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Empowering Caregivers: Get the Tools and Support You Need for Aging Loved Ones.

Introducing Amintro Family, the social app designed for those who selflessly care for an aging parent, family member, and/or friend. Share resources, find support, and access local services tailored to your unique needs. Together, we make caregiving a little less overwhelming and a lot more rewarding.



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Coiled tight all winter, it's finally sprung. With all the geo-political goings-on, you're forgiven for thinking that's manure you're smelling. The time has come once again for a spring cleaning of sorts. Not your house, though. Leave that be. I encourage you to turn-off, unplug, and recharge. You don't have to plug in to recharge. Why not leave social media to other people for a while? It'll be there when you decide to go back. Besides, these days Facebook and Tic Toc, Instagram and X are more toxic than a summertime sulfur dioxide festival.

We humans have been around for a long time. It's not in our nature to scroll through our apps taking in sound and sight bites full of lies and venom at worst, indigestible nothingness at best. It doesn't do us any good to be hunched over a computer or couch potatoed in front of the television. All you'll get are a bad back and tight hip flexors.

Watch a sunset. Not just the thirty seconds when it finally throws up its hands and bids adieu until tomorrow. Spend time with the ball of burning gas that we can thank for sustaining life on

our little planet. Don't take the sun for granted; you're going to miss it in five billion years. Spend an hour with it as it descends into the horizon, watch it close its eyes and pull a starry blanket up to its chin to dream of who the hell knows what.

And when that's done, take in a backyard fire. No music in the background, no small talk with anyone. Nod a thank you to the wood as it offers up a charcuterie board to the delight of our senses, taste excluded, touch at arm's length.

We're cyclical creatures: day and night; hot and cold; hunger and satiety. As we head into another spring, pause for a moment and take in the little things we too often put off. Gaze for a while on the beauty around you, and fill your lungs with the wind of another chance.

Nicole Blais,
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Amintro Family: A New App Supporting Canada's Caregivers



By Charlene Nadalin,
Founder and CEO, Amintro

Caring for an aging loved one can be a deeply fulfilling yet overwhelming experience. Many family caregivers in Canada find themselves navigating this journey with little support, often feeling isolated and unsure of where to turn. Recognizing this need, Amintro Inc. has launched Amintro Family, a free platform and mobile app designed to connect caregivers, provide resources, and foster a sense of community. Available on the App Store, Google Play, and online, Amintro Family is redefining how caregivers access the help they need.

The Growing Need for Caregiver Support

Family caregiving is an integral yet often overlooked aspect of Canadian life. According to the Canadian Centre for Caregiving Excellence, one in four Canadians aged 15 and older provided unpaid care to relatives, friends, or neighbors in 2018. By 2022, caregivers collectively contributed 5.7 billion hours of unpaid care, a number expected to rise as the population continues to age.

With such staggering statistics, the launch of Amintro Family is both timely and necessary. The platform is built to empower caregivers with access to expert advice, curated resources, and practical tools that simplify

their responsibilities. Users can also find local and virtual events, helping them stay informed and engaged. Additionally, the app offers exclusive member discounts, easing the financial burden of caregiving.

A Community of Care and Connection

"Caregiving is a deeply personal journey, yet many caregivers feel disconnected, isolated, and unsure of where to turn for help," says Charlene Nadalin, President and CEO of Amintro Inc. "With Amintro Family, we've created a space where caregivers can connect with others who understand their challenges while accessing resources that make their journey easier. No caregiver should ever feel alone."

Nadalin's inspiration for Amintro Family came from her own caregiving experience. After launching Amintro Friends in 2018, a platform aimed at fostering social connections for adults 50+, she noticed a significant number of users searching for caregiving-related support. This led her to develop Amintro Family as a dedicated resource for family caregivers, ensuring they have access to the information, tools, and connections they need.

