



-Tour Package-

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www.glebencentre.ca

Organization

The Glebe Centre Incorporated is a not-for-profit charitable corporation that dates back to 1886 and is run by an elected volunteer Board of Directors. The Glebe Centre is made up of a 254-bed long-term care home and a seniors' centre whose services and programs meet the physical, psychosocial and spiritual needs of older adults in our community.

The Board of Directors employs an Executive Director who oversees the operations of the organization along with a management team.

The Glebe Centre organization operates under the Ontario Ministry of Health and Long-Term Care and is governed by the 2007 Long-Term Care Homes Act and its regulations.

The Glebe Centre receives its funding from resident accommodation fees, the Ministry of Health and Long-Term Care, the Local Health Integration Network and private donations.

Long-Term Care and Community Outreach

There are three Glebe Centre buildings located on site.

Bronson Place and our six-storey building are attached, and make up the long-term care home.

Bronson Place was built in 1996, and is a two-storey building which accommodates 62 long-term care residents. This building offers ward, semi-private and private accommodations.

The six-storey building was completed in 2004, and accommodates 192 long-term care residents. This building offers ward, semi-private and private accommodations.

The Abbotsford House, a heritage building, houses our community seniors' centre. Abbotsford offers a variety of educational, social, and recreational activities, 2 Day Away Programs (one for the physically frail and one for those in the early to middle stages of Alzheimer's) and a

Luncheon Club both of which include transportation, a meal and activities. Home Support Services are also available at little or no cost.

___ Mission _____

The Glebe Centre is a charitable not-for-profit long-term care home that provides long-term care and community outreach services to clients in the Ottawa community. The Glebe Centre is dedicated to developing and delivering services that support the highest quality of life for the clients we serve by living our values every day.

___ Vision _____

Building on our tradition of excellence in care and services, the Glebe Centre is recognized as the destination of choice in the Ottawa region for persons who require long-term care or community based services.

___ Values _____

We believe that our dedication to these values will enable us to strive for continued excellence in the care of clients in our community now and in the future.

Teamwork

People working together in a spirit of cooperation in order to accomplish shared goals.

Integrity

Personal honesty which is evidenced by being accountable to oneself for the commitments and obligations we have accepted as members of the Glebe Centre team.

Respect

Valuing others, their thoughts and feelings: acknowledging others, listening to them, being truthful to them, and accepting their individuality and uniqueness.

Compassion

Cultivation of loving kindness. It recognizes that all human life is sacred and embodies empathy for those less fortunate with enhanced sensitivity to the suffering of others.

Our Team

Staff members are the largest and most diverse component of the Glebe Centre team, bringing a variety of knowledge, skill, education and training to the organization. Through the energy, hard work and dedication of approximately 300 staff members, the Glebe Centre maintains the highest quality of care and service for residents and community clients.



Nursing

Nursing Staff at the Glebe Centre provide 24-hour nursing care for every resident.

Nursing caregivers are Registered Nurses (RN's), Registered Practical Nurses (RPN's), Health Care Aides (HCA's), Personal Support Workers (PSW's) and Resident Support Workers (RSW's). Nursing staff is allocated according to the level of care required on each unit. Health Care Aides and Resident Support Workers assist residents with activities of daily living. Our staff works through a routine that is familiar to the resident and will work to maintain as much of a resident's independence as possible.

Each resident is assigned an attending physician upon admission. Physicians visit the Glebe Centre on a weekly basis. Each resident is visited by his or her physician a minimum of every 3 months; and a physician is on-call 24 hours a day, 7 days a week.

Food Services

All menus are approved by our Registered Dietitian, prepared in our kitchen and brought up to the resident dining rooms at meal times. Individual dietary needs of residents are assessed by our registered Dietitian. Suggestions and input are received regularly from the Residents' Council and Resident Food Committee and are always taken into consideration for menu updates.

Families and friends are invited to dine with residents during meal times. The cost to purchase a meal is \$8.00.

