

*« When we seek for connection,
we restore the world to
wholeness.
Our seemingly separate lives
become meaningful
as we discover how truly
necessary we are »*

MIDDLESEX
HOSPITAL
ALLIANCE

**FOUR COUNTIES
HEALTH SERVICES**
1824 Concession Drive
Newbury
Ontario
(519) 693-4441

To contact any of our On Call Spiritual Care Providers:
Call 519.693.4441 Extension 2432

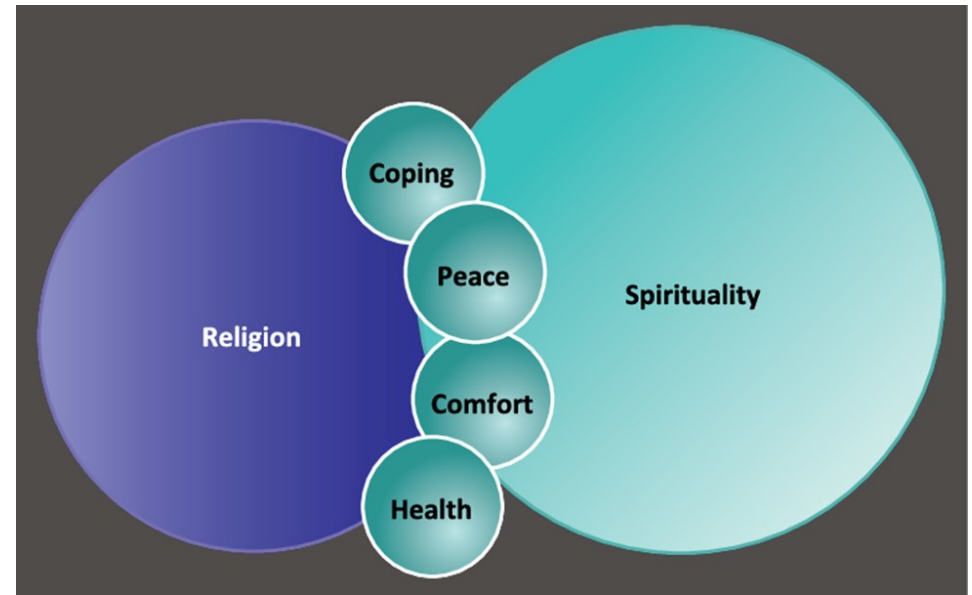
The staff member will need to know which of our Spiritual Care providers you would like to have contact you. You will be asked to provide your name, and telephone number.

What is Spiritual Care?

Definition

That care which **recognizes** and **responds** to the needs of the **human spirit** when faced with trauma, ill health or sadness and can include the **need for meaning**, for **self worth**, to **express oneself**, for **faith support**, perhaps for rites or prayer or sacrament, or simply for a sensitive listener. Spiritual care **begins** with encouraging human contact in compassionate relationship, and moves in **whatever direction need requires**.

The Volunteer Spiritual Care providers at Four Counties Health Services are important members of our healthcare team, providing emotional and spiritual care to patients and their families, as well as our staff. They draw upon religious tradition, ritual, prayer, scripture, and sacraments to assist persons in meeting their particular needs. Our Volunteer Spiritual Care Providers will talk with patients and families directly, or help them find a spiritual care provider from their own unique faith needs and traditions.



You might benefit by having a non-judgemental, non-medical professional provide some guidance, so that you can cope with whatever is ahead:

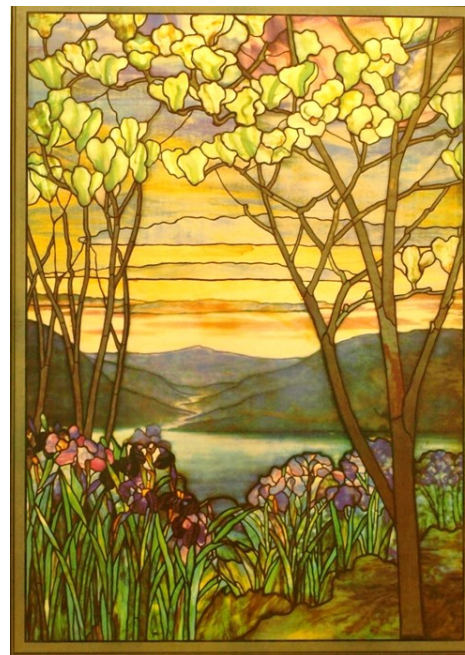
- ⇒ Having your feelings acknowledged and validated
- ⇒ Redefining a sense of hope in the midst of despair
- ⇒ Working with family conflict as it relates to your personal journey
- ⇒ Helping to make peace with your life story; finding forgiveness and acceptance
- ⇒ Discovering resilience in the face of your life-limiting illness
- ⇒ Finding ways for you and your family to cherish memories (legacy work)
- ⇒ Defining meaning, purpose and value on your journey
- ⇒ Addressing any rituals that bring inner peace

Patients and families may recognize some of the difficult issues caused by emotional/spiritual distress:

- ⇒ Questioning the meaning of life and/or suffering
- ⇒ Feelings of anger or hopelessness; not feeling heard
- ⇒ Difficulty sleeping and/or stressful dreams
- ⇒ Breakdown in communication; inability to talk about what you're experiencing
- ⇒ Feelings of depression/anxiety; e.g. fear of death; reluctance to discuss mortality
- ⇒ Questioning beliefs or experiencing sudden doubts about spiritual or religious beliefs
- ⇒ Asking why this situation occurred; perhaps feeling punished
- ⇒ Needing spiritual help or guidance; e.g. feeling abandoned



Spiritual Care Ministry



In accordance with the Smoke-Free Ontario Act, all areas of the Hospital are smoke free, except as under the Exemption for Traditional Use of Tobacco by Indigenous Persons. Arrangements for this exemption can be requested by first speaking with your Nurse.

At Four Counties Health Services, we have two quiet spaces available.

One is located in the Emergency Area and the other in the Active Care Nursing Unit. Both are available 24/7.



Our On Call Spiritual Care Team

Caring for the Human Spirit



Deb Dolbear-Van Bilsen is a full-time minister in the Presbyterian Church in Canada in the local communities of Glencoe and Wardsville. Volunteer Chaplain for the Legion Branch #583, Newbury. Deb was ordained in 1999. She is married with two young adult children



Richard Golden a United Church Minister serving communities of North Ekfrid and Melbourne since 2003 and Wardsville since 2008, married to Rev. Joan Golden, have 2 children, 2 grandchildren and 1 grandpuppy, grew up in the Kingsville area, worked several years for the Town of Kingsville, and have served as minister in Englehart, Charlton, Earlton and later Monkton

*Lord, you call us to your service,
Each in our own way.
Some to caring, loving, healing;
Some to preach or pray;
Some to work with quiet learning,
Truth discerning,
Day by day.*

*Marjorie Dobson
(B1940)*