



A variety of services and activities to brighten your world

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:

- Day Centre
- Games Day
- Footcare
- Frozen Meals
- In-home Stimulation
- Living Room
- Nursing care
- Respite and convalescence
- Transportation (if a volunteer is available)
- Walking Club
- Wellness Clinics
- "With a Little Help from My Friends" caregiver support
- and much more.

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

418 684-JEFF (5333), ext. 1580
Community Services, in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1 888 984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



Jeffery Hale

418 684-JEFF (5333)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org



Jeffery Hale

Telephone Check In



**It's for you...
A daily call to
verify your security**

www.jefferyhale.org



02/19/2008



This call is for you

Jeffery Hale Community Services wants to help you stay independent in your own home as long as possible.

- Do you live alone or with someone who is often out?
- Are you sometimes insecure about your health or safety?

Many older English-speaking adults find themselves alone, family members and friends having moved away. We can help to give you a feeling of caring and security.

A morning call every day

A Telephone Check In volunteer calls you every morning between 9 and 9:30 a.m. to make sure that you are alright. You will get a call seven days a week, 365 days a year.

These calls are for your personal security; a job we take very seriously. If you do not answer, we will call someone who knows you to find out why.

Leaving a key to your home with a friend, neighbour, relative or landlord who lives near you is a good idea.

Of special note

Not going to be home to get your morning call? Tell the volunteer who calls you. Or, weekdays, please call our receptionists. On the weekend, you can leave a message on an answering machine that we have just for this purpose.

These safety check calls are limited to five minutes. If you enjoy longer talks, then we may be able to arrange for a Friendly Call at another time (if a volunteer is available).

For a day, a week or a year

If a friend or relative calls you but is planning a trip, we can fill in for them while they are away.

You can also ask to receive a daily call as you recover from surgery or an illness.

In other words, you can have the Telephone Check In service as long as you feel the need; for a week, a month, or years.

How to register for this daily call service

For more details or to sign up for the Telephone Check In service, please call Jeffery Hale Community Services at:

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Also ask us about our Philips Lifeline service: A Personal Emergency Response System that lets you call for help with the press of a button

