



## Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about our:

- Caregiver support
- Frozen Meals
- In-home Stimulation
- Living Room
- Nursing care
- Respite and convalescence
- Telephone Check In
- Transportation (if a volunteer is available)
- Wellness Clinics
- and much more.

For more details, please call  
Jeffery Hale Community Services at:

**418 684-5333, ext. 1580**

Community Services, in the  
Jeffery Hale Pavilion, is open  
Monday to Friday, 8:30 AM - 4:30 PM

## We are there for you

**Jeffery Hale - Saint Brigid's** is there for you! Bilingual health and social services:

» **418 684-5333**

1 888 984-5333 toll-free

- Emergency Room, 8 a.m. - 8 p.m.
- Diagnostic Services
- Senior Care
- Community Services
  - CLSC-type services in English
  - Requests for Saint Brigid's Home



**Jeffery Hale  
Saint Brigid's**  
Une communauté de soins  
A Community of Care

Jeffery Hale Hospital  
1250, chemin Sainte-Foy  
Québec QC G1S 2M6

418 684-5333

## Day Centre



- **Fun**
- **Therapeutic**
- **In English**

Oct. 16, 2015 Aussi disponible en français

jhsb.ca

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## What is the Day Centre?

The aim of the Day Centre is to improve and maintain the quality of life of older adults through preventive, therapeutic and rehabilitative activities designed just for them.

The day centre staff is made up of nurses, special care counsellors, an occupational therapist, and some very caring volunteers. We watch over our clients' well-being by welcoming them for an enjoyable weekly outing.

## How to join in the fun

Referrals may be made by:

- The client him or herself;
- A CLSC or hospital;
- A doctor, social worker or other health professional;
- A family member or friend

It will be our pleasure to talk to you to see if the Day Centre is right for you or your loved one.

## Who can attend?

The Day Centre is for English-speaking older adults living in the Greater Quebec City region, and who have physical, cognitive or social losses.

It is a great program for people who:

- enjoy being in a larger group, **and**;
- still live in their own home, **or**;
- may be on the waiting list to get into Saint Brigid's Home.

## When and where

The Day Centre welcomes seniors from 9:30 AM to 2:30 PM. The day of the week and place depends on where you live. For more details, please call Jeffery Hale Community Services:

**418 684-5333, ext. 1580**

We are located in the Jeffery Hale Pavilion and are open Monday to Friday, from 8:30 AM to 4:30 PM

## What to expect

- A full course meal
- Adapted transportation by bus or mini-van
- Flu and pneumonia vaccinations
- Group social activities and exercise
- Health promotion and illness prevention activities
- Individual health monitoring
- Nursing services
- Nutrition advice
- Occupational Therapy services

### Of special note:

- There is a small fee for the meal and transportation;
- You must assure clear and safe access to your home to protect you and our drivers;
- We cancel the Day Centre in the event of bad weather.