

## Kimberley Lugsdin, BA

Across every chapter of her career, **Kimberley** has been guided by compassion, resilience, and her unwavering belief in the power of human connection. Whether she is supporting seniors, leading teams, or creating community partnerships, Kimberley shows up with a genuine heart and a commitment to making people feel seen, supported, and valued.

Kimberley's deep connection to caregiving began more than **20 years ago**, when her mother was seriously injured in an automotive accident. Overnight, Kimberley became not only a daughter, but an advocate, care coordinator, emotional anchor, and fierce protector. Navigating hospitals, long-term rehab, community programs, and the ongoing challenges of recovery gave her a profound understanding of what families truly need during difficult times. This experience shaped her purpose: to help others feel less alone and to make care systems easier, kinder, and more human.

Professionally, Kimberley is a versatile and people-focused leader with over **15 years of experience** across senior care, therapeutic recreation, hospitality, and entrepreneurship. She has supported older adults in long-term care, retirement living, and adult day programs—most recently at **Shepherd Village, Newmarket Health Centre, and Scarborough Retirement Residence**—where she helped enhance the physical, cognitive, and emotional well-being of **300+ seniors each year**. Her programs are known for their warmth, creativity, and ability to spark joy, connection, and dignity.

Before moving into health and wellness work, Kimberley spent a decade in Toronto's hospitality and event industry, excelling in leadership roles at **Capocaccia Trattoria, Pusateri's Fine Foods, and Horizons Catering & Special Events** at Centennial College. Her strengths in service excellence, relationship-building, and team mentorship allowed her to elevate guest experiences and lead events serving more than **10,000 people**.

Her entrepreneurial spirit led her to create **two successful businesses**:

- **Kimberley's Own Natural Wholesome Foods**, a gluten-free product line that grew by **150% in its first year** and reached **45+ retailers**, and
- **Catering by Kimberley Inc.**, a boutique catering company known for its heart-centered service and loyal client base.

Kimberley holds a **Specialized Honours BA in Kinesiology**, along with certifications in **Geriatrics, Seniors Fitness, and Event & Meeting Management**. But what truly defines her isn't just her education or experience—it's her heart. Her life journey as a caregiver fuels everything she does: her empathy, her patience, her advocacy, and her belief that every person—no matter their age or circumstance—deserves to feel supported and valued. Today, Kimberley continues to seek opportunities where she can bring people together, support families, uplift seniors, and build stronger, more compassionate communities. She is driven by the same guiding truth that has carried her through life: **connection heals, and kindness changes everything**.