

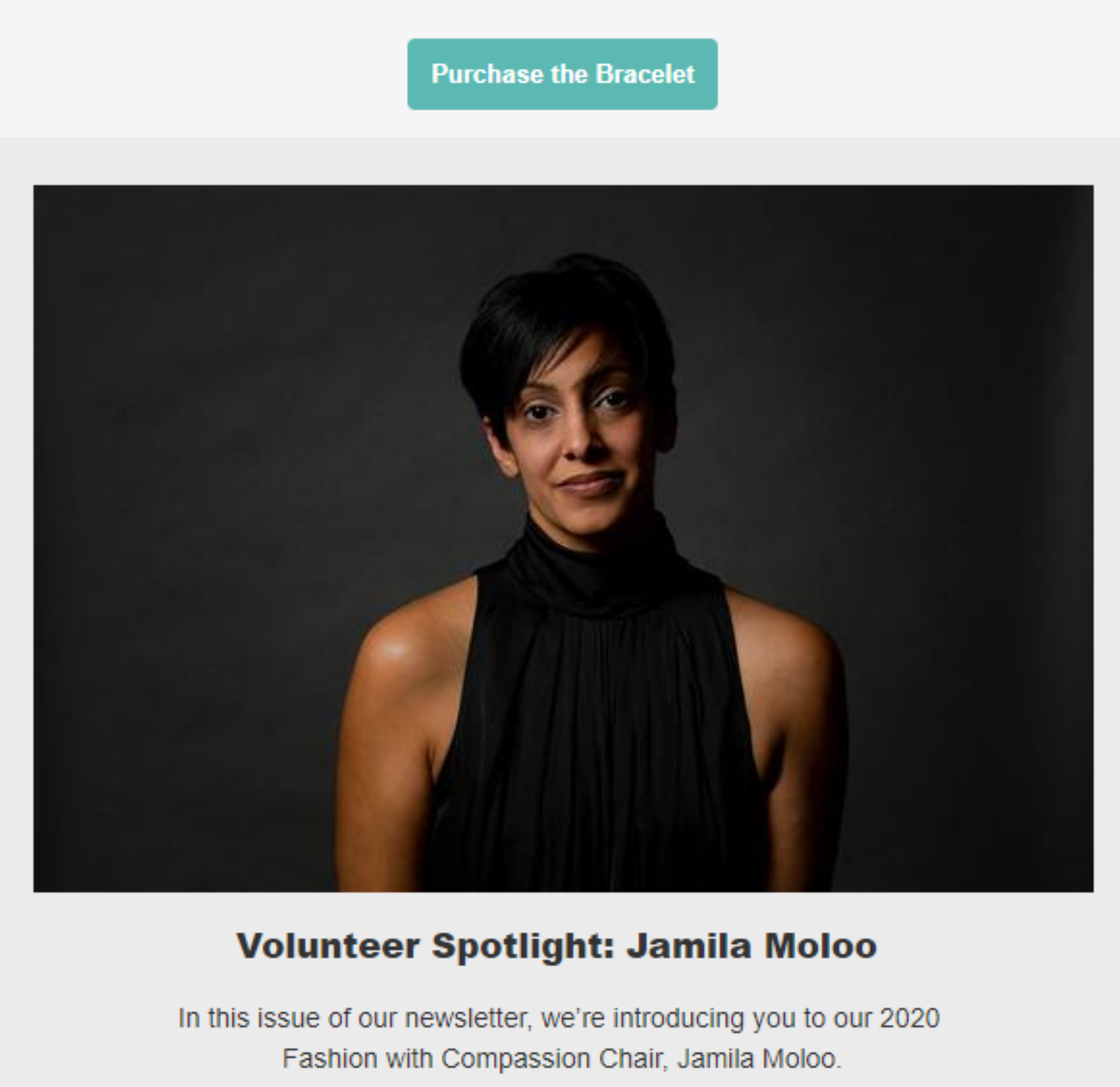


compassion
house FOUNDATION

WELCOME

Spring is just around the corner and we are thrilled to share this quarter's newsletter. In this issue, you will see some of the exciting initiatives that we have been working on and features on our incredible community partners. Compassion House Foundation is also excited to introduce you to the new chair of our Fashion with Compassion event committee.

