

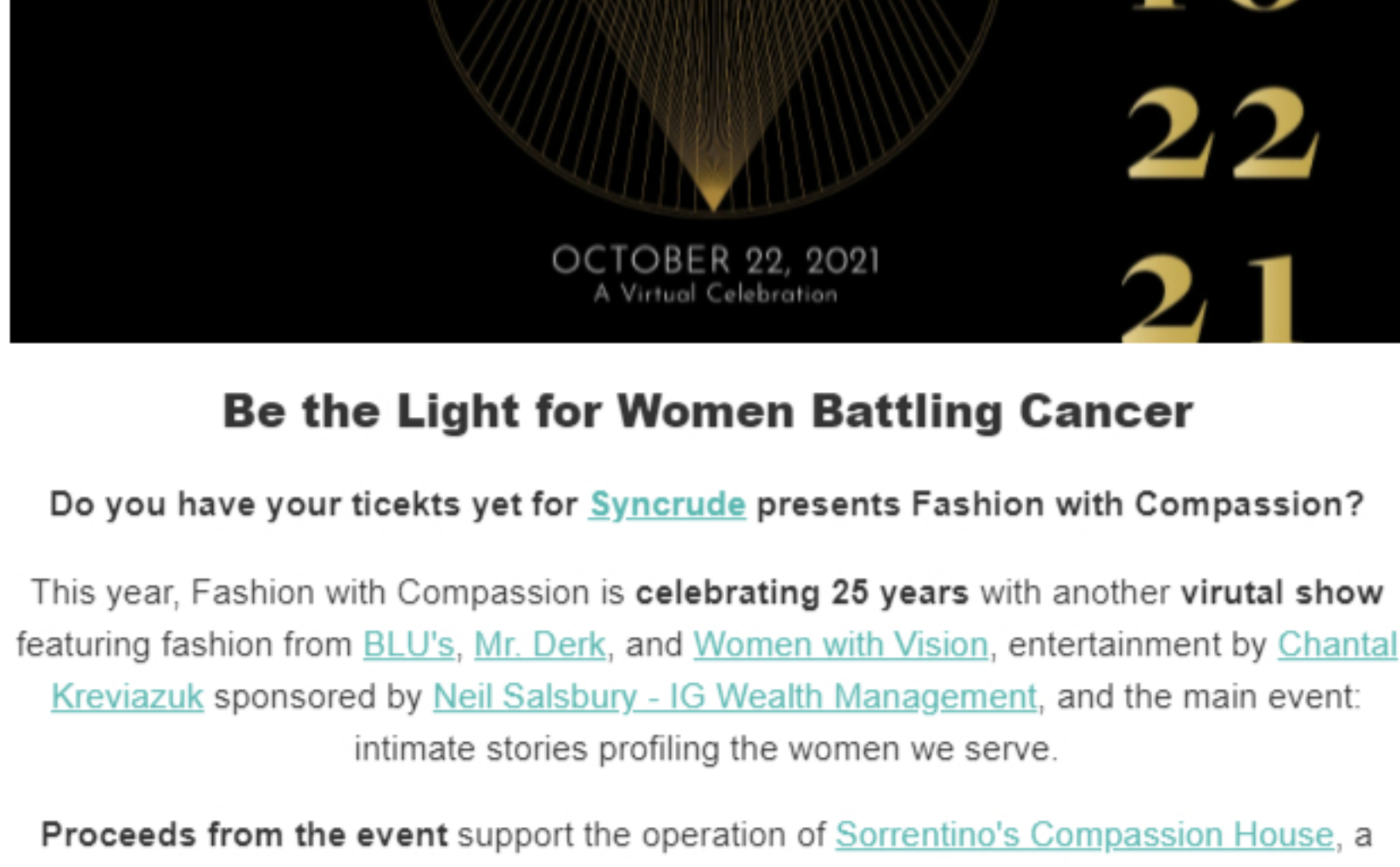


compassion  
house FOUNDATION

## LIGHT THROUGH DARKNESS

Thank you for staying connected with us through our quarterly newsletter!

