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55+ lifestyle magazine

AUG/SEP 2021

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NOTE: This is a special double issue. *INSPIRED Magazine* will return in October 2021. Have a safe and relaxing summer!

resources

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Cover MOSHE DENBURG

Founder and original artistic director of the Vancouver Inter-Cultural Orchestra performing at a concert by the Tzimmes ensemble at the Peretz Centre for Secular Jewish Culture. Photo: Naomi Arney

INSPIRED

55+ lifestyle magazine

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SEE YOU IN OCTOBER!

The offices of *INSPIRED Magazine* will be closed for three weeks in August to allow our staff and management some vacation time.

This combined August/September double edition will be on shelves until the end of September.

If you miss us during the month of September, please visit us online where you'll find entertainment and information to get you through to our October issue.

Have a safe and fun-filled summer!

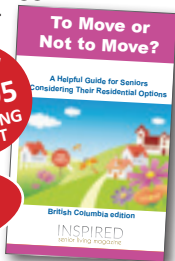
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THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



For over 13 years my mother-in-law lived in a suite in my home before opting to move to a retirement residence in another province, closer to old friends and familiar surroundings.

My experience with this situation, combined with my interaction with retirement residences throughout my career as this magazine's publisher was the basis for a book I wrote on the subject, called *To Move or Not to Move?* Over the years I've considered the many aspects of this consequential question.

In brief, what I've mostly discovered in my observation of retirement residences in BC is that the positives greatly outweigh the negatives. There may be those who disagree, but from the various angles from which I have viewed retirement residences, there are a lot of upsides.

All too often, I've heard those who make the move into a retirement residence say, "I don't know why I didn't make the move sooner."

Retirement residences in BC, particularly those offering Independent and Assisted Living, offer world-class services and amenities, rivaling those of a luxury hotel or cruise ship.

Retirement residences offer the kind of adventure and freedom that one who has lived a long life deserves.

Who wants to spend their entire life looking after a yard and doing home maintenance? Do you really enjoy housekeeping or worrying about security? Retirement residences provide the opportunity to leave those concerns behind.

Communal living can be the antidote to isolation – a chance to make new friends and enjoy camaraderie among peers.

When one of my relatives moved into a retirement residence, her social life expanded dramatically. It was a joy to watch her circle of acquaintances expand and see her engaged in group activities

that nurtured her outgoing nature.

Communal living often provides access to a variety of activities that can range from social events to hobbies, like gardening or woodworking, and even fitness programs.

The benefits of living in a retirement residence include attentive staff trained to anticipate and respond to almost every need. Buses whisk you to malls and take you on sightseeing excursions. Some residences bring the professionals to you in the form of hair stylists, footcare specialists, nursing care and even doctors.

Many people have remarked that as they get older, they need less. But the one thing that endures throughout a lifetime is the enjoyment of good food. This is where retirement residences can really shine. Many boast certified chefs whose culinary skills would not be out of place in a 5-star restaurant.

When an entrée is beautifully presented, fulfills all the fundamentals of nutrition and is tasty, it definitely meets the standards of culinary excellence.

Some people elect to age in place, choosing the home they know over embarking on a new adventure. But those who step into communal living in a retirement residence often discover more options and opportunities than they ever imagined.

This month, we include a directory of retirement residences for your consideration. If you are of an age or circumstance where maintaining your current home is not your best option, then perhaps you will find what you are looking for among the housing options listed in this issue.

Have a great summer folks! See you in October. |

To Move or Not to Move? can be purchased through our website or by mailing in the form included on this page.



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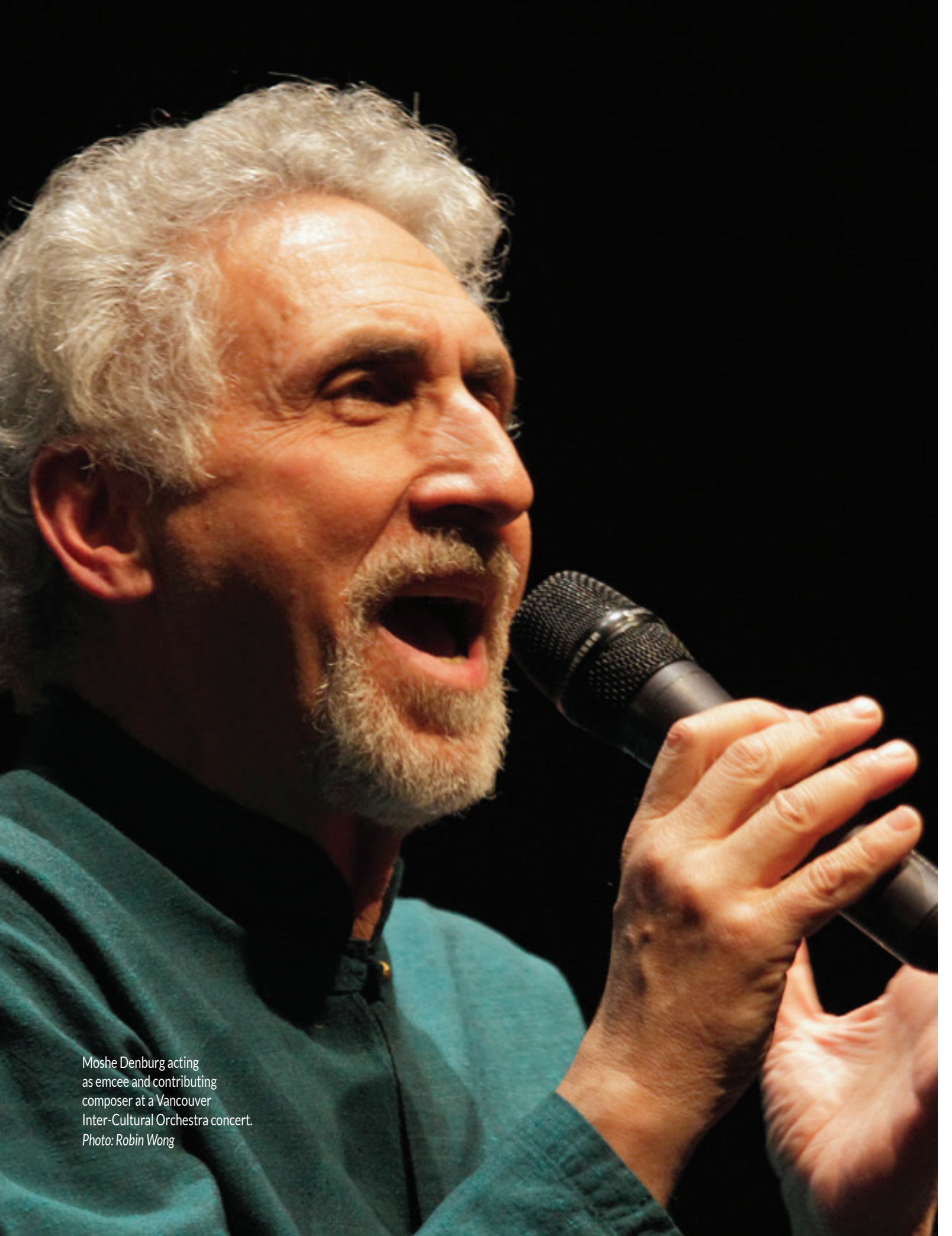
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Moshe Denburg acting
as emcee and contributing
composer at a Vancouver
Inter-Cultural Orchestra concert.
Photo: Robin Wong

MOSHE DENBURG: MUSIC UNITES THE WORLD

by JOHN THOMSON

Sure, the Beatles set the tone by introducing the sitar to pop, but it was his own visit to India that cemented Moshe Denburg's lifelong quest to explore the world's cultures through music, whether through his ensemble Tzimmes or as founder and original artistic director of the Vancouver Inter-Cultural Orchestra. The Inter-Cultural Orchestra or VICO builds on the musical traditions of other lands and cultures.

"It's initiated by the composer," says Moshe. "I'm a composer with a Jewish background. Another composer may have a Chinese background. The composer begins with his or her own root culture and integrates instruments and ideas from cultures other than their own," he says.

The result is a *mélange* of sounds and styles which are both unique yet unfamiliar to the western ear. Arabic, Turkish, and Persian music, for instance, have notes that aren't on the piano. They are in between notes, sometimes called quarter tones.

"These are forms that don't give themselves so easily to harmony," says Moshe, admitting the instrumentation may sound dissonant to a lover of Mozart or Beethoven.

"Let's face it, people need time to get into something," he says.

It's a formidable challenge – introducing a new musical form to an audience reared in the classics – but not unsurmountable for the musician who defied both convention and his parent's wishes.

The story begins in Montreal in 1946. Moshe's father, Chayim, was a prominent Orthodox rabbi. His mother, Miriam, sang Yiddish folk songs. Music permeated the Denburg household.

"My early acquaintance with music is the music of the synagogue and the songs of the congregation, and the folk music that my mother would sing," says Moshe. "Basically, Jewish music."

But it was the '60s and he was also listening to the Beatles, The Incredible String Band and others who were trying to incorporate non-western musical elements into their sound. Moshe had been writing songs from the age of 10 and, at 14, he taught himself how to play the guitar.

"I was definitely attracted to the stuff the Beatles were doing. It helped my understanding of where music was going," he says.

His father, however, had other ideas and wanted his son to follow in his footsteps. He wanted Moshe to become a rabbi.

"A lot of people who are not involved in music think that

their children who get involved in it are going to be dirt poor. They happen to be right," Moshe laughs, "but..."

At first, he followed his family's dictates. Like his father and his older brother before him, Moshe attended Yeshiva University in New York city. Yeshiva offered a mix of academics and Jewish studies, but it was the music program that attracted him.

"That's when I started to read and notate music. I started my actual training there."

A year at Hebrew University in Jerusalem followed. And then a stint at the Academy of Music, also in Jerusalem. But he was never really interested in school as a pathway to success. He wanted to write and perform and, in 1977, released an album, *Moshe Denburg Sings*, consisting of 12 traditional Jewish prayers put to music. Honouring his culture and its liturgy sealed the deal. His family came on board; Dad actually paid for the album, and his parents became life-long supporters.

"From that point on, they realized music was my life. I wanted to study the music of the world and, eventually, if I had the opportunity, to create an inter-cultural orchestra." Living in Israel and being exposed to Mediterranean music strengthened his resolve.

"You get it in your ears and in your brain. Here's the thing, growing up with Jewish music, there is an inter-cultural element that's already there because Jewish people have lived in all these different cultures. We always borrowed and contributed to the culture around us. That is a dynamic we've been part of for a very long time."

