors experience greater social isolation and loneliness than seniors who are not part of their community. Most seniors living in a seniors' residence or long-term care rely to a great extent on their family for support, especially for frequent visits. However, LGBTQ2+ seniors often have fewer visitors for several reasons, including rejection by their family, the loss of a partner, the loss of friends to AIDS or the fact that many LGBTQ2+ seniors do not have children or extended family.

Some seniors may even request that LGBTQ2+ friends or "families of choice" not visit for fear of being "outed" by association with other LGBTQ2+ community members. "Families of choice" is a term sometimes used by members of the LGBTQ2+ community to refer to people with whom they choose to be surrounded for support, and to whom they may or may not be related biologically or by adoption.

"Many seniors who are part of the LGBTQ2+ community have experienced a lifetime of discrimination based on their sexual orientation or gender identity and expression," says Tremblay.

It is difficult for most heterosexuals to know how that discrimination feels, or the effect it can have on one's confidence and peace of mind.

"Seniors who belong to the LGBTQ2+ community feel anxious about the increased vulnerability and loss of independence that can accompany aging," she says. "Many fear they will need to hide their sexual identity or moderate their gender expression in some way to receive quality health care, whether it is in a

home care or residential care setting.”

Among Tremblay’s efforts to help LGBTQ2+ seniors is the “Dignity Project,” the goal of which is to improve how LGBTQ2+ seniors are treated in long-term care. She wants to end the need for LGBTQ2+ seniors to conceal their identity by raising awareness of this issue; long-term care should be inclusive of diverse individuals. To that end, she has put together excellent teaching materials aimed at increasing sensitivity toward the LGBTQ2+ community.

Many staff working in long-term care have not considered the possibility that residents may be from the LGBTQ2+ community. Given the diversity of Canada’s general population, this is a statistical impossibility. Tremblay’s goal is to end the invisibility of this population in these settings.

Part of the problem is that many administrators of long-term care residences consider it their mission to treat “all people the same,” which sounds reasonable, and aligned with our Canadian values. That is, until you learn that “treat all people the same” means “treat all people as if they are heterosexual.”

Another champion for LGBTQ2+ seniors is Travis Jones, Group Facilitator of the Rainbow Roundtable, which normally meets at the Roundhouse Community Arts & Recreation Centre in Metro Vancouver (and now meets online due to COVID-19).

The Rainbow Roundtable is a grassroots community group that relies on community partnerships with local service providers, individuals and businesses who serve LGBTQ2+ seniors.

“It is a safe place where LGBTQ2+ seniors can gather, and thanks to its supporters, the Rainbow Roundtable hosts discussion nights where presenters speak on issues related to aging with health and wellness,” says Jones. “In addition, the Rainbow Roundtable hosts various community activities, arts & crafts, as well as movie and game nights.”

Jones’s dedication to helping LGBTQ2+ seniors is hard to miss; he pours himself into his work. After all, many of today’s LGBTQ2+ seniors are among those who did the “heavy lifting” for the right of the LGBTQ2+ community



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to be accepted as equal members of our society. This makes it all the more disappointing that they feel they must hide their true identity as they enter residences or long-term care in order to avoid being neglected, isolated or made to suffer other forms of prejudice from staff and residents.

Certainly, there is much more work still to be done. However, the contribution of LGBTQ2+ seniors towards creating a more diverse and inclusive society

in Canada is something for which we can all be grateful. |

Nicole Tremblay welcomes inquiries, and can be reached by email at Nicole.Tremblay@viha.ca

For more information about Rainbow Roundtable meetings, which are currently being conducted via Zoom, contact Travis Jones through the Info Line at 604-677-6747 or by email at therainbowroundtable@gmail.com



by VERENA FOXX



Dave Morris

DAVE MORRIS recently spent six months, instead of his usual three, in New Zealand, visiting his daughter and her family, when the pandemic put everyone in lockdown and closed the country's borders. When he could finally leave, he returned to his 36-foot converted Atagi fishing trawler on Quadra Island, which he has called home since 2012.

"I like having everything within arm's reach," he says about his life on the boat. And he can head out when the mood strikes him. "It's quiet here and I write," says the author of several books, two of which (*Cold Water People* and *Disappearance*) are available at the Campbell River Library, "because that's just what I like to do."

Dave says his next novel will, like his previous ones, be character-driven, and likely influenced by his pandemic experiences. "I am working on an idea now."

The native Ontarian originally moved to the UK in 1991 to teach French, Spanish and German, both there and on the European continent. Eventually, he left that path and, for the next 12 years, ran a market gardening business in North Norfolk. "It was much better for my brain," he

says, referring to the fresh produce he grew for local restaurants and Farmer's Markets.

