



## ...professional services

tests, etc.; and suggestions on adapting your home.

### **In-home Stimulation**

Activities at home for seniors who rarely go out and are at risk due to physical or cognitive problems.

### **Palliative Care**

End-of-life care given in your home or at the Jeffery Hale Hospital.

### **Stay Sharp Drop In**

Join volunteers for games and activities that will help keep you mentally sharp and alert.

### **Requests for Saint Brigid's Home**

Social workers will assess your care needs and fill in the required forms.

### **Telephone Check-in**

Dedicated volunteers call you every morning to make sure that you are safe and sound.

## Other activities

For more details about the below activities, visit [veq.ca](http://veq.ca), the 50+ page and calendar. You can also call **Voice of English-speaking Québec** at 418-683-2366, ext. 224, or email: [info@veq.ca](mailto:info@veq.ca)

### **Out and About**

Trips to community events, including tours of the city and other local attractions, as well as shopping, movie and restaurant outings. Free transport, but \$ for some activities.

### **Lifelong Learning**

Quebec City Reading Council's LLL offers adults 50+ occasions to learn from peers and exchange ideas. If you enjoy lively conversation and learning about such topics as history, art, computer skills, and travel, visit: [lifelonglearningquebec.org](http://lifelonglearningquebec.org)

### **Mobile Morrin**

Morrin Centre members can pick up and drop off their library books at the VEQ office. Visit: [morrin.org](http://morrin.org)

## A Community of Care

The community Wellness Centre in the Jeffery Hale pavilion promotes the well-being of English speakers living in the Quebec City region:

- Family Matters
- WE Belong Special Needs
- Well 50+ & Caregivers
- WE Mind Mental Health
- WE Volunteer



Jeffery Hale Pavilion  
1270, chemin Sainte-Foy  
Québec QC G1S 2M4

» **One number: 418-684-5333**

1-888-984-5333 toll-free

Jeffery Hale – Saint Brigid's is there for you! Bilingual health and social services:

- Lab tests
- Senior care
- Community services
  - CLSC-type services in English
  - Requests for Saint Brigid's Home
  - Help with access to services in English



Jeffery Hale Hospital  
1250, chemin Sainte-Foy  
Québec QC G1S 2M6

## Well 50+ & Caregivers



**Promoting the well-being of English-speaking older adults of the Québec City region AND their caregivers**



**Join the Wellness Centre's WE Volunteer team!**

We especially need help with transporting seniors to medical appointments:

[wejh.ca/WEvolunteer](http://wejh.ca/WEvolunteer)



## Wellness Centre services

If you are over 50 and speak English, the **Wellness Centre** can help you lead a healthy and full life. The Centre is co-managed by Jeffery Hale Community Partners, Jeffery Hale – Saint Brigid's and Voice of English-speaking Québec.

### CHEP

The Community Health Education Program provides health information on DVD from videoconferences on topics such as memory, stress, and sleep.

### Concierge services

One-on-one guidance and support for older adults and caregivers.

### E-newsletter

Helps connect, inform and support older adults (over 50) and their caregivers. Information about helpful services and activities to promote physical and mental well-being.

### Grief and bereavement

Find support after the death of a loved one.

### McGreevy Manor

A private apartment block for autonomous or semi-autonomous seniors. For details, please visit: [mcgreevymanor.org](http://mcgreevymanor.org)

## For those aged 50 & over

### Volunteer services

**Friendly Visits:** Volunteers can pay you a cheery visit now and then.

**Transportation:** Our dedicated volunteers can take you to medical appointments or grocery shopping. (Note: you must already be a client of another service.)

### Wellness Café

Guest speakers on a variety of helpful topics of interest to both older adults and their caregivers.

## Especially for caregivers

Caregivers are those who provide care to family members or friends, whether they be near or far. Perhaps you prepare meals for your loved one, drive them to the doctor, make sure they take their medication, help with finances, or simply do some listening.

This role can be both rewarding and challenging. Equip yourself with mutual support, knowledge, and resources.

Thanks to our funders!

**Appui**  
proches aidants

## For caregivers

Anais Fortin-Maltais, coordinator of the Well 50+ & Caregivers Program:

- [afortinmaltais@jhpartners.net](mailto:afortinmaltais@jhpartners.net)
- 581-446-7476

If you hesitate to take part in activities because you cannot leave your loved one alone, please contact Anaïs (above) so we can find a way to support you.

### Caregivers' Circle

An oasis for caregivers, these regular get-togethers are a chance to share experiences, find resources, learn new things, do crafts (bring your own or we will supply), and recharge your batteries.

### Art Therapy

Treat yourself to some ME time. Free of charge, no artistic talent required. Explore your feelings while enjoying the life-affirming pleasures of creating art. In a group with a certified art therapist OR through Art Care Packages that you can do at home by yourself or with your loved one.

### Lending Library

Check out our caregivers' lending library with English books and videos that you can borrow free-of-charge.

## Professional services

A member of the team of professionals at **Jeffery Hale Community Services** can evaluate your needs and guide you in your care decisions. The team includes nurses, social workers, special educators, and occupational and physiotherapists.

### Convalescence or rehabilitation

Support during recovery after surgery or an illness requiring hospitalization.

### Day Centre

A friendly and social weekly activity that can help you stay active and maintain your abilities. Includes adapted transportation, a meal, and a lot of smiles.

### Freshly-sealed Meals

To access this program, you must already be a client of our other services, such as the Day Centre. Affordable, nutritious, and tasty vacuum-sealed meals (sous-vide), easy to reheat.

### Homecare

Homecare services may include help with bathing, meals, and getting dressed; nursing care such as medication monitoring, changing of bandages, blood

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