

# Living Life by Choice not Circumstance

*Living 70 – 100(+) is a Reality Today  
Be Prepared for the Unexpected  
Create Your Lifestyle Plan to Make it Your Best Time*

June 3 – 6, 2018

**Breathe the fresh air and enjoy the sounds of nature on this  
3-day retreat!**

Location: Rivendell Retreat Centre, Bowen Island, British Columbia

*We don't know what it's like to slow down as we age until we experience it. What if we have a debilitating stroke or heart attack? Physiological changes in our body can force us to deal with challenges where we've had no prior experience. How we cope with changes due to advancing age may very well make or break a fulfilling retirement. **Asking for help is not a sign of weakness but empowers us to enjoy retirement.***



Giving this stage of life forethought and **learning our options** allows us to **adapt more easily to age-related challenges**. Being mindful of personal 3/5/10 to 30-year plans that match our **values** will **help us live life as we wish with grace and dignity**.

This planning, based on personal values is an organic process to **create a resourceful living document to support lifestyle goals age 70 to 100 plus**. This living plan captures our history; where we're at today; and what we want for our future. We continue to add pertinent information that will influence later needs.

Specific topics include:

- ◇ Create your unique support networks.
- ◇ Health as it relates to lifestyle outcome.
- ◇ Choose where you want to live, when.
- ◇ Creative care and support options.
- ◇ Do your asset/income tests based on living life the way you want.
- ◇ You think you've got your funeral covered.
- ◇ Things you should know about estate planning.

*Book Early as Space is Limited*

This workshop is for everyone; single, married, widowed, divorced and family caregivers looking for support.

Course attendees will find this **information empowering** because it arms you with resources and personalized guidelines to help you **make well-informed choices**.

At this workshop, there will be **thought-provoking conversations** to help you complete your *Later Life Planning Guide and All-In-One Personal Resource Book*.

SeniorsAdvocate●ca

**Providing Clarity, Direction and  
Peace of Mind While  
Defining Your Future**

Phone: 604-767-4994

E-mail: [barb@seniorsadvocate.ca](mailto:barb@seniorsadvocate.ca)

Barbara guides you through the most important areas of your life to help you maintain your dignity and quality of life giving you confidence and peace of mind.

**Rate: Cdn \$1,250.00 per person**

**Rate Includes:**

- Three nights' accommodation
- Breakfast, lunch, and dinner (including Sunday dinner meet and greet)
- Workshop materials and your personalized workbook called My Later Life Planning Guide and All-in-One Personal Resource Book
- Flex time for private consultation and optional activities



(\$300.00 non-refundable deposit required at time of booking with balance due by May 1<sup>st</sup>)

**Forms of payment accepted: E Transfer, PayPal, Visa, MasterCard or Cheque**

**Register at [www.seniorsadvocate.ca/bookings/](http://www.seniorsadvocate.ca/bookings/) or call Barb at 604-767-4994**

Advance preparation - workshop material will be delivered to you as soon as we receive your final payment.

**Rivendell Retreat Centre Facts & Requests:**

- [Rivendell Retreat](#) is a non-profit organization, and as a group requires some commitment on our part.
- If you wish to use it, there is a separate little sanctuary building for prayer not too far from the lodge. Respect the quiet of prayer time from 8—9 a.m. and from 4—5 pm.
- There are no children permitted at Rivendell Retreat Centre.
- Rivendell does not provide transportation to Rivendell. (\*advise Barb if you need transportation on Bowen.) **Keep in mind advance-booking for ferry if bringing a car, this is a busy season.**
- Check-in at Rivendell: earliest 3:00 pm June 3 - Room check out: latest 12 pm June 6 workshop ends at 3:30.

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**Workshop Facilitator & Organizer - Barbara Kirby**

Barb provides candid and engaging workshops with passion and humor related to her 15 years and many experiences as a daughter caring for her elderly parents with complex care needs. Since her parents passed away, she left her 25-year career as an investment advisor to begin her business as a private Elder Care Planner and Advocate and Navigator. A strong belief in respect for our elders, honoring their life experiences, and treating them with dignity is Barbara's driving force. Her approach is to practice gentle advocacy which means to recognize and avoid the potential for problems.

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Barbara trained as a Certified Dementia Practitioner; Seniors Housing Specialist; a Certified Professional Consultant on Aging and received her graduate certificate from Royal Roads University in Values Based Leadership. She speaks about how to face and prepare for the realities of the unexpected. She focuses on planning and support services; helps seniors navigate the care and housing systems and provides crisis management, monitoring and executive management services. She is a public speaker, facilitator and author.