We have several upcoming opportunities to support the work of Compassion House Foundation including events and volunteering. Your continued involvement in our organization is very much appreciated. Because of you, we remain steadfast in our mission to provide much needed support to women during their cancer journey.



Hillberg & Berk Bracelet

Hillberg & Berk has been a tremendous supporter of the work we do at Compassion House Foundation. We've partnered with them to offer these exclusive bracelets featuring our amulet. Funds raised from the sale of bracelets will help keep Sorrentino's Compassion House affordable for women undergoing cancer treatment.

[Purchase the Bracelet](#)

Volunteer Spotlight: Jamila Moloo

In this issue of our newsletter, we're introducing you to our 2020 Fashion with Compassion Chair, Jamila Moloo.

Tell us a little bit about yourself.

I'm a small town girl living the big city life. I'm married to the man of my dreams and mum to three incredible boys aged eight, seven, and four. I have a background in Human Resources and Operations. I'm guilty of giving anything I'm involved with more than my all. I love being busy and if I'm not active, then I'm not living.

How has your life been touched by cancer?

Cancer runs deep on both sides of my family. My father passed away from cancer three years ago. In 2018, I was diagnosed with stage 3 breast cancer. My family's journey included 18 rounds of chemo, a bi-lateral mastectomy, endless radiation sessions, and most recently, the first step in breast reconstruction surgery. Our journey is almost over and we can't wait to see the other side.

What does being able to provide strength and comfort to women undergoing cancer treatment mean to you?

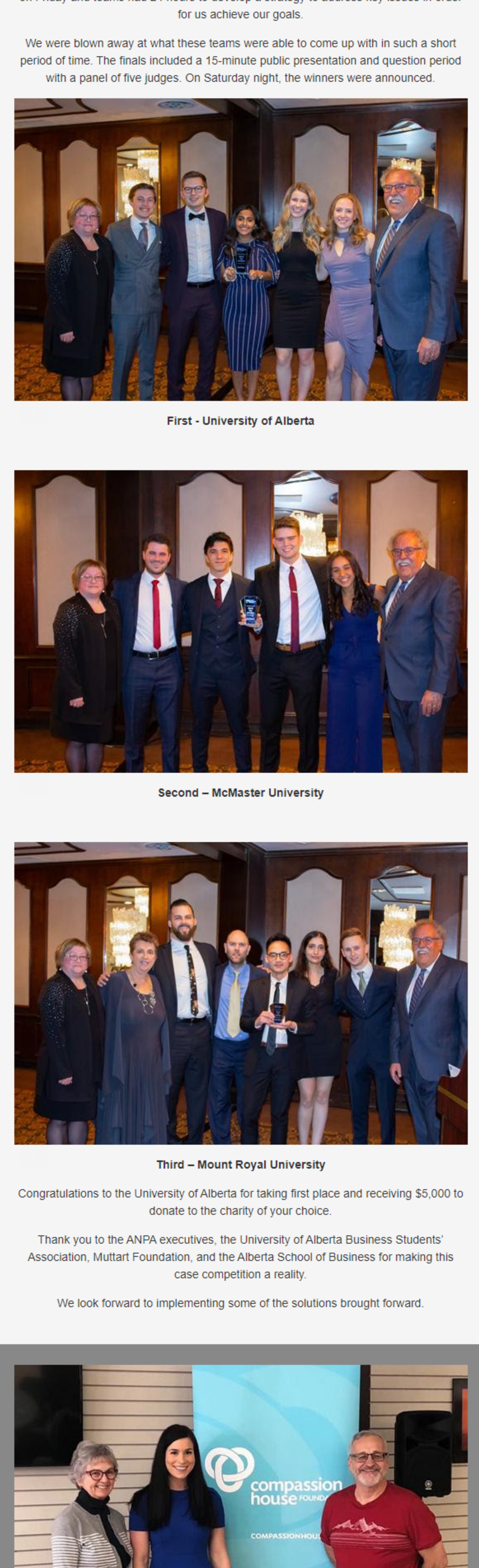
Being a mum to young children while enduring cancer opened my eyes to how many women, young and old, AND their families are affected by cancer every single day. There are so many women who aren't as fortunate to have the support of friends and family during their treatment, like I did. That can leave them feeling defeated and alone.

