Spiritual Health Department
Providence Care
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340 Union Street
Kingston, ON K7L 5A2

Some information in this guide courtesy of
The Pastoral Care Department
Headwaters Health Arts Centre
Orangeville, ON

Providence Care will lead the way in compassion and discovery.

Providence Care

www.providencecare.ca

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Caring for My Spirit

A gift for my family and friends

Providence Care

To my family and friends

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 the wishes I have previously expressed.

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 spiritual and emotional 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

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

_____
_____
_____
_____
_____
_____

Favourite clothing:

_____
_____
_____
_____
_____
_____

Other things I would like you to know:

_____
_____
_____
_____
_____
_____
_____
_____
_____

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

~ James Cromwell

Other things

Foods that I like are:

Favourite beverages:

With respect to personal grooming or 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

"We do not remember days; we remember moments."

~ Cesare Pavese

Memories

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

Places I have been

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

"We are all visitors to this time, this place.
We are just passing through."
~Australian Aboriginal Quote

People and Places

People I would enjoy visiting me:

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

Favourite Places

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

"We are not human beings on a spiritual journey.
We are spiritual beings on a human journey."
~ Stephen Covey

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 care provider: ☐ Yes ☐ No

Name: _____

Phone Number: _____

"Reading gives us someplace to go when we have to stay where we are."
~ Mason Cooley

The Written Word

Favourite Authors:

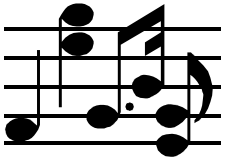
Favourite books:

Poetry that speaks to my spirit:

Other Comments:

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

Music



Types of music I enjoy:

Artists and singers I appreciate:

Special CD's:

"Entertainment relates to people and is a phenomenon of life."
~ Hannah Arendt

Entertainment

Activities/events I like to watch:

Favourite TV or Radio shows:

Favourite movies:

"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

My Environment

Things I like to have around me:

Room Décor:

Temperature preferences: _____

I like a nightlight: ☐ Yes ☐ No

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

Open window: ☐ 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