

## **MAC Talk, Join the Conversation** *MAC Housing Forum November 18*

**We** will be hosting a fall round table discussion for our members on **Saturday, November 18, 1pm to 4pm at the Library with light refreshments served.**

**Register in advance [here](#)**

As we start to age, we need to look at our housing needs and options with an eye to the future. Some people will want to move to a new location that better supports interests and activities, others will move to be closer to family or friends, while others may sell everything to travel the world living on a cruise ship. We need to create a home as we age, that allows us to age and live well, doing the things we love to do but supports our changing needs, whether physical, financial and/or environmental.

However, for those of us who have decided to stay and age in place in Whistler, we need to ask:

### ***Am I ready? Is Whistler ready?***

*This afternoon is aimed at those 55+ (or anyone actively planning their older future) who are either renting or owning their home or looking for a home whether it is market or WHA housing or other.*

During our initial housing forum, we hope to address some of these issues by re-visiting and re-evaluating the concerns/comments already gathered from the Whistler 55+ group through the Age Friendly Community Assessment and the 2021 VITAL CAFE Report: Aging Well in Whistler: In the light of the pandemic, can it be done? What has been accomplished, what still needs to be done, how do we advocate for more to be done?

**We will take a snapshot of the current demographics of housing seniors here in Whistler.**

For those that have decided to choose Whistler as their home, we need to take a hard look at whether this is possible, what are the issues, what options are available, what decisions need to be made?

We will be asking, **"if you want to age in place in Whistler, what type of housing do you need?"**

Do you need to sell your home and downsize? Do you modify or retrofit your home? What are other creative solutions out there?"



In particular we will look at:

**What is suitable seniors housing?** What does Whistler need? In addition, the need for a seniors' gathering place has been voiced. As we identify what is needed, we **need to discuss how the 4500 Northlands Blvd rezoning application** can address many of these issues as it makes its way through the planning process. How can the MAC membership advocate on behalf of Whistler seniors to ensure that council and the RMOW seriously take into consideration the needs for more suitable housing for the seniors as our population grows.

**WHA - Rental / Purchase Policies:** Share with us your experience, challenges, concerns so we can have them addressed at the WHA meetings.

**Creative Solutions for housing:** We will briefly touch on RMOW Zoning of Properties to see what is available to market owners to re-design their property to allow caregiver/rental suites carriage or land house, duplex or 4plex re-builds. This discussion is particularly relevant in light of the BC government's announcement November 1 of proposed legislation to mandate density increases for single family homes. Read more [here](#). We will discuss retrofitting your home.

**Options in the community for co-op housing and social housing** will be touched upon.

It will be helpful to discuss **Advocacy Strategies for MAC moving forward** in order to have our concerns brought forward to the RMOW and mayour and council and other relevant parties.

Finally, we will have a discussion that includes a Question-and-Answer period. We will be taking advance questions and those from the floor at the end.



# Christmas Party



**2023 Whistler MAC ~ Christmas Holiday Dinner**

## **Whistler Racket Club**

**Thursday, December 7, 2023**

6:00 P.M. Cocktails and Mingling

7:00 P.M. Festive Roast Turkey Buffet

8:00 P.M. Dancing

Catering by the Whistler Racket Club

Drinks at your own cost

**\$75.00 per person all in**

**Please bring non-perishable foods or cheques  
for the Whistler Food Bank!**

**Book your tickets early – seating is limited**

**Free Parking – but MAC recommends coming via Taxi!**

**Please Register by: November 29th!**

To Register - Go to [www.whistlermac.org](http://www.whistlermac.org)

Login using your Userid and Password

Select Christmas Party - 2023 under the 'Events' Button

(this button only appears after you have logged in).

Choose the Individual or Couple/Group option and start filling in the details.

You must have names of all the people attending & their email addresses

Pay with Bank ETransfers only

Questions - please email [support@whistlermac.org](mailto:support@whistlermac.org)

## Estate and Personal Planning – Getting Your Affairs in Order

Peter Shrimpton is an enthusiastic member of MAC who recently retired as a lawyer after 3 decades helping clients in the Sea to Sky Corridor with their legal issues, particularly in the estate and personal planning area. Peter has kindly offered to update our website resource page in our soon to be launched new website and provide updates in our newsletter.

