



Trusted Guidance for Aging Adults and Families

What Makes Olga Run? "A jolly book....Its charm comes from the tale of a woman who refuses to hang up her track shoes, and the younger man she inspires to stop acting so old." *The New York Times.*

Jennifer Moir
Owner



Don't miss this incredible opportunity to hear June 10th keynote speaker and award winning writer **Bruce Grierson** talk about "this uplifting story of a woman blossoming in her tenth decade of life" on and off the track. Ottawa citizen article [here](#).



Photo credit Patrick Giardino

What Make's Olga Run?

Brain health rules

On May 4th, Dr. Lori Della-Malva, neuro-psychologist at the Ottawa Civic Hospital, was the expert speaker for the fifth week of our **60+ and Aging Well: health and wellness fundamentals** spring series at the Nepean Seniors' Recreation Centre. It was an excellent talk and she offered these two key "rules" to optimizing brain health:

- Rule # 1 - PRESERVE** brain health with healthy lifestyle choices and "exercising" your brain (includes both physical and cognitive exercise)
- Rule # 2 - ADD** to your cognitive RESERVE by seeking new opportunities to learn and challenge your brain. This means trying NEW things that force your brain to think and grow! Thank you Dr. Della Malva!

What is the #1 health promotion strategy for your brain? Exercise!

A growing body of evidence is linking cardiovascular health and exercise to maintaining and promoting brain health.

More info on supporting brain health at the Seniors' Month Celebration!

"THINK" exercise, nutrition, challenge

Sing for fun, sing for your health!

Every second Wednesday, beginning May 18th
7:00-8:30PM

PITCH (im)PERFECT Singers!

Informal choir. No audition. No pressure. Just fun (and great for your brain!)

Kitchissippi United Church, 630 Island Park Drive. \$10 coffee, tea.

More information: pitchimperfect@shaw.ca

Calendar of events visit OttawaSeniors.com

Register today! The Fifth Annual Seniors' Month Celebration!

Friday June 10th, 2016 at the Nepean Sportsplex
details and ticket information [here](#)

Keynote Bruce Grierson plus
brain health * grandparenting * pickleball
* 40 + exhibitors

Downsize? Rightsize? Not sure? Things to think about...

- *how and where you currently live: is it still a good fit?
- *what benefits would you gain if you modified your currently living space or moved?
- *2-5-10 years from now, how do you want to be living? lifestyle? responsibility? What has to happen next to achieve this vision?
- *if your health changed, what is your plan to respond?
- *Where can you go to find answers to your questions?

Answer: Age Well Solutions

Age Well Solutions offers **trusted guidance** to older adults as they consider how to "rightsized" their living environment to best meet their current lifestyle or changing needs. Our team also provides **practical assistance** with the downsizing, moving and resettlement process to ensure a smooth and stress free transition.

Lap the Gats for Parkinson's Age Well Solutions "gears up" for June 17th ride for Parkinson's



sponsored by
NOKIA

On Friday June 17th the "Age Well Avengers" (Jennifer and son, Wil) will leap aboard their bikes to take on the 21km loop in Gatineau Park to raise money for Parkinson's Disease research. This is Age Well Solution's first year as an official sponsor! We are riding to raise funds in memory of family, to encourage friends living with PD, to support researchers, and simply to make a difference for our clients and our community. Our goal is to raise \$1,000. Consider supporting us in this mighty quest by making a donation. Click [here](#) (3 mins!) and we will ride (3 hours!). Learn more about this event at [here](#) Article Ottawa Citizen May 9 [here](#)

If you made it this far...

The first person to email info@agewellsolutions.ca with "I want to go the Seniors' Celebration" in the subject line will receive two free tickets to the June 10th celebration!

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](#)