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Rosanna DeFrancesca
“The Champion of the People”

Feature Story



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Letter from the Editor



Spring is here and flowers are blooming in our gardens.

As we move into the months of May and June the days will get longer and the sun will shine to give us the nutrients our body requires. It is very important to enjoy the outdoors and breath in the fresh air to give us energy required for our well-being.

In this issue I chose Councilor Rosanna De Francesca representing Ward 3 of the City of Vaughan. I have had the pleasure of following her career achieving many successes in her last four terms representing the people of Vaughan. Attending many social events friends often ask me about the Councilor whether she will be attending the event.

My reply to them is don't be surprised if she is not attending. Rosanna is dedicated to her constituents and continues to support them. We must not forget the importance of celebrating the good in our community

We remember the months of May celebrating Mothers' Day and June Fathers 'Day. For those of us who have lost a parent let us reflect on the good values and love they instilled in us. Mothers and Fathers are the backbone of our families who provide support and guidance throughout our lives. Allow us to celebrate with them the simplicity of giving our gratitude and love to them for their support with a phone call, a card, a dinner or just a visit with a smile.

In the months approaching may we enjoy them with gardening, walking, cycling, outdoor sports and planning a vacation with your family and friends.

Remember to achieve your plans this Spring. *Enjoy Life!*

Josie Alonzi



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Our Team

Josie Alonzi | Editor
Angelo Filoso | Associate Editor
Epic Event Planning Corp | Graphics & Publication

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A Message from the Mayor

At this year's Annual Vaughan Chamber of Commerce Mayor's Luncheon, I issued a call-to-action to fight traffic. Tackling gridlock is my number one priority. I believe that having the forethought to adequately prepare for future challenges, and turn them into opportunities, is a fundamental test of real leadership.

I feel a profound obligation to ensure that we do what is needed to build a comprehensive and modern transportation network. To that end, I explained a 10-year Action Plan to Fight Traffic Gridlock in Vaughan, featuring several Council-approved city-building projects currently planned or underway that will enhance the quality of life for residents and strengthen the City's economic competitiveness to retain and attract investment. These projects include:

- Widening Highway 7 to six general-purpose lanes of traffic between Wigwoss Drive and Kipling Avenue.
- Connecting Langstaff Road over the CN MacMillan Yard and upgrading the interchange at Langstaff Road and Highway 400.
- Connecting Kirby Road between Dufferin and Bathurst Streets. Construction begins in 2023 and the road opening is expected in 2025.
- Connecting Teston Road between Keele and Dufferin Streets. The Environmental Assessment for this project is underway and will be completed before the end of this year.
- Building two additional east-west bridges over Highway 400, one linking Colossus Drive to the southern Vaughan Metropolitan Centre south of Highway 7; and the other linking Canada Drive and America Avenue north of Major Mackenzie Drive.
- Building the extension of Bass Pro Mills Drive to Weston Road to help improve general traffic flow without negatively impacting existing residential neighbourhoods.
- Continuing Council's strong support for the Yonge North Subway Extension.
- Continuing Council advocacy for GO Train service for Woodbridge and Kleinburg-Nashville, and for new GO stations on the Barrie GO corridor at Concord and Kirby.
- Continuing support for York Region Rapid Transit's plan to deliver Bus Rapid Transit on Jane Street, Major Mackenzie Drive and Steeles Avenue.

We now have a responsibility to take action and get them done. Each of these projects, taken together and combined with additional improvements to roads, transit and active transportation, will give Vaughan what we need to continue to excel.



Tips to help you prepare for your favorite spring/summer activities and prevent injuries.

By Dr. Yako Merogi

As the weather starts to warm up, many people are looking forward to engaging in various spring/summer activities such as gardening, hiking, swimming, and cycling. However, without proper preparation, these activities can lead to injuries that can ruin your summer fun. As a Chiropractor, I recommend these tips to help you prepare for your favorite spring/summer activities and prevent injuries.

Warm-Up: Before engaging in any physical activity, it is essential to warm up your muscles to avoid injury. Take at least 5-10 minutes to warm up major muscle groups such as your calves, thighs, hips, back, shoulders, and neck.

Wear Proper Footwear: Make sure to wear appropriate footwear for the activity you plan to engage in. For example, if you plan to go hiking, wear supportive shoes that provide proper arch support and traction. Wearing proper footwear can help prevent foot and ankle injuries.

