



Community Services

At a Glance



Spring 2022

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

Hospice Wellington supports clients through the experience of life-limiting illness, caregiving, and bereavement. All Hospice Wellington services are provided at no cost to our clients.

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

Our palliative care supports...

...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 are arranged between the client and volunteer. When available, in-person visits take place at Hospice Wellington or outdoors to comply with Public Health recommendations regarding masks and distancing.

Well on Your Way

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

Reiki

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

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

-Dr. Alan D. Wolfelt

PALLIATIVE CARE/ CAREGIVER SUPPORT

Palliative Day Program

Wednesdays, 10:00am – 1:00pm

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 and friends, or they can make their own referral.

Caregiver Coffee Conversations

Every other Tuesday beginning April 12, 10:00am – 11:00am

Hospice Wellington

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.

Biweekly Book Club – “I Don’t Know What to Say . . . How To Help and Support Someone Who Is Dying”

Coming Fall 2022

In his book, “I Don’t Know What to Say . . .” Dr. Robert Buckman discusses the importance of talking with the person who has a life-limiting illness and being a sensitive listener. Some of his practical suggestions about talking and listening may be helpful for spouses, parents, siblings, close friends, or colleagues of someone receiving a palliative approach to care.

Therapeutic Touch® (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- **PROGRAM FULL**

Tuesday Evenings - April 19 – May 31 (In-person) 6:00pm - 8:00pm

A weekly support workshop which runs for 8 weeks intended for adults who have experienced the death of a loved one. These workshops include an education component regarding how grief impacts our lives as well as group support. The group will be a closed group, meaning participating members will remain the same throughout the 8 weeks.

Spousal Loss Support Group- **PROGRAMS FULL**

Monday Evenings- April 25 - June 20 (In-person) 6:00pm-8:00pm

Thursday Mornings - April 21 - June 16 (Virtual- Via Zoom) 9:00am – 11:00am

A weekly support workshop which runs for 8 weeks intended for individuals who have experienced the death of a spouse. The group will be a closed group, meaning participating members will remain the same throughout the 8 weeks.

Bare Ink Bereavement Writing Workshop

Friday May 6, 6:00pm-8:00pm

This two-hour workshop is designed to be a safe, creative space to express your grief in writing. The act of writing in a space that nurtures creativity can help us access and express thoughts and feelings that we may not be able to otherwise. This type of creativity can help you understand how your grief journey has changed you, and what is becoming meaningful for you as you look toward your future. The workshop will be facilitated with writing prompts, time to write, and the opportunity for discussion.

Mourning Walking Group

Tuesdays, 10:00am – 11:15am

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

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

ACP (Advance Care Planning) 101- Rural Wellington County

Thursday, May 19 – 1:00pm – 2:00pm

Rockmosa Older Adult Centre (enter through the library), 121 Rockmosa Dr. Rockwood

If you were in the hospital, to ill or hurt to speak for yourself, do you know who would make your health care decisions for you? Are you making health care decisions for aging parents, an ill spouse or family member? Join us for this educational session to learn about Advance Care Planning and Substitute Decision Making.

To register, contact Julie Martin-Jansen at juliem.jansen@hospicewellington.org or 226-979-6758.

Special Education Session

Income Tax Reduction and Estate Tax Elimination Session

Wednesday, May 25 – 10:15am - 11:30am (Virtual Talk) or

Thursday, June 9 – 1:45pm - 3:00pm (In-Person at the Rockmosa Community Centre, Rockwood)

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.

Top 10 Tips to Prepare YOU to Be an Executor

Wednesday, May 18th – 10:15am - 11:30am (Virtual Talk)

Debbie Stanley, Certified Executor Advisor, and owner of ETP Canada, will be sharing an overview of the realities of being an estate executor. In her years of experience in helping families, being more prepared can help make a challenging project easier, less stressful and save money in making your time with your lawyer, financial advisor, and accountant more efficient.

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

New Booklet from Hospice Wellington – Navigating End of Life Planning and Supports

Thursday, June 9 – 1:00pm – 2:00pm

Rockmosa Older Adult Centre (enter through the library), 121 Rockmosa Dr. Rockwood