Resident Services

(Admissions, Activities, Pastoral Care, Staff Education, Social Services & Volunteers)

Resident Services oversees a wide variety of resident focused programs including Activities and Recreation with art and music

programs, Pastoral Services, Staff Education and Development, Social Services and Volunteer Services.

From pre-admission through daily life and special occasions, this diverse group touches the lives of each of our residents providing quality care and services. Together, the department is comprised of 10 staff members and 300+ volunteers and students who regularly lend their time and skill to enhance the lives of our residents. Whether attending worship, participating on Residents' Council, going on a van trip, enjoying refreshment at Happy Hour, painting a picture or enjoying a concert or our New Residents' Welcome Tea, you can count on the Resident Services team to enhance the lives of all who call the Glebe Centre home.

Environmental

Services

(Maintenance, Housekeeping & Laundry)

Laundry services are provided for all residents. Laundry staff launder and label residents clothing at no extra cost. Most units have a domestic washer and dryer available for residents and families to use. Linens are laundered in house.

Cleaning of resident rooms is provided on a regular basis by housekeeping staff. Service requests are handled through the Care Stations for every unit.

Fire alarm devices are installed throughout the facility and tested on a regular basis. The facility is also equipped with the availability of emergency power in the event normal power (hydro) would fail.

The centre possesses a security system for optimum safety for our staff and residents. Central air conditioning is provided for common areas.

Finance & Administration

Upon admission, residents may set up a trust account with the Resident Finance office, located in the basement of the Glebe Centre. The trust account provides residents with a means of accessing cash for any daily spending requirements. Residents may also authorize specific monthly charges such as pharmacy bills or Gift Shop purchases to be paid directly from their trust account. Each month, residents receive a statement that details all transactions in their trust account.

Fundraising

Each year, the Development Department is proud to provide financial support to Glebe Centre and Abbotsford clients.

Special events, annual appeals, planned giving and the ongoing generosity of our donors, volunteers and businesses are all vital in providing our residents with an active, home-like environment with the best care and services possible.

Residents and family members are encouraged to help with fundraising by investing their time and talents in special events like our annual Goods Services and Talents Auction.

— **Abbotsford** **Community** **Outreach**

Residents of the Glebe Centre and their family members are welcome to become members of Abbotsford. Annual membership is \$35.00.

With a diverse selection of courses and activities to choose from, there is bound to be something for everyone! Programs change on a seasonal basis.

Many residents enjoy shopping in our Nearly New Clothing Boutique. We also have books for sale at a very reasonable price.

— **General** **Information** **&**
Services _____
(Listed in Alphabetical Order)

ACTIVITY ROOMS

The activity rooms on each unit can be reserved for gatherings or celebrations. Catering can be arranged and tables and chairs can be provided. Larger rooms such as the Gathering Place and Worship Centre may also be reserved for larger gatherings.

BARBER SERVICES

Barber services are available on a regular basis upon request.

BISTRO

The Bistro is located in the main foyer of the Glebe Centre. Residents, families, staff and volunteers are all welcome to make use of the Bistro and its outside patio. The Bistro has vending machines available for use, which offer a selection of pop and snacks.

CARE CONFERENCES

Care conferences are held within 6 weeks of admission and thereafter on an annual basis. Residents and their families may meet with staff as needed to review care needs, priorities and expectations and talk about any concerns or questions. For family members who are out of town, a teleconference can be arranged.

CHINESE UNIT

The 6th floor of the new building (Woodlawn) is for members of Ottawa's Chinese community. Most staff working on this unit speak Mandarin or Cantonese. The Glebe Centre employs a chef who cooks traditional Chinese lunchtime meals for the 6th floor residents each weekday (Mon.-Fri.). Every Wednesday the chef comes to cook directly from the 6th floor dining room. Activities on the Chinese unit are suited to meet specific cultural preferences as well as care levels and needs.

COURTESY PHONE

A phone is available for residents to use in the main lobby, across from Reception.

