

Aging with Autonomy

Sunday, May 31, 2026

Convergence Centre, Western Research Park

9:50 AM-Welcome and Opening Remarks – Gustavo (Gus) Lay

Funeral Director Assistant, Certified Celebrant, and experienced public speaker, Gus will serve as Master of Ceremonies, guiding us through a day of learning, connection, and community conversation.

10:00 – 10:12-Michele Bolton – MY911 Inc.

Safety, Technology, and Planning Ahead
www.my911.ca

10:12 – 10:24-Taylor Renken – Seasons Retirement Communities

Senior Living and Transitions
www.seasonsretirement.com

10:24 – 10:39-Break / Vendor Visits

10:39 – 10:51-Mona Fulmer – ONESource Moving Solutions

Downsizing and Moving with Care
www.onesourcemoving.ca

10:51 – 11:03-James Chalmers – Home Instead London

Home Support and Caregiving
www.homeinstead.ca

11:03 – 11:18-Break / Vendor Visits

11:18 – 11:48-Matt Bellia – Step Sciences

Mobility, Balance, Foot Health, and Maintaining Independence
www.stepsciences.com

11:48 – 12:00-Pete and Jessie – The Rep Room

Strength, Mobility, Recovery, and Aging Well Through Movement
www.thereproomlondon.com

12:00 – 12:12-Chris Graham – The Realty Firm

Aging Safely and Maintaining Independence

www.sellinglondonhomes.ca

12:12 – 12:27-Break / Vendor Visits

12:27 – 12:39-Dr. Paul Catania – Catania Chiropractic Centre

Aging, Health, and Prevention

www.cataniachiropractic.com

12:39 – 12:51-Roberta MacNeil – Thames Valley Cremation Services

End-of-Life Planning and Support

www.thamesvalleycremation.ca

12:51 – 1:00-Audience Transition

1:00 – 1:30-David Amin – Amin Law Professional Corporation

Wills, Powers of Attorney, Estate Planning, and Legal Preparedness

www.davidaminlaw.com

1:30 – 1:42-Belle Lumani

Bringing both professional and lived experience in caregiving, healthcare navigation, advocacy, and grief support, Belle helps individuals and families navigate life's most challenging transitions with compassion and understanding.

1:42 – 2:02-Denise Bedard – Caregiver Strong Institute

Gerontologist, healthcare leader, and PhD candidate dedicated to helping older adults, caregivers, and families navigate aging with dignity, autonomy, and support.

2:02 – 2:17-Break / Vendor Visits

2:17 – 2:29-Michelle Clermont – Caring Moment

Caregiving and Compassionate Support

www.caringmoment.ca

2:29 – 2:41-Sam Vander Schelde – This Thing Called Grief

Grief, Caregiving, and Supporting Families Through Change

2:41 – 2:53-Karla – Delta Hotels by Marriott London Armouries

Celebrations of Life and Changing Traditions

www.deltaarmouries.com

2:53 – 3:05-Glenda Cummings – Venvi Windermere on the Mount

Aging with Autonomy and Community Support

www.cogirseniorliving.ca/retirement-home-london-ontario/venvi-windermere-on-the-mount.com

3:05 – 4:00-Networking, Vendor Visits, and Community Conversations

Admission is Free

Explore resources, services, and supports that help individuals and families plan ahead, navigate change, maintain independence, and make informed decisions about aging, caregiving, health, grief, and end-of-life planning.

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