



Trusted Guidance for Aging Adults and Families

In the long run, “what’s in your heart blows away what’s in your genes”

June 10th keynote speaker and author of *Walk Makes Olga Run?*, Bruce Grierson talks passionately about the connection between attitude, lifestyle, habits and positive aging – aka “Olga’s Rules”. **Inspiring. Thought provoking. A definite must read.**



Photo courtesy of Patrick Giardino

What Makes Olga Run?

SAVE THE DATE!

The Fifth Annual Seniors' Celebration returns
Friday June 10th, 2016 at the Nepean Sportsplex

Keynote Bruce Grierson plus
brain health * grandparenting * pickleball
(full details and tickets www.agewellsolutions.ca/events)

Jennifer Moir
Owner



Your voice can help create a National Seniors' Strategy

The collective voice for a national seniors' Strategy is growing. Over 30,000 Canadians have now joined the Demand A Plan campaign and 40,000 letters have been written to members of parliament.

Age Well Solutions welcomes the **Canadian Medical Association** and **Demand A Plan** representatives to the June 10th Seniors' Month Celebration. This is a chance to learn first hand how you can help keep the momentum going to Improve healthcare for seniors across Canada, regardless of location.

Add your voice. Demand A Plan.

[#seniorsplan](http://www.demandaplan.ca)

Here's what's happening

Wed. April 20th 11:30 – 1:30

Council on Aging Spring Luncheon

Keynote: Hon. Sharon Carstairs

Topic: Advance care planning

Advance ticket purchase: \$ 75.00

www.coaottawa.ca 613.789.3577 ext 11

May 2016

Ontario Senior Games District 6 Ottawa East

Many events to participate in.

Qualifier for Ontario 55+ Summer Games

Registration deadline: April 22

More information: 613.745.2671

Parkinson's Awareness Month

This month we draw special attention to the incredible work being done by the PRC – Parkinson's Research Consortium – to raise awareness, funds and drive forward innovation and research into causes and treatments for Parkinson's Disease. Visit. www.ohri.ca/prc

Spring planting. Thinking of establishing new roots?

Decluttering your current home, or downsizing to a smaller dwelling or retirement community can give you a fresh start and set the stage for prolonged independence, safer, and happier living.

Age Well Solutions offers trusted guidance to older adults as they consider how to “rightsize” their living environment to best meet their current lifestyle or day to day needs. We also provide practical assistance with the downsizing, moving and resettlement process to ensure a smooth and stress free transition.

Speak with us about you or your loved one's downsizing questions. We can help you on your way to positive change and establishing new Roots in 2016!

Project Me

Time to work on...you.

Here are the best places to invest your time and energy in order to Age Well:

- * Build and maintain positive **relationships**
- * **Be in motion.** We were designed to move, so move it!
- * Choose your **fuel wisely.** Proper nutrition is a cornerstone of **overall wellness.** Choose wisely and enjoy.
- * **Train your brain.** Learn something *new* every day and “fluff up your dendrites!”
- * **Be mindful.** Spiritually and mentally, be present in your life, stop and smell the roses, be grateful.

If you made it this far...

This first person to email info@agewellsolutions.ca with “**Olga's Rules**” in the subject line will receive a free copy of the book **What Makes Olga Run?**

Solutions start with conversations

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

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