Here he gives his recommendations on how you can navigate this area of law yourself, though he emphasizes that none of it constitutes legal advice, and neither he nor MAC is responsible for any outdated information.

Your starting point should be [here](#) (click) as it lists 12 common questions, such as “How do I make a Will?” and “I am the Executor ....” By clicking on the applicable question, you will find excellent resources for background reading and where to get help with questions and document preparation.

That website also has links to well-written and detailed “WikiBooks” by the People’s Law School of B.C. for “Preparing Your Will”, “Being an Executor”, “Power of Attorney”, and “A Death in Your Family”. Also highly recommended is the embedded link to Seniors First B.C.’s fascinating “Legal Issues in Residential Care – An Advocate’s Manual”.

Other resources Peter highly recommends for background reading/listening are:

1. “My Voice: Expressing My Wishes for Future Health Care Treatment”, prepared by the B.C. Ministry of Health, which is comprehensive and easy to read. It also contains forms for your Advanced Care Plans, such as PoA’s and Rep Agreements. Visit [here](#)
2. Nidus’s website is an independent non-profit’s excellent incapacity planning resource and centre and registry service. Visit [here](#)
3. Marc G. Seguin came to Whistler a while back and led a fascinating MAC Seminar on dealing with different family dynamics and considerations in developing your estate plan. Click [here](#) to see details of his relevant book and Peter still has copies available for free to MAC members upon request.
4. Peter Shrimpton’s one hour estate planning presentation on March 18, 2021, for MAC as part of the Whistler Public Library Lunch & Learn Seminar series, can be viewed on [YouTube](#).

If you still have queries, there are a number of low-cost services available:

1. Access Pro Bono (30 minutes free) advice; Visit [here](#)
2. [Qase](#) is an online lawyer referral service to experienced lawyers (first 15 minutes free)
3. [Everyone Legal Clinic](#) is where prospective lawyers provide direction and advice;
4. [Legal Aid BC](#) is for very low income British Columbians;
5. [Disability Law Clinic](#) is for those with disabilities (currently closed due to staffing shortages);
6. [Seniors First BC](#) is specifically designed for lower income seniors; and
7. [Vancouver Justice Access Centre](#) operates a resource support service out of a room in the Vancouver Law Courts.

Finally, for your actual document preparation, apart from the handful of lawyers and notaries in the Corridor practicing in the estate planning area, there is the Wills Clinic Project operated by the Access Pro Bono Society, and staffed by Dept. of Justice lawyers in Vancouver. Visit [here](#) for more information

Increasingly, there are online services at relatively low cost to meet most basic B.C. estate planning requirements (but be wary about their simplicity, and indeed a great topic for another discussion) of which the most popular are (click directly on the names):

[Willful](#), [Epilogue](#), [FormalWill.ca](#),  
[LegalWills.ca](#), [The Canadian Personal Will Kit](#),  
[Law Depot](#), [Self Counsel Press](#)

The last mentioned is probably the most useful, as the different documentation is accompanied by better instructions/directions than the other products enumerated.

Very best wishes with your reading and document preparation. Peter adds a final note that he is sorry that he can no longer give legal direction but is thoroughly enjoying his retirement!



# Up-Date from the Whistler CRN-- Do I still need this medication?

The BC Community Response Networks (CRN) were privileged to view an excellent presentation entitled, "Do I still need this medication?". It was presented by Camille Gagnon from the Canadian Medication Appropriateness and Deprescribing Network.

## **Why Does Aging make us more sensitive to the effects of Medications?**

Our brain becomes more sensitive to drug effects because with age the brain barrier becomes weaker. Also our kidneys and liver functions decrease therefore medications tend to accumulate rather than being flushed out of our system. As we age we have less muscle and more fatty tissues which retain the medication longer than before.

**In what situations would the risks of drug effects outweigh potential benefits?** One could experience medication overload. This increases the risk of falls due to drowsiness. When taking 8 to 10 medications the risk of an interaction increases 8 times! There is also the effect of prescribing cascades where a new medication is prescribed to combat the effect of another medication. It was stressed that all natural health products including supplements or over the counter drugs ie Tylenol be noted on your drug list.

