



WELLNESS CENTRE AT A GLANCE

Wellness Support Groups & Programs

Don't forget to check out the Wellness Centre calendar www.thehospice.ca. For more information or to register for any Wellness Centre activity please contact Linda Sabatini at 974-7100 Ext 2202.

ALS (LOU GEHRIG) The ALS Society of (Windsor) Essex County has been in existence since 1984 and serves Windsor-Essex County as well as Chatham Kent. We are volunteer driven and help families by providing equipment and services to those who are living with ALS. All are welcome to attend our support group meeting at our new home at the Wellness Centre located at the Hospice of Windsor and Essex County, 6038 Empress just off Jefferson and Tecumseh. The group meets the third Monday of every month from 7 p.m. – 9 p.m.

COUPLES GROUP A monthly support group for couples going through a life-altering diagnosis. Come meet other couples to share and develop new coping strategies. Guest speakers will present to provide new skills for supporting each member of the couple. Call Joe for more details, dates and times at 974-7100 ext 2261.

DROP-IN GROUP This support group is open to any adult living with a life-altering diagnosis and caregivers. The group meets every Tuesday morning from 9:30 a.m. – 12:00 p.m. (noon) for support, information sharing and friendship.

FAMILY AND FRIENDS (CARE GIVERS) This support group is open to any adult who is providing physical and/or emotional support to someone living with a life-altering diagnosis. Themes of the group will include coping with stress and change, changing roles in the family, self-care for care-givers, advocating and planning for the care of our loved one. The group will consist of four weekly sessions. Volunteer respite and transportation may be available with advance notice. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

FAMILY WORKS PROGRAM (KIDS/GUARDIANS) Learning with a focus on FUN. A five session support group that will provide both children (ages 5 to 12) and/or parents/guardians/caregivers a chance to meet others living with a life-altering diagnosis in their family. Both the kids and the parents groups will share ideas for enhancing communication while increasing support for the whole family. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

GUITAR FOR TEENS A ten-week program for teens that have a family member living with a life-altering diagnosis. Guitars are provided for the first three teens but the class is open to children, teens and adults with their own guitar. Stay tuned for Jamming for Wellness, a day time musical jam for those musicians too tired to get out in the evening. Call Joe for more information, dates and times at 974-7100 ext 2261.

LIFE STYLE CHANGES PROGRAM This four-session group provides participants with an over view of the physical, mental, emotional, spiritual and social changes encountered by both the patient and the caregiver when dealing with a life-altering diagnosis. Space is limited so register early. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.



LIVING THROUGH GRIEF A three-session program that focuses on identifying our needs after a profound loss, techniques for making future decisions, evaluating coping skills and recognizing the emotional characteristics of losing a loved one. You must commit to attending all three sessions as space is limited. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

MEN'S CLUB Do you think you can beat the guys at Wii bowling, then come on down for some camaraderie and networking. Open to any man living with a life-altering diagnosis. Call Joe for more information, dates and times at 974-7100 ext 2261.

MIND MATTERS Do you want to develop some strategies for coping better with anxiety and depression? A four-session educational series for persons living with a life-altering diagnosis and dealing with anxiety and depression. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

MULTIPLE MYELOMA A support group for people living with Multiple Myeloma and their family members and friends. The group often has a guest speaker and meets every second month on Saturdays from 2 p.m. – 4 p.m. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

PROSTATE CANCER A monthly support group for men living with prostate cancer. The group often has an educational speaker, sharing the most up-to-date information about prostate cancer. The group which includes adult family members, meets the second Tuesday of each month from 7 p.m. – 9 p.m.

RE-CLAIMING YOUR LIFE This is an eight-week educational support group for persons who have completed active medical treatment or have moved to a maintenance regime and are looking to set new life goals, enhance relationships, address long-term side effects and improve overall coping. The focus of the group is to support one another while re-engaging with your life. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

WELLNESS ACTIVITIES AND SERVICES

All activities and services are open to persons living with a life-altering diagnosis and their family members.

ARE YOU SLEEPING? Come discover natural secrets to having a better night's sleep. Learn about the best time for optimum sleep and easy ways to make this happen.

BEAUTY SALON Recognizing the importance of one's self-image and well being, the Hospice Village is pleased to announce hair care and basic manicure services. Open to both patients and caregivers. Services available include: wash, cut and style, manicure and nail polish change. Must RSVP to Linda Sabatini for dates and times at 974-7100 ext 2202.

CREATIVE ART Express your artistic side even if you don't think you have one. No experience necessary, all supplies are provided. Don't forget to RSVP to Linda at 519-974-7100 ext 2202.



CREATING MEMORY ALBUMS A fun and relaxing time of displaying and preserving your precious family photos and stories. A starter kit provided. To register or for more information contact Linda Sabatini at 974-7100 ext 2202.

