

INSPIRED

55+ lifestyle magazine

MARCH 2022

MUSICIAN
DANIEL
LAPP

WALKING SOCCER
POPULARITY SWELLS

CONSCIOUS
UNCOUPLING

CRUISING
THE NILE

Inspiration for people over 55 • www.seniorlivingmag.com



Say goodbye to dentures & live your best life... starting today.

Are you having trouble chewing & eating your favourite foods? Are you unhappy with your smile? Are you tired of your uncomfortable dentures and the daily maintenance?

We have a solution for you.

BC Perio's Teeth in One Day are often referred to as All-on-4 Dental Implants.

BC Perio's team of Dentists have performed over 20,000 dental implants during the last 25+ years with great success and we can help you too.



BC PERIO
DENTAL HEALTH & IMPLANT CENTRE

Vancouver (604) 330-2700

501-777 West Broadway
(between Cambie & Oak)

Coquitlam (604) 332-6716

250-1175 Johnson Street
(at Glen Drive)



Visit us online at www.bcperio.ca



14



10

content

MARCH 2022

- 4 Daniel Lapp: Double Stop and Play On
by John Kelly
- 8 Walking Soccer Swells
by Melanie Dorchester
- 10 Freedom on Harbour Island
by Bruce Sach
- 12 Conscious Uncoupling
by Bobbie Jo Reid
- 14 Ancient Egypt Part II: Cruising the Nile
by Rick & Chris Millikan

- THRIVE BEYOND 55 2
- FOREVER FIT 17
- FAMILY CAREGIVER 18
- MARKETPLACE 19
- LIVING ON PURPOSE 20

resources

55+ TRAVEL CLUB

Club events in Victoria, Vancouver & Nanaimo are postponed until further notice. Join our monthly newsletter and stay informed. www.seniorlivingmag.com/travelclub

55+ LIFESTYLE SHOW

125+ exhibitors, all day entertainment, makeovers, fashion show, speakers & more. Next show April 12, 2022 at Pearkes Recreation Centre, Victoria, BC. Booth booking now open. www.55pluslifestyle.com

INSPIRED MAGAZINE

Pick up your free print copy at multiple community locations or get our online version emailed to your INBOX every month – sign up at www.seniorlivingmag.com

SENIOR HOUSING DIRECTORY OF BC

A database of retirement residences featuring independent, assisted living and specialized care housing. www.inspiredseniorhousing.com

“TO MOVE OR NOT TO MOVE?”

A 128-page guide for BC seniors considering their residential options. Whether you decide to stay in your home or move, this book will help you navigate to where you want to be. Published by *INSPIRED Magazine*. \$19.85 includes GST and shipping & handling. Call 250-479-4705 to order.



Cover DANIEL LAPP

This multi-talented musician and teacher is also the Artistic Director of the School of Contemporary Music at the Victoria Conservatory of Music, which he calls the first T4 job of his life.

Photo: Vdetta Photography by Viviana Ng

INSPIRED

55+ lifestyle magazine

Head Office Suite 302, 1581-H Hillside Ave., Victoria BC V8T 2C1 | 250-479-4705 | office@seniorlivingmag.com

Publisher Barbara Risto publisher@seniorlivingmag.com

Managing Editor Bobbie Jo Reid editor@seniorlivingmag.com

Advertising Sales Kathie Wagner kathie@seniorlivingmag.com 250-388-5279

Subscriptions (12 issues): \$36.75 includes GST, S&H. Canadian delivery only.

No portion of this publication may be reproduced in whole or in part without written permission from the publisher. INSPIRED Magazine is an independent publication and its articles imply no endorsement of any products or services. The views expressed herein are not necessarily those of the publisher. Advertisers and advertising agencies assume liability for compliance with all copyright laws related to materials they submit for publication. INSPIRED Magazine is distributed free throughout British Columbia by Stratis Publishing Ltd. 12 issues per year. ISSN 2562-1041 (Print) ISSN 2562-105X (Online)



1 DAY PAINTING



- Friendly, uniformed painters
- Start and finish on time
- Exceptional communication

Schedule your free, interior or exterior estimate today.

1-888-WOW-1DAY
(1-888-969-1329)
WOW1DAY.COM

SUBSCRIPTION ORDER FORM



12 issues for \$36.75. Includes tax.
CANADA ONLY SHIPPING.

Name _____

Address _____

City _____

Prov _____ Postal Code _____

Make cheque payable to:
Stratis Publishing Ltd
302, 1581-H Hillside Ave.,
Victoria BC V8T 2C1

THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



I'm guessing I'm not the only one approaching the next few months with a sense of eagerness and relief, and yet caution.

Much has changed in our world. Much has changed for us personally.

It's time to begin the process of reintegrating into life in our communities, step by step reaching beyond the safety of our homes to reconnect and re-establish our presence.

How do we want to take those steps?

Do we want to go back to exactly the way life was? Or can we find a new path forward?

I'm persuaded that we cannot ever go back to what was, nor should we want to. The gracious way to move forward is to accept the changes, acknowledge the gifts that this pandemic has delivered, and pledge to make the generous future a better place for all.

Despite the many challenges, there's opportunities waiting to be explored. Necessity has spawned innovation that we could not have imagined a couple of years ago.

Some of the changes may feel awkward, at first, but incorporating them into your lifestyle can bring more efficiency and freedom.

Who would have thought one could tap a few buttons on a plastic screen smaller than your hand, then walk straight into a Starbucks and pick up your waiting drink? Or have it show up at your door within the hour?

Despite imposed lockdowns, we have maintained our relationships with friends, family, and colleagues through video platforms via computers or handheld devices. In many cases, we have expanded our circle of acquaintances by joining new groups. We have explored fresh hobbies

and learned valuable information from amazing and knowledgeable people.

All this is ours to take into this new world.

Even *INSPIRED Magazine* has evolved. We no longer have a central business office. All staff work from the comfort of their own homes and communicate as needed through phone, email, and texts, supported by cloud-based databases and software. We transitioned to four-day work weeks, which has felt amazingly freeing.

Every decade has seen its share of innovation, but it's breathtaking to see what has been accomplished in the first two years of this one. Technology and communication are accelerating at a phenomenal rate.

In the history of our planet, we have never been so connected with one another to the point where we can be present almost anywhere on the face of the earth within seconds.

Let's pray our humanity and compassion for one another keeps pace with our technological advancements and that we never take for granted again the pleasure and profundity of a handshake, a hug or a "how are you?" These connections will always be the foundation of civility.

May the month of March awaken us with renewed promise. May we revel in the opportunities that life brings to us, and may we cherish every moment we have with loved ones and acquaintances.

Springtime blessings to all. |

After shuttering our popular 55+ Lifestyle Show in 2021, we're eager to bring our community together again. We will be hosting our show on April 12th from 9am to 3pm at Pearkes Recreation Centre, Victoria. All government safety protocols still in effect will be observed.



Trillium

BOUTIQUE SENIOR LIVING



As *unique* as you.

We offer 12 senior living communities with care that is personalized to each resident's unique needs and preferences.

Locally Owned & Operated | 250.383.6509 | trilliumcommunities.com



Artistic Director of the School
of Contemporary Music at the
Victoria Conservatory of Music
Daniel Lapp.

*Photos: Vdetta Photography
by Viviana Ng*

DANIEL LAPP: DOUBLE STOP AND PLAY ON

by JOHN KELLY

Daniel Lapp is more than an engrossing Wikipedia read, but I'd start there. It'll tell you of his prowess on the trumpet, voice (not at the same time), and violin, how he's collected and written thousands of fiddle tunes, rubbed shoulders with some giants in the music business, is an artistic director at the Victoria Conservatory of Music, a teacher and performer. The Wiki page is a primer. Continue reading for the paint job.

