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Magazine

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July 19, 2025

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AUTUMNWOOD  
Mature Lifestyle Communities



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TONY RYMA

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HAVE A GREAT  
*Summer*





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Sudbury Hospice Foundation



## PALLIATIVE CARE & END OF LIFE SERVICES SERVICES PALLIATIFS ET DE FIN DE VIE

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### COMMUNITY HOSPICE PALLIATIVE CARE SERVICES

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### VISITING HOSPICE SERVICES

Our team of visiting hospice volunteers offers compassionate support by providing companionship, assistance with activities of daily living and caregiver relief services in the client's home.

### SUPPORTIVE CARE AND GRIEF SERVICES

Our team is available 24/7 for support residents and their families throughout the end-of-life journey and to family members there after. Telephone follow up, grief recovery programs, discussion groups and one on-one grief support are available to the community at large.

### PROGRAMME DE SOINS RÉSIDENTIELS

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### PROGRAMME DE SOINS PALLIATIFS EN COMMUNAUTÉ

Une équipe collaborative composée de médecins, d'infirmières praticiennes et d'infirmières qui assurent la gestion de la douleur et des symptômes (en personne et virtuellement), ainsi que des cliniciens en soins de soutien qui répondent aux besoins psychosociaux et spirituels des clients atteints d'une maladie limitant la vie.

### PROGRAMME DE BÉNÉVOLES VISITEURS

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# Summer's here. Is the living easy?



Are you dancing in the street? Maybe you're playing that old six string until your fingers bleed. Not recommended. Regardless of how you choose to spend the days of summer, the season is a special one – at once a time for rest and reflection and a time to ramp up the recreational activities that have been dormant since you closed up the camp in October. Are rest and recreation mutually exclusive? I don't think they have to be. When you're out on the lake or in the garden or on the ballfield, take a moment to be still and quiet. Feel how these things feed that part of you that craves a time when joy came simply and spontaneously.

Let the happiness that play affords us spill through you and notice the calm and carefreeness that it brings. Yes, maybe there's a little irony in the fact that moving can slow us and give us pause. Reflect on that and enjoy your time because before long, the leaves will change colour again and the snow won't be far behind.

**Nicole Blais,**  
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**50+ LIFESTYLE MAGAZINE  
IS PUBLISHED FOUR  
TIMES PER YEAR.**

**Spring / Summer / Fall / Winter**

*Statements, opinions and points of view expressed are those of the writers and do not necessarily represent those of the publisher, advertisers, or 50+ Lifestyle Magazine.*




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Transition is often daunting, leaving many seniors and their families reeling from the challenges. Often, adult children of seniors live miles away and need someone on location to help meet their parents' needs. This is when Goshenite Seniors Services Consultants can help with the coordinating of all aspects of the changes and moves. We are experts in post-retirement transitions. We will answer your questions about how best to deal with your situation and create a detailed plan that accommodates your specific needs.

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## CARING FOR AGING LOVED ONES: Why I Created Aminro Family

Caring for an aging parent, relative, or friend is one of the most compassionate — and challenging — roles a person can take on. I know this from personal experience. As my mother aged, I found myself managing her care while also juggling work, family responsibilities, and the emotional toll of watching someone I love navigate a difficult stage of life. It was overwhelming, isolating, and, at times, exhausting.

During that time, I struggled to find the right resources, answers, and emotional support. What I needed most was community — a space where I could connect with others going through the same experience. I longed to feel understood, heard, and supported.

That experience became the inspiration behind the evolution of my company, Aminro. Originally focused on helping older adults build social connections, I realized technology could also serve a different, often overlooked group: family caregivers like me. That's how Aminro Family was born — out of lived experience and a deep desire to support others walking the same path I had.

Aminro Family is a digital platform created specifically for caregivers of aging loved ones. It's a place where caregivers can find resources, share their stories, connect with peers, and know they're not alone. Every feature, article, and conversation within the app is designed to reflect the real-life challenges caregivers face — because I've been there too.

This isn't just a business initiative; it's personal. I created Aminro Family to offer what I wish I had during my own caregiving journey: a trusted, compassionate space that offers community, connection, and support.

To anyone caring for an aging parent, partner, or friend — I see you. I understand the weight you carry, and I hope Aminro Family can help lighten that load, even just a little. You're not alone — and with Aminro Family, you never have to be.



