

INSPIRED

55+ lifestyle magazine

FEBRUARY 2022

ACTOR
CAMILLE
MITCHELL

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WITH THE
MOUNTAINS

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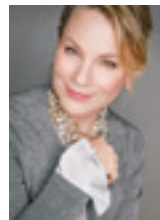
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Cover CAMILLE MITCHELL

The Vancouver actor started her career in theatre, but she's enjoying some interesting roles in TV and film at this stage of life.

Photo: Kevin Clark

INSPIRED

55+ lifestyle magazine

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THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



As we head into February, I'm reminded how much love we have around us, expressed in so many ways. For me, the reminder often comes from emails, letters, or calls from readers saying how much they love the magazine for its inspiration and positive focus.

While the editorial tone and focus of the magazine is set intentionally by decisions I've made and communicated to my staff, the inspiration that our readers feel comes from the people our writers interview.

Whether we choose someone of celebrity status, or someone who is your next-door neighbour, we consistently seek out those who are making a difference in the world around them.

We are constantly looking for people over the age of 55 who have lived an interesting life and are continuing to contribute to their community through their vibrant involvement.

We have interviewed some of Canada's best-known celebrities – from musicians, artists and authors, to chefs and government officials. Added to this is a sprinkling of relatable people chosen for their contributions within the province of BC.

As we head into 2022 and beyond, we are continuing to seek inspiring stories of people who are original and authentic, who live life to the fullest and who have a special or unique way of expressing themselves through their work or play.

I invite you to help us find some more deserving people to profile in *INSPIRED Magazine*. Please submit a short paragraph of this person's achievements and why they stand out to you as a person deserving of an article. If possible, include how we can get in touch with them. We can't guarantee every person whose name is submitted will end up in *INSPIRED*, but we will carefully consider each one.

This month is our special Retirement Housing issue featuring a directory and related articles. Even if you are not considering a housing move, you likely have a family member or friend who is.

Over the years, I have found myself playing various roles as my family situ-

ation has evolved... first with grandparents, then parents, and now older siblings who are evaluating their housing situations.

One of the best pieces of advice I can give is this: Don't wait until someone else is forced to make a housing decision for you.

Being proactive will ensure you make the best decision for yourself and often earn you valuable time in which you can enjoy the next phase of your life. Just as importantly, it will relieve those around you of the pressure to find a solution in stressful and precarious circumstances.

Independence shouldn't come at the cost of isolation, depression, and a lack of resources. This was where one of my family members found themselves when they refused to consider an alternate housing solution until the situation was dire. At that point, the decision was taken out of their hands and made by others. Options are often drastically diminished when families or care providers are forced to decide based on necessity and time restraints.

Another family member did the opposite. They checked out their options, made their decision, and proceeded to enjoy their new friends, their new freedom, and all the amenities they could imagine at their fingertips.

Many of us don't know where to even begin when considering our next housing move. If you're stuck and need more information in order to make your decision, you may find my book *To Move or Not to Move?* helpful. I wrote it after navigating some of the above situations.

This book helps to fill in some of the knowledge gaps, offers options, and asks pertinent questions to help assess where you are and what you may want to do next.

As this month unfolds and as the days get longer and Spring gets closer, may you find more reasons to love and appreciate the world and those around you.

Happy Valentines! |

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Camille Mitchell grew
up in an acting home;
it's in her blood.
Photo: Kevin Clark

CAMILLE MITCHELL: THE WORLD IS HER STAGE

by CHRISTINE BLANCHETTE

Camille Mitchell is a renaissance woman who loves the road she's travelled as much as she loves the place she is today. The daughter of actors Cameron and Johanna Mitchell, she has spent her entire adult life honing her craft and absorbing life's lessons while constantly evolving. To describe her as ageless, however accurate, would be downplaying her magnetic presence with simplicity. Her persona has manifested into more interesting television acting roles offered now than at any other point in her career. Not bad for a mature actress who loves the outdoors and understands the value of physical literacy and a healthy lifestyle. The University of British Columbia graduate would have been a doctor if acting, writing, and directing weren't in the cards.

For the interview, the West Vancouver resident was resplendent in classic styling with well-coiffed, blonde shoulder-length hair. She describes her home as living in a cool, funky 1928 cottage with a big apple tree and an ocean view. Vibrant and fit, the multi-talented actor talked about her philosophy on life, what motivates her and, her next projects.

As Camille reminisces about her mother, a reflective smile lights up her face, "My mother went on to become an incredible businesswoman in an era when women did not become executives, but she was an extraordinary person."

"I'm a big believer in how important family is," she says. "My father was from a very poor family; he was one of seven children raised during the depression. He used to have to wear his sister's clothes to school because they couldn't

afford clothes. And so, his high school teacher sent him to New York with \$50. It was all the savings she had but she felt he was such a talented young actor that he would do well."

The teacher was right.

"And I learned a lot from him," says Camille. "In his own way, he was a fascinating guy, a very eccentric man."

Camille was born after her dad finished filming *How to Marry a Millionaire* with Marilyn Monroe. The Hollywood star sent her baby booties.

"I think both my parents had a real, deep love and respect for artists and that seems to be lacking somewhat in our world now... because we need artists," she adds. "We need people to dream for us, and it's not all about money."

Camille spent the first 10 years of life in LA, until the family moved to Vancouver, which always felt like home. Growing up in an acting household, she says, "At home, we were constantly doing shows as kids. I had three older brothers; we were always doing skits, and my parents, my grandparents, they always expected us to perform. I remember my father saying, 'I want you kids to learn some lines.' I think I was four. I think my brother, Chip was six. And I remember going, 'Oh my God, these lines.' It was already in my head."

"I used to skip school as a kid," she continues. "I was always pretending to have a stomachache so I could watch old movies on TV. And I was in love with theatre. I was very idealistic as a teenager. And I felt I could save the world if I went into medicine, not realizing how bad I was at the sciences required. So yes, I did get into pre-med, my marks were good enough. But the course load was insane, and it really wasn't

Snapshot

with Camille Mitchell



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

"I would tell her to trust herself and her instincts, to go big or go home — and that everything always works itself out."

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

"Having a child radically changed my life and all for the better. Parenting is the best job in the world. It invites you to evolve as a human being unlike any other rite of passage. I think most artists have an extended adolescence. Raising my son made me grow up and become a bigger person."

What does courage mean to you?

"I believe that optimism and hope, especially in dark times, take tremendous courage. To quote the amazing Susan Jeffers, to me it means, 'feeling the fear and doing it anyway.'"

How do you keep yourself grounded?

"On an ideal day, with meditation, daily journaling, an hour hike or walking in nature and I can handle pretty well anything." |

my aptitude at all."

Camille's path into an acting career was forged at 18.

"They suggested I take an acting class at UBC, and I just fell in love with it. It was taught by a wonderful director and acting coach, Stanley Weese. He incorporated everything I loved about human psychology, the arts, theatre, humour, drama. There's something I still really love about the rehearsal process in theatre. You close the doors, and you try to recreate, and you get to fail, and you get to make mistakes and you get to try new things. And it's always in the comfort of a trusted space with people you trust."

While at UBC, Camille got her equity card in Stephen Sondheim's Company.

She talks about her early days of her work on stage, the era, getting into character, the costumes and describes what it was like back then: "I remember reading a biography of the actress Vivien Leigh, and she said she only got into acting because she loved wearing costumes. When I started in theatre, it was a different time. Everyone was doing period pieces. Everyone was doing the classics. So, costumes definitely were required, which was fabulous."

To hone her craft in theatre, Camille attended drama school in London, England for two years, and later moved to Toronto and started working.

"It was very exciting. It was also such a different time because theatres across the country had a lot of money and they would pay for your accommodation. You could make a very nice living and you'd work with directors from Broadway or the West End of London. At that time, there was no TV or film here in Vancouver and not very much in Toronto either. Really, the only way to make a living as an actor was to be in the theatre. And that was fine with me; I just loved it."

Camille's philosophy on life is, "Ninety-eight percent is just showing up because if you don't go, nothing's going to happen. Dolly Parton, who I love, says, 'If you don't ask, you don't get.' People can always say no. And another one from a wonderful director, Christopher Newton, used to say, 'With good manners, you can get away with anything.'"