Since 1990 or so, it's been almost impossible to spend a night in a pub, at least any Canadian one, and not hear 'Home for a Rest,' Spirit of the West's raucous anthem to touring and boozing off their fourth studio album *Save This House*. If you happen to have played night after night with the band, you'd think that when asked for a rock 'n' roll story (you know, just to add colour to the piece), you'd pull a beer-soaked goodie from the SOTW annals.

"One point that played a big part in my career was at the end of a European tour with Rickie Lee Jones. We were all at Heathrow Airport. Everyone was flying in different directions. Home to Paris. Home to New York. Home to Los Angeles. And I was flying home to Victoria. I had a real epiphany," says Daniel.

Awsome. He's going to trash the departure lounge.

"This was 15 years ago or so. I married early and then divorced. And then had two kids from that marriage, so I didn't stray very far from Victoria. I always thought I

would live in New York or Berlin. And I never did it. I don't know how you'd explain the feeling... a certain amount of sadness and remorse that I'd missed the boat or something like that."

I'd call it twangs of phantom nostalgia. You know, I didn't even do these things, and now I miss them.

"At the airport I realized, and I have to admit to myself that I was glad to be getting on the plane and flying home to Victoria and not one of those other cities that I always thought I was meant to live in."

For the record, it's my understanding that the grass isn't even that green in any of those cities.

"On the flight home, a lot of things changed for me," Daniel continues. "I arrived in Victoria and, at that point in my life... that pressure that I'd put on myself all those years, that ambitious pressure just kind of dropped away, and I really felt more grounded than I had ever felt in my adult life at that point. I embraced my life in Western Canada."

"A lot of things shifted," he recalls. "I started to enjoy my teaching more because I started to get to know the kids more. I wasn't living with one foot out the door saying 'well, I can teach you for a month, but I don't know where I'll be the next month' because that was the story of my life for a long time. Before I joined SOTW, I was in 13 bands at one time in Vancouver. I tried everything, and I loved it all. Free jazz, Dixieland, independent rock bands, Bluegrass, Irish, everything.

Snapshot

with Daniel Lapp

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

"Don't wait for the phone to ring – and don't expect it to either."

Who or what has most influenced you and why?

"I'd say my grandfather. His name was Daniel Wutzke who was a fiddling farmer on the prairies. The way he lived his life... he was a practical man. He played the fiddle for his community. He recognized that he had a role to play in those Saturday night dances. He went to great lengths to make that an important part of his life. He brought a lot of joy to a lot of people. His commitment to his family and his community."

What keeps you grounded?

"I'm not always grounded and I've come to accept that about myself. In fact, it's an important part of who I am – that I live between these worlds of creative and emotional spaces and touch down every so often to deal with practical issues. But when I need it, I find it in daily routines – practising scales, breathing, meditation and kick boxing."

What are you most grateful for?

"A couple of things. I'm grateful for the opportunity to be a father. I have four kids. I'm also grateful for the opportunity to pursue the passion that has possessed me since I was a kid. And that is music. I know not everyone in the world enjoys such freedom."



But there was something that shifted for me (on the flight from Paris). And I wasn't feeling that regret anymore that I'd never lived in those big cities. I felt like this is home and there's no reason I can't pursue music from here and be serious about it."

Let's go back to the beginning.

"I started singing in a choir when I was five. Started piano at eight and violin at nine. And all the while singing. It seemed really clear to me when I was 10, when I was singing in music festivals and local musicals and things that I was going to be a professional singer."

And then he had a setback.

"During a run of *Oliver Twist*: my voice started changing. I turned 12 during the run, and by the end of it, I was not a boy soprano anymore."

Joining the ranks of the castrati was not an option in Prince George in the '70s. But tumbling down the octave ladder during *Oliver Twist* did not spell doom. Please, he wanted more.

"In some ways, I'm still getting over this. It sounds so bizarre, but it comes up quite a bit in my life. I sing a lot now, but there was a freedom that I sang with when I was 11 that I've never felt since. I think that's part of what keeps me singing because I know there's more, and I'm trying to find that freedom that I could sing with when I was 11."

Daniel's passion for music is delivered with a two-pronged approach.

"When I was starting out in my career, my ambition was all about performing and touring all around the world, playing the jazz clubs in Europe," he says. "I didn't see myself as a teacher. When I settled down with family when I was still young that was part of the necessity of making a living. I was living in Victoria, and you really couldn't make your living as a musician in Victoria as gigs were paying 50 bucks a night. Going for long tours was not really an option because I had young kids. So, I kind of stumbled into teaching."

"I hadn't considered it before. But I

did it and that kind of snowballed. I think my passion is for music in general but maybe specifically fiddle music after it was passed on to me by my grandfather and five uncles and my mom and her sisters – they were old-time musicians – I think I knew right away when I started teaching that it was more than teaching the fiddle."

"It was teaching a language. It was teaching part of our history. I was really thrilled when some young kid was interested in learning the fiddle. That was just kind of off-the-wall to me because there aren't many of us really in the grand scheme of things that are drawn to fiddle music. So, I did enjoy it and then I started performing with my kids, my students. That was a thrill, and I could see what a spark it was for them. It has become a bigger part of my life than I thought it would."

But the creative mistress is a seductive and persistent one.

"There's this voice inside saying, 'you gotta do this.' For me, that is recording and performing. I hope that I'll play well into my twilight years. I feel like I'm playing as strong as I ever have, and I'm working on new things all the time these days. That's just me and my instrument discovering new things and working on things that I have meant to work on for a long time. I feel in some ways musically speaking and as far as my ideas, I'm getting better. I'm not putting too much pressure on myself right now, but I'm definitely paying attention to that desire, and I really want to honour it, which might mean teaching less."

This pandemic has yielded a few surprisingly sweet nuggets.

"Most of the composing I do is instrumental," says Daniel. "A blitz of writing tunes was just a goal I'd set. The first goal was to write a song for each of my nieces and nephews. And then the grand-nieces and nephews. And then I thought all my siblings should have songs. And then I thought, 'geez I'm getting pretty close to 56, so I'm going to write 56 tunes this year. Then I thought I'll try and write 100 tunes in the year and that was the goal. I wrote 103."

"Maybe one of the gifts I got from

COVID was I had several months where everything just kind of stopped. That's the first time in my life where I'd ever just stopped the chaos, the rat race of hustling gigs and organizing lessons. There was a real gift in just stopping for a while. This relaxed state just helped, and for that year, every time I picked up my fiddle I just knew, just as I was picking it up and pulling it up to my chin, I could just tell that there was a tune coming. Put my finger on a string, put the bow down, and it would just go. In five or 10 minutes, I'd have a new tune. Some days, I'd write four or five tunes."

There are new horizons for Daniel. And they are broad ones.

"I am single again, so I'm looking at this next phase of my life and thinking this is not where I thought I was going to be. I thought the second marriage was a keeper," he muses. "It didn't last. There is something kind of terrifying about being older and being single. Not to mention the toll it takes on finances and looking how to stabilize my life and my future. I didn't think that I would teach until 65, but I probably will at this point now."

Daniel bought 35 acres of land in the Cariboo near where he grew up. He's starting to do what he calls "part-time homesteading." Last summer, he moved a cabin onto the property, and this summer he'll start to renovate it.

"I have been so focused on just being a musician my whole life, I'm just trying to learn a bunch of new skills to pull off this homesteading. I'm trying to stay in shape... have to be able to go up there and haul a chainsaw around, jump down off my truck, and dig holes and lift boards. So, during the year now when I'm in Victoria teaching, I'm exercising, eating healthy, and trying to maintain good health as I get older."

"I have three girls and my son is 11. I want to keep one step ahead of him for a while yet. That's inspiring me to stay as healthy as I can. I told him I'm going to celebrate his 40th birthday with him!"

The land purchase has revealed some full-circle observations.

"I'm trying to channel my farming ancestors and my dad who was a bit of a Renaissance man with a lot of different

skills. I'm doing a lot of reading and when I'm there, it's like I'm literally trying to open my mind up to this potential that I'm hoping I have inside me. It's terrifying, but there's something thrilling. If I'd had the money to buy a place in Victoria, I would have bought it, and I would never have had this opportunity that I have now to discover this whole other side to who I am and who I can be. As overwhelmed as I am about it, I'm excited."