Anxious to study in situ, he travelled to India and Japan absorbing their culture and studying with other musicians. When he returned to Canada in 1986, he moved to BC and formed Tzimmes (pronounced tsi-mes), an ensemble dedicated to preserving and promoting Jewish music. And it's here that he started to mix it up. The lyrics were in Hebrew, but Moshe put them to up-tempo Middle Eastern music. Tzimmes is not klezmer, he says, but includes klezmer, Jewish music traditionally played at weddings.

"I've always carried both these things with me – the secular aspect and the liturgical aspect. The liturgical aspect is because I come from where I come from and that is my mother's milk, so to speak. On the other hand, klezmer is not a liturgical tradition. It's instrumental, it's celebratory."

And then, as luck would have it, a situation arose that ultimately led to Moshe realizing his lifelong dream.

"In 1999, some friends started the Sacred Music Festival. The couple that started it approached me to participate with Tzimmes, my Jewish music ensemble. I contributed, as did other people,

Snapshot with Moshe Denburg

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

"I'd say just work as hard as you can at the thing you love the most."

Who or what has influenced you the most and why?

"Indian music and the musicians and teachers I had were the most influential in my life because it came at a time when I was really trying to achieve something, and I learned enough from that tradition to really hone some of my abilities."

What are you grateful for?

"I'm grateful for certain teachers and certain connections I've made but I'd say at the root of my career is because of my parents who, at a relatively young age, in my twenties, started to support me in my calling."

What does success mean to you?

"It means to have the freedom to create something and put it out in the world. If one focuses on the process of creation and dissemination and one feels free to do so, then that is already success."



and at the end of that first festival, they did a big jam. So, I said how would you like me to write something for everyone? We got a little money, and we got the musicians to agree to play for a little bit. There were 28 musicians and a choir of eight."

"It was intended to be a proof-of-concept kind of thing," he continues. "I didn't yet know where I wanted it to go, but it was successful. For the next little while, we had a home at the Sacred Music Festival."

Moshe incorporated the Vancouver Inter-Cultural Orchestra as a non-profit society in September 2001. As its founding member and first artistic director, he was saddled with responsibilities, not the least of which was the task of bringing musicians with different cultural backgrounds together, those that read music and those who played intuitively.

"We have to get away from this idea that 'legitimate music' is the one you learn how to read and write," he says. "In India, for example, they understand music and they have a musical language, but they do not begin the music making process with what is written on the page. They study with their guru for years and years and perfect their technique, which involves a certain amount of improvisation. They understand music but it is aural. In fact, you could argue that if people are so tied to notes on a page, they lose feeling, they lose spontaneity."

Another challenge, he says, was the balancing of the instruments. Western instruments are loud whereas Eastern instruments are quieter. Since Eastern ensembles were intended to fill a room and not a hall, the East did not construct big orchestras like they did in the West. So, when you have a violin and you're playing it together with an oud, a Middle Eastern version of the flute, the Western musician has to play softly, and the Eastern musician has to play loudly. Plus, the softer sounds are amplified.

And yet another concern Moshe encountered early in the Orchestra's evolution – the issue of cultural appropriation. He remembers being asked, as someone with western sensibilities, about the validity of composing for the sitar.

"So, I said for me, I'm paying homage to their tradition. I am spending time trying to learn something. The problem, I think, is that

[appropriation] comes up when there's an economic advantage given to one group utilizing the cultural properties of another. But we don't do that. We're not there. The Vancouver Inter-Cultural Orchestra has taken a collaborative approach. Everyone is respected because it assumes a mutual approach not a cross-cultural approach, not an 'I'm crossing boundaries and I'm going to take this kind of approach.' This is the respect we wish to foster, and we do it by concentrating on the art, not the politics. We leave the political afterthoughts of our musical resonances to others."

Moshe says he was basically working by himself for the first five years, securing funding through grants and private donations, negotiating fees and overseeing promotion.

And always, at the back of his mind, "I was torn between trying to make this entity continue and what I really wanted to do – to be a composer and compose for [the Orchestra]."

Positive feedback encouraged him to stay the course.

"It so happened that there was a very good response from my fellow artists. There were good people, professionals, who thought highly of the project and wanted it to work, so that's how it grew. It was a bit of a struggle," he admits. "It was nip and tuck but now 20 years later it's a going entity."

Moshe relinquished his role as artistic director of the Vancouver Inter-Cultural Orchestra in 2014. But he's not languishing in semi-retirement. He lives in East Vancouver with his partner, Naomi, a respiratory therapist, and although the couple have no children of their own, Moshe's nephew, Elisha Denburg, carries on the family tradition as an accomplished composer in his own right. Moshe continues to play with VICO – guitar and vocals are his specialties – and composes for other entities, particularly the Orchid Ensemble, another Vancouver-based multicultural group, this one with predominantly Asian roots. As for COVID, he was as busy as ever when the pandemic struck in 2020.

"I got this Taiwanese commission," he says. "The perfectly socially distanced job."

Social distancing also presented him with an opportunity to follow up on another desire, to complete a double album of his

Tzimmes pieces.

“I went into the studio one-on-one with my engineer for overdubbing. In fact, at one point at the very beginning of the pandemic, we did mixing sessions by Zoom.”

In short, he’s enjoying a rich and rewarding life.

“A lot of things that people do is not a calling,” says Moshe. “They don’t feel ‘called.’ They don’t feel completely immersed when they go to a job. So, what happens? They leave the job and, unfortunately, two weeks later it’s bye-bye. Where do you shift to? As an artist, I can still do the things I want to do. There’s always something to do with a creative project.”

“It’s actually a feeling of completeness when I’m involved in music making,” he continues. “The stories that I tell are generally about states of mind and of feeling and of being in the world and they’re dressed up by the strong cultural strands that I’ve encountered and which I consider important to me.”

“One plan I have had for many years, in fact since I began dreaming about an inter-cultural orchestra in the early ’80s, was to compose a large-scale work, in multiple movements. Another plan I have is to complete a manual of inter-cultural orchestration for those who wish to acquaint themselves with the technical resources of non-western instruments.”

For a man who believes music unites the world, Moshe could be disappointed in current tensions and regional flare-ups. Yet he’s not dismayed.

“I feel very positive. I know there are some really intractable problems in the world, but I think there are things that begin with the personal and are offered on the personal level. It comes from art; it comes from the collaboration of people who experience something of unity. People are listening to each other and trying to create something. That spirit, I think, is what’s winning out.”

And thus, the importance of institutions like Tzimmes, the Orchid Ensemble, and the Vancouver Inter-Cultural Orchestra.

“We can see ourselves in each other.” |

To learn more about the Vancouver Inter-Cultural Orchestra, visit <https://vi-co.org/>



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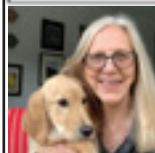
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WHERE THE GRIZZLY BEARS ROAM

by KATE ROBERTSON

Life is made up of a series of moments. Some seemingly timeless – etched upon our minds forever, while others, less remarkable, slip quietly into the wispy stream of forgotten memories.

For me, when it comes to Nature, there are two defining moments. The first, was seeing the movie, *Jaws*, which meant I was afraid to swim anywhere for years – even in a swimming pool. The other was reading a book called *The Bear's Embrace*, a personal account by a Canadian woman named Patricia van Tighem, who survived a savage grizzly bear attack, but suffered serious, disfiguring injuries.

To set the record straight, it's not all bears that I'm afraid of. I live in a fairly remote mountain area in southern BC, where bears are regularly seen – walking through my backyard or on my favourite forest trails. These are black bears though.

Thanks to Rob Stewart and his debunking of ferocious human-ravaging shark myths, I can once again swim in pools, and even in the ocean – if it's crystal clear.

I was hoping that a hike in Waterton-Glacier International Peace Park in the Rocky Mountains of southwestern Alberta, a known grizzly habitat where van Tighem's attack occurred, would help me achieve some peace with my grizzly anxiety.

The hike that I originally signed up for was Goat Lake Trail. Ironically, my local guide, Kris Robinson, contacted me the day before, saying that reports of an aggressive bear on the trail had resulted in a temporary closure, a not uncommon occurrence in the park. His new recommendation? Crypt Lake Trail, the very trail where van Tighem's attack occurred.

"It's an amazing hike; you'll love it," says Kris. "*National Geographic* voted it one of the world's 20 most thrilling trails." Crypt Lake Trail is only about 5.5 miles, but you gain over 2,000 heart-pounding feet in altitude on the way and pass through three biomes.

We arrange to meet the next day at the Waterton town wharf. Kris turns out to be a tall, pony-tailed redhead who speaks in a slow, gentle way that instantly evokes confidence – the kind of guy you want around when things go wrong. He later tells the story about Rambo-style piggy backing his sister-in-law-to-be down Crypt Lake Trail after she twists an ankle. Even though he's a certified guide, I'm pleased Kris' buddy, Devin, is joining us, a friend who also grew up hiking these mountain trails. Safety in numbers.

A 15-minute boat ride across the glacier-blue waters of a lake tightly skirted by steep mountains, brings us to the trailhead. On the day of van Tighem's tragic hike, there were only two others who disembarked at the trailhead, so I'm happy



Fishing at Crypt Lake. Photo: Kate Robertson

that there are at least 20 of us on this sunny summer day.

The trail is heavily forested from the get-go, with underbrush as thick as a dog's undercoat. I can feel the niggling sense of anxiety start to rise, my heart beating faster than this section of gradual switchbacks warrants.

"Do you remember hearing about a tragic grizzly bear attack on this trail?" I ask Kris. He wasn't yet born in 1983 when the attack happened, but he admits he heard about it. He thinks it happened right around where we are, about a mile up from the dock. He didn't know much about the story but said that he'd never heard of any other grizzly attacks in his 29 years.

"And, knock on wood," he says, "I've never had any negative interactions with aggressive bears in all my time in the forest." Devin echoes this. Between them, these two have clocked hundreds of miles in the backcountry. This is reassuring.

Several hikers make it to Crypt Lake before us and sit chatting and eating their lunches. The lake is dead calm and glacier blue, surrounded by long scree slopes covered with dirty patches of snow, dipping into the water like long, bony fingers. Just over the southern mountain is Montana.

Devin has a fishing pole and starts enthusiastically casting. "I've never caught a fish here," he says, "but not for a lack of trying." So, when he catches, not just one, but five, getting a bite each time just seconds after his line hits the water, I'm happy for him, thinking it's catch-and-release, like most national parks. But apparently here, you can carry out two for your dinner, and Devin's already talking about how he will cook his rainbow trout as he wraps them in newspaper and places them in his backpack.

Great, now we're going to be hiking through one of the densest grizzly bear regions in the world, the smell of freshly-caught fish wafting from our group, like the smell of fries drifting from a food truck, enticing hungry passers-by.

