

RIGHTSIZING

REMEDIES

A group of trusted professionals who help seniors with home, health and finances.

... HOME



Selena Pollard, Broker, ABR SRES, Right at Home Realty, Brokerage

Selena embarked on her real estate journey in 1993, swiftly establishing a reputation for diligence, adept negotiation, and unwavering client dedication. She attained her certification as a Real Estate Broker in 2007, consistently ranking within the top 2% of Realtors on the Toronto Real Estate Board. Her SRES designation allows her to better serve those transitioning to smaller residences, emphasizing a stress-free experience through her "EASE" plan. Whether downsizing, navigating life changes, or seeking luxury properties, Selena's dedication and expertise ensure a seamless real estate experience.

W: AgenttotheWiser.com E: selena@selenapollard.com C: 416-558-SOLD (7653)



Kim Diamond, CPO® CPO-CD®, CVOP™, Clutterfly Inc.

Kim is a very experienced and certified organizer specializing in decluttering, downsizing, managing moves, senior safety and hoarding. Her patient, kind and caring work style helps her clients manage sentimental items and make difficult decisions. In 2018, she became a Certified Professional Organizer in Chronic Disorganization (CPO-CD®) – one of only a handful in Canada. In 2020, Kim earned her certification from the National Association of Productivity and Organizing Professionals (CPO®). In 2021, Kim became a Certified Virtual Professional Organizer (CVPO™), allowing her to work with any client, anywhere.

W: Clutterflyinc.com E: kim@clutterflyinc.com C: 416-892-5919



SPRING GARDEN

SENIOR SERVICES

Andy Wedderburn, Care Coordinator, Spring Garden Senior Services

Services offered: Grocery delivery, cleaning, in-home care.

At Spring Garden Senior Services, our mission is to provide personalized and compassionate support that enhances the well-being and independence of seniors. We offer a range of tailored services designed to meet the unique needs of older adults, helping them enjoy a higher quality of life. At Spring Garden Senior Services, we prioritize your comfort, convenience, and peace of mind. Let us handle the tasks that can feel overwhelming, so you can spend more time enjoying life to the fullest. Reach out to us today to discover how we can support you or your loved ones.

W: Springgardenhealth.com E: Andy@springgardenhealth.com C: 647-930-9883

••• HEALTH



Jennifer Rovet, Certified Professional Retirement Coach, Retire Ready Canada

Jennifer founded Retire Ready Canada in 2019. As a Certified Professional Retirement Coach, she works with retirees as they transition to retirement from their traditional work life. She is passionate about helping people find purpose and happiness in their retirement years. She provides one on one and couples coaching sessions, exploring the emotional, social, physical, and spiritual side of retirement. She empowers her clients to find ways to keep active and connected in this stage of their life, ultimately creating the life they want to live. If you are

starting to plan your retirement or are already in retirement and need a little help, contact Jennifer for a free half hour consultation.

W: Retirereadycanada.com E: retirereadycanada@gmail.com C: 416-465-1444



Leigh Graham, Older Adult Fitness Specialist, Vintage Fitness

Vintage Fitness was founded in 2005 with a vision to energize the lives of seniors with physical activity. We offer personal training, group exercise classes, workshops, and on-line coaching designed to help clients achieve their health and wellness goals.

We see exercise transform lives every day. It can ease painful joints, take inches off the waist and give people the strength and energy to do whatever is on their 'bucket list'! Book a free coaching session to learn more about the best exercises for you and how to create a fitness plan that actually works.

W: Vintagefitness.ca E: Leigh@vintagefitness.ca C: 365-529-2014



Charlene Nadalin, President, Amintro

Amintro Inc. is a technology company dedicated to keeping families *healthy and whole for life* through our innovative and specialized social platforms and mobile apps; Amintro Friends and Amintro Family. Whether through friendship, shared experiences, or advice and support, Amintro Inc. fosters lively and thriving online communities that come together to engage with each other and get access to useful resources, interesting content, and exciting products and services. Amintro Friends is designed for people over 50 who are looking to connect, make new friends, and engage in meaningful social interactions. Amintro Family is a unique platform designed specifically to help individuals who are navigating the challenges of caregiving for an aging parent, spouse or family member. It serves as a supportive space where

family caregivers can connect, share experiences, and access helpful resources. Both platforms are free to join.

W: [Amintro.com](https://www.amintro.com) E: cnadalin@amintro.com



Maureen Atkinson, Lifeshiift

Lifeshiift was founded by Maureen after facing the dual challenges of losing her husband and retiring, inspiring her to help older women grow and thrive. Lifeshiift is a community for women navigating major life transitions, such as retirement, widowhood, downsizing, or starting fresh. It encourages embracing life's "third act" with adventure, purpose, and reinvention. Offering resources like travel guides, blogs, yoga practices, and expert advice, Lifeshiift empowers women to approach aging as an opportunity for growth, fulfillment, and bold living.

W: E: maureenatki@gmail.com C: 416-527-2553



Claudia Ehamparam, Registered Physiotherapist, Get Right Physio

Get Right Physio provides convenient in-home/mobile registered physiotherapy, registered massage therapy, kinesiology/PTA care. Get Right Physio is passionate about helping individuals maintain their independence and improve their quality of life through high-quality, evidence-based care. Our approach is tailored to meet the unique needs of seniors, focusing on enhancing mobility, reducing pain, and promoting overall wellness. With our experienced team and personalized care plans, we believe we can contribute to the health and well-being of your community.

••• FINANCE



Heather Holjevac, Holjevac Financial Group

Heather provides fee-for-service financial planning, focusing on helping you navigate the financial complexities of downsizing your home. With personalized strategies, answering the questions: "How will this move help my financial situation?", "Will I have enough?", "Will I be OK financially?" The goal is to ensure you have a smooth transition that fits your situation and lifestyle. By carefully assessing financial implications and maximizing the benefits of downsizing, Heather ensures your long-term financial health and peace of mind. Her holistic approach aims to simplify your life and enhance your financial well-being, making this significant life change a positive and empowering experience. Contact Heather for a complimentary 30-minute Financial Strategy Session to review your situation.

W: holjevacfinancialgroup.com E: heather@heatherholjevac.com C: 416-527-2553



Joe DiGiambattista, EVP Lending Solutions, Polo Loans

Joe has been servicing the mortgage market since the mid 1980's and is well versed in helping clients assess and achieve their financial credit options as more and more solutions are being offered to Seniors. Now, more than ever before, Seniors have options to protect their financial status, care and lifestyle with Big Bank solutions regardless of age or income. If you are looking

to further assess what choices you have in navigating this complicated world of Mortgages, please reach out for free consultation today and unlock your potential.

E: joedigiambattista@pololoans.com **C:** 416-624-3643