Stay Hydrated: Dehydration can lead to muscle cramps, fatigue, and dizziness, which can increase the risk of injury. Make sure to drink plenty of water before, during, and after your activity to keep your body hydrated.

Use Proper Techniques: Using proper techniques can help prevent injuries. For example, when lifting heavy objects, bend your knees and keep your back straight to avoid straining your back muscles. When swimming, use proper stroke techniques to avoid shoulder injuries.

Take Breaks: Taking breaks can help prevent overuse injuries such as tendinitis or carpal tunnel syndrome. Take frequent breaks to stretch, rest, and hydrate.

Consult with a Chiropractor: A chiropractor can assess your physical condition and recommend exercises or stretches to help prevent injuries. They can also provide treatments such

as adjustments, muscle release therapy, or physical therapy to help you recover from injuries.

In conclusion, preparing for your spring/summer activities can help prevent injuries and ensure you have a fun and enjoyable time. Remember to warm up, wear proper footwear, stay hydrated, use proper techniques, take breaks, and consult with a chiropractor. By following these tips, you can stay healthy and injury-free while engaging in your favorite activities.

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Growing up in Ottawa

I grew up in Ottawa and never once questioned my parents income, it was never a discussion. Because it didn't matter, we had the love.

We ate homemade meals consisting of meat, potatoes and vegetables - (which were not an optional choice). No vegetables, no dessert!

We grew up during a time when we mowed lawns, pulled weeds, babysat, helped neighbors with chores to be able to earn our own money. We by no means were given everything we wanted.

We went outside a lot to play, run with friends, play hide and seek, or went swimming. We rarely just sat inside.

Bottled water was unheard of. If we had a coke, it was in a glass bottle and we didn't break the bottle when finished. We saved it and cashed it back in at the shops for a sweet.

After school, we came home and did homework and chores, before going outside or having friends over. We would play for hours. We had to tell our parents where we were going,



who we were going with and be home before dark.

You LEARNED from your parents instead of disrespecting them, and treating them as if they knew absolutely nothing. What they said was LAW and you did not question it and you had better know it!

We watched what we said around our elders because we knew if we DISRESPECTED any grown-up we would get a real telling off, it wasn't called abuse, it was called discipline!

We held doors, carried the shopping and gave up our seat for an older person without being asked.

You didn't hear swear words on the radio in songs or TV.

"Please and Thank you", were part of our daily vocabulary!

The world we live in now is just so full of people who hate and disrespect others.

I will never forget where I came from and only wish children and people

nowadays had half the chance at the fun and respect for real life we grew up with!

And we were never bored!

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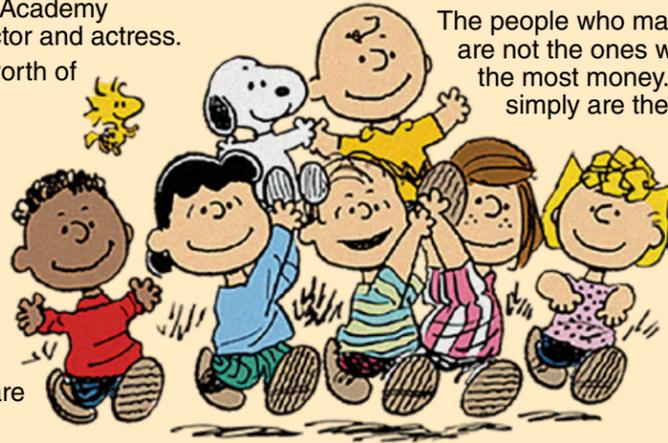
The Charles Schulz Philosophy

The following is the philosophy of Charles Schulz, The creator of the 'Peanuts' comic strip. You don't have to actually answer the questions. Just ponder on them. Just read straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish... Achievements are forgotten. Accolades and certificates are buried with their owners.



Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

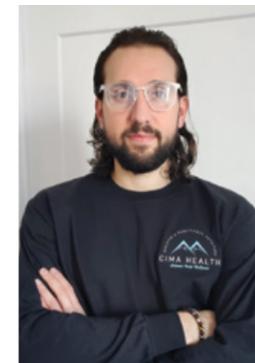
The people who make a difference in your life are not the ones with the most credentials, the most money... or the most awards. They simply are the ones who care the most about you and you about them. Pass this on to those people whom you keep close in your heart.

