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# Lifestyle

Magazine

NORTHEASTERN ONTARIO | FALL 2025

FREE/GRATUIT

## EXPERIENCE AUTUMN'S MAJESTY

EXPLORE THE TOP TRAVEL DESTINATIONS IN  
CANADA, ONTARIO AND GREATER SUDBURY





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TONY RYMA

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## O CANADA...

Canada is more than a country—it's a spirit, a story, and a shared home. From the majestic Rockies to the serene shores of the Maritimes, from the vibrant cities to the quiet strength of the North, Canada is a land that inspires pride, resilience, and unity.

As Canadians, we are privileged to live in a nation built on diversity, compassion, and freedom. Our strength lies not only in our breathtaking landscapes but in the people who call this land home. We are Indigenous communities, francophones, settlers, immigrants, and generations of families who have shaped Canada with courage and care.

To celebrate Canada is to honor its values peace, inclusion, and respect. It's about recognizing the beauty of our differences and the power of coming together. Whether we gather for Canada Day, support local initiatives, or simply share stories around a kitchen table, we are participating in the ongoing journey of this great nation.

Canada's legacy is one of perseverance and

hope. We've weathered storms, embraced change, and stood up for what's right. And through it all, our love for this land has remained steadfast. It's a love that fuels innovation, nurtures community, and inspires us to protect the environment that sustains us.

As we look to the future, let us continue to celebrate Canada—not just in moments of national pride, but in everyday acts of kindness, inclusion, and stewardship. Let us teach our children to cherish this country, not only for its beauty but for its promise.

Canada is not just where we live—it's who we are. And that is worth celebrating, today and always.

VIVE LE CANADA

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**Music therapy is not the same  
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# The Healing Power of Nature



Photo courtesy of  
B. Bandyopadhyay

by  
**Phyllis Cacciotti**

Manitoulin Nature Club

Sometimes winter can be long on Manitoulin Island and, with the lack of sunny days, my spirit can sometimes lag. However, in January of 2023, I was fortunate to spot an unusual bird at my feeders. For many years, I have been an active “backyard birder” and faithfully feed our beautiful, feathered friends. During the second week of January, I became aware there was a solitary bird out there with a beautiful range of colours on its breast—it looked like a sunset.



Photo courtesy of T. Land

I kept paging through my “Sibley Birds East” guidebook but couldn’t pinpoint what this lovely bird could be. Then, a couple of days later, I saw it vertical on a tree and that narrowed it down to a species of Woodpecker. It had to be a Lewis’s Woodpecker, *Melanerpes Lewis*! But this wasn’t possible—its range is Southern British Columbia and on down through the Western United States. According to the guide, there are rare occurrences of this species in the south of the

prairie provinces, but no note of Northern Ontario or Ontario at all. I did learn that the Lewis’s has been spotted only two or three times in other parts of the province.

I was beyond excited and by contacting a friend who was a photographer, we captured a photo and were able to confirm it was a Lewis’s Woodpecker. Now what to do? Do I share this amazing bird with fellow birders? I have to say, I was hesitant because I did not want to jeopardize this rare bird in any way in the middle of a northern winter. I knew it was eating corn out of a certain type of feed I put out so it was doing okay. However, I was unsure how it would weather our storms and if it would stay at all.

In the end, “Meriwether”, as one of my fellow birders dubbed him after Meriwether Lewis who, along with William Clark, discovered this species during their expedition from 1804 to 1806 in the Western US, stayed on Lake Kagawong with us until May 24th, 2023.

How does this story tie in with healing? Meriwether healed me that winter by giving me purpose. We eventually had 299 people from across Ontario—most of them avid birders—come to see this extraordinary bird. Every day, I went outside to locate him and call to him. I made sure he had a fresh supply of food. I knew which trees he had chosen as his roost holes overnight. When he finally flew away, I was devastated but I also knew it was for the best as he certainly had no mate here. This bird continues to reside in my heart as a kind of “spirit bird” and I often have the occasion to talk about him. He also became well known on the island as there were two newspaper articles about him and this rare bird sighting was a first for Manitoulin.