It's an honour and privilege to have this platform to show these women how much support there is for them and how strong they really are. I want to help them find their voice in asking for help. It takes a village. I want to be their village. I've always said that if being open about my journey will help anyone going through any obstacle in life, then I'll consider myself lucky. I just want to help.

What excites you about chairing this event?

The amazing women that I get to meet— current and past guests of Sorrentino's Compassion House. I love hearing their stories. Chairing *Fashion with Compassion* is very much a part of my healing journey. This opportunity has allowed me to lift others up and let them lift me up.

And, who wouldn't want to be part of the biggest fashion event in Alberta? I hope to see you all at Fashion with Compassion this year. This is going to be a truly amazing event!



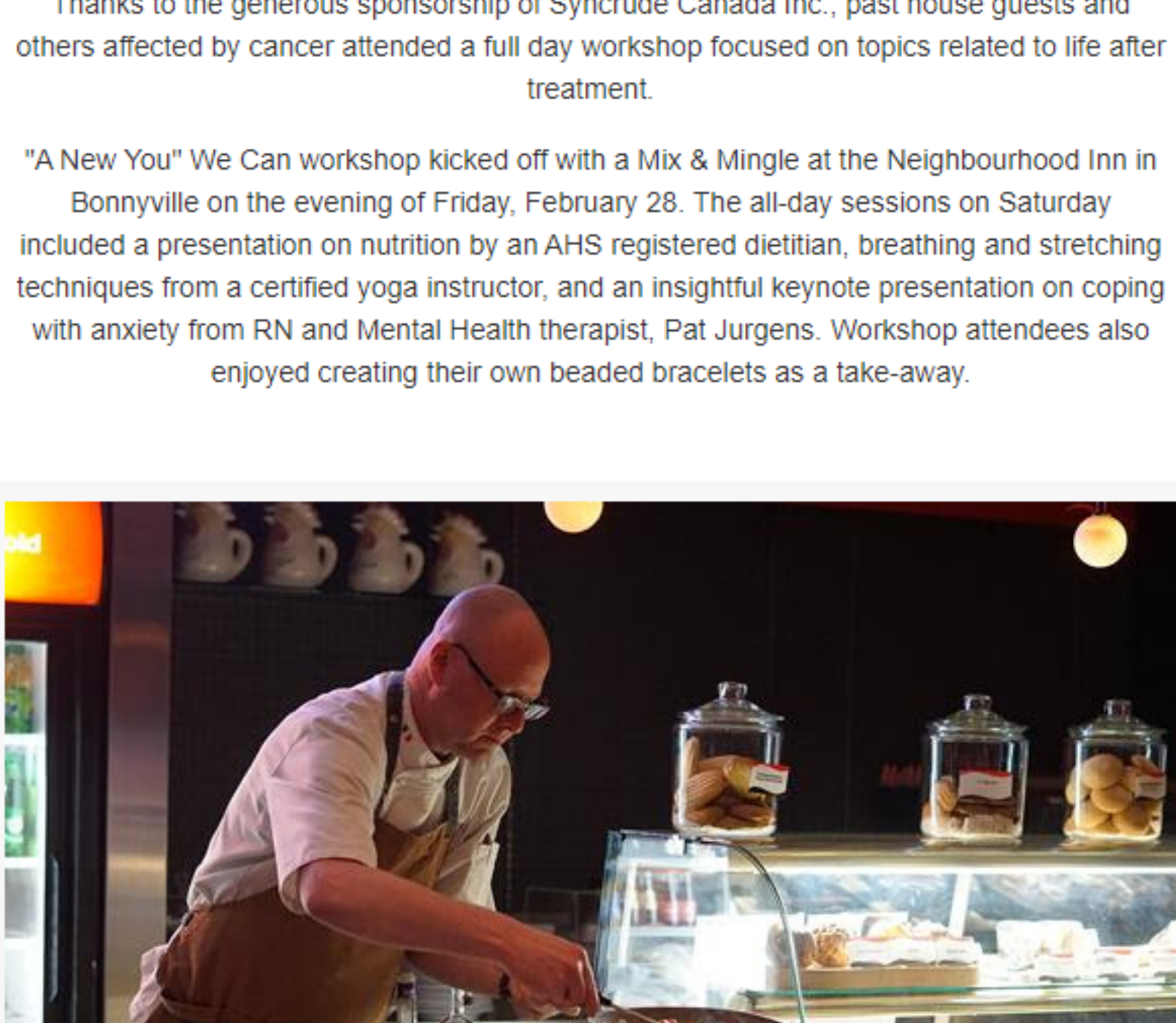
Alberta Not for Profit Association External Case Competition