"Don't worry about the world coming to an end today. It won't. It's already tomorrow in Australia!"



Achieve peak wellness. We have the ability to create change within ourselves

By Julian Cimadamore



I'm Julian Cimadamore a retired OHL hockey player and a varsity student athlete graduate from the University of Western Ontario. When I was a dealt a different set of cards when it came to my personal health. My life became roller coast I couldn't stop and no one could tell me 'WHY'. I was then diagnosed with Hormone imbalances, mold toxicity, Small Intestinal Bacterial Overgrowth (SIBO), Candida, Lyme disease and co-infections.

I felt completely shattered. It was then when I realized my calling to help people. I got my health journey under control and began to study at the Institute of Holistic Nutrition - graduated with first class honours + a certified gut health practitioner and continuing education in Functional Nutrition and Medicine.

After years of suffering with my own conditions it was time to become an advocate of my own health and apply that to helping others - I work to eliminate the guessing game when it comes to personal health and wellbeing. I use a holistic and functional nutrition approach where I use food as medicine + functional lab testing when



applicable such as comprehensive stool testing, organic acid testing, mold/mycotoxin testing, hormone/Dutch testing, environmental toxicant panels, tick borne infections and more. Despite the setbacks I have faced, I am beyond grateful for the health and lifestyle challenges I have endured, as they led me onto the path of studying and practicing holistic and functional nutrition. Now I can look back on my hardest days and know that it happened for a reason.

My parents, brother and his family like most people in my life were my biggest fans on and off the ice. But they weren't totally convinced I was struggling with my health when the crazy symptoms started: gut issues, buzzing, heart palpitations, nerve pain, anxiety, depression to name just a few. Often I was told "It's all in your head Julian". Until I started getting some answers and then the support was unconditional. When I chose to begin this journey to start my own practice the love and support was greater than I could ever ask for. It was my calling! I speak and practice from experience and now knowledge.

Always to look a Zoomed out view and understand why they have a specific condition, symptom or diagnosis. We need to Be a detective with the labs and functional testing and clinical history, intake and background... Not just present but the whole picture. My mission in life is to help educate individuals, groups and other practitioners learn how to support their immune system, get to the root causes of their imbalances

and to teach them how to regain control of their health and overall well-being.

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“We never really grow up... our tastes just get better.”

By Tasha De Luca, Founder

Our Story

GingerLUX is a boutique business in the GTA that specializes in handcrafted, luxury gingerbread houses. The company was started by Tasha De Luca, who has spent the last ten years creating unique gingerbread house designs as a hobby. When she began sharing her designs online, countless friends, family, and even strangers reached out to express their admiration! She quickly realized, however, that many people were frustrated when they were unable to recreate her level of success with their own gingerbread houses and were too embarrassed to post photos of their homemade creations online.

Tasha began GingerLUX to share her love of beautiful gingerbread homes with the world, and she made sure to include both options for fun build-it-yourself kits and pre-assembled and decorated gingerbread houses for anyone who appreciates great design and quality in their holiday traditions.

Tasha created GingerLUX with user experience in mind after years of experimenting with her own gingerbread houses. Being efficient with her time, sourcing the perfect sprinkle, and being satisfied with her final designs were the most critical challenges she worked to solve when making her own gingerbread creations. Tasha hand-picked and strategically crafted each element of the GingerLUX houses to ensure top quality and beautiful artistry. Her goal is to provide you with a tasteful, timeless, luxury gingerbread house that you will be proud to display in your home, post online, have a kit-building party, or give as a gift!

Who We Are

The creative mind behind GingerLUX, Tasha strategically designs, handcrafts, and carefully selects each detail. She has always been passionate about design, innovation, and creating engagement through spaces and products, as she has both her undergraduate degree and master’s degree in interior design. A little spark of creativity lives in everything she does... including gingerbread houses!

Our Mission

It’s GingerLUX’s mission to elevate the traditional gingerbread house into a timeless and elegant piece of art that can be cherished and enjoyed during every special occasion.

At GingerLUX, we value quality, user experience, and beauty above all else when it comes to delivering luxury gingerbread houses to our amazing customers.