While Dave now rarely speaks the languages he once taught, he has found peace in his lifestyle. "I am closer to nature here on my boat," he says, "and less constricted by walls and the needs of others."

KERRY MULHERN, a native Vancouverite, is concerned about the post-pandemic reality ahead, especially for the millennial generation and their offspring. He feels fortunate to have had so many opportunities to live his life in Vancouver, adding, "we live in the best country in the world."

A long-time outdoor enthusiast, Kerry regularly hikes Grouse Mountain's BCMC trail year-round, skis Whistler and cycles around town. While attending SFU Burnaby, he developed a love of theatre, and began his early work as a



Kerry Mulhern

prop technician. Later, he did gigs at The Cultch and the Arts Club stages.

In 1999, Kerry started spending his summer holidays at the outdoor Caravan Farm Theatre in Armstrong, where he eventually started running the bar as a volunteer and continued to do that until last summer.

Along his way, Kerry engaged the support of a psychiatrist to help him navigate some life issues. "It helped me be who I am; it's been a life-saver for me to have had that ongoing support," he says, recommending the process.

This time of self-reflection inspired Kerry to change his work from creating props to supporting people with physical and mental challenges. Now semi-retired, he still works with one or two clients.

"I give back by helping others," he says, while also creating hand-painted neckties for his friends and continuing a lifelong wood sculpting hobby. |

CORRECTION

In the July 2020 REBOOT column under Mia Johnson's profile, the association should have read: National Pit Bull Victim Awareness. Find more information at: www.nationalpitbullvictimawareness.org

We apologize for any confusion this error may have caused.



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THE PAMIR HIGHWAY: CYCLING THE SUMMIT OF THE SILK ROAD

by J. KATHLEEN THOMPSON

The Pamir Highway in the Pamir-Alai mountains of Central Asia is the second highest road in the world. If you are going to cycle it, there are a few things you'll need: a bike that can handle frame re-arranging roads; a body supple enough to bend with each frame re-arranging rut; a spirit that scoffs at extreme altitudes and temperatures; and a gastro-intestinal system made of concrete. Also handy is a life supply of water, vast reserves of baby wipes, an-easy-to-erect-in-the-wind tent, and a laissez-faire attitude towards warm beer and bucket showers. It speaks to the young and the adventurous, and, at age 62, it called my name.

The Pamir Highway, through the highest and desolate reaches of the legendary Silk Road in the Central Asian countries of Kyrgyzstan and Tajikistan, promises the epic and the unknown, and each year, more and more cyclists are attracted to its mythic appeal.

The cosmopolitan city of Almaty, Kazakhstan, at the easternmost point of the Pamir-Alai mountains, has become the major staging post for cycling overlanders. It offers an array of supplies needed before launching into the 2,500 kilometre journey across the Celestial and Pamir Mountains.

Self-sufficiency is key in the Pamirs as accommodations

are scarce, campgrounds non-existent, and shops or restaurants a lucky sighting. And, where the mountains are at their highest, you need to prepare for freezing temperatures at any time of year.

If you aren't one of the plucky young Europeans loading up your bike for a solo cross-continental odyssey, you likely have chosen a tour with a support van, a chef, a bike mechanic and an emergency medic. Those in our coveted "geezer tour," as we affectionately began to refer to our TDA Global Cycling tour, chose the latter option.

With an average age of 60, and a fleet of cyclists that grows to 30 on the Pamir, we take comfort in knowing that ascents into 5,000-metre altitudes will not have to be done on bikes draped with a mountain of supplies. All of us setting forth will become a fraternity of cyclists on the road nonetheless, with bike gear

ABOVE | A herd crosses the Silk Road. TOC PAGE | High altitudes and snowy mountains envelop the Silk Road.

RIGHT | (top) Local Kyrgyz people; the older men wear traditional ak kalpak hats. (bottom) The author, still grinning despite the punishing terrain.

Photos: J. Kathleen Thompson

and faces caked in the same road dust, summits celebrated with equal zest, and offers of water and spirits by the locals received with the same humility. Slow travelling on the Pamir comes with a community of support.

Our first days on the road through Kyrgyzstan are gentle, wending through endless grazing land, hills billowing like soft dunes around us. It appears barren and unutilized, but you are told it's a land that has nurtured successions of nomadic clans. The people are given 49-year leases to the land, and move freely between valleys, seeking better pastures, or pamirs, for their livestock.