**By Charlene Nadalin,**  
Founder and CEO,  
Aminro Inc.

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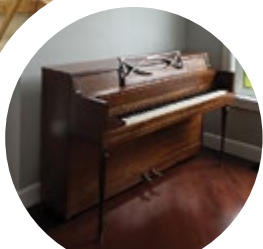


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# Sudbury Senior Games

Pachi the Porcupine will be the head cheerleader when we applaud an expected 1,200 athletes participating in the Ontario 55+ Summer Games in our city from Aug. 5 to 7.

The games provide an opportunity for senior athletes to engage in friendly competitive sports and games, showcasing their skills and dedication to sports.

The Sudbury 2025 promises to be bigger and better, bringing together participants from across Ontario to compete in activities such as pickleball, tennis, cycling, golf, bocce and darts.

Activities will take place at venues throughout the city including the Timberwolf Golf Club, Cambrian Athletics Centre, the Terry Fox Sports Complex, Naughton Community Centre and Howard Armstrong Recreation Centre. Five-pin bowling will take place in Sturgeon Falls.

Sudbury has experience hosting signature events such as the Ontario Summer Games in 2010. Barb Nott is chair of the games organizing committee,

More than 200 volunteers will be recruited to make sure everything goes as planned. People who are interested in volunteering can register at the Sudbury 2025 website: [55summergeames.greatersudbury.ca](http://55summergeames.greatersudbury.ca) or by phoning the city's help line 311.

Volunteers must be at least 14 years old, attend a mandatory in-person orientation session in July; be available Aug. 5, 6 and 7; and submit a police record check.

"We are thrilled to host the 2025 Ontario 55+ Games. This is an exciting opportunity not only to showcase our vibrant community, but also to draw visitors from across the province," said Paul Lefebvre, mayor of Greater Sudbury, in a media statement.

"Hosting these games allows us to continue growing our capacity for large-scale sports tourism events, generating economic benefits and cultivating community collaboration. We look forward to welcoming the athletes and their families to Greater Sudbury in August. Together, we will create unforgettable experiences that

celebrate the spirit of active living."

In addition to the 1,200 participants, their families and friends are expected to attend and to enjoy the city's tourist attractions to bring in approximately \$1.5-million in economic impact.

The opening ceremonies will take place Tuesday, Aug. 5 followed by two days of sporting events.

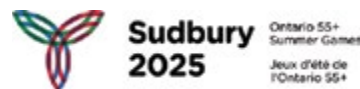
The costs will be financed by several sources including the Ontario Ministry of Sport Hosting Grant and the Greater Sudbury Development Corporation's Tourism Development Fund. Registration fees and sponsorships are expected to bring in about \$100,000 from across Ontario.

The 2025 Ontario 55+ Summer Games is expected to generate more than \$1.5 million in local economic benefits.

Pachi the Porcupine is the official mascot of the Ontario Games. He first made an appearance in 2015 as the mascot at the Pan Am and Parapan Am Games in Toronto.



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# FEET IN THE HEAT



We really shouldn't complain about the heat after the long cold winter we had, but this summer sure has been a hot one. Summer can be a great time with golfing, walking, sightseeing, or shopping. Unfortunately, the high temperatures and humidity can create problems which can turn a great day into a miserable one.

When humidity is high, it can cause swelling of the feet. This makes our shoes that fit in the morning too tight by the afternoon. Blisters can develop along the back of the heel, the sides of the foot, and on top of the toes. When going shopping or sightseeing for the day, always wear your most comfortable shoe that can be adjusted to accommodate any swelling. Wearing socks or nylons rather than bare feet can also help to prevent blisters. You may want to bring along an extra pair of sandals just in case and always make sure to have band-aids on hand.

Swelling can also cause the toes to rub together and a soft corn can develop. Soft corns occur between the toes and are very painful. Moisture between the toes can make these corns even worse. Staying away from narrow toed shoes will help to avoid this problem. The pointier the shoe, the more the toes will rub. If you already have a soft corn, you can get some relief by keeping the toes apart using cotton wool or a foam toe wedge. A daily swab using rubbing alcohol between the toes to reduce the moisture also helps. Most soft corns need to be reduced by a foot specialist for any real relief.

