

Why Natalie Sweet's Family Continues to Support Emily's House

By Cindy and Brian Sweet, in memory of their daughter Natalie



In Memory of Natalie Sweet. Thank you to the Greater Toronto Sewer and Watermain Contractors' Association for \$6,415 raised through an employee golf tournament, and cheque presented by Robert D'Amico. Thank you to Maria Bell for \$4,519 raised through the Butterfly Kisses Fundraiser. Plus friends and family of Cindy and Brian Sweet who donated privately in memory of Natalie.

Left to right: Jennifer Kroezen, Robert D'Amico, Cindy Sweet, Sandra Ross and Brian Sweet.

In our darkest moment their door was a shining beacon of hope... This is why my family and friends continue to do all that we can to raise funds for Emily's House.

We would love to see a swing set in the yard at Emily's House. A place where families can go and laugh and enjoy the outside, even kids in wheelchairs! Let's bring the love and laughter of Emily's House outside too! This is our vision for our future fund raising events that we do for Emily's House and we can't wait to get started.

(See Natalie's story on page 1)

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Congratulations to Canadian actor Stephen Amell, the Green Arrow, named a *2015 Torontonians of the Year*. Amell was also "*Man of the Year*" for Emily's House. The 2015 WWE Summerslam Amell versus Stardust wrestling event t-shirt raised \$300,000 for our children's hospice. Rumours are that there may be a singles rematch with Stardust...

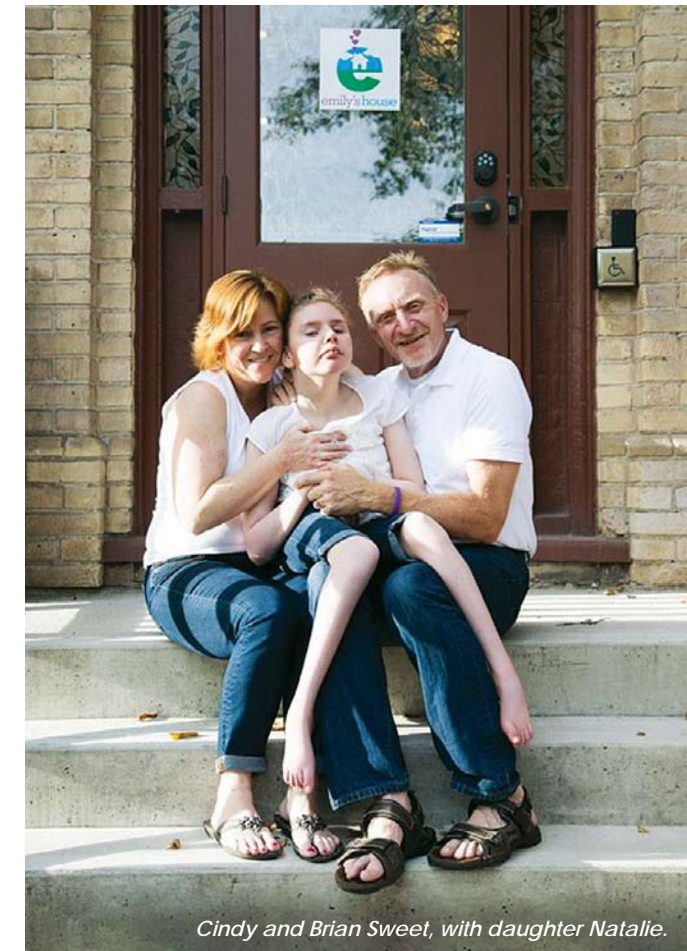


Heart-Link: "What would we have done if there was no Emily's House, or the beds were full?"

By Cindy and Brian Sweet, in memory of their daughter Natalie

One common thread we all share as human beings is that we all have a time to die: none of us can escape it. Yet no one wants to talk about it. It can be frightening. You especially never think you will be facing the death of your child. It was shocking to learn how few options you really have once death comes knocking at your door. Emily's House not only gave Natalie the peaceful and dignified ending that she deserved, they also gave us hope; hope in knowing that they would be there to help us through our grief, and to provide all the support we needed as a family during her palliative care. Emily's House helped us make memories of our time there with family photos, a family hand plaque and a "memory tree" showing all her visitors. These are items we treasure beyond measure now. We are so grateful to all the staff for making us feel at home, for their unending support and great hugs during our most difficult time. I know we would not be where we are now in our grief if there was no Emily's House. Natalie's story would of have had a very different ending. In our darkest moment their door was a shining beacon of hope.

We are so grateful to all the staff for making us feel at home, for their unending support and great hugs during our most difficult time.



Cindy and Brian Sweet, with daughter Natalie.

To receive our newsletter electronically, to be taken off our mailing list, or to add your email to our bi-monthly eNews, please contact info@philipazizcentre.ca.



www.philipazizcentre.ca | Phone: 416-363-9196 | Fax: 416-363-6983
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YES! I would like to support compassionate, hospice and palliative care!

I would like to give a one-time donation of: \$300 \$150 \$75 Other \$ _____

A monthly gift of \$ _____ to be: charged to my credit card direct bank withdrawal

Please give today to support the following programs:

- In-home Volunteer Visiting Hospice Program
- Emily's House
- Children & Families Programs
- Spiritual/Bereavement Program
- Wherever the need is greatest

Emily's House and the Philip Aziz Centre for Hospice Care provide respite and palliative care for children and adults living with life-limiting illnesses and their families: **compassionate care, when there is no cure...**

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(Charitable registration # BN 89422 8063 RR0001)

Name: _____

Address: _____

City: _____ Prov.: _____

Postal Code: _____ Tel.: _____

Email: _____

Cheque (Please make cheques payable to Philip Aziz Centre)

Credit Card VISA MasterCard

Card #: _____

Exp.: _____ Signature: _____

To donate online www.philipazizcentre.ca
(Tax receipts will be provided for donations over \$20)



PHILIP AZIZ CENTRE
FOR HOSPICE CARE



emily's house
Children's Hospice

Inside this Issue:

What's New	2
Volunteers	2
Special Thanks/Fundraising Events	3

For more, visit: www.philipazizcentre.ca or <https://www.facebook.com/PhilipAzizCentre/>.