I learn later upon re-reading van Tighem's book that it's at the sub-alpine tree line where it joins the rocky boulder switchbacks, that the grizzly bear ferociously attacked first her husband, then her – going back and forth to maul each of them twice.

"After summers of handing out 'you are in bear country' pamphlets in Banff Park, instructions for a bear encounter flash through my brain," van Tighem writes. "Climb a tree, grizzlies can't climb." She climbed 20 feet up. "I freeze, terror fills me.

It's right there. Eye contact. Small bear eyes in large brown furry head, mouth open. It's charging the tree and knocks out the branch from under my feet."

As the bear starts mauling her head, she writes, "Protect my head. Roll on front and play dead; don't fight. Tuck my chin in. A grizzly is chewing on my head." Van Tighem hears the crunch of her own bones, slurps and heavy animal breathing.

There's something personal about being attacked and bitten by an animal, especially on the face. I know all about this, as I was previously attacked by a dog – a large, aggressive Akita – with teeth as sharp as a surgeon's scalpel. It took 162 stitches, give or take, to sew my face, throat and arm back together. That dog wasn't fooling around.

In investigating van Tighem's attack, park wardens figure the bear and her cubs were feeding at the carcass of a big horn sheep that they found 23 metres off the trail where the attack happened. The grizzly's cubs were almost her size, 136 kilograms.

"Bears will defend carcasses violently and this one did," writes van Tighem. "Perceiving us as a threat, she used her powerful jaws to break ours. That's how bears incapacitate their opponents."

As North America has been settled, grizzlies have been pushed to the very edge of their existence, mostly up into Alaska and northern Canada. Habitat loss and human-caused death are the biggest contributors to the loss of grizzly bears. The population of over 1,000 grizzlies that roam the Rocky Mountains of Montana, BC and Alberta, where Waterton Park is located, is one of the densest this far south. Their existence depends upon good management and cooperation among all land users throughout the entire range. Bears, of course, don't recognize land borders. They also do what they need to do to survive.

Van Tighem never did get over her severe PTSD. And grizzly bears still scare me. But in the end, it doesn't matter whether I'm afraid to hike in grizzly country or not. I just need to believe in the preservation of their habitat. May the grizzly bears forever roam. |

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CAMPBELL RIVER

Berwick by the Sea ■●

250-850-1353 / 1-844-418-1353; 1353 16th Ave.
www.berwickretirement.com
Capacity: (I) 130 units; (A) 30 units; private **Price:** call for rates
Amenities/Services: ocean view; chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; 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 **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 ■

604-250-6444 / 604-997-7337; 8980 Edward St.
www.colchar.org
Capacity: 54 units; private **Price:** \$620+
Amenities/Services: Laundry; pay parking available.

Waverly Seniors Village ■●▶

604-792-6340; 8445 Young Rd.
waverly.info@retirementconcepts.com
Capacity: (A) 69 units (C) 53 units **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) 170 units; (A) 35 units **Price:** call for rates
Amenities/Services: chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; transportation; rooftop garden & lounge; theatre; fitness centre; games room.

Casa Loma Seniors Village ■●

250-897-1033; 4646 Headquarters Rd.
info@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.
comox.info@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
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.
duff.info@retirementconcepts.com
Capacity: 153 units **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 **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 ■

604-250-6444 / 604-833-8552; 8850 118A St, North Delta
www.colchar.org
Capacity: 31 units; private **Price:** \$1600+
Amenities/Services: Continental breakfast, chef prepared lunch, dinner; laundry; hydro included; activities; regular bus trips.

Waterford, The ■▶

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

housing directory legend

We use three housing categories to define 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:
www.seniorlivingmag.com/housing

Wexford, The ■

604-948-4477; 1737 56 St.; www.wexfordforseniors.com
Capacity: 65 suites **Price:** \$4200+
Amenities/Services: daily fitness & social activities; Red Seal chef-prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; fitness centre; rooftop garden; private dining room; pets allowed.

KAMLOOPS

Berwick on the Park ■●

250-377-7275; 1-866-377-7275; 60 Whiteshield Cres. S.
www.berwickretirement.com
Capacity: (I) 147 units; (A) 25 units; private **Price:** call for rates
Amenities/Services: valley view; chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; transport; games room; fitness centre; library; theatre; gardens.

Kamloops Seniors Village ■●▶

250-571-1800; 1-844-603-4663; 1220 Hugh Allan Dr.
ksv.info@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
Capacity: 28 units **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
Capacity: 137 units **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.;
lsv.info@retirementconcepts.com
Capacity: 121 apartments **Price:** call for rates
Amenities/Services: Langley Seniors Village is centrally located in beautiful Willoughby, walking distance to numerous shops & services. Offering a wide range 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 **Price:** \$2700+
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 **Price:** \$2400+
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

Columbus Christopherson House ■

604-250-6444; 11797 Burnett St.
www.colchar.org
Capacity: 19 units; private **Price:** \$1940+

Amenities/Services: close to bus service; regular bus trips; basic cable, continental breakfast, chef prepared lunch and dinner; activities; hydro.

Columbus Kilmartin Gardens ■

604-250-6444; 11821 Burnett St.
www.colchar.org
Capacity: 22 units; private **Price:** \$1095+
Amenities/Services: close to bus service; hydro; ranch style one bedroom units; coin laundry; pay parking.

Maple Ridge Seniors Village ■●▶

604-466-3053; 1-844-603-4663; 22141 119th Ave.
mrsv.info@retirementconcepts.com
Capacity: (I) 49; (A) 30; (C) 108 **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; 1-877-525-3111; 3201 Ross Rd.
www.berwickretirement.com
Capacity: (I) 120 units; (A) 28 units; (C) 36 units; private
Price: call for rates
Amenities/Services: lake view; chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; transport; fitness centre; library; theatre; games room; gardens.

Nanaimo Seniors Village ■●▶

250-729-9524; 1-844-603-4663; 6089 Uplands Dr.
nsv.info@retirementconcepts.com
Capacity: 357 apartments **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).

Trillium Woodgrove Manor ▶

250-390-1036; 6304 Metral Dr; www.trilliumcommunities.com
Capacity: 43 suites; **Price:** call for rates
Amenities/Services: lovely outdoor gardens; activity lounge & program; 24hr care & memory care; nutritious meals & snacks; housekeeping; personal laundry service; emergency call system; hairdresser; foot care; pets welcome to visit.

NEW WESTMINSTER

Dunwood Place ■

604-521-8636; 901 Colborne St.
Capacity: 191 units **Price:** 30% of monthly income
Amenities/Services: studio & 1 bdrms; 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

Berwick Parksville ■

250-937-0989/ 1-888-441-6209; 180 Jensen Ave E
www.berwickparksville.com
Capacity: 189 units; **Price:** call for rates
Amenities/Services: pickle ball courts; fitness centre; 5th floor rooftop lounge; ocean views; pub; theatre; wellness program; chef prepared meals; games room; transportation.

Stanford Seniors Village ■●▶

250-951-0811; 250 Craig St.; stan.info@retirementconcepts.com
Capacity: (I) 29 units; (A) 23 units; (C) 182 units
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.

PRINCE RUPERT

Columbus Kaien Place ■

604-250-6444 / 250-600-2706; 550 - 5th Ave E
www.colchar.org

Capacity: 26 units; private **Price:** \$600+
Amenities/Services: coin operated laundry; activity room; free parking.

Columbus Wayne Place ■

604-250-6444 / 250-600-2706; 630 Wayne Place
www.colchar.org

Capacity: 25 units; private **Price:** \$600+
Amenities/Services: coin operated laundry; activity room; free parking.

QUALICUM BEACH

Berwick Qualicum Beach ■●

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

Capacity: 94 units **Price:** call for rates
Amenities/Services: ocean view; chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; theatre; fitness centre; games room; rooftop lounge; transport.

RICHMOND

Verve Courtyard Gardens ■●▶

604-273-1225; 7051 Moffatt Road;
www.verveseniorliving.com/courtyard-gardens

Capacity: (I/A) 108 suites; (C) 31 suites **Price:** \$4645+
Amenities/Services: 1 & 2 bdrm suites; 3 full meals/day; wkly housekeeping; clinical staff 24/7; hair salon; foot care nurse; manicures; hearing consultant; mobile lab services.

SIDNEY

Amica Beechwood Village ■●

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

Capacity: 106 units **Price:** \$3200+
Amenities/Services: studios, 1 & 2 bedroom suites, premium patio suites; 24 hour staff & emergency pendant; assisted living services; all meals; basic cable; weekly housekeeping & linen service; activities & fitness programs; bus outings; respite stays.

Legion Manor ■●

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

Capacity: (I)78 suites; (A)68 suites **Price:** call for rates
Amenities/Services: affordable; fitness classes and activities; entertainment; outings; situated on 5 acres in the beautiful Saanich Peninsula & close to all amenities.

Norgarden ■

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

Capacity: 42 suites **Price:** \$3300+
Amenities/Services: individualized lifestyle; delicious meals; beautiful scenery; underground secure parking; salon/spa; activities; bus; spacious suites; near amenities; guest suites; locally owned; pets welcome.

SURREY

Camellia Residences ■●

604-336-9768; 10928 132 St.
<https://camelliareidences.ca>

Capacity: 116 units **Price:** \$3400+
Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; shuttle bus outings; beauty salon; medical centre; ping-pong room; billiards room; backyard garden/patio; guest suite; pets allowed

Guildford Seniors Village ▶

604-582-0808; 1-844-603-4663; 14568 104A Ave;
gsv.info@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;
ppsv.info@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;
rhsv.info@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 **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

Amica Arbutus Manor ■●

604-736-8936; 2125 Eddington Dr.
www.amica.ca/arbutus-manor

Capacity: 114 units **Price:** \$4700+
Amenities/Services: 24/7 licensed practical nurse on-site; 3 meals; daily activities & entertainment; weekly housekeeping; flat linen laundry; cable; personal emergency response system. Located on 4-acres; courtyards; near shopping, parks, bus.

Amica Edgemont Village ■●▶

604-929-6361; 3225 Highland Blvd. North Vancouver
www.amica.ca/edgemont-village

Capacity: 131 suites **Price:** \$4350+
Amenities/Services: 3 meals; 24/7 on-site nursing; personal emergency response system; weekly housekeeping & flat linen service; daily activities; bus excursions; entertainment; beautiful inner courtyard; theatre; craft kitchen; near shops and amenities.

