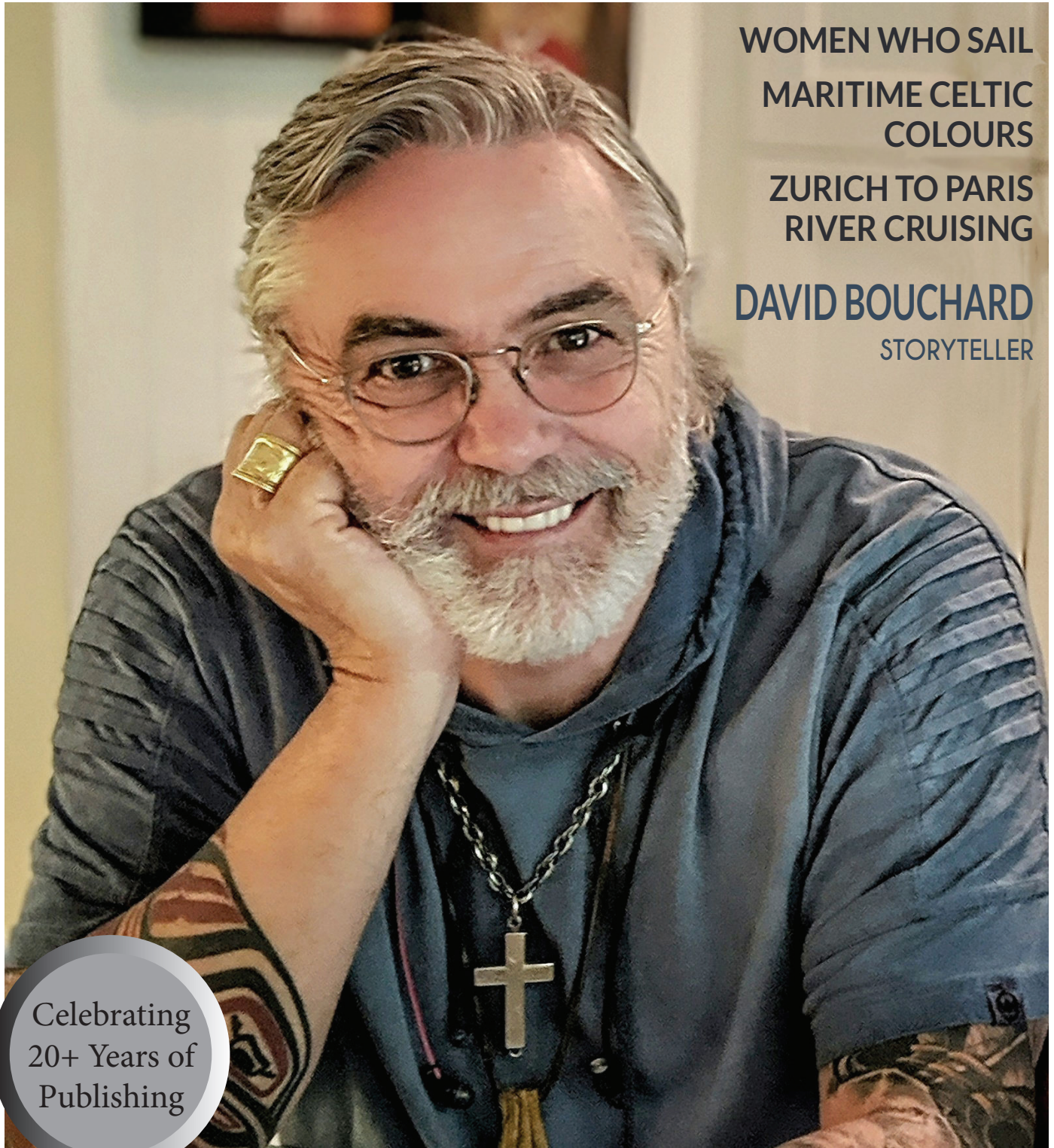


# INSPIRED

55+ lifestyle magazine

JAN / FEB 2025



WOMEN WHO SAIL  
MARITIME CELTIC  
COLOURS

ZURICH TO PARIS  
RIVER CRUISING

DAVID BOUCHARD  
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Canada



### Cover | David Bouchard

David has written more than 70 books, champions the cause of reading, and shares his pride as a member of the Métis community through his stories.

*Photo courtesy David Bouchard*

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Design by Freepik



# THRIVE BEYOND 55

## Getting out of the Rut

Our featured person this issue, David Bouchard, says, “When something touches me and sits in my craw for long enough, something just starts to percolate in the back of my mind, and I go away and get it started.”

This is how creative people work. And as David is quick to point out, it’s not magic. There are many ways to keep our minds engaged and active. The first step is curiosity. Take the time to consider what you could do differently or better. Look for ways to show up in the world more authentically or more colourfully. Consider creating something of value, necessity, or beauty.

If no one ever wondered or questioned, we’d never move forward. Yet something troubling often happens as we head into our 55+ years. Some of us start to believe we’re too old to begin something new. We think we don’t have the patience to sit with a fresh idea and see it through to completion.

As a result, our lives stagnate. Our social circles shrink. Our vision narrows. And we wonder why life doesn’t feel as vibrant as it once did.

With age comes wisdom, certainly. We learn that not every path is worth following. There are good reasons to avoid jumping on every bandwagon. However, failing to try something new once in a while can lead to a rut where life becomes

repetitive. If we stay there long enough, the rut deepens. As someone once said, the difference between a rut and a grave is only a few feet.

This is why it’s so important to re-engineer your life from time to time. Refresh yourself with something new or invigorating.

This month, we launched a new column called Refresh. In it, Verena Foxx will share real-life examples of people reinventing their lives and using available tools to build something better.

I’ve often found that my reluctance to try something new stems from simply having never done it before. Anything unfamiliar can feel uncomfortable. Our minds say, “Nope, that’s too uncomfortable,” and we talk ourselves out of a good idea into doing nothing.

I had a recent example of this when I travelled to Porto, Portugal. Arriving in a city I’d never visited, I had to familiarize myself with my surroundings, adapt to a different culture, and figure out how to sustain myself in a completely new environment. With my phone in hand, I opened a navigation app and started walking. I explored my neighbourhood, ventured further out, and by the end of the day, I’d navigated the city, found essential resources, and returned to my lodging. I felt like a survivor. It felt amazing.

It’s the same with any task or project. When something is unfamiliar, you must take those first uncomfortable steps. As you proceed, you build on your accomplishments, and things become more familiar. One day, you look back and realise you’ve mastered it—or at least made significant progress toward your goal.

When COVID happened, I had to learn new software to reopen my business. At first, I felt panicked. How would I ever figure it out? But I took it one hour of training at a time, over several days and weeks. Eventually, I learned the mechanics, and now I use that software as if it’s second nature. But I still remember the terror of those initial steps.

It’s easy to look at your life and think there isn’t enough time left to do something new, so why bother? As a result, our interests wither, our imagination stagnates, and we become shadows of our former selves.

No one can do it for us. No one can motivate us unless we first decide to act.