The settlements we encounter sport a few yurts, caravans, cars and livestock – usually yak, sheep or goats. Young herdsmen on horses are often close by, guiding flocks across riverbeds and roads to fresh pasture. Excited children call out to us as we pass, and if they reach the roadside in time, they form a gauntlet of hands that high-five us as we pass by.

Older Kyrgyz men at the side of the road, in their traditional white stovepipe felt hats (known as ak kalpak), gaze at us with faces a thousand stories deep, while the women corral the horses for milking and producing the reputed manna of the region – kumis (fermented mare's milk). Homestays, where a farm may include a yurt that is more elaborately furnished and decorated for guests, occasionally give us reprieve from the nightly ritual of unfurling our tents and sleeping mats.

We soon learn, in addition to its staggeringly vast and painterly landscape, what distinguishes the Pamir Highway from all others. It is the wretchedness of the road. A project of

the Russians in 1929 – to build a strategic supply route through the Pamirs – it is still a main national road through the centre of Asia and Tajikistan but suffers from years of neglect. Eroded pavement, potholes the size of crevices, and ruts that roll into an endless washboard of jagged bone-jarring rock is standard “surfacing” for this road.

One moves through the Pamir Highway with the stealth of a jackhammer, hoping that bike and body will forgive you for the abuse. You pray you will not be thrown off by a sudden dip in the road when a car passes by. And when the road narrows and uncoils in paroxysms of twists and turns down a mountain, you know that's when you'll meet one of the road-swallowing trucks that grind their way through the Pamirs. You hang on.

The mountains rise and the column of cyclists grows denser as you cross into Tajikistan. When you reach Sary-Tash, the last Kyrgyz outpost before the Tajikistan border, suddenly the snow-capped Pamirs overwhelm the sky in front of you, and the audacity of what you are doing strikes you.

There will be six mountain passes to climb (the highest, Ak Baital Pass, cresting at 4,665 metres), each one getting you successively higher into the Pamirs. As we will be camping for over a week at an altitude of over 3,500 metres, our first two days of cycling into the Pamirs will be short ones, in order to allow us to slowly acclimatize to the quickly increasing altitudes. Many of us pop Diamox – an altitude medication – at regular intervals, to ensure our bodies are finding the oxygen needed to manage the punishing ascents.

Climbing into the Gorno-Badakhshan Autonomous Region of Tajikistan, the harshness of the high alpine country is not lost on us. Considered the poorest of “the stans,” the people of Tajikistan, and particularly the Pamiri people, are still dealing with the devastating economic consequences of the country's civil war in 1992.

A middle-class family is the one who has five yaks and a lean-to; the wealthy enjoy luxuries – toilets, refrigeration, electricity and wifi – that we consider essentials. There are no excesses here; you can see it in the wiriness of the people. The weight of a well-fed man in Tajikistan is 120 pounds.

There is an asceticism to the Tajikistan landscape, as well. Now at the summit of the Silk Road, we are perched on a high altiplano, the mountains and desert an unbroken sweep of jagged rock and sky. Apart from some breathlessness, you forget the altitude you scaled to reach this desert at the Roof of the World. It isn't until we begin our dramatic descent into the Khorog valley, 2,500 kms from Almaty, where we are able to look back and gasp at the immensity of stone and wonder we had cycled and lived in for so long.

And for the geezers on the tour, you knew that sense of awe was one part for the road, and one part for the mission we had accomplished. Realizing we were living out the adage “you're never too old to become younger,” we hurl ourselves down into the valley where a shower and a celebratory night of music awaits. |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/pamir-highway



BRUNO HUBER: A MAN FOR ALL SEASONS

by MARTIN DONNER

Clint Eastwood said not long ago, “don’t let the old man in.” Those words became the title song of his latest movie, *The Mule*. They are also the watchwords of author Bruno Huber. After having spent 25 years in the film industry, drawing inspiration from the 90-year-old Eastwood is not surprising.

A resident of Gibsons, for seven months of the year, Bruno still does what he sets out to do each morning: “make every day count.” Originally from Switzerland (which he visits annually), Bruno has worn (and continues to wear) several hats.

As a licensed electrician, he first worked on big industrial sites, coal mines, and pulp mills in the BC interior. In the early '90s, Bruno decided to join the budding film industry in Vancouver (‘Hollywood North’) as a generator operator in charge of power distribution for set lighting and all the support vehicles.