The whole experience led me to get very involved with nature in all its many aspects on Manitoulin Island. I ended up becoming President of the Manitoulin Nature Club (I had been Secretary prior to this) and have

expanded my horizons in learning about the tremendous biodiversity which surrounds us here. Hikes and outings to various and beautiful locations and trails have become part of my life. I have made new friends through Meriwether and through my involvement with the club. I am enjoying myself while acquiring knowledge and I continue to feel a sense of purpose.

Here we are some two years later and the experience continues to bring positive things into my life. The role of the Manitoulin Nature Club in conservation advocacy is evolving and the learning is ongoing. I have many lovely birds that continue to frequent our property including nesting Bluebirds and Tree Swallows in the spring. Sandhill Cranes came to eat corn in the yard along with Raccoons, White-tailed Deer, Canada Geese and Mallard Ducks. We have a family of Barred Owls in our woods who make their signature call “Who cooks for you? Who cooks for you-all?”. Our little slice of nature is good for the heart and soul and for one’s feeling of well-being and peace. How that little Woodpecker found us in the middle of a Northern Ontario winter here on the shores of Lake Kagawong will remain a mystery, but I am so grateful he did and that I got to know him up close and personal.

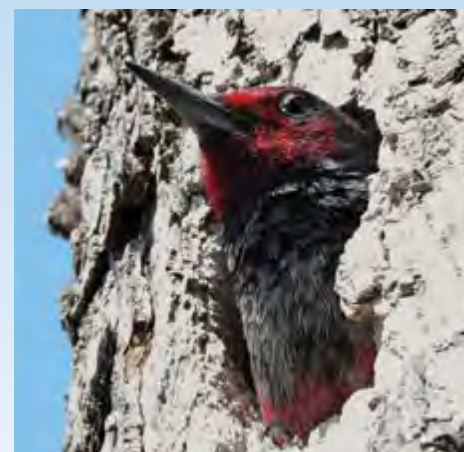


Photo courtesy of L. Morton

# Are You Steady On Your Feet?



Poor balance is the cause of many falls, sprains, knee injuries and injured or broken hips. Most people do not take the necessary precautions against falls until it is too late or have been scared by a serious pill.

There are many reasons for poor balance. Deterioration of our muscle strength, our eyesight, circulation and ligament function are all contributing factors. This deterioration happens very slowly and compounds over time and explains why most people are reluctant to take any precautions against slips or falls.

Diabetics, stroke victims, and rheumatoid arthritics have other contributing factors such as nerve, muscle or joint damage to contend with when assessing their balance. However, barring any such systemic problems, balance and steadiness are things that can become less and less reliable over the years. The muscles and ligaments of the foot can weaken and cause the arch to flatten. This becomes a very unstable foot. If the arch flattens or pronates the foot cannot as easily recover when placed in the wrong position when walking. Although an unstable foot is not the only causative factor in poor balance, it is a major contributor. There are some precautions that can be taken to lessen your chances of falling.

Stabilizing the foot is a good place to start and good footwear will help. Make sure your shoes are a good length and width for your foot. The sole should be of a non-slip material and flexible in the area of the forefoot to allow the forefoot to bend during walking. The heel height should be a maximum of one and a half inches and the sole should be as wide or wider than the shoe. Make sure the heel counter (the back of the shoe) is good and firm to give support to the rearfoot. The shoes should have lace or Velcro straps, not slip ons. The shoes should have good arch support. Sometimes extra support is needed through the use of commercial arch supports or custom orthotics. If you are unsure of whether extra support is needed, you should see your foot specialist for an assessment.

The use of a cane and other external supports can also be of help. Don't wait for an accident before taking precautions against falls and slipping. Winter is coming and every little bit helps to improve your balance and steadiness on your feet.

