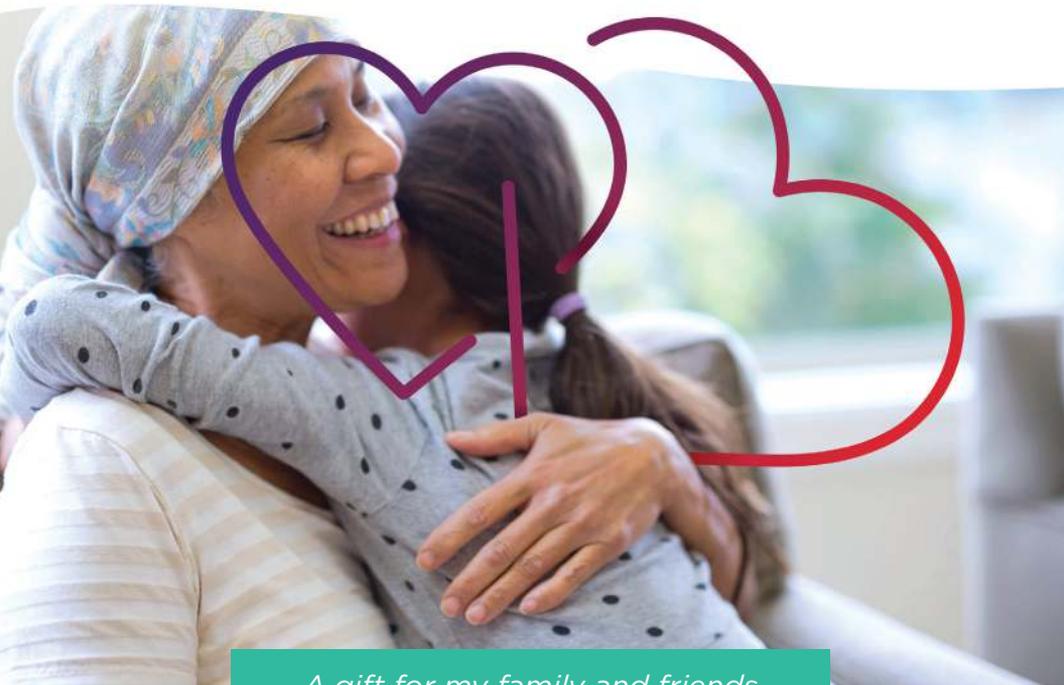


Caring for My Spirit



A gift for my family and friends

more than healthcare.

Providence Care

more than healthcare

Fully-affiliated with Queen's University and St. Lawrence College,

Providence Care is a centre for health care, education and research, and a member of the Council of Academic Hospitals of Ontario. Continuing the legacy of our Founders, the Sisters of Providence of St. Vincent de Paul, Providence Care provides a range of health care and services at Providence Care Hospital, the Providence Manor long-term care home and community locations across Southeastern Ontario.

To my family, friends and caregivers

There may come a time when, due to illness or injury, I am unable to communicate with those I love. We have discussed my wishes for physical care if this should happen and I have complete trust that you will abide by my expressed wishes.

However, you might still have a sense of helplessness in the hours you spend with me. You will want to connect but may feel unsure about how to do this.

I want to give you a gift. In the pages that follow I share what presently brings me comfort. I hope that this booklet will be a resource if I am ever unable to tell you what I need.

Thank you for being with me.

May there be many sacred moments for us all.



*“A friend knows
the song in my
heart and sings
it to me when my
memory fails.”*

~ Donna Roberts

Memories

Include me in the conversation, even if I give no indication that I hear what is being said. Share memories and good times. Memories that I cherish are:

*“We do not
remember days;
we remember
moments.”*

~ Cesare Pavese

Places I Have Been

Places I have been that are special to me and that I would like to hear about:

People and Places

People I enjoy visiting me:

People who I **do not** want visiting me:

Favorite Places

Places I would still like to visit, even if it is just to sit and enjoy the view or people watch:

Music

Types of music I enjoy:

“We are all visitors to this time, this place. We are just passing through.”

~Australian Aboriginal Quote

Artists and singers I appreciate:

Special song's, CD's or play lists that I would like to hear:

“Music expresses feeling and thought, without language...it is above and beyond all words.” ~ Robert G. Ingersoll

Entertainment

Activities/events I like to watch:

Favourite TV or radio shows:

*“Entertainment
relates to
people and is
a phenomenon
of life.”*

~ Hannah Arendt

Favourite movies:

My Environment

Things I like to have around me (ex. special blanket, pillow, pictures, etc.):

“When I admire the wonders of a sunset or the beauty of the moon, my soul expands in the worship of the creator.”

~ Mohandas Gandhi

Temperature preferences: _____

I like a nightlight: **Yes** **No**

Leave a lamp on in my room at night: **Yes** **No**

Even if I am not watching or listening to anything special,

I would like the: **TV** **Radio**

Left on in my room: **Always** **Sometimes** **Never**

I would like to be taken outside for fresh air: **Yes** **No**

The Written Word

Favourite authors:

Favourite books:

“Reading gives us someplace to go when we have to stay where we are.”

~ Mason Cooley

Poetry that speaks to my spirit:

Other comments:

Spiritual & Religious Practices

Spiritual and religious observances that are important to me:

My favourite readings, prayers and meditations:

I would like to receive visits from clergy
or a Spiritual Health Practitioner:

Yes No

Name: _____

Phone number: _____

*“We are not
human beings on
a spiritual journey.
We are spiritual
beings on a
human journey.”*

~ Teilhard de Chardin

Other Things

Foods that I like are:

Favourite beverages:

With respect to personal grooming/bathing, I appreciate it when:

I would like my pet to visit with me: **Yes** **No**

It's okay for my pet to visit on my bed: **Yes** **No**

*"Pets are
humanizing.
They remind
us we have an
obligation to
care for all life."
~ James Cromwell*

I like to reminisce with home movies/videos and photographs.
Favourite times are:

Favourite clothing:

Other things I would like you to know:



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752 King Street West
Kingston, ON K7L 4X3
Phone Number: 613-544-4900

Providence Manor
275 Sydenham Street
Kingston, ON K7K 1G7
Phone Number: 613-548-7222

Email: info@providencecare.ca
ProvidenceCare.ca



Some information in this guide courtesy of:

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Headwaters Health Arts Centre,
Orangeville, ON

more than health**care.**