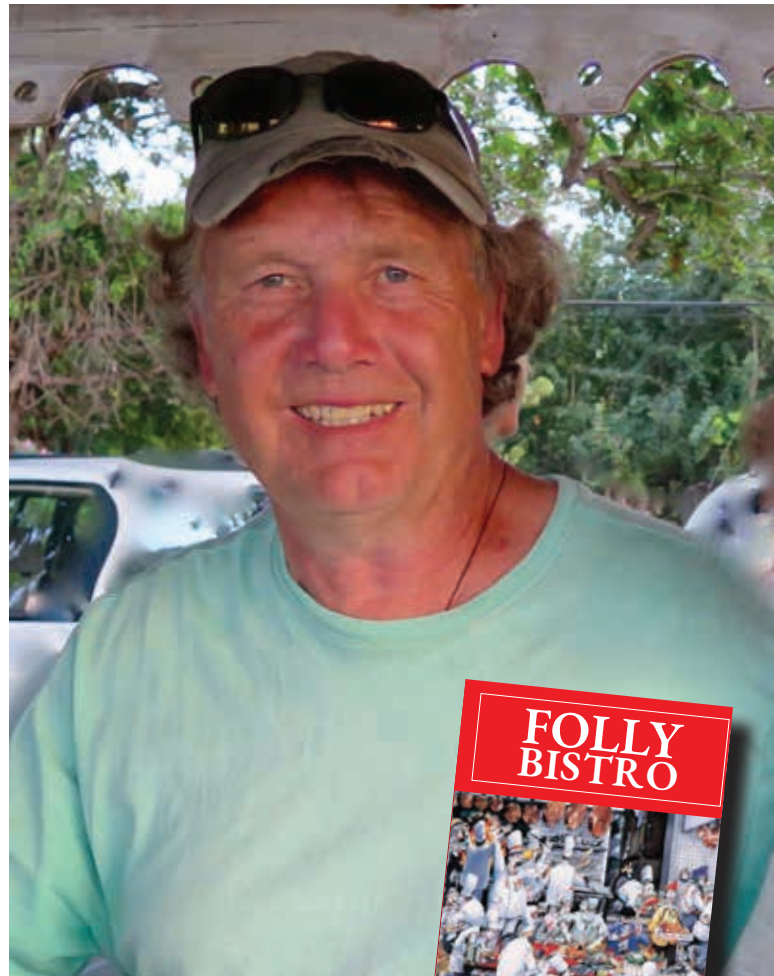
“Most people don’t realize the long hours working in the film industry requires,” says Bruno. “As the chief electrician, I was the first on the set and the last to leave. Eighty-hour weeks were the norm, but at least they always fed us well and that overtime pay was pretty sweet, even if it didn’t leave any room for a social life.”

Bruno also owned a bookstore in Gibsons for five years, and then a French restaurant in Vancouver’s West End for two years. “That adventure resulted in my book *Folly Bistro*, which I have adapted into a screenplay.”

Bruno and his wife, Elizabeth, a retired nurse, usually spend November and December each year in Pátzcuaro, Michoacán, Mexico, a colonial town amidst volcanos and lakes at an altitude of 2,500 metres. There, they rent a small apartment in the centre of town. Before January rolls around, they journey to Grenada, where they stay until March.

“You don’t have to be rich to have the life we have,” says Bruno. “It is all about the choices we make, our attitude and how grateful we are for what we have and can do. Since we rent small apartments in Grenada and Mexico, it’s actually cheaper for us to spend our winters away: no cars, no winter hydro bills and since we shop and cook just like at home, it’s no more expensive.”

Bruno adds, “retirement to me is doing what I like to do



without having to worry too much about money. We use our resources wisely. We own a small home in Gibsons that we rent out furnished when we are away and we try to live off our pension incomes, which, in my case, is only CPP and OAS and some RRSPs since the film industry did not provide a pension.”

Folly Bistro (published by Granville Island Publishing) is based on Bruno’s days as a restaurateur. “It is a tale of caution that should be required reading for anyone thinking of going into the restaurant business.”

For everyone else, *Folly Bistro* is a humorous read. Bruno recently wrote the novel *Mariposa Intersections*, which he describes as a “David and Goliath” novel “loosely based on real-life events; a love story between two young lovers from different social classes, who are forced apart and then find themselves on opposite sides when a group of ordinary people come together to stop a nuclear power plant from being built on Lago Pátzcuaro, a culturally and environmentally sensitive place.”

Bruno also has other writings in the works, including stories about the movie industry, condo-living in Vancouver and a collection of Island stories.

“Writing is the easy part,” he says, “getting it published is the hard part.” Not shy about sharing his views, he also posts regularly to his blog (brunospointofview.com), which, he says, “is mostly about current topics I’m interested in, as well as some

travel accounts and short stories.”