But whether in the woods or Wall Street, escaping our essence is nearly impossible.

"I really want to spend the next 10 years recording as much as I can, and hopefully that will lead to some touring, too. I try to keep my finger on the pulse of the younger generation who are innovative and doing new and cool things."

Thirty-five acres. The Cariboo Folk Festival? Retreat and Record in The Lapp of Luxury? Well, nature anyway. Daniel's got options. And you can bet that cabin will be filled with the sound of his music.

Music is a universal language. Cliché of clichés. But that's because it's true. If you play the language in your parents' basement to no one, then die with it inside you, what good have you done? The language may as well have been Latin. Wait, I'm being too hard on Latin. It's given us things like *rigor mortis*, *carpe*

diem, *et cetera*. The point is Daniel Lapp spoke the language, shared it, taught it, defined, and refined it. He has sung its praises from the biggest stages to the tiniest classrooms. And he has no intention of stopping. |



Tracy Merkley

Curious about how Dentures can help you?

We offer free, in-depth consultations to help you identify the denture solution to suit your needs and budget

Central Park Denture Clinic

www.centralparkdenture.com

250-388-4100

smilestylists@shaw.ca

201 - 1711 Cook Street, Victoria BC • Free parking

COVID-19 protocols in place for your protection





WALKING SOCCER SWELLS

by MELANIE DORCHESTER

Go ahead, ask a friend what they know about co-ed walking soccer. Seriously. Ask them and you'll get a range of answers, from "Never heard of it" to "Oh, yes! It's the best thing ever!"

Known as walking football in the United Kingdom, I'm told it is the fastest growing team sport among people over 55. Similar to regular soccer in many ways, it has several important distinctions. The most obvious one is speed, but for those who have played regulation soccer, and are still able to run, this can be the biggest challenge. After three blue cards, it's into the penalty box for them! Other differences include smaller-sized nets, varying degrees of competitiveness, and self-refereed games.

Rules are a work in progress. Some have developed over the years by local authorities in response to local conditions, to enhance safety and to prevent injury. For example, when passing the ball, players are expected to keep the ball below either head or shoulder height, or when shooting on goal, below knee height.

Given the advanced age and potentially vulnerable condition of some players, there is an increased risk of serious injuries caused by contact. This has resulted in a widely accepted code of conduct regarding no-contact. Players are expected to pass the ball in situations where contact would otherwise be likely. Although accidental contact can still occur, players are much safer overall.

For some people, fun and socialization are their top priority, with the added physical health benefits like improved cardiovascular strength. Participants also find improvement with balance, muscle strength, stamina, and weight. There is a great deal of satisfaction and confidence that comes with the physi-

cal effort and teamwork involved. The social interaction can improve one's mental health and overall wellbeing.

Peter Denby is the Director of Development for the South Island Classic Soccer Association on Vancouver Island and is very enthusiastic about the way walking soccer has grown in popularity. He says it started in the UK in 2011, and there are over 1,100 teams now in Europe, Australia, the US, and Canada. Although some players enjoy both regular and walking soccer, it's typically a team game for players over 50, "whose physical abilities prevent them from playing the running game, who prefer to play in a contact-free scrimmage, or who are recovering from an injury and use walking soccer as part of their rehabilitation."

The growth in popularity of walking soccer in BC is remarkable. Peter predicts that within five years, each community may have walking soccer teams. A quick internet search of the Lower Mainland brings up teams in Surrey, Coquitlam, Pitt Meadows, and Maple Ridge and, in January 2022, a new one in White Rock.

Peter watched the rapid growth on Vancouver Island in Parksville, Nanaimo, and Victoria. Over the past year, for example, two groups have developed in Victoria's Oak Bay, consisting of 17 players in one, and 31 in the other.

"Monday afternoon scrimmages are for people who have not played soccer before or have not played for many years," says Peter. "Wednesday afternoon is for those who have played

ABOVE | (Left) Men's walking soccer in Victoria. (Right) women's inaugural game in Victoria. Photos: Rick Hoogendoorn

before or are still playing the running game.”

This month, two Victoria competitive teams and one novice team are participating in a Walking Soccer Tournament in Nanoose Bay.

In addition to his local work, Peter organized a walking soccer tour, which was originally scheduled for May 2022 in Britain. Due to ongoing restrictions, however, it has been held over to 2023. He is excited about this 21-day tour that will have players participating in seven games in seven towns.

Additionally, an application has been made for walking soccer to be included in 55+ BC Games.

Walking soccer has a lot to offer. As someone who always loved team sports but avoided pain on the field or court whenever possible, this walking soccer game sounds very appealing! Maybe I'll give it a try. How about you? |

For more info, visit www.svicsa.com and click the link for Co-ed Walking Soccer or contact Peter Denby: pdenby74@gmail.com



DUNWOOD PLACE

The Presbyterian Senior Citizens' Housing Society

Affordable Senior Independent Living In Historic New Westminster, BC
Lounge For Many Activities
Cafe With Patio & Dining Club
Country Club Atmosphere -
A Real Hidden Jewel

For more information or to view the residence, please call or email:

604.521.8636
dunwoodplace@telus.net



Experience the very best of Canada's
St. Lawrence and Ottawa Rivers:

4, 5, 6, 7 night cruises aboard the nostalgic,
32 stateroom replica steamboat
CANADIAN EMPRESS.

Quebec City, Ottawa, Kingston Departures

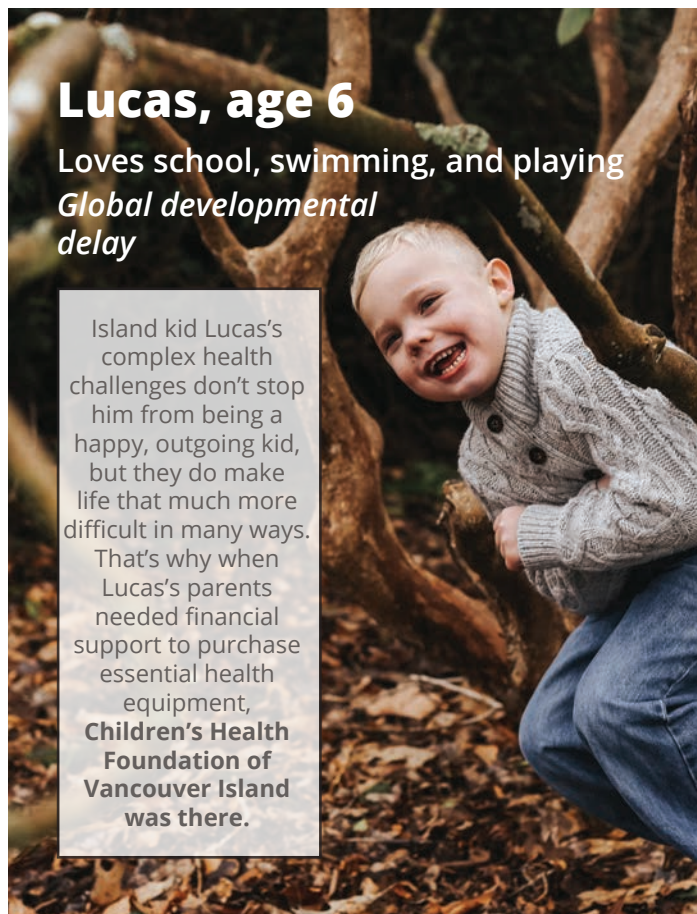
Call today to receive our travel brochure

1-800-267-7868

www.StLawrenceCruiseLines.com

253 Ontario St., Suite 200 Kingston, ON K7L 2Z4

TPOC
#2168740



Lucas, age 6

Loves school, swimming, and playing
Global developmental delay

Island kid Lucas's complex health challenges don't stop him from being a happy, outgoing kid, but they do make life that much more difficult in many ways.