Athlete's foot is also very common during the summer. Athlete's foot is a fungal infection of the skin that can cause itchiness, peeling skin, small blisters, and redness. An odour is usually present as well. There are over-the-counter and prescription medications available for this problem. If you are prone to athlete's foot, you may want to take a look at your footwear. Fungus thrives in a dark, moist, warm environment. Discouraging this type of environment can help eliminate the fungus. Try to wear open, airy shoes, or sandals. Wash your feet twice a day making sure to dry well in between the toes. Stay away from enclosed shoes, especially vinyl ones.

If your feet are sore it can ruin your whole day. Try to prevent blisters or corns from occurring and be prepared in case they do. This will ensure a long, enjoyable summer on your feet.

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**Heel Pain?**

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**Ankle, Knee or Hip Pain?**

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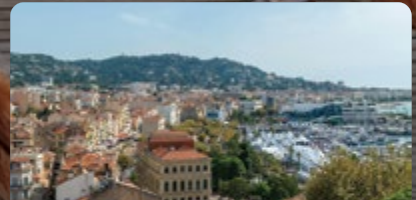
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# Sudbury's Blueberry Festival Set to Bloom at Red Oak Villa

Mark your calendars and get ready to celebrate one of Sudbury's most beloved traditions! The 2025 Sudbury Blueberry Festival is set to take place on Saturday, July 19th, at the beautiful and welcoming Red Oak Villa, located at 20 Ste. Anne Rd. This year's festivities promise to be a heartwarming celebration of community, culture, and, of course, the iconic lowbush blueberry that has long symbolized Sudbury's natural charm.

The festival isn't just about delicious berries—it's a living tradition that brings together generations of residents, visitors, families, and friends. With its roots deeply planted in community pride, the Blueberry Festival is a reminder of the sweet things that connect us all.



## A Weekend of Sweet Tradition and Fresh Adventure

The celebrations begin early with an annual tradition: the Hike Up Blueberry Hill, taking place on Friday, July 18th. Hosted in partnership with the Rainbow Routes Association, this guided outdoor adventure offers participants the chance to reconnect with nature, share stories, enjoy a scenic hike, and savor fresh baked goods with fellow hikers. It's a wonderful way to kick off the weekend in good company—and in Sudbury style.

The main event on Saturday will transform Red Oak Villa into a lively hub of blueberry-themed joy, drawing attendees of all ages for a day filled with activities, treats, and surprises. With each event, there's a story, a smile, and a sense of belonging that makes the festival feel like home.



## A Festival Steeped in Local Legacy

Since its inception in 1986, when former Mayor Peter Wong envisioned a festival that would honor Sudbury's prized above-ground resource, the lowbush blueberry, the Sudbury Blueberry Festival has grown into a treasured local tradition. While Sudbury may be internationally known for its underground riches as the Nickel Capital of the World, locals know that its sweetest riches bloom right at the surface.

In 2023, the torch was passed to Autumnwood Mature Lifestyle Communities, a group deeply committed to continuing this tradition with heart and purpose. As proud hosts of the 2025 festival, Red Oak Villa is thrilled to welcome the community to their beautiful residence to celebrate the berry that unites us all.



## Event Highlights: Something for Everyone!

This year's festival features a wonderful variety of activities designed to spark joy, laughter, and community connection.

*Highlights include:*

### BLUEBERRY PANCAKE BREAKFAST

Start your day with a belly full of blueberry bliss! Enjoy unlimited fluffy pancakes topped with sweet, tangy blueberries—a breakfast that brings generations together around the table.

### SUDBURY CELEBRITY BLUEBERRY PIE EATING CONTEST

Things get delightfully messy at this crowd-favorite event! Watch as familiar faces from the City of Greater Sudbury compete for blueberry bragging rights. Will your favorite local personality take the crown?

### THE BLUEBERRY BASH

Expect laughter, music, and magic at the festival's signature celebration. The Blueberry Bash promises live entertainment, interactive activities, and surprises around every corner. It's the kind of event that makes lifelong memories.

### LOCAL VENDORS & FARMERS MARKET

Wander through a bustling marketplace filled with local artisans and food vendors offering blueberry-themed delights—from hand-made jams and fresh berries to pastries, preserves, and more. It's a perfect chance to shop local and support community entrepreneurs.