So if you’ve been feeling unmotivated or like life is passing you by, choose something that interests you and map out small steps to pursue it. Maybe it’s reading an article, attending a lecture, or finding someone already engaged in it. Maybe it’s stepping outside and walking around the block. Whatever it is, take a few steps. I promise you’ll feel invigorated and more in control of your life and future.

Challenge yourself to become a better version of yourself. You’re worth it. |



by BARBARA RISTO

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# EXPLORE LIFELONG LEARNING

**Elizabeth M.**, at 74, says she didn't know what to do after her grandchildren started growing up and she became bored with her backyard vegetable garden.

With the support of her daughter and a car-sharing company (Turo), she started an at-home business renting out her one, two, and now three cars to locals and tourists in Hamilton, Ontario.

"I now meet new people all the time. I'm not waiting for something to happen anymore," says the septuagenarian entrepreneur, who has paid off all three cars and boosted her retirement income.

"I'm now engaged with purpose," she adds. "I had to learn the technology and take some online tutorials." Her 15-year-old granddaughter can't wait for her grandmother to teach her business skills. "I'm now inspiring her," laughs Elizabeth.

According to UNESCO (2022) and WHO (2020), "Lifelong learning plays a crucial role in reskilling older adults, bolstering autonomy, promoting healthy and active ageing, and enhancing quality of life."

When others were retiring from her profession, Vancouver lawyer **Anne B.**, now 84, chose to teach administrative law online at the Open Learning Division of Thompson Rivers University from age 62 until 82.

"I stayed on because I loved the interchange with the students," she said. "They were all ages and such a range of learners."

With an earlier background as a business lawyer with a public company, Anne, much later in her diverse profession, developed courses in business and administrative law, eventually focusing on teaching the latter.

The octogenarian mother of four and grandmother to eight has now shifted

her passion for law and teaching to her lifelong love of music. A clarinet player since she was 30, Anne now plays second and third clarinet with three concert bands in the Lower Mainland.

"I am playing music as much as I can," she says, hoping to continue as long as possible, despite early arthritis in her fingers.

*"Anyone who keeps learning stays young."*  
—Henry Ford

McGill University's School of Continuing Studies reports that continuous learning boosts well-being in later life and that intellectual engagement can transform senior well-being.

"Whether solving crosswords and word puzzles, reading books, travelling, joining online courses, or learning something new, every activity contributes towards challenging the mind, expanding knowledge, and pursuing lifelong or new interests." (Ontario Life Institute)

Ninety-three-year-old **Hannes v. S.** says it's important to develop lifelong interests and to continue exploring and learning new skills and ideas.

A former financial executive in Van-

couver, the nonagenarian now creates one-of-a-kind maple and purpleheart cutting boards in the woodworking shop at Vancouver's Brock House, a non-profit seniors' society that sells the boards to raise funds for the organization.

"Life is short; enjoy yourself and stay active, physically, and with younger generations," he adds, sharing that he regularly spends time with his seven grandchildren and recently celebrated 63 years of marriage.

UBC's Brain Wellness Centre offers free online lifestyle and wellness programmes for healthy agers and those living with chronic brain conditions.

Research supports that lifelong learning offers a sense of purpose and achievement while aging. It can be pursued informally through social interest groups or in more structured settings, such as lectures and formal studies.

Older learners who maintain curiosity, imagination, and an openness to learning in their 70s, 80s, and 90s stay informed and engaged with each other and the generations following them.

"It's never too late to change, no matter how old you are," concludes Anne B. |

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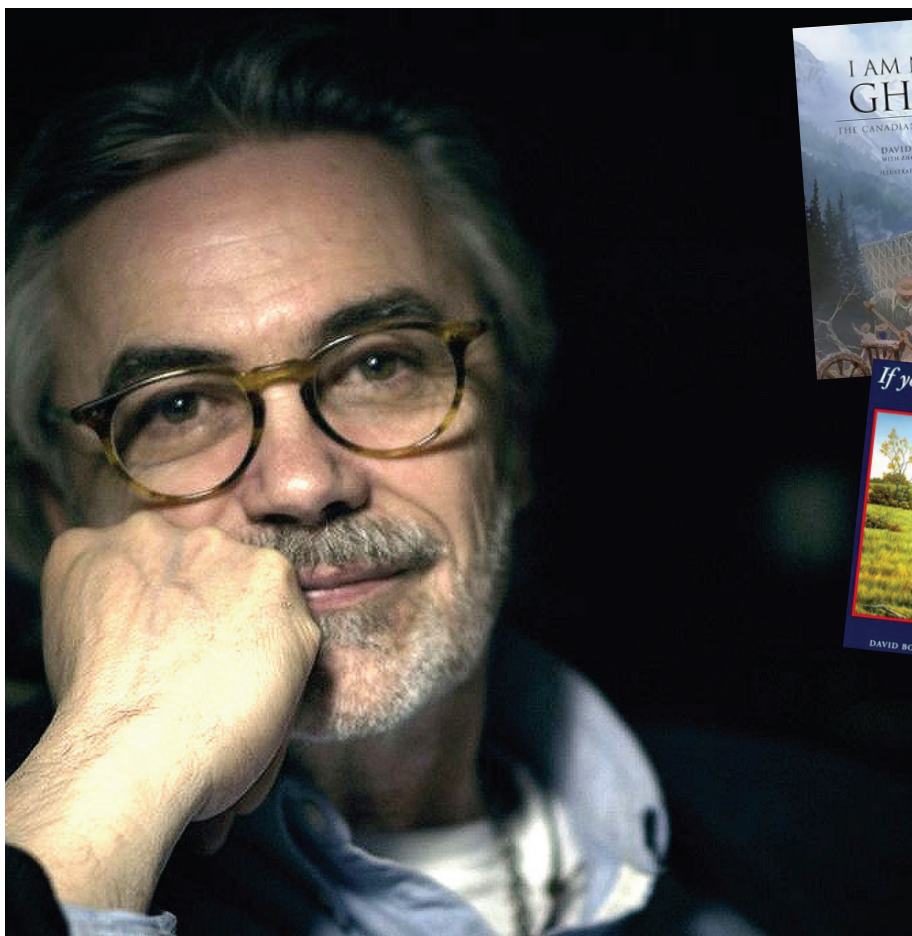


Photo: Geoff Edwards



# DAVID BOUCHARD: For the Love of Reading

by JOHN THOMSON

*"How's the city, boy?" my grandfather asked me about my new foster home. It was my third foster home, and my first one in the big city.*

*"Grandfather, it's awesome," I answered respectfully. And I answered true too. "There's everything there. There's Fast Eddie's, it's the biggest arcade I've seen in my life. There's a 7-Eleven just around the corner. There's everything. And, grandfather, the people I'm living with say that they don't know why anybody would stay on the reserve. Why do you stay there?"*

David Bouchard reads from his very first book, *White Tails Don't Live in the City*. An accomplished Métis author of children's books and two non-fiction books on literacy aimed at an adult audience, David tours British Columbia

and across Canada, either by Zoom or in person. Over the past 35 years, he has written 75 picture books—the 76th has just been released. Most of his works address Indigenous rights and responsibilities, values, and traditions.

His books are relatively short, offering snapshots of life, usually in a rural community. He constructs loving portraits of nature, the environment, and life on the land, often drawing upon his personal history.