FAMILY COUNCIL

Family members are welcome to sit on the Family Council to contribute their suggestions in the care of their loved ones. This is a supportive environment and an opportunity for Family members to discuss concerns or suggestions regarding resident care.

FOOT CARE

A foot care nurse visits the Glebe Centre on a regular basis. Residents may book appointments to see the foot care nurse and the fee can be paid through residents' trust accounts.

FURNISHINGS

All rooms are furnished with a bed, night table, wardrobe, lamp, chair, bedding and towels. All residents are welcome to bring their own personal furnishings (e.g. desk, easy chair, night table, lamps, T.V., radio, pictures) and other mementoes to make their room feel more comfortable.

GIFT SHOP

The gift shop is located in the main foyer of the Glebe Centre and offers a variety of treats, gift ideas, books and other items, such as stamps and bus tickets for sale.

GUEST MEALS

Residents are welcome to invite friends and relatives to join them for lunch or dinner. The cost for guest meals is \$8.00. Activity rooms on the units can also be reserved for special activities or events and catering can be arranged. Throughout the year, special dinners are arranged that family members are welcome to attend at a reasonable cost.

HAIRDRESSING

The resident hair salon is located in the main foyer of the Glebe Centre. Services are available between the hours of 9:00 a.m. - 3:00 p.m., Tuesday to Friday. Payment is made through the resident's trust account.

HAPPY HOUR

Residents are welcome to enjoy happy hour in the Bistro from 3:00pm until 4:00pm, Monday through Saturday. Alcoholic and non-alcoholic

beverages as well as light snacks are served. Families and visitors are welcome to join residents for happy hour.

MAIL

Personally addressed mail is distributed to residents from the unit care stations daily during the week. Outgoing mail may be left at Main Reception.

NEWSPAPERS

Newspapers are distributed daily by staff on the units. The resident or family is responsible for arranging subscriptions. Ask for an Office Paid billing which occurs every three months.

PARA-TRANSPO

Residents can apply for Para-Transpo service by speaking with the Team Leader on their unit. A form is completed by the resident's physician and returned to Para-Transpo. The resident receives an identification number that is required each time an appointment for Para-Transpo is booked.

PARKING

There is free parking at Lansdowne Park if there is no event. If there is an event, parking is available for a fee. On street parking on surrounding streets is available for periods of 3 hours.

PHYSIOTHERAPY

Each resident is assessed upon admission in order to determine his or her need for physiotherapy. Once assessed, a physiotherapy program is designed for each resident. This could include a walking program, exercise classes or other treatments. All physiotherapy is done on site and is covered by OHIP. If appropriate, private physiotherapy services can be requested.

RECEPTION

The reception desk is located in the main foyer of the Glebe Centre. Hours for reception are 9:00am-5:00pm Monday to Friday, and 9:00am to 9:00pm Saturday to Sunday.

RESIDENTS' COUNCIL

Residents meet monthly to raise and discuss concerns or make suggestions related to life at the Glebe Centre. A staff liaison ensures that concerns are brought to the attention of the Management.

SMOKING

The Glebe Centre has been a non-smoking facility since 1997 and we do not have a smoking lounge. In accordance with the *Smoke-Free Ontario Act*, anyone who chooses to smoke must do so outside, independently, a minimum of 9 meters from the front door.

STAMPS & BUS TICKETS

Postage stamps and bus tickets may be purchased at the Gift Shop.

TELEPHONE/CABLE/INTERNET

All residents may have personal telephone lines, cable television service, and internet access in their rooms. Rogers Cable is available at an additional cost charged to the resident's trust account. Residents may contact Bell Telephone and/or an internet service provider directly for a personal phone line at the resident's expense. Earphones are required for televisions and radios/music players in double rooms.

VISITING

All visitors should conclude their visit by 9:00pm each evening. For the safety of all residents, please refrain from visiting if you have cold or flu symptoms.