**What are risky medications?** A medication that you have been taking for the past 20 years might not be appropriate for you now. Sleeping pills were discouraged with sleep therapy as a better answer. Sleep therapy includes sleep hygiene (avoid caffeine or alcohol consumption and avoid screens before



bedtime). For more info: [mysleepwell.ca](http://mysleepwell.ca)

We need to advocate for age related trials of medications. Who is most at risk of harmful effects of medications? Those who are over 65 years old, those with other chronic conditions and women. Why women? They tend to live longer, they suffer from more chronic conditions and they take more medicine. Female biology and physiology increases the risk of harmful effects of medication.

## **Questions to ask your doctor, nurse or pharmacist.**

1. Why am I taking this medication?
2. What are the potential benefits and harms of this medication?
3. Can it affect my memory or cause me to fall?
4. Can I stop or reduce the dose of this medication?
5. Who do I follow up with and when? (ie for any withdrawal)

**The recording and slides for this presentation can be found on the BCCRN website by clicking [here](#).**

Thanks to Lyn Stroshin, the Whistler CRN Director for this overview of the program. For more information on what the CRN does, visit [bccrns.ca](http://bccrns.ca)

## **The Whistler CRN and MAC were at the Farmer's Market**

on August 6, September 17 and October 1 where volunteers were able to share



information about MAC as well as bring attention to the newly created Whistler Community Response Network (CRN) and how the Whistler CRN can help with residents in the community.



Special thanks to the volunteers who came out to help, Lyn Stroshin and Cheryl Green (leads) along with MAC members Zsa Zsa Farsang, Sharon Johnson, Leslie McGregor Marilyn McIvor, Bea Searle, Dawn Titus, Kathy White, Bev Wood and Karin Wylie. Thanks to Sarah Gibson from the BCCRN or coming to help with our first community event.

# Get to Know "MAC"--Meet Dawn Titus

Dawn is a long time Whistler resident known for her infectious enthusiasm and positive energy. She is active in her community in many ways, volunteering with many groups. If you see Dawn, she is likely with her bicycle or it is close by.

**Dawn will be running MAC's pilot project: MAC Talk-Let's Connect.** We will have three monthly sessions starting in November, held at the library. The goal will be to get together, have some conversation and connect over coffee/tea and goodies sponsored by the BCCRN. Watch for more information in upcoming emails.

**When did you come to Whistler? Why did you decide to call Whistler home? What keeps you here?** Our family arrived in Whistler on October 15, 1983 ... that's 40 years ago! The twins were only 2 weeks old; we had come for the 'proverbial year' to work in the ski industry and enjoy life in a Resort after starting our professional teaching careers in northern Alberta. Immediately we met other families with babies and we all simply started looking after and supporting one another - to the point where friends helped us build our first home in Tapley's subdivision. When the opportunity came up to buy property as working residents, we make the decision to stay. There was never really much of a conversation about it. It just felt right with teaching jobs also opening up. Many would say that we 'won the lottery'.

**Tell us a little bit about your family.** Our two young boys grew up here, attended Whistler High School and eventually UBC in Vancouver, earning Geography degrees. At that time, Kevin and I moved on to separate lives but we both continue to enjoy all that we fell in love with when we arrived - the outdoors, a multitude of physical activities, Community and great friends. But oh, how this place has evolved and expanded in the past 40 years. Morgan and Joren eventually were drawn to Calgary for work, fully discovered the Rocky Mountains and really, there has been 'no looking back' for them. They both have successful careers working in GIS with major - you guessed it - oil and gas companies.



**Tell us about the work you did in Whistler. What would you say are your biggest or perhaps happiest moment/achievements in your career?** Most people living here now will know me as an Elementary school teacher. I worked throughout the district, transferring to kindergarten in my final years, first in Pemberton and ultimately at Spring Creek School here in Whistler. Imagine starting your day with 22 happy faces all asking, "What are we going to do today, Ms. T?" Long days, but also many, many wonderful memories. Creating our own 'Mini-Olympics' in 2010 and having the students line up with torches they had made (and carried proudly) provides me with an image I will never forget! Some of those students have now competed internationally themselves in various sports!! Other long-term locals will also remember the Fitness classes that I taught, getting them ready for the ski season, or for bathing suits! The 'Whistler Workout Co' was renowned and there were people who loved to attend the classes when they came up from Vancouver on the weekends. Good times with lots of people having fun.