Amica Lions Gate ■●▶

778-280-8540; 701 Keith Rd; www.amica.ca/lions-gate

Capacity: 90 units **Price:** \$8278+
Amenities/Services: all meals; bistro; theatre; 24 hour on-site nursing staff & emergency call system; utilities include heat, hot water, internet; daily suite tidy; weekly housekeeping, flat laundry service; daily activities & events; short term/respite stays

housing directory legend

- Independent/Supportive Living (I)
- Assisted Living (A)
- ▶ Residential Care (C)

Amica West Vancouver ■●▶

604-921-9181; 659 Clyde Ave., West Vancouver
www.amica.ca/west-vancouver

Capacity: 121 suites **Price:** \$4399+
Amenities/Services: 24/7 nurse on-site; 3 meals; daily activities & entertainment; weekly housekeeping & flat linen service; cable; personal emergency response system; swimming pool; court-yards; near shopping, parks & bus; short term/respite stays.

Chelsea Park ■

604-789-7132; 1968 E. 19th Ave.; kdupont@newchelsea.ca
Capacity: 74 units **Price:** \$2700+
Amenities/Services: well-designed, comfortable, affordable living for seniors; near John Hendry Park, Trout Lake: "Seal of Approval" recipient; belonging & community; many amenities included. Limited offer - 1 mo free rent w/ 12/mo lease.

Columbus Millennium Tower Vancouver ■

604-250-6444 / 604-408-3547; 1175 Broughton St.
www.colchar.org
Capacity: 56 units; private **Price:** \$980+
Amenities/Services: dining room service at additional cost; pay laundry; pay secure underground parking; basic cable included; West End Vancouver.

Columbus Tower Vancouver ■

604-250-6444 / 604-992-1344; 5233 Joyce St.
www.colchar.org
Capacity: 81 units; private **Price:** \$785+
Amenities/Services: next to Sky Train; laundry; pay parking.

Renfrew Care Centre ▶

604-255-7723; 1880 Renfrew St; info@retirementconcepts.com
Capacity: 106 units **Price:** Fully funded
Amenities/Services: 24 hr care; wellness services; recreation; therapy programs; Independent living property nearby for campus of care options.

Southview Terrace ■

604-438-3367; 3131 58 Ave E; www.southviewterracesa.ca
Capacity: 57 units **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 **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; www.amica.ca
Capacity: 102 units **Price:** \$3450+
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; www.amica.ca
Capacity: 166 units **Price:** \$3300+
Amenities/Services: Gorge waterway Continuum of Care - Independent Living, Assisted Living, Long Term Care, & Memory Care; 3 meals a day; bistro; weekly housekeeping; linen service; activities included.

housing directory legend

- Independent/Supportive Living (I)
- Assisted Living (A)
- ▶ Residential Care (C)

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www.rosemanor.ca

Amica Somerset House ■●
 250-380-9121; 540 Dallas Rd; www.amica.ca
Capacity: 135 suites **Price:** \$3700
Amenities/Services: Independent and Assisted Living; oceanfront studio, 1 and 2 bedroom suites with balconies; includes meals; bistro; weekly housekeeping; activities and fitness programs; theatre; pool; bus shuttle.

Berwick House ■●▶
 250-853-5492; 1-866-721-4062; 4062 Shelbourne St.
 www.berwickretirement.com **Price:** call for rates
Capacity: (I) 99 units; (A) 35 units; (C) 37 units; private
Amenities/Services: chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; transport; fitness centre; library; theatre; games room; gardens.

Berwick Royal Oak ■●▶
 250-386-4680; 1-866-721-4680; 4680 Elk Lake Dr.
 www.berwickretirement.com **Price:** call for rates
Capacity: (I) 201 units; (A) 25 units; (C) 27 units
Amenities/Services: chef prepared meals; housekeeping; linens; 24hr emergency response; wellness program; transport; fitness centre; library; theatre; games room; gardens.

Carlton House of Oak Bay ■
 250-595-1914; 2080 Oak Bay Ave; www.carltonhouse.ca
Capacity: 88 units **Price:** call for rates
Amenities/Services: boutique independent living located in Oak Bay Village; meals by in-house chefs; social activities; secure u/g parking; 24hr staff; emergency call system; private car to Dr. apt; complimentary personal shopping; pets w/restrictions.

Cherish at Central Park ■
 250-478-4431; 100-917 Avrill Road; www.cherishvictoria.ca
Capacity: 130 units **Price:** \$2695+
Amenities/Services: home made whole foods; warm & friendly place to call home.; all amenities like workshop, putting green, greenhouse, theatre, bistro, gym, salon, etc.; family owned and operated. Please call Micky.

Cridge Village Seniors' Centre, The ■●
 250-384-8058; 1307 Hillside Ave; www.cridge.org
Capacity: 38 units (I); 38 units (AL)
Price: \$2590+ (I); subsidized (AL)
Amenities/Services: beautiful heritage building; walking paths; excellent food; modern addition; grand lounge; extensive recreation programming; common areas; visiting pets only.

Revera - Parkwood Place ■
 250-598-1565; 3051 Shelbourne St. www.reveralliving.com
Capacity: 100 units **Price:** \$2195+
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.

Ross Place Seniors Community ■●
 250-381-8666; 2638 Ross Lane; www.rossplace.ca
Capacity: 182 units **Price:** \$2500+
Amenities/Services: proudly owned by VRS, a non-profit organization, our dedicated team strives to provide seniors with a safe & secure environment, quality home-cooked meals, & opportunities to stay active & meet new friends.

Rose Manor ■
 250-383-0414; 857 Rupert Terrace;
 www.rosemanor.ca
Capacity: 70 units **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 **Price:** \$1975+
Amenities/Services: at this Supportive Living home, you receive 3 home-cooked meals daily, while enjoying spectacular mountain and oceanfront views.

Selkirk Seniors Village ●▶
 250-940-1028; 385 Waterfront Cres.
 selkirk.info@retirementconcepts.com
Capacity: (A)41; (C)217 **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.

Sunrise Senior Living of Victoria ■●▶
 250-383-1366; 920 Humboldt St; www.sunrisevictoria.com
Capacity: 93 units; private **Price:** \$5300+
Amenities/Services: 24/7 nurse & care; emergency call system; memory, complex & palliative care; secure environment; walking club; activities; bistro; salon; lounge; pet friendly.

The Glenshiel Housing Society ■
 250-383-4164; 606 Douglas St; www.theglenshiel.bc.ca
Capacity: 68 units **Price:** \$1400+
Amenities/Services: three home cooked meals a day; light housekeeping; social activities; bedsitting room for independent seniors; no pets; COVID protocols in place; Follow us on Facebook.

Trillium Clover Point Care ▶
 778-817-1139; 90 Linden Ave; www.trilliumcommunities.com
Capacity: 14 suites; private **Price:** call for rates
Amenities/Services: lovely garden & patio; 24hr care & memory care; nutritious meals & snacks; activities & daily walking program; housekeeping; personal laundry service; emerg call system; hairdresser; foot care; small dogs considered.

Trillium Craigdarroch ▶
 778-817-1139; 1048 Craigdarroch Rd;
 www.trilliumcommunities.com
Capacity: 16 suites **Price:** call for rates
Amenities/Services: lovely garden & patio; 24hr care; nutritious meals & snacks; activities & walking program; housekeeping; personal laundry service; emerg call system; hairdresser available; foot care; monthly bus trips; small pets considered.

Trillium Douglas Care ▶
 778-817-1139; 657 Niagara St; www.trilliumcommunities.com
Capacity: 28 suites; private **Price:** call for rates
Amenities/Services: outdoor garden w/raised beds; 24hr care & memory care; nutritious meals & snacks; activities & walking program; weekly bus trips; library; heated atrium; craft kitchen; hair salon; emerg call system; small pets considered.

Trillium Hart House ▶
 778-817-1139; 1961 Fairfield Rd; www.trilliumcommunities.com
Capacity: 20 suites; private **Price:** call for rates
Amenities/Services: 10,000 sq ft heritage home; garden & patio; 24hr care & memory care; nutritious meals & snacks; lounge w/ ocean view; activities; daily exercises; bus outings; housekeeping; laundry service; emerg call system; hairdresser; footcare; small pets considered.

Trillium Highgate Lodge ■
 250-472-0077; 1538 Cedar Hill X-Rd.
 www.trilliumcommunities.com
Capacity: 54 units **Price:** \$2600+
Amenities/Services: lovely garden & walking paths; 24hr emerg response; 3 meals/day; utilities included; housekeeping; linen service; activities; exercise programs; bus outings; library lounge; craft room; woodworking shop; pets welcome.

housing directory legend

- Independent/Supportive Living (I)
- Assisted Living (A)
- ▶ Residential Care (C)

Trillium St. Charles Manor ▶
778-817-1139; 1006 St. Charles St.
www.trilliumcommunities.com

Capacity: 53 units **Price:** Call for rates
Amenities/Services: lovely garden & patios; 24hr care & memory care; nutritious meals & snacks; activities & weekly bus outings; TV lounges; 4 lounge areas; library; emergency call system; hairdresser; footcare; small pets considered.

Trillium West Shore Village ■●
250-478-7527; 333 Wale Rd;
www.liveatwestshorevillage.com

Capacity: 122 units **Price:** \$2200+
Amenities/Services: Studio, one & two bedroom, some w/in-suite laundry; ample storage; library; fireside lounge; pub; movie theatre; cafe; salon; multi-purpose room; small pets considered.

Victorian at McKenzie, The ■
250-381-9496; 4000 Douglas St; www.victorianatmckenzie.ca
Capacity: 117 units **Price:** \$2500+

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. COVID Safety Protocol in place.

Wellesley of Victoria ■●▶
250-383-9099; 1-844-603-4663; 2800 Blanshard St.
well.info@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

Amica White Rock ■●▶
778-545-8800; 15333 16 Ave. South Surrey;
www.amica.ca/white-rock

Capacity: 157 units **Price:** \$5500+
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Concord Retirement Residence ■
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White Rock Seniors Village ■▶
604-541-4663; 1183 Maple St;
wrsv.info@retirementconcepts.com

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WILLIAMS LAKE

Williams Lake Seniors Village ■●▶
250-305-1131; 1455 Western Ave.;
wlsv.info@retirementconcepts.com

Capacity: 118 units **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.

housing directory legend

- Independent/Supportive Living (I)
- Assisted Living (A)
- ▶ Residential Care (C)



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EAT STAY LOVE

by LISA GREWAR

Eggs Benedict for breakfast, sautéed prawns with garlic butter for lunch, and rosemary roasted lamb for dinner. These are just a few mouth-watering dishes on the menu at retirement residences. And whether residents are just moving in or they've been there for years, they consistently praise the food and fellowship as the joys of their day.

At retirement residences across BC, excellent food service is paramount to efficient management and successful operation. It is essential to ensure the health and safety of residents and to offer them a coveted lifestyle of independence with social supports.