## MEET SUD-BERRY BEAR & SUDBRINA BEAR

No Blueberry Festival is complete without a visit from our adorable mascots, Sud-berry Bear and Sudbrina Bear! These lovable characters bring smiles and hugs wherever they go, creating magical moments for the young and the young at heart.



## More Than a Festival — It's a Celebration of Us

Beyond the blueberries, this festival is a celebration of Sudbury's vibrant spirit. It's about gathering to recognize our roots and build bonds that nourish our community just as surely as the wild blueberries that grow here. At Red Oak Villa, the festival represents the perfect blend of tradition, hospitality, and joy.

Whether you're a longtime resident or a first-time attendee, you're invited to be part of something truly special. Join us in making this year's celebration the biggest and brightest yet!



## Get Involved — Be Part of the Magic!

Want to volunteer, participate, or become a sponsor? We'd love to hear from you! Help us bring even more flavor and fun to the 2025 Sudbury Blueberry Festival.

Contact Autumnwood Mature Lifestyle Communities at 705-562-7299 or email [info@autumnwood.ca](mailto:info@autumnwood.ca)

For updates on event times, featured guests, and exciting surprises still to come, follow us online:

[www.blueberryfestival.ca](http://www.blueberryfestival.ca)

[facebook.com/AutumnwoodMatureLifestyleCommunities](https://facebook.com/AutumnwoodMatureLifestyleCommunities)

Let's make this summer unforgettable — one blueberry at a time.





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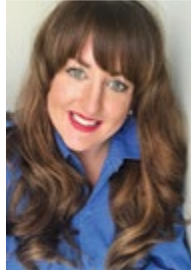




# GREY VS BROWN - TITANS COLLIDE!

By Kerrie Michelutti

One of the most asked questions is 'what is on trend, grey or brown?' Although over the last 5 years grey has been dominating the selections in the store, brown is making a comeback in the blonder tones, and to be honest, brown tones are the classic choice and continue to be our tried and true.



**Kerrie Michelutti,**  
PMP, Owner  
Home & Haven  
Design Studio

I think the most important thing to remember when decorating is what you lean toward. I would say 9 times out of ten, our clients' first choice usually ends up being their final decision, so it doesn't matter if its grey or brown, you will always go to what you love.

If I were designing for your space and you asked me what you should pick, I would steer you in the direction of the emotion or feeling you are trying to evoke. A cooler palette or a warm palette can lend to different feelings, and both can be beautiful in the end when done right. I would also encourage you to elevate your space by combining colour combinations and layering in both grey tones and brown tones.

Grey and browns are colours from nature. They exist happily together along with blacks, greens, and blues. It is so interesting to bring the two tones together in thoughtful decisions to make people say, "I love what you have done here," but they can't quite put their finger on it. Stay away from grey on grey on grey, or brown on brown on brown, and lean into finding the complementary warmth that balances the coolness in the room or vice versa. I promise you it is worth it.

Tip of the summer - be careful with grey paints; some can look purple or blue depending on the natural light in your space. Take the time to paint a colour patch to make sure that tone pulls out the selection in your floors. Ask for help, be open to process, and pull from nature with all cool and warm tones.



# WELCOME TO THE VISITING HOSPICE SERVICE (VHS) PROGRAM!

By Suzette Forget

The impact of getting the news of having a life limiting illness can cause a person and their loved ones to go through waves of varying thoughts and feelings. VHS volunteers provide a space filled with warmth and care to individuals and their caregivers during the end-of-life journey.



**Suzette Forget**  
Client Services  
Coordinator for the  
Visiting Hospice  
Program

Our volunteers come from all walks of life and backgrounds just like the people we support. In essence, this service brings a level of comfort and assurance that no one needs to go through life's difficulties alone.

Initially, the thought of having someone you don't know come into the home can be a little uncomfortable. We understand that having one of our volunteers to provide support can feel as though they are strangers and that usually during a person's end-of-life journey some choose to have only certain people in their circle...and that's o.k.

But there are other times when talking to someone outside of their circle can provide some relief. To have someone just listen without judgment or an existing close relationship can, on some levels, ease a person's sense of suffering.

