



Trusted Guidance for Aging Adults and Families

Olga's Rules for living longer, happier lives.

Last we spoke, June's Seniors' Month Celebration was but days away. It happened, it was great, and the legacy of "Olga's rules" carries on. In case you missed it, or simply need a reminder, allow me to hit the refresh button for you:

- 1) Keep moving (not continuously, but regularly)
- 2) Create routines (and sometimes break them)
- 3) Be opportunistic
- 4) Be a Mensch (be kind, it's good for you!)
- 5) Believe in something
- 6) Lighten up (keep the big picture in mind)
- 7) Cultivate a sense of progress (keep improving yourself)
- 8) Don't do it, if you don't love it
- 9) Begin now (get rested, get restless, begin)



Jennifer Moir
Owner BA(Hons)
CRTS, EPC, CHS



Certified Health Specialist

Thanks to author and speaker Bruce Grierson for sharing the story of Olga Kotelko with us.



8 topics, 8 experts

- * brain health
- * nutrition
- * flexibility, mobility
- * powers of attorney
- * housing
- * medication mgmt
- * hearing
- * care access and navigation

60+ and Aging Well Health and Wellness Fundamentals

Wednesdays, Oct 12 - Nov 30th 10:30 - Noon
Heritage Room, Nepean Srs Rec Centre

Free to members of the Nepean Srs Recreation Centre
\$15.00 to non-members
Workbooks provided

PRE-REGISTRATION REQUIRED
613.580.2828 ext 2 / info@agewellsolutions.ca
Now in our 6th year!

A pleasant change of (s)pace

Earlier this year, Bill and Helen Johnson decided to move to a nearby retirement community.

With pride, Helen will tell you "We made the decision. It was our choice to move, and we have a lot to look forward to in our new home."



Bill and Helen

When their home of 55 years sold, Bill again reached out to Age Well Solutions for the extra help needed to downsize, coordinate their move, resettle them, and meet the closing date requirements on the sale of their home. "At one point, I wouldn't have thought it was all possible!" a relieved Bill says. For us, along with the full support and cooperation of their family, working with Bill and Helen was a true pleasure. "Thank you" for another successful Age Well Solutions' transition!

Speak with us about your ideas for a change of (s)pace 613.277.6449

Reducing RSS

Relocation Stress Syndrome is a recognized clinical diagnosis

"There are certain experiences—childbirth is one; moving is another—that nature and time definitely draw a curtain on so you forget in between, how painful they are. Most people believe that the joy of having children makes the pain of childbirth worthwhile, just as most seniors who relocate are happy with the outcome as well. But let's not sugarcoat the truth: moving is tough for everyone, but it is toughest for elderly adults."

Katherine Graham,
publisher Washington Post,
Pulitzer Prize-winner memoir

Certified Relocation & Transition Specialists,
Age Well Solutions offers the trusted guidance and practical solutions to needed to ensure your, or your elderly loved one's move, is the best choice possible, and goes smoothly from start to finish.

No hazards here!

Disposal of household hazardous waste comes with all downsizing and decluttering activity. We are proud to deal with all such waste properly and efficiently.

City of Ottawa hosts free, hazardous waste disposal days. Learn more [here](#).

Lap the Gats for Parkinson's

300 cyclists, \$90K raised for research in Ottawa - Gatineau



supported by NOKIA

THANK YOU for supporting the "Age Well Avengers" as they took on the mighty 21km loop (two times!) in Gatineau Park this past June in support of Parkinson's research. As a team, we almost reached our \$1,000 fundraising goal, but as a community, we are all Kings and Queens of the Mountain with over \$90,000 raised. Amazing effort!

Below: Age Well Avengers William May and Jennifer Moir, LTG cyclist Jenny Kendrick, and volunteer extraordinaire Jim Gayfer.



Here's what's happening

Upcoming Fall Events

CafeNet2016

Computer, tech training, iphones, Series begins Sept. 13th - Dec 6th
Hosted by Council on Aging of Ottawa
www.coaottawa.ca. Fee per session
Register on-line / 613.789.3577 ext 24

The Fifty-Five Plus Lifestyle Show

Friday, September 16th -17th
EY Centre, Ottawa. 10AM - 4PM
www.fifty-five-plus.com/show
Free tickets on-line

Free Cooking Workshop

Friday September 23rd, 10AM - 3PM
Hosted by the Ottawa Tool Library
Veg meal prep, jams, take home samples
Register on-line [www.ottawatoolibrary.com](#)

60+ & Aging Well: Health and Wellness Fundamentals

Wednesdays beginning October 12th
8-week program begins. Nepean Srs Rec Centre
See above for full details

Brain Health Awareness Week

October 3rd - 7th at the University of Ottawa
[www.brainhealthawareness.ca](#) for more details

Ottawa Seniors' Expo

Saturday, November 19th 10AM - 2PM
Nepean Sportsplex, Halls A & B
Free to attend. Free parking.

One Big Day of Serious Fun

A bit of serious, a whole lot of fun
November date to be confirmed
Host: Age Well Solutions
This is going to be Serious Fun

Solutions start with conversations

- Senior relocation and downsizing
- Care navigation and advocacy
- Health promotion and planning

613.277.6449
info@agewellsolutions.ca
www.agewellsolutions.ca
twitter @agewellsolution