*Remember: To ensure you continue to receive our newsletter and other Compassion House Foundation emails directly to your inbox, please mark this email address as a "safe" or "trusted" sender. We promise to send only messages that we believe you'll find of interest.*



### Be the Light for Women Battling Cancer

Do you have your tickets yet for [Synchronicity](#) presents Fashion with Compassion?

This year, Fashion with Compassion is **celebrating 25 years** with another **virtual show** featuring fashion from [BLU's](#), [Mr. Derk](#), and [Women with Vision](#), entertainment by [Chantal Kreviazuk](#) sponsored by [Neil Salsbury - IG Wealth Management](#), and the main event: intimate stories profiling the women we serve.

**Proceeds from the event** support the operation of [Sorrentino's Compassion House](#), a haven for women who must travel to Edmonton for cancer treatment.

[Buy Tickets](#)

*P.S. If you're unable to attend, you can still show your support with a gift to [Compassion House Foundation](#). Any gift of \$25 or more will receive a tax receipt. Thank you!*



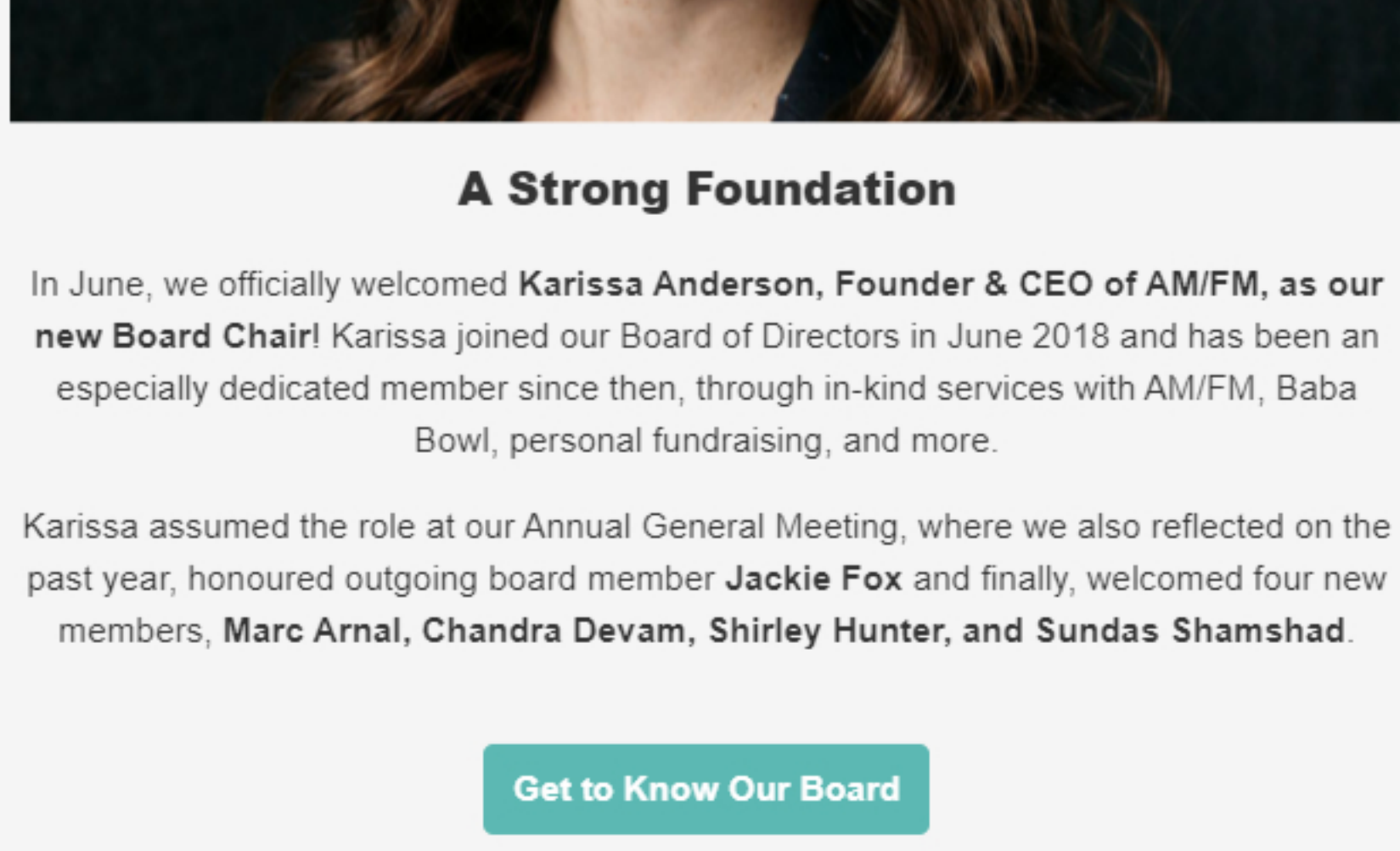
### 2020-21 Annual Report Available Now

Hope. Strength. Knowledge. Community. **Compassion.**

As difficult times attempted to drive us apart, 2020-21 highlighted the **powerful, human connections** that kept us together and operating throughout the pandemic—because cancer doesn't take a day off and together, we are stronger.

Thank you to the women we serve, who continue to inspire us with their incredible strength and resiliency, and our community for your continued support. **Everything we do is because of you.**

[Read More](#)