VOLUNTEERS

Volunteers are essential to the delivery of care and services to our residents and clients. The Glebe Centre has over 300 exceptional volunteers. Volunteer membership is open to anyone interested in becoming part of our organization. Volunteers provide an essential contribution by enhancing the quality of life of our residents. If you are interested in exploring volunteering with us please call 613 238 - 2727

ext.353 for more information. All volunteers are screened to ensure trustworthiness and suitability.

Questions and Answers

How many beds do you have? How many are secure accommodations?
The Glebe Centre has a total of 254 beds divided among 8 units or Resident Home Areas. Four out of the 8 units, or 50% of our accommodations, are secure.

What are the charges for Long-Term Care accommodation?
See page 13 for more information on accommodation costs.

Are there opportunities for Residents on secure units to go outside?
The Residents on secure units have access to two secure courtyards and two units have balconies. In the warmer months there are many activities outdoors so Residents may enjoy these beautifully landscaped spaces. Additionally, we have a summer walking program as well as van trips for outdoor activities such as picnics.

How many baths do Residents receive per week?
Baths and showers are scheduled a minimum of twice per week and are supervised by nursing staff.

Can Residents keep their family doctor?

Yes, any Resident may keep their family doctor as long as the doctor follows Long-Term Care Homes Act guidelines, comes to the Glebe Centre for any visits and is willing to be on call 24 hours a day.

How long is your wait list?

Because our wait list is constantly changing, it is not possible to give an approximate waiting time. Many factors come determine when a bed is offered to ensure the right fit for the new resident. The Community Care Access Centre (CCAC) manages the waiting list for all Long-Term Care homes; please contact them at 613 - 745 - 5525 with any questions regarding wait times.

Does the Glebe Centre offer any day programs for the community?

Abbotsford House, conveniently located on the grounds of the Glebe Centre is a not-for-profit, active community centre serving Ottawa's 50+ community. Programs change on a seasonal basis; some popular selections (to name a few) are Yoga, Tai Chi, Low Impact Aerobics, Book Club, Teddy Bear Making, Stained Glass, Pottery, Euchre and Bridge. Many spouses and family members of the Glebe Centre's long-term care residents enjoy the programs offered by Abbotsford before or after visiting their loved one! Residents can be members as well. For more information, visit www.glebecentre.ca or call 613 - 230 - 5730.

What are the activities available for Residents?

Activities at the Glebe Centre are diverse and there is sure to be something for everyone. Please refer to the sample activity calendar enclosed at the end of this tour package for examples of how the Residents at the Glebe Centre keep busy!

My family member requires a secure unit. Do I have a choice of the new building or Bronson Place?

Unfortunately, we cannot accommodate building preferences in our application process.

Does the Glebe Centre offer respite (short stay) accommodation?

At this time, the Glebe Centre does not offer any respite or short stay accommodation.



What happens on the day of admission?

As with any change or move, the first day can be overwhelming. We understand this and strive to make the first day as pleasant as possible.

Throughout the day:

- A staff person from the Resident Finance Office meets with the resident and family to discuss the Admission Agreement, sign forms and arrange for payment and trust accounts.

- The RN or RPN discusses care needs with the resident and family and looks after the resident's medication

- The resident's physician is contacted to confirm the medication and diet orders.

- Staff introduce themselves and explain their roles.

- A staff member escorts the resident to meals and acquaints the resident with the dining room and their table.



Accommodation Cost

The total cost of accommodation in a long-term care home includes the resident's portion and the government's portion. The resident pays accommodation charges only and the government pays for the cost of nursing care and other services. The Ministry of Health and Long-Term Care sets basic accommodation and maximum preferred accommodation rates. Please note, long-term care homes are required to provide at least 30 days written notice of a proposed increase in accommodation rates and the amount of the proposed increase. The amount paid by residents for their accommodation is called a "co-payment".

