

CAREGIVER CORNER



Welcome to our Caregiver Corner Newsletter. Each quarter, we share thoughtfully selected information and resources to support you in your caregiving journey. We understand that caregiving can be both meaningful and demanding, often filled with quiet challenges that go unseen. Our hope is that these resources offer encouragement, practical support, and a reminder that you are not alone in this important and often unrecognized work.

Every Step Counts: Supporting Your Health Through Movement

As we enjoy the longer days and warmer weather of June, many of us naturally feel inspired to spend more time outdoors. **June is Seniors Month in Ontario**, and this year's theme, "Let's Get Moving," is an important reminder that staying active benefits everyone—including family caregivers.

Caregiving can be physically and emotionally demanding, making it difficult to prioritize exercise. However, even small amounts of movement can improve mood, reduce stress, boost energy, and support overall health. While the goal is 150 minutes of moderate activity each week, every bit of movement counts.

If a workout doesn't fit into your day, try incorporating movement into your routine:

- Take a short walk while your loved one rests or invite them to join you.
- Stretch during everyday activities, such as waiting for the kettle to boil or during TV commercials.
- Turn household chores or meal preparation into opportunities to move more.
- Break activity into smaller sessions—even three 10-minute bursts can make a difference.



Physical activity doesn't have to be all or nothing. Small, consistent choices can have a significant impact on your health and well-being.

This summer, challenge yourself to find one small way to move more each day. **Looking after yourself isn't selfish - it's an essential part of sustaining your ability to care for others.** After all, every step counts.

Low-Cost Options for Moving Outdoors this Summer

• Explore your local waterfront trail:

- [Bronte Heritage Waterfront Park \(Oakville\)](#)
- [Spencer Smith Park \(Burlington\)](#)
- [Lakefront Promenade Park \(Mississauga\)](#)

• Walk a rail trail:

- [Caledon Trailway](#)
- [Cambridge to Paris Rail Trail](#)

• Visit Parks and Conservation Areas:

- [Water Works Park \(Oakville\)](#)
- [Burloak Waterfront Park \(Burlington\)](#)- 5420 Lakeshore Rd.
- [Rattray Marsh Conservation Area](#)
- [Ontario Conservation Areas](#)

• Join a walking group:

- [Oakville Green Connections for adults 55+](#)
- [Sole Sister Ramblers](#)
- [Walk with a Doc \(Mississauga\)](#)
- [Walk with a Doc \(Hamilton\)](#)



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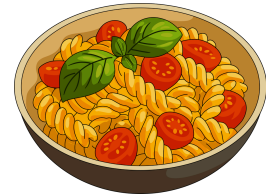
Remember!

You don't need to hike ten kilometres or spend hours at the gym to experience the benefits of movement. A 15-minute walk around your neighbourhood, a stroll through a local park, or a visit to a nearby trail can reduce stress, boost energy, and provide a much-needed opportunity to recharge. Sometimes, stepping outside for a breath of fresh air is one of the simplest and most powerful acts of self-care.

Easy Summer Recipe

Calling all pasta lovers! This quick and easy pasta recipe is ready under 30 minutes and only requires seven ingredients! Let us know if you try it!

[Penne with Sun-Dried Tomato Pesto](#)



July - August Caregiver Education

This July and August, we will focus on how to better connect with and understand our care partners living with dementia. Click on the titles below to find out more and register for our summer sessions.

Tuesday, July 14, 1 to 2pm: [Managing Behaviours related to Dementia](#)

Tuesday, August 11, 11am to 12pm: [Beyond Basic Care: Meaningful Engagement and Brain Health in Everyday Life](#)

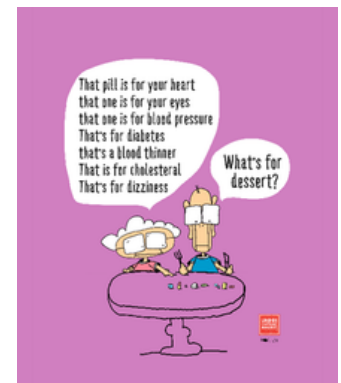
Previous Caregiver Education Events

This spring, we explored the caregiver journey and how we can better balance caregiving by looking at it in stages. We were also fortunate to have two wonderful speakers join us to speak on important topics such as capacity assessments and managing medication safely. For those of you who missed these events, click on the titles below to get caught up!

[Understanding the Caregiver Journey \(April 21\)](#)

[Understanding Capacity: A Guide for Caregivers \(May 12\)](#)

[Managing Medications with Confidence: A Caregiver's Guide to Safety \(June 25\)](#)



As summer begins, we hope you find time to enjoy the sunshine, connect with loved ones, and do the things that bring you joy. Remember, caring for yourself is an important part of caring for others.

Have a suggestion for caregiver education or just want to connect? Reach out to us at info@regionallearningcentre.ca

Thank you for being part of our Caregiver Corner community. We look forward to bringing you more helpful resources, educational opportunities, and supports in our next newsletter coming this September!