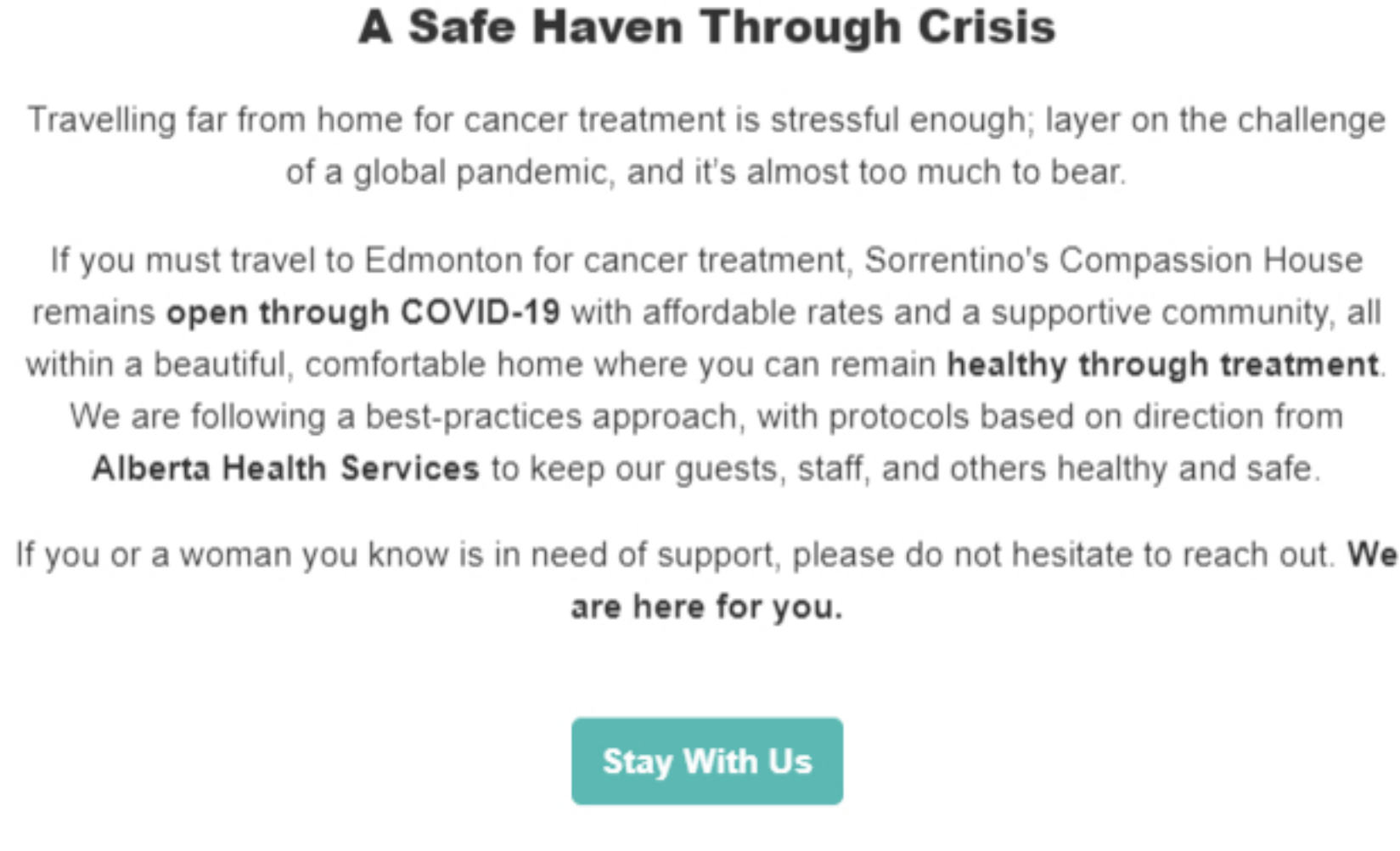


### A Strong Foundation

In June, we officially welcomed **Karissa Anderson, Founder & CEO of AM/FM**, as our **new Board Chair**! Karissa joined our Board of Directors in June 2018 and has been an especially dedicated member since then, through in-kind services with AM/FM, Baba Bowl, personal fundraising, and more.

Karissa assumed the role at our Annual General Meeting, where we also reflected on the past year, honoured outgoing board member **Jackie Fox** and finally, welcomed four new members, **Marc Arnal, Chandra Devam, Shirley Hunter, and Sundas Shamshad**.

[Get to Know Our Board](#)