"For us kids on the prairie, our life revolved around Mother Nature. If you're not from the prairie, you don't know the wind. I write what's in my heart, and then, if I feel it needs an illustrator, I also pick my own illustrators."

David has collaborated with numerous famous artists such as Allen Sapp, Roy Vickers, Henry Ripplinger, and others.

He often records his stories on his cellphone, usually from his shack, reading each page in his warm and sonorous voice before holding the page up to the camera so viewers can see the illustrations. He posts these videos on social media.

"I choose topics that are meaningful and have depth to them," he says. "I don't write books that are complicated or involve sequencing. They're aimed at weak readers like myself."

That's because he didn't read a book for pleasure until he was 27. David is dyslexic, and he writes in rhythm and rhyme to aid his comprehension.

"Even today, I'm not a strong reader," he says.

David's workspace is a rustic shed in the backyard of the Victoria home he shares with his wife, Vicki. He refers to

it as “the shack”. It’s a personal retreat crammed with memories and mementoes. The ceiling is recycled shiplap, the floors are reclaimed cedar, and the French doors came from Facebook Marketplace. An avid environmentalist, he strives not to burden the planet with unnecessary purchases.

“I’m not going to take any more than I need. I get inspiration from the walls around me,” he says. “I see a cougar mounted up there, a marten, and a lynx from northern Quebec.”

“I’m in my shack every day, almost 24/7.”

His day begins at four in the morning. “By noon, there’s not a creative thought left in my head,” he laughs. “I’d like to say there’s magic to this, but there really isn’t. When something touches me and sits in my craw for long enough, something just starts to percolate in the back of my mind, and I go away and get it started.”

Recognized as a prolific storyteller and public speaker, David has received many honours, including the Governor General’s Award and the Lee Bennett Hopkins Poetry Award. He’s also a Member of the Order of Canada. He even has an Oshawa high school named after him. When a local school posted the lowest reading scores in the district, the administrators approached David for help.

“‘We want to focus on a Métis who writes, and we’d like to use you as a role model.’”

“I said, ‘Oh, man, there are so many better choices,’ but I ended up being [the role model].”

David was born in Gravelbourg, Saskatchewan, a small town 117 kilometres southwest of Moose Jaw. Raised as white, he spent his early years as the principal of the local high school.

He only began writing in his forties after discovering his Métis ancestry.

“I assumed I was Francophone,” he says.

But something strange happened. “I started to write about things that I shouldn’t know. I started to write books about life on the reserve.”

He’d never been on a reserve, yet he was commenting on reservation life—and accurately too.

“I put a number of little things to-

gether. They just weren’t adding up, so I threw my great-grandmother’s name, Odile Allard, out on the Internet, and then I met this cousin and eventually this genealogist.”

The genealogist traced his lineage back six generations to his Indigenous roots in Wisconsin.

“It felt so, so good. I can’t tell you how stoked I was to know who I was. I am French, Ojibway, and Osage, and I am proud to be Métis.”

To this day, he credits his reawakening to the memory of his Métis grandmother, Jeanne Charboneau.

“That moment, that little thing when you say, ‘I don’t know what it is,’ it’s genetic memories. Our grandmothers live in our DNA. They live there. I believe that when you die, your body goes back to Mother Earth, and your soul, your spirit, goes back among your ancestors.”

Understandably, he has strong feelings about roots and the loss of identity. He doesn’t blame his parents for concealing his Métis heritage to protect him from racism. “We understand,” he says, but he’s less charitable when discussing Canada’s treatment of Indigenous peoples or the progress of Truth and Reconciliation.

“I have some very serious doubts about how well we’re doing. In order for there to be truth, there has to be trust, and the First Nations people don’t trust the government of Canada. The way to build trust is to allow non-Indigenous people to come and see our work, our values, our spirituality, the way we lived. When there is that respect, things can change. But right now, it’s very harsh. As someone who has spoken to over a million people, there’s got to be something more I can do—and I can do that

through stories.”

Yes, he’s critical of past injustices, yet there’s no bitterness or antagonism in his stories. It’s through stories that David aims to build bridges and set the historical record straight, especially with youth.

“The generation we have now is the best generation the world has ever known. These kids, unlike us as kids, are open. It’s not just to one another but to the environment, towards animals. We have to be truthful with these kids; we have to tell them the truth. My goal is to help parents who, like me when I was a young father, know what I should know. I say to parents and educators: our school systems aren’t prepared to change, and they should. They’re archaic.”

Now that a new school year has begun, David is ramping up his program. Much of his work is now online, a result of the pandemic that kept him at home and unable to travel. He estimates that three-quarters of his personal appearances are now on Zoom.

Whether in person or online, he says he intends to push the message of openness, modelling, and critical thinking.

“Reading isn’t taught. Reading is as natural as walking and talking. Modelling is the way to influence your kids, the only way. You want your kids to read? Pick up something to read.”

“My basic theme is the relevance and importance of reading—not only to succeed in school but also as an opportunity to see the world, especially for kids who normally can’t see it. I have a kind of key that will allow them to do that. Am I an activist?” he says. “Absolutely.” |

## INSPIRED PODCAST

Long-time broadcasters Michael Forbes and Lisa Marshall, known as “Forbes and Marshall,” now real estate agents, bring their signature banter to bear in their podcast collaboration with INSPIRED Magazine.

Check out this month’s interview with DAVID BOUCHARD at [www.seniorlivingmag.com/podcast](http://www.seniorlivingmag.com/podcast)



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We're excited to share this invaluable senior housing resource with you! Whether you're exploring housing options for yourself, a loved one, or a friend, this guide is here to help you navigate the possibilities with ease and confidence.

Here, you'll find an overview of care levels, locations, pricing, and amenities to help you make an informed decision. We're grateful to all the senior housing communities that contributed to making this guide a helpful tool for you. We hope it serves as a bright first step on your journey!

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250-850-1353; 1353 - 16th Ave.

[www.berwickretirement.com](http://www.berwickretirement.com)

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**Amenities/Services:** ocean view; housekeeping; linens; wellness program; theatre; fitness centre; games room; transport; rooftop lounge; coffee lounge; chef prepared meals; 24hr emergency response.

## COMOX / COURTENAY

### Berwick Comox Valley ■●

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[www.berwickretirement.com](http://www.berwickretirement.com)

**Capacity:** (I) 170 units; (A) 35 units

**Price:** call for rates

**Amenities/Services:** in heart of downtown Comox; housekeeping; linens; wellness program; transportation; rooftop garden & lounge; theatre; fitness centre; games room; bistro; pub; coffee lounge; chef prepared meals; 24hr emergency response.

## housing directory legend

Three housing categories are used 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](http://www.seniorlivingmag.com/housing)

## DELTA

### The Waterford ■►

604-943-5954; 1345 56 St.; [www.WaterfordSeniors.ca](http://www.WaterfordSeniors.ca)

**Capacity:** (I) 106 units; (C) 36 units

**Price:** \$4450+

**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.

### The Wexford ■

604-948-4477; 1737 56 St.; [www.WexfordSeniors.ca](http://www.WexfordSeniors.ca)

**Capacity:** 65 suites

**Price:** \$4800+

**Amenities/Services:** daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; fitness centre; rooftop garden; private dining room; pets allowed.