That's why when Lucas's parents needed financial support to purchase essential health equipment, **Children's Health Foundation of Vancouver Island** was there.

Children's Health Foundation of Vancouver Island has invested in the health of Island kids for 96 years. We touch the lives of more than 16,000 Island kids and youth each year through our homes away from home in Victoria (Jenece Place) and Campbell River (Qwalayu House); our Bear Essentials program, which provides direct funding to families who need financial support to meet the immediate care needs of their child; and by investing in essential community-based services, interventions, therapies, and resources.

Leave a gift in your will to ensure Island kids like Lucas have access to the health care they need for generations to come. Contact Shelley Engelhardt, Leadership and Legacy Giving Manager at legacy@islandkidsfirst.com or 250-940-4950 to learn more about the impact of leaving a gift in your will.

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND



SCAN ME



FREEDOM ON HARBOUR ISLAND

by BRUCE SACH

Hard to pin down what makes Harbour Island, Bahamas such an incredible place, as the variables are many.

This tiny sliver of an island runs north to south just off the tip of Eleuthera, truly one of the most beautiful Bahamian islands, for those in the know.

Hockey great Mark Messier, owner of a resort here, first visited on a fishing trip when playing for the New York Rangers, explains it this way:

“People like it here because it’s so hard to get to.”

Indeed, despite being so close to the coast of Florida (and officially part of North America, and not the Caribbean), you can only fly as close as nearby Eleuthera Island. We were cramped into a Beechcraft 1900C on a flight that left on a milk route from Nassau, the Bahamian capital.

This commercial flight ended up being a pizza delivery one, too, for locals wanting to bring a pizza treat back to their families! Anyone over five-feet tall, with or without a pizza box, had to bow down to maneuver in this surprisingly low-ceilinged plane. Yet, the mood was a jocular one.

Messier flies down in his own plane.

Once on the ground, however, everyone must take a \$5 cab ride from the airport to the ferry port, and then a \$5 ferry ride to make your way to Dunmore Town, the only village on Harbour Island. Bubbling under the surface is an authentic, friendly vibe – a local man on the ferry, just married, offers us a beer to celebrate. Our arrival? His wedding? It doesn’t seem to make a difference!

Many visitors arrive in Dunmore Town using their own boats, which is somehow a more direct way of getting here.

In this way, they are recreating the arrival of the original settlers, the famous Eleutheran Adventurers, colonists from Bermuda who were seeking religious freedom. After they were shipwrecked nearby, they eventually made Dunmore Town Bahamas’ first capital.

The beach action is on the eastern, Atlantic side, where folks stroll for hours, nearly alone along Pink Sand Beach – perennially voted as one of the most beautiful beaches in the Caribbean, nay, the world.

The pink hue of the sand is as striking as it is subtle – but the texture is unforgettable – think baby powder or finely sifted flour.

The resulting, almost miraculous sand has the amazing capacity to perfectly retain footprints, so if you look at the sand, as a detective might, you could well have the impression that hundreds have recently trodden by. You’d be wrong; it’s merely a record of the entire day’s foot traffic.

All resorts on Harbour Island have access to the public beach where visitors and Bahamians enjoy the beauty of this most perfect place.

Soft, easterly winds blow in with the waves, and the beach is never far from your lodging’s room or balcony overlooking the sea. The odd jogger or the person on horseback, constituted the only action we espy from our room at Runaway Hill Inn, owned by the Messier family.

ABOVE | Pink Sand Beach, often rated as one of the Top 10 beaches in the world.
TOC | Saint John’s Anglican Church, est. 1768. Photos: Carole Jobin

Our host, Jennifer Messier, is easily the most spontaneously friendly and knowledgeable person you'll meet there. She and her family have run the resort for over 17 years, and she speaks about her adopted home of Harbour Island (or Birdland, as locals call it) with the genuine enthusiasm of a first timer. Yes, she appears to know everyone and everything about the island and its residents.

The Messiers have been part of the scene here ever since brother Paul was invited on a fishing expedition.

"Another brother (Mark) soon got hooked on fishing and the resort became a family affair," explains Jennifer, seemingly unaware of the pun.

You might meet brother Mark here (winner of six Stanley Cups and recently named officer of the Order of Canada), but Jennifer is the real star.

Celebrities in the business world you may know of run amok on Harbour Island. But one thing they have in common with everyone else here – including locals – is the electric golf carts. They make so little noise that the cooing of doves is all I can hear!

One of the major attractions is a lone tree. More driftwood than live tree, you'll find it stuck in the sand off Bay Street. A local landmark, it was placed there by a tropical storm some decades ago and has become the backdrop for hundreds of top fashion shoots, like Victoria's Secret and *Sports Illustrated*, etc.

The charm of this place is its tininess. The beach is by far the key attraction and, at three miles long and 15- to 30-metres wide, is almost as big as the town on the other side.

You may come for the incredible relaxation as many repeat visitors do, but sport fisherfolk and water enthusiasts love this place, too. Back at Runaway Hill Inn, Jennifer shares photos of guests with their big catches yet, in her opinion, "any day on the water is a perfect day, whether you make a big catch or not."

After spending a day on Harbour Island's eastern side (facing the daylong sun), we hop into our golf cart and drive eight minutes to the appropriately named Sunset Café on the west side. Here, we enjoy overlooking boats at the Ramora marina, while downing a few frozen Goombay Smash cocktails.

The view is one of yachts of differing sizes, whose owners may be well-seeded (football team and restaurant empire owners from the US) who are seeking the same thing as us – peace and quiet the old-fashioned way.

The Eleutheran Adventurers who first came to the Harbour Island area were fleeing religious intolerance. That is why, when they got here, they choose their name from the Greek word, Eleuthera, which means freedom.

Later that night, as I watch the full moon hang above the sea from the restaurant veranda at the Runaway Hill Inn, I think:

How utterly appropriate! |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/harbour-island-bahamas



604-596-9670
pitmartours.com
info@pitmartours.com

We invite you to join us for some fun and adventure! It's time to travel. Proof of vaccination required. Should a travel advisory force a cancellation, tours are fully refundable.

Palm Springs and Vegas	April 2 - 14, 2022 / 12 Days
Newfoundland and Labrador	July 1 - 14, 2022 / 14 Days
Sand Castles and Quadra Island	Aug 13 - 15, 2022 / 3 Days
Steam Train Robbery & Wine	Sept 3 - 5, 2022 / 3 Days
Waterton, Southern Rockies & Drumheller	Sept 18 - 25, 2022 / 8 Days
Storm Watch on Vancouver Island	Nov 8 - 10, 2022 / 3 Days
Butchart Gardens and Chemainus	Dec 5 - 7, 2022 / 3 Days
Leavenworth & Warm Beach Lights	Dec 15 - 18, 2022 / 4 Days





**DOOR-TO-DOOR PICK UP AND RETURN
 WITHIN THE LOWER MAINLAND
 CALL US FOR YOUR 2022 BROCHURE**



Manulife TRAVEL PROTECTION

COVERED BY
 COMPENSATION BC
 CHECK TO MAKE SURE

BOB & TERESA MARSHALL

★ Back For You in 2022! ★

Louisiana Hayride Show®



"Shania Twain"



"Elvis Presley"



"Loretta & Conway"



NEW!
Buddy Holly
Tribute

See These Legends
All in One Show!