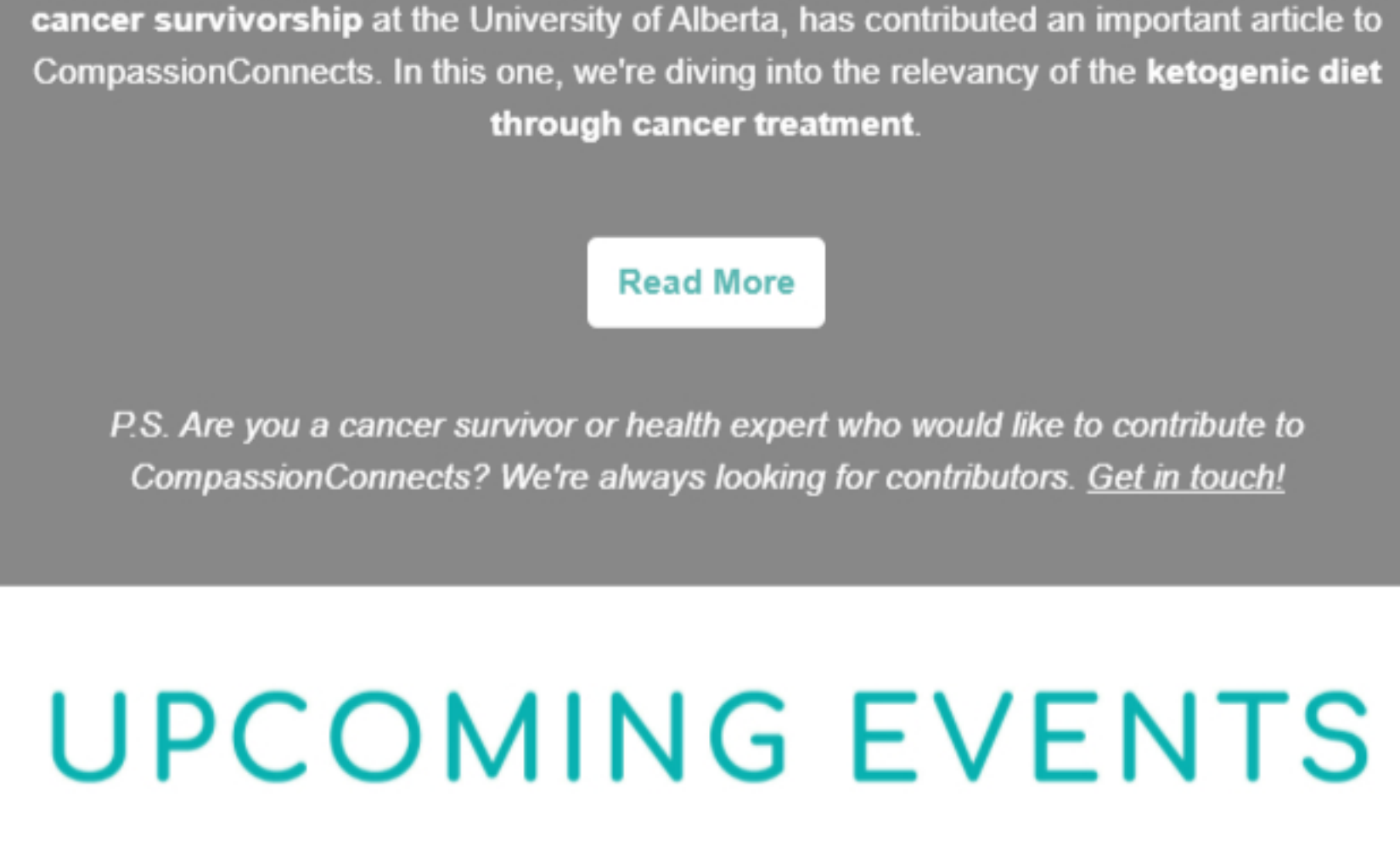
### A Safe Haven Through Crisis

Travelling far from home for cancer treatment is stressful enough; layer on the challenge of a global pandemic, and it's almost too much to bear.

If you must travel to Edmonton for cancer treatment, Sorrentino's Compassion House remains **open through COVID-19** with affordable rates and a supportive community, all within a beautiful, comfortable home where you can remain **healthy through treatment**. We are following a best-practices approach, with protocols based on direction from **Alberta Health Services** to keep our guests, staff, and others healthy and safe.