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# The Best Fall Destinations in Canada, Ontario, and Greater Sudbury:

## An Invitation to Experience Autumn's Majesty

As the days grow shorter and the air turns crisp, autumn unveils a breathtaking tapestry of color across Canada's vast and varied landscapes.

For travelers over 50, this season presents a perfect opportunity to indulge in leisurely exploration, appreciating nature's splendor while immersing in local culture and history. Whether wandering along scenic coastal drives, strolling through charming villages, or enjoying tranquil lakeside vistas, fall offers a uniquely peaceful and invigorating experience.

Here, we explore some top fall destinations—three in the country at large, three within Ontario, and three nestled in the heart of Greater Sudbury, all that promise unforgettable moments for those seeking beauty, relaxation, and gentle adventure.

### CANADA

THE LAND OF COLOR  
AND CULTURAL RICHNESS



#### The Cabot Trail, Nova Scotia

One of Canada's most iconic scenic routes,

the Cabot Trail winds along the northern coast of Cape Breton Island in Nova Scotia. During fall, the trail transforms into a vivid corridor of red, orange, and gold. The gentle drive offers spectacular views of rugged cliffs, rolling hills, and the Atlantic Ocean. For mature travelers, the journey is perfect for a relaxed day of sightseeing, punctuated by stops at small fishing villages such as Baddeck and Cheticamp, where local artisans showcase their crafts and seafood lovers can indulge in fresh lobster and scallops. The region's numerous lookouts and short, accessible hikes allow for immersive nature experiences without strenuous exertion. Additionally, fall festivals celebrating Celtic culture and local food add a warm, community-oriented touch to the visit.



#### The Laurentian Mountains, Quebec

Just north of Montreal, the Laurentians are a haven of fall beauty. As the trees don their fiery foliage, visitors can leisurely explore charming villages like Saint-Sauveur and Morin-Heights. These towns offer art galleries, cozy cafes, and historic sites that provide cultural richness alongside natural splendor. For those who enjoy gentle walks, lakeside trails winding through deciduous forests offer stunning reflections of autumn colors on calm waters. The region is also dotted with resorts and spas, making it ideal for relaxation and rejuvenation. A scenic drive through the mountains, coupled with visits to historic churches and local markets, makes the Laurentians a perfect fall escape for travelers seeking a blend of nature and cultural charm.



#### Banff and Jasper National Parks, Alberta

In Western Canada, the majestic Rocky Mountains offer awe-inspiring vistas in autumn. While these parks are famous for summer hiking, fall reveals a quieter, more contemplative side. The vibrant red and yellow of aspen groves against snow-capped peaks creates a postcard-perfect backdrop. Wildlife viewing is especially rewarding in fall, as animals prepare for winter and are more active. Soothing hot springs in Banff and Jasper provide a warm respite after a day of scenic drives or gentle walks along well-maintained trails. The tranquility of these national parks during autumn makes them a sublime destination for those who appreciate natural beauty with a relaxed pace.

### ONTARIO

THE HEARTLAND  
OF FALL'S VIBRANCE



#### Algonquin Provincial Park

A crown jewel of Ontario, Algonquin Park is renowned for its fiery fall foliage. The park's extensive network of forest trails and quiet lakes invites visitors to immerse themselves in nature's seasonal spectacle. For the older traveler, short, accessible walks and guided wildlife viewing tours offer engaging yet manageable adventures. The park is home to moose, deer, and countless



bird species, providing excellent opportunities for birdwatching and photography. Canoeing on shimmering lakes amid fall colors offers a peaceful, contemplative experience. The park's rustic lodges and quiet campgrounds create a cozy atmosphere for those seeking to enjoy the fall landscape at a gentle, unhurried pace.



## Niagara-on-the-Lake

This historic town, famous for its wine country and charming streets, becomes even more enchanting in autumn. Vineyards are in full harvest, and wine tastings become a leisurely affair amid the beautiful vineyard backdrop. The town's well-preserved 19th-century architecture and boutique shops invite relaxed strolling, while fall festivals celebrate local arts, crafts, and seasonal foods. Visitors over 50 can savor the region's renowned wines, enjoy peaceful walks along the Niagara River, or attend cultural events at the Shaw Festival Theatre. The gentle pace and scenic beauty make Niagara-on-the-Lake an ideal retreat to indulge in both nature and culture.