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Who is a senior citizen

By Nella Macchia

There are ongoing debates about the definition of “senior”. According to the Oxford Canadian Dictionary, a senior citizen is “an elderly person, especially a person over 65”. And an elderly is, according to the same reference source, “rather old; past middle age”.

In recent news reports you may have heard about many scams targeting seniors. Typically, seniors may be living alone and tend to be mortgage free, having bought and paid for their homes decades ago when prices were not so scary. We have all heard of the grandparent scams and the romance scams that continue to target seniors who are alone, sometimes isolated and vulnerable. Add to those scams are the more sophisticated, title theft and mortgage fraud utilizing sophisticated identity theft techniques of government issued identification to steal the equity hidden in their home.

COVID and the pandemic accelerated this pattern of isolation and when coupled with the rapid rise in Inflation, seniors again are being disproportionately affected due to the fact they tend to be living on fixed incomes and without private pension plans and some without registered retirement savings plans to cushion the impact of inflation on their cost of living.

As a result of all these factors, some seniors and their family members may prematurely consider selling their family home without considering all options. At all times, family members should keep the best interests of seniors in mind before selling, downsizing to free up money to help their children or grandchildren. Some seniors want to add their adult children to their deed. This may not be a well thought out idea. While it may be easy to sell, the hard question is where do they go? Without a well thought out plan, seniors may be in jeopardy and lose their asset.

Do they move to a condo, cottage, retirement home, Long Term Care centre or move in with their adult children and grandchildren?

From my practice as a lawyer and experience I ask what do most seniors want in their golden years? Most seniors want to stay in their homes and age in place because they have strong connections to friends, neighbours and want to keep their family pets. Their home is their safety, security and financial freedom all intertwined.

The question is **how can we protect seniors while keeping them in their homes and communities living out their golden years for as long as possible?** A community town hall

is set for May 11 at 7pm at the Chancellor Community Center to discuss these important issues. I invite you to join me and I will give you information on how to make decisions affecting Seniors in their Golden Years.

Issues affecting seniors are complex and I encourage you to seek professional help. It is not a sign of weakness to ask for help. Seeking assistance from a physician, Lawyer and Certified Financial Planner to chart a plan affecting your senior/parent is a wise first step for them to enjoy the rest of their lives.

The following must be considered in planning for seniors to live the rest of their lives without worry:

1. Ensure Original Last Wills and Powers of Attorney are up to date and stored and accessible in a safe place.
2. Meet with your Certified Financial Planner to determine current budget vs expenses and discuss any shortfall. Annually have the Money talk.
3. Arrange Title insurance with your lawyer if you do not have it in order to protect equity from would be scammers and obtain peace of mind.
4. Consider a Reverse mortgage to renovate or create a legal separate suite or apartment or laneway suite to generate additional income to help with Personal Support Workers and home care along with maximizing government grants and tax credits available without contribution from adult children.
5. Provide support at the community level to maintain social networks (bocce, bingo nights, clubs, Swim and walking group, gardening activities, Travel opportunities, Religious events)
6. Lobby governments to increase home care support as the least costly option vs building colossal retirement homes or long term care facilities.
7. Lobby municipal government to expand and subsidize or reduce taxes and fees to seniors (gym memberships pool classes, Tax preparation)
8. Join Carp association to obtain Senior discounted Group pricing for insurance, snow removal and grass cutting, ride share services from select contractors.

After working and advising my senior clients and their adult children for over 36 years, these are my “nuggets of wisdom” which if implemented will ensure that your senior parent or family member will ride happily into their golden years, and the family will benefit without stressing their daily life.

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“The Champion of the People”

By Josie Alonzi

Recently I had the pleasure of interviewing Rosanna DeFrancesca City of Vaughan Local Councillor of Ward 3. Rosanna was born in Cosenza Italy to Giuseppe and Rosetta Morrone. Giuseppe’s brother Peter, who had established himself in Toronto a year earlier, encouraged him to move his family to Canada for a new future. Giuseppe, Rosetta, and their 2-year-old daughter Rosanna embarked on their long voyage to Canada.

On July 16, 1967, the Queen Federica arrived at Pier 21 in Halifax with hundreds of immigrants including the young Morrone family. After travelling by train to Toronto, the Morrone Family lived in the attic space of a home on Grace and College Streets (Little Italy).

They began their new life with three other families all of which immigrated from their hometown of Cosenza.