"Everyday residents should feel they can eat like they're at home," says Gary McBlain, National Director of Culinary Services for Amica Senior Lifestyles. One of the foods they get the most compliments on are their soups, says McBlain. Residents just love the huge variety of 50+ soups that are available every month, and the fact that they're all freshly made in-house with homestyle flavour.

Open dining at Amica means no set-in-stone times for noshing. There are core meal periods but if a resident has an appointment away from home, for example, they can come and go according to their own daily schedule without missing out on any meals.

Retirement residents have high expectations for the range of menus and food choices. These discerning dwellers appreciate how and when the food is presented and, in many cases, want the option to provide input to enhance their meals.

"We want residents to eat the food they love," says Janice Miller, Manager of Marketing and Community Relations for Bria Communities in the BC Lower Mainland. Each of the four Bria buildings has a council made up of residents who can bring their requests and feedback – good or bad – to the chefs.

Recently, several Bria residents enjoyed a special serving of borsht, says Miller. The advance input from the council enables chefs to prepare unique or cultural dishes



Bria Communities Magnolia Gardens, Nashia, 2021.

for individuals who may be celebrating an occasion or remembering someone dear.

People of all ages love to mix the joy of eating with socializing. From birthday parties and barbecues to seasonal and themed events, chefs and community directors create and coordinate multiple activities every month to gather residents around food.

Elizabeth Roach, Executive Director of the Salvation Army's Southview Terrace, notes one of the unique features of their seniors' residences. Both the assisted living and independent living buildings have fully outfitted kitchens available for residents to prepare and cook their own meals.

While the Salvation Army Residences' mission and mandate influence the serving of fish on Fridays and a policy of no alcohol served in their buildings, Bria Communities are launching a new wine service available with dinner. This service was initiated by the residents to enhance their social and dining experience.

"Last year was tough for residents," emphasizes McBlain. The people at Amica are most happy when the dining room is full, and everyone is enjoying the food and companionship.

The chefs at retirement residences in BC have been working especially hard to meet the food and service needs of their residents. Across the board, these chefs are hired because they have completed apprenticeship training and national Red Seal trade certification in the culinary service industry.

Red Seal chefs often specialize in providing food service

for large numbers of restaurant and hotel patrons. When working at senior residences, they adhere to the Canada Food Guide and consult with an onsite nutritionist or dietitian to provide the most suitable and appetizing food service.

In the heat of summer 2021, residents are relieved and thrilled to have food services and social celebrations returning to normal.

A newly appointed Red Seal chef at the Salvation Army Southview Terrace is scripting a fresh menu and he's brimming with ideas to tempt residents' taste buds.

This summer, they're offering 'Pop Up' restaurant dining for smaller gatherings, and the ever-popular patio and el fresco dining.

Over at Bria Communities, Miller hints at the ingredients to a plan beyond sourcing fresh vegetables and herbs from farmland in the South Delta. In the future, Bria hopes to manage the full cycle of food production from source to waste for the greater benefit of all our communities. |



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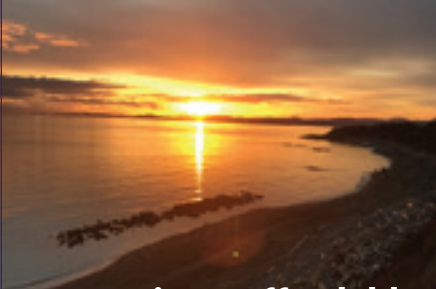
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HOW TO PREPARE FOR A MOVE TO A RETIREMENT RESIDENCE

by MELANIE DORCHESTER

My dad imagined that he'd live in his cozy bungalow with his beloved wife forever, but far sooner than expected, Mom passed away, and he found himself alone. Family, neighbours and church friends did their best to help, but it became increasingly apparent that if he was going to thrive, he needed to move into a less isolating environment. My sister and I searched for a retirement residence with the right location, amenities, friendliness, health support and cost for him.

Through tears, Dad agreed that moving into the retirement residence was the best choice for him at that point. He would be able to live independently but could share meals and activities with other people on a regular basis, without the responsibilities of maintaining a house and yard. Preparation for the move began that day, and was followed by a flurry of garage sales, donations, packing, and the sale of his home with lots of help from family and friends.

WHO CAN BE OF ASSISTANCE WITH YOUR MOVE?

Once a residence has been chosen, there are many variables to consider. Practical and emotional support will be needed throughout the process. Although moving at any stage of life can be challenging, with careful planning and the appropriate assistance, it doesn't need to be overwhelming.

Family, friends and professionals can share roles and responsibilities throughout the process.

Financial planner – Trusted bank and/or investment advisors can help simplify the facts. They will look at your economic situation, such as basic government pensions, savings, investments, workplace pensions, tax credits and exemptions, medical expenses or other relevant details. How much income do you have and how much will you need to manage? This will impact which retirement residence will be appropriate for you.

Realtor – Homeowners will need to find a trusted realtor. If you don't have a realtor, consider recommendations from friends or family, or use Google and Rank or Rate Your Agent to search for an expert in your neighbourhood.

Legal advisors – A trusted legal advisor can assist with the formalities of selling your home, and any other questions you may have. If you don't have an advisor, you can contact the Canadian Bar Association's Lawyer Referral Service.

Downsizing – Unless you have purposefully reduced your belongings, there may be a big task ahead. The size of your new space will impact decisions on what can be consigned, donated, or kept, and seniors' moving services can help in this process. They have experience and can strategically help sort, pack and unpack.

Movers – These professionals have experience transporting possessions, but you may want to have a different plan to move precious heirlooms or fragile objects. Movers can be found through your local Senior's Information Line.

Counsellors – Change can be unsettling and stressful. If, at any point in this journey, you need to talk to an unbiased, kindly counsellor about your concerns, the 211 Safe Senior's Information Line can provide local contacts.

Facilitators, staff and residents at the retirement residence

When my father toured the retirement residence, his questions were answered by a facilitator, friendly staff, and other residents. After he moved in, staff and residents helped him adjust to his new home and life. A similar 'team' approach is taken at other retirement residences. For tours, contact the residences you're considering about updated protocols now that more and more BC residents are vaccinated.

Parties, entertainment, outings and vibrant social times are slowly resuming, and brighter days are ahead.

After a short adjustment period, Dad happily settled into his residence. During one visit, I found him laughing with new friends over coffee and muffins. Seeing him happy again was a gift I'll never forget.

While a move to a retirement residence can feel daunting and emotional, with careful planning, it may be right for you. |

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IS NOW THE RIGHT TIME TO MOVE TO A RETIREMENT RESIDENCE?

by DIANA PENGELLEY

So, you are thinking of moving to a retirement residence! This can be an exciting time, and with careful planning, it can be an easy transition.

BC offers so many options, from condos with amenities when you want, to mini apartments offering common areas and large formal dining rooms, to smaller boutique places outside urban areas. No more lawn to mow, no weekly trips to the grocery store, and no snow to shovel!

Jane Bryce, manager of The Wexford in Tsawwassen says, “Moving, at any age, can be difficult. It is important for seniors to make this move while you have the choice and are able to enjoy the lifestyle and amenities.”

If COVID-19 taught us anything, it was how important it is to not get isolated. You enjoy living in your own home now but may soon need daily support. Moving when you are mobile and can consider where you may like to live is the best option.

Research shows people who engage in meaningful, productive activities with others tend to live longer and have a greater sense of purpose. Those who stay active and have a good social network tend to be happier overall.

THINGS TO CONSIDER:

Are you moving away from your current city or neighbourhood? How will you keep in touch with friends? Are you moving to be closer to family?

Set up a regular schedule with family, so you can allow time to meet other residents in your new community and make new friends.

If you move to a location with several retirement residences in one central area like White Rock or Sidney, you can be close to friends who live in another. If not centrally located, does the residence offer trips to local shopping areas, or to downtown on a regular basis?

Are you close to your primary physician? Can you get there easily? Retirement communities will have nursing staff, but you still need to keep or obtain a family doctor who you can easily access.

Consider future needs. Will you need a place on one level? If you use a walker, are the suites spacious enough for you to move around safely and manage on your own?

If you need more care, while your spouse can still live on their own, be sure to find a place that can transition you within the same building or complex.

Bria Communities, with locations in both Tsawwassen and Langley, has sister buildings offering Independent Living only in one and both Independent Living and Long-Term Care in the other. This makes it easy for residents to transition into long-term care, if needed.

Be sure to talk to the staff when you are looking at residences. Stay for the meal. Ask the cleaning or service staff how they like working there. If staff are happy, you will know you are in a good place. Everyone plays a part in the welcoming of a new resident.

“To truly meet the needs of our community, we must be open, positive and helpful towards each other,” says Christie Hansen of Harrison Pointe and Harrison Landing in Langley. “That we may ‘age in place’ is surely the ideal that we hope for in retirement, and we believe that this is possible for residents.”

A good recreational team will help you connect with other residents who like to do similar activities. If you enjoy swimming now, be sure to find a place with a pool. If you like to visit the salon once a week, make sure there is a good hairdresser onsite with availability for new residents. If you like gardening, is there an area for residents to get their hands in the dirt or a gardening club? Perhaps you can have a small container garden on your patio or balcony.

Referrals from friends or neighbours who have made the move are great but be sure to ask your adult children how they see your new location fitting into how they can support you when you need them.

Whatever you decide, make sure you get a sense of “being in the right place” before signing a lease.

And look forward to your new freedom! |



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GROUNDDED

by ISA PERKINS

As Helen Stewart leads me down the paths in her garden, pointing out various flowers, she looks at peace. “I feel the earth beneath my feet when I walk in my garden, and it makes me feel grounded,” she says. Helen has worked on her Victoria garden for more than 25 years, building this piece of paradise from virtually nothing.

Since Helen was a young girl, visiting her grandmother’s garden in Rochester, New York, she has been drawn to gardens and to the beauty of nature. “It was just like a fairyland to me,” says Helen. However, it wasn’t until later in her life that she began creating her own garden.

Helen grew up and studied in Berkeley, California. She attended various art schools and experimented with different techniques, but found her niche when drawing nature. When she moved to a sheep farm in northern BC in 1965, she was able to draw what she loved. She and her family were largely self-sufficient; they had an enormous vegetable garden and had to learn how to take care of it. “People did not grow flowers there, they just grew vegetables,” says Helen. This lifestyle led to a respect for nature and for gardening.

The family’s final move from northern BC to Victoria was a huge change in many ways. There was no longer a need to be self-sufficient, so Helen decided to plant flowers along with a few vegetables. The new property, however,

had only a bit of soil between rocks and ivy. “I really had to learn about soil,” says Helen.