## Prince Edward County

Often called Ontario's "foodie" destination, Prince Edward County is a haven for orchard visits, farm-to-table dining, and art galleries. During fall, the orchards burst with ripe apples, pumpkins, and gourds, perfect for leisurely picking and tasting. The countryside is dotted with quaint villages, vineyards, and art studios, all offering a relaxed pace for exploration. The region's peaceful environment, combined with scenic drives through rolling hills and forests, makes it

an excellent spot for quiet reflection and rejuvenation. For those seeking a combination of natural beauty and cultural charm, Prince Edward County offers an authentic retreat into Ontario's fall landscape.

## GREATER SUDBURY

### HIDDEN GEMS IN NORTHERN ONTARIO



## Science North and Dynamic Earth

While often associated with science and education, Sudbury's Science North and Dynamic Earth are engaging destinations for visitors of all ages. In autumn, their indoor exhibits are complemented by outdoor exploration opportunities, including trails and parks that highlight the region's geological history. The exhibits' interactive displays can captivate and educate, making them a perfect rainy-day or leisurely activity. The region's natural history, including its rich mineral deposits and ancient landscapes, is vividly brought to life through engaging multimedia presentations and outdoor exploration.



## Ramsey Lake and Bell Park

A serene lakeside stroll around Ramsey Lake offers stunning reflection views of the fall foliage. Park benches, picnic spots, and gentle walking paths provide a peaceful setting for relaxation and people-watching. Early autumn mornings especially catch the

lake's surface mirrored with vibrant leaves, creating a calming atmosphere. These tranquil spots are ideal for quiet contemplation, photography, or sharing a leisurely picnic while soaking in the natural beauty of Sudbury's lakeside scenery.



## Kivi Park and Conservation Areas

Kivi Park, with its extensive network of gentle trails through deciduous forests, is a hidden gem for nature lovers seeking a peaceful fall escape. The vibrant canopy provides excellent opportunities for birdwatching and photography, while the calm environment is perfect for a slow, reflective walk. The park's accessible pathways ensure comfort for those with mobility considerations, making it a suitable destination for mature visitors seeking nature's tranquility. Nearby conservation areas expand the options for gentle exploration and connection with the natural environment.

## Embracing the Beauty of Fall in Canada

Across this vast and diverse country, autumn offers a tapestry of color, culture, and peaceful retreat. These destinations provide the perfect blend of gentle exploration, scenic beauty, and cultural richness. Whether cruising the coastal highways of Nova Scotia, wandering through Ontario's lush parks, or enjoying Sudbury's lakeside serenity, Canada's fall landscapes invite a slow, appreciative journey. The season's quiet majesty encourages us to pause, reflect, and savor the natural splendor of a country that celebrates change, beauty, and tradition.

So, why not take this autumn as an opportunity to embark on a leisurely adventure? Canada beckons travelers seeking both scenic tranquility and cultural depth. Autumn's gentle embrace awaits, ready to create memories that linger long after the leaves have fallen.

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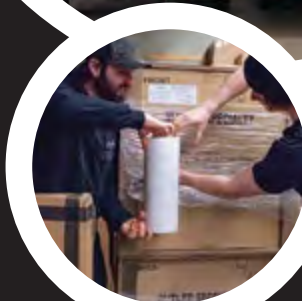
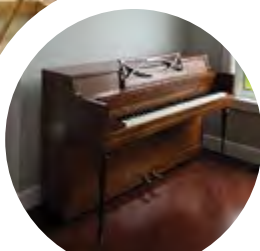
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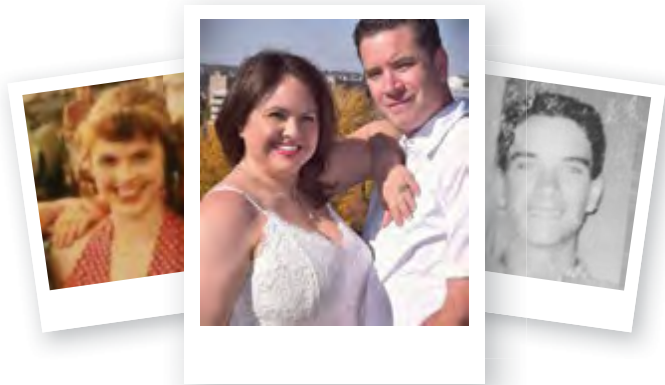
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## LOVE STORY 30 YEARS IN THE MAKING

