



Community Services At a Glance



Winter 2022

IF IN-PERSON COMMUNITY PROGRAMS ARE CANCELLED BECAUSE OF COVID-19 UPDATES, HOSPICE WELLINGTON WILL OFFER VIRTUAL COMMUNITY PROGRAMS INSTEAD.

Registration is required. Contact: info@hospicewellington.org or call, 519-836-3921 x 228

All Hospice Wellington services are provided at no cost to our clients.

Hospice Wellington supports clients through the experience of life-limiting illness, caregiving, and bereavement.

Our palliative care support services...

...are available to individuals in a palliative model of care with a prognosis of 18-months or less.

Our caregiver supports...

...are available to informal caregivers (often family members or close friends) supporting individuals in a palliative model of care.

Our bereavement supports...

... are available to adults residing in Guelph or Wellington County who are grieving the death of a loved one.

AVAILABLE TO ALL CLIENTS

This includes palliative care, caregiver, and bereavement clients.

1:1 Support

Hospice Wellington offers one-to-one in-person and phone support with a trained volunteer companion. Mutually agreeable session dates, times, and frequency will be arranged between the client and volunteer. In-person visits take place at Hospice Wellington or outdoors to comply with Public Health recommendations regarding masks and distancing.

Peaceful Yoga

Mondays, 1:00 pm – 1:45 pm

Offering a restorative opportunity to gently focus on your body alignment and breathing.

Well on Your Way

Our SparxConnect resource platform, showcases recorded meditations, mindfulness, and self-compassion practices. Content is updated regularly and may be accessed at your own pace 24/7.

Distance Reiki

A subtle and effective form of energy healing, originating from Japan in the early 1900s. Reiki has no affiliation with a specific nationality or religion. Our volunteers offer these sessions by phone.

PALLIATIVE / CAREGIVER SUPPORT

Palliative Day Program

Wednesdays, 10:00 am – 1:00 pm

Our on-site Palliative Day Program offers a friendly environment for clients living with a life-limiting illness. It provides activities for social and emotional support in a relaxed setting, while caregivers have an opportunity for respite. Clients can be referred by their family, healthcare professionals or friends, or they can make their own referral.

Caregiver Coffee Conversations

Every other Tuesday beginning January 11, 10:00 am – 11:00 am

Caregiver Coffee Conversations- Rural Wellington County

Wednesday Mornings – January 26 – March 16 (Virtual-Via Zoom) 10:00 am – 11:30 am

Our Caregiver Coffee Conversations program offers caregivers a break from the emotional and physical demands of caring for a family member or friend. It provides a welcoming and supportive group environment that enables caregivers to share their experiences, hear how others have met similar challenges and explore strategies for self-care.

Therapeutic Touch® (TT) or Distance TT

An evidence-based form of energy healing that incorporates the intentional and compassionate use of universal energy. Sessions are available with our volunteers by phone or in person.

Caregiver Circle

Resources are shared to support caregivers who are coordinating care needs such as emotional support, physical care, and advocacy using our SparxConnect platform.

BEREAVEMENT SUPPORT

Grief and Education Support Workshop

Wednesday Evenings – January 19 – March 9 (In person) 6:00 pm – 8:00 pm

Grief and Education Support Workshop- RURAL WELLINGTON

Tuesday Evenings – January 25 – March 15 (Virtual-Via Zoom) 6:00 pm – 8:00 pm

A weekly support workshop for any adult who has experienced the death of a loved one. These workshops include an education component regarding how grief impacts our lives as well as group support.

Spousal Loss Support Group

Monday Evenings, January 17– March 14 (Virtual via ZOOM) 6:00 pm – 8 pm

Thursday Morning, January 13 – March 3 (In Person) 9:00 am –11:00 am

A weekly support workshop which runs for 8 weeks intended for individuals who have experienced the death of a spouse.

Mourning Walking Group

Tuesdays, 10:00 am – 11:15 am

Our walking group bridges social connections and peer support between grievors while participating in physical exercise.

“Sharing our stories of love and loss are among the most courageous of things we will ever do”

-Dr. Alan D. Wolfelt

COMMUNITY OUTREACH

Advance Care Planning

Presentations are available for service clubs, faith communities, corporate wellness programs and community organizations to increase awareness and understanding of Advance Care Planning. We encourage everyone to engage in conversations about the care they would like to receive if they are too ill or injured to speak for themselves. **Contact Dale at 519-836-3921 ext. 227** to arrange a presentation. Resources can also be found at acpww.ca.

Ambassador Program

Ask us about our team of Ambassadors, who are available to speak to your group about the many palliative caregiver and grief support programs available at Hospice Wellington for individuals and families in Guelph Wellington.

ON HOLD: ART THERAPY



795 Scottsdale Drive
Guelph, ON N1G 3R8
Community Services: 519 836 3921 Residence: 519 822 6660

Other Hospice Wellington Upcoming Events

Special Education Session

Income Tax Reduction and Estate Tax Elimination Session

Wednesday, November 24 – 10:15 to 11:30 a.m.

Lynn Whetham, CFP, will be sharing an overview of how people can address taxes, both now and for their estates. This informative and even humorous session gives participants a sample of approaches both simple and complex that are encouraged by CRA. To answer specific questions, Lynn is available for free one-hour sessions to discuss YOUR situation and offers suggestions to take back to YOUR own advisors.

To register, contact Anne MacKay at anne.mackay@hospicewellington.org or 519-836-3921 ext. 251.

Tree of Remembrance December 1-23, 2022

Hospice Wellington will be holding our annual Tree of Remembrance event this December. Christmas ornaments are available with a minimum donation of \$10. The ornaments may be hung on one of Hospice Wellington's display trees or taken away to be put on a tree at home or given as a gift to someone special. Each ornament comes with a tag for writing a note of remembrance about a loved one.

Hospice Wellington will have a Tree of Remembrance booth at Stone Road Mall from December 1 to December 23 and ornaments will also be available from Hospice Wellington's Sunshine Support Store and at satellite Tree of Remembrance locations organized by individuals throughout Wellington County. All proceeds from Tree of Remembrance support the many programs and services offered by Hospice Wellington in the residence and in the community.

SAVE THE DATE:

Handbags for Hospice: FEBRUARY 24th 2022, to be held at the Delta Conference Centre and Virtually online. More details to come!



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