A Collaborative Approach to Care

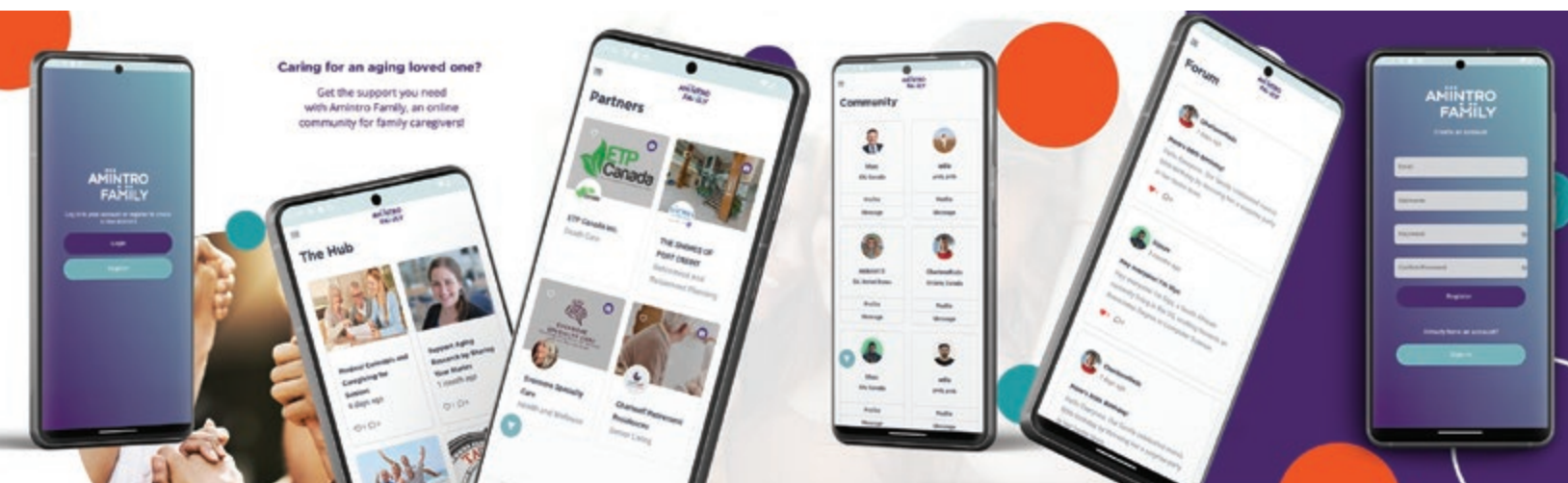
To further its impact, Amintro Family partners with leading organizations such as Age-Well NCE, Communitech, the Sheridan Centre for Elder Research, and GenWell Project. By collaborating with these institutions, the platform ensures caregivers receive well-researched, expert-backed support.

Caregivers looking for a supportive community can join Amintro Family today by downloading the app on the App Store and Google Play.

With Amintro Family, caregivers no longer must navigate their journey alone. This innovative platform is bringing much-needed support, connection, and guidance to those who dedicate their time and energy to caring for loved ones.



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FOOT PAIN - DON'T IGNORE IT



I think if a poll were taken of the most common words heard in a health practitioner's office, they would be 'I thought it would go away'. Of course, when I hear this phrase, it is usually related to some kind of foot pain. Too many times, we tend to ignore foot pain and hope that with rest, it will go away. Often, the pain does go away but in a short time it returns, or all of a sudden, another part of our body is sore. A good example often seen in our office is heel pain. When someone experiences pain in the heel, they tend to favour this part of the foot by changing the way they walk. This rests the heel area, but before long, they start to experience pain in the back of the leg, the hips, or the spine from walking differently.

Pain is your body's way of signaling your brain that there is something wrong and it should not be ignored. When we are young, our bodies adapt to pain very easily by compensating and transferring pressures to other areas. Our bodies are able to do this because as children we are constantly growing and changing. As we become adults and stop growing, the ability to compensate diminishes. Pain is one area cannot be easily transferred to other areas because of the lack of flexibility and movement within the joints.

Foot pain can be localized to a specific foot problem, or it can be a sign of a more generalized health problem like arthritis or diabetes. Either way, it should be checked by your physician or foot specialist.

People who have suffered a stroke or have diabetes sometimes lose the feeling in their feet, especially the toes. This means that the valuable warning signs of injury are lost. For this reason, the other senses, especially the eyes and hands must be used to catch any foot problem early before any serious problems develop. Lack of feeling also affects muscle function and circulation resulting in slow healing. This leaves the person very vulnerable to infections.

So, next time you feel pain in your feet, before you complain, first be a little thankful that your feet are telling you that something is wrong. Your feet are what keeps you going and shouldn't be ignored.

