



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
- Telephone Check In
- 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

Transportation



Cover photo, Health Canada, © Minister of PWGSC, 2001.

- Mobile library
- Medical appointments
- Groceries and errands

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We're going your way

At Jeffery Hale Community Services, our main goal is to help you stay independent in your own home as long as possible. Getting out can be a big concern for older adults, especially in the winter. We can help.

Taking the city bus may be hard for you or even impossible. Maybe you no longer own a car, or you never did. Having a lower revenue may make taxis a luxury you cannot afford.



Groceries and errands

The sights, sounds, and long aisles of a grocery store can be a huge challenge for some older adults. You may also find it hard to run errands such as to the bank, hardware store or post office.

One of our volunteers can offer you a ride and a steady arm to hold. He or she can also take your list and go for you.



Mobile library

Finding it hard to get to the library? Then let the library come to you. Jeffery Hale is proud to work with the Library of the Literary and Historical Society of Quebec to bring you a Mobile Library service.

Once a month, their volunteers pick up books and deliver them to your door. The Library has an excellent selection, including many recent best sellers. You choose books from lists that are sent to you on a regular basis.

While delivery is free, there is an annual fee to join the Library. A six-month trial membership is also available. If you cannot afford either fee, please let us know; we may be able to help.

For more details about the Mobile Library, please call the Literary and Historical Society of Quebec at 694-9147 or visit their website at www.morrin.org.

Important note

The services listed in this leaflet depend entirely on volunteers. Therefore, it is not possible for us to guarantee that a volunteer will be available.

We will do our best to find a volunteer to help you. The more notice you can give us, the better. Two working days is the minimum notice required.

Medical appointments

If you need a ride to a medical, dental or other important appointments, our volunteers may be willing and able to help.

Please call as far ahead of time as possible. Two working days is the minimum notice required.

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