## KAMLOOPS

### Berwick on the Park ■●

250-377-7275; 60 Whiteshield Cres. S.

[www.berwickretirement.com](http://www.berwickretirement.com)

**Capacity:** (I) 147 units; (A) 25 units; private

**Price:** call for rates

**Amenities/Services:** valley view; housekeeping; linens; wellness program; transport; games room; fitness centre; library; theatre; gardens; pub; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

## LANGLEY

### Magnolia Gardens ■►

604-514-1210; 5840 Glover Rd.; [www.MagnoliaSeniors.ca](http://www.MagnoliaSeniors.ca)

**Capacity:** (I) 115 units; (C) 40 units

**Price:** \$3400+

**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.SunridgeSeniors.ca](http://www.SunridgeSeniors.ca)

**Capacity:** 145 suites

**Price:** \$3200+

**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.

## NANAIMO

### Berwick on the Lake ■●

250-729-7995; 3201 Ross Rd.; [www.berwickretirement.com](http://www.berwickretirement.com)

**Price:** call for rates

**Capacity:** (I) 120 units; (A) 28 units; private

**Amenities/Services:** lakeside; housekeeping; linens; wellness program; transport; fitness centre; coffee lounge; bistro; craft room; library; theatre; games room; gardens; chef prepared meals; 24hr emergency response.

## PARKSVILLE

### Berwick Parkville ■●

250-937-0989; 180 Jensen Ave E

[www.berwickparkville.com](http://www.berwickparkville.com)

**Capacity:** 188 units;

**Price:** call for rates

**Amenities/Services:** ocean views; pickle ball courts; fitness centre; top floor lounge; craft room; poker room; theatre; wellness program; games room; transportation; pub; coffee lounge; chef prepared meals; 24-hr emerg response.



## QUALICUM BEACH

### Berwick Qualicum Beach ■●

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

**Capacity:** 94 units

**Price:** call for rates

**Amenities/Services:** downtown Qualicum; ocean view; housekeeping; linens; wellness program; theatre; fitness centre; games room; rooftop lounge; transport; pub; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

## SIDNEY

### Legion Manor ■●

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

**Capacity:** (I) 78 suites; (A) 68 suites

**Price:** \$3225+

**Amenities/Services:** affordable housing suites at \$1075; fitness classes and activities; entertainment; outings; situated on 5 acres in the beautiful Saanich Peninsula & close to all amenities.

## VANCOUVER

### Southview Terrace ■

604-438-3367; 3131 58 Ave E;  
www.southviewterracesa.ca

**Capacity:** 57 units

**Price:** Call for rates

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

## VICTORIA

### Berwick House ■●▶

250-853-5492; 4062 Shelbourne St.  
www.berwickretirement.com

**Price:** call for rates

**Capacity:** (I) 99 units; (A) 35 units; (C) 37 units; private

**Amenities/Services:** housekeeping; linens; wellness program; transport; fitness centre; library; theatre; games room; gardens; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

### Berwick Royal Oak ■●▶

250-386-4680; 4680 Elk Lake Dr.  
www.berwickretirement.com

**Price:** call for rates

**Capacity:** (I) 201 units; (A) 25 units; (C) 27 units

**Amenities/Services:** housekeeping; linens; wellness program; transport; fitness centre; library; theatre; games room; gardens; coffee lounge; bistro; pub; chef prepared meals; 24hr emergency response.

### Chartwell - The Vista ■●▶

778-247-0780; www.chartwell.com  
622 Admirals Rd, Esquimalt

**Capacity:** 175 units

**Price:** (I/A) \$4950+; (C) \$8000+

**Amenities/Services:** Age in place; panoramic views from dining room & meals by Red Seal chefs; french bistro; piano lounge; fitness & art studios; polo lounge/billiards room; library; Suites - climate control; balconies; basic cable/wifi; contemporary fixtures/finishes.

### Oakwood Manor ▶

250-598-1565; 3051 Shelbourne St.  
https://oakwoodmanorseniors.ca

**Capacity:** 79 units

**Price:** \$6595+

**Amenities/Services:** Long term care; providing peace of mind to both residents and their families; studio & 1 bedroom suites; 24/7 nursing care; 24 hr secured entrance; 3 chef-made meals, fireside lounge; outdoor garden & patio

### Sunrise Senior Living of Victoria ■●▶

250-383-1366; 920 Humboldt St; www.sunrisevictoria.com

**Capacity:** 93 units; private

**Price:** Call for rates

**Amenities/Services:** Age in Place community offering a continuum of care - assisted living, long term care & specializing in memory care; secure environment; 24/7 nurse & care; nutritious meals; walking club; activities; gardens & patios; bistro; library; hair salon; pet friendly.

### The Cridge Village Seniors' Centre ■●

250-384-8058; 1307 Hillside Ave; www.cridge.org

**Capacity:** 38 units (I); 38 units (AL)

**Price:** \$2725+

**Amenities/Services:** beautiful heritage building; walking paths; excellent food; modern addition; grand lounge; extensive recreation programming; common areas; visiting pets; subsidized (AL).

### The Kensington ■

250-477-1232; 3965 Shelbourne St.

https://kensingtonseniors.ca

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# WOMEN WHO SAIL

by MARION LOUGHEED

Only a small percentage of people working in the marine industry in BC are women. The same is true for pleasure boaters. A quick perusal of Facebook sailing groups confirms the vast majority of pleasure boaters are men.

Despite these numbers, a lot of women—including many over 55—are out there on boats all over the province and the world. Some live aboard, some race, and some prefer daysailing.

Barbra King, 62, owns a 42-foot sailboat named *Trinity III*. “By the time you’ve reached this age,” she says, “you’ve weathered many storms already and gotten through them. Sailing is no

different, except the experience is more rewarding. Doing things that you would never normally do at this point in life shows how resilient and powerful we are.”

Barbra lives aboard full-time with her husband. They plan to sail off to Mexico one day and even cross an ocean. But for now, they are happy sailing around the Gulf Islands. This is a popular and accessible sailing area in the province, a favourite among many sailors.

With its beautiful mountain vistas and several natural anchorages, Desolation Sound is another well-loved destination. The sailors I spoke to, choose where

they go based on what they want to do while sailing.

Marg Crandell, 57, loves both Desolation Sound and the central coast for different reasons.

“Both provide unsurpassed beauty,” she says, “with the central coast offering more solitude and abundant fishing, and Desolation Sound offering warmer temperatures for relaxing and swimming.”

She has been sailing for four decades. It was her husband who introduced her to it, but she took to the life immediately. “My husband lived aboard his parents’ Formosa 50 and sailed offshore with them for one year. I started sailing when





I met him and somehow, even though I had not been exposed to sailing before, felt that it had always been in my blood.”

Marg and her husband lived aboard their Tayana 48 for two years. They home-schooled their daughters while travelling the world.

“Any concerns about not having friends or community were soon dashed as we met up with other cruisers planning the same route as us,” Marg says. “Once we reached French Polynesia, we found ourselves well connected with other boats with kids and we just moved together with our community from island to island.”