If you or a woman you know is in need of support, please do not hesitate to reach out. **We are here for you.**

[Stay With Us](#)



### New Article: The Ketogenic Diet in Cancer

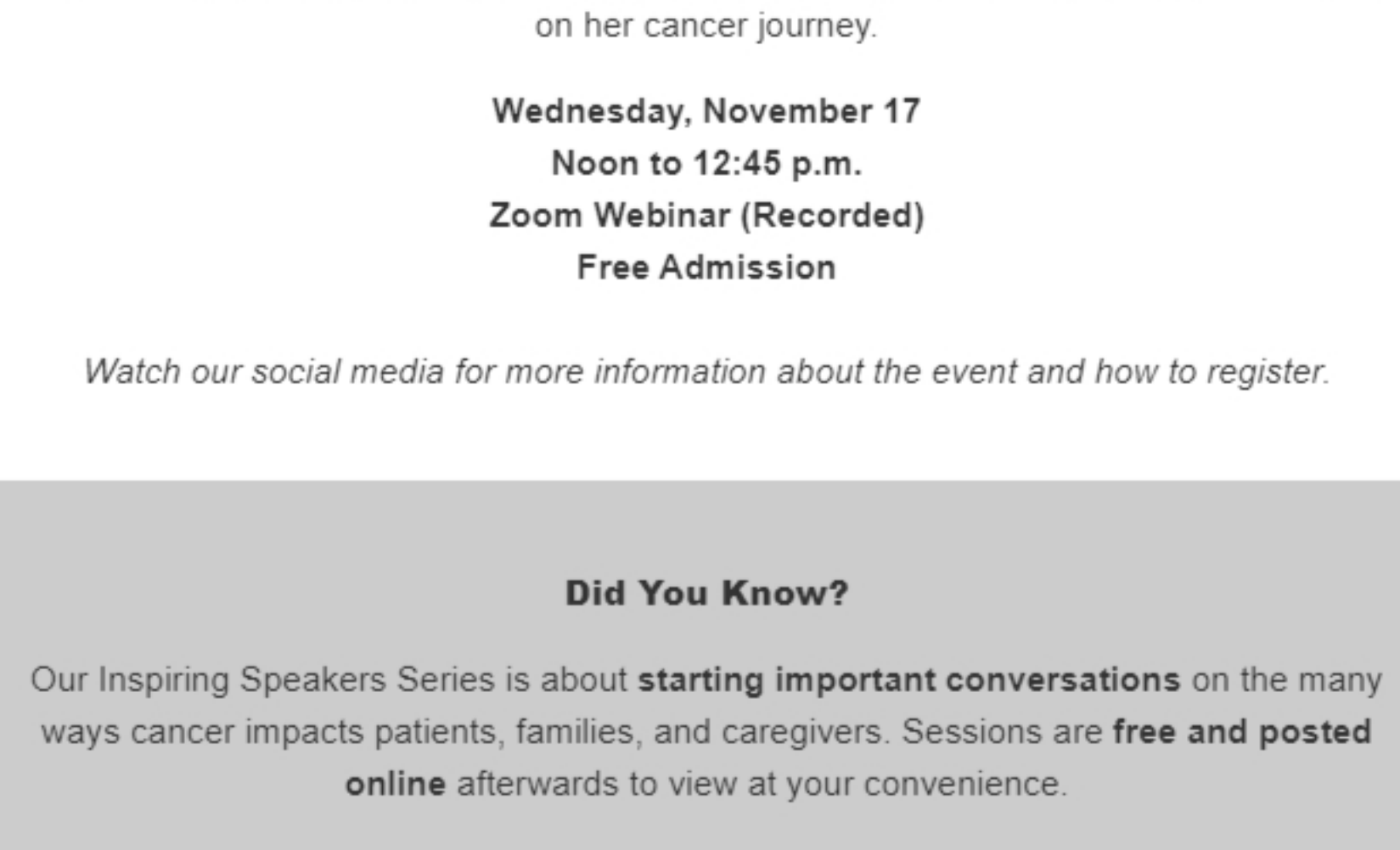
Did you know another important part of the work we do is to provide **resources, education and research**, including on post-treatment care? One of our main avenues is [CompassionConnects](#), our **online support hub** that uses technology to connect with women post-cancer treatment from the comforts of home.