And I love that because I love good manners."

Life has had its share of challenges for Camille, yet there's nothing she hasn't overcome.

"In those days, there weren't understudies," she says. "If you got sick, you still went on. It took a lot for any theatre to let you out of performing. I was doing *Merchant of Venice* in Toronto and I'd gotten a terrible eye infection and I ended up playing Portia with an eye patch. Because there was no understudy for me, they wouldn't cancel the show and the show must go on."

"But it also teaches you an incredible discipline about showing up, being on time is five minutes late and being five minutes early is being on time and learning your lines and learning your blocking and being part of a team, an ensemble, where you are treated with respect, you respect your fellow actors, and your director is the captain of this particular ship you're on."

"Life is a funny thing; when you least expect great things to happen, it's amazing what comes around the corner."

"We're all just doing the best we can, but it really strikes me how important it is to be generous to other people, to give them the benefit of the doubt, just as a life lesson, to wish people well, because in some ways it's a long life; in other ways, it's a short life."

"Another big lesson for me is just as a woman, I never thought I could say, 'Let me think about it' in terms of the business aspect of it. Take the time and get the information. But in terms of other stuff, there are sayings I love that I put on my fridge, like, 'Life Can Only Come at You One Day at a Time.'"

Camille typically finds herself writing every day.

"A big part of it for me is meditation, getting out into nature and journaling every day. If I can do those three things every day, I find I'm happier, healthier, and life is better for me."

Like fine wine or vintage Port, Camille is getting better with age. More leading acting roles is evidence enough.

"There seems to be more interesting roles for me. I think it's because,

after a certain age, people don't really know what to do with you anymore." She laughs, "The world expects less of you as you get older, I think, which is very freeing. I read an interview recently with Judi Dench, someone asked her when she would retire. And she said, 'Never.' And she said, 'Why should I retire?'"

What is next for Camille?

"It makes me very happy to work with young people. I've had the pleasure this year of working with some extraordinary young talent on two new shorts. One is, *The Architect's Dream*, written and directed by Francesco Papetti and produced by my son, Charlie-Joe Mitchell, an extraordinary director in his own right, which recently screened at the 2021 Rio Grind Film Festival here in Vancouver."



Camille and her son,
Charles Joseph Mitchell,
at the Leo Awards in 2018.
Photo: Camille Mitchell Collection

"The other is, *Call Button*, written and directed by Rhona Rees about a woman with multiple sclerosis. Both are brilliant, original pieces and will be featured on the 2022 film festival circuit, and I'm so excited about them."

She concludes by revealing another dimension to her talents, saying, "Also, I recently took on the recurring animated role of Elde Faery on *Peacock's Supernatural Academy*, which should be airing in 2022 and is really fun." |

Understanding the Estate Litigation Journey

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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, introduces the basic process of challenging a will.

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IN TOUCH WITH MOUNTAINS... AND MYSELF

by ELLEN BERMAN

There's not much more you can do to escape a hailstorm in the wilderness than to hunker down and wait for it to pass.

A half hour earlier, dark clouds threatened to drench us. Our crew of five backpackers – my partner, Jeff, and I, our guide, John, and his two young assistants – had stopped just before our final stream crossing of the day to fish rain hoodies out of our backpacks.

Our campsite for the night (meaning, any reasonably flat spot that is free of large stones, as there are no designated sites in remote sections of California's eastern Sierra Nevada mountains) was a mere 400 metres ahead but, at arrival, hail began to pelt us. The wind kicked up; the temperature plummeted.

A typical alpine hailstorm.

Jeff yanked our tent out of his pack. My four hike mates quickly fastened the frame's bendy poles, unraveled the tent and fly fabric, hammered the pegs into the ground with rocks, and attached the fly. Fast work!

Jeff and I slung our packs into the tent and scrambled in after them. Too exhausted to inflate our sleeping pads, we stuffed our chilled, wet bodies into sleeping bags to wait out the weather.

Safely huddled in our just-barely-enough-room-for-the-two-of-us vestibule, we look up and listen. The pellets are small, and eventually hail turned to rain. Lulled by the tappity-tap of the droplets, we drift into quiet contemplation.

I am grateful for the tent's protection, albeit damp because it collected water. Shivering inside my bag, I ponder how many people get to experience a random hailstorm in the middle of a wilderness. I am slightly giddy.

We had just finished a strenuous up-and-down trek through seven kilometres of some of the most jaw-droppingly beautiful, rugged terrain I have ever encountered, the first of a three-night guided backpacking adventure in the Eastern Sierra's Hoover Wilderness and Inyo National Forest.

HOW WE GOT HERE

Jeff and I adore hiking and craved a remote wilderness experience but lack camping gear. Jeff's desire: to visit a vast expanse of land and water where no other person was in sight.

One option was a pre-established group tour with a mule train carrying everything.

Then we found John. We'd carry our own packs, but he'd provide all gear, food, cooking and cleanup duties and, most important, trail expertise. A former U.S. Fish and Wildlife Service marine researcher and experienced guide, John assessed

ABOVE | The Little Lakes Valley trail to stunningly beautiful Ruby Lake is one of the highest in the Sierra Nevada.

INSET | The author takes a break. *Photos: Ellen Berman*

our physical capabilities and desires by email and phone, and we agreed on a loop trail noted for its mountain peaks, myriad lakes and moderate elevation gains as opposed to strenuous climbs.

ROAD TRIP!

We began our journey on a road skirting Death Valley National Park in a desolate landscape reminiscent of old Western sitcoms. I imagined teams of cowboys on horseback galloping down the side of the scrubby hills.

A series of switchbacks brought us through expansive meadows leading to Highway 395, the north/south route paralleling the Eastern Sierra. Our first glimpse of the Sierra crags.

Our first stop was the Eastside Guest House in Bishop, California, a command post for through hikers. It had the relaxed feel of a youth hostel with its community kitchen and free-for-the-taking collection of unused hiking gear. A note on the fridge said to label food with your name and "even better, your trail name."

One young hiker aimed to log 20 miles a day on the Pacific Crest Trail. I couldn't fathom such mileage. She quickly reassured me, "You hike your own hike." Wise advice that would serve me well over the next days.

CONVICT LAKE

Buttressed by natural supplements to allay altitude sickness, we committed to a series of short day hikes at 2,700+ metres to acclimate.

Convict Lake is a stunner. With this one hike, my sojourn would have felt complete. Enormous peaks towered over a sparkling blue-green lake. Swathing the undulating trail in violet-blue were thousands of wild lavender plants that lent a musty sweetness to the clean air.

It was here that I begin to appreciate the tens of thousands of years of evolution, volcanic explosions and glacial upheavals that formed these mountains.

LITTLE LAKES VALLEY

The next couple of nights we acclimate at Rock Creek Lake Resort, chosen for its proximity to Mosquito Flat trailhead, the entry point to a string of shimmering lakes surrounded by jagged peaks. John



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Muir's writings about his forays into the awe-inspiring majesty of the Sierra Nevada always sounded slightly exaggerated to me... until the day we hiked from Mosquito Flat into the Little Lakes Valley. At 3,139 metres, we figured we'd get plenty of bang for our buck because of the terrain's diversity and its modest elevation gain, 200 metres over nine kilometres.

Mack Lake, Heart Lake, Box Lake, Long Lake, Chickenfoot Lake... each seems more gorgeous than the last. They glisten like emeralds or sapphires, blue and green. Look ahead, turn a corner, look behind you, it's as if you are seeing the entirety of the massive peaks and valleys for the first time, each scene entrapping you with mesmerizing beauty, like Alice through the looking glass, in a place that is nonsensically lovely and yet so overpoweringly magical that it makes complete sense.

Beneath the rocky peaks we pass fertile meadows, gurgling streams and impromptu waterfalls fed by melted snow drifting from the pinnacles, feeding into the clearest lakes I have ever seen. At Chickenfoot we slip our feet into the icy water and are rewarded with a calm wind and a warming sun, waves gently lapping against the boulder-strewn shore, rimmed by spectacular sheer mountains caressing us in utter peace.

Nature has rolled out its red carpet for us and introduced us to a wild, wondrous kingdom.

