

# MATURE LIFESTYLES

The Okanagan Saturday, October 9, 2010



Contributed

Regency resorts contain all the amenities one could hope for, including a movie theatre, gourmet dining, a library and a computer lounge.

## A fresh look at retirement living

By ADAM LESS

Special to The Okanagan Saturday

**T**he older we get, the more we hold fast to things we think we know; paradigms, so embedded, breaking them can be monumental tasks.

Every so often though, long-held misconceptions are erased, revealing a refreshing new reality.

One of my own misguided paradigms was shattered recently, when I was assigned to write a story about Regency Retirement Resorts.

I struggled with the idea, conflicted by deep-rooted preconceptions of 'seniors' homes' and the tired images they conjured, even more relevant to me now as my own parents approach their eighties.

Enroute to tour Regency's Missionwood Retirement Resort, I pulled off Barnes Avenue into what appeared to be a five-star resort. Missionwood's exterior was spectacular: modern, Spanish villa-styled architecture, highlighted by a stunning port cochere-covered entrance way, the type you might see at a luxury hotel.

This certainly wasn't how I pictured a retirement residence.

Once inside, my jaw dropped. Like stepping onto a luxury cruise liner, a large, beautifully decorated foyer greeted me ahead of a fine dining room, complete with linen tablecloths and panoramic picture windows accentuating the magnificent views in the distance. Between the foyer and dining room, two grand spiral staircases lead to a mezzanine. The

**Our guests have chosen to reside here, and our commitment is to provide everything we can to make their lives as active, engaging, enriching and enjoyable as possible. That's why we call them resorts.**

Regency co-owner Ed Hall

decor was exquisite.

Instead of the sedentary seniors I'd expected to see, all around me were vibrant, youthful smiling faces. Some residents prepared to head off on shopping excursions, while others made their way through the resort, stopping occasionally to chat with friends. This friendly, engaging environment felt more like a country club than a retirement residence.

With a brisk stride and a welcoming handshake, Ed Hall, Regency's co-owner, greeted me to begin our tour.

Heading downstairs, Ed explained that Missionwood was just one of three Regency Resorts, the others being Sandalwood Retirement Resort in Glenmore, and Westwood Retirement Resort in downtown West Kelowna, all similarly designed with similar amenities.

We paused at the resort's movie theatre, a throw-back to the classic age of the silver screen, with flashing marquee, plush theatre seating and art deco design

throughout. All that was missing was the popcorn, which Hall assured me would be there for the guests at movie time.

"Regency Retirement Resorts are designed like cruise ships on land," Hall explained. I smiled, reminded of my own reaction upon entering Missionwood.

Hall paused, pointing out the indoor pool, immaculately clean, located just across from the resort's spa.

I told Hall I felt like I was on vacation. "Now you're starting to understand our vision. We see ourselves in the life enrichment business," he said.

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Back to the foyer, up the spiral stairs and to the mezzanine, we passed a billiards room I could wish I had in my own home. Continuing past the library, computer lounge and fully-stocked wine bar, Ed stopped, pointing to the dining room below.

"Our guests enjoy full gourmet dinner service nightly. Every meal is like fine dining. It might be steak one night, or lobster the next."

I could believe it. It was one of the finest dining establishments I'd seen in Kelowna.

I shook my head in amazement.

We continued to one of the resort's suites.

Inside, the layout was bright and spacious, more like modern, premium condominium living that what I'd pictured a

retirement residence offering.

I could hardly contain myself.

"Ed, this is amazing. Never, did I think a retirement residence could be like this."

Hall nodded. "Most people are surprised when they first come to our resorts," he replied.

"Being a senior doesn't mean life should become any less exciting or enjoyable. Regency Retirement Resorts offer an active, stimulating, social lifestyle our guests simply love. Their families love it too."

I interrupted, "Their families?"

"Sure. Guests' children and grand children come here all the time. They love visiting. They dine together, swim together, maybe even catch a movie together. I think some of our guests' visitors would rather stay here than go home," Hall said with a smile.

Why wouldn't they? I was ready to move in myself.

As a writer, my job is to learn about my subjects. Rarely, however, does the subject teach me something about myself.

Visiting Regency Retirement Resorts erased my own misconceptions, shedding solitary stereotypes and tired old myths.

Take it from a stubborn 46 year-old, whose eyes were opened to a new understanding of seniors living; a lifestyle that truly can be active, social, engaging, enriching and fulfilling.

You owe it to yourself to visit Regency Retirement Resorts, and discover your own refreshing new perspective on what retirement living is really all about.

## Life insurance can ease property inheritance tax burden

By News Canada

It's summertime at the family cottage and the living is easy, for now. But, have you given any thought to how it will factor into your estate plan? Does it become your retirement home, or do you sell it to the kids? Have you considered who will be responsible for paying the related taxes? If not, here are some tips to help you avoid getting dinged by the taxman.

• **Make the cottage your principal property:**

As with most investments, the real estate value of a cottage will increase over time. The difference between the cottage's purchase price and the final sale will generate a capital gains tax when it's inherited, sold or gifted to children and/or heirs. The CRA capital gains rule states that the profit or capital gain related to the transfer of ownership of the property should be taxed at

50 per cent, payable immediately. One way around this is to sell the family home and declare the cottage as the primary residence. What's interesting about this option is that the taxman will grant you a "principal residence exemption" even if you only live at the cottage for short periods each year.

• **Transferring the cottage to the kids/heirs:**

One way of protecting your family from the burden of the capital gains tax is by purchasing a life insurance policy. Since many older people in their 70s and 80s can't be insured, this insurance policy would be managed by the kids and/or heirs. Generally, the annual cost is affordable but this is finally determined by the insured's age and health. When both parents die, the insurance proceeds will be used to pay for the capital gain tax and any other maintenance costs.

## Nourishing your bones an antidote for osteoporosis

It may be too easy to take our bones for granted.

In childhood, without much attention at all, our skeleton grows in both size and density and because the bones are living tissue, it means new bone is replacing old bone all the time. Extracted from the foods you eat, specific building blocks of nutrients are required to do this effectively.

Did you know that up to 90 per cent of peak bone mass is acquired by age 18 for girls and by age 20 for boys? The early years are the best time to nurture life long bone health.

Bone mass, or the amount of tissue in the skeleton, tends to keep growing until around age 30, when it reaches its maximum strength and density, explains Dr. Tkachuk at

LifeLabs, a leading diagnostic centre.

Healthy men and women experience minimal reduction in total bone mass until the changing years when the body requires more calcium. Women often experience rapid bone loss in the first few years after menopause and if left unchecked, this loss of important tissue can lead to osteoporosis.

Scheduling a bone density test is now standard practice for middle-aged people, the doctor said. Osteoporosis can be prevented, so here are a few more tips from LifeLabs to keep your bones dense and strong:

• **Feed them calcium:** A diet low in calcium forces the cells to extract it from our bones. A diet rich in calcium nourishes both the body and the bones.

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