



# THE COMPASSION CARE CLASSIC

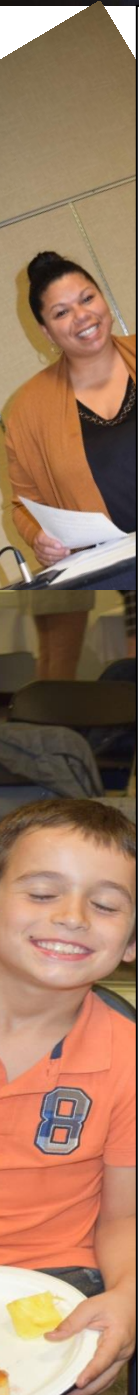


## CELEBRATING OUR COMPASSION!

Windsor-Essex Compassion Care Community hosted a celebration to honor the work that has been completed to date, as well as to recognize individual members and partners that have gone above and beyond in their work to support our community and improve quality of life for themselves or the people they support. Approximately 60 people attended the event including volunteers, staff, students, members and partner agencies. Entertainment was provided by Joseph Perry and Phil Nitz from the Hospice Jamming for Wellness Band. Food was provided by Caboto Club, SuperStore on Dougall and Tim Hortons on Park Street. Cups, forks and plates were provided by The Hospice of Windsor and Essex County.

During the event, guests were asked to reflect on the issues that they or our members face how we can work together as a compassionate community to resolve these issues. The issues were titled "Work In Progress". The list below contains the results of this activity. To add your input to this list, email Christie at [cnelson2@thehospice.ca](mailto:cnelson2@thehospice.ca).

WORKS IN PROGRESS	SOLUTIONS
Affordable Transportation	Ask former EMS to provide transportation to members (WECCC will work with former EMS Sue to coordinate something), Handi-Transit offers registered individuals rides \$3 each way. Many people are concerned about liability if they provide transportation to friends or strangers. Is there a special insurance that they need?
Support Services for EMS personnel	Canadian Mental Health Association, WECCC, some suffer from PTS. What supports are available to first responders and retirees?
Mental Health and Addictions	Family Services Windsor Essex has walk in counselling services
Poverty Reduction	Family Services Windsor Essex has employment support/counseling
Support for Clients	Medication coverage through an emergency program at United Way.
More Social Gatherings for Members	WECCC can look at hosting an event or finding partner agency events to invite our members
Affordable Housing and Coordination Services	Family Services Windsor Essex provides programs to support people who are looking for affordable housing. (Housing First)
Connecting with long-time friends who live in different cities/areas	WhatsAPP, Skype, phone calls
Reaching out to Seniors	WECCC programs





More Physicians/House calls for Seniors	
Getting Out More	
Completing Projects	
Becoming a Better Person	Be a helping neighbour, self-care
Communication	
Awareness	Awareness Meditation with Metta Collective
Patience	
Exercise	Exercise programs for all abilities

### IMPORTANCE OF BEING CONNECTED

Being connected supports us to live well, longer and happier. In fact research tells us that being connected helps us to live with less stress, helps us to live a healthier life style and can even reduce our risk of suffering a stroke and heart attack. Come and learn more for **yourself** and also how you can **make a difference for others!**

Join us at:

*Erie Shores Welcome Centre*

197 Talbot Street West, Suite 701, Leamington on Wednesday, November 27, 2019 at 9-11am OR at *Hospice of Windsor and Essex County*, 6038 Empress Drive, Windsor , Thursday, November 28, 2019 at 1 – 3 pm.

**Register by calling:**

**Linda Sabatini: 519-974-7100 Ext. 2201 or Diane Mulcaster: 519-974-2581 Ext. 2276**

### Having a Conversations that Matters: Tips about Advance Care Planning

Advance Care Planning is a process that helps you plan for *all* of life, up to and including death. It is about reflecting on what is important to you, identifying what your beliefs, values and wishes are for future care and sharing those wishes with friends and family, and most importantly with the person who will speak for you when you can't speak for yourself (Substitute Decision Maker).

WECCC offers Advance Care Planning services and education customized to address the specific needs of healthcare providers, patients, caregivers, individuals and groups. Whether it's a presentation, workshop, seminar or a one to one session, we will provide the tools, resources and guidance needed to understand and engage in the advance care planning process. These services are offered to the community free of charge. For more information or to book a presentation or session contact WECCC at 519-974-2581 Ext. 2420 or Maria Giannotti, ACP Coordinator 226-347-2740.

### AMHERSTBURG HUB

WECCC is working in Amherstburg, where several organizations are collaborating to share resources, recruit volunteers and they are using the WECCC Neighbours Survey in support of people in that community. WECCC is approaching others to get involved too. The organizations currently include:

- Amherstburg Community Church
- Lighthouse Church
- St Andrew's Presbyterian Church
- Amherstburg Family Health Team
- Amherstburg Community Services



### ASSUMPTION CARES LAUNCH!

Congratulations to Assumption Cares on the launch of its new and FREE programs to support West End residents! Assumption Cares has a safe place for residents to learn and connect with the community. Some highlights of Assumption Cares calendar include a Forgotten Harvest FREE produce distribution on November 8<sup>th</sup> and Feeding Windsor Community Meal on November 11<sup>th</sup>, 2019. Other FREE programs include Mindfulness Meditation, Exercise For Chronic Pain and Living Your Best Life! Ask questions at [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca) or register at:

<https://assumptionparish.ca/assumptioncares/>