



Community Services At a Glance



FALL 2024

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

You do not have to access our residential support in order to receive support in the community. From early diagnosis with an expected prognosis of under 18 months, and for those who are caregiving or grieving the loss of a loved one, Hospice Wellington hosts many programs and workshops to support adults living in Guelph and Wellington County. Our services are offered at no cost to you thanks to the generous support of those who donate to Hospice Wellington.

PALLIATIVE CARE SUPPORT

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

CAREGIVER SUPPORT

This support is available to adult family members or close friends supporting those in a palliative model of care.

GRIEF SUPPORT

This support is available to adults who are grieving the death of a loved one.

WORKSHOPS & EDUCATION SESSIONS-Everyone Welcome

A Sanctuary of Music - Guelph

Fridays, September 6, October 4, November 1, December 6, 11:00am – 12:00pm

St. George's Anglican Church- 99 Woolwich St. Guelph

No registration required.

Join us for an hour of contemplative music in the community, intended to transport listeners into a place of deep comfort. The music comes through organ, piano and songs with guitar, collaboratively shared by Gerald Manning (retired organist) and Hospice Wellington.



Hospice Wellington Information Session - Erin

Thursday, September 26, 6:00pm – 7:30pm

East Wellington Family Health Team, 6 Thompson Cres. Erin

In Partnership with the Erin Family Health Team. This workshop is intended to raise awareness about Hospice Wellington's many supports and services for palliative, caregivers and the bereaved individuals and families of Guelph and Wellington County.

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1240934> or by scanning the QR Code above.



Advance Care Planning - Guelph

Tuesday, September 17, 6:00pm – 8:00pm

This workshop will help 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.

Please RSVP by using the following link <https://buytickets.at/hospicewellington2/1329254> or by scanning the QR Code above.

Thursday, October 10, 10:00am – 12:00pm

Victoria Park Seniors- 150 Albert St W, Fergus

In partnership with Victoria Park Seniors Centre

Registration through Victoria Park Seniors Centre. Call 519-846-9691 ext. 204 or visit:

<https://anc.ca.apm.activecommunities.com/centrewellington/activity>

Tuesday, November 19, 6:45pm - 8:00pm - Virtual

Please RSVP by using the following link or by scanning the QR Codes.



VIRTUAL: <https://www.tickettailor.com/events/hospicewellington3/1356798>

Being Prepared-A Guide for End-of-Life Planning and Support

This workshop will help guide you as you prepare for those, ‘just in case’ moments. From having conversations with your family and friends to getting your documents together. This is an opportunity to ask questions that you may have thought of but didn’t know who to ask.

Thursday, September 19, 10:00am – 12:00pm – Fergus

Registration through Victoria Park Seniors Centre. Call 519-846-9691 ext. 204 or Visit:

<https://anc.ca.apm.activecommunities.com/centrewellington/activity>

Wednesday, October 16, 11:30am - 1:30pm- Harriston

Registration through Seniors Centre for Excellence. Call 519-638-1000



Friday, October 18, 10:00am – 12:00pm - Guelph

Please RSVP by using the following link: <https://buytickets.at/hospicewellington2/1329164> or by scanning the QR Code above.

Grief & Bereavement Community Information Session- Journeying Through Grief- Guelph/Virtual

Friday, September 13, 1:00pm -3:00pm

This one-hour presentation is open to anyone in the community. This workshop will focus on how grief can impact our lives and the supports available at Hospice Wellington. Virtual and in-person attendance available.

Please RSVP by using the following links or by scanning the QR Codes.



IN-PERSON: <https://buytickets.at/hospicewellington2/1157974>



VIRTUAL: <https://buytickets.at/hospicewellington2/1157977>

Tuesday, November 5, 10:00am - 11:00am - Virtual
Registration through Seniors Centre for Excellence. Call 519-638-1000

Thursday, December 12, 10:00am – 11:00am

In partnership with Victoria Park Seniors Centre
Victoria Park Seniors- 150 Albert St W, Fergus

Registration through Victoria Park Seniors Centre. Call 519-846-9691 ext. 204 or Visit:
<https://anc.ca.apm.activecommunities.com/centrewellington/activity>

Surviving the Holidays Workshops – Guelph/Virtual

Friday, October 4, 2:00pm – 4:00pm

For many people, the holiday season can be frustrating, stressful, overwhelming, and lonely. This workshop shares some tips to get through the season with self-compassion. Virtual and in-person attendance available. **Please RSVP by using the following links or by scanning the QR Codes.**



IN-PERSON: <https://buytickets.at/hospicewellington2/1329265>



VIRTUAL: <https://buytickets.at/hospicewellington2/1329266>

Monday, December 2, 6:00pm – 8:00pm

Please RSVP by using the following links or by scanning the QR Codes.



