

# Caring for My Spirit



*A gift for my family and friends*

more than healthcare.

# Providence Care

more than healthcare

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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:

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*“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:

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## People and Places

People I enjoy visiting me:

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

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## Favorite Places

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

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## Music

Types of music I enjoy:

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*"We are all visitors to this time, this place. We are just passing through."*

~Australian Aboriginal Quote

Artists and singers I appreciate:

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

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

# Entertainment

Activities/events I like to watch:

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Favourite TV or radio shows:

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

~ Hannah Arendt

Favourite movies:

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## My Environment

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

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*“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:

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Favourite books:

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

~ Mason Cooley

Poetry that speaks to my spirit:

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Other comments:

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# *Spiritual & Religious Practices*

Spiritual and religious observances that are important to me:

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My favourite readings, prayers and meditations:

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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:

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Favourite beverages:

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

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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:

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Favourite clothing:

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Other things I would like you to know:

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Some information in this guide courtesy of:

**The Pastoral Care Department**  
**Headwaters Health Arts Centre,**  
**Orangeville, ON**

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