Not all of these women go so far afield. When Heather Kolankowski, now 57, lived aboard with her husband and two dogs, they stayed in BC. In winter they lived in port in Haida Gwaii and in



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PAGE 8 LEFT | Marg Crandell aboard *Malachi*, cruising the central coast of British Columbia

PAGE 8 RIGHT | Heather Kolankowski with a halibut she caught and brought in on the east coast of Moresby Island, Haida Gwaii

LEFT | Barbra King aboard *Trinity III*

the summer they went exploring.

There are challenges to sailing once you reach a certain age. Karen Munro, 58, a solo sailor from Bowen Island, says, “It’s hard, physically, day after day doing it on your own. Especially if you have bad knees.”

Heather says it requires a lot of patience. Marg, on the other hand, feels a pull to be closer to family as she gets older. “I don’t like to let my age stand in the way of adventure,” she says. “However, I love being connected to my family, and now that there are grandchildren, I feel torn between being a part of their regular lives and sailing away into the sunset.”

But the rewards of sailing can be amazing. From swimming with humpback whales to winning first place in a regatta, sailing has given these women moments of intense joy. It has also presented opportunities to discover how strong and resilient they are. When the wind comes up suddenly or an anchor gets stuck on a rock, a sailor has to find a solution fast.

It’s true that boating is still male-dominated. But more and more women are finding their way onto boats, some as captain of their own craft, others as the “admiral” to their husband’s “captain,” or as a crewmember among friends.

Initiatives like SeaLight and Women Who Sail are helping women find their sea legs. They also support those who are already boaters.

SeaLight was created by former BC Ferries captain Kamila Calko and focuses on women working in the marine industry. As befits the sailing community, Women Who Sail has a global presence. Their Facebook group “WWS – Canada” includes many older women who race, live aboard, crew, or enjoy a gentle outing on a calm day. There’s no WWS group specifically for women in BC, but a general group is “BC Cruising, Sailing And Liveaboard”. This group has over 12,000 members of all ages and genders.

Sailing really can be for everyone. It offers a range of intensity levels, from lunch in the bay to transatlantic navigation. All over British Columbia, sailor women are spending their days out on the water. Are you among them? |



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# River Cruising Zurich to Paris

by MARILYN JONES



Arriving in Zurich, I was escorted to a hotel so that I could explore this beautiful Swiss city.

Zurich is the largest city in Switzerland, located between two forested chains of hills, about 40 miles from the northern foothills of the Alps.

On our first full day, we took a motor coach tour of the city, a boat ride on Lake Zurich, and a walk in the old town.

Old Town boasts an architectural legacy, including the Romanesque Grossmünster Protestant Church, built by Charlemagne in the 700s; the 13th-century St. Peter's Church; and elegant guild houses and lovely residences. The Fraumünster (Minster of Our Lady) features stained glass windows designed by Marc Chagall.

I spent the next day in the Alps, exploring tiny villages, taking a train to a mountaintop, and riding a tram along snow-capped peaks. This was my only optional tour. In all other cases my excursions were included.

After a long day of exploring, I arrived at *Longship Freya* in Basel, Switzerland.

My stateroom is spacious, with a veranda for watching little villages, vineyards, and wildlife pass by. Passengers can also enjoy the scenery between ports from the sundeck, restaurant, lounge, and Aquavit Terrace.

The ship is classic Scandinavian, with lots of blonde wood and simplicity. It is peaceful and elegant, the perfect surroundings for relaxing.

Viking offers a warm and friendly at-

mosphere. No matter what the situation, the crew is friendly and helpful.

## On the Rhine

Our first stop is Strasbourg, France, which has French and German cultures in equal parts. The city dates back to a Roman camp, first mentioned in 12 B.C.

As we walk through the old city, we pass the Old Customs House and the bridges with their defensive towers. Tour highlights include Rhineland's black-and-white timber buildings and the sandstone Cathedral Notre-Dame of Strasbourg. It is one of Europe's finest Gothic cathedrals and was the world's tallest building from 1647 to 1874.

The astronomical clock in the cathedral is the third on that spot and dates from the time of the first French possession of the city (1681–1870). The main attraction is the procession of the 18-inch-high figures of Christ and the Apostles, which occurs every day at solar noon, while the life-size cock crows thrice.

Speyer, Germany is next. Founded by the Romans, it features the largest Romanesque imperial cathedral. Protestants earned their name here in 1529 after citizens and royalty drafted the "Protestation at Speyer," proclaiming their right to practice Christianity as they please.

One of the ShUM-cities that formed the cultural center of Jewish life in Europe during the Middle Ages, Speyer, and its Jewish courtyard are a UNESCO World Heritage Site.

I walked along the main street past a few shops. Speyer also claims to be the originator of the German pretzel, so naturally, I had one before making my way back to the ship.

Mainz, Germany, has two highlights: the Mainz Cathedral, a soaring landmark that is more than 1,000 years old and has six magnificent towers, and the Gutenberg Museum honoring Johannes Gutenberg's genius.

In addition to explaining how Gutenberg used his printing press to create the famous Gutenberg Bible, there is a copy of the Gutenberg Bible—a fascinating look at the past.

On our way to Koblenz, Germany, we sail through the Middle Rhine and the Rhine Gorge, a UNESCO World Heritage Site. We pass castles on both sides of the river, and the cruise director tells us about each castle as we sail by.

You may think a tourist would tire of cathedrals and castles. However, if you admire architecture, appreciate the lengths men went to build it, and love history, you will enjoy every village, city, and site along your journey.

Koblenz, located at the confluence of the Rhine and Moselle rivers, is known as the "German Corner." It symbolizes Germany's unification and features an equestrian statue of Emperor William I.

After walking through the old town, I took a gondola ride across the Rhine River for spectacular views of the city and rivers.



## The Moselle River

Our cruise now follows the Moselle River to Cochem, Germany, and the Reichsburg Castle perched on a hill overlooking the town.

Our guide takes us on a 1,000-year castle journey from 1151, when King Konrad III occupied the castle, to 1868, when Berlin businessman Louis Frédéric Jacques Ravené bought it for 300 Goldmark and reconstructed it in the Gothic Revival style.

The tour includes several rooms with original furnishings, artwork, and decor from when the businessman lived here more than a century ago.

One of my favorite ports was Bernkastle-Kues. We docked just before sunrise, and I walked through this medieval town alone.

It was Sunday. Church bells, dog walkers, and residents hurrying to bakeries for their breakfast greeted me as I strolled the city streets.

The community, known for its wine production, has one of the most beautiful squares in Germany.

I roamed around the town for several hours, and all too soon, it was time to sail to Trier, Germany's oldest city. Vestiges of Rome's power are everywhere, seamlessly mingling with a vibrant and active modern city. The Roman city gate, a UNESCO World Heritage Site, once served as the formidable entrance to the town.

The Cathedral of Trier, built under the direction of Helena, mother of Emperor Constantine, and the Church of Our Lady, one of the earliest Gothic churches in Germany, stand side by side.



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## Leaving the ship behind

On our motor coach trip to Paris, we stopped at the Luxembourg American Cemetery and Memorial, where 5,073 US soldiers who died in the Battle of the Bulge and General George S. Patton are buried.

Our journey continues to Reims, France, and a visit to the Reims Cathe-

dral, a UNESCO World Heritage Site. The Gallery of Kings features an imposing sight composed of 56 statues standing above the central portal and stunning stained-glass windows dating from the 13th through 20th centuries, including windows designed by Marc Chagall.