*In essence, this service brings a level of comfort and assurance that no one needs to go through life's difficulties alone.*

Our volunteers go through an intensive onboarding process, which includes going through an interview, obtaining references, training and supervision. These are people with lived experience who truly have a calling to serve others. They are great listeners and have a lot to offer those who are in their last year of life. This service is also

extremely beneficial to the caregivers; when the volunteer is visiting, the caregiver can have some much needed time to themselves.

Clients are matched with volunteers based on an assessment and common or complimentary interests. And the best part...these services are available AT NO COST!

Dying can be a very isolating process - it is such a gift to have people around who understand the journey.





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# "It's Going to Happen":

## How the E.X.I.T. App Is Changing End-of-Life Planning for Good



**By Joy Wirta**

CEO/Founder of E.X.I.T.  
It's Going To Happen

Where do I start? Death may be life's only certainty, but most people avoid planning for it. It's uncomfortable, emotional, and often tangled in paperwork, uncertainty, and stress. Plus, we all think that an unexpected tragedy will never happen to us.

That's precisely what inspired the creation of E.X.I.T. "It's Going to Happen, a groundbreaking digital app reframing how we prepare for and navigate the end-of-life journey," says Lisette Wirta, co-founder of E.X.I.T.

At its core, E.X.I.T. is a secure digital vault and communication platform that stores essential information. Everything from your Power of Attorney, Wills, and Testaments, maybe those final wishes and legal documents, to personal stories, shared calendars, and whatever you feel is essential. In the end, it is your story, not ours. But it stands out when that information becomes available: in the moments it's needed most.

### Access, When It Matters Most

E.X.I.T. isn't just about organizing paperwork. It's about ensuring peace of mind for the person planning and the loved ones left behind. When someone passes away, family members are often left scrambling: Where's the will? What did they want? Do you know who should be notified? What

accounts need to be closed?

The E.X.I.T. app answers those questions instantly and securely, delivering critical documents and information with the click of a button. It removes confusion, delays, and the overwhelming emotional toll of trying to piece things together during a time of grief.

"E.X.I.T. exists because we've seen how hard it can be when families are left without guidance and how costly it is," says Jordan Duplessis, Partner with Northern Law and a co-founder of E.X.I.T.



E.X.I.T. is more than just a vault. It's a human-centered tool for connection, closure, and continuity.

Built for Real Life. Whether facing a terminal illness, caring for aging parents, or simply planning, E.X.I.T. adapts to every life stage. Because it's entirely digital, it's accessible anytime, anywhere—a critical feature in today's mobile, often fragmented world.

### Reframing the Conversation

The most revolutionary aspect of E.X.I.T. is that it makes end-of-life planning feel empowering, not morbid. It opens the door to conversations that are too often avoided and provides the tools to turn those conversations into lasting action.

"Planning for death is really about caring for the living," says Nicole Blais, co-founder of E.X.I.T. "It's a final act of love."

### The Takeaway

E.X.I.T. is a quiet revolution in a culture where death is rarely discussed but deeply felt. It brings clarity to chaos, comfort to loss, and a life legacy. With a secure digital vault at its core and a mission rooted in compassion, the E.X.I.T. app is helping people take control of what matters — before it's too late.

Because when it comes to death, it's going to happen. But with E.X.I.T., it doesn't have to be disorganized or devastating. It can be a moment of peace, purpose, and presence.

As I mentioned, where do I start? Honestly, start today, not tomorrow, beginning with E.X.I.T. Our app.

Check our website for more information about our app and follow us on social media and YouTube.

### E.X.I.T. It's Going To Happen

I know I am E.X.I.T. ready, are you?

Until next time... Joy

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## EMBRACING INDEPENDENCE IN A SUPPORTIVE COMMUNITY

By Justine Landry,

*Manager of Operations, Autumnwood Mature Lifestyle Communities*

*Bachelor of Health Studies, Specialized Honours Health Management,  
Professional Certification Health Services Financial Management*

Living in a supportive community is paramount for independent seniors as they embrace a self-sufficient lifestyle during their later years. These communities provide numerous advantages that promote autonomy, well-being, and a fulfilling retirement. From social engagement to access to resources, the significance of residing in such communities cannot be overstated. Let's explore the importance of living in a supportive retirement community for independent seniors and how it positively impacts their lives.