"Don't let pain stop you in your tracks"

Julie DeSimone,

Chiropodist, B.Sc.
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FRESH BEGINNINGS



In today's fast-paced world, it's easy to accumulate more than we need. From clothes and gadgets to sentimental items and paperwork, our possessions can quickly overwhelm us. This is where the concepts of purging, downsizing, decluttering, and getting organized come into play. These practices are not just about tidying up; they have profound impacts on our mental, emotional, and physical well-being.

2. Space Optimization: Removing items we no longer need frees up space in our homes, making it easier to find and access the things we do use and love.

3. Emotional Release: Letting go of items tied to past memories can be therapeutic. It allows us to move forward and make room for new experiences.

Downsizing: Embracing a Simpler Lifestyle

Downsizing is the process of reducing the number of possessions we own, often by moving to a smaller living space. This practice is becoming increasingly popular, especially among those seeking a more minimalist lifestyle. The benefits of downsizing include:

1. Financial Savings: Smaller living spaces typically cost less in terms of rent, mortgage, utilities, and maintenance. This can lead to significant financial savings.

2. Reduced Environmental Impact: A smaller home requires fewer resources to build, heat, and cool, making it a more environmentally friendly option.

3. Simplified Living: With fewer possessions and a smaller space to manage, daily life becomes simpler and less stressful. This can lead to a greater sense of freedom and contentment.

Decluttering: Creating Order from Chaos

Decluttering is the act of organizing and tidying up our living spaces by removing unnecessary items. This practice is crucial for maintaining a functional and pleasant environment. The benefits of decluttering include:

1. Increased Productivity: A clutter-free space can enhance our ability to focus and be productive. When everything has its place, we spend less time searching for items and more time on meaningful activities.

2. Improved Mental Health: Clutter can contribute to



Purging: Letting Go of the Unnecessary

Purging involves getting rid of items that no longer serve a purpose in our lives. This can be a challenging process, especially when we have emotional attachments to our belongings. However, purging is essential for several reasons:

1. Mental Clarity: Holding onto unnecessary items can clutter our minds. By purging, we create a more serene and focused environment, which can lead to improved mental clarity and reduced stress.

The Importance of **Purging, Downsizing, Decluttering,** and **Getting Organized**



feelings of anxiety and overwhelm. By decluttering, we create a more peaceful and calming environment, which can improve our overall mental health.

3. Enhanced Aesthetics: A tidy and organized space is visually appealing and can make our homes more inviting and comfortable.

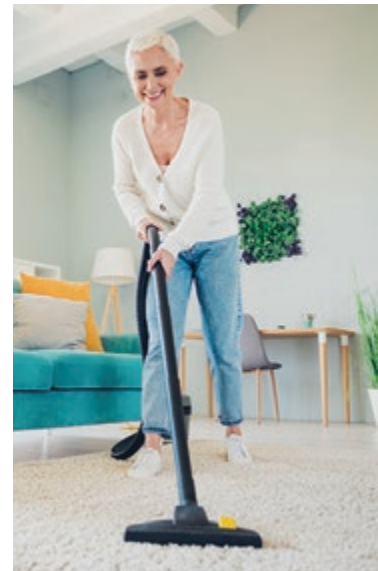
GETTING ORGANIZED: Maintaining Order and Efficiency

Getting organized involves creating systems and routines to keep our spaces tidy and functional. This practice is essential for maintaining the benefits of purging, downsizing, and decluttering. The advantages of getting organized include:

1. Time Management: An organized space allows us to manage our time more effectively. We can quickly find what we need and complete tasks more efficiently.

2. Stress Reduction: Knowing where everything is and having a system in place can reduce daily stress and make our lives more manageable.

3. Improved Quality of Life: An organized home can lead to a more harmonious and enjoyable living environment. It allows us to focus on what truly matters, such as spending time with loved ones and pursuing our passions.



Conclusion

Purging, downsizing, decluttering, and getting organized are powerful practices that can transform our lives. By letting go of the unnecessary, embracing simplicity, creating order, and maintaining organization, we can improve our mental, emotional, and physical well-being. These practices help us create a more intentional and fulfilling life, where we can focus on what truly matters.



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Esteemed Readers,

As we gracefully tread into the realms of retirement, financial planning becomes a paramount consideration. We're about to unravel the financial myth that the cost of retirement living is unaffordable for seniors. Brace yourselves for a refreshing perspective on the real cost of retirement living.