**You are a very active person, what are your favourite Hobbies/sports/interests?** My mantra has become, 'movement is medicine'. Back in the day, an afternoon of 'fun' for the boys would be to run UP and Down one of the mountains. I competed internationally in triathlon which allowed me to see parts of the world I never expected to see (Perth AU, Madeira Portugal). Alas, my running days came to an end years ago and so now most of my outdoor movement is on two wheels. I think cycling has always been in my blood with my 100% Danish heritage. Post retirement, I also dove deeper into Yoga which was something that has always been a part of my life; took the training and currently enjoy teaching classes in the community.



**You do a lot of volunteering for different organizations. Why do you volunteer and what do you like to do the most?** What does make a person want to volunteer? It seems to me that it is a way to give back. I grew up in a community where as children we were supported in so many ways .... Then as a young parent here in Whistler - it was a must to volunteer to make sure your children had opportunity to attend programs like Beavers! Over the years here in Whistler, I have seen individuals who continually put the needs of others ahead of themselves. I'm just trying to follow their lead.

**What would you say is your superpower or super skill? Or alternatively, what superhero would you want to be and why?** Another tough question !! John Lennon? I listen to the song "Imagine" regularly and wish we could all move forward in peaceful ways .... Being able to be kind to one another, and lift people up is not really a superpower - but it does leave you with a good feeling, and it doesn't cost a dime.

**Tell us something that most people would not know about you.** My close friends do know but I like to share that I have full Danish heritage. My parents immigrated in 1957 and worked very hard to establish themselves and create a wonderful life for our family in Ontario (I have an older brother who was an RCMP member right here for 5 years, and also a younger sister)

**What steps have you taken to age in place, here in Whistler.** My mantra is 'movement is medicine'. Our health is our wealth. Also, I was very fortunate to make a move into a comfortable WHA home before eligibility changed. I see a real need for affordable homes for seniors to either be able to rent or down-size into.



**What do you think are the biggest challenges for the 55+ crowd in Whistler?** Affordability, Connections with children who have 'moved away', Injuries-illness that may be preventing them from enjoying our natural environment outdoors.

**What do you think are the biggest priorities should be for MAC moving forward?** Our community has grown so much in the past 20 years. It is crucial that programs and groups are available to the aging population to be involved with and become part of a strong social network to ensure the overall wellness of the senior demographic.

**What's the best advice you can give to someone who wants to retire in Whistler?**

Get involved in a group of activity that you truly enjoy ... Book club at the library // Friday afternoon ski group // volunteer at Whistler Community Social Services. There are so many wonderful people here in Whistler - stay connected with people who make you feel good and treat you well.

**WM Whistler Mature Action Community**

**Making Connections**  
Dementia Friendly Social Club

**Join our weekly program to:**

- Exercise your body
- Stimulate your mind
- Make new friends
- Form support networks
- Socialize over lunch
- Above all, have fun, fun, fun

**Serving people with dementia & their caregivers in the Sea to Sky Corridor**

**DEMENTIA WORKSHOP**

**Understanding and adapting to communication changes along the dementia journey**

A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes. Free to attend.  
For caregivers.

**WHERE**  
Brennan Park Recreation Centre  
1009 Centennial Way  
Squamish

**WHEN**  
Friday November 3  
10 a.m. to noon

**REGISTRATION**  
Pre-registration is required. Please call the First Link® Dementia Helpline at 1-800-936-6033.

**SQUAMISH**

\*Masks are optional. Learn more about safety protocols at [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)

**Alzheimer Society** **First Link®** **BRITISH COLUMBIA** **Ministry of Health**

# Thinking about Robert McKean"



Robert "Whitey" McKean was a regular participant in our Making Connections Social Club since January. A quiet gentle person, he fit in very well with everybody, always cheerful and agreeable with us all. He seemed to enjoy most of our activities, although not especially the card game, "Chase the Ace", which after weeks of some frustration, he had started to laugh about. He tried very hard to do the exercises in our sessions and to understand the card games.