This year, Compassion House Foundation was fortunate to be chosen as the case partner for the only live not-for-profit case competition in North America. During the last week of February, students from universities across North America travelled to Edmonton to take on challenges facing our organization. The case study was delivered on Friday and teams had 24 hours to develop a strategy to address key issues in order for us achieve our goals.

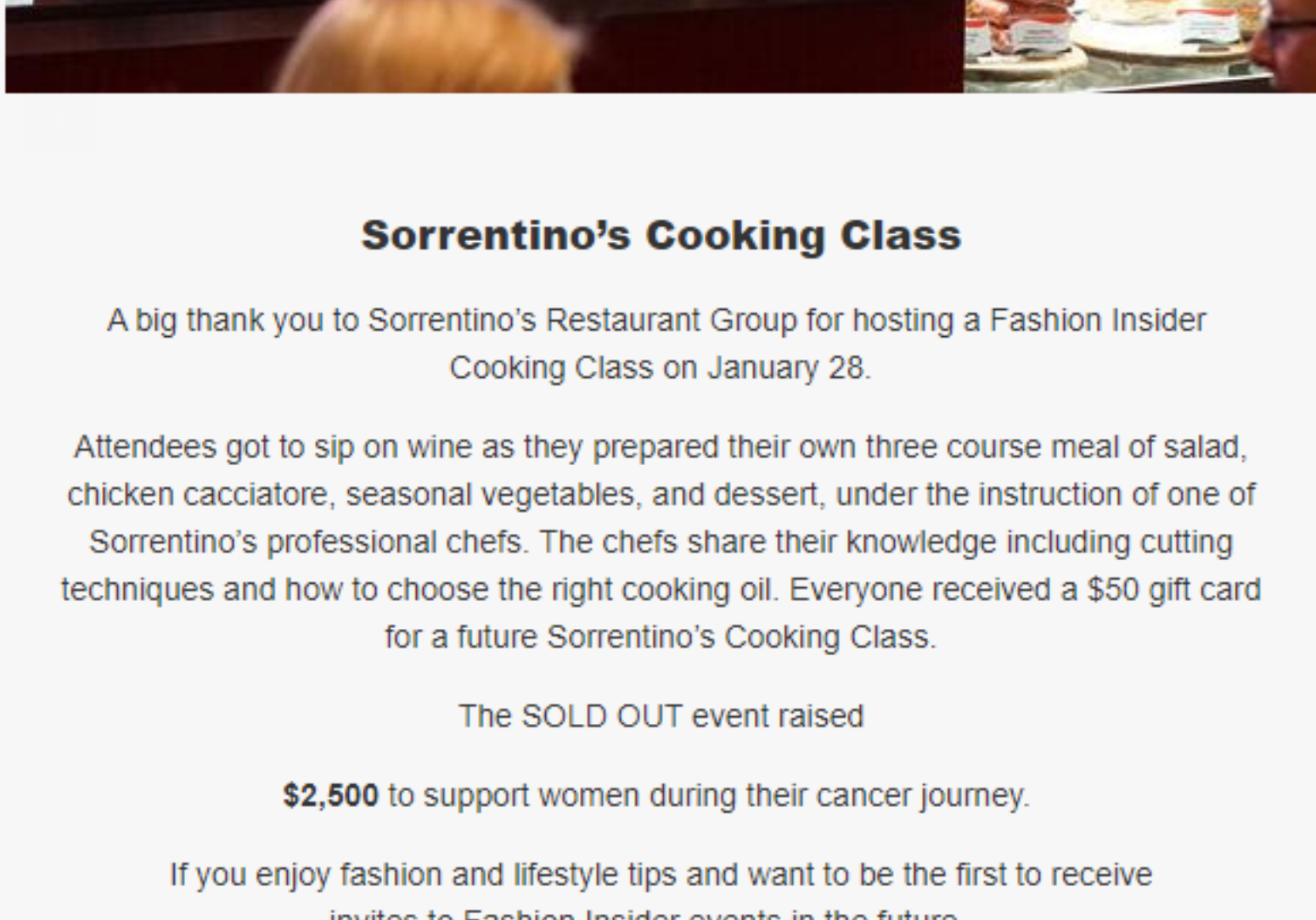
We were blown away at what these teams were able to come up with in such a short period of time. The finals included a 15-minute public presentation and question period with a panel of five judges. On Saturday night, the winners were announced.