It's a familiar routine for many seniors - juggling monthly bills encompassing mortgage, utilities, insurance, groceries, transportation, and the like. However, the journey towards financial ease in retirement involves more than just balancing these conventional costs. Let's explore the liberating alternative - retirement communities.

Homeownership, the cornerstone of the Canadian dream, is often accompanied by unforeseen expenses. Property maintenance, repairs, and escalating property taxes can erode your peace of mind and your savings. Imagine redirecting those funds towards experiences, rather than worrying about fixing a leaky roof. Retirement should be about leisure, not repairs.

In a senior living community, the burden of managing the rising cost of utility bills, grocery expenses, and transportation costs is lifted. These day-to-day expenses are consolidated into a single, predictable monthly fee allowing you to bid farewell to budgeting woes and embrace a hassle-free lifestyle.

Shedding the weight of mortgage payments and insurance premiums is a liberating experience. Picture redirecting those funds towards quality experiences with the people you love instead of funding a property you've already enjoyed for decades.

Senior living communities redefine retirement living by offering an all-inclusive package. Your monthly fee covers everything from maintenance-free living to enriching activities, gourmet dining options, housekeeping services, and even on-site emergency assistance. It's not just a place to hang your hat, it's a community for seniors to connect, share and prosper.

Before you embark on exploring retirement living, take a moment to assess your monthly expenses. The true value of retirement living extends beyond the simplicity of a single monthly bill. It's about escaping the financial binds of homeownership and daily living expenses. Senior living communities present an opportunity for you to savour retirement and focus on leisure, wellness, and connection.

Cheers to a golden era of financial ease and fulfillment!

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**By Justine Landry,**

*Manager of Operations,
Bachelor of Health
Management, Certificate
Health Services Financial
Management*

*Autumnwood Mature
Lifestyle Communities*

UNDERSTANDING GENDER DIVERSITY

As a drama teacher for the last 20 years, I have worked with a lot of queer and gender-diverse youth and the current rise in hate against the 2SLGBTQ community is concerning.

Over the years, I have seen people both struggle and thrive while they are figuring out who they are. Sadly, it is not the discovery process that is hard, it is whether they are accepted by family and friends.

As human beings first, making sure everyone feels accepted and respected is most important to me.

For some of my students, questioning their gender identity is part of that.

Gender identity is how a person feels on the inside, and it does not always match the sex they were assigned at birth. It is separate from sexuality.

I know that when people are supported on their journey and given the freedom to explore, there is happiness and joy.

DIRE CONSEQUENCES

Alternatively, I have seen the pain and stress some experience when they do not feel free to be their authentic selves with others.

While the emotional toll of not being accepted is heavy, there can also be very devastating consequences.

Research published by the Canadian Medical Association Journal found that the suicide risk for transgender adolescents is five times higher than their cisgender and heterosexual peers.

They are also 7.6 times more likely to attempt suicide.

PRONOUNS

When I first started teaching, asking someone what their pronouns are was not a thing.

Now, when I ask and use their proper pronouns - such as she/her, he/him, they/them - I can see the positive effect it has on the person's wellbeing.

That is not to say I always get it right, but there is a big difference between misgendering someone by mistake as opposed to on purpose. And when I do get it wrong, I acknowledge the error and apologize.

While you don't have to "get it," it is important to make sure they feel loved and supported, and sometimes that means learning a new name or pronoun.

**By Chelsea Papineau**

*Digital Content Specialist,
CTVNewsNorthernOntario.ca*





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Breakfast

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Why breakfast is important and can be easy and nutritious

Mornings can be very difficult for many of us, especially if sleep issues are a factor and we didn't get enough rest the night before. For some, eating first thing in the morning can be unappealing which can lead to delayed nourishment and potentially result in overeating later on.

If you find yourself low on energy, struggling with weight management, or just feeling tired, adding in breakfast, when possible, can truly help. Remember, having breakfast gives your body an additional nourishing meal to start the day, which can positively impact your overall health and energy level. It can also help with prevention and management of several health conditions.

Try to have breakfast within two hours of waking up. If this is a challenge, try adding it when you can. Keeping preparation time to less than 15 minutes for breakfast helps with mindset and motivation: the goal is to nourish rather than spend your energy on meal preparation.

