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Employment and Social Development Canada
New Horizons for Seniors Program
P.O. Box 538 Station Don Mills
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To whom it may concern,

I am writing as MPP for London West to express my strong support for the application submitted by LHPC Community House Foundation for the project Learning to Care Differently: Turning Pain into Purpose under the New Horizons for Seniors Program 2026.

In my community office, I hear often from caregivers who are struggling, both mentally and physically, with managing the demands of caring for a loved one. It can be particularly difficult for seniors, especially those facing their own health challenges at the same time, making caregiver burnout all too common among older adults.

Despite the critical role that family caregivers play in our communities, caregiver-specific supports can be difficult to find and access, and there are few programs in London that offer meaningful opportunities to strengthen caregivers' health and well-being. This project aims to address that gap, offering participants the opportunity to build support networks by engaging in peer gatherings, storytelling workshops, and peer mentoring, as well as digital literacy sessions and volunteer leadership opportunities. It is a truly comprehensive approach to building both confidence and community among caregivers who too often navigate their responsibilities alone.

For senior caregivers, the program reduces social isolation, promotes leadership, and improves their ability to navigate and partner with the healthcare system. When caregivers are better informed and better supported, the care experience is improved for them and the people they support. By building sustained peer and professional relationships, this project fosters the kind of community infrastructure that makes caregiving sustainable over the long term. This project will strengthen our entire community by contributing to healthier individuals and a more resilient care system.

I offer my full support for Learning to Care Differently: Turning Pain into Purpose, and appreciate your consideration of LHPC Community House Foundation's application. I look forward to the approval of funding for this worthwhile and much-needed initiative.

Sincerely,

Peggy Sattler, MPP
London West

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