Our final destination, Paris, includes a motor coach and a walking tour with

all the highlights of the City of Lights, including the Arc de Triomphe, Eiffel Tower, and Notre Dame.

Castles, cathedrals, and medieval communities; beautiful accommodations, excellent food, and an accommodating crew; this is culture, history, and fun; this is Viking River Cruises. |



PAGE 11 | The beauty of Zurich, Switzerland

PAGE 12 | A visit to a small village while exploring the Swiss Alps

TOP LEFT | The iconic Eiffel Tower, Paris, France

TOP RIGHT | *Longship Freya* in Bernkastle-Kues, Germany

ABOVE | Koblenz old town, Germany

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# THE FLORIDA KEYS - A Foodie Tour

by **BRUCE SACH**

The road that winds down the coast of Florida is the longest overwater highway in the world.

Along the route are spots considered as the top sport fishing areas on the globe, where you can stop and rent a boat and captain.

But why else would you travel to the end tip of Florida, located only 170 kilometers from Havana, Cuba?

To bear witness to the folly of one twentieth-century billionaire who built the railway whose bridges are the foundation for today's highway?

To enjoy the huge variety of fantastic cuisine?

Or simply because it's there?

Like many great destinations, as you drive along the Florida Keys, you'll find more and more reasons to continue exploring.

And whether you plan it or not, your trip may turn into a pilgrimage to find the perfect key lime pie.

Every restaurant along the Florida Keys Highway 1 has its own version of this iconic pie. Some use molasses over the graham wafer crust. Real key lime juice, now sourced exclusively from Central America, must be used. Creative chefs may add key lime shavings, and raspberry drizzle (real or artificial). Toppings usually consist of whipped cream or meringue in various sizes.

## Key West

The most visually stunning version we encountered was at the Blue Heaven Restaurant in Key West. – we're talking six inches of meringue topping the key lime pie. I loved this restaurant for its funky vibe and location in the Old Town of Key West, close to the Hemingway House.

Roosters walk freely through the dining area in a secluded court yard, as they do throughout town.

Their shrimp and grits for breakfast was outstanding, and this from someone who's never hungry in the morning.

The meal consisted of Key West shrimp sautéed in white wine with butter and scallions over grits and white cheddar. It was the perfect way to enjoy a 'southern' or 'southernmost' breakfast, as Key West is located on the southernmost tip of continental U.S.

Key West is a charming town. No tall buildings are tolerated, a fact you can

we were told. The day we stopped, it was closed for renovations. (Note to self – do not miss on my return trip).

A great way to get a feel for the variety of cuisines available in the Florida Keys is by taking the Islamorada Food Tour with Craig (<https://www.flkeysfoodtour.com>). He also focusses on history of the region and will introduce you to the small, but thriving arts scene in Islamorada.

Islamorada is a great stop for those

heading to the bottom of the Keys. It is tempting to rush to Key West, but I would advise against it.

At the Florida Keys Brewing Company, located in a charming courtyard, likeable Canadian owner Craig McBay will probably hug you, should you bring him a package of his beloved ketchup-flavoured potato chips, currently unavailable in his Keys paradise of Islamorada! His is a funky bar, full of talkative locals.

Tours of the brewery are welcomed.

The best restaurant in the Keys, for my dollar, was Chef Michael, just a short walk from the Florida Keys Brewing Company. Snapper and yellowtail snapper, two of my favs - can be prepared in one of the following ways: Pontchartrain, Ambassador, Juliette, Mixed Nuts, Adriatic or Simple Grilled.

Not sure? The waiter will recommend the best prep for each fish. A meal you'll not soon forget.

Many of my most memorable trips have included quirky museums in unexpected places. The History of Diving Museum in Islamorada fits that bill. A timeline takes you through the history of diving and a collection of diving helmets.

Amongst the latter were inventions by Sir Edmond Halley (of Halley Comet fame) and a weird contraption used



confirm by climbing to the top of the 1848 Key West lighthouse. The ancient lighthouse is near the Hemingway House, best visited early in the morning, before crowds arrive. The house was listed as a 'tourist' attraction back in the 1930s, when Hemingway was still living here. Hemingway was not amused and, not surprisingly, he built a wall around the property!

His house is located on the lovely Whitehead Street, parallel to the well-known, infamous Duval Street, known for its tasteless t-shirts and numerous bars and restaurants with live music. Yours to take or leave!

## Islamorada – not to be missed

A unique version of key lime pie is available at the Midway Café in Islamorada. They put the pie in a blender, or so



for underwater rum running between Windsor, Ontario and Detroit back in the Prohibition era. It even looks like a still.

This area is known for hurricanes - there's a monument in Islamorada to the victims of the 1935 disaster, the worst in U.S. history.

The museum commemorates another natural disaster in an interesting way. Solid silver ingots from the *Nuestra Señora de Atocha* wreck, laden with treasure, are on display. The ship was sunk during a storm in 1622 that destroyed all the ships in a Spanish flotilla.

Ever wonder what shape the local coral reefs are in? Turns out, not the best. Coral reefs in Florida have lost an estimated 90 per cent of their coral in the last 40 years.

At the Mote Marine Lab, at Summerland Key, you can tour the facilities and see how coral reefs are being 'outplanted' one plug at a time. In their coral husbandry labs, the world's largest land-based coral nursery, scientists grow coral on 'plugs' - think old-fashioned milk bottle covers. Divers then drill holes in the coral reef and 'plant' or outplant the plugs.

As Ian, one of the young scientists said, "Our goal is to put ourselves out of a job." Their goal, in the next 10 years, is to cover 15 per cent of the coral reef.

And since reefs are home to fish, crabs, lobsters, rays and many other forms of sea life, their survival is essential.

Speaking of fish, some of our favourite new fish experiences included stone crab claws, grouper, conch and smoked fish dip. For our return trip? Lionfish, snowy grouper, mutters, angels on horseback and triple tail, all spied on different menus across the Keys whetted our appetite.

'Angels on horseback', some kind of sea horse? Not on your life - it is large sea scallops wrapped in bacon and then baked!

If by some unforeseen tragedy you don't sample key lime pie during your visit, the one available at Gilbert's Bakery in the Miami Airport was as good as any - and we tried over 10! Other customers at the airport agreed - the tray of miniature Key Lime pies was almost always empty, although it was being constantly replenished! |



Photos: Carole Jobin

PAGE 14 | Tour of Florida Keys Brewing Company with owner, Craig McBay

TOP | History of Diving Museum, Islamorada

MIDDLE LEFT | The iconic key lime pie at Blue Heaven Restaurant, Key West

MIDDLE RIGHT | Shrimp Shack, Islamorada included in Food Networks series, Guy Fieri's Diner, Drive-Ins and Dives

ABOVE | Fish House Restaurant, Key Largo

# Maritime Celtic Colours

by JANET MCMASTER



It's a glorious afternoon in mid-October, and my husband Tom and I are enjoying a surprisingly challenging hike on the Coxheath Hills Wilderness Trail.

We stop along the trail to admire the beautiful fall colours and the view, and to listen to musicians and naturalists situated along the trail.