From the C.E.O.'s Desk's: Rauni Salminen

We know hospice palliative care is humane, cost effective, ethical care that helps people live well until the natural end of life. It happens in homes, residential hospices, long-term care facilities, and hospitals, depending on the complexity of care required. Still, each year, thousands of Canadians suffer unnecessarily because they do not have access to palliative care. At Emily's House/PAC, along with our health care partners, we strive to ensure that good palliative care is available: care that ensures pain is managed, and psychological/emotional/spiritual needs are attended to, caregivers are supported, and clients are surrounded by a circle of support.

More than ever, we need to hear the voices of those in palliative care, advocating at all levels of government for timely and equitable access to quality end of life care for all Canadians.

What's New:

- The **Ministry of Health** is committed to ensuring equitable and timely, access to palliative care. As residential hospices across the province, we continue to participate on provincial and local working groups, seek opportunities to collaborate and identify efficiencies, as well as advocate among Ministry and political leaders to ensure the future sustainability of residential hospices. Fortunately, we are having success, and developing new relationships that give reason for optimism.
- As more and more care is being delivered in the community and Emily's House, we are creatively looking at ways to meet growing demands through partnerships with other hospices, agencies and institutions. Notable new pilot projects include: one with **CCAC** and **Hospice Toronto** for the provision of

timely access to community hospice supports throughout Toronto; and, a joint volunteer training with **HIV/AIDS agencies** to improve care for children and adults.

- The **Recreation Dream Space in Memory of Odd Sock Ollie**, funded by **The Fyfe Foundation**, is now open at Emily's House. A **New Family Resource Centre**, sponsored by the **Toronto East Rotary Club**, will be installed on the third floor at Emily's House as a library of books and video resources for parents, caregivers, families to support them through their journey of care and bereavement. And, the city park and wheelchair accessible green space next door is finally open, and will provide recreational fun this spring!

Thank you to our Emily's House / PAC Volunteers



Our appreciation goes out to our volunteers who have been visiting their regularly-scheduled clients, delivering food and gift hampers, supporting events, and putting in extra volunteer hours over the holidays to spend time with individuals who often feel mixed emotions at that time of year. Special thanks to Vuso, Philip, Lesley, Dexter, Adam and Lauren who joined the **Toronto HIV/AIDS Network** on behalf of PAC in a special city-wide training pilot project.

Our **Youth Advisory Council (YAC)** played, sang, prepped, cleaned and entertained at fall and winter celebrations with our client families at Emily's House. They have started planning their participation in the spring Hike for Hospice, and are ready to fundraise!

The Volunteer Program held its first **Volunteer Skills Share**. Volunteer Afrinda Lord, an Art Therapist by trade, hosted a very special therapeutic/creative arts night for the volunteers. It was a time for self-care and team building. Thanks Afrinda for hosting, and to Sandra, Adam, Dennis, Jenny, Heidi, Elsie, Gillian and Karina for coming out to the event!

Upcoming Volunteer Events and Training

- **Schedules** are posted on our web and Facebook pages, including: movie nights; Explore and Tour events with Heather at Emily's House; and Volunteer Skills Share
- **Nights**, where professional volunteers share knowledge with other volunteers.
- **Coming soon:**

- **Hospice Volunteer Training for the Children's Program**, March 21st – April 4th, 2016.

- **Hike for Hospice**, Sunday, May 1st, 2016 – volunteers needed!

For more volunteer updates, visit: www.philipazizcentre.ca/already-a-volunteer, or <https://www.facebook.com/PhilipAzizCentre/>

Special Thanks:

Thank You, Master Chef Massimo



Chef Massimo hosted a successful Master Chef Dinner event for Emily's House in 2015. He shared regional secrets to mouth-watering risotto, and his heart for children's hospice care. Thank you, also to sponsor **Inniskillin** for wine pairings for each delectable course.

Thank You to our Gala Volunteer Committee... for Jazz it Up for Emily's House

Co-sponsored by **Agnico-Eagle Mines** and **Kinross**, our annual gala raised \$100,000 above goal. Special thanks to our Gala Volunteer Committee, and to all the spontaneous donors who pledged "A Day of Care at Emily's House."



Events for Your Calendar:



Toronto Hike for Hospice, Sunday, May 1st, 2016

Riverdale Park West, 201 Winchester St., Toronto

Join us this year and help raise awareness and essential funding for hospice care. After the 5KM hike/2 KM walk, enjoy live music, a barbecue, scavenger hunt, and fun for all ages at this dog friendly fundraiser.



Healing Cycle Ride, Sunday, June 26th, 2016

Brampton Fall Fair Grounds, 12942 Heart Lake Road, Caledon

Along with other teams, Team Emily's House / Philip Aziz Centre cycle the distance for hospice care. Anyone can join our team of cyclists, and help raise funds for our hospice programs!



Host Your Own Fundraising Event

If you, your baseball team, department at work, school group or collection of friends are considering hosting a fundraiser for Emily's House / PAC, please contact us.



MONTHLY DONOR PROGRAM:

Monthly giving is the most cost-effective way to donate. Your monthly donations will provide year-round programming, care and support for our clients and families.

For more fundraising / event updates visit: www.philipazizcentre.ca or <https://www.facebook.com/PhilipAzizCentre/>