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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# SQUEEZE ALL THE LEMONS

By Kerrie Michelutti

Like everything else in life, there is a sweet spot. That point where you have nailed it. You have squeezed the most out of that proverbial lemon, and you are totally satisfied.

Does your home do this for you?

For me, I can honestly say yes and no. I don't think I'll ever stop changing it. There is always a project to be done, something to work on, and something to renovate. I think I was born on the job site with a drill in my hand, ready to tear it down and build it a different way. I am sure my mom would agree, I was born in under an hour, and haven't stopped moving since. God Bless my mother for encouraging my love to work because I always have something to do, and I love it.

I think I am like most people. Most people walk around their home and say, I just need a piece to go here, or I am looking for something for this wall, or I want to renovate this space. You are not alone. Most of my clients all start their story telling me about how they have been thinking about something for years, or they have done various projects and are looking to do more. The fact that you are looking to improve the functionality or the esthetics of your home tells me you are making the steps to change not only your home, but your life.

For me this process is relatively easy because my skill set lends to these types of projects. I have the vision, the perspective to visualize space and colour, and the tenacity to do it. This is the trifecta of constant renovation and this has led to the business I love today, and has also taught me to continue to improve in all areas of life.

I believe your physical space is a direct reflection of yourself. So continually improving or trying new things can engage the mind, open the heart and lead to happiness you never new existed. This is the journey to the sweet spot. When you find the colour combination that you carry from house to house, or the cabinets you love every time you walk into the kitchen ... this is the sweet spot. Renovation doesn't have to be stressful if you understand that there is joy in the process. Life is about the anticipation or the planning of the end result...when you acknowledge that process as joy, you will have squeezed the most out of another lemon. Go do that renovation and squeeze all the lemons... there's not just one!



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



# STAYING CONNECTED: WHY I CREATED AMINTRO

By Charlene Nadalin

Connection is at the heart of everything we do as human beings. It fuels our sense of belonging, nurtures our health, and gives us the strength to face life's challenges. Over the years, I've seen firsthand how loneliness and caregiving stress can weigh heavily on families. I knew there had to be a better way to help people feel supported, less isolated, and more connected. That is why I created **Amintro**.



**Charlene Nadalin,**  
Founder and CEO  
Amintro

Amintro began with a simple vision: to bring people together. Whether you're looking for friendship in your later years or you're a family caregiver trying to balance love, responsibility, and self-care, connection makes all the difference. Studies consistently show that staying socially engaged improves emotional well-being, reduces stress, and even helps people stay healthier for longer. I wanted to build a space where those connections could thrive.

*Amintro began with a simple vision: to bring people together.*

Today, Amintro has grown into a family of social networking sites and apps designed to keep relationships strong. **Amintro Friends** offers a welcoming place for adults 50+ to meet new people, share experiences, and discover activities together.

**Amintro Family** is dedicated to caregivers—providing resources, support, and community for those who give so much of themselves to loved ones. Both platforms are built on compassion, encouragement, and the belief that none of us should walk this journey alone.

My hope is that Amintro helps keep families healthy and whole for as long as possible. When we support each other—through conversations, shared wisdom, and simple kindness—we all become stronger. Every connection made through Amintro is a reminder that love and friendship truly are the best medicine.