(Effective July 1, 2011)

	TYPE OF	CO-	CO-
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	ACCOMMODATION	PAYMENT DAILY AMOUNT	PAYMENT MONTHLY AMOUNT
LONG-STAY PROGRAM			
Basic or standard accommodation	Ward room	\$53.23	\$1619.08
Preferred accommodation	Semi-private room	\$61.23	\$1897.41
Preferred accommodation	Private room	\$71.23	\$2201.58
SHORT-STAY PROGRAM			
<i>*Not offered at The Glebe Centre</i>			<i>Not applicable</i>



Applying for a Subsidy

If a resident cannot afford the basic accommodation rate, he/she or a representative must complete the Ministry of Health and Long-Term Care's *Application for Long-Term Facility Reduction in Accommodation Fees for Basic Accommodation*. The Glebe Centre's Resident Finance Office will assist with this process. The resident's Notice of Assessment issued under the Income Tax Act (Canada) for the resident's most recent taxation year must be provided. Please note that ODSP recipients are responsible to notify their caseworker if admitted to a long-term care home.

Rate reductions are not available to residents in preferred accommodation (semi-private and private rooms). Residents wishing to transfer from preferred accommodation to basic accommodation must provide the

Choosing a long-term care home can be an overwhelming process. It is strongly recommended that you tour as many homes as possible to ensure the best fit for you and your family.

To Access a ‘Virtual Tour’ of the Glebe Centre and other Long-Term Care Homes in the area:

-Visit: <http://www.champlainhealthline.ca/ltchomes>

-Click the CCAC logo and then choose the red “Ottawa” tab.

If you have any questions about the application process or waiting times for long-term care placement, please contact the Champlain Community Care Access Centre (CCAC) at (613) – 745 – 5525.

Ministry of Health and Long-Term Care ACTION line:

1 – 866 – 454 – 0144

Call this toll-free number any day from 8:30 am to 7:00 pm to:

-get information about long-term care

-make a complaint about a long-term care home, or

-express a concern.

Resident Rights **under the Long-Term Care Homes Act, 2007**

The management and staff of The Glebe Centre fully embrace and promote these rights for all residents, community outreach program

participants, and anyone who accesses services provided by our organization.

1. **Every resident has the right** to be treated with courtesy and respect and in a way that fully recognizes the resident's individuality and respects the resident's dignity.
2. **Every resident has the right** to be protected from abuse.
3. **Every resident has the right** not to be neglected by the licensee or staff.
4. **Every resident has the right** to be properly sheltered, fed, clothed, groomed and cared for in a manner consistent with his or her needs.
5. **Every resident has the right** to live in a safe and clean environment.
6. **Every resident has the right** to exercise the rights of a citizen.
7. **Every resident has the right** to be told who is responsible for and who is providing the resident's direct care.
8. **Every resident has the right** to be afforded privacy in treatment and in caring for his or her personal needs.
9. **Every resident has the right** to have his or her participation in decision-making respected.
10. **Every resident has the right** to keep and display personal possessions, pictures and furnishings in his or her room subject to safety requirements and the rights of other residents.
11. **Every resident has the right** to,
 - i. participate fully in the development, implementation, review and revision of his or her plan of care,
 - ii. give or refuse consent to any treatment, care or services for which his or her consent is required by law and to be informed of the consequences of giving or refusing consent,
 - iii. participate fully in making any decision concerning any aspect of his or her care, including any decision concerning his or her admissions, discharge or transfer to or from a long-

term care home or a secure unit and to obtain an independent opinion with regard to any of those matter, and

