

# 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.

## VISION:

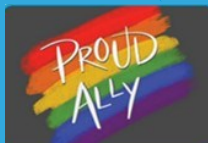
Vibrant and Caring Communities, People and Workplace

## MISSION:

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

## VALUES:

Compassion, Excellence, Collaboration, Accountability, Respect and Equity



## Assisted Living

Our support workers assist high-risk seniors in the community by providing assistance with personal care tasks like dressing, grooming, bathing, housekeeping, and laundry. We also offer medication reminders, security checks, and social support to ensure their well-being. There is no cost to eligible clients. **Please call Ext. 2226** for information.

## Meals on Wheels

A support service that provides meals to individuals ensuring their nutritional needs are met. Volunteers deliver the meals offering social interaction and checking on the client's health and safety. Hot and/or frozen meals are delivered three times a week. For more information or to order, **please call Ext. 2319**.



## Friendly Visiting

This program pairs clients with a dedicated volunteer who regularly spends quality time with them engaging in activities they enjoy. Whether in person or over the phone, these visits offer companionship and bring joy to those who might otherwise feel isolated. For information, **please call Ext. 2399**.



## Programs and Services for Seniors and Adults with Disabilities



August 2024



## Transportation

This support service offers transportation for medical appointments, shopping, and social activities ensuring a friendly and comfortable experience. Screened volunteers use their own vehicles while Centre staff operate the Community Health Shuttle/Accessible Van.

For more information on fees or to schedule a ride, **please call Ext. 2210**. Kindly call at least **48 hours** in advance to arrange your transportation.

## Congregate Dining

Congregate Dining programs combine a delightful culinary experience with entertainment, exercise, social and learning opportunities. Participants can enjoy a snack or meal while socializing and making new friends. Complimentary transportation is provided to ensure easy access for all attendees. For more information on specific programs, **please call Ext. 2319**.

## Caregiver Support

Caregiver Support programs are designed to offer education, training, and connection opportunities for caregivers, family members, and clients with diverse needs. These programs equip caregivers and clients alike with valuable skills, resources, and emotional support. For more information about the support groups we offer, **please call Ext. 2319**.

## Regularly Scheduled Programs and Activities

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

**Soup's On:** 1st & 3rd Tuesdays of the month - HUB

**Caring Crafters:** Every Monday at the HUB

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

**Drop-in Group:** 2nd & 4th Tuesday each 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 & 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

**Special Events:** Throughout the year

**Home and Community Support programs play a crucial role in the community helping seniors and adults with disabilities maintain their independence, health, and safety.**

We serve seniors and adults with disabilities from Dutton Dunwich and West Elgin municipalities. You do not have to be a client of the Centre to access these programs and services.

*At the West Elgin Community Health Centre, they're all about mixing things up to keep us engaged and healthy. From getting our hands dirty in the community garden to getting creative with Arting Around sessions, they're always coming up with interesting ways to inspire us and keep wellness fun."*

-Donna T, program participant

## West Elgin Community Health Centre

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[wehc.on.ca](http://wehc.on.ca)



## 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