Not surprisingly, Bruno loves good food. “I love to cook, and we eat in a lot, wherever we are.”

At 69, Bruno keeps himself fit. He walks every day, and swims daily in the warm Caribbean waters as well as in the somewhat cooler waters of Howe Sound during his summers in Gibsons. He also still plays “drop-in” soccer once a week during the summer months.

Most of all, Bruno loves people. He and Elizabeth have an active social life, getting together almost every day with friends, both new and old.

“A major reason why I like being in a warm place in the winter is that to me life happens outside: in the squares, on the beach, in the streets and markets. Many times, I just sit in a café and watch people.”

It may be a cliché, but generally the person people find interesting is the person who is interested – in others, in events or just exploring the world. Bruno’s affection for life is palpable.

“Life just continues to be so full for me; I make it so. Boredom is the enemy of aging, and I will not go near it. There is always something to do.” |

Folly Bistro has been shortlisted for the Whistler Independent Book Awards in the non-fiction category. <https://independentbookawards.ca/wiba-2020-shortlist-announced/>

Folly Bistro and Mariposa Intersections can be purchased at Chapters and Indigo in Vancouver, Talewind Books in Sechelt, by request at your local bookstore or online at amazon.ca

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MAKEOVER: BEFORE & AFTER

by **INSPIRED STAFF**

Diana Pauze is a nurse who takes great pride in her work ethic and the strong relationships she has developed with colleagues throughout her career. When a knee injury kept her from going to work last year, she struggled to find meaning and value in matters outside her job.

Amid a difficult respite and with feelings of isolation, along came the opportunity for Diana to participate as a makeover candidate at *INSPIRED Magazine's* 55+ Lifestyle Show.

"I loved the experience," she says. "I am not a shopper, so going into the clothing store was a lot of fun, and I was surprised that there were a lot of things that fit me."

Diana's favourite part of the makeover process was getting her hair done by Hana Akai at Akai Hair Design in Victoria.

"I have great hair, but I have a hard time finding a stylist that will take their time with it," she says. "I also loved all the other appointments: the facial, nails and I also did my eyebrows for the first time."

The makeover experience was a bright spot in an otherwise challenging year for Diana, which boosted her self-worth. For others interested in a makeover, she recommends it and suggests making it an occasion to celebrate.

"It was fun to get dressed up for a day," she says. "I wish I would have made plans to do something special afterwards... I should have asked my family to come into town that day and we could all go out after."

WHAT THE STYLIST DID:

HAIR: When I first met Diana, I immediately noticed her radiant smile. That and her joyfully positive personality brightens every room she enters.

Diana's hair has a fair bit of curl, but the shoulder-length cut she had was pulling down that curl and overpowering her face.

I decided to showcase her beautiful face by removing some of the hair that was hiding it. I wanted to bring the shape of her hairstyle closer to the shape of her head, which meant taking off some length in the back and around the middle of her face. I also wanted to bring more volume to the top of her head.

I went for a graduated shape in the back to bring out the curls, leaving her front bang area longer. Diana's hair was also much whiter around her face, which was a great look, especially with what I decided to do with the colour.



For the colour, I went with a grey Redken Shades EQ gloss in the back to bring out more silver-grey tones and remove any yellow. For the front, we chose a few bolder pieces with light violet tones. The violet was understated, but it helped enhance her skin tone.

MAKEUP: For the makeup, I started as I usually do with a primer, and then applied a BB cream foundation. For Diana's eye shadow, I considered the outfit she was wearing for the fashion show and chose a subtle blue around the corners of her eyes. I also added a few individual false eyelashes to the outside edges of her lash line to open her eyes up, and a touch of dark liner. A hint of colour on the apples of her cheeks, and a natural pink gloss on her lips finished the look. |

SPECIAL THANKS to the Victoria businesses that contributed to the makeover and fashion show:

Akai Hair Salon - 101, 2559 Quadra Street, 250-383-3227.
Shimmer Body and Nail Spa - 4050 Santa Maria Ave.,
250-881-3787.

Suzanne's & Jenny's - 777, 190 Royal Oak Drive, at Broadmead Village Shopping Centre, 250-658-3618.

Photographer: Regina Akhankina from Couture Photography.
www.couture.photography 204-823-3870.

FOREVER FIT

by EVE LEES



MAGNESIUM DEFICIENCY: A REFLECTION OF OUR DIETS

Iron, potassium, folate and magnesium are just a few of the nutrients deficient in the general population. And that's sad news as these nutrients are plentiful in whole, unrefined foods. If we are deficient, it's an indication we are eating poorly.