RUBY LAKE

Next day we return to the trailhead to hike the 244 metres of elevation upward to Ruby Lake. Below, the richly textured valley is a wonderland of grasses, flowers, streams, marshes, reeds, lakes, and stones, all nestled against an azure sky, with the Sierra holding court above. A panoply so perfect in form, texture, and colour that it would certainly defy the imagination of any Disney set designer.

The lake is magical... a place of solitude and dreams.

TWISTS AND TURNS

Day one of backpacking begins with a bumpy, 40-minute drive along a twisty, dirt road to the Green Creek trailhead out of Lee Vining, California.

The first day's hike is hard but doable. At several stream crossings, I shed my pack and let one of the others take it as I gingerly balance myself from rock to rock. By the third day, embarrassed at my lack of nimbleness, I keep my pack on and slosh through streams. Shoes and socks will later dry in the sun.

I think about the misery endured by explorers who trekked through these rocky wilds. They never had lightweight tents, sleeping pads, and cooking utensils; quick-dry clothing; freeze-dried meals; or water purifiers. Nonetheless, I endure my share of a few personal annoyances.

Arising is a process of odd twists and turns. I squish out of my sleeping bag, scooch on my knees to fiddle with the tent zippers, slip my legs out from under me to search for shoes, finagle them on from a squatting position, crouch on the ground on hands and knees (carefully avoiding pinecones and tripping over tent stakes), and finally stretch to an upright position. Thereupon I rummage through multiple pack compartments for my toothbrush and an extra layer of clothing, then seek out a rock outcrop

or leafy tree clump where I can pee in privacy.

Ready for the day!

Our hosts filter water from the streams each morning and prepare oatmeal and coffee. I don't miss hot showers or soap (prohibited in the pristine alpine lakes). And while I don't sleep well, I am never too tired to hike, and nibbling on nuts and raisins keeps hunger at bay.

JOY AND TRUST

Every lake we pass offers exponential pleasure. Sure, my legs ache, my back is in severe pain, my shoulders hurt and with every step my pack seems heavier, but, as in life, there's no turning back. Nothing disrupts my overriding joy!

A couple of gear-packing mule trains cross our paths. My back would appreciate this option...

There is also the aspect of trust. Before any adventure I conduct extensive research to assess every facet of travel and trail, but this time I left everything to John.

"I've been doing this for 45 years. I get to be out here all the time. I'm a lucky man! I told my wife if I died tomorrow, I would die happy. For me it's not the journey, it's the destination."

For me, it's both. Even if that journey is a sweaty, dirty, mosquito-ridden, calf-burning, foot-slamming, back-aching slog, where the unevenness of a rock-strewn trail requires such intense concentration to avoid tripping over a boulder or falling in a stream (which I did) that you miss the sights around you.

Glancing up, you see the path evens out and sculpts a smooth, well-worn saunter across a wildflower-covered meadow against a panorama of grandiose peaks. Although you are technically not "there," the scene before you is so spectacular that it might as well be "there."

ENCHANTED EVENING

At Return Lake, a blustery, 50-km/h wind gust howls, dies down, then whips up again with a force that makes the tent flaps yip-yap.

Jeff and I wake before dawn and creep out of the tent. The moon is low, casting bright shafts of light through a row of trees, elongating across the vast meadow, meeting high mountain crags beneath which sits Return Lake, beyond which no marked trails exist. The end of the line. I wish we could have stayed one more day in this silent place, exploring its sprawling wonders.

The final morning, John and an assistant take off to scout out the route back, as it's often covered in snow and ice. He's half right; it's also timber-strewn, deeming it too treacherous for novices. After perusing a map, he proposes a new route. At 12 km, it was long and tough, but lent breathtaking, long-range views of the Eastern Sierra. Near the highest point, we traversed a narrow, precarious, scree-covered path overlooking steep cliffs. Thrilling!

I felt so lucky. The wilderness had showered me so generously with its beauty, a gift so fragile and diverse. Can't wait to go back. Saddle up, mules! |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/hoover-wilderness-hiking

WILL WE HAVE AN EARLY SPRING?

by NANCY J. SCHAAF



Celebrating Groundhog Day was not in my plans when I accepted a teaching position in Punxsutawney, PA. However, as February 2 drew closer, the children in my classroom informed me that celebrating this observance was indeed a momentous event in the life of this quaint town. The locals' enthusiasm was infectious, and I was soon caught up in anticipation of the festivities.

Although my first experience was a long time ago, I continue to be enchanted with viewing Phil's weather predictions. Over time, Groundhog Day has become a fun way to anticipate the coming of spring.

Nova Scotia's most famous groundhog is Shubenacadie Sam. Living on the east coast of Canada, Sam is the first groundhog in North America to emerge on Groundhog Day. As a result, he sets the bar for the other prognosticators across the continent.

In Canada, Groundhog Day is becoming more and more popular. The annual tradition at the Shubenacadie Wildlife Park north of Halifax usually attracts numerous visitors. Television and radio station crews gather to be the first to share Sam's prediction with the world. Sam enjoys his time as the focus of a live webcam broadcast, the SamCam at www.novascotiawebcams.com/en/webcams/shubencadie-sam

Since 1956, there has been a festival in Wiarton, Ontario, where the town groundhog, Wiarton Willie, delivers his prediction early in the morning on February 2 every year. The event attracts thousands of curious onlookers and includes a parade, hockey tournaments, dances, and a pancake breakfast.

There are also other groundhogs in various parts of Canada, including Gary the Groundhog in Ontario, Brandon Bob in Manitoba, and Balzac Billy in Alberta.

Still, North America's most famous groundhog is Punxsutawney Phil. A group of residents made the first official trek to Gobbler's Hill to consult the groundhog in 1887. The largest Groundhog Day celebration happens in this town, where crowds as large as 40,000 gather each year. The average group had been about 2,000 until it exploded with the 1993 movie *Groundhog Day*, which featured its festivities. Starring comedian Bill Murray, the movie made Punxsutawney Phil in Pennsylvania famous worldwide.

Interestingly, many people may not know that Groundhog Day is rooted in astronomy and animal behaviour. The date is linked to the Earth's movement around the Sun; it marks the midpoint between the winter solstice in December

and the spring equinox in March.

A medieval superstition was that all hibernating animals came out of their caves and dens on Candlemas (a Christian holiday) to check on the weather. According to legend, if the groundhog sees his shadow due to a sunny morning, there will be six more weeks of winter. He then returns to his den and goes back to sleep. However, spring is just around the corner if he does not see his shadow on a cloudy day.

Since the traditional celebration anticipated the planting of crops, the festivities' central focus was forecasting either early spring or a prolonged winter. The return of hibernating animals meant nature was giving them a sign. A change in seasons was coming. And anyone whose livelihood or survival depended on changing seasons paid remarkably close attention to all signs.

So, how does the groundhog fit into this ancient festival? Thousands of years ago, when animalism and nature worship was prevalent, people in Germany believed that the badger had the power to predict the coming of spring. To discover when to plant their crops, they closely observed the badger.

The celebration of Groundhog Day began with German immigrants whose culture included the legend of Candlemas Day, also celebrated on February 2, which states, "For as the sun shines on Candlemas Day, so far will the snow swirl in May." Since there were few badgers in Pennsylvania, the settlers selected the plentiful groundhog as their hibernating animal to watch as a sign of spring. Although we recognize animal behaviour is not the only way to judge planting dates, the tradition continues.

To celebrate Groundhog Day 2022, one can attend an in-person festival, or enjoy the festivities from the warmth and comfort of your living room. Grab a cup of coffee, tune into the news channel or live YouTube channel, and view the prediction of your favourite prognosticator to discover whether there will be an early spring or six more weeks of winter. |

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WHAT TYPE OF RESIDENCE AM I LOOKING FOR?

by BARBARA RISTO

When people consider moving into a retirement residence, they don't always know that there are generally three different levels of care from which to choose.

The three main categories are Independent Living, Assisted Living and Residential Care.

Residences may offer one of these categories, or two, or even all three.

It is important when looking for a residence in which to live, that you compare apples to apples.