- iv. have his or her personal health information within the meaning of the Personal Health Information Protection Act, 2004 kept confidential in accordance with that Act, and to have access to his or her records of personal health information, including his or her plan of care, in accordance with that Act.
12. **Every resident has the right** to receive care and assistance towards independence based on a restorative care philosophy to maximize the independence to the greatest extent possible.
13. **Every resident has the right** not to be restrained, except in the limited circumstances provided for under this Act and subject to the requirements provided for under this Act.
14. **Every resident has the right** to communicate in confidence, receive visitors of his or her choice and consult in private with any person without interference.
15. **Every resident who is dying or very ill had the right** to have family and friends present 24 hours per day.
16. **Every resident has the right** to designate a person to receive information concerning any transfer or hospitalization of the resident and to have that person receive that information immediately.
17. **Every resident has the right** to raise concerns or recommend changes in policies and services on behalf of himself or herself or others to the following persons and organizations without interference and without fear of coercion, discrimination or reprisal, whether directed at the resident or anyone else,
- i. the Residents' Council
 - ii. the Family Council
 - iii. the licensee, and, if the licensee is a corporation, the directors and officers of the corporation, and, in the case of a home approved under Part VIII, a member of the committee of

management for the home under section 132 or the board of management for the home under section 125 or 129,

- iv. staff members,
- v. government officials,
- vi. any other person inside or outside the long-term care home.

18. **Every resident has the right** to form friendships and relationships and to participate in the life of the long-term care home.

19. **Every Resident has the right** to have his or her lifestyle and choices respected.

20. **Every Resident has the right** to participate in the Residents' Council.

21. **Every Resident has the right** to meet privately with his or her spouse or another person in a room that assures privacy.

22. **Every Resident has the right** to share a room with another resident according to their mutual wishes, if appropriate accommodation is available.

23. **Every Resident has the right** to pursue social, cultural, religious, spiritual and other interests, to develop his or her potential and to be given reasonable assistance by the licensee to pursue these interests and to develop his or her potential.

24. **Every Resident has the right** to be informed in writing of any law, rule or policy affecting services provided to the resident and of the procedures for initiating complaints.

25. **Every Resident has the right** to manage his or her own financial affairs unless the resident lacks the legal capacity to do so.

26. **Every Resident has the right** to be given access to protected outdoor areas in order to enjoy outdoor activity unless the physical setting makes his impossible.

27. **Every Resident has the right** to have any friend, friend member, or other person of importance to the resident attend any meeting with the licensee or the staff of the home.

Snoezelen Program

The term “Snoezelen” is a combination of two Dutch words meaning “to sniff” and “to doze”. Teachers working with developmentally delayed children developed the concept in the 1970’s in Holland. They were looking for ways to reach the students and realized that using the senses to both relax and to stimulate created amazing results. Over the years, the concept extended to include people with dementia.

A room on the second floor of our new building has been created with sights, sounds, smells, tastes and things to touch and feel. The resident is free to explore, with staff facilitating only. A resident may be drawn to the colours and sounds of the bubble tube. They may want to hold a soft, fluffy pillow or they might hum along to their favourite song playing on the CD player. Every sense can be touched upon depending on the individual’s needs and preferences.



By providing an environment that is failure-free with 1-1 interaction, residents are given a chance to truly express themselves. Over the years, research has shown the amazing benefits from Snoezelen, including residents talking more, feeling calm, happy and interacting with others. The next step, as funding permits, will be the development of a mobile Snoezelen cart so that more residents can be reached throughout the home. The Snoezelen program is overseen by Resident Services and is just one part of an extensive Activities Program here at the Glebe Centre.