Low dietary magnesium has been linked to diabetes and poor bone health, as well as several other disorders. Many of us, however, are not getting enough magnesium in our diets due to the amounts of highly refined foods we eat. Good food sources of magnesium include whole grains, legumes, nuts/seeds and green leafy vegetables.

In addition, thanks to some current popular diets, we are eating even less of the two major food sources of magnesium: lectin-containing foods, like legumes, and gluten-containing whole grains, like wheat.

Lectin and gluten are properties in certain foods that, in large amounts, can create digestive and other health complications. But unless you have celiac disease (and must avoid gluten), foods containing lectin and gluten can be eaten in small amounts for the benefit of the many other health-boosting properties they offer. Instead of avoiding these foods, cook them properly, perhaps pre-soak them, and eat them in smaller amounts at each meal.

Making sure your diet is rich in all nutrients also requires less focus on highly changed, human-made foods, and more priority on foods grown in nature. The less we tamper with a food, the more nutrients it will retain. And nutrients (vitamins, minerals, etc.) are the tools we need to sustain life; to help our bodies operate efficiently.

Choose a banana or an apple instead of a granola or sports bar. Avoid deli meats and more often opt for slices of plain roasted chicken or a boiled egg. Hard cheeses

are a better choice than processed cheese spreads.

Avoid eating so much "bread" (flour) and try a bowl of cooked whole grains occasionally. You get the idea.

If you are concerned about your magnesium intake, focus on leafy greens, nuts/seeds, whole grains and legumes. And as often as you can, try to make those food choices as close as possible to their original state – from the earth.

Bon appétit! |



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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

HAMBURG AFLOAT

by ALAN G. LUKE & JACQUIE D. DURAND

While we understand that travel is not possible during this global pandemic, it is still fun to read about the recent adventures of others. Until the world opens to us again, enjoy this travel feature and let your mind wander abroad. In the September issue, we will share what we're learning about the future of overseas travel post-COVID-19.

"We were uncertain whether the water floated the land, or the land held water in its bosom."
—Henry David Thoreau (1817-1862)

Thoughts of Hamburg, Germany do not usually conjure up images of canals wending their way through the heart of the city as with Venice and Amsterdam. Hamburg, however, has more bridges than Venice, Amsterdam and even London combined. No wonder it has acquired the moniker of "Venice of the North."

Since 1189, ships have moored in Hamburg's harbour, which is open to streams of influence with its centuries of city-state traditions. Germany's second largest city and Europe's second largest harbour is located on the Elbe and Alster Rivers with the city centre situated on Alster Lake. A prominent local tour guide, Mara Burmeister, tells me that "Hamburg has 1.7 million inhabitants and 5 million trees, which is a total of 50 trees per dog."

Hamburg's harbour comes alive in May when the city holds its birthday celebration. This is to honour the 12th century Emperor who granted the town special trade exemptions on the River Elbe. Tugboat ballets and dragon boat races are among the aquatic activities highlighting the event.

The following month, the Fleetinsel Festival combines culture and culinary creations. All along the Alster canals, this is a festive favourite featuring art and eats. A fleet is a man-made canal that has varying water levels due to the tides. On one side of Alsterfleet is the Alster Arcade (Alsterarkaden) with its shops and restaurants to explore. We paused to enjoy a jovial jam by a pair of local musicians who entertain people on the nearby Watergate bridge (Schleusenbrücke).



In the wake of waterfront celebrations and festivals, dozens of lake, river and canal cruises flood the waterways with a variety of vessels. One may even enjoy a boat tour on a restored 1920s barge. From spring to fall, this Historic Canal Tour takes you through the romantic canals and channels. During a harbour tour, I am sure I faintly heard a rendition of "Water Music" by the great German composer, Handel. It seemed surreal yet appropriate.

We arrived at Deichstrasse for some historic architectural appreciation. In 1842, the Great Fire broke out on this 17th century merchant street destroying one-third of the city centre. Some were privately preserved, and others painstakingly restored. One such house is the oldest example of a warehouse founded in 1780, located at 27 Deichstrasse. Located along the Nikolaifleet, these buildings currently house trendy pubs and traditional restaurants.

One unique eatery here is in a three-century-old structure. The Kartoffel Keller (Potato Cellar) was a refreshingly flavourful find along this historic street. A plethora of potato preparations are the primary palatable possibilities present. In soups or salads, boiled or baked, the potato is the apparent entrée at this eatery. "The meat is actually the side dish

ABOVE | Waterways abound in Hamburg, giving it the moniker "Venice of the North."

