



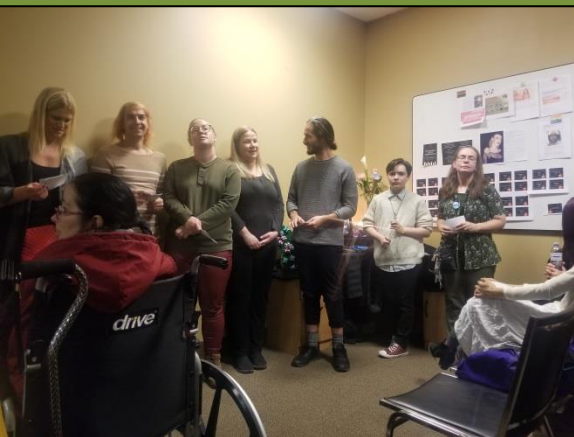
# THE COMPASSION CARE CLASSIC

## #GIVING TUESDAY

On December 3<sup>rd</sup>, WECCC is participating in #GivingTuesday, a global day dedicated to giving. #GivingTuesday is held annually on the Tuesday after the widely recognized shopping events Black Friday and Cyber Monday. This kicks off the holiday giving season and inspires people to give back in impactful ways. Join in and give by visiting <https://www.give65.ca/projects/windsorcompassioncarecommunity>

# #GIVINGTUESDAY™

DECEMBER 3, 2019



## WE TRANS SUPPORT

W.E. Trans Support and WECCC are working together to deliver training to its staff, students and volunteers. It's only one of the many ways that W.E. Trans is supporting LGBTQ2S clients. On November 20<sup>th</sup>, Transgender Day of Remembrance, Executive Director Jayce Carver and the W.E. Trans team officially opened the doors of their new home located at 1435 Tecumseh Road East. Special guests took a tour of the space and participate in a candle light vigil. The vigil was in memory of Transgender people around the world who have lost their lives due to violence, intolerance and suicide. For more information about the centre call 226-674-4745.

## HOME INSTEAD BE A SANTA TO A SENIOR

Be a Santa to a Senior by the Home Instead Senior Care franchise is well underway across Canada and the United States. Every year the franchise invites people to share the holiday spirit by participating in the program. In 2018, with the support of the community, our local Home Instead provided gifts to more than 1,000 seniors in Windsor-Essex and Chatham-Kent. This year the response to a recent Windsor Star article has been amazing in support of our local seniors. Home Instead is currently accepting monetary gifts at its Tecumseh location to help purchase gift baskets for seniors. The gift baskets are made by Assisted Living Southwestern Ontario's day program. For more information call Colleen at [colleen.jershy@homeinstead.com](mailto:colleen.jershy@homeinstead.com) 519-739-1500



Seen in picture above: Ryan Jersey co-owner of Home Instead Tecumseh  
Picture by: Dax Melmer/Windsor Star

## HEALTHY STRIDES WITH HEALTH TAPESTRY

Under the direction of Cherie Gagnon, our Health Tapestry program is having great success. There are a total of 140 people enrolled between Harrow and the Windsor Family Health Teams. Nearly 30 different volunteers have completed over 270 visits from October 2018 to November 2019. "The program continues on until next year, so we still have lots of great work ahead." says Gagnon. "We appreciate all the volunteers, students, and participants who make this program possible." Early results of the study will be available next year. The Health Tapestry team looks forward to continuing to provide support and improve care for seniors across Windsor and Essex County.

## THE 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 and can even reduce our risk of suffering a stroke and heart attack. To learn more, call Diane Mulcaster at 519-974-2581 Ext. 2276 and participate in the following upcoming events!

Location	Date/Time
Erie Shores Welcome Centre 197 Talbot Street West, Suite 701, Leamington	Wednesday, November 27, 2019 9 – 11 AM
Amherstburg Community Church 125 Alma, Amherstburg Ontario	Thursday, December 5, 2019 1:30 – 3 PM
Hospice of Windsor and Essex County 6038 Empress Drive, Windsor	Thursday, November 28, 2019 1 – 3 PM

## ASSUMPTION CARES WHEN COMMUNITY IS THERE

Compassion Care for Windsor's West end has arrived! Assumption Parish has launched its new community program called "Assumption Cares". Assumption Cares provides programs and services to families who are looking for a compassionate approach and to improved their quality of life. From "Feeding Windsor Community Meals" to exercise for people with chronic pain, Assumption Cares has a full schedule of events and it's FREE! For more information or to register email [assumptioncares@dol.ca](mailto:assumptioncares@dol.ca) or call 226-260-1768.



