

Regularly Scheduled Programs and Activities

The following activities take place regularly each month and we invite all seniors and adults with disabilities to join. For information or to register, please call Ext. 2319.

Soup's On: 1st and 3rd Tuesdays of the month at the HUB

Caring Crafters: Every Monday at the HUB

Neurological Support Group: 2nd and 4th Monday of the month at the Centre

Drop-in Group: 2nd and 4th Tuesday of the month at the HUB

Parkinson's Support Group: 3rd Monday of the month at the HUB. For Caregivers and those living with Parkinson's Disease

FUNctional Fitness Exercise Program: Every Friday at the HUB

Acquired Brain Injury Support Group: 2nd and 4th Tuesday of the month for those living with ABI

Arting Around: Every Wednesday at the HUB

Chair Dance Yoga: Every Wednesday at the HUB

Drum Fit: Every Thursday at the HUB



About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

Our various programs support people of all ages.

VISION: Vibrant and Caring Communities, People and Workplace

MISSION: Partnering with our communities to achieve the best health and wellbeing for all

VALUES: Compassion, Excellence, Collaboration, Accountability, Respect and Equity

Land Acknowledgement:

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices



Home and community support programs serve a vital connection within the community, enabling seniors and adults with disabilities to stay independent, healthy, and safe. These programs include:

- Friendly Visiting
- Meals on Wheels
- Luncheons
- Transportation
- Assisted Living
- Caregiver Support

West Elgin Community Health Centre

153 Main Street

West Lorne ON, N0L 2P0

T 519-768-1715 F 519-768-2548

wechc.on.ca



Programs and Services for Seniors and Adults with Disabilities



August 2024

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 Centre to access these programs and services.

Call **519-768-1715** or visit our website at wehc.on.ca to learn more.



Assisted Living

Our qualified support workers assist at-risk seniors in the community who need more support than home care offers but do not require long-term care.

We provide help with personal care tasks such as dressing, grooming, bathing, housekeeping, laundry as well as medication reminders, security checks, and social support.

There is no cost to eligible clients. Call Ext. 2226 for information.

Meals on Wheels

A support service that delivers meals to individuals, ensuring their nutritional needs are met.

Meals are delivered by volunteers who offer regular social contact and check on the health and safety of the client. Deliveries take place on Monday, Wednesday, and Friday with a hot meal including an entrée (meat, potato, vegetable) and dessert. Frozen meals are also available for delivery. For information or to order, please call Ext. 2319.

Fees for Service:

- Hot Meals: \$7.75
- Frozen Meals: \$7.15

Soup's On

Soup's On offers a dining and entertainment lunch experience that promotes socialization, health, and well-being. It provides a chance to learn from various speakers, make new friends, and enjoy delicious food prepared by dedicated volunteers. Complimentary transportation is available through our transportation program.

For information or to register, please call Ext. 2319.

Friendly Visiting / Telephone Checks

The Friendly Visiting Program connects clients with a dedicated volunteer who visits regularly to spend quality time together, engaging in activities the client enjoys. These visits, whether in person or over the phone, provide companionship and brighten the day of those who may feel isolated. For information, please call Ext. 2399.

Caregiver Support

This service offers information, education, and training to help caregivers, family members, and service providers deliver effective care and support to clients with a variety of needs. It can be provided in either a group or individual setting.



Transportation

This support service provides transportation for medical appointments, shopping, and various social activities and programs. Screened volunteers use their own vehicles while our staff operate the Community Health shuttle/accessible van ensuring a friendly and supportive experience along the way.

Volunteer Driver:

- Fare based on \$0.56 per km
- Client pays for parking, if applicable
- All rides are dependent on the availability of a volunteer driver

Community Health Shuttle (Accessible Van):

- The Community Health Shuttle is available for appointments at \$0.62 per km and \$19/hour (the first hour is free)

For more information or to book a ride, please call Ext. 2210. Please call at least 48 hours in advance.