KNITTING CORNER Coming back in October just in time to make something special for the holidays. Everyone who would like to learn to knit or crochet is welcome to join Libby. Meets on Mondays from 1 p.m. – 2:30 p.m. Some supplies available.

KIDS KICKING CANCER (WOW! Now up to 19 kids) An internationally recognized, non-profit organization founded in Michigan in 1999. Kids Kicking Cancer is now partnering with Hospice and support from Transition to Betterness to bring their special program to ALL our Hospice children. The children begin with stretching and breathing exercises to calm themselves through challenging situations. Children are taught traditional karate moves without sparring or body-to-body contact. For children age 5 and older. Please note, a children with a medical diagnosis will be required to have a physician complete a consent form and be submitted prior to attending the first class. Registration is required, please contact Linda Sabatini for more information at 519-974-7100 ext 2202.

MEDITATION 101 AND HEALING BREATH In these classes discover different methods of meditation to help you learn how to relax. It is recommended that attend Meditation 101 before attending Healing Breath. Contact Linda Sabatini at 519-974-7100 ext 2202 for more information or to register.

NEW QUILTING The Burden Bears group is inviting anyone who would like to quilt to join their group on Monday mornings from 9 a.m. – 12 p.m. (noon) in the Education Room.

RADIANT TOUCH®, AUTHENTIC REIKI® Is an ancient holistic healing approach to balance energy from within a person. Receiving a one hour session enlivens, restores and balances your energy. Trained volunteer practitioners hold their hands on or just above your body which aligns your chakras or energy centres and allows your mind and body to gain a unique state of very deep rest. Natural endorphins are released that allow for restful sleep, natural pain release, inner stillness and peace. Contact Linda Sabatini at 519-974-7100 ext 2202 for more information or to register.

REFLEXOLOGY AND AROMATHERAPY (for Hospice Residence patients and their family members) By stimulating reflex points in the hands and using customized aroma blends, patients and caregivers experience relaxation and pain relief through gentle massage.

NEW SPIRITUAL CARE PROGRAM Trained spiritual care volunteers will provide spiritual support to our patients and caregivers. Must RSVP to Linda Sabatini to arrange for a visit at 974-7100 ext 2202.

STORY TELLING A great gift for your family. This program is an opportunity for you to tell your story as well as to leave a legacy for your family and friends. You will receive your own personal storytelling tool kit at no cost. Trained patient care volunteers are matched 1-on-1 with a client for eight sessions to assist you with telling your life story. For more information about this program, please contact Linda Sabatini at 974-7100 ext 2202.



TAI CHI/QI GONG Coming back in October! Do something great for your balance and join Wayne every Wednesday at 1:30 p.m. for a relaxing journey to enhanced wellness. This program consists of a simplified form of Tai Chi which emphasizes slow turning and stretching along with a form of Qi Gong known as Ba Da Jin. A great way to relax and improve your health. Meets every Wednesday at 1:30 p.m. Contact Linda Sabatini at 519-974-7100 ext 2202 for more information.

THERAPEUTIC TOUCH Therapeutic Touch™ is an energy-field healing method where the practitioner uses the hands as a focus to facilitate healing. Therapeutic Touch is administered with the compassionate intent to enable people to re-pattern their own energy fields towards wholeness and health.

Scientific research and experience have shown the effectiveness of Therapeutic Touch in eliciting a relaxation response and reducing anxiety, changing the perception of pain and facilitating the body's natural restorative process.

A Therapeutic Touch session is 15-20 minutes long and can be administered in a sitting or lying position. A rest period of 20 minutes is encouraged afterwards, during which the client's body responds to the changes in the energy field and their own healing momentum continues. Contact Linda Sabatini at 519-974-7100 ext 2202 for more information.

YOGA Coming back in January! Gentle stretching and breathing techniques that are suitable for all abilities, including those people in treatment. Helps to reduce stress, improve coping and achieve a sense of calm. Contact Linda Sabatini at 974-7100 ext 2202 for more information.

SOCIAL EVENTS

All social events are open to people living with a life-altering diagnosis and their family members.

FUN TIME FOR KIDS Did you know that having FUN is a vital part of any wellness plan for children. Come join Brianne each month for a special activity, open to children aged 5-12 for friendship and a whole lot of FUN.

HOSPICE SUMMER CAMP A FREE four day-three night camping experience for children aged 5-15 held the third week of August at Camp Cedarwin. The camp is for any child who has a parent or family member living with a life-altering diagnosis. The focus of the camp is FUN, FUN, FUN and is offered in partnership with Scouts Canada. **Space is limited so register early.** Contact Linda Sabatini at 974-7100 ext 2202 to register or for more information.

NEW COFFEE HOUSE Wow! Who knew we had such great talent within our Wellness Centre community? Singers, poets, story tellers, musicians. It's all at Joe's Cafe the last Wednesday of every month from 6:30 p.m. – 8:00 p.m. Join us for some great entertainment. Call Joe at 974-7100 ext 2261 for more information.