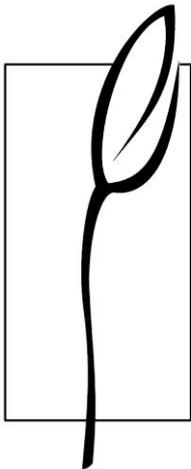


THE TERM HOSPICE originated in the Middle Ages as a place of simple lodging in which travelers found wholesome food, refuge and spiritual encouragement to prepare them for the next lap of the journey.

In the last decade, the concept of a symbolic stopping place along life's journey has developed. Today the term describes a philosophy of loving care provided to an individual in the last days of living.

HOSPICE CARE IS providing support for persons with a life threatening illness and for their loved ones. It is a holistic approach that provides practical, emotional, and spiritual support through specially trained volunteers. It is a concept of care available to people who want the highest quality of life possible in their last days.



HOSPICE IS a program of the Woolwich/Wellesley Community Health Centers. Volunteers, prepared for hospice care, provide compassionate help for those with life threatening, terminal or chronic illness and their loved ones. Respect for personal, cultural and religious values and beliefs are a primary component of this service.

OUR VOLUNTEERS ARE caring members of the Woolwich/Wellesley community who have been trained to understand the specific needs of people dealing with death and dying. They seek to complement and cooperate with the primary caregivers and other health care professionals and agencies.

THE SERVICES PROVIDED by our visiting volunteers include:

- ♥ Listening and emotional support
- ♥ Simple comfort measures
- ♥ Transportation
- ♥ Meal preparation
- ♥ Shopping
- ♥ Baby sitting
- ♥ Caregiver relief
- ♥ Communicating with other service providers such as doctors, clergy, health and social agencies.

BEREAVEMENT affects people in many different ways; sadness, fury, despair, relief. Sometimes it is difficult to share these extremes with people you love because they too are grieving. Hospice volunteers seek to help individuals

understand these emotions, to accept them and to bridge the gap between raw grief and the kind of grief that begins to heal.

OUR RESOURCE CENTRE provides books and tapes on related topics such as death and dying, the grief process, and hospice caregiving in the home.

CAREGIVER SUPPORT GROUPS provide the opportunity for those persons who are caring for someone who is chronically ill, disabled or has a life threatening illness to meet with others who share similar feelings and situations.

COUNSELLING SUPPORT is available for rural residents who are dealing with a life threatening illness or the loss of a loved one. Through a partnership with Waterloo Region Hospice, a grief counselor can work with children, teens and adults at our health centre sites at no charge.

CONTACT MAY BE MADE



personally, through your family, by your physician or nurse practitioner, or through hospital personnel or home care services.

FOR HOSPICE SERVICE INFORMATION call the Hospice Coordinator at 664-3794, ext. 229



Woolwich/Wellesley Community Health Centre

OUR VISION

An active, vital, connected community whose residents enjoy optimal health and well-being in all aspects.

OUR MISSION

Our rural, community-governed health centre leads collaboratively in providing culturally sensitive programs and services: primary health care, illness prevention, and health promotion.

OUR VALUES

- Holistic Approach
- Respect and Compassion
- Partnership
- Accountability and Responsibility
- Communication

OUR VOLUNTEERS ARE OUR MOST VALUABLE RESOURCE

If you have time to spare, a little or a lot, come explore the volunteer opportunities at WCHC/WTCHC.

**Call 664-3794 for information on
volunteering**

WOOLWICH/ WELLESLEY HOSPICE



A VOLUNTEER SERVICE OF

Woolwich Community Health Centre

10 Parkside Dr., St. Jacobs, ON N0B 2N0

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