



Your wellness is at the heart of everything WE do



VEQ's 50+ Activities

For more details about the below activities, visit 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

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

Mobile Morrin: Morrin Centre members can pick up and drop off their library books at the VEQ offices in the Wellness Centre. For more information, visit: morrin.org

Out and About: Transportation 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)

Join the Wellness Centre's volunteer team! We especially need help with transporting seniors to medical appointments:

wejh.ca/WEvolunteer

A Community of Care

The community **Wellness Centre**, in the Jeffery Hale Pavilion, promotes the well-being of English-speaking people living in the Quebec City region:

- Caregivers' Circle
- Family Matters
- SNACS Special Needs
- Well 50+
- WE Volunteer

Wellness Centre
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



Grouped with the *CIUSSS de la Capitale-Nationale*

Well 50+



Promoting the well-being of English-speaking 50+ adults



InDesign Nov. 3, 2021



Well 50+

Jeffery Hale Community 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. Read on for a summary of our combined services and activities for older adults. **NOTE:** Due to COVID-19, some activities may be offered in an online format (or not at all) and subject to change.

Caregivers' Circle: Are you caring for an aging parent, spouse, relative, or friend? Then this program is for you. You are not alone!

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

McGreevy Manor: A private apartment complex for autonomous or semi-autonomous seniors. Please call us or visit mcgreevymanor.org for details.

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 JHCS service.)

A member of the team of professionals at **Jeffery Hale Community Services (JHCS)** can evaluate your needs and guide you in your care decisions. The following is a summary of their many services.

Homecare: The homecare team includes nurses, occupational therapists and social workers. First, a social worker evaluates your needs and informs you about the services available through various providers such as CLSCs, homecare co-op's, and private agencies.

Homecare services may include help with bathing, meals, and getting dressed; nursing care such as medication monitoring, changing of bandages, blood tests, etc.; and occupational therapy to evaluate your abilities, and then make suggestions for special equipment and how to adapt your home.

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 whole lot of smiles and great care.

Convalescence or rehabilitation: Support during recovery after surgery or an illness requiring hospitalization. Usually arranged by the hospital before your release, these services

can be organized at a later date if you find you need a hand after you get home.

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. Delivery is possible in certain cases.

In-home Stimulation: Interesting activities at home for seniors who rarely go out and who are at risk due to physical or cognitive problems. Also provides respite to caregivers.

Telephone Check-in: Dedicated volunteers call you every morning to make sure that you are safe and sound.

Long-term Care Requests: When staying in your own home is no longer possible, moving to a public residence like Saint Brigid's Home may be the best option. Social workers will assess your care needs and fill in the required forms.

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

418-684-5333, ext. 11805