Afterwards, we visit the local community center for a *ceilidh* (traditional Scottish party) where there is hot apple cider, oatcakes and more music. This is just one of the many memorable experiences that we had on a recent trip to Cape Breton.

Even though Cape Breton is part of Nova Scotia, in many ways, it is like a separate part of Canada with a unique history and interesting blend of cultural traditions.

We begin our trip by travelling across the short Canso Causeway that connects the Nova Scotia peninsula to Cape Breton Island.

We spend the first week exploring the south-west coast, from Port Hastings to Inverness. The first thing we notice is the numerous signs for the Celtic Shores Coastal Trail, a network of 92 km of multi-use trails that runs along the coastline. We hike on different sections of the trail at various points along the coast.

Surprisingly, despite good weather and well-maintained trails, we only encounter a small number of walkers and a few cyclists.

The west side of Cape Breton has become a destination for golfers in recent years, especially with the opening of the Cabot Links and Cabot Cliffs golf courses in Inverness. These courses are very popular and appear consistently at or near the top in ratings of Canadian golf courses. Both of the main courses were booked while we were there; however, we were able to golf at the shorter, 10-hole Nest course. The Nest is situated on a hill above the other two courses, and we enjoyed the short but challenging course, as well as the wonderful views.

There are two other places of particular interest along the west coast. The first is the Celtic Music Interpretive Centre in Judique that has exhibits, a full-service restaurant with live music, and a well-stocked gift shop.

The second place that we enjoyed was The Glenora Inn & Distillery, North America's first single malt whisky distillery. In addition to tours and tastings, they have an excellent restaurant with live entertainment and comfortable accommodation.

We unfortunately had a rainy day

when we head north to explore The Cabot Trail, a scenic 298 km loop around the northern tip of the island. Much of the trail passes through Cape Breton Highlands National Park, and due to the heavy rain and fog, we only caught rare glimpses of the famous ocean and mountain views.

After our rainy drive, we were happy to arrive at the iconic Keltic Lodge in Ingonish on the north-east side of the island. Although some of the buildings are currently closed for repair, we enjoyed a comfortable room, the excellent Arduaine Restaurant, the Highlands Links Golf Course, the Spa, and a pleasant hike on "The Middlehead Trail".

Our next stop was Port Hawkesbury in the south-east for the opening of the Celtic Colours International Festival.

This annual nine-day festival, which began in 1996, includes over 50 concerts and 200 community events throughout Cape Breton. With so many terrific options to choose from, it was difficult to decide which events to attend. We thankfully purchased most of our concert tickets in advance, as many of the events sold out quickly.

The heart of the Celtic Colours Festival is the music. Cape Breton has an interesting mix of Scottish, Irish and



French people, and this cultural mix is reflected in the music. Although there were two large concerts at the beginning and end of the festival, most of the concerts were in smaller, intimate venues. In addition to some excellent local musicians, we heard accomplished musicians from other parts of Canada, the US, Scotland, Ireland and Spain.

We discovered that Celtic music has many variations. Some of the performers come from a classical background, and this was clearly evident in their music. We also heard music from the folk, bluegrass and country genres, as well as some traditional Gaelic tunes.

Many of the musicians embraced traditional Celtic music and, in some cases, were interested in reviving forgotten melodies. Other musicians were more forward-thinking, writing their own music and integrating traditional Celtic music with other, more modern, styles. We also enjoyed seeing traditional step-dancing in several of the concerts.

We made the Simon Hotel in Sydney our home base for most of the festival. Its central location gave us good access to a variety of events. We enjoyed being on the waterfront, and we were within walking distance of a couple of the evening concerts, including The Grand Finale.

Louisbourg is a short drive from Syd-



PAGE 16 | Glenora Inn sunset

ABOVE | Author on the Coxheath Hills Wilderness Trail

TOP RIGHT | Keltic Lodge at Ingonish

BOTTOM RIGHT | Ocean views from the Celtic Shores Coast Trail





ney. We went to two very special events. The first one was a delicious community roast beef dinner in a local church, followed by the “Louisbourg Crossroads” concert at the Louisbourg Playhouse featuring outstanding musicians from Scotland, Ireland and Cape Breton.

The second event, “Music of the Night”, was held at the Fortress of Louisbourg National Historic Site, where French colonial life in the mid-1700s is depicted. Our evening included a delicious three-course meal served in the

traditional style of that era, followed by several candle-lit, intimate concerts in various buildings scattered throughout the fortress. It was magical to walk along the streets under the light of a glorious full moon and thousands of twinkling stars and hear snippets of music and laughter coming from various homes.

One of my favourite Community Events was “A Day in the Life of a Cape Breton Coal Miner” at the Cape Breton Miners’ Museum in Glace Bay.

We were fortunate to have an 81-year coal miner who had worked in the mines for over 30 years as our guide.

He showed us some interesting exhibits in the museum. After donning hard hats, we descended to the depths of the coal mine for a 30-minute tour. We carefully crept through the narrow tunnels while Sheldon told us fascinating stories about his family’s history with the coal mines, the industry and the culture.

While we have many special memories of the beautiful scenery, the scenic golf courses and hiking trails, the incredible music and the engaging community events, what perhaps was the most special part of this trip were the people that we met.

Maritime hospitality is well-known for a reason. It didn’t seem to matter whether we were talking to a chambermaid in the hotel or to the Lieutenant Governor of Nova Scotia (who we had the pleasure of speaking with a couple of times), everyone was friendly and helpful.

This trip touched our hearts, and we look forward to returning to Cape Breton soon for more adventures. |



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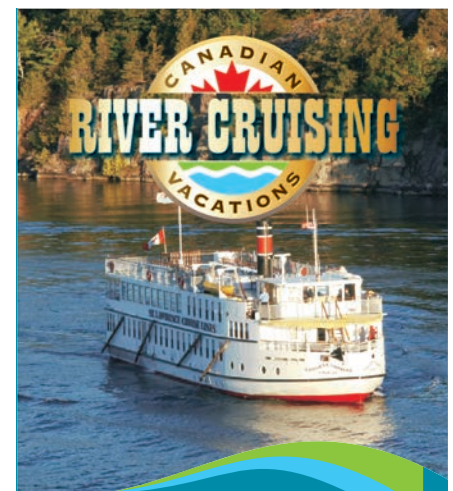
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# LIVING ON PURPOSE

by LAURIE MUELLER

## Retirement Priorities?

How are you at defining your priorities in retirement? Oh gosh, some of you say - I've been working hard all my life...why would I want to have priorities? And you settle into the pile of books and magazines you've been amassing to read someday. Ah, you've clearly defined your priority!

Others of us jump from priority to priority never really finishing any one idea or project but having a good time while we are at it.

Long ago I learned I had a particularly good knack for starting, storing and eventually discarding projects.

When my niece was small, I decided to make her a quilt. I found some pretty sky-blue material for the background, some bright orange for the giraffe, some green for the trees behind. And I started the project. For a non-artist, it was look-

ing pretty good. I showed my handiwork to my friends and got rave reviews. Then I hit some kind of snag. I put it down. I moved it from shelf to closet to moving box. When my niece was a teenager, I sent the still-untouched one-third-completed object to a thrift shop. No use kidding myself any longer.