IN-PERSON: <https://buytickets.at/hospicewellington2/1329267>



VIRTUAL: <https://buytickets.at/hospicewellington2/1329268>

Navigating Your Supports – Rockwood

Tuesday, October 15, 10:30am - 11:30am

Rockmosa Older Adults Center - 121 Rockmosa Dr. Rockwood

In partnership with Rockmosa Older Adults Center. This workshop will help you understand who does what when it comes to offering care in the community. It will help you identify who your supports are, how to advocate for yourself or the person you are caring for, and give you tools to map out these support systems in a straightforward way.

Registration through Guelph Eramosa Township. Call: 519-856-9596 ext. 139

Virtual Village – Virtual Via Zoom

First Friday of Every Month, September – December, 12:00pm – 1:00pm



Friday September 6, 12:00pm – 1:00pm

Hospice Wellington will host the Guelph Community Health Centre to share information about the programs and services that they offer. Register by scanning the QR code or by clicking on the event link: <https://buytickets.at/hospicewellington1/1346888>



Friday October 4, 12:00pm – 1:00pm

On Friday, October 4, Hospice Wellington will host Adam Rutherford, Manager of Programming and Community Development with the City of Guelph. Adam will share how you can connect with the plethora of activities within the community. Register by scanning the QR code or by clicking on the event link: <https://buytickets.at/hospicewellington1/1151667>



Friday, November 1, 12:00pm – 1:00pm

On Friday, November 1, Hospice Wellington will host Pollination Guelph to share information about who they are, what they do, and how you can become involved. Many visitors to Hospice Wellington comment on how beautiful our gardens are. The beauty of our gardens is all thanks to Pollination Guelph and their volunteers. Pollination Guelph member Lorne Widmer will share his wisdom about gardening, and information about Pollination Guelph. Register by scanning the QR code or by clicking on the event link: <https://buytickets.at/hospicewellington1/1353997>

Friday, December 1, 12:00 – 1:00pm – Guest to be determined

PROGRAMS & SERVICES FOR REGISTERED HOSPICE CLIENTS

If you wish to find out more about becoming a registered hospice client, please contact info@hospicewellington.org or call 519-836-3921 ext. 228 to schedule a conversation with one of our Community Coordinators.

Available to All Registered Clients

1:1 Support- In-person, Phone

One-to-One in-person and phone support is available with a trained volunteer companion. Mutually agreeable session dates, times, and frequency are arranged between the client and volunteer.

Gentle Yoga- Guelph

The last Monday of each month

This gentle yoga program includes breathing exercises, simple stretches and poses, and mindful meditation. Modifications will be offered for those practicing with limitations or injuries.

Reiki- In Person, Distance

Mondays and Fridays

A subtle and effective form of energy healing originating from Japan in the early 1900s. Our volunteers offer sessions by phone or in person.

Therapeutic Touch® (TT) – In Person, Distance

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.

Meditation – In Person – Guelph

Mondays, October 21 – December 9, 2024 – 9:30am – 10:30am

This group offers learning what mindfulness meditation is and its benefits. You will also learn how to practice mindfulness meditation both while sitting, and while doing everyday things like listening, exercising, walking, and performing simple tasks.

Art Therapy Open Studio - Guelph

Fridays, September 27 - November 8, 10:30am - 1:30pm

This offering is open to gently support all individuals who wish to engage in their own art making process in a community environment. Once registered, drop-in for the time you need to engage with your artistic self and others. Staff and compassionate Hospice Wellington Volunteers are present to assist you as required with the development and implementation of your unique creative process and art projects.

Monthly Encaustic Card-Making Workshops - Guelph

Tuesday, September 17, 1:00pm - 3:30pm, Wednesday October 16, 10:00am -12:30pm, Thursday November 21 5:30pm - 8:00pm

Monthly encaustic card-making workshops aim to support creative encounters in our welcoming Art Therapy studio. No experience is necessary, but rather a willingness to explore simple encaustic wax techniques for the creation of one-of-a-kind cards in a warm community environment. Take home a hand-made original card with you each session!

Horticultural Wellness Workshop – Guelph

Friday, November 15, 1:00 – 3:00pm

Open to all Hospice Wellington Clients. These workshops are intended to help build the connection between us and nature, using each of our senses, and exploring how nature can aid our mental health.

Palliative Care Support

Palliative Day Program - Guelph

Wednesdays, 10:00am - 1:00pm

Our 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.