7 Day Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Breakfast			
Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices	Assorted Juices
Oatmeal or Assorted cold cereals	Oatmeal or Assorted Cold Cereal	Oatmeal or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals	Oatmeal or Assorted Cold Cereals
Whole Wheat Toast Bran Muffin	Whole Wheat Toast Carrot Muffin	Whole Wheat Toast Banana Muffin	Whole Wheat Toast English Muffin	Whole Wheat Toast Oatmeal Muffin	Whole Wheat Toast Fruit Muffin	Whole Wheat Toast Blueberry Muffin
Scrambled/Hard Boiled Eggs	Scrambled/Hard Boiled Eggs	Scrambled/Hard Boiled Eggs	Scrambled/Hard Boiled Eggs	Scrambled/Hard Boiled Eggs	Blueberry Waffle & Syrup Scrambled/ Hard Boiled Eggs	Scrambled/Hard Boiled Eggs Bacon
			Lunch			
Pork Cutlet/BBQ Sauce	Turkey Schnitzel	Cantonese Pork	Baked Ham with Raisin Sauce	Veal Stew	Baked Pork Chop Applesauce	Lemon Baked Chicken Breast
Mashed Potato Cauliflower	Mashed Potatoes Peas	Rice Mashed Potato Sliced Carrots	Egg Noodles Mashed Potato Whipped Squash	French Fries Mashed Potatoes Sliced Beets	Scalloped/Mashed Potatoes Parsnips	Potato Wedges/Mashed Potato Green Beans Apple Pie or Fruit Cocktail
Rice Pudding or Pineapple	Vanilla Ice Cream or Fruit Cup	Angel Food Cake with Strawberry Sauce or Peach Halves	Chocolate Cream Pie or Fresh Grapes	Strawberry Bavarian or Fruit in Season	Vanilla Ice Cream or Pears	
<u>Alternate Entrée & Vegetable:</u> Spinach Quiche	<u>Alternate Entrée & Vegetable:</u> Spaghetti with Meat Sauce Garlic Bread	<u>Alternate Entrée & Vegetable:</u> Rosemary Roast Chicken	<u>Alternate Entrée & Vegetable:</u> Swedish Meatballs	<u>Alternate Entrée & Vegetable:</u> Batter Fried Fish	<u>Alternate Entrée & Vegetable:</u> Roast Lamb with Gravy or Mint Jelly	<u>Alternate Entrée & Vegetable:</u> Baked Sole with Dill Sauce
Diced Carrots	Diced Turnip	Szechwan Mixed Vegetables	Cauliflower	French Green Beans	Mixed Vegetables	Mixed Vegetables

			Dinner			
Chicken Noodle Soup Crackers	Cr. of Mushroom Soup Crackers	Beef Barley Soup Crackers	Chicken Rice Soup Crackers	Cr. Of Vegetable Soup Crackers	Cr. of Celery Soup Crackers	French Onion Soup with Croutons
Corned Beef Sandwich Coleslaw	Salmon Sandwich Three Bean Salad	Egg Salad Sandwich Creamy Cuke Salad	Cheddar Cheese & Fruit Plate	Tuna Salmon Sandwich Carrot Raisin Salad	Chef Salad Plate Wheat Roll	Mini Sub Sandwich German Potato Salad
Banana Cake or Mandarin Oranges	Lemon Pudding or Apricots	Butterscotch Ice Cream or Fresh Banana	Peach Mousse or Plum Halves	Orange Cake or Fruit Cocktail	Butterscotch Pudding or Cantaloupe	Lemon Macaroon or Honeydew Melon
<u>Alternate Entrée & Vegetable:</u> Cheese Tortellini with Cream Sauce French Beans	<u>Alternate Entrée & Vegetable:</u> Chicken Pot Pie with Gravy Zucchini	<u>Alternate Entrée & Vegetable:</u> Grilled Cheese Sandwich Broccoli	<u>Alternate Entrée & Vegetable:</u> Vegetable Omelet Hash Browns Peas	<u>Alternate Entrée & Vegetable:</u> Chicken Caesar Salad Garlic Bread	<u>Alternate Entrée & Vegetable:</u> Spanish Omelet Potato Patty Coleslaw	<u>Alternate Entrée & Vegetable:</u> Chili Harvest Corn Muffin Tossed Salad

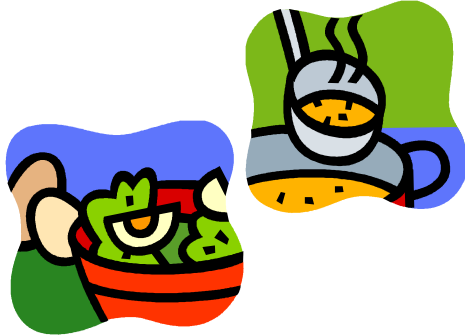
-Please note:

Water, Assorted Juice, 2% Milk, Cold Cereals, Bread, Toast, Condiments, Coffee & Tea are available at Breakfast.
 Water, Assorted Juice, 2% Milk, Bread, Condiments, Coffee & Tea are available at Lunch & Dinner.