An effective and simple way to assemble your breakfast is to break it down like this, try to include:

- A fistful or 1 piece of fruit,
- 1 cup (250 ml) or 2 pieces of whole grain food (ex., oats or whole grain toast) and,
- 1-2 servings of protein (ex., 1 cup low-fat yogurt or 1-2 eggs).

Here are some easy breakfast ideas that incorporate some or all of those:

1. Microwave an egg in a mug and enjoy with fruit or toast on the side
2. Overnight oats with yogurt and berries
3. Yogurt bowl with fruit and homemade granola
4. Shredded wheat with fruit and milk
5. A breakfast burrito like the one below from Kidney Community Kitchen

QUICK BREAKFAST BURRITO:

Prep time: 5 minutes | Cook time: 3 minutes | Makes: 2 burritos

Ingredients:

- 4 eggs
- 3 tbsp (45 ml) green chilies, diced
- ¼ tsp (1 ml) ground cumin
- ½ tsp (2 ml) hot pepper sauce
- 2 large unsalted flour tortillas
- 2 tbsp (30 ml) salsa

Directions:

1. Spray a medium-size skillet with nonstick cooking spray and heat over medium heat.
2. In a bowl, beat eggs with green chilies, cumin and hot sauce.
3. Pour eggs into skillet and cook. Stir 1 to 2 minutes until eggs are done.
4. Heat tortillas for 20 seconds in microwave or in a separate skillet over medium heat.



5. Place half of the egg mixture on each tortilla and roll up burrito style.
6. Serve each burrito with 1 tablespoon (15 ml) salsa.

Not only do these simple combinations provide you with fuel to manage your busy day, they also help you meet your needs for fibre, protein, and fruits and vegetables. They also provide micronutrients, vitamins and minerals that help prevent deficiencies that are common in chronic kidney disease. Balancing your meals in this way

can improve your blood sugar control, heart and digestive health. It can also provide more opportunities to keep our muscle mass intact.

Making meals easy, delicious, nutritious, and cost-effective are the key ingredients to achieving overall health and meeting your nutrition goals.

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What seniors need to know about the latest

TECHNOLOGY

With technology evolving year-over-year, it's essential for seniors to stay informed on the latest innovations that can enhance their lives. From simplifying daily tasks to improving health and safety, modern technology offers many benefits tailored to the needs of older adults.

Here are four of the most important new technological advancements that seniors should know about.

AI-POWERED COMPUTING

One of the most significant advancements in recent years is the development of computing powered by artificial intelligence (AI), such as Intel-powered laptops, called AI PCs. These are computers that have AI built into their processors – also known as the brain of the computer – which optimizes performance, enhances security and provides a more personalized experience. For seniors, this means a computer that learns from their usage patterns, making it easier to navigate and perform tasks. Whether it's video-calling family members, managing finances or enjoying entertainment, AI PCs offer a more user-friendly and secure computing experience.

SMART HOME DEVICES

Smart home devices are designed to make daily living more convenient and secure. For seniors, this can mean everything from voice-activated assistants that can set reminders and answer questions, to smart thermostats that automatically adjust the temperature for optimal comfort. Additionally, smart security systems are easy to use and can provide peace of mind by monitoring your home and alerting for any unusual activity.

HEALTH AND WELLNESS TECHNOLOGY

Health and wellness technology has made significant strides, offering seniors tools to monitor their health and stay active. Wearable devices can track vital signs, remind users to take medication and even detect falls, automatically alerting emergency contacts if needed. Telehealth services also allow seniors to consult with health-care providers from the comfort of their homes, making it easier to manage chronic conditions and receive timely medical advice.

SOCIAL CONNECTIVITY TOOLS

Staying connected with loved ones is crucial for mental and emotional well-being. Modern technology offers various tools to help seniors stay in touch. Video calling apps, social media platforms and even virtual reality experiences can bridge the gap, allowing seniors to maintain relationships and participate in social activities without leaving their homes.

Stay informed and discover how modern technology can make life easier and more enjoyable. Learn more at intel.com/aipc.

– News Canada





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RESIDENTIAL HOSPICE SERVICES

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

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.



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.

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.



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.

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.



