

HOSPICE NIAGARA

helping you live well



Care in Your Community

Virtual Wellness Programs

These programs provide virtual care and support for people living at home with a terminal illness and their families.

<p>Day Hospice</p> <p>Wednesdays & Thursdays 1-2 p.m. via Zoom</p> <p>An hour of sharing, companionship and fun in a relaxed and supportive space.</p> <p>Interactive games and trivia; sharing and conversation; music; humour; self-care strategies and more.</p>	<p>Take a Break</p> <p>Wednesdays 10:30-11 a.m. via Zoom</p> <p>Learn something new and interesting from people who live, work and play in Niagara. Open to all clients and their families.</p> <p>Shorter than Day Hospice sessions but with many of the same familiar faces.</p> <p>One topic per week, including: relaxation activities, mindfulness meditation, live entertainment; creative crafts.</p>
<p>Visiting Volunteers</p> <p>Trained volunteers provide companionship through regular phone calls.</p> <p>Volunteers are attentive listeners.</p> <p>They do not provide medical support.</p>	<p>Connecting Emails</p> <p>Delivered to your inbox Tuesday afternoons. Uplifting and fun content to stay connected at your own pace. Content is submitted by volunteers and participants.</p> <p>Includes: recipes, humour, brain teasers, fun videos, photos, short stories, and regular columns.</p> <p>Read at your leisure and enjoy throughout the week.</p>
<p>The Sharing Project</p> <p>Create simple, yet meaningful memories and keepsakes as a legacy gift for special people in your life.</p> <p>Could include a favourite recipe, letter, a voice recording, song, or a story shared. Support and guidance offered by phone or email.</p>	<p>Information/Referral</p> <p>Contact: Amelia McIntyre amcintyre@hospiceniagara.ca 289-929-9334</p>