The first step is to know which level of care you need right now. It's also important to think about where your health and needs will be in five to 10 years. If you anticipate a decline in health or ability, you may want to consider a residence that offers the next level of care, so it decreases the likelihood that you will need to move.

INDEPENDENT LIVING is sometimes called Supportive Living. It is for individuals who can take care of all their own health and personal care needs. If you are wanting to kick back in an environment where all your meals are included and you have none of the housekeeping and yardwork of a home, then an Independent Living residence may be the ideal solution for you.

Residents often enjoy a variety of planned activities and excursions. They can come and go, travel, and can even book a guest suite for out-of-town visitors, or a small dining room for family gatherings.

Amenities may include such things as a theatre, bistro, pub, library, beauty salon, craft room, workshop, garden, swimming pool, gym, billiard room and more. Independent Living really supports independent living, with qualified and friendly staff to do the cooking, cleaning, and maintenance.

Since food is such a key part of our everyday enjoyment, Independent Living residences go out of their way to satisfy your cravings by employing high-level chefs, and an inviting, nutritional, and varied menu of food from which to choose. Meals are usually served within certain time periods, but some residences pride themselves on having a flexible ordering schedule and will provide snacking options any time of the day.

As a safety precaution some residences don't provide in-suite stoves and ovens. Many residents, when they move into Independent Living, prefer to leave all the cooking up to someone else, but if you're wanting to have

this option, ask about in-suite appliances, or whether a communal kitchen is available where you can do some baking.

People in independent living situations often still own and drive their own vehicles. These residences usually have a small private bus and provide transport for those who don't have a car.

ASSISTED LIVING has many of the Independent Living features, but provides extra help for those who may need regular assistance with daily activities, like grooming, bathing, or taking medication, etc.

Residences who call themselves Assisted Living must be registered with the Assisted Living Registrar of BC, a government department that regulates and provides oversight.

The monthly price you pay includes the extra services you will receive. When you visit a residence that provides assisted living services, you will be informed of which services are included and which are not.

Sometimes additional services can be purchased by the resident from private companies, or companies contracted by the residence. Each residence will have its own guidelines for hiring outside help.

In some cases, assisted living placements may be paid for in part through a government subsidy. In order to qualify for the subsidy, a case manager from the Health Authority in your area will assess your health care needs and living circumstances in order to render a decision.

RESIDENTIAL CARE is sometimes called Complex Care. It may also extend to include specialized care like Dementia. This type of care is for individuals who are no longer capable of directing their own day-to-day care without supervision and assistance.

Usually, the decision to move into residential care is made with the assistance of family members, your doctor, and a case manager provided by the Health Authority in your region.

Residential Care may be paid for by the government, but it can also be paid for privately.

Services include total health care and grooming, like lifting, bathing, and dressing. Residents will be regularly seen by doctors or nursing staff or be transported to medical clinics for outside appointments when necessary.

Decision-making for all medical, financial, and legal matters will be in the hands of family members or individuals legally tasked with this responsibility if the resident no longer has the capability of making such decisions. |

bc senior housing directory

CHILLIWACK

Columbus Manor Chilliwack ■

604-250-6444 / 604-997-7337; 8980 Edward St,
www.colchar.org
Capacity: 54 units; private **Price:** \$710+
Amenities/Services: free laundry equipment; pay parking available.

DELTA

Columbus Lodge Delta ■

604-250-6444 / 604-833-8552; 8850 118A St, North Delta
www.colchar.org
Capacity: 31 units; private **Price:** \$1624+
Amenities/Services: Continental breakfast, chef prepared lunch, dinner; free laundry equipment; hydro included; activities; regular bus trips; emergency pendant included.

Waterford, The ■▶

604-943-5954; 1345 56 St.; www.waterfordforseniors.com
Capacity: (I) 106 units; (C) 36 units **Price:** \$4275+
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.

Wexford, The ■

604-948-4477; 1737 56 St.; www.wexfordforseniors.com
Capacity: 65 suites **Price:** \$4300+
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.

LANGLEY

Harrison Landing ■●

604-530-7075; 20899 Douglas Cres.;
www.harrisonlanding.com
Capacity: 67 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; 24/7 security and pendent calling systems.

Harrison Pointe ■●

604-530-1101; 21616 52 Ave.;
www.harrisonpointe.ca
Capacity: 138 units **Price:** \$2800-\$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; 24/7 security and pendent calling systems.

Magnolia Gardens ■▶

604-514-1210; 5840 Glover Rd.;
www.magnoliagardens.net
Capacity: (I) 115 units; (C) 40 units **Price:** \$2800+
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:** \$2600+
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:** \$1975+
Amenities/Services: close to bus service; regular bus trips; basic cable, continental breakfast, chef prepared lunch and dinner; activities; hydro; free laundry equipment, emergency pendant included.

Columbus Kilmartin Gardens ■

604-250-6444; 11821 Burnett St.
www.colchar.org
Capacity: 22 units; private **Price:** \$1111+
Amenities/Services: close to bus service; hydro; ranch style one bedroom units; coin laundry; pay parking; \$145 for 2nd person.

NEW WESTMINSTER

Dunwood Place ■

604-521-8636; 901 Colborne St.
Capacity: 191 units **Price:** 30% of monthly income
Amenities/Services: studio & 1 bdrms; large patio for barbecues etc.; large lounge with view of Mt. Baker; workshop; tenant gardens; bingo; karaoke; cards; church services & bible studies; movie nights; 2 libraries.

PRINCE RUPERT

Columbus Kaien Place ■

604-250-6444 / 250-600-2706; 550 - 5th Ave E
www.colchar.org
Capacity: 26 units; private **Price:** \$609+
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:** \$609+
Amenities/Services: coin operated laundry; activity room; free parking.

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

RICHMOND

Verve Courtyard Gardens ■●▶

604-273-1225; 7051 Moffatt Road;
www.verveseniorliving.com/courtyard-gardens
Capacity: (I/A) 108 suites; (C) 31 suites **Price:** \$4932+
Amenities/Services: 1/1+den & 2 brdm suites; 3 full meals/day; weekly housekeeping; 24 hr emergency pendant/response by qualified on-site staff; weekly wellness consultations; activities & outings.

Verve Gilmore Gardens ■

604-271-7222; 4088 Blundell Road
www.verveseniorliving.com/gilmore-gardens
Capacity: (I/A) 118 suites **Price:** \$3450+
Amenities/Services: studio, 1/1+den & 2 brdm suites; dinner in dining room daily; optional lunch; daily snacks and beverages; weekly housekeeping; 24 hr emergency pendant/response by qualified on-site staff; activities, & outings.

SIDNEY

Amica Beechwood Village ■●

250-655-0849; 2315 Mills Rd.;
http://amica.ca/beecewood
Capacity: 106 units **Price:** \$3200+
Amenities/Services: studios, 1 & 2 bedroom suites, premium patio suites; 24 hr 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.

Peninsula, The ■●

250-656-8827; 2290 Henry Avenue;
www.welcometopeninsula.ca
Capacity: (I) 47 suites; (A) 30 suites **Price:** \$4000+
Amenities/Services: individualized lifestyle services; underground parking; salon/spa; activities; bus; spacious suites; locally owned; near amenities; guest suites; pets welcome.

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

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; courtyards; near shopping, parks & bus; short term/respite stays.

Columbus Millennium Tower Vancouver ■

604-250-6444 / 604-408-3547; 1175 Broughton St.
www.colchar.org
Capacity: 56 units; private **Price:** \$994+
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:** \$796+
Amenities/Services: next to Sky Train; laundry; pay parking.

Southview Terrace ■

604-438-3367; 3131 58 Ave E;
www.southviewterraces.ca
Capacity: 57 units **Price:** Call for rates
Amenities/Services: Southview Terrace offers 1 & 2 brdm apts. Rent incl lunch & dinner; utilities; cable; phone; housekeeping; flat laundry; 24hr emergency response; activities; & more; located beside Champlain mall.

Verve Granville Gardens ■●

604-563-3540; 1550 West 49th Avenue
www.verveseniorliving.com/granville-gardens
Capacity: (I/A) 62 suites **Price:** \$4550+
Amenities/Services: studio & 1 brdm suites; 3 chef-inspired meals/day; 24 hr snacks; weekly housekeeping; 24 hr emergency pendant/response by qualified staff; activities, entertainment & 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.