Dr. Carla Prado and her laboratory, [Pradolab](#), which studies the importance of **nutrition to cancer survivorship** at the University of Alberta, has contributed an important article to CompassionConnects. In this one, we're diving into the relevancy of the **ketogenic diet through cancer treatment**.

[Read More](#)

*P.S. Are you a cancer survivor or health expert who would like to contribute to CompassionConnects? We're always looking for contributors. [Get in touch!](#)*

## UPCOMING EVENTS



### Save the Date

#### Eating Well During and After Cancer Treatment

Join us for a presentation by **Katherine Ford, Registered Dietitian with [Pradolab](#)**, on the importance of nutrition to cancer survivorship. **Sundas Shamshad, Former Guest of Sorrentino's Compassion House and Compassion House Foundation Board Member**, will also share her story and the impact nutrition had on her cancer journey.

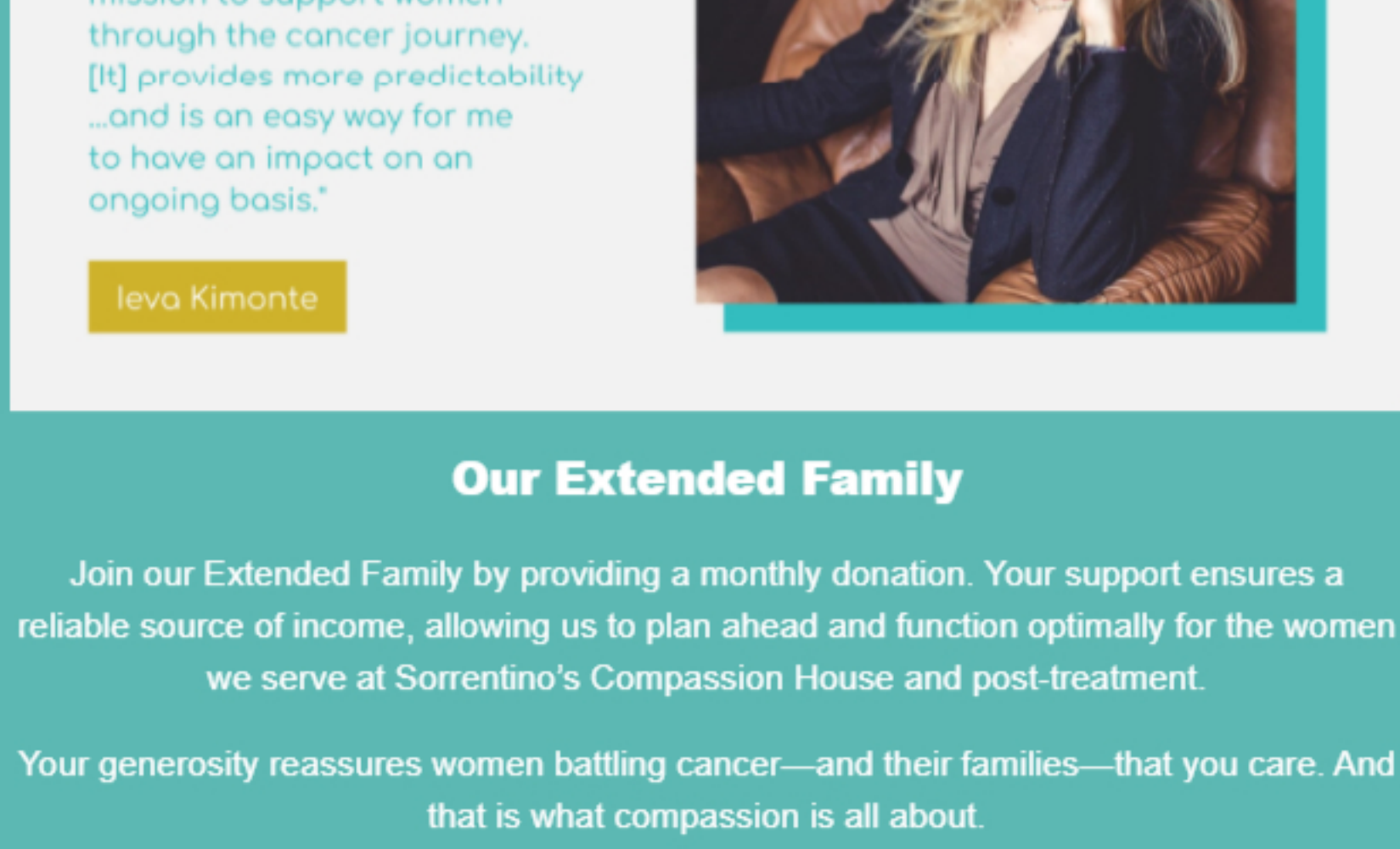
**Wednesday, November 17**  
**Noon to 12:45 p.m.**  
**Zoom Webinar (Recorded)**  
**Free Admission**

*Watch our social media for more information about the event and how to register.*