First - University of Alberta



Second – McMaster University

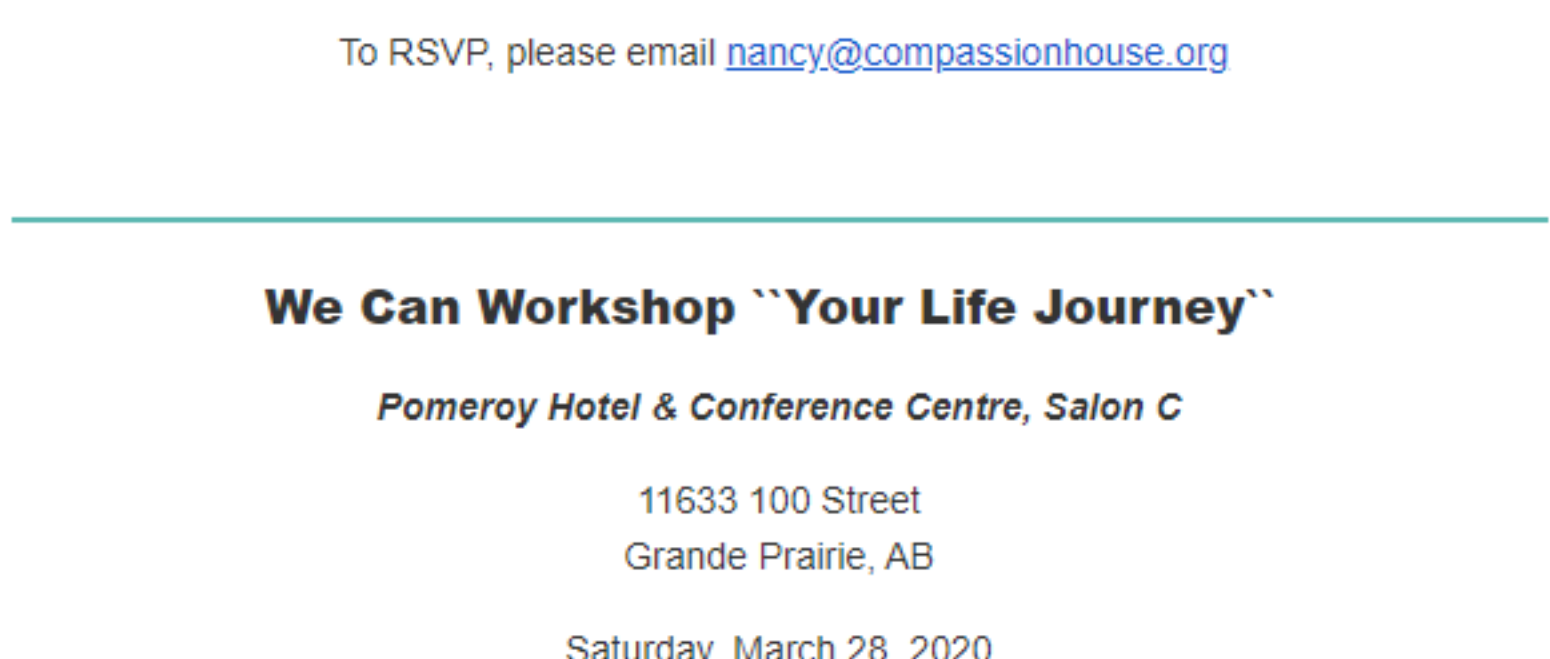


Third – Mount Royal University

Congratulations to the University of Alberta for taking first place and receiving \$5,000 to donate to the charity of your choice.

