



**Hospice Volunteers...  
the heart of the Hospice**

The role of the Hospice volunteer is to be an integral part of the team by providing support to patients, families and other members of the care team.

Volunteers engage in a number of activities such as cooking, gardening, clerical functions, complementary therapies and patient assistance.

All volunteers are required to participate in the "Fundamentals of Palliative Care" course. Social and educational events are planned for volunteers and staff members on a regular basis whereby enabling the "team" to share efforts in working toward common Hospice goals.

**If you would like additional information about volunteering please call us at  
519.751.7096 Ext. 2500**

**Did you know that the Hospice exists solely because of the generosity of our caring community?**

**Donations to St. Joseph's Lifecare Foundation (the official fundraising organization for Stedman Community Hospice), have brought this beautiful building to life. Our community has funded vital programs and services, purchased medical equipment, patient meals, furnishings, therapeutic gardens, heat/hydro and everything in between.**

**Ongoing donations are vital to ensure that Hospice patients and families will never get a bill for the care they need and deserve!**

**If you would like to donate to the Hospice, please contact the Foundation office or give directly on-line at [www.sjlc.ca](http://www.sjlc.ca).  
Thank you for caring!**

**St. Joseph's Lifecare Foundation's mailing address is the same as the Hospice.**



**Stedman Community Hospice**  
99 Wayne Gretzky Parkway  
Brantford, ON N3S 6T6  
519.751.7096 Ext. 2500  
[www.sjlc.ca](http://www.sjlc.ca)



**Stedman  
Community  
Hospice**

*Supporting, education and empowering individuals living with a life-threatening illness along with their families and care providers.*

*Our home is a place;  
where we can be silent and still be heard...  
where we can ask and find out who we are...  
where sorrow is divided and memories are multiplied...  
where we can share and love and grow.*

## Day Wellness Program

The Day Wellness Program promotes individual wellness and focuses on the quality of life. Through this program we address the physical, psychological, emotional, social and spiritual needs of those persons living with a progressive life threatening illness, as well as the needs of their family members.

The Day Wellness Program provides opportunities to socialize, have fun, reduce stress, manage symptoms and share feelings.

Complementary therapies such as Tai Chi, Reiki, Massage, Art Therapy and Crafts are offered to assist with coping and relaxation. In addition this program provides valuable respite for families.

## Community Outreach Program

A dedicated team of professionals are available to assist an individual, their family and care providers in the comfort of their own home.

The Community Outreach Team provides the patient with consultation and support with pain and symptom management, as well as the psychosocial/spiritual needs that arise when someone has been diagnosed with a life limiting illness.

## Bereavement Support Programs

The Bereavement Support Programs offer compassionate support and listening to family members, of all ages, who are grieving the loss of a loved one.

**One on One Support** is provided by our Supportive Care Coordinator/Clinicians by appointment.

**Widow to Widow Support** is an organized group for women whose spouse has died.

**Men's Walking Group** is an early morning walk and sharing session for men grieving the loss of their spouse.

**Caregiver Support** allows caregivers to meet other caregivers experiencing similar challenges. Professionals are on hand to provide education and guidance.

**Prostate Support Group** is a group meeting monthly providing support and offering educational topics for discussion.

**Suicide Support Group** offers monthly meetings to promote support for families of those who have had a loss through suicide.

**Children's Bereavement Program** offers support for children in a variety of ways; individually, in a group or even by participating in our full-day "Builder's Club" camp program.

## Education Programs

The Hospice offers various levels of educational courses in Hospice Palliative Care. We also offer mentorship/preceptorship opportunities for students and individuals in Palliative and End-of-life care.

## Horticultural Therapy Program

The Horticultural Therapy Program offers support to individuals by connecting them with nature and garden related activities, allowing them to experience a therapeutic environment to share their feelings.

## Supportive Care Program

The Supportive Care Coordinator/Clinician provides psychosocial and spiritual care to patients, families, staff and volunteers. They assess, acknowledge and nurture the individuals uniqueness, spiritual and religious needs.

Advance Care Planning and end-of-life support is available. The Supportive Care Coordinator/Clinician will journey with you regardless of your religious beliefs.

## Residential Hospice Program

Our original six-bed Residential Hospice opened the doors in March 2006 providing a comfortable home-like alternative for those who cannot be cared for at home for whatever reason.

In November 2014 we moved to our new ten-bed Residential Hospice named "Hankinson House". This setting allows families to share in the final weeks or days with their loved one with twenty-four hour care from Registered Nurses, Personal Support Workers and Volunteers.

Specific needs of the patient and their families are addressed in a comfortable setting where life's last journey can take place with dignity, support and love.