In the Nest - Elora

Wednesdays, October 23 - November 27, 1:00pm -3:00pm

A collaboration of music and art therapy. Join us for this healing experience of the arts this Fall in Elora. At the conclusion of this 6-week group you will have completed a shadow box of your own containing elements of your unique connections to music, creative expression, and yourself or a loved one. No music or art skills are required to participate. All materials will be provided to you.

Caregiver Support

Coffee and Caregiver Conversations – Mount Forest

Every other Monday, starting September 9, on-going, 1:00pm - 3:00pm

In partnership with the Mount Forest Family Health Team, this group is for caregivers caring for a loved one with a life-limiting illness. It is an opportunity to meet other caregivers, learn ways to manage your stress, share experiences, hear how others have met similar challenges, and identify strategies for self-care.

Coffee and Caregiver Conversations - Rockwood

Every other Tuesday, starting September 10, on-going, 10:00am - 12:00pm

In partnership with Rockmosa Older Adult Centre. This group is for caregivers caring for a loved one with a life-limiting illness. It is an opportunity to meet other caregivers, learn ways to manage your stress, share experiences, hear how others have met similar challenges, and identify strategies for self-care.

Caregiving and Wellness - Harriston

The last Friday of the month, starting, September 27, on-going, 1:00pm - 2:30pm

These workshops will help support caregivers using educational information, resources, and wellness strategies. You will meet other caregivers, share your stories, and offer and receive support from each other.

In the Nest- Elora

Wednesdays, October 23 - November 27, 1:00pm -3:00pm

A collaboration of music and art therapy. Join us for this healing experience of the arts this Fall in Elora. At the conclusion of this 6-week group you will have completed a shadow box of your own containing elements of your unique connections to music, creative expression, and yourself or a loved one. No music or art skills are required to participate. All materials will be provided to you.

Grief Support

Bereavement Walking Group

Tuesday afternoon – Guelph

Friday morning – Mount Forest

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

Bare Ink Bereavement Writing Workshop-Guelph/Virtual

Tuesday, September 10, 6:00pm – 8:00pm

This workshop is a safe, creative space to express your grief in writing. The workshop will include prompts, reflection, writing time and discussion. Virtual and in-person attendance available.

Music Therapy Group - Guelph

Wednesdays, September 11 – October 16, 6:00pm – 8:00pm

There are many ways to explore and to be present with our loss. Music has a way of coming alongside us in our lives, speaking where words fail, or perhaps giving us a new language for our experience. This bereavement group will weave songs and stories to support you through challenging times.

Grief Peer Support Group – Arthur/Virtual

Mondays, September 16 - November 11, 1:00pm – 3:00pm

A weekly peer support group which runs for 8 weeks intended for adults who have experienced the death of a loved one. This group will be a closed group, meaning that participating members will

remain the same throughout the 8 weeks. Virtual and in-person attendance available.

Grief Peer Support Group- Guelph/Virtual

Mondays, September 23 - November 18, 6:00pm – 8:00pm

A weekly peer support group which runs for 8 weeks intended for adults who have experienced the death of a loved one. This group will be a closed group, meaning that participating members will remain the same throughout the 8 weeks. Virtual and in-person attendance available.

Gentle Art Therapy Invitations - Guelph

Tuesdays, September 24 – November 26, 6:00pm – 8:45pm

This structured Art Therapy group incorporates weekly topics using art-making materials to explore aspects of self-care, self-expression, and processing of challenging emotions and experiences connected to the individual's journey with grief. Ten sessions per cycle, with occasional breaks. No artistic experience, skill, or training is required to participate.

Remembering Well - Guelph

Friday, November 8, 1:00pm – 3:00pm

Acts of remembrance can be a helpful tool when grieving a loss. This workshop is going to explore the world of memorial acts, from small to large, private to public, from common to unique. Join us in exploring practical ways of developing a relationship of memory and honouring the legacy of those we have loved.

Candle Making Workshops - Guelph

Thursday, December 12, 5:30pm - 8:00pm, Tuesday, December 17, 1:00pm - 3:30pm, Friday, December 20, 10:00am - 12:30pm

Remembering a loved one who is no longer physically with us during the holiday season can be a difficult experience to put into words. Join us for our candle-making workshops to celebrate and honour connections with your loved ones. We hope to aide you in creating a little space and light to support meaning-making and the safe expression of emotions during this time.

COMMUNITY OUTREACH

Ambassador Program

Our team of Ambassadors is 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 and Wellington County.

Advance Care Planning

Presentations are available for service clubs, faith communities, corporate and community groups to increase awareness and understanding of Advance Care Planning.

4-Part Information Series

This series of workshops are designed to introduce the public to the community supports available through Hospice Wellington. These workshops provide practical information and tools to use as you discuss your own health care journey, begin to ask questions about a life-limiting diagnosis or what it means to be a caregiver.