Around the same decade, I drove 400 miles to take a week-long basket-weaving course to make a purse. I worked diligently on that project for the week. I was so happy with my newly learned skill, and I had plans for many other projects. Arriving home, I placed the project on the coffee table in the living room, and only moved it to dust. Life seemed to get in the way of me sitting down quietly and weaving straw. Eventually it found its esteemed unfinished place beside the giraffe quilt in the linen closet.

Since retirement I have designed a series of murder mysteries to be written, and a how-to book on retirement. I work diligently on them and then, to quote my mentor, Samantha Bennett, I notice sparkly breadcrumbs leading me off on a new adventure.

My bestie retired from nursing and took all the courses to be a personal trainer. She even set up a gym in her basement. She designed the marketing. And then she announced, I don't want to do this. Now she uses the gym for family only. She's happy with her decision.

There are many things I've finished, that were truly me and truly enjoyable.



In my working life there were things I had to do but never enjoyed. We are now at the age of not having to do things for an employer, a parent, a child, or an esteemed place in the community.

Don't be afraid to try new things and, equally important, don't hesitate to let them go if they don't fit or you realize doing it is more work than fun or feeling good.

Do the crossword until you tire of it, watch the movie until you remember the book you are reading. Plan dinner until you remember the takeout restaurant. Spend more time with your plants than your dust bunnies. Take a course just for the sake of learning, not because you need to do something specific with it. Do what you enjoy for as long as you want - but no longer than that!

If you follow sparkly breadcrumbs... dance while you do, but don't worry about the steps someone else made up. Instead, use your own un-choreographed and spontaneous jig!

Now, if you will excuse me, I must get to work on one of those murder mysteries I started years ago.... |

**Laurie Mueller, M.Ed** is retired and living in Victoria with her husband, Helmuth. More about Laurie can be found at [www.lauriemconsulting.com](http://www.lauriemconsulting.com) or on Facebook.



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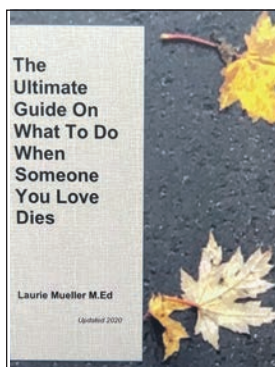


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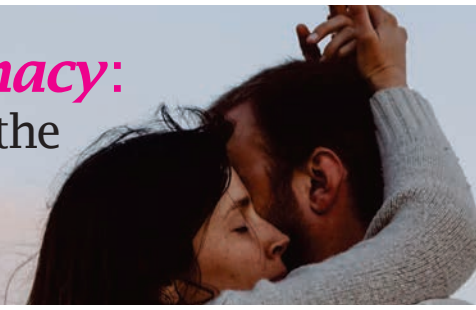
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# Reimagining *Intimacy*: When Illness Changes the Dance of Partnership

By Christine Savard, Communications Lead, Family Caregivers of BC



We all know that physical intimacy naturally evolves throughout any long-term relationship. But what happens when serious illness enters the picture and one partner becomes a caregiver to the other? How do you maintain an intimate relationship when the dynamics of your partnership dramatically shift?

This was the reality for Rene Smyth when her husband was diagnosed with Parkinson's disease at age 52, while she was 48. After 21 years of marriage and with a 10-year-old son, they found themselves redefining not just their roles, but the very nature of their intimacy.

## When Roles Reverse, Love Adapts

Most couples naturally fall into patterns around managing their shared life together. For Rene and her husband, two decades of marriage had created a clear choreography of who handled what. "We had established a pink and blue relationship," Rene reflects, describing how she handled the housework, laundry, and shopping, while her husband took care of yard work, repairs, and building projects. But as Parkinson's progressed, these clearly defined boundaries began to blur. "I had to take on a lot more of the jobs that I was not experienced in. I was really resentful of that for a long time. And my husband, of course, was very embarrassed because he couldn't do those things anymore."

Dr. Linda Franchi, community counsellor with the Parkinson Wellness Project, explains that such transitions often follow a pattern she calls "*storming*"— periods of closeness followed by distance as couples navigate their new reality. "Initially, people feel a great sense of shock and loss because the relationship needs to change on other people's terms," she says. They didn't actually agree to this change; it came out of the air."

## Discovering New Forms of Connection

What makes Rene's story particularly inspiring is how she and her husband discovered new dimensions of intimacy. While their physical relationship changed dramatically following his diagnosis and subsequent depression, they found unexpected ways to maintain their connection. "We care for each other and we just aren't having sex anymore," Rene shares candidly. "We've even learned through Parkinson's that dancing happens with a different part of the brain... And we happened to love to dance, so that was really great."

Dr. Franchi emphasizes that intimacy encompasses far more than physical connection. "There's the physical intimacy. There's sexual intimacy. There's emotional intimacy. There's also intellectual intimacy, spiritual intimacy... experiential intimacy... conflict intimacy. And, of course, one of my most favourites is the aesthetic intimacy."

## Finding Joy in Small Moments

The transformation of intimacy often reveals itself in unexpected places. For Rene, it emerged in the tender act of caring for her husband's feet – a task he trusted only her to perform due to his sensitivity to touch. These moments of care became their own form of intimate connection. Dr. Franchi encourages couples to seek out

these small opportunities for connection: "The simple things, like going for ice cream, listening to music together... Is there a way to laugh? Music, gardening, flowers — it's about appreciating the beauty of something with the other person as well."

## The Vital Role of Self-Care

Perhaps most crucially, Rene learned that maintaining intimacy requires careful attention to her own well-being. "His needs, of course, are always number one because he's sick and I'm not... However, I also realized that if I'm not healthy, he's not healthy." Rene maintains strong friendships, exercises regularly, and participates in support groups, understanding that caring for herself enables her to better care for their relationship.

## Hope Versus Joy

In one of the most poignant moments of reflection, Rene shares, "I don't use the word *hope* anymore because hope died a long time ago. But there are lots and lots of ways to have *joy*."

This stark honesty reveals a profound truth about reimagining intimacy in the face of chronic illness – it's not about holding onto what was, but discovering what can be.

Dr. Franchi offers this gentle reminder to caregivers: "You didn't cause this. Your partner, or your person, or whoever it is you're caring for, didn't cause this. You actually can't control it and you can't cure it," she explains. Instead, Dr. Franchi encourages focusing on coming to terms with what is real in your relationship today, noting that this acceptance will allow you the freedom to find moments of joy and lean into one another.

The journey of reimagining intimacy as a caregiver isn't about replacing what was lost, but about discovering new ways to express love, maintain connection, and find joy in the present moment. It's about understanding that while illness may change the dance, the music of love continues to play – we just need to learn new steps.

**Adapted from the "Caregivers Out Loud Podcast," Episode 24 - Caregiving for a Partner: Intimacy Reimagined, with host Bill Israel and guests Rene Smyth, Family Caregiver, and Dr. Linda Franchi, Community Counsellor with the Parkinson Wellness Project.**

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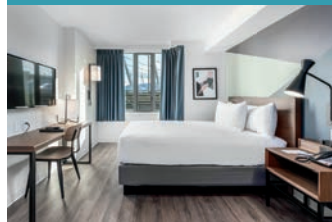


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