"Leity Frizzell"



"Patsy Cline"



"Roy Orbison"



"Crystal Gayle"

Campbell River, BC - Thurs, Apr 28, 2022 7:30pm
 Tidemark Theatre 250-287-7465 www.tidemarktheatre.com
Courtenay, BC - Fri, Apr 29, 2022 7:30pm
 Sid Williams Theatre 250-338-2430 sidwilliamstheatre.com
Nanaimo, BC - Sun, May 1, 2022 7:00pm
 Port Theatre 250-754-8550 www.porttheatre.com
Sidney, BC - Mon, May 2, 2022 7:30pm
 Mary Winspear Centre 250-656-0275 www.marywinspear.ca
Chilliwack, BC - Mon, May 9, 2022 7:30pm
 Cultural Centre 604-391-7469 www.chilliwackculturalcentre.ca
For complete schedule go to www.HayrideShow.com

CONSCIOUS UNCOUPLING

by BOBBIE JO REID



By the time they were 22 and 29, respectively, my mom and dad were headed for divorce court after five years of marriage and two children. It was not a happy time, but the next 50 years would prove – to me, at least – that they never stopped loving each other. I know my dad loved my mom; he told me so, and he called her every one of those 50 years on their wedding anniversary (among other times). My mom would be less forthcoming, but I know she cared about him, too. Why else would she attend his last wedding, his last Father’s Day celebration, and visit him in his long-term care home days before he took his final breath?

So, when it came to my divorce, I looked to my parents as the example by which I wanted my own path to unfold. My first husband, Mike, must have, too, since he had no examples in his family by which to model. None. Not one.

It could have gone differently. We could have modeled society’s norm, the media’s norm, popular culture’s norm, and even other members of my family’s norm. But we *consciously* made the decision that we would carry the same love and respect from our marriage throughout our uncoupling. After all, we have a daughter to model for and it’s what we both desired.

Why does it go so differently for others?

I’m not going to delve into the legal and financial implications of divorce or relationship breakdown because they are *secondary* to the emotional toll. In fact, emotions are what drive the bus and make lawyers wealthier. Think about it, if you and your spouse were to approach your divorce with emotional intelligence, you’d want an equitable distribution of assets and to ensure each other felt safe and at peace.

Instead, many people would rather give the bulk of their shared wealth to the legal system than their former beloved. How did we get here? And why do we choose to model bad behaviour – especially when children are involved?

WHY MARRIAGES BREAK DOWN

Every relationship has two components: the emotional decision and the transaction. As clinical as that word feels, *every* relationship is transactional. I give you something, you give me something in return. That’s a transaction. That’s a relation-

ship. So, what often happens in marriages is that either one or both components collapse.

For my parents and me, the transactional component of our marriages crumbled. So, while the love and caring were stable, the transaction around needs and wants faltered. This is largely about compatibility. You can love your partner to the moon and back, but if you are not compatible, it will either end the relationship or one or both of you will live an unfulfilled life ‘til death do you part.

No matter the reason, when our core relationship ruptures, we go through a range of emotions: shock, sadness, anger, guilt, shame, bitterness, fear, and others. And we go through many of these feelings *even* if we are the one initiating the split.

The problem arises when we don’t allow ourselves to move through the emotions and accept them as part of the process. We get stuck. Every time we think about and talk about the breakup, we are creating a neural pathway in our brains. We can even get addicted to the response of our sympathetic nervous system and crave that heightened feeling of stress. Eventually, the neural pathway develops into a rut known as the psychological refractory period, meaning we have difficulty jumping out of that well-worn trench and emotionally moving on.

We need not search for evidence to justify our feelings and nurture our victim consciousness. Our brains are so efficient they will seek out validation in our environment through the reticular activating system that “all men cheat” or “marriages don’t last” or “I’m doomed to be alone” or any number of other programs you choose to fuel it. This feedback loop is why *unconscious* cynicism around divorce is pervasive in our society.

The emotions we experience around the conclusion of a long-term relationship vary by person and situation. But we all feel *something*. That’s human. The challenge then becomes, “how do I want to experience this?” I don’t think anyone goes into marriage planning how they intend to cope with their divorce. Maybe we should.

Divorce is the death of relationship, so we must navigate it

with a similar grieving process. Our culture's current narrative around divorce doesn't allow individuals to move through and process each stage. Instead, many people get stuck in the "anger" phase. You know someone like this. I know someone like this. Years later, after each partner has "moved on" and remarried, the anger lingers.

Why?

We often allow our inner child to run the show. We react instead of responding. So, one spouse's inner child attacks the other spouse's inner child. Without being fully conscious of it, we're back in the dynamic of childhood: "Don't call your sister a poopoo-head." "But she called me a poopoo-head, first!" And on it goes. But instead of mom mediating the battle, divorce attorneys do it with ferocity. If ever there was a time to be more conscious, this is it!

A NEW WAY FORWARD

Conscious uncoupling is not simply a buzzword for the rich and famous. And it's only one decision away. To start, focus inward and ask yourself, "What is my desired outcome?" At first, a public flogging of your onetime sweetheart may cross your mind. That's okay, write it down. And then reach for a better outcome. Keep doing this until you arrive somewhere that feels good – for you, your former partner, and others. It could take several attempts. That's okay, too.

When doing this exercise, think about how you want to model for your children and grandchildren. You don't really

want to cause undue stress over how to navigate "militant factions" at graduations, weddings, family celebrations or calamities do you?

Maybe your former spouse isn't a helluva nice gal or guy, like mine. But there must be something that drew you in initially, some redeeming qualities. Focus on those now. You set the standard for the relationship you want post-marriage. You lead yourself with grace and emotional maturity and those around you will follow your lead. Eventually.

Love is not an emotion. It is a decision. A decision we make every day of our marriages and one we can continue to make long after they end. After we signed the divorce papers at our shared lawyer's office, Mike and I stood by our cars saying goodbye. "I love you," I said. "I love you, too," he replied. "Always have, always will." *That*, my friend, is a decision. Hate is a decision. Bitterness is also a decision. So, decide what you want – regardless of what's going on around you – and step into it.

The end of a love story is almost always sad. But we can do sad. One of the things I'm most proud of in my life is the incredible relationship I continue to have with Mike nine years after we separated. He is an important part of my story, my life, and my family. Forever. And my second husband regularly welcomes him into our home because he follows my lead.

How will those around you follow yours? |

Bobbie Jo Reid is a painter, a life coach, and the editor of *INSPIRED Magazine*.

Your story continues at...





Columbus Homes

AFFORDABLE HOMES FOR SENIORS



Columbus Lodge
North Delta



Columbus Manor
Chilliwack



Columbus Tower
Joyce St., Vancouver



Millennium Tower
Broughton St., Vancouver



Columbus Christopherson House
Maple Ridge



Columbus Kilmartin Gardens
Maple Ridge



Columbus Kaien Place
Prince Rupert



Columbus Wayne Place
Prince Rupert

**CAREFREE
INDEPENDENT LIVING
SAFE & SECURE
CLOSE TO ALL AMENITIES
WELCOME HOME!**

Everyone deserves the comfort of home.

All inquiries: 604.250.6444
Office: 604.439.2443
Email: cca@colchar.org www.colchar.org

Powered by the
Knights of Columbus





ANCIENT EGYPT: PART II CRUISING THE NILE

by RICK & CHRIS MILLIKAN

Discoveries continue in Luxor, site of Thebes, capital of Upper Egypt's Middle and New Kingdoms. Embarking on River Tosca, the busy waterfront, temple ruins, and reedy shorelines slip past dining room windows. Settled in a comfy cabin, the Nile lulls us asleep. Hearty breakfasts begin our days.

Mooring at Dendera, we're shuttled to a temple dedicated to Hathor, goddess of love and fertility. Topmost capitals display her pretty cow-eared faces. Inside, 24 columns support a 20-metre-high ceiling. Gods, pharaohs, and hieroglyphs are inscribed on every surface.

"These immense ceremonial halls are called hypostyles," explains Egyptologist guide, Ahmed. "Above us, Isis embraces rows of ceiling images. The vulture goddess protects temples as if they are divine nests."

A staircase spirals to the rooftop. Elegantly horned, Hathor adorns one wall. Beside her stands ram-headed Amun, her godly consort. "During love festivals, priests dressed their statues and placed them together in the corner atrium," grins Ahmed. "Look at the deck's interlocking tiles. They provide structural strength...exemplifying highly skilled masons."

