

Profiling Exceptional Caregivers - Meet Nina Restauri

For Nina Restauri, these are the first days of the rest of her life.

The 50-year old Stoney Creek resident was honoured in September as part of HNHB CCAC's *Heroes in the Home* caregiver recognition program.

When Nina's father-in-law Vittorio was deemed palliative last year, she spent months looking after her in-laws. At the same time, Nina's husband Dino had been dealing with his own health issues. Nina was happy to care for her family, providing loving support day and night.



HNHB CCAC Care Coordinator Robyn Young said Nina only requested respite time so she could get out with her husband during the week as they were no longer living in the same house.

Life changed forever for the Restauri family when father-in-law Vittorio passed away April 1. Shortly after that, Nina's husband Dino died suddenly on April 16.

Nina says the past year has been a rollercoaster of emotions for her family including son Michael. "Some days we just sit and cry and wonder why things happened the way they did."

Nina is happy for the support she received from HNHB CCAC during the difficult final days. "The whole team was amazing."

Eight months later, Nina is still recovering and focusing on her own care. She says taking care of herself was the first thing she started doing after a medical checkup revealed concerns about her blood pressure.

"I let myself go and now enough is enough. I've lost 20 pounds so far and because I have the other half of my life to go, I'm going to take care of myself."

For Nina, it's a different way of life. "It's a start," said Nina. "It definitely takes time and I will have to try to stay as positive as possible."