As I continue this journey, I carry with me a deep gratitude for the thousands of people who have joined our community. Together, we're proving that connection is not just important—it's essential.



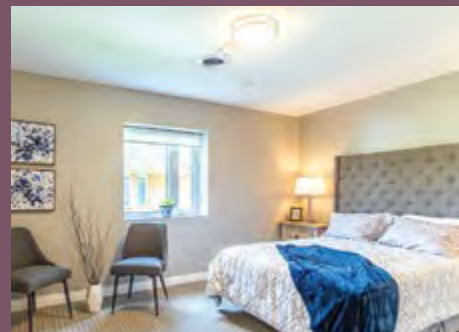




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In addition to offering end of life care, our team can now offer shorter stay beds for caregiver relief, caregiver education as well as pain and symptom management for residents with a prognosis of 12 months or less.

### COMMUNITY HOSPICE PALLIATIVE CARE SERVICES

A collaborative team comprised of physicians, nurse practitioners and registered nurses who provide pain and symptom management (in-person and virtually) as well as supportive care clinicians who address psychosocial and spiritual needs to patients with a life limiting illness.

### 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 thereafter. 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

En plus d'offrir des soins de fin de vie, l'équipe peut aussi offrir des admissions de courtes durées qui ont comme but d'offrir aux aidants naturels une période de répit ainsi que de l'éducation sur les soins à domicile et aux résident(e)s à pronostic de 12 mois ou moins, la gestion de la douleur et autres symptômes.

### 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

Nos bénévoles visiteurs offrent un soutien compatissant et fournissent de l'accompagnement, de l'aide aux activités de la vie quotidienne et des services de soins personnels au domicile du client.

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# 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.



# DOWNSIZING WITH PURPOSE: HOW TO NAVIGATE THE TRANSITION FROM HOMEOWNERSHIP TO RETIREMENT LIVING

By Justine Landry,

*Manager of Operations, Autumnwood Mature Lifestyle Communities*

For many seniors, the idea of selling a long-time home can feel like an overwhelming step. After all, a home often represents decades of memories, hard work, and stability. However, as our needs change with age, it's essential to consider whether homeownership continues to serve us or if it's time to explore other options.

## The Changing Realities of Aging

As we age, the demands of maintaining a home can become increasingly difficult. Routine tasks like yard work, repairs, and even navigating stairs may pose challenges. Beyond the physical demands, there's the emotional toll of managing the ongoing responsibilities that come with homeownership. For many seniors, these challenges lead to questions about whether remaining in the family home is the best decision for the years ahead.

## The Emotional Side of Downsizing

Downsizing doesn't mean leaving memories behind—it means creating new ones. Many seniors find that letting go of a larger home allows them to focus on the things that truly matter: spending time with loved ones, engaging in hobbies, and maintaining an active social life. While the emotional attachment to a home is real, so too is the relief that comes from simplifying life and shedding the burdens of upkeep.

## Financial Considerations

For many, a home is their largest financial asset. Selling a home can unlock equity that may be reinvested into a more sustainable lifestyle that aligns with the needs of later life. It's worth discussing with a financial advisor to fully understand the implications of such a move, whether that means funding long-term care needs, freeing up resources for travel, or simply providing peace of mind in retirement.

## Community and Well-Being

Another critical factor to consider is the importance of community and connection. Isolation can be a significant issue for seniors living alone, particularly after the loss of a spouse or when family members live far away. Transitioning to a retirement community or a more supportive living environment can offer opportunities for social engagement, which has been shown to have positive effects on both mental and physical well-being.

## Taking the Next Step

Making the decision to sell your home and transition into retirement living is deeply personal and requires careful consideration. It's important to explore all options, discuss them with family, and consult with professionals who can provide guidance based on your unique circumstances. While the decision may be daunting, for many, it ultimately leads to a richer, more fulfilling retirement experience.

By viewing this transition not as an end but as a new beginning, seniors can take a proactive step towards a lifestyle that promotes health, happiness, peace of mind and Leisure for Life!