Amica Somerset House ■●

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

Carlton House of Oak Bay ■

250-595-1914; 2080 Oak Bay Ave; www.carltonhouse.ca
Capacity: 87 units **Price:** call for rates
Amenities/Services: all inclusive boutique living; Oak Bay Village; 3 chef meals/day; housekeeping; activities; wellness program; entertainment; parking; 24hr staff; emergency call system; private transportation; personal shopping; pets; family owned/operated.

Cherish at Central Park ■

250-478-4431; 100-917 Avriil Road; www.cherishvictoria.ca
Capacity: 130 units **Price:** \$2985+
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.

Revera - Parkwood Place ■

250-598-1565; 3051 Shelbourne St. www.reveraliving.com
Capacity: 100 units **Price:** \$2305+
Amenities/Services: spacious studios; 1 & 2 bdrm suites; 3 chef-prepared meals daily; fitness studio; 24hr emergency response system; full recreational package; near Hillside Mall, doctor's offices, pharmacies; pet friendly; walk score 78.

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.

Sunrise Senior Living of Victoria ■●▶

250-383-1366; 920 Humboldt St; www.sunrisevictoria.com
Capacity: 93 units; private **Price:** \$5300+
Amenities/Services: Age in Place community; assisted living; LTC, memory & palliative care; secured environment; 24/7 nurse & care; emerg call system; nutritious meals; walking club; activities; lovely gardens & patios; bistro; library; hair salon; 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.

housing directory legend

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



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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.

Trillium St. Charles Manor ▶

250-595-4255; 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; 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: 123 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: \$2750+

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.

WHITE ROCK

Amica White Rock ■●▶

778-545-8800; 15333 16 Ave. South Surrey;

www.amica.ca/white-rock

Capacity: 157 units

Price: \$5500+

Amenities/Services: 3 meals; bistro; housekeeping; linen service; recreation programs; 8,000 sq ft roof top terrace; ocean & mountain views; pool; theatre; library; craft kitchen; fitness centre; bus; in-suite laundry; balconies; near medical centre; downtown.

housing directory legend

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

Your story continues at...



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WEIGHING THE COST OF YOUR HOUSING CHOICES

by JESMINA BISEROVIC

When it comes to crunching the numbers of how much it costs to maintain a private dwelling vs. living in a retirement residence, there's a lot to consider. With inclusive costs that cover food, heating, electrical, servers, cleaners, and even some personal care, living in an independent or assisted living residence may make financial sense.

Additionally, residents get a lot of amenities that often exceed what may be available in a house that must be maintained by the homeowner. Retirement community living can also be an antidote for isolation and even depression for seniors living alone.

If you have the option to live without assistance or to live in assisted living, which would you choose? Not surprisingly, it turns out this is a very personal choice with many significant considerations. For the purposes of this article, "assisted-living" refers to any form of living in communal lodging with the support of professional staff, "independent" living is for those requiring the least assistance from staff, and long-term care is for those needing full-time care.

Non-assisted refers to living completely on one's own, responsible for shopping, cooking, and cleaning, health care, transportation, entertainment and paying bills such as cable, utilities, and subscriptions.

Is it more cost effective to live in an independent or assisted living residence due to the extra amenities? At Verve Courtyard Gardens in Richmond, residents can choose independent living with a one-bedroom suite, one bedroom and den, or a 2-bedroom suite, which include a 24-hour medical emergency pendant, three meals daily, access to laundry, weekly house-keeping, social events, bus outings and scenic tours. Social events are posted on a monthly calendar and shared with residents.

The cost for the independent or assisted living option is from \$59,000 per year compared to living on one's own in a one-bedroom apartment and being responsible for rent or property taxes, strata fees, shopping, utilities, entertainment, maintenance, cleaning, and transportation at a cost of about \$51,000 per year. Of course, this cost does not include on-site medical support, a variety of activities, and a close-knit community of one's peers.

June Miller, Community Relations Manager with Courtyard Gardens, loves going to work. "When I get up in the morning, I have a purpose," she says. She also enjoys "how easy it is for residents

to move in and get settled."

A popular sentiment among new residents is, "why didn't I do this sooner, instead of sitting at home by myself?" says Miller.

The reasons why people hesitate to move into independent or assisted living vary, but one of the common reasons Miller has heard from people is the fear of losing their independence. From what she has seen, the results are the opposite with new residents joining outings, such as shopping, scenic tours, games like trivia, crosswords, cribbage, as well as daily physical exercise classes and dining with their new neighbours.

Courtyard Gardens staff include an on-site Health & Wellness Manager, a Life Enrichment Manager and Dining Services Manager who meet with residents once they've settled in.

The Life Enrichment Team encourage joining outings and in-house creative events, helping those who are reluctant to branch out. The benefits are evident as residents become familiar and form strong bonds as opposed to being isolated and alone.

One of the best things about Courtyard Gardens is that residents don't have to worry about where to move next. They can "age in place." For example, if they start with independent living, they can graduate to assisted living and, if necessary, long-term care, including round-the-clock staffing and emergency response, in a familiar place.

If you're considering independent or assisted living options, be sure to talk to your family, physician, and financial planner. Most sites offer visits to local properties where you can dine, view accommodations, and meet the staff. It is important to know if living in a closely connected community is right for you or if being independent in the larger community is your preference. |

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COLD WATER DIPPING

by JOANNE BARWISE

Never Have I Ever... swam in freezing cold water on purpose until I moved to Ladysmith. When my husband and I retired we wanted a life-freshening change in this chapter of our lives, so we moved from Edmonton to Ladysmith. The first winter I dragged him down to see the local Polar Dip at Transfer Beach. It was exhilarating to see people of every age and sort, laugh and scream as they ran in and out of the cold January water. We promised ourselves that we'd do it the following year. After all, it's probably the shortest, *almost* dangerous activity we'd ever do and come out alive.

Well, we have dipped every year since. It's our celebration of being alive, healthy, and living in this beautiful environment. I started to do some research on cold water dipping and came across Wim Hof, a Dutch man who worked with scientists to assess the medical benefits of cold-water submersion. Wim Hof, aka the Iceman, is closely associated with anything on cold water submersion. He markets a regime with three-pillar program: cold therapy, breathing and commitment.

I took the short-cut and went right to the ocean. January was my one-year anniversary of dipping three times a week. I've experienced 20 C water throughout the summer to a decrease of 4 C at the Polar Dip. There are four of us in my group, "The Bad Ass Knitting Club" (No, we don't knit; it's a covert name because we're a women-only group).

Wendy has not had any migraine headaches and she also sleeps better since she started dipping; Charlotte has no more pain in her back; Linda gets the cold therapy for her injuries from a car accident; and I have noticed that I have clarity of mind and better focus for cognitive skills. If you're wondering about my husband, he has only promised me the annual Polar Dip.

You are probably saying, "I'll never ever do that! I don't like the cold!" I did, too. But COVID came – and stayed – and I was bored out of my mind. Dipping has added only good things to my life and, to be honest, I feel like a warrior. My core is a pillar of strength. And some days I feel like a bad ass when I realize the courage it takes to do cold water dipping.

There are a few things to keep in mind as the water temperature goes down:

- Let your common sense prevail.
- Wear neoprene boots and gloves, plus a toque and your bathing suit.
- Go with a friend to enjoy the journey and for your safety. Go rain or shine, it reflects the ups and downs of life.
- If you need a rule, stay in one minute per degree. When you get used to it, two minutes a degree. (At 0 C, two minutes.)
- It's not an endurance test. You can get overconfident and stay in longer than necessary. Notice how long it takes you to warm up after a dip. If a 15-minute dip at 8 C took all day to shake the cold edge off, then decrease your time in the water.
- It's up to you, but I don't take a hot shower after a dip. I allow my body to warm me up naturally. I've learned to wear a few layers and vacuum the house... that little bit of activity does the trick to feeling normal again.

Lastly, here's a tip from the law of looking cool: when you enter the water, make it look easy. Walk in calmly and allow the water to surround you. Breathe your way through it. Remember, you chose this. You will be fully present, right in the moment, at least for a few concentrated minutes. What can be better than that? |

ABOVE | The ocean has many moods making every dip different.

