

Aging with Grace

Living Life by Choice Not Circumstance

Location: Rivendell Retreat, Bowen Island, British Columbia

April 16 through 19th 9:30 am – 12:00 pm (as group)

Join us for a 3 day workshop in the beautiful setting of Rivendell Retreat Centre on Bowen Island, a 20 minute ferry ride from the mainland at Horseshoe Bay.

We don't really know what it's like to slow down as we age until we actually experience it. But changes to our body can force us to deal with challenges we've had no prior experience with. How we individually 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 some forethought and learning of our options allows us to adapt more easily to challenges we are faced with. Personal values play an important role in creating a plan to help us live life as we wish with grace and dignity.



Are you a single woman in your 60's, 70's + and realizing you don't have a plan for your future support and lifestyle and don't know who to call if you need help? This course will be of great value to you and will also be of great value to couples as well as adult children concerned for or caring for aging parents.

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

Discussing later life planning, Barbara speaks about giving forethought to the unexpected as well as covering what can be expected. There are many resources to draw from and Barbara will explain key points to help you choose lifestyle options and supports to suit your needs and values. She shares why this must be given careful consideration and why you should be mindful of all possible outcomes.

At this workshop you will have your questions answered to complete your Later Life Planning Guide and All In One Personal Resource Book.

Barbara guides you through six key steps to focus on the most important areas of your life to ensure confidence and peace of mind and to help you maintain your dignity and quality of life.

**Providing clarity, direction,
and peace of mind
while defining your future.**

SeniorsAdvocate • ca

Phone: 604-767-4994

E-mail:

barb@seniorsadvocate.ca

- Communicating with your support network
- Managing current, past and future health conditions
- Knowing when to ask for help
- Planning for care in the event that you need it
- Discussing housing options best suited to who you are
- Uncovering tax benefits, housing and health care benefits

Book Early as space is limited

Rate \$450.00 per person

Rate Includes:

- 3 nights' accommodation
- Continental breakfast, lunch and dinners (including Sunday night arrival)
- Workshop materials and Later Life Planning Guide and All-in-One Personal
- Resource Book
- Flex time for 1/2 hr private consultation (by appointment) and optional activities

Method of Payment: Bank Interact Transfer, PayPal, Visa or MasterCard

\$150 non-refundable deposit required immediately and final payment due by April 1st

Register at www.seniorsadvocate.ca/bookings/ call Barb at 604-767-4994

Workshop material will be mailed to you as soon as we receive your final payment.

Check-in: 3:00 Apr 16th - Room check out: latest noon Apr 19th

Rivendell Retreat Centre Facts & Requests

We have been very lucky to book this space through the Easter holiday and if you wish there is a separate beautiful little sanctuary for prayer not too far from the main retreat.

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.

Transportation is not provided by Rivendell.

*You will need to speak with Barb to arrange transportation on Bowen if you don't have a vehicle.

Book Early as space is limited



Workshop Facilitator & Organizer - Barbara Kirby

Barb provides candid and engaging workshops with passion and humour 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, honouring 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 potential for problems.

SeniorsAdvocate.ca

**Providing clarity, direction
and peace of mind
while defining your future.**

Phone: 604-767-4994

E-mail:

barb@seniorsadvocate.ca

Barbara is a Certified Dementia Practitioner; Seniors Housing Specialist; a Certified Professional Consultant on Aging and recently 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.

