

Curious Pathways

Live a life full of humility, gratitude, intellectual curiosity, and never stop learning. Gza

Being curious as we age can help us maintain cognitive health and social connections which will enhance our emotional well-being. In addition, being curious may help seniors cope with physical changes and health issues.

Curiosity may help seniors create new neural connections in the brain which in turn will help improve thought processes, attention span and memory.

In addition, curiosity may engage people to be more open to new experiences and new opportunities.

And finally, being curious may provide a person with purpose as they challenge themselves to learn new things and meet new people.

Aging-in-Place Wisdom

The need for connection and community is primal, as fundamental as the need for air, water, and food. Dean Ornish

If you have not retired yet, now is the time to have a conversation with your partner. The topic is - are you living in your forever home?

You may, or may not, want to stay where you are but what if your partner wants to move to a

warmer climate or to be closer to a family member?

If you have retired, have you discussed whether or not this is where you want to live for as long as possible?

In Canada, in particular, healthcare is of huge importance as we get older. Family physicians or nurse practitioners are hard to come by so moving to a new location may mean that you have no primary care giver.

If you are thinking of moving, finding out about healthcare should be your top priority.

One recommendation if you are planning on moving, check out the Facebook page of the community. Most communities, large and small, will have a page where people share information.

Healthcare has to be one of your top considerations when deciding whether or not to move.

Creating Purpose

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go and do that"

Many of us put off or delayed things during our working years. Either financial or family constraints kept us from pursuing a travel adventure or perhaps a passion.

Retirement is the time to do what you want to do. There may still be constraints but now you have the time to research options that will

enable to follow your heart's desire. Perhaps travelling in off peak seasons, taking courses or sharing your knowledge with others, is now an option for you.

Most of us will have 20 or more years of retirement - what are you going to be doing?

Mindful Moments



Who's Doing What For You

Many of the top faucet designers and producers have now developed hands free taps.

These faucets are motion activated and are useful for seniors who may, over time, develop severe arthritis.

The key to these faucets being even more valuable to seniors, is to have the re-located to the side of the sink. Again, if a senior is reliant on a walker, reaching across the sink may not be an option.



May your retirement journey be filled with growth, discovery, and the joy of living fully in the present.

Susan

P.S. Know someone who might enjoy this newsletter? Please share it with them!