Photo: Anita McLeod

FREEDOM WITH SAFETY IN RESIDENCE

by LESLEY TAYLOR

The thought of living in a retirement residence with other people terrified my mother. She valued her freedom and privacy and was determined to live on her own, even if it meant living with some risk.

My father, on the other hand, was quite happy to move into a residential setting where he enjoyed socializing with the other residents, volunteers, and staff.

Here in BC, we have the freedom to choose how and where we want to live. And this ability to make our own decisions goes a long way in promoting our health and well-being.

As we age and find ourselves searching for housing that meets our changing needs, we might consider how comfortable we are living with risk.

Other things to consider are where the building or community is located; the age or character of the building; the cost of renting or owning; the size of the building/community and the number of services or amenities available.

For those seeking a balance between freedom and safety, housing options for retirees range from fully independent housing, such as Dunwood Place in New Westminster, to those, such as The Glenshiel in Victoria and The Harrisons in Langley that provide meals, housekeeping, and other services.

“Preventative measures to protect the health and safety of residents, volunteers and staff are extremely important,” says The Glenshiel’s executive director Jackie Cox-Ziegler. “Thirty of the rooms are semi-private, but residents choose The Glenshiel because they find the unique character of the historic building warm and friendly.”

Built in 1909, The Glenshiel provides homecooked meals, daily housekeeping, and a variety of in-house activities as well as excursions. Residents in need of more assistance can arrange for home support workers. The Glenshiel staff work closely with Island Health to make this possible.

Harrison Landing and Harrison Pointe are full-service retirement

communities located in Langley. In addition to meals, fun social events, and recreational activities, these retirement communities provide several security features including 24-hour, in-house security call system, secure underground parking, and video surveillance of public areas.

In addition, The Harrisons provide easy access to a wide range of optional support services, such as assistance with bathing and with medication management. These additional services provide a level of safety enabling many residents to continue living at The Harrisons as their needs change.

For those wanting more independent living, Dunwood Place in New Westminster provides bachelor and one-bedroom suites. Residents must be able to cook and clean for themselves and there is no medical staff on duty, however, a staff person is onsite 24/7 and will call an ambulance in an emergency.

“People tell me how safe they feel in the building,” says Dunwood Place administrator Roschelle Wilson.

And although residents live independently at Dunwood Place, there are many opportunities to socialize.

“There is a tenants association run by the tenants for the tenants, which plans and organizes entertainment, banquets, and special events. A unique feature of Dunwood Place is the inhouse café: this is where everyone gathers and has been a saving grace during COVID,” says Wilson.

In BC, we are fortunate to have a variety of residential settings to choose from. Despite the different services offered, the safety features in place make it possible for residents to live with peace of mind. |

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PROS (AND CONS) OF GETTING A DOG LATER IN LIFE

by WILLIAM SEAVEY



Photo: Marissa Stedland

Don't get me wrong – I love animals, and the life many of them lead in the wild makes them admirable indeed – compared to the comforts of humans' rather protected existences.

Domestic animals, such as pets, are a lot better off than wild animals, and they can, indeed, be man's (and woman's) best friends. (And vice versa, as well).

So, the feral cat my wife and I – along with a neighbour – have been caring for over 15 years – a tabby living in our nearby forest whom I suspect is female – is certainly remarkable in my book. She's managed to avoid raccoons, mountain lions, coyotes and dogs and doesn't seem the worse for wear when she shows up for her twice a day feeding with the most basic of expectations – just the dried kibbles that are far from luxurious as cat foods go. (In a weak moment, I feed her tuna.)

When my wife declared she wanted a dog (a pet I never had as a youngster), I recoiled at the thought because we are 73 (me) and 70 (her) and used to our footloose and fancy-free lifestyle since closing our B&B during the pandemic.

Despite the travel and other issues for us and other pre- or post-retirees, the adoption rate for dogs increased dramatically during the pandemic. People were lonely and often shut-in, as we all know.

A dog, unlike even a domestic cat, requires maintenance and constant attention, must be regularly walked, can't be left alone for too long, needs special vaccinations, etc. (pet care is a multi-billion a year business).

My wife's three adult children have dogs – some in multiples. And Eleanor had fallen in love with a new puppy, a beagle, her younger daughter just got when we visited in Colorado. She wanted one just like it – and a purebred at that. (Don't get me started about the savings in adopting from the Humane Society...)

I love my wife and it isn't easy for me to refuse her anything she wants – within reason. But acquiring a dog is much like having a child: it tends to pin you down more and demands constant attention. There is training involved, akin to a child attending school. And dogs don't use toilets and are not fond of litter boxes, either. Messy!

I tried mightily to talk her out of it and even had some support elsewhere. I Googled the phrase "reasons not to get a dog" and found precious few sites except ONE: "10 reasons." Of the 10 nays, I could find only three or so that clearly were compelling against having a dog in OUR case. One was your spouse is not completely on the same page about the animal (me!), another was you travel to a job regularly (we have had a home-based biz, but travel quite a bit otherwise), and another was you're not willing to commit to having the animal

for its entire life (which meant, in our case, OUR lives since 14 or so years of a dog's lifespan puts us into our mid-80s – if we make it.)

For older seniors who are mostly homebound, a dog makes a lot of sense. OR for the single, middle-aged women my wife knows (three of them with dogs) who need the companionship. During the period of our debates, one of the women lost her dog, grieved for weeks, and brought the whole dog mortality issue and its aftereffects into close focus. It ain't pretty.

There are other reasons not all listed at the above site which I have been concerned about – the cost of veterinary care, kennelling, the accoutrements of a dog's life (a crate when young, portable carriers, toys, etc.), which can really add up.

But in the end, my arguments didn't prevail. Last Christmas, she said the dog could be my present to her. I reached ONE concession, which was an agreement by her son's family to take the dog when we are travelling (I should have requested it in writing!).

Since getting Bella from a breeder, my work has been cut out for me. It was obvious we needed a gate to separate an outdoor patio from a walkway to the street – that patio adjacent to the living room of our house has plants and was generally a safe haven for the dog when we tired of her being underfoot. Then there was the challenge of closing off a yard with chicken wire so she would have even more room to roam without threats. Handy Bill to the rescue.

So, okay, Bella's really cute and learned to take long walks with us at only eight weeks. She even sleeps all night away from us in her little "cage." (I expected more yelping). She travels pretty serenely on my lap in the car. Potty training is going somewhat well but without that litter box....

I didn't want the dog and still don't. But it isn't a marriage breaker. I guess it raises my standing among the family members who HAVE a dog and consider it no big deal – that's most of them. (They heckled me quite a bit when they found out I gave my wife considerable resistance).

The other day on a walk I saw three similarly sized dogs on a leash and immediately came to mind the rock group "Three Dog Night." (It was early evening). A dog-owning friend told me the name of the group was based on the three dogs they had to help keep warm while in Alaska.

Let's just hope the possibility of multiples doesn't occur to you-know-who. |

William Seavey is a dogged writer whose work appears on both sides of the border. Married to a Canadian, he and his wife regularly visit their second home in Victoria, but they live in Cambria, CA with their dog, Bella.



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ANCIENT EGYPT: PART I CAIRO

by RICK & CHRIS MILLIKAN

Egypt's storied past inspires a pre-COVID visit. Our investigations of the Old Kingdom's 10 dynasties begins south of Cairo, where massive iconic pyramids still dominate the Giza Plateau.

"Over 4,580 years ago, Egyptians developed these amazing pyramids to launch pharaohs' spirits into heaven," smiles Ahmed, our Egyptologist guide. "The structures have defied the erosion of time! Did Ptah, patron god of craftsmen and architects inspire these great marvels? How were they built?" Research helps us understand their ingenious construction.

Using hard-stone hammers, copper pickaxes and chisels, skilled masons cut huge limestone and granite blocks. On canals hand-dug from the Nile, oared barges carried them to Giza. There, teams of workers dragged more than 2,300,000 heavy blocks up scaffolds and ramps. Measuring distances with knotted ropes, blocks were placed unerringly. With plumb bobs, water levels and squares, they aligned each perfectly. The triangular faces demonstrate their precision. It's estimated that over 20,000 workers took 20 years to construct Khufu's Great Pyramid. Slabs of limestone remain on sections of his magnificent tomb; its gold capstone vanished long ago. Below stretches the iconic sphinx. Historians think this fourth dynasty pharaoh ordered his image sculpted onto the feline body to promote his status.

