



THE COMPASSION CARE CLASSIC

#GIVING TUESDAY

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