In a dark rooftop chamber, Ahmed's flashlight focuses on the ceiling, "Here, Nut, goddess of the universe, curls her wings around the 12 zodiac signs. By observing the sun, astrologists also developed a 365-day calendar." Downstairs,

vivid gods and pharaohs decorate two chambers. And one exterior wall reveals Egypt's last true pharaoh: Cleopatra with son Caesarea named after his father.

Next morning's route parallels Luxor's ancient road to Karnak. There, Ahmed interprets a model of this sacred compound. "Dedicated to Thebes' patron deity, Amun, he's embodied here as rams."

A wide promenade ushers us between rows of noble rams and into a spacious courtyard. Stone figures of Ramses II front his temple. Passing through Karnak's hypostyle, we pause to contemplate its mysterious symbols and beauty. Outside, two obelisks soar above honey-hued limestone structures. Like the earlier pyramids, once gold-capped obelisks were beacons for

ABOVE | Hatshepsut Temple honours a very successful female pharaoh.

PAGE 16 | Beautiful Temple of Philae covers an island of Lake Naser.

TOC | Karnak Promenade leads into a fascinating complex of temples.

Photos: Rick & Chris Millikan

early travellers. Bas-reliefs on the hypostyle's exterior portray Seti I and Ramses II battling enemies in Syria, Canaan, Lebanon, and Libya.

Directed inside a small chamber, we find a painted rendering of Alexander the Great wearing a pleated pharaoh kilt offering food to local gods. Our walk culminates beside Karnak's Sacred Lake, gazing upon a granite scarab atop a pillar. This too represents Amun.

Later at Luxor Temple's entrance, four gigantic figures of seated Ramses II indicate his role in building this temple. Inside, double rows of columns surround an exquisite sun courtyard evoking Amenhotep III, another creator. And along an open corridor, a charming marble sculpture identifies Luxor's third builder, Tutankhamen, seated with his wife Ankhesenamun. As Luxor encompasses an early mosque and chapel, we suspect priests accommodated new faiths.

Next morning's bus route skirts the Nile, crosses a bridge and continues through cane fields to the edge of the Sahara Desert... and Colossi of Memnon. Representing Amenhotep III, these huge sandstone statues once guarded gates to his enormous mortuary complex.

At Valley of the Kings, tickets admit us into three of 63 underground mausoleums built between 1500-1070 BC. Only Tutankhamen's tomb contains a mummy. From each entrance, pictures of attending animal gods, funeral preparations and imagined heavenly journeys cover long descending tunnels. Ideograms of life, ankhs appear frequently alongside Anubis, guardian jackal, Thoth, scribes, ibis and baboon, Osiris, supervisor bull and Isis.

Knowing goddess Ma'at's demand for rigorous structural symmetry and precision in temples, here she enacts supreme justice. Wearing ostrich plumes, she weighs each heart to determine who deserves an afterlife.

Hatshepsut's sweeping two-level mortuary temple borders a nearby mountainside. Wide stairways ascend to upper chambers. Goateed statues of Hatshepsut line the open corridor, suggesting she ruled with the full authority of male pharaohs. "Her son-in-law nephew resented her reign," says Ahmed. "So, following her death, Thutmose III removed her im-



AGELESS ADVENTURES

A Division of Mandate Tours & Transportation Inc.

100% BC owned and operated!

ESCORTED TOURS

604.542.5566 or 1.877.277.5577

Serving B.C. 55+ Seniors for 34 years

Specializing in quality tours of Canada & Beyond

COMFORTABLE ACCOMMODATIONS DIVERSE SIGHTSEEING

QUALITY MEALS SMALLER GROUP SIZES & MORE INCLUSIONS

More than 30 tours annually, upcoming departures include:



Kelowna Wine Getaway

May 30 - June 2

6 incl. meals dbl: \$1,739.00



Incredible Iceland

Land of Wonders

June 18 - 27

18 incl. meals dbl: \$9,409.00



St. Lawrence Seaway Cruise

July 10 - 19

22 incl. meals from dbl: \$6,934.00

Cruising the West Coast Waterways

July 15 - 20

12 incl. meals • dbl. \$2,409.00

Historic Barkerville

June 5 - 8

7 incl. meals • dbl. \$1,249.00

Haida Gwaii

July 2 - 8 & July 30 - Aug 5

16 incl. meals • dbl. \$4,289.00

Call for a brochure. Ask about our 5% early payment discount. Single rates available.

#260 -1959 152nd Street, Surrey, BC V4A 9E3



agelessadventures.com



Prices include all taxes



MILE ZERO TOURS

Victoria, BC

Now is the time to plan your 2022 epic Canadian adventure

SOUTHERN ALBERTA—CANADA'S WILD WEST

9 Days: June 14-22



\$3999 per person (based on double)

SURPRISING SASKATCHEWAN

9 Days: July 2—10



\$3999 per person (based on double)

*Prices include roundtrip airfare from Victoria or Vancouver, many meals, all mandatory fees & taxes

*Complimentary home pickup/return in Greater Victoria and Vancouver - travel starts at your door!

250.590.0811
WWW.MILEZEROTOURS.COM
BC Reg #67275



We are a Victoria BC based tour company offering small group tours since 1998

www.royalheights.com

1-800-939-9920 / 250-472-0613

Join us in 2022 & 2023 as we explore:

Italy, France, Spain, Portugal, England, Iceland, Australia, New Zealand, Ukraine, Kenya, Cuba, Egypt, Norway





BC reg. 3379

ages throughout the Kingdom... and built his own temple on higher ground!"

At workshops, artisans sculpt alabaster, produce papyrus art and showcase Egypt's esteemed cotton products. Such stops allow worthwhile shopping ventures. For our cat-sitter, we purchase papyrus emblazoned with Bastet, feline goddess, and protector of homes. A T-shirt sporting embroidered 'eye of Horus' proves a fitting souvenir.

Next morning's outing begins in a granite quarry. Its enormous Unfinished Obelisk spurs thoughts of pharaohs' challenges, accomplishments... and failures. Stopping next at Aswan High Dam, Ahmed describes King Farouk's exile and President Naser's success. His diplomacy swayed Russian support for the dam resulting in needed hydropower and irrigation. As Lake Naser's waters rose, international aid helped relocate several threatened temples to higher islands. A boat takes us to one, the beautiful Philae Temple.

Familiar figures decorate stone surfaces. Yet profiles are softly rounded with protruding navels. Ahmed notes how Ptolemy's Hellenic artists influenced this classic touch of realism. We learn Isis was hugely popular at Philae. Augustus Caesar created its enclosed Roman temple and dedicated it to Isis, reinforcing her importance to his imperial soldiers.

Our afternoon fills with a leisurely sail on the Nile in a felucca, followed by high tea on the terrace of the Old Cataract Hotel. These grand experiences recall Agatha Christie's novel *Death on the Nile* and her stylish stay there.

Onboard, lounge entertainment varies from a dramatic

whirling dervish to Nubians playing haunting music and performing folk dances. For the Nubians' finale, lads wear zany horse costumes and clip-clop amid the audience, pausing to congenially nuzzle the willing!

Moored near our destination, a shoreline sidewalk takes us into Kom Ombo Temple and medical sanctuary. On one wall, pharaohs are depicted standing with acclaimed healing gods: falcon-headed Horus and crocodile-headed Sedak.

Recounting the New Kingdom's advanced medical procedures, Ahmed points out a wall's pictured surgical scalpels, drills, lancets, and balances for measuring precise dosages. Birthing techniques and treatments for mental patients are illustrated on columns. Noting a recurring hieroglyph, he tells us the familiar 'eye of Horus' represents both good health and truth.

A small site museum exhibits Sedak's profiles on stone tablets, bronze statues of crocodiles and croc mummies. Sipping tea later in a Nubian home, we encounter a rare Nile crocodile. Their unusual pet lives in a courtyard barrel.

Docking at Esna, we stroll through old town. Steep stairs lead us down into the courtyard of a temple completed during Roman times and buried for centuries.