Though the smallest of Giza's three major pyramids, Menkaure's towers above adjacent queens' pyramids. Beyond his mortuary temple, a pathway leads to the tomb entrance. Inside, a narrow tunnel winds through several rooms to his ransacked chamber. Because burial treasures were routinely looted, royal

tombs were later located in the secluded Valley of the Kings.

Our next stop is the site of early Memphis. Pharaoh Narmer unified Egypt in 2925 BC and made this city the Old Kingdom's capital. Although reminders of its 10 dynasties were discovered, many artifacts reveal the continued prominence of Memphis during later dynasties. Found beside the nearby temple of Ptah, a 10-metre, legless figure of Ramses the Great now lies in The Open-air Museum. The monumental statue is but one of many tributes to Ramses II.

Outside, Queen Hatshepsut appears as the face of another sphinx. The calcite effigy glorifies this rare female pharaoh and renowned builder. Symbolizing motherhood and music, a nearby bust of deity Hathor features unusual cow-like ears.

Farther south, Saqqara encompasses a vast third dynasty burial ground. Ahmed points out King Djoser's 'step-pyramid' made in 2630 BC; the first pyramid ever constructed. Supposedly, its layers of rounded platforms were intended to provide a giant stairway to join sun god Ra. Smaller pyramids stand near the newly excavated Temple of Anubis and animal cemetery. "Jackal-headed god Anubis shepherded the dead into the spirit world," Ahmed explains. "Here, the deity tended eight million interred animals. Egyptians commonly had cats and dogs; elite pets might include baboons, monkeys, fish, gazelles, birds, lions, mongoose, crocodiles, scarab beetles, and even hefty hippos."

ABOVE | Amazing Sphinx and Giza Pyramids.

TOC | Centuries-old Citadel of Salah al-Din. Photos: Rick & Chris Millikan

Back in downtown Cairo, we visit the old Egyptian Museum. Exhibits span 3100 BC to 332 AD. Statues of Giza's pyramid builders, pharaohs Khufu, Khafre, and Menkaure, line wide hallways. We also admire a colossal sculpture created to celebrate the prosperous reign of Amenhotep III. He sits with wife, Tiye, and their three daughters. Passing through a lower gallery of mummified well-to-do citizens and royalty, we continue upstairs.

The Narmer Palette is exhibited in a showcase. Pharaoh Narmer's image is etched on both sides of a piece of flat gray-green siltstone. On one side, he wears Lower Egypt's Red Crown in a victory procession and on the other, the White Crown of Upper Egypt. This extraordinary facial makeup palette cleverly illustrates his unification of Upper and Lower Egypt.

In other rooms, illustrated papyrus scrolls, numerous critter-headed gods, stone animal carvings and marvelous death masks of Egyptian royalty delight and amuse. Gesturing toward alabaster jar collections, Ahmed explains, "Stomachs, intestines, lungs, and livers were preserved in four canopic jars. Each lid portrays the owner's face to help the spirits locate vital parts in the afterlife. There are no jars for hearts. Believed to be receptacles of souls, hearts remained in mummies."

A special gallery encloses Tutankhamen's awe-inspiring treasures: his gilded throne, chariot, gem-embedded rings, amulets and bracelets, bejeweled sandals, and bronze knives.

The boy king's face appears on golden death masks and canopic jars. All evoke luxurious lifestyles and death rituals of pharaohs.

A small painted carving in another room portrays one high-ranking court official and tender family relationships. The wealthy dwarf, named Seneb, sits cross-legged beside his wife, who embraces him affectionately; their two impish children stand below.

At centuries-old Citadel of Salah al-Din, Ahmed describes how Muslim Egyptians follow the Quran. "Sharia laws strictly define roles. Bedouin leaders must be followed. Disobeying during desert storms is deadly. In comparison, urban Muslims face daily problems requiring independent, modern outlooks." Exiting the alabaster domed mosque, we cross its enormous courtyard to the southern edge and again view Giza's distant pyramids.

Our coach takes us past large synagogues, a huge Coptic Cathedral, and other mosques. Along the way, we learn about modern Egypt's turbulent times. "Hosni Mubarak ruled Egypt for almost 30 years. Considered increasingly corrupt, he was forced to resign in 2011," Ahmed notes. "After electing Muslim Brotherhood candidates, President Morsi's legislators enacted harsh Sharia laws attacking women's rights, denying free expression, and even suspending our constitution."

"Of course, the population questioned these acts. Millions of Coptic Christians, Jews and Muslims signed petitions and held rallies. The army refused to quell their mass demonstra-

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tions. And in 2013, the Muslim Brotherhood was expelled. Then, turning to terrorism to regain power, the Brotherhood bombed a police station and Cairo's Botroseya Church. You'll now see armed police posted throughout Egypt to prevent other tragedies."

At another stop, we wander Khan El-Khalili, a wondrous 14th century souk. Narrow passageways wind past stalls overflowing with shiny silver, copper, and brassware. Gold trinkets and jewelry fashioned by market goldsmiths cover tables. Stylish leather goods, colourful textiles, and dresses adorn shop walls. At every turn, merchants invite us to check out their wares. Many vendors sell as well as smoke hookah water pipes throughout this intriguing bazaar.

Wooden barrels of dried fruits and nuts attract us into a small shop. We buy boxes of fresh dates embedded with almonds, a tasty souvenir. Our shopping ends at an outdoor café; the owner excitedly welcomes our group of 20. We settle around long wooden tables at the edge of a shaded square. Across the street towers Al-azhar's dome and minarets. While sipping our robust Turkish coffees, today's guide tells us the mosque commissioned in 970 AD had become an important Islamic learning centre.

Returning to our hotel, we sight from coach windows Cairo's sprawling street market. Below the busy freeway, hordes of shoppers converge on countless little stalls shaded by multi-coloured umbrellas and endless racks of clothing dancing in the breeze.

Old Cairo introduces Egypt's ancient past, evolving culture, and pertinent politics. Flying south to Luxor, a Nile River cruise carries us into Egypt's Middle and New Kingdom. The next 20 dynasties of pharaohs ruled from this area. Moor-ing near remarkable attractions, daily shuttles whisk us to notable temples and into the Valley of Kings. Accompanying us, Ahmed presents further insights into Egypt's past. Our discoveries will be shared in the March issue. |

For IF YOU GO information and additional photos, visit www.seniorlivingmag.com/articles/egypt-part-1-cairo



At their mutual friend Angela's family home in Heidelberg, Jean, a Parisian, and Maria, a Lebanese-Brazilian from São Paulo, first met in the late 1960s. Both in their 20s, they crossed paths at a Christmas celebration, chatting in German, a second language for him and a fourth for her. They were immediately drawn to each other and felt a deep cultural connection to their Arabic roots.

Maria, a biology student, was working on research in Germany that would later become the topic of the PhD she completed in Brazil.

Jean knew Angela's family from a high school French-German student exchange.

When the two met, he had a year of obligatory military duty in France ahead of him, followed by civil engineering studies.

After Christmas, they took a short, platonic road trip to Vienna before continuing their life paths. They sometimes heard about each other through Angela, as they took on divergent career and family directions.

She ultimately settled in London, and he in Paris.

Occasionally, coupled with their spouses, they briefly ran into each other at Angela's home.

When they re-met in 2016, at Angela's husband's 70th birthday party, the spark of long ago was reignited. Both their marital situations had changed, and it took Jean no time to initiate daytrips from Paris to London, an easy 2.5-hour Eurostar Chunnel trip.

By then, they were in their 70s and had full lives, so they spent time together once a month, alternating between Paris and London.

What really cemented their now intimate relationship was their daily written communication between visits, still in German.

Maria eventually suggested they switch to writing in French, a language she had learned in her native São Paulo. "It's quite difficult for two foreigners to write in a foreign language," she says, "so we decided to write in French and speak in either French or German."