One of the key benefits of living in a supportive community for independent seniors is the opportunity for social interaction and connection. As we age, maintaining a strong social network becomes increasingly important for overall well-being. These communities foster an environment that encourages social engagement and meaningful connections. Seniors have the chance to interact with like-minded individuals, participate in group activities, and form friendships. This sense of belonging and community enriches their lives and combats the isolation that independent seniors may sometimes experience.

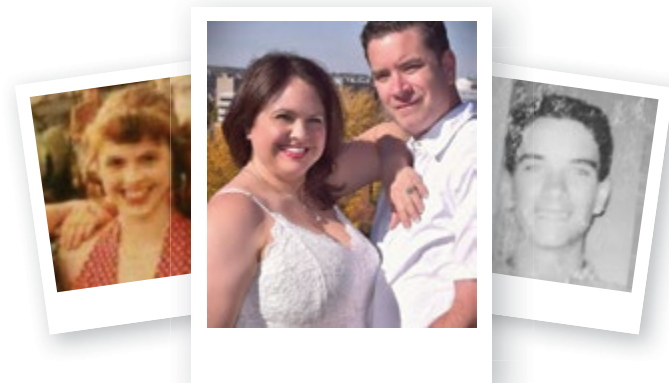
Supportive communities also offer access to a range of resources and services tailored to the needs of independent seniors. From on-site amenities like fitness centers, libraries, and recreational areas to assistance with transportation and home maintenance, these communities cater to the various needs of older adults. Having these amenities readily available promotes convenience, self-sufficiency, and a high quality of life. Independent seniors can focus on pursuing their interests, hobbies, and passions without the burden of managing day-to-day tasks alone.

Living in a supportive community for independent seniors also provides a sense of security and peace of mind. Autumnwood communities are designed with safety in mind, offering features such as 24/7 security, emergency response systems, and accessible infrastructure. Seniors can confidently enjoy their independence knowing that help is readily available if needed. This allows them to live with peace, reducing anxiety and stress related to safety concerns.

These communities often organize educational programs, workshops, and events that promote personal growth and learning. Independent seniors can expand their knowledge, learn new skills, and engage in intellectually stimulating activities. This encourages lifelong learning, leading to a sense of fulfillment and personal development.

Fostering social interaction, providing access to resources, security, and opportunities for personal growth, independent seniors can maintain their autonomy while benefiting from a supportive environment that enhances their overall well-being. As a result, it's a choice that independent seniors are embracing as they plan and move into retirement living - a place that seniors can enjoy aging in place in an environment that is both independent and fulfilling.

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## LOVE STORY 30 YEARS IN THE MAKING

By Chelsea Papineau

*Digital Content Specialist, CTVNewsNorthernOntario.ca*

Since this will be my last column, I thought I would share a little personal story this time.

A few years ago, I found myself middle-aged and newly single. This was during the global pandemic when we were in and out of lockdown, and in-person gatherings were few and far between.

I wasn't looking for a relationship, but I ended up reconnecting on social media with a guy I'd known since the sixth grade. We went to middle and high school together, but because we ran in different social circles, I vaguely remembered him.

One of the first things he asked me when we started talking was what I thought of him in school, and the truth is, I didn't. Not for any particular reason, good or bad. Looking back at pictures, he was incredibly handsome but had been very shy, so he escaped my radar.

"Do you remember that time in gym class when I hit you in the face with a dodgeball?" he asked, saying he still cringes thinking about the memory.

No, I didn't, that was two lifetimes ago.

Our friendship developed through online messages, phone calls and FaceTime despite a three-hour time difference, and it grew deeper with time.

He still lived in our hometown - Portland, Oregon - so there was no pressure, but was long-distance a waste of time? Especially since the border was closed and he was thousands of miles away in another country.

Eventually, when the world started moving again, we started travelling back and forth to see each other as often as we could. Being in a long-distance relationship wasn't always easy and took intentional effort, but I decided to listen to my gut and see where it went.

Now, here we are four years later, and I have given up both of my jobs to move back to Oregon to marry the boy who hit me in the face with a dodgeball back in 1991.

He calls it playing the long game.

Sudbury will forever have a piece of my heart, and with family and friends remaining in the Nickel City, we will be back often to visit. And we plan to make it our home together upon retirement in the not-so-distant future.