- Caregiving and Wellness
- Being Prepared – A Guide for End-of-Life Planning
- Navigating Your Supports
- Advance Care Planning

OTHER HOSPICE WELLINGTON UPCOMING EVENTS

Making Tough Planning a Little EASIER.

Please join us for this fall's Education Sessions from Hospice Wellington's Fund Development Team!

If you have any questions about the following sessions , please feel welcome to contact:

Mary Stoyke at 519-836-3921 ext. 223 or marystoyke@hospicewellington.org

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

Lynn Whetham presents "Income Tax Reduction and Estate Tax Elimination"

- To minimize or even Eliminate Taxes in your estate.
- To Avoid Double Taxation on your "Red" retirement accounts.
- To Bypass paying upfront Capital Gains Taxes when selling your investments.
- To convert assets into an Income You Can't Outlive and leave a Lasting Legacy.
- How our government wants you to Save Taxes and Leave More to Charity.

Presented by Lynn Whetham, Financial Writer, Educator, Speaker and Radio Show Host. Lynn Whetham is a trusted advisor for people who are thoughtful about their financial plans matching their values. Lynn specializes in helping individuals discover the tools and knowledge they need to maximize their financial and philanthropic opportunities.

Please RSVP by using the following links or by scanning the QR Codes.



IN-PERSON: <https://www.tickettailor.com/events/hospicewellington3/1356718>

Wednesday, November 13 – 10:45 for Sign-in, Session 11:00 - 12:00 noon
Harcourt United Church, Guelph
Please note: space is limited, registration is required



VIRTUAL: <https://www.tickettailor.com/events/hospicewellington3/1356786>

Thursday, November 14 – 6:45 for Sign-in, Session 7:00 - 8:00 p.m.
Please feel welcome to share with family and friends



IN-PERSON: <https://www.tickettailor.com/events/hospicewellington3/1357745>

Wednesday, November 20, 2024 – 1:45 Sign-in, Session 2:00 – 3:00pm
Unity Hall, Centre Wellington Community Sportsplex, 550 Belsyde Ave E, Fergus
Please note: space is limited, registration is required

Advance Care Planning

A gentle session to open up discussions about the importance of sharing our wishes should there come a time when we cannot speak for ourselves due to illness or injury.

Fred is a longtime volunteer with Hospice Wellington, co-facilitating the 33-hour Volunteer Training, and companionship many clients through their grief in facilitating Grief Support Groups as well as individually, in addition to his work on sharing Advance Care Planning sessions. He brings his study of Grief and Bereavement and his experience working with grieving individuals to provide tools to make planning for families a little easier.



VIRTUAL <https://www.tickettailor.com/events/hospicewellington3/1356798>

Tuesday, November 19th – 6:45 for Sign-in, Session 7:00 - to 8:00pm
Please feel welcome to share with family or friends.

Hospice Wellington Upcoming Fundraising Events

Quilt Raffle

Draw takes place on November 15, 2024

Get your tickets for a chance to win a beautiful hand made quilt! This quilt was hand-pieced from 2" squares by Anne C. Bawden, who died at Hospice Wellington, Guelph 2017. The quilt was made from scraps from her family's clothing over many decades. After her death, the top was completed by members of the Community Outreach group of the Royal City Quilters' Guild. The backing was donated by Lucy Prior. It was machine-quilted by Joan Hug- Valeriotte in a feather meander pattern bound by Jan Snell and subsequently presented to Hospice in Anne's memory in 2023.



This quilt was made by a collaboration of caring hands, with careful consideration and unique materials, truly one of a kind and crafted with love. A beautiful gift to the community.

Giving Tuesday

December 3rd, 2024

Hospice Wellington participates in Giving Tuesday by hosting a Grocery Gift Card Drive. You can drop off a gift card from any grocery store of your choice to Hospice Wellington or donate online directly to the Giving Tuesday Fund. Keeping our pantry stocked helps us keep residents and their families nurtured and comforted with healthy home-cooked meals and snacks. **In honour of the kitchen they donated 14 years ago, Barzotti Woodworking will again, match up to [\\$14,000](#) for financial donations or grocery gift card amounts!**



Tree of Remembrance - December 2 - 23, 2024,

Stone Road Mall,

Open during mall hours

The Tree of Remembrance was born out of the understanding that while December can be a time of celebration for many, it can also be a deep time of sadness for others. Holiday ornaments are sold at Stone Road Mall and other venues throughout Wellington County. In addition to selling ornaments, volunteers are present to speak about those who people are missing, an opportunity to acknowledge the loss that many may be feeling. Those buying ornaments can write the name of their loved one on a memorial tag and place them on the display trees.