Giuseppe soon went to work as a gardener and Rosetta as a seamstress. Rosanna remembers vividly when her mother would take her to work on Saturday so that she could make extra money. Rosanna would keep busy making clothes for her dolls with the scrap fabric the owner of the factory would give her. Her parents worked very hard, and finally had enough money to move into their own home at Keele and Eglinton. At this time, the family welcomed the final addition to their family, a baby girl named Patricia.



As a teenager Rosanna attended Sir Sanford Fleming High School, where she recalls fond memories of her time there, and the friendships that started and continue to this day.

Rosanna has three children Robert, Michael, and Julia. She speaks of her children with much pride and explains how they were instrumental in ensuring her victory in the 2010 municipal election. Rosanna talks about her first victory.



“It was hard work, determination, love for my community and the belief that elected officials could do better!”

This belief gave her the strength to cross the finish line and prove that it could be done if your mind and heart were in alignment.

Rosanna had a long history in the service industry as a young adult, which led her to run a service business for many years. With this business experience, she felt well suited to guide the City of Vaughan in a new direction. Rosanna was president of East Woodbridge Ratepayers Association for many years. In these years she



was engaged in the issues of the community and began to advocate those issues at City Hall. She instinctively knew how residents wanted to be represented.

Rosanna soon decided she would put her name on the ballot in 2006 where she experienced a loss but still continued her advocacy for Ward 3 residents through the Ratepayers Association. Her open-door policy quickly made her a trusted member of her community and it was for this reason that she was encouraged to run again in 2010 where the residents of Ward 3 delivered her a victory.

With twelve years in office Rosanna sits on many committees. The one which is dear to her heart is the Transportation and Infrastructure Committee.

Rosanna was appointed as Chair of this committee in 2018 by former Mayor Maurizio Bevilacqua and she has since then been reappointed by our new Mayor Steven Del Duca. She knows that the traffic topic has been a serious concern for the residents of Vaughan and that it needs special attention. Rosanna also championed policy change in her first term due to growing concerns from residents about speeding cars in the community. This resulted in the implementation of the “Move Smart Strategy”. This strategy has been fully endorsed by council and now being implemented by City staff in all communities across Vaughan.



Rosanna continues to support fiscal responsibility and value for residents' tax dollars. Her experience as Chair of Finance for two consecutive terms and new appointment as Chair of the Audit committee is proof of her continued commitment to the residents.

It's safe to say that she touched the hearts of many residents in Ward 3 and beyond with her passion, charismatic smile, and her contagious energy!

Rosanna will continue to be The Voice and **"The Champion of the People"**.



 Councillor Rosanna DeFrancesca Invites You To Her

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A Unique Childrens Store

Forty years ago what started out as a desire to dress her two little boys in fashionable European clothing, has evolved into Canada's largest children's boutique.

Santina had a dream, and she loved children's fashion. In order to achieve her dream Santina decided to go back to Humber College to obtain her business degree. After taking her business degree she founded the Children's store called Zero 20 Kids Store in Vaughan, Ontario "One of A Kind". Today this store is the largest Kids' store in Canada.

Anna, Santina's sister partnered with her in this business with a team of dedicated employees venture and it continues to grow exponentially.

This Boutique offers designer clothing and shoes for babies, children and teens. Zero 20 kids offers the unique and the newest look of designer labels at competitive prices which will make your special occasions memorable.

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What About Canadian Banks

by *The Honourable Tony Loffreda, CPA*
Independent Canadian Senator (Quebec)

Canadians can sleep peacefully knowing that their money is safe and secure in the vaults of our country's financial institutions.

After what happened in the US earlier this month with the Silicon Valley Bank and the most recent news out of Switzerland with Cr dit Suisse, I felt there was an overwhelming sense of panic and doubt among Canadians who were worried about the stability and health of our banking sector.

Could the Silicon Valley Bank fiasco be replicated in Canada? Are banks in Canada in a fragile and vulnerable state?

Canada has a strong and competitive banking sector. Our top six banks are healthy, prosperous, and perhaps most importantly, very resilient. At their core, and in my opinion, Canadian banks are prudent and naturally more conservative than banks in America, and they are the envy of many nations and among the strongest in the world.

