



Presents

# Compassionate Care for Older Adults

Navigating End of Life Challenges with  
Dignity and Respect

## 2025

### Grief and Bereavement Symposium

Date: **Wed. April 9, 2025**

Time: **8:30 am - 3:30 pm**

Where: The Armoury,  
89 Mosley St, Aurora, ON  
L4G 1V9



**Keynote Speaker:**

**Sue Lantz**

BA, MPA Managing Director  
Collaborative Aging

# Register NOW!



Cost: **\$100.00 Professional**  
**\$70.00 Volunteer**  
**\$720.00 Table of 8**

\* Continental Breakfast and  
Lunch provided

Visit [mypalcare.org/palcaresymposium](https://mypalcare.org/palcaresymposium) for  
registration and more information



# Compassionate Care for Older Adults Navigating End of Life Challenges with Dignity and Respect

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**Sue Lantz, BA, MPA**, is the Managing Director of Collaborative Aging. She is a recognized expert in policy, service design, and innovation within the fields of healthy aging and sustainable caregiving.

Over the last few decades, Sue has led initiatives in various parts of the health and community system for elders including, housing, home care, community care, rehabilitation, palliative care, dementia care, and long-term care.

Collaborative Aging offers educational and navigational resources that inspire and inform navigational choices about housing, healthcare, and caregiving with the goal of successful transitions during later life.

In 2020, Sue released a user-friendly workbook, called, *Options Open: The Guide for Mapping Your Best Aging Journey* ©. The Options Open Guide and the accompanying five-part workshop series provides a framework for proactively planning and arranging various aspects of the later life journey, including advanced care planning and conversations.

For more information visit:  
[www.collaborativeaging.com](http://www.collaborativeaging.com)

# Keynote Speaker



**Sue Lantz**

# Guest Speakers

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## **Grief and Bereavement: Supporting Older Adults Through Loss**

After working some years in education and guidance, Wendy transitioned into Hospice Palliative Care, in her local community hospice creating a Grief and Bereavement program. She continued her education at King's College in London Ontario and increased her scope of practice to include palliative care and end of life support. After completing her Masters in Counselling Psychology, Wendy continued work in hospice and also worked as a facilitator/educator for the York Regional Police and York Region Victim Services.

For the past 30 years Wendy has supported hospices with education, advocacy and counselling in Palliative Care, Grief, Traumatic Loss, Anxiety and Depression.

As a Registered Psychotherapist, Wendy currently works in private practice and continues to assist individuals navigating difficult challenges in life.



**Wendy Graham**

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## **Strategies for Communicating with Older Adults on Difficult Topics**

As the CEO of CanAge, Laura Tamblyn Watts embodies a commitment to the betterment of elder care and seniors' rights. Laura's dedication is evident through her work in law, academia, and policy. A BC Bar member since 1999, she has held leadership roles such as National Director of the Canadian Centre for Elder Law and Chief Public Policy Officer at CARP. As an Assistant Professor at the University of Toronto, she shapes future professionals. Recognized with a Community Leadership in Justice Fellowship, she has extensive governance experience, including roles with CIRO and IIROC. Laura serves on multiple boards, including Elder Abuse Prevention Ontario and PACE Independent Living. She contributes to long-term care standards and speaks globally, with over 4000 interviews since 2020 and a book released in April 2024, "Let's Talk About Aging Parents: A Real-Life Guide to Solving Problems with 27 Essential Conversations".



**Laura Tamblyn Watts**

# Expert Panel



**Dawn Knight, RN, BScN,  
CON(C),**  
Palliative Care Clinical  
Coach



**Christina Bisanz**  
CEO of CHATS

— Moderator —



**Laura Tamblyn Watts**  
CEO of CanAge



**Natalie Kedzierski**  
Deputy Chief, York Region  
Paramedic Services



**Dr. Katie Mulhern**  
Medical Director of Margaret  
Bahen Hospice



# COMPASSIONATE CARE FOR OLDER ADULTS

## NAVIGATING END OF LIFE CHALLENGES WITH DIGNITY AND RESPECT

# Agenda

**8:30 AM - 9:00 AM**

Registration and Breakfast

**9:00 AM - 9:15 AM**

Welcome - **Leiah Shea**

Land Acknowledgement - **Sarah Feiner**

**9:15 AM - 10:30 AM**

Compassionate Care for Older Adults  
Navigating End of Life Challenges with Dignity  
and Respect  
**Sue Lantz - Keynote**

**10:30 AM - 10:45 AM**

Break

**10:45 AM - 11:45 AM**

Grief and Bereavement: Supporting Older  
Adults Through Loss  
**Wendy Graham**

**11:45 AM - 12:00 PM**

Stretch and Music/Meditation  
**Sarah Feiner**

**12:00 PM - 1:00 PM**

Lunch

**1:00 PM - 2:00 PM**

Strategies for Communicating with Older  
Adults on Difficult Topics  
**Laura Tamblyn Watts**

**2:00 PM - 2:15 PM**

Break

**2:15 PM - 3:30 PM**

**Expert Panel**  
Moderator Laura Tamblyn Watts  
Christina Bisanz, Natalie Kedzierski,  
Dawn Knight, Dr Katie Mulhern

**3:30 PM**

Draw and Closing