According to his wife Linda, Robert looked forward to Making Connections as he referred to the sessions as "going to his workshop". He had a sweet tooth, loved the coffee and cookies. Although he misplaced his coffee cup many times, coming back to the counter for more, he never misplaced his cookies.

He especially loved chocolate, the foil-covered ones that we use as tokens in our card games. Those were a temptation he could not resist. He would be fixated on them, and suddenly they would disappear. We used to sneak him a few extras at the start of the sessions.

Losing Robert from Making Connections is a big loss to our group. We extend our deepest condolences to

Robert's wife Linda, their family and friends. The RCMP are still seeking information in hopes of bringing closure for Robert's family. Anyone with any information about Robert's whereabouts is asked to contact the Sea to Sky Whistler RCMP detachment at 604-932-3044 or Crimestoppers via 1-800-222-8477 (TIPS) or solvecrime.ca



***The entire community came together to search for Robert. It is heart-breaking that he has not been found. Although a very difficult time for family and friends as well as the community, MAC wanted to provide some resources for others who may have a family member or friend with dementia.***

If you have questions about Alzheimer's disease or other dementias, call the Alzheimer Society of B.C.'s First Link® Dementia Helpline for information and support (toll-free): English: 1-800-936-6033 (Monday to Friday 9 a.m. to 8 p.m. <https://alzheimer.ca/bc/en/help-support/find-support-bc/first-link-dementia-helpline>)

There are some simple steps that caregivers can take to prevent incidents of missing persons, especially for prolonged periods, and to reduce caregiver stress. These include dressing loved ones in bright colours that stand out in a crowd or in nature so that wandering persons are more easily found; hanging a card on a lanyard around your loved one's neck containing vital information such as Name, Address, Emergency contact, and "I'm lost, I have dementia"; getting appropriate tracking devices and ensuring they are worn.

The disappearance of Robert has heightened our awareness of the dangers of wandering. The Alzheimer Society of BC is a wonderful source of information for caregivers. Check the links below for more information and advice on wandering and disorientation due to dementia.

[Disorientation and Getting Lost](#)  
[Disorientation and losing one's way](#)  
[Wandering and dementia](#)  
[Tracking devices](#)

## On October 19, the Whistler Public Library presented "Losing Us: A Dementia Caregiver's Journey"

At the session, Rosella discussed the personal story behind her book *Losing Us: A Dementia Caregiver's Journey*, which focuses on her 12 years as a caregiver to her husband, John. She also provided practical advice and strategies on how to survive your own dementia caregiving journey. MAC members found the presentation very informative and timely. Rosella has graciously provided us with a summary of her talk for those who were unable to make the event.

### A CAREGIVER'S JOURNEY

The journey of a dementia caregiver is heartbreakingly difficult and not one I would have taken willingly. As with most caregivers, it was a journey that came upon me gradually, a few signs here and there—questions asked that had just been answered, routine tasks left undone, forgotten names, places and familiar objects—and finally after much hesitation an assessment and diagnosis. Not a journey I wanted, but also a journey I am not sorry to have made, because along with the heartache, tears, frustration and exhaustion, came self-discovery, learning about how our minds work, a different way to love, and mindfulness.

Taking things One Step at a Time, as a poem in my book, *Losing Us: A Dementia Caregiver's Journey* advises, was one of the many strategies I discovered that helped me to look after my husband, John, and, although it was late in the day before I learned to do this, to look after myself as well—a critical factor in being able to stay the course.

Another tool in the collection of resources that I offer in *Losing Us* is the water trick. Running water over your hands in times of stress, noticing how the water feels, the sensations it brings to your hands, can interfere with the fight-or-flight reaction of your amygdala for long enough for your thinking brain (located in the prefrontal cortex) to catch up—before you start shouting or stomping your feet.