## ASSUMPTION CARES

Compassionate Care for Windsor's West End  
November 2019

Programs available to anyone living in the west end of Windsor  
**All are Free!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>To Register</b> Email to <a href="mailto:assumptioncares@dol.ca">assumptioncares@dol.ca</a> or click on the "Register Now" button and give us your name, phone number and the program name, or call 226 260 1768		<b>Keep in Touch</b> Website: <a href="http://assumptionparish.ca/assumptioncares">assumptionparish.ca/assumptioncares</a> Facebook: Assumption Cares Email: <a href="mailto:assumptioncares@dol.ca">assumptioncares@dol.ca</a> Text or Call: 226 260 1768		<b>Coming Soon!</b> <ul style="list-style-type: none"> <li>Community Café</li> <li>Homework's Done!</li> <li>Games/Social</li> </ul> <b>Ideas for new programs? ... let us know!</b>		<b>2</b> 9am-12:30pm St Vincent de Paul Food / Home Visits <b>2pm-3:30pm</b> Rosary making and prayer <b>7pm - 8:30pm</b> AA
<b>3</b>	<b>4</b>	<b>5 New!</b> 9:30-10:30am Walk and Talk	<b>6 New!</b> 10-Noon Health Screening 1-2:30pm Exercises for Chronic Pain	<b>7</b> 9:30-10:30am Walk and Talk <b>7—8:30pm</b> Nar-Anon	<b>8</b> 9-11am Forgotten Harvest Free Produce Distribution	<b>9</b> 9-12:30pm St Vincent de Paul Food /Home Visits <b>7-8:30pm</b> AA Meeting (All are Welcome)
<b>10</b> 1-3pm Bridgeview Youth	<b>11 New!</b> 4:30-6pm Feeding Windsor Community Meal 6:30-8pm Catholic Life Meeting	<b>12</b> 9:30-10:30am Walk and Talk <b>7-8:30pm</b> Living with Grief	<b>13</b> 10-Noon Health Screening 10am-Noon Living your best Life 1-2:30pm Exercises for Chronic Pain <b>7-8:30pm</b> Catholic Divorce Survival (registering for 2020)	<b>14</b> 9:30-10:30am Walk and Talk 1-3pm Advanced Care Planning Information <b>7—8:30pm</b> Nar-Anon	<b>15</b> 9-11am Forgotten Harvest Free Produce Distribution	<b>16</b> 9-12:30pm St Vincent de Paul Food /Home Visits <b>7- 8:30pm</b> AA Meeting (All are Welcome)
<b>17</b>	<b>18</b> 4:30-6pm Feeding Windsor Community Meal	<b>19</b> 9:30-10:30am Walk and Talk	<b>20</b> 10-Noon Health Screening 10-Noon Compassionate Care Surveys 1-2:30pm Exercises for Chronic Pain <b>6-8pm</b> Mindfulness Meditation	<b>21</b> 9:30-10:30am Walk and Talk <b>7—8:30pm</b> Nar-Anon	<b>22</b> 9-11am Forgotten Harvest Free Produce Distribution <b>6-8pm</b> Neighbourhood Fun Night	<b>23</b> 9-12:30pm St Vincent de Paul Food /Home Visits <b>7-8:30pm</b> AA Meeting (All are Welcome)
<b>24</b> 1-3pm Bridgeview Youth	<b>25</b> 11-2pm It's Haircut Day! – registration not required 4:30-6pm Feeding Windsor Community Meal 6:30-8pm Catholic Life Meeting	<b>26</b> 9:30-10:30am Walk and Talk <b>7-8:30pm</b> Living with Grief	<b>27</b> 10-Noon Health Screening 10-Noon Compassionate Care Survey 1-2:30pm Exercises for Chronic Pain <b>6-8pm</b> A cooking Experience <b>7-8:30pm</b> Catholic Divorce Survival (registering for 2020)	<b>28</b> 9:30-10:30am Walk and Talk 1-3pm Advanced Care Planning Clinic <b>7-8:30pm</b> Nar-Anon	<b>29</b> 9-11am Forgotten Harvest Free Produce Distribution	<b>30</b> 9-12:30pm St Vincent de Paul Food /Home Visits <b>7-8:30pm</b> AA Meeting (All are Welcome)