



YOU make our house a home



For Janice Mulligan, saying goodbye to her mother, Annette, was one of the hardest experiences of her life. But this past August at Hill House Hospice, Janice found something she didn't expect. A place where her mother could remain herself, surrounded by family, familiar comforts and people who truly understood.

Annette was born in 1938 and spent her life caring for others. She was a high school secretary and she was always busy — cooking, shopping, making tomato sauce, roasting peppers, cleaning, quilting, crafting, taking care of dad and gathering family around the kitchen table. Her Italian heritage was an important part of how she lived and loved. "Food and gathering were a big part of her life," Janice recalls.

This summer, after two difficult years following a cancer diagnosis of the liver and gallbladder, Annette's health declined. She had undergone extensive treatments for chemotherapy



INSIDE:
How you're
helping
residents
like Annette

and immunotherapy. Her cancer was terminal and she had to stop treatments because there wasn't much more that could help her. Her oncologist introduced her to Dr. Brian Berger, Medical Director of Hill House Hospice. Annette found him so warm and personable, and she was placed on the list for admission.

After a fall at home and her condition worsening, a bed became available at Hill House. She had always been fiercely independent and found it difficult to adapt and accept help. But at Hill House, her independence was respected by the care team while support was there whenever she needed it.

SEE OVER...

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Janice remembers the Hill House staff with deep gratitude. "They helped with the practical things but also gave the family something equally important – permission to breathe." Janice could step away, go home or even go out for dinner with her husband, knowing her mother was safe. "You can go. She's settled and asleep," Janice remembers being reassured by Mira, the Personal Support Worker.

Annette died in the Lilac Room with her family beside her on July 22nd. In her final days, Hill House became more than a place of care. It became Annette's home. Janice says "It doesn't feel like a hospital. You have choices, dignity and you can just spend time with your loved one instead of being a caregiver. I wish everyone could see it."



YOU help Annette and families find dignity at end-of-life

YOU create precious moments



A bed is much more than a piece of equipment. At Hill House, it is where comfort is restored, pain and symptoms are managed, families gather, stories are shared, hands are held and precious moments are created.

Beds and other essential medical equipment – from

pressure-relieving mattresses and mobility aids to respiratory support equipment – help our physicians and nurses provide safe, compassionate and dignified medical care to our residents.

Recently, our priority has been raising \$12,500 to purchase a new bed to replace one that could no longer be repaired. These specialized beds are an important investment because they are designed specifically for people receiving complex palliative care.

The new bed provides advanced positioning to support medical care while allowing residents to sit up, recline or rest comfortably. It also includes features designed

to support safety, mobility and comfort, including ergonomic siderails and a low 10-inch height to make getting in and out of bed safer. Bed-exit detection alerts the care team when assistance may be needed, helping reduce the risk of falls.

The bed has an integrated scale, bed extender, charging ports for personal devices and under-bed lighting which add further comfort, convenience and functionality.

The impact of your giving reaches far beyond the purchase of a single bed. We are grateful for your generous support of equipment and other areas of greatest need.

YOU help provide equipment that makes compassionate care possible.

YOU give time: Nayna's volunteer journey

For over 20 years, Nayna has been involved in hospice care – first in the community and now at Hill House Hospice.

A retired Montessori school teacher, Nayna's connection to hospice care began when the mother of one of her students was diagnosed with cancer and later died at Hill House. Around the same time, Nayna's 50-year-old brother passed away in the United States and she was by his side, holding his hand.

Over the years, Nayna says she has seen hospice care evolve, but one thing has remained constant: the importance of simply being there. Whether helping bereaved families with shopping or offering support through group therapy, Nayna has always found ways to help.

Nayna celebrated her 70th birthday this year. "I feel so blessed," she says. "We all have ups and downs, but life has been very kind to me. And I am able to give back."

Nayna enjoys spending time with residents, families and children. She speaks Swahili, Hindi and Gujarati, and enjoys showing seniors how to knit. She can often be seen filling Hill House's bird feeders so residents can enjoy watching cardinals and blue jays from their bedroom windows.

Volunteers like Nayna are an important part of the Hill House community and we are incredibly grateful for them.



Because of YOU, compassionate hospice care extends far beyond medical care.

Because 100 WOMEN care



100 Women Who Care - Central York Region is part of the global movement "100 Who Care" which began in 2006. This chapter was founded in 2015 by Laurie Brakeboer, who was inspired by the incredible impact of bringing like-minded women together to make significant donations in a short period of time. Hill House is the grateful recipient of \$11,876 towards our new bed! Thank you!

We love working with our community to help raise funds for Hill House Hospice. Contact Melanie Litwin, Manager, Events, at mlitwin@hillhousehospice.com or 905-737-9308. You can download our Community Events Fundraising Toolkit at: hillhousehospice.com/toolkit

YOU have great impact!

YOU bring spiritual care to life



At Hill House, care is about more than physical comfort for our residents on an end-of-life journey. It's about being there for the whole person and for the people who love them.

That's why we're grateful to have Reverend Carol Hancock as our Spiritual Care Volunteer. A retired United Church minister with many years of experience supporting people through

palliative and hospice care, Carol offers Hill House residents and families something deeply meaningful: her presence.

Sometimes that means being a compassionate listener. Sometimes it means sharing a quiet conversation, offering reassurance or helping someone explore questions of faith, hope and meaning.

Hill House offers holistic care to a widely diverse community and Carol meets each person where they are, always respecting their individual beliefs, culture and wishes. She is also part of our Grief and Bereavement team, helping families feel supported with care and resources after the loss of their loved one at Hill House. If you'd like to connect with Carol, please reach out to Volunteer Services at info@hillhousehospice.com or speak to the nurse on duty.

Because of **YOU**, people can find peace.

A record-breaking \$176,008 was raised thanks to **YOU**!

Every year, the Walk for Hill House Hospice raises much-needed funds to help us offer our services at no cost to residents and families. The walk is a 2.8 km leisurely stroll through the beautiful community of Mill Pond in Richmond Hill. You'll also enjoy a BBQ burger lunch with refreshments, snacks and ice cream after the Walk. Save the date!

Sunday, May 16, 2027
walkforhillhousehospice.com

YOU make our Walk a success!



**HILL HOUSE
HOSPICE**

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