Learning everything possible about dementia and the resources available to caregivers is also vital. *Losing Us* contains 15 pages of links to resources that can help. These include connecting with the Alzheimer's Society of BC which offers online support groups, videos, dementia education, workshops and exercise/social programs such as Minds in Motion, and The Family Caregivers of BC. The Learning Cen-



tre on their website contains educational materials and videos as well as links to their caregiver support lines, telephone, in-person and virtual support groups.

In almost every community, there are resources such as home care, hospice and counselling to help caregivers cope with the guilt, loneliness, frustrations and grief that they almost always encounter as they attempt to do a job alone that in care homes is done by a multitude of people, all of whom get to have coffee breaks and lunch breaks and holidays and to go home after a 7- or 8-hour shift. The trick is to access and accept the help that is offered—a trick that many caregivers, myself included, leave until they are almost too burned out to recover.

Too often caregivers think that they don't matter, that it is only the person they are caring for who matters. Sadly, nothing can be more wrong or more harmful to a caregiver's health. It is never easy, but the truth is, if caregivers want to maintain their mental and physical health and to be there for the persons they are caring for, they need to pay attention to their own basic needs, to get the rest they need and to take a break now and then by trusting others to do the job for them.

Just as it takes a whole community to raise a child, it also takes a whole community to look after a person with dementia. It might be the hardest thing caregivers do, but when they are able to trust and accept the help of others, they have a greater chance of finding joy, laughter and fulfillment amid the tears and despair of caregiving.

**Submitted by Rosella M. Leslie**



## MAC Fundraising Event



MAC was very fortunate to team up with Creekbread as a beneficiary of their

### ***Our Community Bakes: Pizza With Purpose!***

on September 18. Thanks to all who ordered pizzas to help with MAC's fundraising initiatives. We made \$260.75!

Special thanks to Karen Krivel for taking the lead with this project with assistance from Cheryl Green and Kathy White.

## MAC Talk-Let's Connect

At MAC, we believe that to live and age well in Whistler, seniors need opportunities to have fun, be active, engaged, and feel connected to other seniors. Research shows that social connections are one of the most important factors in aging and living well. Providing an opportunity for social interaction and support between members is a goal of MAC's strategic plan. There are many ways to stay connected to each other, and MAC is continually updating our outreach efforts and developing meaningful partnerships. As part of **MAC's pilot project** we will have three monthly sessions starting in November, held at the library. The goal will be to get together, have some conversation and connect over coffee/tea and goodies sponsored by the BCCRN. Watch for more information in upcoming emails.



Join Technology & Support Services Librarian Maz Esnouf & Manager of Protective Services Lindsay DeBou to learn how to download and set up the PayByPhone app on your mobile device.

### **"Parking with PayByPhone with Maz & Lindsay**

**Tuesday, November 21 from 11 a.m. to  
noon at Whistler Public Library**

**Email [jbruce@whistlerlibrary.ca](mailto:jbruce@whistlerlibrary.ca) to sign up!**

Please let Jeanette know if you use an Apple or Android device."

There are only six spots in the session, and we'd like to offer those spots to MAC members for this first session.

If more than six people contact Jeanette, they'll go on the list for the next session, which is penciled in for Tuesday, December 5!

## WCSS Activate & Connect (55+) Group Upcoming Events



### Gentle Yoga and Tea with Ophra Buckman

Monday, November 13  
10am to 11am  
To register, click [here](#)

### Coffee and Tea Connection

Monday, November 20  
10am to 11am

Join us to meet our new Outreach worker and share your wishes and ideas about future activities. Treats tea and coffee provided.

To register, click [here](#)

## Read these stories in the News

Just click on the title to take you to the link

[What to do if you encounter someone with dementia who may be lost](#)

[Exploring dementia, stories of courage in facing Alzheimer's disease](#)

[This senior sold his home due to interest rate hikes. Now, he can't find an affordable rental](#)

[76-year-old Calgarian considering returning to workforce to pay bills](#)

[A longevity doctor says this is the No. 1 mistake that will 'make you age faster'](#)

[The Simple Reason Why You Wake Up Earlier As You Age](#)

Ever wonder why you just can't seem to sleep anymore? Experts reveal the real reason why this happens as we age.