She brought in truckloads of wood chips, compost, topsoil, and manure for her new garden. She dedicated herself to learning how to maintain healthy soil and without this, she wouldn’t be as fascinated by its important properties as she is now. “Life began in the soil and without the soil, we would not survive,” says Helen. She finds her work with the earth very rewarding and has documented the adventure in numerous, self-illustrated books and a short documentary video.

“Today, it is pretty hard to have an optimistic view on life while seeing the environmental damage all around one.”

Helen has struggled with the reality of climate change. In her book, *Drawn into the Garden*, she writes, “in the past 100 years, one third of our topsoil has been lost to erosion. As our soil diminishes, so do mankind’s chances of survival. We must consider the consequences of how we live, and everyone can make changes in their lifestyle that are positive and healthy.

ABOVE | Author, illustrator and gardener Helen Stewart with her dog, Mossy, in her Victoria Garden. Photo: Stefan Cremers

Joining a community garden, or making a small garden, even planting on your patio, you are helping the earth by improving the soil.”

“If your interest is in something positive, and you focus on that, then your perspective of the world changes.”

With her interest in the soil and its important properties, Helen finds herself working on her next literary project – a book dedicated to the importance of soil and focusing on what is happening below the surface.

“My Garden: Beauty Above, Wonders Below is going to show what is above the ground, and then I am drawing what is below the ground.” Her slightly whimsical illustrations are rich in colour and detail. Many different plants are depicted with their roots stretching far below the surface of the earth.

“I like that my drawings are botanically correct. Someone who is familiar with plants should be able to look at them and know the exact plant I have illustrated.”

She explains how she studies a plant by picking a piece to watch as the bud unfolds, and flowers open, and petals fall. Helen’s art is inspired by the cycle of life that can be seen and learned from in one’s garden.

By pairing her love for the earth with her love of art, Helen has used these skills to help nature and inspire others to do so as well.

“I plant in a painterly way because I am a painter,” explains Helen. She plans out and plants areas in her garden based on what she wants to paint. “For me, the garden is like an ever-changing painting.”

“It makes me feel grounded and like I am a part of something larger, also it gives me a different view of the world.” Helen sees her connection with her garden as a lesson in balance, perspective, and attentiveness to the natural world.

“I think a garden is your best educator and nature is the same,” she says. “You learn to appreciate each season, and every day when you look at your garden, there is something new and interesting to learn.” |

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OUTDOOR FRIENDSHIP DURING THE PANDEMIC

by MELANIE DORCHESTER

Apparently, bridges are known to be a common meeting place for cyclists. On that first day of many adventures, I waited patiently as cars roared above me on the Lion's Gate Bridge. Group after group convened, then zoomed off while I waited for my friend to appear. Eager to thrive and stay connected, several of my physically active friends had started to come together for summer and fall bike rides. These would change over the winter months to snowshoeing, skiing and snow hiking.

Prior to the pandemic, I had always appreciated having friends and family over for meals and celebrations. It was energizing to be together, with the added benefit of being a natural motivation to clean my home. As the invisible danger of COVID-19 seeped into our world, the concept of a safe bubble became the priority.

My own household embraced the new reality, taking turns outdoing each other with incredible meals, and walking the dog in varying family combinations. Dust triggered latent allergies in my daughters, but without guests inside our home, the vacuum was practically abandoned by four capable adults! Eventually, all that closeness began to feel restrictive, as did Zoom visits. We yearned to connect with friends and extended family in person.

So, grateful to have a yard, we began to place chairs at a safe distance on our patio, and to have one or two people over at a time. As winter approached, we purchased a large gazebo and firepit. One couple arrived with their own wine, glasses and takeout meal and left before they needed to use the bathroom. It felt so wrong, and yet so right for the times.

On Thanksgiving, my sister joined my family under the canopy in torrential rain. Her husband hadn't come, as he doubted that we would stay outside in such weather. My daughters were also ambivalent about this plan. Not my sister. She laughed, "It's just like camping!"

Like me, many of my friends had resorted to doing outdoor exercise on their own. All of us were determined to find ways to keep ourselves and our families safe and healthy. We wanted to embrace the belief that health applies to mind, body and soul. The social connection was deeply missing from our lives, so I reached out to some of my active friends:

Corinna, a world-class triathlete, had continued to train by swimming in nearby Sasamat and Buntzen Lakes. When the lakes got cold, rather than go inside a community pool (even when they were open), she wore a wet suit. She also happens to be an energetic, tenacious 80-year-old who is the primary support for her 106-year-old mother who lives alone.

Beverly had trained for a 10-day trip with a friend on the Camino trail the previous year and had once again purchased a pass for Grouse Mountain. She also explored city bike routes and was eager to join outdoor adventures with others.

Cynthia was a member of a seniors' bike group that had temporarily stopped, while eventually forming tiny groups to accommodate physical distancing rules. She wanted to join the occasional ride or mountain activity, when possible, as did Suzanne, who planned to retire soon.

Did I mention the importance of bridges? Living in the Lower Mainland, many bike plans involve one. Our new ad hoc group members live in different communities, so they either had to load their bike on a car or bus to cross a bridge, or in my case, meet my North Shore friend under the Lion's Gate Bridge then ride across it and the Burrard Street Bridge to connect with the others.

ABOVE | Overlooking a marina during a bike ride.

RIGHT | Snowshoeing on Mount Seymour in North Vancouver.

Photos: Melanie Dorchester

Sometimes it would be pouring rain in one person's home area, but they would still take a chance to come. We were usually graced with good weather, though, and it was always exhilarating to see each person arrive on a bike from different directions at Granville Island under the bridge.

We explored paths along False Creek, or west past Kitsilano and Jericho beaches, and numerous city bike routes, always finding time for coffee and a snack along the way. Finally, the cold fall rain forced us to put away our weary bikes.



Before long, it was time to dust off the snowshoes and ski equipment. As the local bears settled into hibernation and the snow reached decent levels, the mountain trails beckoned. By then, everyone had settled into new routines. Beverly's grandchildren were homeschooling during the pandemic, and she played a pivotal role four days a week as an online tutor for her six-year-old granddaughter, Mila. She had started hiking Grouse on Tuesday afternoons.

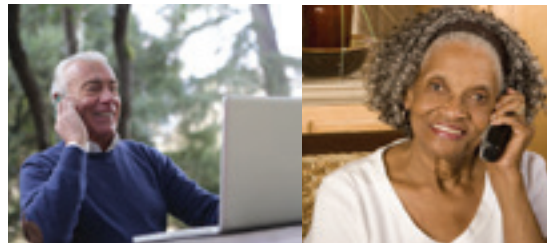
My daughter, dubbed Mountain Goat, stirred my interest in hiking the BCMC, but we soon realized she would be shivering by the time I finally caught up with her. By then, I had caught the mountain bug, so I bought my first pass for Grouse, and joined Beverly regularly on Tuesdays. My hope was that her pace would be a better fit for me.

As we morphed into a winter sports group, Thursdays became a regular cross-country ski day. One by one, others from the cycling group plus a few

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others occasionally joined us. Several times, there were simple exchanges in mountain parking lots, like a thousand-piece puzzle of Paris, books, YakTrax or crampons. Corinna's mouth-watering homemade sourdough bread, complete with the starter, recipe and instructions, was a big hit. There were times when we struggled to figure out a plan, catering to minor injuries and energy levels, but a friendly consideration for each other was paramount.

Loneliness and isolation evaporated as we separately drove across bridges and headed to the mountains. How can I explain the feeling of being surrounded by glistening white? Breathing in deeply and releasing tension, without even trying. Sometimes chattering about the mundanities of life, then sharing a crystal-clear moment of understanding about human hardships. At times, we just followed trails, quietly breathing and listening. Alone, but not. |



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by VERENA FOXX

KARA & WYATT

Kara and Wyatt met in 2016 and married one year later.

Both in their late 50s at the time, life gave them a second chance at love, and they took it.

Each had tragically lost their 30+ year spouses to cancer, four years before they met and within three months of the other.

“When we got together, we noticed that we were, and now still are, psychically and synchronistically connected in magical ways,” says Kara.

They found out they had lived their lives within nine Vancouver city blocks of one another, and while they had mutual acquaintances and interests, their paths had never crossed.

After taking time to grieve the sudden loss of her beloved husband, Kara knew she wanted another committed relationship. She realized that after her long marriage, she was “out of practice” in the dating world, so she prepared herself by first venturing into online dating. During this time, she also let her friends know she was interested in meeting a new partner.

Unexpectedly – and coincidentally – Kara’s friend, an oncologist,

who had supported her husband to his end-of-life and had also cared for Wyatt’s wife to her end, ran into him in a downtown office elevator. During a coffee catch-up and check-in with him a few weeks later, she asked if he was dating. When Wyatt responded that he was ready to move in that direction, she offered to pass his phone number on to Kara.

Five years later, and happily together, Kara and Wyatt agree that because they were both widowed, understood that loss, and had experienced long, successful relationships, they both wanted that again.

They also quickly realized they shared plenty of common interests and travelled well together, so they took the plunge.

While they “live” together and are committed to their marriage, they maintain separate homes, 10 minutes apart. “It works,” says Kara, “because he-does-him and I-do-me in our professional roles, and then we come together under one roof for our personal relationship.”

“We also understand, respect and have room for the other’s loss,” they say, “while we live our special relationship forward.” |



SIGHTS AND HEIGHTS OF SQUAMISH

Last month's Day Tripper included Murrin Park, where the summit of Quercus Trail offers all hikers a pretty Howe Sound panorama. Climb a little higher (okay, a lot higher) up the nearby Stawamus Chief and you'll be blown away by the view in store. While gravity-defying daredevils scale the flat face of this 700-metre granite slab, there is also the alternate route up the back side for all you trail blazers. But beware; even this escalation comes with lots of grunt work.

The initial walk-in-the-woods seems like a breeze, but don't be fooled. Just steps after you cross the trickling Olesen Creek, your nature-created step class will begin. Strategically-spaced log treads, etched into the mountainside, soar upwards like a stairway to heaven.

You'll soon come to a junction where there's a fork on your footpath. Left will take you to South Peak and right veers to the Centre and North Peaks. If you're a real adrenaline junkie, you can do all three peaks in one day. But because this involves some back-tracking, it can take up to six hours to complete. By choosing to hike just the first and second peaks, you'll be up and back in half the time – and you'll be treated to the same sensational view.

But before getting to this scenic apex, there's still more work to be done, energy to expend and cross training in store. Guardrail ropes border sections of the steep-pitched pathway, ladders wedge between the



crevices of mammoth-size boulders and assisting chains cling to slick granite surfaces. But eventually comes the grand finale, the visual reward for all your hard work.

