

Regularly Scheduled Programs and Activities

The following activities happen regularly each month. We welcome all seniors and adults with disabilities from Dutton Dunwich and West Lorne municipalities. You do not need to be a Health Centre patient.

Call x2210 for more information.

Soup's On/Blood Pressure Clinic:
1st and 3rd Mondays at the Hub

Caring Crafters: 2nd and 4th Mondays at the Hub

MS Support Group: 2nd and 4th Mondays at WECHC

Home Support Exercise: Every Tuesday at the Hub. Learn, gentle exercise to help with strength, flexibility and balance.

Drop-in Group: 4th Tuesday at the Hub. Enjoy an activity and a meal.

Walk'n'Dine: 1st Wednesday from West Elgin Secondary School

Parkinson's Support Group: 4th Wednesday at the Hub. For caregivers and those living with Parkinson's disease.

Senior Luncheon: 4th Wednesday; location varies

Bingo: 2nd Thursday at the Hub

Dine'n'Games: 2nd Thursday at the Hub

Baking Group: Dates vary at the Hub

Special Events throughout the year

VON SMART Classes: Every Wednesday and Friday 2-3 pm at the Hub

About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at www.wechc.on.ca to learn more about us.

Home and community support programs are an important community link, allowing seniors and adults with disabilities to remain independent, healthy, and safe.

- Friendly Visiting
- Meals on Wheels
- Luncheons
- Transportation
- Assisted Living
- Social Worker for Older Adults
- Caregiver Support

Every One Matters.

West Elgin Community Health Centre
153 Main Street
West Lorne ON, N0L 2P0
T 519-768-1715 F 519-768-2548
www.wechc.on.ca

Support Services for Seniors and Adults with Disabilities
F 519-768-1768



Programs and Services for Seniors and Adults with Disabilities



We welcome all seniors and adults with disabilities from Dutton Dunwich and West Elgin municipalities. You do not have to see a doctor or nurse practitioner at the Health Centre to access these programs and services.

Call **519-768-1715** to learn more.



Assisted Living

Our qualified Personal Support Workers (PSWs) provide services in designated apartment buildings in Dutton Dunwich and West Lorne. They can assist with personal care (grooming, bathing), light housekeeping/laundry services, medication reminders and checks, security checks and social support. There is no cost for services to eligible clients. Call x2226 for more information, or to discuss your needs.

Meals on Wheels

- A community volunteer will deliver a nutritious meal to your home
- Receive regular social contact
- Affordable cost with a monthly billing system

Call x2210 for details. Frozen meals available for pick-up or delivery too!

Luncheons

- Enjoy tasty hot food with new or old friends
- Learn or try something new with monthly themes
- Location and fees vary every month

Call x2210 for details. Transportation is available.

Social Worker for Older Adults

- Individual counselling for seniors and support for caregivers
- Discuss topics like life transitions/loss/grief, depression, relationship problems, financial problems, or issues of abuse
- There are no fees for this service

Call x2220 for more information, or to discuss your needs.

Friendly Visiting / Telephone Checks

- A volunteer will visit or call on a regular basis
- You can work on a craft, play a game, go for a drive, or just spend time together

Call x2210 for more information, or to discuss your needs.

Transportation

- Volunteers use their own car to bring you to appointments, shopping, etc.
- Affordable cost with a monthly billing system

Call x2210 for details. Please book your ride 24 hours in advance.

Caregiver Support

- We provide information, education, training and community support to caregivers and service providers
 - You can participate one on one, in a group setting, or over the telephone
- Call x2210 for more information, or to discuss your needs.

