



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## ECO-JOURNAL

February 2022

### Help us help Sophia!

#### URGENT CALL FOR HOUSING

**Help Save Sophia's Life! We are currently looking to find a home for Sophia who lives with Multiple Chemical Sensitivities (MCS) to stop the medical assistance in dying (MAiD) which will take place on February 22. We have created a [GoFundMe](#) to support moving costs that you can find here: If you know of any safe healthy housing in Toronto please contact us as soon as possible at [office@aseq-ehaq.ca](mailto:office@aseq-ehaq.ca) or 514 332 4320.**

#### Help Save Sophia's Life

A donation of any amount will be put to good use.

We have released a [GoFundMe](#) to help Sophia, who lives with Multiple Chemical Sensitivities (MCS), to find a home and to stop the medical assistance in dying (MAiD) which will take place on February 22, 2022.

Yes, you did read it right.

Unless Sophia finds a suitable place to live before February 22, 2022, her life will be ended via medical assistance, at an appointed time.



514-332-4320



[bureau@aseq-ehaq.ca](mailto:bureau@aseq-ehaq.ca)  
[office@aseq-ehaq.ca](mailto:office@aseq-ehaq.ca)



It's not that Sophia does not want to live.

It's just that she cannot continue to live the way she is living right now, with constant exposures that are debilitating to her health and causing her to get weaker.

We put out a plea for housing in Toronto last Friday, January 28, and our heartfelt thanks to many of you who reached out and are searching for a suitable place for Sophia. If you know of anyone who can help, or of a location with safe and healthy housing please contact us as soon as possible so that we can help Sophia to move and avoid this terrible situation.

This fundraiser is to:

- Hire a company to help her pack
- Clean out the new place
- Transport Sophia and her belongings
- Help Sophia set up in the new place

**This is the type of housing that Sophia will need:**

- Whether it is a bachelor apartment attached to an independent house, an apartment, etc., it must ensure the following:
  - To have housing free of smoke (wood burning, tobacco, marijuana, vaping), perfumes/fragrances, chemicals from cleaning and laundry, and mould.
  - To have only least-toxic solutions used by adjoining neighbours
  - It cannot be new construction or where materials that off-gas volatile organic compounds such as formaldehyde are present.



- The heating for the house cannot be by wood, propane, or oil.
- This housing cannot be located in a polluted area. It must be away from Industry, farming, golf courses, smoke, and traffic.
- This has to be independent living.

On our website, we do have a section to help our members choose healthy housing. This could be useful to identify housing for Sophia: <https://aseq-ehaq.ca/en/environmental-sensitivities/how-to-best-manage-environmental-sensitivities-es/how-to-manage-healthy-spaces/>

Eco Solutions, products: [www.EcoLivingGuide.ca](http://www.EcoLivingGuide.ca)

As always, our very best to you,

The Team at ASEQ-EHAQ