The panorama expands beyond the minuscule grid of Squamish to the backdrop of distant snow-glazed peaks. In between are the sapphire waters of Howe Sound, industrial landmarks of Woodfibre and Port Mellon, and unpopulated mountain valleys. And snaking along the ocean's edge far below is the ribbon of asphalt that got you to this trailhead, the Sea to Sky Highway.

Oh, I forgot to mention – there is a third ascending option that provides this same splendid scene. While die-hard hikers head off on the trail, the less hearty can hop aboard one of the lifts at the neighbouring Sea to Sky Gondola and receive this same heavenly overview. And from the apex you can also scout some interpretive walks, teeter your way over the Sky Pilot Suspension Bridge, discover a little zen in a yoga class and enjoy a hot bevie in the Summit Lodge Tea House. Now that's my kind of hiking! |



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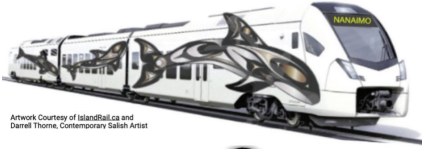
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*Times Colonist November 18, 2008

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FOREVER FIT

by EVE LEES



BUILD A STRONGER CORE

Every movement you make originates from the torso or centre of your body. Having strong arms and legs is useless if the trunk they are attached to isn't equal or greater in strength.

Your sense of balance also relies on a strong "core," which are the muscles in your mid-body (trunk or torso). Stronger core muscles also contribute to good posture.

If the muscles of your trunk aren't strong enough, you may suffer from chronic back pain, easily lose your balance and fall, or be at greater risk for injury when doing other activities. Doing core exercises regularly can improve your performance, not just in your exercise activities, but your everyday actions as well.

Strengthening your core muscles involves exercises or activities that require a collaborative effort of several muscle groups, all which work together to stabilize the body. This can be achieved by using specialized equipment, such as balance boards, stability balls, or Bosu balls (a vinyl dome that resembles a ball cut in half).

These add extra challenge to the core muscles through the simple act

of balancing or stabilizing yourself. This allows your joints and muscles to work together as they do in your daily activities, such as the balance required while walking upstairs with bags of groceries.

Exercises without equipment are also effective. Many of the movements in yoga, Pilates and Tai Chi are effective for core strengthening – like the plank, a Pilates exercise. And there are many other "core" training exercises. Consult with a Certified Personal Trainer or Certified Fitness Instructor for more ideas and the proper technique for the exercises.

Get to the core of any physical weakness simply by building stronger core muscles. |

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.

For more info, visit www.artnews-healthnews.com

VICTORIA MARATHON MOVES AHEAD WITH HALF MARATHON AND 8K RACES

by ANITA SMITH

As the province gets closer to re-opening special events, people are motivated to start socializing and getting active again!

The Victoria Marathon Society is excited to announce there will be an in-person Half Marathon and an 8K race on Sunday, October 10th, 2021.

“It won’t look like a typical marathon weekend due to reduced participant numbers, but I am sure the excitement of the participants and volunteers on race weekend will be contagious,” says Cathy Noel, GM & Race Director.

Sponsors and supporters are welcome to ensure the success of the event, and the Victoria Marathon Society encourages anyone interested to contact them. Noel will happily consider ideas and answer any questions from the community.

Race weekend is a great way to set new fitness goals, get active, and connect with the community. One does not have to be a seasoned runner or in perfect shape to join in the fun. The Race welcomes passionate first-time participants, as well as seasoned runners and Olympians. It encourages those who are running for charity, or those who are motivated to achieve a personal goal.

The city buzzes with energy on Race Day, and it is inspiring to see runners poised at the start line, supporting each other throughout the race, and celebrating their achievements together at the finish.

Like most events re-starting in 2021, the Race will be a little different in order to adhere to public health initiatives and minimize its impact on both the city and race support personnel. Many enthusiastic volunteers will return this year to cheer on the runners as they wind their way through a route that showcases Victoria’s beautiful scenery.

This pandemic period has been a challenge for charity fundraising events, so it is important to note that the CHEK Charity Pledge Program will also run for the 17th year. To date the program has raised over \$2 million for local charities.

Race organizers expect record numbers of enthusiastic participants this year as they look forward to the countdown at the start and hanging medals on runners at the finish. |

Register early. For more information, visit: www.runvictoriamarathon.com

To contact Cathy Noel, email: cathy@runvictoriamarathon.com



Photo Credit: Matt Cecil Visuals

Have you heard the great news?

We’re putting on an in-person Half Marathon & 8K on October 10th and we’re looking for volunteers!

Join our Volunteer Crew, sponsored by Peninsula Co-op. We are looking for volunteers for route marshals, package assembly, package pickup, finish line volunteers, setup crew... and more



For more information, visit our website at runvictoriamarathon.com/volunteers



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What You Need to Know About Contesting a Will

Sponsored by Hammerco

Wills are very personal, and extremely important — they can be complex and difficult to talk about, especially when a loved one has passed. Krista Simon, an estate lawyer with more than 18 years of litigation experience, outlines the basics of contesting a Will and Estate Litigation.

What are some of the most common reasons I might have to contest a Will?

- Parental incapacity when making the Will
- Undue influence when making the Will
- Inequality between sibling beneficiaries
- Stepfamily issues
- Disputes stemming from a parent's divorce or re-marriage
- Mishandling of an estate by a Trustee or Executor

Why would I need to work with an Estate Litigation lawyer?

The passing of a loved one is a difficult and emotional time. Estate Litigation lawyers help you through this process by protecting what is rightfully yours. There are strict timelines for bringing and defending claims — time is of the essence.

If you've been excluded from a Will, are a disappointed beneficiary, or need to protect your share from another party, Krista and her team will help you fully understand your options, explore the right strategy for moving forward, and fight for your fair share.

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HORSES FOSTER HEALING

by VIRGINIA SPERL



Pippa greets me with a warm smile and elegant British accent, while maneuvering her electric wheelchair like an Indy 500 driver: strategically analyzing her surroundings but without the speed. A skill she no doubt developed when she was an Administrator of the National Ski Academy in England.

We take a few moments to chat before her class at Victoria Therapeutic Riding Association. Pippa shares her story of how a muscular sclerosis (MS) diagnosis 30 years ago made an abrupt left turn in her active lifestyle. While it may have been easy to give up, instead, she gave herself a pep talk, “Well now, what else can I do to keep my mind and body active?”

After moving to Canada, Pippa tried sailing for persons with disabilities until a friend suggested therapeutic horseback riding, which, initially, she was not too keen about.

“Growing up in England, one took riding lessons, which I didn’t care for, but after moving to Canada, I did have experience working on a cattle ranch and I knew I loved horses,” she says.

For five years now, Pippa has been coming to ride her “sweet Danny” every Wednesday at Victoria Therapeutic Riding Association (*pictured above*).

“Danny and I have a very special connection,” she says. “He seems to know that I cannot use my left side and he tends to compensate for that. He gets me. He also has an issue with one of his eyes, which appears to enhance our connection together.”

Danny is a beautiful golden Haflinger horse, which is a breed perfect for therapeutic riding and is one of 11-12 horses in the herd.

“Danny and I love each other, and he has filled a huge gap in my life physically and mentally,” says Pippa. “After riding him each Wednesday, I’m completely exhausted but I’m also so very happy and thankful for this organization.” An interesting side note: Pippa’s birth name is Philippa, which means “love of horses.”

For almost 40 years Victoria Therapeutic Riding Association (VTRA), a non-profit charitable organization in Saanichton, has been providing “equine-assisted” learning programs to more than 200 children and adults with a wide range of disabilities throughout the Greater Victoria area.

Seniors’ lessons are tailored to individual needs that include physical movements and mobility and, during the pandemic, VTRA also focused on improving mental health at the facility,

while acknowledging that depression, anxiety and loneliness has escalated. That's where being around a beautiful gentle giant and stroking their mane or quietly talking to them can have positive impact on one's outlook.

VTRA is a tight community with a loving home environment feel. People buzz around the stables and property, all filling an important role, from volunteers, participants, staff, dogs and horses. And they all have one thing in common: bright, warm smiles.

Sue and Carol are two volunteers among a team of 275, who dedicate their time so participants can benefit in so many ways each week.

After retiring from a 35-year career as a teacher, Sue wanted to continue giving back to her community. She has a talent for fundraising, which is a much-appreciated skill that VTRA relies on to ensure they can continue offering first-class service.

Sue has witnessed amazing changes in people that participate in the variety of classes offered at VTRA. "Results from sitting on a horse for a person with disabilities can be amazing," she says. "I saw the transformation of one such person that began arriving in a wheelchair and graduated to a walker, all because of the core strength needed to stay in the saddle. I had to fight back tears when I saw him walking."

Carol has been a volunteer for 18-months. She is a Side-walker, which is a person that supports the handler while taking a participant out for a ride.

"You don't have to be a 'horseperson' to volunteer here. I wasn't very experienced with horses, but since joining VTRA, I have noticed some beautiful transformations in children and seniors," she says. "The physical ability and self-confidence transformations are inspirational for all to witness. It forces me to stay in shape because I also have to 'trot' to keep up with the horse or I might become airborne!"

VTRA takes great care to match a horse and participant by size, personality and a connection. They are constantly brainstorming ideas to grow and answer the needs of the community in exciting and fun ways. An emerging program is one for seniors with dementia. Guests are brought out to the grounds for a picnic and the pleasure of interacting with and viewing the horses in their environment.

Also in the works is a literacy program for children, and an 'Adaptive Driving Program' that will involve people with disabilities who cannot ride a horse but can be trained to drive a cart. VTRA has worked diligently to raise \$10,000 so far and only has \$3,000 more to reach their goal towards this specific project.

The energy at Victoria Therapeutic Riding Association is electric! From the newest volunteer to the executive director and everyone in between – including the equine – enthusiasm for the work they do and care for the people they serve is second to none. |

To learn more, visit www.vtra.ca or email contact@vtra.ca

June

Age 5, Cerebral Palsy

Loves kindergarten, art, and swimming

As a happy five-year-old, June's complex health challenges don't hold her back from doing the things she loves. And when her family needs to travel from their home in Denman Island to Victoria for June's medical treatments, Children's Health Foundation of Vancouver Island's home away from home, **Jeneece Place**, is there.

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Island kids, like June, need you. Donate now at islandkidsfirst.com



CYCLING IN SOUTHWEST FRANCE

by JOAN BOXALL

B for Bordeaux

Cooling our toes in the world's original water mirror, fog emanates every 15 minutes from the banks of water that define Bordeaux in two words: bord and eaux. This UNESCO world heritage city of art and history in southwest France sits on the tidal Garonne River that flows from the Pyrenees to the Atlantic Ocean, 45 kilometres to the west.