Even a lifetime later, they found they had a lot in common. Both loved to read, pursued strong cultural interests, and had committed family connections.

"In 2018, we started taking road trips in the UK, France, and Germany. We just had fun exploring landscapes and each other," they echo.

Jean admits he was too shy when they met in their 20s to pursue a relationship. "It would have been simpler if we'd started this earlier," says Maria, "but we weren't ready then."

Their relationship has strengthened through the pandemic, with daily missives, road trips when possible, and many ongoing conversations about big and little things.

"It's the dialogue that helps you really learn about a person," says Maria. "And the companionship and care that keeps it all going." |

FOREVER FIT

by EVE LEES

OVERCOME EXCUSES FOR INACTIVITY

We know physical activity is necessary, yet countless Canadians remain inactive. In many cases, it may help to confront the myriad excuses that can interfere with an active lifestyle.

No time. The day can fly by if you have several obligations and responsibilities, even for those now “retired.” Consider scheduling an appointment with yourself, and don’t break it. Ask a fitness professional for ideas to squeeze exercise into your busy day.

Interferes with work or studies. Activity improves the mind and body. And that’s important if you are still working or want to take courses at the local college or university. With clearer thinking and increased energy, perhaps fewer sick days, you’ll be more productive with a greater control of stress.

Family obligations interfere. Get your family involved – plan more “active” get-togethers. Enjoy activities before or after the meal when the family gathers for those holiday feasts: like skating or sledding in the winter months. Or a football or baseball game when the weather is warmer.

Too tired. Regular exercise increases energy levels. Improved blood circulation brings vital oxygen more efficiently to muscles and the brain.

Exercise is hard. Find an easy or leisurely activity – progress at a moderate pace.

I’m too busy. Reevaluate your priorities. Good health is more important than anything else in your life. If you aren’t healthy, you aren’t any good to anyone, including yourself.

Bad weather is a deterrent. Dress for it or exercise indoors. Many activities can be done inside, like riding an exercise bike, stair-stepping, jumping jacks, or skipping rope. In addition, there is indoor wall climbing, golf, tennis, or how about mall walking?

Exercise is boring. Find a fun activity or choose from several to avoid boredom. A formal exercise program is not necessary. You just need to move regularly.

No facilities or equipment. You don’t need a gym or equipment – hike or walk briskly outdoors. Do calisthenics in the convenience and privacy of your own home.

Too expensive. Brisk walking is cheap. For weight training exercises, use your body weight or improvised equipment, like soup cans.

Fear of injury. Choose an activity with low injury risk. To avoid injuries, learn the proper technique from a personal trainer or someone knowledgeable about your chosen sport,

such as a tennis or golf instructor, etc.

Lack of motivation. Exercise with a friend. Keep an exercise log. Choose activities that you enjoy – set goals. Hire a personal trainer to inspire you.

Health problems. Everyone can do some type of activity. Ask your doctor and work with a fitness professional or physical therapist. Gentle exercise is healing! |

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





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IMPROVING CAREGIVING THROUGH TECHNOLOGY

By WENDY JOHNSTONE

Our family was recently impacted by an emergency, and an aging relative was hospitalized. With ongoing restrictions due to COVID-19, in-person visits were limited and some family members involved in care live afar. After the acute event was over and our aging loved one was back home, I reflected on how much of our communication and caregiving was done virtually – texting, email, videoconference, online booking for transportation, and apps to help coordinate tasks and scheduling.

Using technology-based interventions and other digital applications is increasingly becoming a viable option to support family caregivers both in their role as a caregiver and for their own well-being. In a recent study by CareLink Advantage with over 600 respondents, results found that:

- 70% of respondents use technology to coordinate care (making appts, sharing care among family members, organizing transportation or services);
- 90% of respondents use technology to keep in touch with friends and family;
- 70% use digital apps and technology to better understand the health conditions of the person they are caring for; and
- Almost 50% of caregivers who live at a distance use technology to manage care.

As many of us know, a single internet search can be overwhelming and can lead to many “rabbit holes.” There are so many digital solutions available; it’s hard to know where to start.

One of the best places for caregivers to begin is by identifying how they want technology to support them. A few options to consider:

- the health and well-being of the caregiver

- access to Telehealth, coupled with other monitoring tools to manage their loved one's health and well-being
- organizing/coordinating health care appointments and access to health care providers
- improving the safety and well-being of care recipient
- improving communication among the care team
- staying connected to loved ones
- supporting regular chores and time management

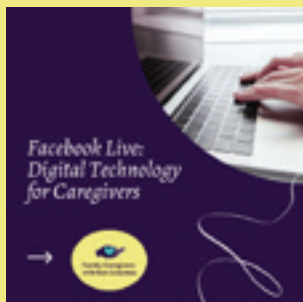
Do your due diligence when checking out a website or application. One way is to check to see if an unbiased professional or expert has given feedback or ratings. Another strategy is to look for feedback from other caregivers. Ask your peers for their recommendations.

Before downloading an application, go back to how the app can support what you are already doing off-line. Consider how well the application solves a specific problem or challenge for you. Test it out prior to paying full price. Most apps offer a free or trial version.

With anything new in life, there is always a learning curve. Technology can feel scary; however, many caregivers find their lives and well-being improve with its use.

Our family relies on it; it makes us feel less isolated from each other and from our aging loved one. It also helps us stay informed, connected, and makes certain parts of caregiving a little easier!

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



Join our February Facebook Live!

On **February 17** at **9:00 am PST**, join Wendy Johnstone on our Family Caregivers of BC Facebook page for a conversation about **Digital Technology for Caregivers**, how it can help you, and where to find more information.

<https://www.facebook.com/FamilyCaregiversBC>

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VALENTINE'S DAY STORIES

Valentine's Day is my favourite day of the year for two reasons: I'm a romantic, and a great event happened to me on February 14, 1973.

I remember sitting in the doctor's office in my early 20s expecting my second child. The first birth experience, my son, had been touch and go, and the doctor didn't want a repeat of almost losing mother and child again. He recommended I have a second Caesarian and suggested that I might like to have a Valentine baby.

It would fall on a Tuesday that year. I could check into the hospital the Monday afternoon and I would be first on the roster in the operating room of the Prince George Regional Hospital on Valentine's Day.

I briefly woke up in recovery and asked a nurse, "What did I have?" She replied, "A boy!" And then I went back to sleep.



Living
on purpose

by LAURIE MUELLER

When I woke up again, my husband and sister-in-law were waiting to see me. "We got our girl!" I looked at them and sadly replied, "No, we had a boy." Our hearts had been set on having a boy and a girl. A disagreement ensued. The nurse was called, and the baby brought in. I didn't have to check as the nurse handed me the adorable bundle, "here is your little girl."

Every Valentine's Day, I have a double celebration of joy while my daughter complains it's no fun having a birthday on a special day. It does mean ordering flowers at the last minute is impossible and restaurants must be booked weeks in advance for dinner, but I think having a Valentine daughter is just perfect!

My second Valentine's Day story takes place years later. Once again, I take you to my time as director at a senior's residence. I had a regular column in the monthly newsletter and, one February, I wrote about love and joy and how much I loved Valentine's Day. Now, the senior's residence in which I worked was a converted hotel and the units we rented were mostly singles. That meant we rented to single people. It was, and is, a popular place and the rooms were always full.

But that year something changed. Although I don't think I mentioned it to my board of directors, I know why six people gave me their notice at the end of February. Six people were moving to three apartments. One couple even said to me how much they appreciated my Valentine's column in the newsletter. Instead of just being friends, they were taking the plunge back into coupledness by moving out and setting up home together.

Not just one couple, but three!

So, I had six empty rooms to fill. I cursed myself for the extra work I had created by writing about love and the benefits of a relationship. I filled the rooms easily, however, as there was a waiting list. The following year, I took a different tack on the February editorial!

My wish for you this Valentine's Day is that you celebrate love in whatever form it takes in your life and that you also enjoy a little chocolate. |

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Laurie Mueller, M.ED is retired and living in Victoria with her husband, Helmuth. Her book *The Ultimate Guide on What to do When Someone You Love Dies* is available on Amazon. More about Laurie can be found at www.lauriemconsulting.com or on Facebook.

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