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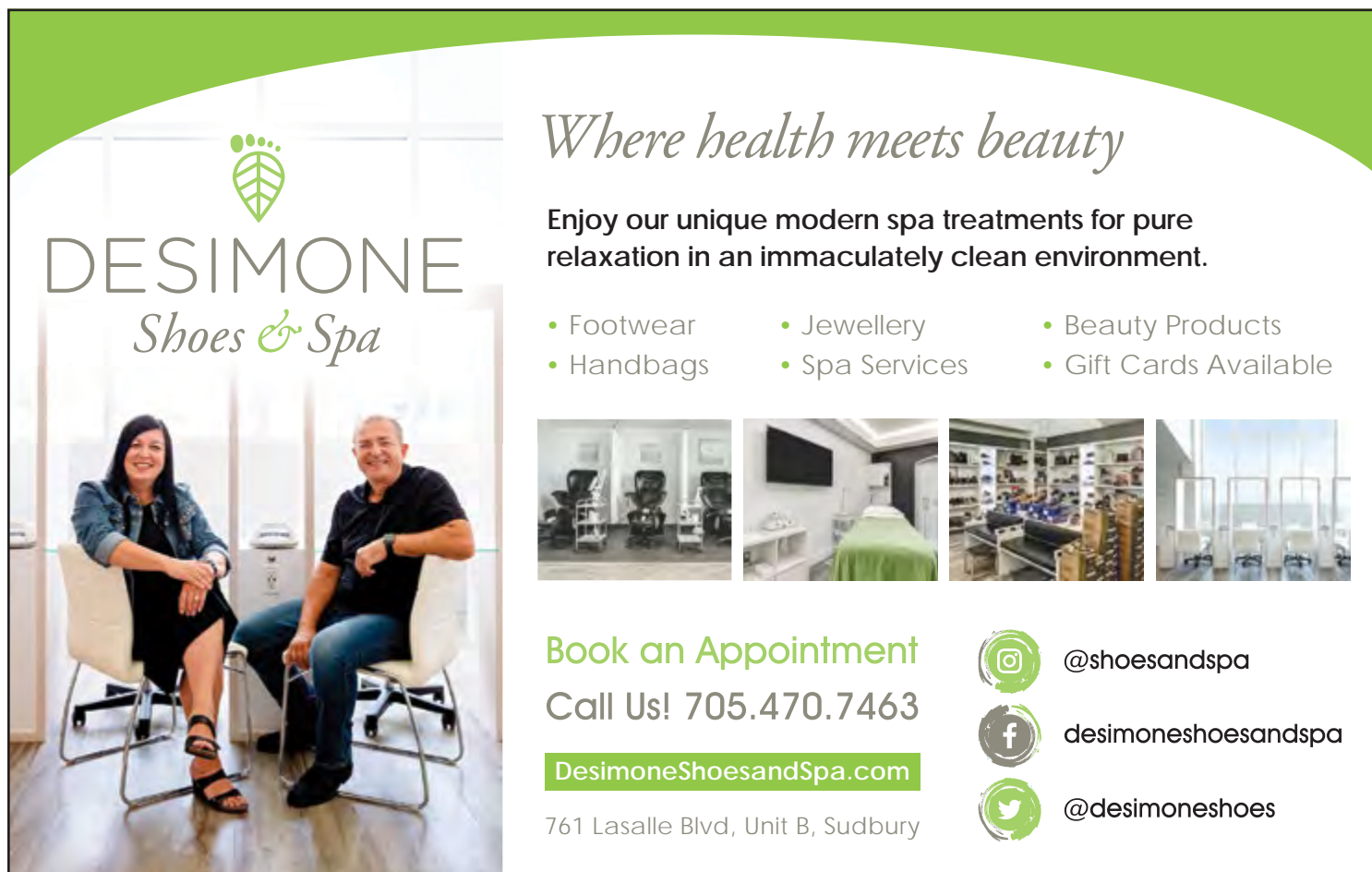
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### President

**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.

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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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