The façade features Esna temple's principal god. Crocodile-headed Khnum faces lion-headed Menhit, Nubian war goddess and Ptolemy's descendants. We learn these two pharaohs represent Egypt's thirtieth and last dynasty.



The hypostyle's interior is being restored. Vibrant lotus flowers top the capitals of its forest of columns. We learn hieroglyphs describe religious festivals and include depictions of ruling Roman Emperors interacting with Egyptian gods.

Docking again in Luxor, we attend Karnak's evening light-show. Winding through dimly lit ruins, pictures of eminent pharaoh are projected onto stonework. A dramatic voice outlines their triumphs in pushing Egypt's boundaries into Nubia, the western Mediterranean, and east into modern-day Syria. Sitting on tiers above Karnak's Sacred Lake, commentary and vivid projections continue acclaiming early Egyptians' achievements and Thebe's glory.

Guided through seven World Heritage Sites, we've gained insights into Egypt's New and Middle Kingdoms. Enduring structures have conveyed the nature of intriguing gods, prominent pharaohs, and skilled artisans. We return home with a deeper appreciation of Egyptian imagination, determination, and intellect. |

For *IF YOU GO* information and additional photos, visit www.seniorlivingmag.com/articles/egypt-part-2-the-nile

To Move or Not to Move? A Guide for Seniors Considering Their Residential Options

This 128 page book provides helpful, easy to read information and suggestions to help BC seniors and their families understand the decisions they need to make.

Whether you decide to stay in your home or move, this book will help you navigate to where you want to be.

Information written and compiled by
INSPIRED Magazine publisher, Barbara Risto

"So helpful for our family. We didn't know where to start. I bought copies for all my siblings so we could all be on the same page to help our mom and dad."

NAME _____

ADDRESS _____

PHONE _____

TOTAL \$19.85 (includes GST and \$3.95 S&H)

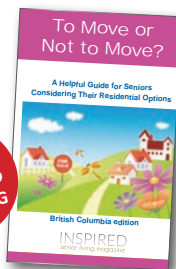
Call (250)479-4705 to order with credit card.

Or send cheque payable to:

Stratis Publishing Ltd., #302, 1581-H Hillside Ave., Victoria BC V8T 2C1

CANADIAN
BESTSELLER

ONLY
\$14.95
+ SHIPPING
& GST



FOREVER FIT

by EVE LEES



LET FOOD BE YOUR MEDICINE

Colloidal silver has long been promoted by alternative medical sources as a cure for many diseases and disorders, including, diabetes, herpes, HIV, and now, COVID-19. But there is no proof silver is helpful for these conditions. In fact, it can be harmful.

Colloidal Silver is a dietary supplement in which silver particles are suspended in a liquid. Advocates boast of this mineral's cure-all properties: it's been hailed as an immune system booster, fights bacteria and viruses and treats cancer and many other disorders.

Advocates also warn that humans are suffering from a "silver deficiency."

Silver, however, is not an essential nutrient, so we can't be deficient in it. Silver has no biological use in the human body.

Colloidal Silver has been used externally as an effective antibacterial and antiviral. It's sometimes used to make and sterilize medical equipment and is well known throughout history for killing bacteria in water stored in silver vessels. But don't get external use confused with internal use.

We don't know enough about using Colloidal Silver internally. And we are all different: you likely have no idea of your tolerance level. At the very least, you may risk turning your skin bluish grey, a condition known as argyria due to silver compounds deposited in the skin (you can't undo this, by the way). At the very worst, you may risk kidney failure and death.

If you are seeking an antiviral and antibacterial to lower your risk of illness, eat better. Food is medicine. We need to break away from our "pop-a-pill-or-take-a-potion" mentality. Choosing from a wide variety of nutrient-rich whole foods is our best defence against any illness.

However, if you can't immediately break from this pill-taking culture we've created, then stick with plants our bodies were designed to ingest – such as medicinal herbs like oregano and ginger and many others. Take those in pill form, if you must (but preferably, eat them in their food form). These plants have all the same health-boosting properties as "silver." Better safe than sorry. Or turning blue.

If you choose to use Colloidal Silver, do thorough research first.

Many of us choose to regard only the information confirming what we want to believe. We ignore or overlook the views that conflict with our beliefs.

Review both sides of all issues with an open mind. And then make your decision. |

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



Join us at the start line October 9, 2022!

Registration Now Open for the Royal Victoria Marathon

Marathon | Half Marathon | 8K



REGISTER TODAY AT: WWW.RUNVICTORIAMARATHON.COM

Editor's Note: The views expressed are those of the author and do not necessarily reflect the position of the publisher.



ELDERCARE PLANNING: STARTING THE CONVERSATION WITH LOVED ONES

By WENDY JOHNSTONE

Mr. Jones is an 83-year-old widower living in his own home. When asked, he'll say he is doing "fair to middling." He'll go on to tell you his legs are tired and wobbly, and he doesn't get out as much as he used to.

He has a scooter, which gets him to town and back, but his vision is getting worse and he's not sure how much longer he can safely use it. He likes audio books and watching sports. His children live out of town, and they all worry about him. Mr. Jones has Lifeline, a housekeeper every two weeks, regular meal delivery, and relies on friends to help with grocery shopping and other tasks.

Mr. Jones knows he needs more help to stay in his home. He's concerned about his future care needs but doesn't know where to find information or what's available in his community. His children want to support him but feel awkward initiating a conversation about future planning.

Maybe one of your parents is like Mr. Jones. Or perhaps you feel a little (or a lot!) like Mr. Jones yourself. Either way, there comes a time when an aging relative requires more support and care to keep them as independent as possible. For some of us, caregiving becomes a part-time job and a full-time worry.

When it comes to dealing with eldercare and life transitions, at least one third of adult children experience communication obstacles with their parents. Often parents are still operating on the parent-child model rather than a peer-to-peer model, making open conversations tricky. Other times established communication patterns and history get in the way, and discussions don't always go smoothly.

One of the best times to speak candidly to your parent is when a natural opportunity arises. If one of their close friends is sick or dying, has acquired a mobility aid or must relinquish

their driver's licence, a conversation about your aging relative's own plans would be timely.

If you can initiate the discussion while your aging relative is still healthy and active, it's easier. Emergencies rarely allow the opportunity to review all the options and discuss needs and preferences.

Don't know what to think about or ask? Try these as starting places:

- Are financial, legal and care preparations in place if faced with an unexpected change in health or mental capacity?
- Will children or other supporters need to be involved if more care is required?
- When would they consider asking for or accepting help?
- Is private care (to help with household tasks, personal care, home maintenance) an option?
- Has anyone researched costs of different housing and care options?
- If faced with a crisis, how would bills be paid? Who would make sure accounts have adequate funds?
- What kind of living arrangements are preferred?
- Is there a solid understanding of how the healthcare system works in providing care and support to seniors?
- Who is willing and able to step up as a family caregiver?

Speaking openly and honestly to an aging parent or spouse about future care needs and options can be awkward. However, initiating a conversation prior to a health-care crisis shows respect for their choices and what's important to them for ongoing independence.

And there's no time like the present to get talking!

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



Join our March Facebook Live!

On **March 17 at 9:00 am PST**, join Wendy Johnstone on our Family Caregivers of BC Facebook page for a conversation on **Eldercare Planning**. Learn how to start conversations about future care and how to get your eldercare affairs in order.