From Stock Exchange Square on a walking tour, our guide makes us laugh at the lackluster names given to Bordeaux sights. Water Mirror, Fortified Gate, Big Bell (Grosse Cloche), Big Theatre (Grand-Theatre) and Stone Bridge (Pont de pierre) whose 17 arches represent a familiar emperor, N-a-p-o-l-e-o-n-B-o-n-a-p-a-r-t-e.

Travel guru, Rick Steves suggests Bordeaux stands for bore-dom... Au contraire, Monsieur Steves! Bordeaux has more preserved historical buildings than any other French city save Paris. A steamy dance exposition unravels off St. Catherine's Promenade, the EU's longest pedestrian shopping street: part of a summer-long Dancing-on-the-Quay swing and blues invitation.

We take a multi-stop riverboat shuttle. First stop is at La Cite du Vin, a self-guided wine-museum with 20 themes on 10 levels, architecturally-shaped like a wine carafe. We pair wine and chocolate at Maison Gobineau from their list of 30 wines daily: reds, dry and sweet whites, roses, clarets and sparkling wines, but I decant.

L for Leafy Links

We book with Explore! – a company with a wide array

of travel adventures for the solo or small-group trekker or cyclist. As a former French-language teacher, I'm overdue for some parlez-vous. Toulouse is our pink-city destination (ville en rose) with its terra-cotta brickwork. We'll cycle southeast to access the Garonne Canal bike path, a 19th-century short cut between the Atlantic port of Bordeaux and the Mediterranean Sea.

Our start and finish extend like spokes to and from the UNESCO spiritual hub of Santiago de Compostela. Today, pilgrims and non-pilgrims walk and cycle it. Bordeaux is on the north-south artery; Toulouse, along its east-west access.

We ditch our bags and hop along to Holland Bikes, who set us up with helmets and hybrids (a cross between road bikes and mountain bikes), pumps and locks. We carry small essentials in our front paniers. Also supplied are route notes, maps, and an odometer. We've brought our own side-view mirrors, shammy (chamois) shorts, padded gloves, water, and flat-soled bike shoes (stiffer than a normal runner, and tread-less so as not to catch pedals).

We merge with a converted railway bike path (the greenway or voie verte). We're on a false flat, rising gently, winding our way through vineyards to the village of La Sauve and its thousand-year-old Benedictine abbey. A UNESCO site and stop on the Santiago route, we stop at the town's bakery, where a baguette take-away is 'incroyable' and the pistachio-raspberry and apple tarts, irresistible! What stone carvings at the top of the abbey columns! Our top two picks are Daniel in the lion's den, and pinecones (or bunches of grapes) symbolizing sacrifice and resurrection.

We spool along the plateau for an hour before a descent into Cadillac (the same Cadillac as the car, named after Detroit's founder). The Hotel Chateau de la Tour's outdoor swimming

ABOVE | Greenspace in every shade along the Garonne Canal Towpath.

TOC | The author and her husband, Ken, travel lightly along the Garonne Canal Towpath in Southwest France. Photos: Joan Boxall

pool is the perfect aperitif, followed by buttery white fish, pea coulis, roasted-red-pepper lasagna, cubes of marinated raw salmon around a half-moon of green-tea-ice-cream, and several grapefruit-cream swirls.

Leaving Cadillac, up and over Sainte-Croix-du-Mont, brings us to the Garonne Canal. A palette of green hits us; every shade from yellow-greens at the top of the plane-tree canopy to the olive-dark-greens of the waterway.

We mosey on to Meilhan-sur-Garonne and feast our eyes and noses upon the town's summer food fair. We are steeped in music, escargots, wines, figs, bread, oysters, preserves and enticing mixtures simmering onto plates.

Other cyclists along the way ride e-bikes (electrically-assisted bikes). One easy rider suggests they can comfortably average 20 kilometres/hour to our 15.

Moissac brings us to the edge of the Tarn, one of three rivers feeding the Garonne. Another UNESCO town on the pilgrimage route, it was rebuilt in art-deco style in 1930. We eat in the square below the medieval abbey/cloister and strike up conversation with the couple next to us.

"Where are you from?"

"Cognac," they answer.

"Have you always lived there?"

"Yes," she says. "We are French... but we are also Gauls, Moors, Visigoths (Germanic tribes), Basques, Romans, even Aquitaines (a British possession from the 12th to 15th centuries and a term still used today)."

"The British are drawn to our warm climate although no longer as conquerors," says her husband with a smile as warm as the dishes we're sharing at Le Fromage Rit (the laughing cheese).

T for Toulouse

Our hotel off Place Wilson memorializes the 28th US president's peace negotiations post WWI. We find Hunger Beans Vegetarian Restaurant (La Faim des Haricots), which opened in 1996, knowing full well it was 'crazy-crazy (to open in the land of) duck breast and foie gras.'

We sightsee the Garonne River through the mile-long Brienne Canal, lock-connecting with the Canal of the Midi. We love St. Etienne Cathedral's rose window and Gothic nave, and the Augustinian Museum's exhibit of Toulouse Renaissance art. We douse croissants with jam facing The Capitole at the heart of the pink city: a sumptuous city hall and opera house. Up the great stairway, natural light streams in through rooms frescoed wall-to-ceiling.

We walk pedestrianized streets down one of six star-shaped boulevards. Between boulevards are bowling greens (Boulingrin for the French game of boules).

Our BLT has been a Bordeaux-Links-Toulouse self-guided tour. |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/bordeaux-links-toulouse



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FINDING LITTLE MOMENTS OF SELF-CARE

By WENDY JOHNSTONE

When we are working with a caregiver and we hear them struggling to prioritize their needs or find time and energy to keep well, it's never easy for us to respond with, "Put your own oxygen mask on first before helping the person you are caring for."

We've all been (or currently are) family caregivers and we can relate to caregivers in our programs or using our caregiver support services. It's one thing for caregivers to understand that if they run out of oxygen, they can't help anyone else; it's another for caregivers to feel even small acts are possible when they feel stretched to their limit.

One form of self-care is self-compassion. Being kind to yourself the way you'd be kind to a friend is the core concept. Self-compassion is "on the job and in the moment" self-care. It doesn't require a break from caregiving like some other types of self-care (i.e. exercise, time alone, etc.) Self-compassion is the ability to notice when you're struggling – to see and hear it – and to show kindness towards yourself in difficult moments. It's giving ourselves, as caregivers, permission to meet our own needs rather than self-judging our perceived inability to cope.

Research shows that family caregivers who list self-care as a priority can better provide care, are at lower risk of burnout and becoming ill, and find more joy in their role as a caregiver. And it also turns out that when we are kind to ourselves or showing self-compassion, it leads to increased feelings of happiness, optimism, gratitude, and life satisfaction. It's even linked to better coping and resiliency in the face of difficult life situations, such as caring for someone else.

Starting with small acts of self-care can create the opportunity to see the benefits. Calling a friend who lifts you up, saying no, accepting help, finding five minutes for a cup of tea in silence, or closing your eyes and breathing for 10 breaths are all acts of self-care.

Allowing yourself small moments of self-care along the way is a much better plan than a crash course in self-care that lasts for a day or longer. Prioritizing your self-care won't solve all your challenges or make all your current and future stress disappear. You'll still feel tired or find days where you simply don't have time for self-care. Like caregiving, there will be peaks and valleys. It's a shift in mindset. It is about embracing the idea that "I am a priority" and my self-care is just as important as the person I'm caring for.

Showing ourselves self-compassion and practicing self-care aren't overnight fixes. There is no magic formula; it takes practice and patience.

Think about Robert Louis Stevenson's quote: "Don't judge each day by the harvest you reap, but by the seeds you plant." Start small and set one goal for your self-care. You can write it down and stick it to your fridge, in your car, or in your phone. Tell a friend about your goal and ask them to be your accountability partner. Make sure you celebrate and reward yourself when you achieve your goal.

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



Read the Summer 2021 Issue of our **Caregiver Connection Newsletter!**

Article topics include Creative a Circle of Care, Planning for Caregiving, The Power of Planning Well and more.

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Living
on purpose

by LAURIE MUELLER

ADVENTURES ABROAD

One of my husband’s favourite activities lately has been reading about living abroad. Although we like to spend a few months each winter in a warmer climate and have focused on Mexico, Helmuth has been reading our monthly *International Living Magazine* subscription to get new ideas.

“Maybe we could buy a place in France,” he muses. “Cousin Gunther, who lives in Germany could be a partner. We could do it together. He and his family could use it when we aren’t there. It’s a closer drive for them.”

My grandfather and great grandfather both came from France, and I feel deep ties to that country. But to buy in a place I have only been to once at age eight doesn’t feel comfortable. I can only say a few phrases in French, so I would be lost!

Another time, Helmuth came across an article about the Iberian Peninsula. We loved both Spain and Portugal when we visited a few years ago. I overheard him on the phone talking to friends who once lived just outside of Lisbon, and two others who often spend a couple of months in a little village on Costa del Sol.

Sure, I want to visit for a month or so, but I don’t want to buy real estate. I’m done with cottages at the lake and if I can’t get there by jumping in the car and driving for a few hours, it’s not on my bucket list.

“Do you own your own place there?” I hear him ask. “No? Oh, so you rent?” And then to the friend who lived in the Algarve region of Portugal for several years, Helmuth asks more questions. The friend lived in a rental apartment that, according to either local law or tradition, stays at the same rental rate until the family moves out and new people take over. If we were to rent, because we are new, it would be at today’s prices. Still good, but nowhere near his family rate.

Now Helmuth is looking at Ecuador. Another friend spent a winter there a few years back. She suggests that of the Latin and South American countries she has visited, this would be her recommendation for us. Prices are good, people are friendly, and experiences are positive for a longer stay.

We do have a booking for Mexico this coming winter. Will we feel comfortable travelling by next December? My hubby is optimistic.

Wherever Helmuth chooses, one question remains: How’s the WiFi? If I can stay connected and continue writing, I would probably enjoy the experience.

Dreaming is good. I want to travel again, and I want it to be safe. My husband has lived on three different continents throughout his life; I have lived only in BC. Our comfort levels are different. I’m looking forward to new adventures, and if living abroad for a time is among them, I will take you along, dear reader. For now, the destination is undecided. |

Laurie Mueller, M.Ed is retired and living in Victoria with her husband, Helmuth. She recently published *The Ultimate Guide on What to Do When Someone You Love Dies* on Amazon. More about Laurie can be found at www.lauriemconsulting.com or on Facebook.

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