[B.C. seniors receiving less support than in other provinces: report](#)

## News from Our Members: Healthy Aging in BC, An United Way Information Session

I was asked to participate in the United Way information session regarding Healthy Aging in BC. On September 13, 2023 the first session (zoom) described the evolving vision on Healthy Aging and how this vision was being carried to many cities in BC. Some details of the vision include: creating a provincial network of services in the community - Community Based Social Services (CBSS) - that will strengthen partnerships within communities supporting seniors; requiring agencies to work collaboratively when supporting seniors and directing agencies to meet the holistic needs of seniors through expanded access to seniors. Better at Home, an agency funded by the government of BC and managed by the United Way, is a community agency that is working within this vision and was a topic of discussion in the information session.

Better at Home offers the following services: Light Housekeeping, Volunteer Friendly Visiting, Snow shovelling, Transportation, Minor Home Repairs, Yard work and Grocery Shopping. Some of these services will be enlarged once more funding comes available in April 2024. Better at Home functions with both volunteers from the local community and agency personnel. In order to reach their goal of providing support to seniors who reside at home in the Sea to Sky region they require many more volunteers. In Whistler the particular need for volunteers falls in the category of transportation and friendly visiting.

On October 30, 2023 I listened to a presentation by two researchers from the Centre for Addiction and Mental Health located in Toronto and a third ex-

pert from LOFT Community Services in Toronto. An aging and mental health framework was presented. One in five Canadian seniors are living with mental health issues and dementia. The mental health issues that arise in later life include mild depressive symptom (10-15%), depression (7%), anxiety disorders (4%) and substance abuse (1%). By 2050 dementia will reach 131.5 million globally.

Early prevention is needed and the emphasis could shift to dealing with aging as a mental health issue. Currently mental illness is under-recognized and under-treated. Primary care personnel need to be further educated on mental illness issues in the aging population. The researchers suggests that 40% of the concerns are potentially modifiable. Midlife issues such as hearing loss, brain injury, hypertension, alcohol and obesity could be dealt with and later life conditions - smoking, depression, social isolation, physical inactivity, air pollution and diabetes should become the focus of support for aging and dementia.

These two presentations stressed the importance of community support networks and that mental illness should be addressed when we are aging ourselves and/or when we become caregivers. To become a volunteer contact Better at Home (604)-567-9090 and [betterathome@sscs.ca](mailto:betterathome@sscs.ca)

A recent book *Outlive- The science and Art of Longevity* - by Peter Attia, MD (also a podcast) challenges us to become proactive so our final decade of life can be a healthy and active one.

**Special thanks to Linda Winter for submitting this overview for fellow MAC Members**

# MAC Fall Golf Classic

The first annual MAC Fall Golf Classic was held Tuesday September 23, 2023 at the Nicklaus North Golf Course and was a great success in spite of the inclement weather. As a famous Scotsman (not me) said "Nae wind, nae rain, nae golf"!

Only 4 foursomes finished the 18 holes but everyone else finished at least 15. However, once finished their round, the atmosphere in Table 19 was cozy and inviting and there was a great deal of socializing (aka drinking!). The bar/cocktail and table setup and Southwest Buffet were fabulous. Everyone had a great time and overwhelmingly want to have this again next year.....so It is on at Nicklaus North Wednesday September 24, 2024 so mark it in your calendar now!



## Our golf winners were:

**Low Gross**  
**Longest Drive**  
**Closest to the Pin**

### Men

**Paul Nietvelt**  
**Jamie Thomson**  
**Walter Walgram**

### Ladies

**Colleen Smith**  
**Dawna Westman**  
**Janet Nietvelt**

All golf winners received a \$25 gift card good at all GolfBC locations.

## Our draw prize winners were:

**18 Hole Round of Golf (including power cart) at Nicklaus North - Greg Pierce**  
**1/2 and 1/2 draw - \$130 - Don Armour**

An additional 7 x \$25 GolfBC gift cards were drawn as door prizes.

**A special big thank you to Nick North for being a great community partner and putting on a great tournament and fantastic meal for us.** Congratulations to all the winners and see you next year on the links!

Iain Grunwell, MAC Golf Organizer