### Did You Know?

Our Inspiring Speakers Series is about **starting important conversations** on the many ways cancer impacts patients, families, and caregivers. Sessions are **free and posted online** afterwards to view at your convenience.

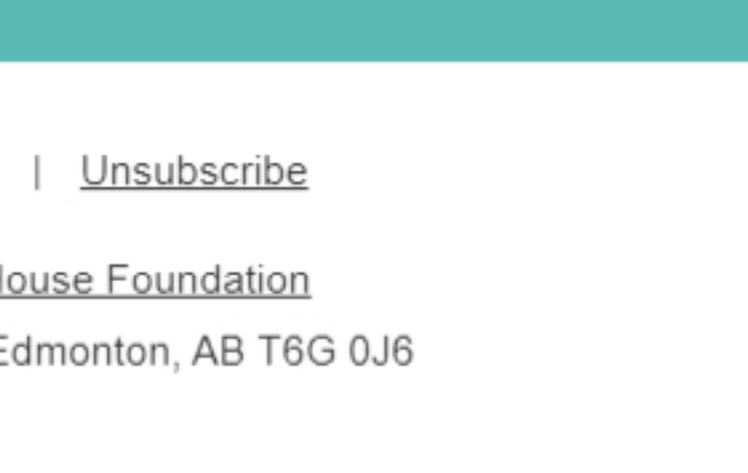
[Watch Past Sessions](#)



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"Monthly support is my way of showing commitment to Compassion House Foundation's mission to support women through the cancer journey. [It] provides more predictability ...and is an easy way for me to have an impact on an ongoing basis."

[Ieva Kimonte](#)



### Our Extended Family

Join our Extended Family by providing a monthly donation. Your support ensures a reliable source of income, allowing us to plan ahead and function optimally for the women we serve at Sorrentino's Compassion House and post-treatment.

Your generosity reassures women battling cancer—and their families—that you care. And that is what compassion is all about.

[Learn More & Donate](#)

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