Thank you to the ANPA executives, the University of Alberta Business Students' Association, Muttart Foundation, and the Alberta School of Business for making this case competition a reality.

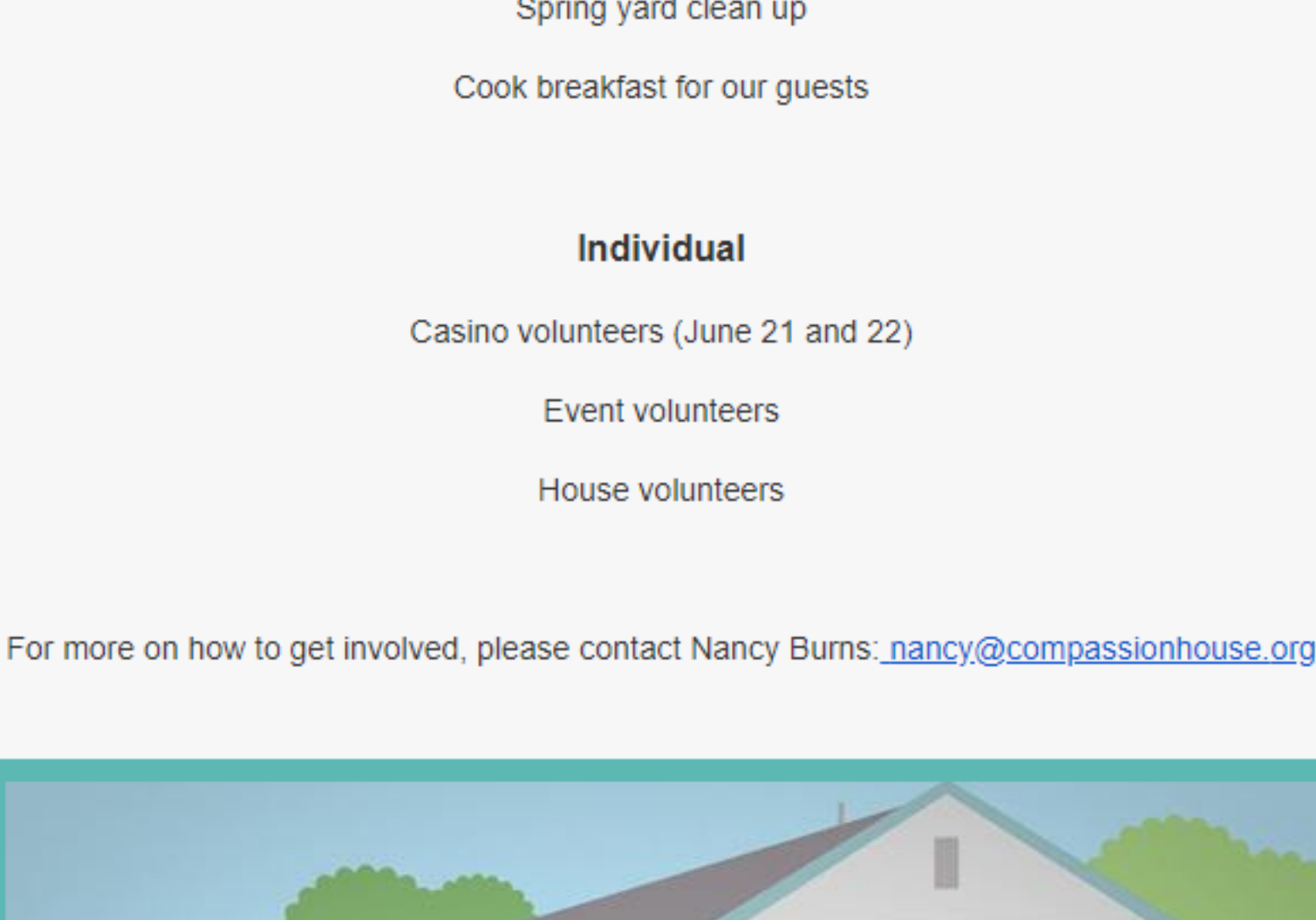
We look forward to implementing some of the solutions brought forward.