For example, Canadian bankers and lenders are careful when lending money; some might even suggest they are overly cautious. We were reminded a few weeks ago, during one of the meetings of our Senate Committee on Banking, Trade and the Economy, to what extent Canadian banks are judicious and meticulous in their risk management practices. Entrepreneurs explained to us how difficult it was for them to get a line of credit to help fund their receivables when they had \$20 million in revenue. We were told that the lender wanted a personal guarantee.

To some, this real-life account of the challenges entrepreneurs may face to access capital might be surprising or even insulting. To others, including myself, it's a reflection of how seriously lenders take their work in assessing the value and potential of business proposals. If loan applicants aren't willing to personally back their ventures, why should a bank? You either believe in your venture or you don't!

I think it's fair for financial institutions to have that expectation which shows us how disciplined they are. This approach, in my view, is rightfully ingrained in the business model of Canadian banks which should reassure Canadians.

Indeed, I have worked in the financial industry for close to four decades and, although we sometimes hear there is not enough competition in the industry, I would argue that most feel that Canadian banks are very competitive. They are constantly and aggressively fighting for market share amongst themselves, but also with financial cooperatives and global financial institutions that target niche products and markets in Canada.

By the same token, I must often remind people who may be critical of banks and their profitability that the number one objective of our financial institutions is to

Senator Tony Loffreda



protect the money its clients have entrusted in them. Canadians expect their money to be available when needed and banks are very mindful of that trust and confidence.

Canada's Finance Department reminded us that "significant structural and regulatory safeguards are already in place in Canada" to prevent a collapse similar to the one in California. Indeed, Canada's banking sector is well-regulated thanks, in part, to the Office of the Superintendent of Financial Institutions, an independent federal government agency that supervises financial institutions and pension plans to determine whether they are in sound financial condition and meeting their legislative requirements.

Many analysts and economists agree that a similar fiasco in Canada is unlikely. I contend that there is no need for Canadians to impulsively react to the situation in the US. Our banks can withstand a bit of turbulence in the market.

A recession in 2023 is possible, perhaps even likely, and markets will be volatile this year, but Canadians should be able to take a breath, relax and feel confident that their money is safe and adequately protected and smartly invested by our Canadian financial institutions. Moreover, the Canadian Deposit Insurance Corporation also protects your deposits, in seven different deposit categories up to a total of \$100,000 per category, in the event of a bank's bankruptcy, which I continue to believe would be highly unlikely in Canada.

I would also add that banks need to continue to be as transparent and accountable as possible about the way they do business, the way they invest and how they serve and support their clients.

In my view, Canada has a great track record in that respect, and this is something I will continue to advocate for in my new position as Chair of the Canadian Chapter of the Parliamentary Network on the World Bank and the International Monetary Fund. This global Network that unites parliamentarians from around the world helps build support for the way the World Bank and the IMF deliver on their development cooperation objectives internationally.



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Celebrating Life, Love and Legacy at Hospice Vaughan

Everyone of us will be touched by death and grief at some point in our lives. With love and dignity, Hospice Vaughan supports people of all ages facing a life-limiting illness or the loss of a loved one. The Hospice offers a diverse range of services (Health System Navigation, Caregiver Support, Day Programs, Wellness Programs, and Grief and Bereavement Support) and a beautiful residential hospice.

Just over two years ago Hospice Vaughan opened the doors to a 12-bed palliative care hospice residence and the Mario & Nick Cortellucci Hospice Palliative Care Centre of Excellence, the first specialized health care facility of its kind in Vaughan. A dream brought to reality thanks to a legion of dedicated community volunteers and donors.

Every day, more than 50 dedicated staff and physicians ensure the very best care and support is available. The interdisciplinary team includes Registered Nurses, Personal Support Workers, Physicians, Grief and Family Support Therapists, a Recreation Therapist, and Social Workers.

Hospice Vaughan is not just here for the last days or weeks of life, hospice palliative care is about having the best quality of life for however long life remains. Advance Care Planning

Workshops and "Lunch and Learn" sessions are available for residents and local businesses.

Services are provided free of charge, yet only 37% of expenses are covered by government funding. Community support is vital.

On Sunday June 4th at Sonoma Heights Community Park, Hike for Hospice Vaughan provides an opportunity for the residents of Vaughan to come together to raise funds and awareness for this essential community asset. It is a great opportunity for grieving families and friends to celebrate and honor the legacy of their loved ones.