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### President

**Jordan E. Duplessis is a co-founder of EXIT, vice chair of Home Hospice North, and Partner with Northern Law LLP, called to the bar since 2012.**

From a lawyer's perspective, having your affairs in order through proper estate and end-of-life planning is not just important—it's absolutely essential. Without it, you risk leaving your loved ones in a state of confusion and financial disarray at a time when they need clarity and peace of mind. Estate planning ensures that your wishes are carried out exactly as you intend, while minimizing potential legal complications. Being prepared can prevent unnecessary stress, costly delays, and disputes after you're gone. That's why tools like the E.X.I.T. app are invaluable. E.X.I.T. offers a secure and encrypted platform for storing important documents, such as wills, powers of attorney, and healthcare directives, in one easily accessible location. The app also allows you to share these critical documents with executors, trustees, POAs, and other professionals who require urgent access, ensuring your wishes are executed swiftly and without unnecessary delays. With the app's robust security features, you can rest assured that your personal and legal information is protected with top-tier encryption, offering peace of mind that your legacy is in safe hands. E.X.I.T. empowers you to be fully prepared, providing both you and your loved ones with the security and confidence that everything is in place when it's needed most. I would recommend the E.X.I.T. app to all of my clients.

### COO

**Nicole Blais is a co-founder of EXIT and president of Goshenite Seniors Services INC. Founder/ Franchisor of Goshenite Franchising INC. Publisher of 50+ Lifestyle Magazine. Nicole sits as aboard director with Home Hospice North.**

In November 2024, our family faced an incredibly challenging time when our 41-year-old son was admitted to the ICU at St. Michael's Hospital in Toronto. We were suddenly confronted with the harsh reality of not knowing if he had any legal documents, such as appointed POAs, a will, or RRSPs, and what his final wishes were. This situation caused immense anxiety for me and our family, highlighting the critical importance of having these documents organized and accessible.

As one of the founders of the E.X.I.T. App, I am proud to introduce a platform that allows members to securely store and organize important documents such as IDs, certificates, and legal documents in the VAULT. The app enables users to assign a decision-maker on their behalf, create a legacy video, sync calendars with important tasks and reminders, and access tools and guides for future planning.

The E.X.I.T. App uses advanced encryption and security measures to protect your data. Members can access their accounts anytime and from anywhere, securely sharing specific documents with designated individuals. The app is designed to make end-of-life planning and document management safe and secure, providing peace of mind for our members.

Visit [www.exitlifeready.com](http://www.exitlifeready.com) for more information and you can also find us on app stores for both android and i.O.S.

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### CEO

**Joy Wirta is the founder and Chairperson of Home Hospice North, Co-host Ageing in Action. Retired Public Servant, End-of-Life Doula and SME in Dying Well.**

When asked why E.X.I.T., I think it comes down to that thought process of "Dying well."

What does "dying well" mean to me as I think about my own? I also think about what it will mean to those I leave behind. In my perfect world, my dying well will be something within my control and on my terms. I get it. Not everything will be within my control; let's start with what I am in control of. Today, I can be in the moment, enjoying what life has to offer, family and friends, knowing that each day is a gift to be treasured. To die well, you need to live as well as possible. Building the app was just that, giving others the same opportunity to live life to the fullest and knowing that their wishes are being respected at the end of life, simplifying a process that can be complicated. This gives everyone a chance to die well.

### CFO

**Lisette Wirta is a co-founder of EXIT and your new Home Instead Senior Care (HISC) franchise owner in Barrie, ON. Lisette is a board member of Home Hospice North.**


Hello, my name is Lisette Wirta. I am the owner of Home Instead and have been in the home care industry for over 15 years. As one of the founders of the E.X.I.T. App, I am proud to introduce a platform that securely stores a variety of documents, including wills, POAs, medical records, financial documents, identification documents, and legal agreements. This flexibility makes the EXIT App a comprehensive solution for managing all your essential documents in one secure place.

The EXIT App offers several key features:

1. Secure Storage: Safely store important documents.
2. Easy Access: Access your documents anytime, anywhere.
3. Document Sharing: Share documents with trusted individuals.
4. Notifications: Receive reminders for updates or important dates.
5. Encryption: Advanced encryption protects your documents.

One standout feature is the secure storage, providing peace of mind knowing your documents are safely stored and protected.

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