SUPPORTIVE CARE AND GRIEF SERVICES

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

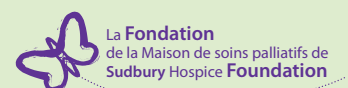
PROGRAMME DE SOUTIEN ET DE DEUIL

Notre équipe est disponible 24h/24 et 7j/7 pour vous accompagner tout au long du parcours de fin de vie et après. Les suivis téléphoniques, des programmes de rétablissement après le deuil, des groupes de discussion et des supports individuels de soutien de deuil sont offerts à la communauté.



1028, chemin South Bay Rd, Sudbury, ON P3E 6J7
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www.maisonsudburyhospice.org



YOUR LOCAL HOSPICE: DID YOU KNOW...?

By Julie Aube

Here in Sudbury and Districts, we are blessed to have access to one of the first – and currently the largest – hospice palliative care service providers in Ontario!

What makes us the largest?

- We have the largest single-site bed capacity with 20 beds including 1 pediatric and 6 “short-stay” beds.
- We offer Community Hospice Palliative Care services supporting up to 70 people at any given time who have chosen to die at home.
- We have a team of skilled Supportive Care Associates who provide supportive care to our residents and families as well as grief support to anyone grieving the loss of a loved one.
- We provide a Children’s Grief Support program focused on children aged 8 to 12 years who have lost a parent or sibling.
- We provide Visiting Hospice services - sending seasoned volunteers to provide companionship and caregiver relief wherever you call home.
- We host interdisciplinary palliative care education sessions for healthcare workers during the year and also provide general education sessions about our services and Advanced Care Planning concepts to our community members upon request.



Julie Aube,
CPA, CMA,

Executive Director at
Maison McCulloch
Hospice

What are “short-stay” beds?

Short-stay hospice beds are available to people in their last 12 months of life – with physician referral - for up to a 30-day stay. There are 3 primary reasons to access a short-stay bed here at hospice:

- **Caregiver education:** let our nurses, PSWs and physicians teach you the medication administration and personal care techniques you need to know to be able to take care of your loved one at home.
- **Caregiver relief:** our team will care for your loved one temporarily, giving the primary caregiver time for self-care and a rest.
- **Unstable pain/symptom management:** symptoms may become difficult to manage as the journey progresses. Let our team try new interventions and monitor to provide maximum comfort when discharged back home.

How much do these services cost?

Maison McCulloch Hospice is proud to offer all of the above-mentioned services AT NO COST to our residents and clients thanks to the ongoing generosity of our community members! Every year, the **Sudbury Hospice Foundation** must raise over \$1M to cover the **operational costs**. Together, we accomplish this through a number of signature events and draws:

- Monthly 50/50 draw www.hospicehug5050.ca (lottery license number RAF 136 7560)
- Annual Hike for Hospice in May
- Care-A-Thon radio broadcast fundraiser in July
- And more!

If you would like to learn more about our services, or simply support the hospice in its work, go to www.maisonsudburyhospice.com.



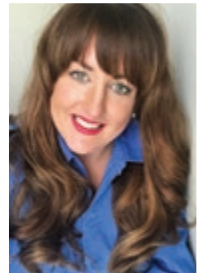
START LIVING WHAT YOU LOVE NOW... BREAK THE RULES.

By Kerrie Michelutti

One of the most common things I hear from clients is, “I know you shouldn’t do X because of X.”

X could be anything from where to use dark colours, small spaces need linear lines, we shouldn’t put blues and greens together. You name it, I have heard it. And to all the rule followers out there, I say throw out the rule book and let’s have a discussion.

The great news is that there are so many visuals out there to support your ideas that you have, and if you continually look at black fixtures, or pattern cushions, or brightly painted doors, it may mean that you actually like them. Listen to your heart and incorporate them into your décor. If you don’t know how to do this, hire someone. There are so many talented people that have vision and the ability to bring it all together.



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio

*There is always
room to select
items that are
neutral and
balance the
other elements
that are fun*

Another common phrase I hear is, “I want to love it in 20 years.” Ok, fair enough. It is a big investment so you want to make smart choices, but think about the person you were 20 years ago. Would that person pick the same selection as you did today? Probably not.

Pick for the next 5 years and let’s see what happens. There is always room to select items

that are neutral and balance the other elements that are fun. Let go of the crystal ball and start living what you love now.

I love to see people happy and enjoying themselves and that may mean that your house is different from your neighbors. That’s ok!! You need to love the space you are in and embrace your taste. Some rules make sense, but like everything else in life, it isn’t black or white.



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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.

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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