Hike Committee Chair, Alex Lombardi is leading this year's hike to honor the legacy of her father and to give thanks for the exceptional care that he received at Hospice Vaughan. Alex's goal is to ensure that other individuals and families receive the same care and compassion during their end-of-life journey: "I walk in honour of my father, in honour of the hundreds of families that have been welcomed through the doors

of Hospice Vaughan, and in honour of all of those still to pass through them. I hope you will join me either physically or virtually to support Hospice Vaughan's commitment to support individuals to live fully and to ensure a better ending. Because everyone deserves to die with dignity."

Who will you hike for on June 4th?

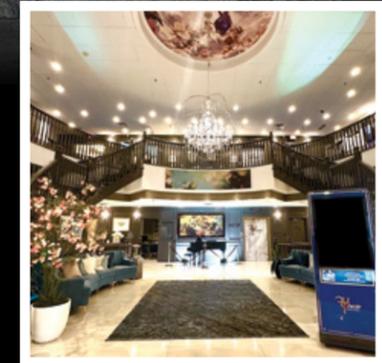
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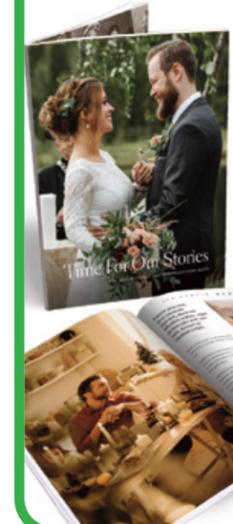
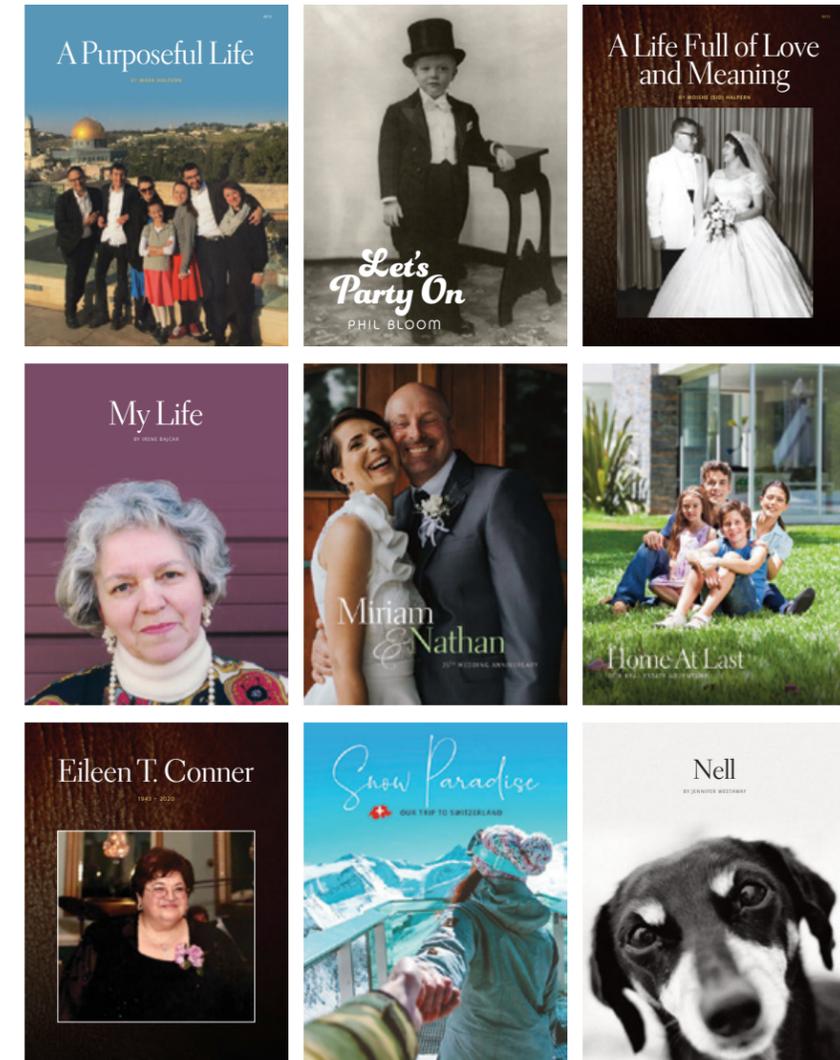
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