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

Marketplace

WANTED: Old stereo/audio equipment. Any condition. Amplifiers, turntables, speakers, receivers etc. Honest/friendly. Victoria and V.I. Call Bob, 250-896-2268, northtowns26@gmail.com

SENSUAL MASSAGE. Are you missing touch? I'm a Certified Sexological Bodyworker, I work with Couples and Individuals. Sher 250-889-4166, or email sexeducator@telus.net

WANTED Danish Mid-Century Furniture from the 50's & 60's. Teak & rosewood pieces any condition. Wanted records & LPs - jazz, blues, classic rock. 250-380-7022. lacknerwayne@gmail.com

TUSCANY - HOLIDAY RENTAL: Restored farmhouse surrounded by award-winning vineyard. Stunning views overlooking Valdichiana. Near Cortona, Montepulciano, Siena. 1-647-297-1954 www.tuscany-villa.com

ORDERLY AFFAIRS. Need help getting your affairs in order including help with advance care planning? Visit our website at www.orderlyaffairs.ca

METAMORPHOSIS. Estate or regular cleanup. Moving? I'll help pack. Junk removal. Household organizing. Big or small jobs. Bonded & insured. Compassionate to your needs. Excellent references. vaccinated & boosted. Sandra 250-216-0253

Non-profit family style **Seniors Independent Living.** Private bed-sitting room with 2 pc ensuite and garden patio. Meals included. 250-590-9330 abbeyfieldstpeter@shaw.ca

MESSAGE HOME VISITS. 23 years massaging **55+ Seniors. First visit - SAVE 25%.** 10am - 4pm most days. CRA receipts. Paul 250-419-2426. betterchoiceoutreach@gmail.com

WANT TO LIVE A HEALTHIER & MORE MEANINGFUL LIFE?

LIFE & WELLNESS COACHING & MENTORING
VIRTUAL / ONE-TO-ONE
Lucy 604-999-3703
No charge 15 min consultations available by appt
www.contemplativewellbeing.com

North Delta's newest
Independent Living Retirement Community for ages 55+.

Book your appointment today!



SUNSTONE
VILLAGE | APARTMENTS

North Delta 604-589-2233
rentals@sunstonevillage.com
www.sunstonevillage.com

INSPIRED 55+ Travel Club

www.seniorlivingmag.com/travelclub

Join our monthly newsletter.


- Meet other 55+ travellers • Find travel buddies
- Exchange travel experiences • Discover new travel destinations

Sign up and receive a copy of our monthly newsletter with updates on what's happening in the travel industry and with local travel agencies at this time.

Club events postponed until further notice.



SUBSCRIPTION ORDER FORM



12 issues for \$36.75. Includes tax.
CANADA ONLY SHIPPING.

Name _____
Address _____

City _____
Prov _____ Postal Code _____

Make cheque payable to:
Stratis Publishing Ltd
302, 1581-H Hillside Ave.,
Victoria BC V8T 2C1

MARKETPLACE ADVERTISING:
Basic: \$49 for 20 words + 5% GST + \$2.25/extra word. Red color 10% extra. Small box ads start at \$159, Large box ads start at \$295, plus tax. Ads must be paid when you book your ad. Phone 250-479-4705. Email publisher@seniorlivingmag.com

Marketplace ads really work.
For a small investment, you can be in front of our readers every month. Call or email us today.

Out & About Single Seniors

Meet & Greet Victoria

Our gatherings have social distancing protocols in place. Join our weekly email newsletter for info on upcoming events.

singleseniorsvictoriabc@gmail.com

SPONSORED BY
INSPIRED MAGAZINE



Living
on purpose

by LAURIE MUELLER

WRITERS' GROUPS CREATE COMMUNITY

A few years ago, I discovered several Facebook groups for writers and joined to see what I could learn. Now, when I have a writing question or something exciting to share or even a joke about writing, I post it. The responses are positive and helpful and, most of all, encouraging.

I am inspired by various writers, the work they do, and their willingness to share. I have made several new “friends” online because of these associations. My husband doesn’t even blink now when I start a sentence with, “I met this guy on Facebook” or “I’ve been chatting with this guy on Facebook.”

Special interest groups, including writing, abound on Facebook. I started with Canada Writes (developed by the CBC) and added more as other writers mentioned them.

Randy Lacey, an Albertan, is the administrator of Canadian Creative Writers. He is a visually impaired, self-published author of nine poetry books. A few months ago, he decided to add podcaster to his resume and has been interviewing fellow Canadian writers. Randy, 57, who says he is “a classic, like the ’57 Chevy,” doesn’t let an excuse, such as ‘I can’t see’ stop him from doing what his heart is calling him to do. When he isn’t writing or organizing, he is blending spices or working with youth in his local church.

Mike Bloudin, 61, is a retired Ontario educator. He is the author of two poetry books, four novels, two more about to be published, and one work in progress. Mike has been

writing since he was 17 and says he never really had a choice in the matter. “Each time I start writing a new book it is the beginning of a tremendously exciting adventure for me, something money can’t buy (well, I suppose it could, but this route is cheaper!).” Mike says he isn’t in the group for support, but to post news and offer support to others.

Katie O’Connor writes romantic novels and helps others to do the same. This 59-year-old woman, married to her high school sweetheart and living happily ever after, has 22 published books! She has been highly involved in writers’ associations over her lifetime and is the current president of the Calgary branch of the Romance Writers of America.

In the BC Writers, Authors & Editors group, I critiqued a science fiction book and had an opportunity to meet with folks who are writing their true-life stories: one of a woman’s journey with brain cancer; and one who tells her story of walking across South America. I’ve also had the opportunity to beta read (before a book is published) for several authors.

At first, I felt a little intimidated in the Facebook groups with such prolific authors but, honestly, they are my people.

Writing can be a lonely endeavor. But it doesn’t have to be. With today’s technology, we can make global acquaintances who share our interests and can offer inspiration, support, and practical advice.

If you are interested in joining in a writing group or you’re already involved in one, I’d love to hear from you. |

**CINECENTA
LOVES SENIORS!**

Great Movies at Affordable Prices

Seniors 65 & older: \$6.50 Matinees: \$5.00



Judi Dench & Jamie Dornan
in *Belfast*
playing April 3-5th

CINECENTA VICTORIA'S
COZY CINEMA

Student Union Building, University of Victoria • 721-8365 • www.cinecenta.com

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.

Discover how you can make the most of your 55+ years.
Inspiring ideas, products, services & opportunities.

55+ Lifestyle Show

PRESENTED BY **INSPIRED Magazine**

Inspiration for people over 55

POSTPONED TO

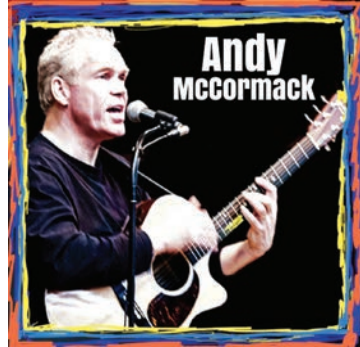
Tuesday, April 12, 2022 9am - 3pm

Pearkes Recreation Centre, Victoria BC

**MAKEOVERS BY
AKAI SALON**



**RETRO MUSIC FEATURING
ANDY MCCORMACK**



**FASHION SHOW
BY SUZANNE'S**



DOOR PRIZES

**SPECIAL SPEAKERS
& MORE**

**COVID-19 GOVT COMPLIANT
PROTOCOLS WILL BE IN PLACE**

\$5 ADMISSION

LOTS of EXCITING EXHIBITORS



EXHIBITORS! RESERVE YOUR BOOTH SPACE NOW

Call Kathie 250-388-5279 • Email kathie@seniorlivingmag.com • www.55pluslifestyle.com

leisure • travel • wellness • fashion • financial • housing • and more



The Harrisons, Langley's Premier Retirement Living Communities

Independent & Assisted Living

Are you lucky enough to live in a Fun Loving Retirement Community? You should join us!

People don't just move into a Harrison Residence because of What We Do. They move in because of Why We Do It!

"A Better Way of Life"

The Harrisons Offer:

Complete Condo-style Suites, Chef Prepared Meals, Active Lifestyle Options, Assistance 24/7 if needed, Outstanding Essentials, Amazing Amenities, Wonderful Optional Services and so much more!



Harrison Landing
20899 Douglas Crescent
Langley, BC V3A 9L3
604.530.7075
www.harrisonlanding.com



Harrison Pointe
21616 -52 Avenue
Langley, BC V2Y 1L7
604.530.1101
www.harrisonpointe.ca