Cup of Compassion Campaign:

On World Cancer Awareness Day, the Hinton Rotary Club launched an awareness and fundraising campaign to support Compassion House Foundation. The campaign involved two ways for Hinton citizens to support. Between February 7 and 15, participating restaurants in Hinton donated coffee sales to the campaign. Volunteers, including past house guests, served customers on different days, pouring a cup of coffee for them while sharing their experience with Compassion House Foundation. The second way to support was for residents and citizens to donate by cheque or cash at three location sites. Our CEO, Michelle Okere, is seen photographed with Rita Lucas and Bernie Kreiner, organizers of the campaign.

Thank you to the Hinton Rotary Club and all of Hinton for your support!



We Can Workshop: Bonnyville

Thanks to the generous sponsorship of Syncrude Canada Inc., past house guests and others affected by cancer attended a full day workshop focused on topics related to life after treatment.

"A New You" We Can workshop kicked off with a Mix & Mingle at the Neighbourhood Inn in Bonnyville on the evening of Friday, February 28. The all-day sessions on Saturday included a presentation on nutrition by an AHS registered dietitian, breathing and stretching techniques from a certified yoga instructor, and an insightful keynote presentation on coping with anxiety from RN and Mental Health therapist, Pat Jurgens. Workshop attendees also enjoyed creating their own beaded bracelets as a take-away.



Sorrentino's Cooking Class

A big thank you to Sorrentino's Restaurant Group for hosting a Fashion Insider Cooking Class on January 28.

Attendees got to sip on wine as they prepared their own three course meal of salad, chicken cacciatore, seasonal vegetables, and dessert, under the instruction of one of Sorrentino's professional chefs. The chefs share their knowledge including cutting techniques and how to choose the right cooking oil. Everyone received a \$50 gift card for a future Sorrentino's Cooking Class.

The SOLD OUT event raised

\$2,500 to support women during their cancer journey.

If you enjoy fashion and lifestyle tips and want to be the first to receive invites to Fashion Insider events in the future.

[Become a Fashion Insider](#)

UPCOMING EVENTS

Inspiring Speaker's Series Breakfast ft. Khris Weeks

Presented by CPA Alberta

March 27, 2020

Pomeroy Hotel & Conference Centre

7:00 am to 8:00 am

Doors Open: 6:50 am

To RSVP, please email nancy@compassionhouse.org

We Can Workshop "Your Life Journey"

Pomeroy Hotel & Conference Centre, Salon C

11633 100 Street

Grande Prairie, AB

Saturday, March 28, 2020

8:00 am – 3:30 pm

\$40 per person

Includes workshop registration, light breakfast, lunch and refreshments.