-Nourishing Snacks are served in the afternoon and evening. Juice is always available.

-Menus are approved by our Registered Dietitian with participation from the Residents' Council and Resident Food Committee.

-Menus rotate on a 3-week cycle and are updated often.



August Activity Calendar- Floors 5&6

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 Morning Exercises 10:00 Open Communion 10:30 Story Time 1:30 Scrabble 2:00 Manicures 2:00 Art Therapy 8:00 Snack and Chat	2 10:00 R. Catholic Mass 3:00 Exercise 8:00 Snack &Chat	3 10:00 Baking 2:00 Social Tea 8:00 Snack & Chat	4 2:00 Bingo 8:00 Snack &Chat
5 8:00 Snack &Chat	6 CIVIC HOLIDAY 9:30 Morning Exercises 8:00 Snack &Chat	7 3:00 Exercises 7:45 Movie 8:00 Snack & Chat	8 9:30 Morning Exercises 1:30 Scrabble 2:00 Manicures 2:00 Art Therapy 8:00 Snack & Chat	9 10:00 R. Catholic Mass 3:00 Exercise 8:00 Snack &Chat	10 10:00 Baking 2:00 Social Tea 2:00 Edwin on Piano 8:00 Snack & Chat	11 2:00 Bingo 7:00 Edwin on Piano 8:00 Snack &Chat
12 8:00 Snack &Chat	13 9:30 Morning Exercises 10:15 Crokinole 1:30 Mahjong 2:00 Tea with Beulah 8:00 Snack &Chat	14 9:30 Morning Exercises 1:30 Mahjong 3:00 Exercises 7:45 Movie 8:00 Snack & Chat	15 9:30 Morning Exercises 10:00 Angl. Communion 10:30 Story Time 1:30 Scrabble 2:00 Manicures 2:00 Art Therapy 8:00 Snack &Chat	16 Super Ex is Free from 12- 6pm! 10:00 R. Catholic Mass 2:00 Cakes by Cathy 2:00 Birthday Party 3:00 Exercise 8:00 Snack &Chat	17 10:00 Baking 2:00 Social Tea 2:00 Edwin on Piano 8:00 Snack &Chat	18 2:00 Bingo 8:00 Snack &Chat
19 8:00 Snack &Chat	20 9:30 Morning Exercises 10:15 Crokinole 1:30 Games 8:00 Snack &Chat	21 9:30 Morning Exercises 3:00 Exercises 7:45 Movie 8:00 Snack &Chat	22 10:00 ECUM Worship 10:30 Story Time 2:00 SuperEX 1:30 Scrabble 2:00 Manicures 2:00 Art Therapy 8:00 Snack &Chat	23 10:00 R. Catholic Mass 3:00 Exercise 8:00 Snack &Chat	24 10:00 Baking 2:00 Social Tea 2:00 Edwin on Piano 8:00 Snack &Chat	25 2:00 Bingo 7:00 Edwin on Piano 8:00 Snack &Chat
26 8:00 Snack &Chat	27 9:30 Morning Exercises 10:15 Crokinole 1:30 Games 2:00 Tea with Beulah 8:00 Snack &Chat	28 9:30 Library Home Visits 9:30 Morning Exercises 1:30 Mending Lady 3:00 Exercise 7:45 Movie 8:00 Snack &Chat	29 9:30 Morning Exercises 10:00 ECUM Worship 1:30 Scrabble 2:00 Manicures 2:00 Art Therapy 8:00 Snack &Chat	30 10:00 R. Catholic Mass 3:00 Exercise 8:00 Snack &Chat	31 10:00 Baking 2:00 Social Tea 2:00 Edwin on Piano 8:00 Snack &Chat	

