



Legacy Senior Living is pleased to publish this first "Amazing Resident" profile in our "Meet Your Neighbour" Series.

Stay tuned for other great life stories in the months to come!

Amazing Residents - Meet Your Neighbour! Diana Mary (Livingston) Filer

Diana Mary (Livingston) Filer was born in Vancouver, B.C. "a long time ago", she says. At 84 years young, Diana's signature quick sense of humor and feisty personality has endeared her to residents and staff alike at Legacy Senior Living – The Leo Wertman Residence.

It's Thursday afternoon, 3:00 pm at Legacy's Ash Street Bistro lounge, a time set aside each week for a resident social time with tasty nibbles, cocktails and good conversation. Mixologist extraordinaire, Giorgio Castiglioni, serves up the usual orders of wine and beer while Diana orders a cocktail that you have to know another language to pronounce much to Giorgio's delight.

Diana's love of languages, communication and knowledge on world events comes as no surprise for this world travelled retired Canadian Broadcasting Corporation (CBC) executive. Upon graduating in French and philology from UBC, Diana did graduate work at the Sorbonne and the Institute Britannique in Paris.

Diana's broadcasting career began in 1961 with the CBC in Vancouver as a program assistant, rising to Executive

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Call Lauren or Kathleen to Book Your Discovery Tour Today!

604.240.8550

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When asked what this well-travelled and accomplished lady is most grateful for at this point in her life journey, Diana responded,

“Every day I am grateful that I am still alive, am reasonably content, don’t have any major physical or mental ailments and have the love of great friends and family.”

The most important thing I know to be true is you’ve got to have a positive outlook on life, your happiness depends on it.”



“We can complain because rose bushes have thorns, or rejoice because thorns have roses.”

— Alphonse Karr, *A Tour Round My Garden*

Producer in radio before transferring to television. Her last accomplishment in radio was the creation in 1975 of a Science program which the CBC had never considered airing before. *Quirks and Quarks* is still on air after 42 years. In television, Diana produced a nightly local current affairs show for the news program “24 Hours” for two and a half years before returning to radio as Head of Variety.

In 1983 Diana was named Director of CBC London, a posting she held for 3 years before returning to Canada to become the Corporation's Director of International Relations for six years. She retired to her home in Vancouver in 1993.

Diana continues to be an active member of the community and has served on several boards including Ottawa Ballet, Performing Arts Lodges of Canada, Writers’ Trust of Canada, Michener Foundation, Music in the Morning and BC Hall of Fame.

In May of 2016, Diana made the decision to move to Legacy Senior Living. The decision didn’t come easy for someone as active as Diana, however, sometimes life gives us a change in course.

“My son Rory, had actually just voiced to me his concerns about my having scatter rugs in my home stating they were a tripping hazard. As it turned out, he was right,” said Diana.

Diana suffered a broken hip as a result of her fall and although she recovered well, the incident prompted her to consider other lifestyle options versus continuing to live on her own.

“When it’s time, it’s time,” she stated. “I was fortunate in that I recovered from my fall. Others are not as lucky. After seeing my son and his wife looking after ailing relatives for 15 years, I did not want to place that responsibility on my family.”

“I like the ‘resort like’ atmosphere and the fact that there’s lots to do including exercise programs seven days a week”, added Diana.

One of her favourite occupations is a stimulating conversation on current affairs of the day. From time to time Diana can be seen engrossed in dialogue over a quiet lunch with a friend, some of notable public acclaim such as award winning scientist, environmentalist and broadcaster, David Suzuki and Honourable Pat Carney.



Chadwick Walker, BSc, Bed, CIM
Investment Advisor



Jessica Lo, Associate
Lindsay Kenney, LLP

August 15 - 2:30 pm to 3:30 pm

(Registration check-in and tour of Legacy amenities 2:00 pm to 2:30)

“Incapacity Planning for Seniors: What You Need to Know”

With special guests **Chadwick Walker**, Investment Advisor at Odlum Brown Ltd., and **Jessica Lo**, Wills and Estates Lawyer at Lindsay Kenney LLP.

- Do you have a back-up plan?
- How can someone look after your finances or dependents?
- What can you do for peace of mind about health care matters?

Don't put this important planning off any longer! Topics covered will include a discussion of Powers of Attorney; Representation Agreements; Advance Directives and how they work. Please pre-register by August 13th to 604.240.8550.



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Dr. Reuben Dinsmore, ND
Naturopathic Doctor

August 29th - 2:30 pm to 3:30 pm

(Registration check-in and tour of Legacy amenities 2:00 pm to 2:30)

“Weight Management Tips for Healthy Aging”

With special guest Naturopathic Physician, **Dr. Reuben Dinsmore, ND**.

Weight management is not as straightforward as just calories and activity level - just as important are thyroid health, sleep, nutritional status, stress, and gender-specific hormones, to name a few.

Join Dr. Reuben Dinsmore, ND as he talks about how these and other things can impact your weight.

Pre-registration is required by August 27th to 604.240.8550. Open to senior adults and family members. *No charge to attend. (\$30 Value).*

Legacy invites seminar participants to join us for a tour of our amenities at 2:00 pm and enter your name in a draw for chance to win a free lunch!



Ash Street *Bistro*
at 611 West 41st Avenue

*Public is welcome.
Reservations are
recommended*
604.240.8550

Open Daily 11:30 am - 3:00 pm & 5:00 pm to 7:30 pm
<http://legacyseniorliving.com/ash-street-bistro/>



Discover the Difference

Relax in the luxurious comfort of air-conditioned suites!

Limited suites remaining! Contact Lauren or Kathleen to book your tour today. 604.240.8550

Legacy
SENIOR LIVING

611 West 41st Avenue, Vancouver
www.legacyseniorliving.com

Visit www.legacyseniorliving.com to sign up for our E-Bulletin

About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

Contact Us

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