To register visit: wecanweekend.ca

Please register by Tuesday, March 17, 2020

VOLUNTEER OPPORTUNITIES

Team:

Paint rooms

Spring yard clean up

Cook breakfast for our guests

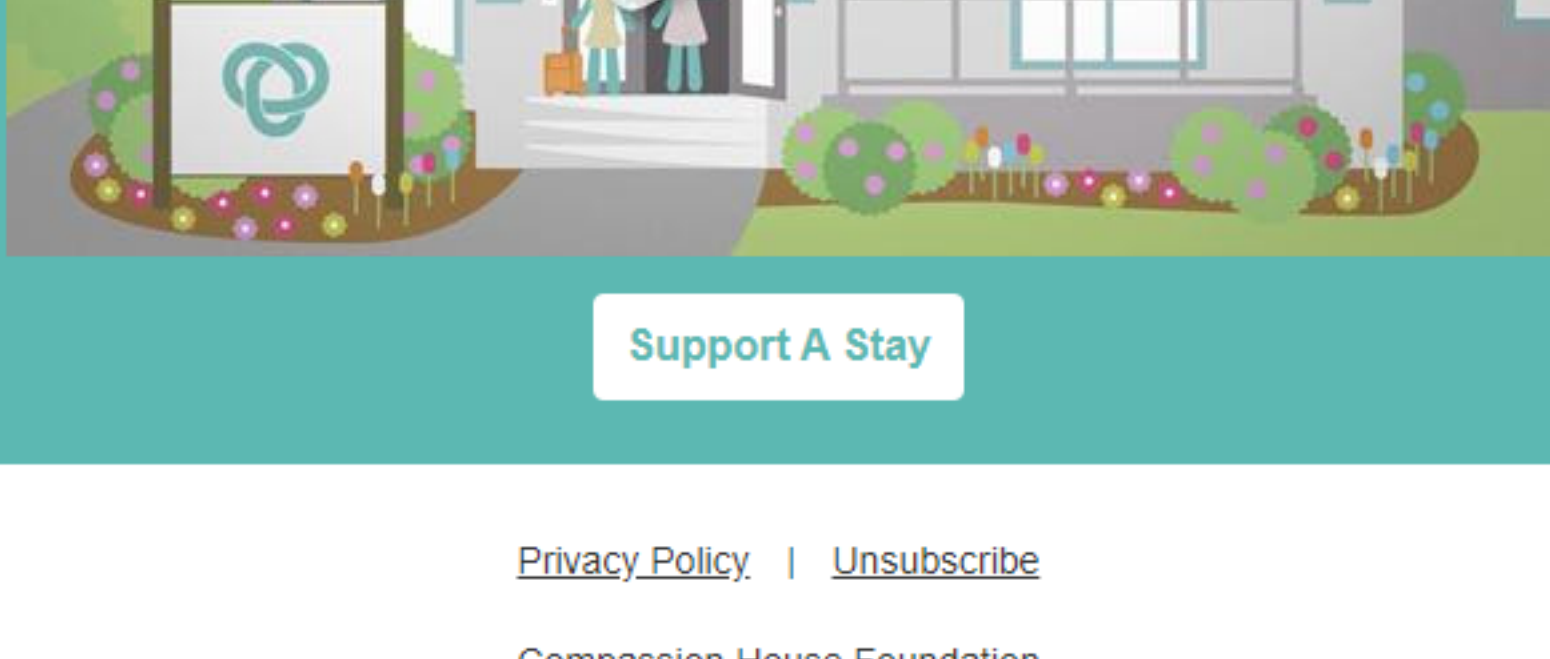
Individual

Casino volunteers (June 21 and 22)

Event volunteers

House volunteers

For more on how to get involved, please contact Nancy Burns: nancy@compassionhouse.org



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