RIGHT | (Top) Kartoffel Keller manager, Nadine Harri, in her potato sack uniform outside the restaurant. (Bottom) One of several Hans Hummel statues in Hamburg and Hurdy Gurdy man. Photos: Alan G. Luke

and is regarded as a frugal accompaniment on the menu,” says the manager, Nadine Harri. Even the desserts, in the starchy vernacular, are “spud-alicious” offerings that include shredded potato pancakes with raisins, as well as potato fritters with fruit and yogurt. We were fortunate to arrive during the springtime for the white asparagus (spargel) season (May/June) and enjoyed the large shoots with my tasty tuber selection.

Servers don burlap potato sacks with a smiling potato logo emblazoned on them. Could this be the long-lost European cousin of Mr. Potato Head from Rhode Island? I would not be surprised to see Kartoffelmaultaschen mit Broeselscharm featured on the menu in the future. This was a favourite dish of the former German Pope (Benedict XVI) and consists of a potato ravioli topped with breadcrumbs sautéed in ample butter.

After a post-potato parlay with the proprietor, we headed northeast to the St. Pauli district. Once the port’s red-light district, it has undergone changes with streets such as Grosse Freiheit running off the Reperbahn strip providing night clubs and pubs. Mara mentions that Hamburg is the most British of

all the German cities and whimsically says that “when there’s rain in London, Hamburgians use our umbrellas.”

The Beatles stayed and played in this district at the legendary Star Club on the popular Grosse Freiheit street. During this period (1960-62), they even recorded a couple of songs in German.

Later, when we wandered into the main town square, a village appeared before us. It was the annual Stuttgarter Weindorf (wine village) in the town market square (Rathausmarkt). Tents and tables, mingling and merriment abound during this wonderful winefest. As with the Oktoberfests in Germany, the atmosphere necessitates conversing and cajoling with people from a collection of countries. We encountered the popular “Hans Hummel” ambling through the wine village in the flesh.

The story of Johann Wilhelm Benz (a.k.a. “Hans Hummel”) is also a water-related connection. Folkloric legend indicates that during medieval times, homes often relied on paying people to deliver buckets of fresh water since residences were devoid of plumbing. Johann distributed water to households and one day his wife, Hummel, ran away with all his money. He continued delivering water supplies calling out her name – Hummel, Hummel – every day. Children would mock him, repeating her name, as well. He became very annoyed by this teasing and dropped his buckets and his pants, slapping his rear end declaring “mors, mors” which is German slang for “kiss my butt.”

So, in good humour, when someone says “Hummel, Hummel,” one would reply “mors, mors.” This amusing exchange has been perpetuated with images on signs, souvenirs, statues and live portrayals of the jilted and jaded individual. Dozens of the colourful, life-size ceramic figures of the legendary character carrying water buckets appear throughout Hamburg. These ostentatious urban entities are mascots like those featured in different cities such as: The Berlin “Bear”; the Baltimore “Fish”; the Seattle “Pig” and the Toronto “Moose”. The one hundred statues were placed around the city and, in 2005, were auctioned off to benefit the homeless.

The city is seemingly afloat but not watered down. Water is the veritable lifeblood of Hamburg that will quench your thirst for culture as you flow through its food and folklore. |

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HOW TO SUPPORT A FAMILY OR FRIEND CAREGIVER

By WENDY JOHNSTONE

When someone you know is caring for someone who is ill or requires help, small gestures of care and support can go a long way. But sometimes we struggle with what to say or do, so we end up doing nothing at all.

Family caregivers often have a hard time reaching out or asking for help. Not because they don't want to; rather, they may be feeling overwhelmed or at capacity with managing their role as a caregiver and everything else in life. Below we list ways you can support a family or friend caregiver.

Reach out, even if it feels uncomfortable: Most of us worry about saying the “wrong thing” or we might feel uncomfortable with watching or hearing someone else’s sadness, distress or anger. And that’s completely understandable; it’s normal to feel this way. A simple gesture of reaching out to a caregiver can make them feel much less isolated or “cut off” from the world. Reaching out can be as simple as, “I don’t really know what to say, but I’m here for you. I’m happy to listen or get together.”

Listen without judgment or trying to fix a problem: Research shows that talking about a caregiver journey can help process the challenges and allow the caregiver to feel validated and heard. Listening without judgment is one of the best ways you can support a family caregiver. Often, this is enough for that person. You can let them know you’re open to hearing more about their situation by asking questions like, “what’s your biggest concern about caring for your mom?” or “would it help to tell me about what happened today with your son?”.

