

February: A Month Celebrating Love, Family and Caregiving

By Yona Lunsky

Ah, February! Who cares?

It is a month of mixed emotions. It's cold, we're tired of winter, and we're eager for spring. But February is also a month about love and family—with Valentine's Day, followed closely by Family Day, a much-appreciated long weekend, perfectly timed to help us get through the last stretch of winter before spring arrives.

I still remember Ontario's first Family Day. My kids were very young and we spent the day at the Eaton Centre in downtown Toronto. We had lunch at Mr. Greenjeans, a favourite restaurant from my childhood, and then they ran around in the big bookstore, full of excitement. It was a day all about being together as a family.

This February, I find myself thinking a lot about family and caregiving. Over the past few weeks, I have been listening to [Who Cares: A Podcast About Caregiving in Canada](#), an eight-part series from the Canadian Centre for Caregiving Excellence (CCCE). Hosted by Melissa Ngo, a sibling caregiver like me, the podcast shines a spotlight on the often unseen realities of caregivers and care providers across Canada. Each episode explores a different caregiving theme, featuring multiple voices and perspectives. They tackle big topics and don't mince words!

Even after years of studying caregiving and reflecting on my own experiences as a caregiver, this podcast has made me think differently. It has helped me make new connections and reflect on my caregiving journey in a new way.

In the very first episode, Melissa introduces us to her brother and the strong bond they share, both the love and the challenges. By episode three, we meet two more siblings, Helen and Terrence, whose experiences resonated deeply with me. Their stories made me reflect on how my role as a sibling caregiver shaped my identity from an early age. Some parents I know also listened to this episode and began reflecting on how they navigated sibling relationships in their own families. Did they handle things in the right way? Did they make the right choices? Could they have done something differently?



These questions highlight the importance of careful, care-full conversations about caregiving. Talking about caregiving issues is never easy, but it is essential. The *Who Cares* podcast highlights the importance of building spaces that allow for these care-full caring conversations between people who have different caregiving roles—siblings and parents, family caregivers and paid care providers, caregivers and care recipients. I say ‘careful’ because some of these topics are hard to talk about together. And I say ‘care-full’ because we want to talk about them—they matter so much to us.

Melissa ends episode 6 with a powerful reminder: *“Who cares? We care. Me, you, every single person across this country”*. Caregiving isn’t just about the individual receiving care; it’s about creating a caring community. And just like those receiving care, the caring community itself needs to be nurtured.

So, how do we start these conversations? How do we bridge the gap between perspectives that don’t always agree with one another? How do we learn, unlearn, and grow? We do it kindly, slowly, and gently—with love.

Looking Ahead: A National Caregiving Strategy

We didn’t always have Family Day in Ontario; it was introduced in 2007. Now, we celebrate it every year, right after Valentine’s Day. Similarly, Canada has never had a national caregiving strategy, but that is about to change. This February, the CCCE will unveil a national caregiving strategy for Canada, a critical step in recognizing and supporting caregivers across the country.

So, who cares? And what should we do about it?

I know what I’ll be doing. On February 19th, I’ll be attending the upcoming CCCE webinar to learn more about the National Caregiving Strategy and hear directly from caregivers who helped shape it. Join me, and let’s work together to create a future where every caregiver feels seen, supported, and valued.

Learn more:

[Webinar: A National Caregiving Strategy for Canada](#)

Date: February 19, 2025

Time: 1:00 pm – 2:30 pm EST

[Webinar Registration](#)