When a caregiver is struggling or expressing their challenges, sometimes we want to help so badly, we jump in to solve the problems at hand. It’s important to allow the caregiver to be in a place where they are open to suggestions rather than assuming they want advice. Consider an approach such as, “can I make a suggestion?” or “do you want to hear about what helped in my situation?”

Ask to help and support their specific needs: Asking, “what can I do to help?” opens the opportunity for the caregiver to accept help specific to their needs. You may end up making a meal, sitting with the person being cared for while the caregiver runs to do an errand, get their hair done, etc., or making phone calls to research and find resources.

Refer them to resources: Knowing what resources are available in your community or in the province can be a huge help to a caregiver. Family Caregivers of BC is here to help caregivers online, in-person and over the phone. You can reach out to us for more information or encourage the caregiver you are supporting to reach out to us.

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



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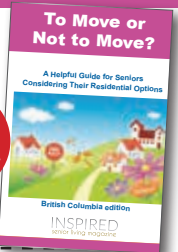
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LET'S PLAY!

by PAT NICHOL



COURAGEOUS
&
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Seventy per cent of the way we age is dictated by our lifestyle:

- How actively we move around.
- How much we drink (water not wine).
- How well we sleep.
- How many close friendships we maintain.
- How engaged we remain in life and community.

This is all very well, you say, but how do I handle this when I am worried about going out? When friends are locked down in their houses? When the activities I used to engage in are no longer available to me?

I have a couple of suggestions:

How much did you enjoy colouring when you were a child? Whether you did or did not, now is the time to begin

again. Get yourself some coloured pencils or some real crayons. Choose an adult colouring book or just play with the colours on paper. Discover your internal Picasso or Monet. Even more fun are watercolour pencils. Art – good or bad – relieves stress, encourages creative thinking, boosts self-esteem, and provides a sense of accomplishment.

Something else that transcends age and physical limitations, not to mention improving overall health, is laughter. Find reasons to laugh every day. Giggling reduces stress hormones. Chuckling tones facial muscles and acts like a mini face lift by increasing blood flow, nourishing your skin for a more youthful glow.

One minute of hilarity is as effective in getting your heart rate up as 10 minutes on a rowing machine. If you can guffaw for 10 minutes, you will burn 50 calories. You get an internal workout, too! Want to work your abs, diaphragm and shoulders? Have a belly laugh. Hearty laughter is a good way to jog internally without leaving your house.

We are doing so well in our communities with regards to this pandemic. Our goal now is to simply keep on keeping on. Staying the course should keep us healthy, safe and grateful. So, for the next month, until we connect again, have a laugh, use your coloured pencils, and make a note of what you did that you really enjoyed – and what you learned.

We are all on the same path, wanting the same things – love, joy, acknowledgement. This moment in time we have been given away from regular life is like a blank canvas. Use it to create a bright and colourful canvas of your life.

We do not quit playing because we grow old, we grow old because we quit playing. Never stop playing.

Remember what your mother told you, wash your hands often. Physical distancing is the new hug. And wear a face covering when you enter an enclosed space. |

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BUNNY & RANDY, CHRISTMAS 2019

Bunny's Forever Home

Randy's Mom, Bunny, was nervous about moving from the neighbourhood where she'd spent her whole life. He shares how she found her happy place at Magnolia Gardens in Langley:

"Mom was born and raised in Vancouver and spent the majority of her life there, so coming to Langley was a big change. After doing our due diligence and looking into seniors' communities, my wife and I chose Magnolia Gardens.

Upon bringing her out here, she was extremely nervous, and I must say, the entire staff has been absolutely

fabulous at making Mom feel so comfortable and welcome.

That was two years ago; now she wouldn't want to be anywhere else; she's extremely happy, she's comfortable, she feels safer than she ever has in her entire life. And she calls it her forever home as she is so happy and feels so fortunate to be here."

Visit Bria Communities Youtube channel to hear the rest of Randy and Bunny's story, and stories from other Bria Communities residents and family members.

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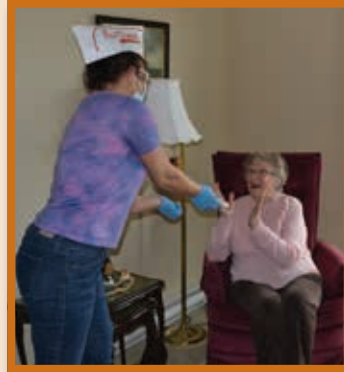
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