



-Tour Package-

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Organization

The Glebe Centre Incorporated is a charitable not-for-profit 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 was built in 1996, and is a two-storey building which accommodates 62 long-term care Residents. This building offers basic, semi-private and private accommodations.

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

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

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; specialized care and community 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

The Glebe Centre is committed to excellence through innovation and dedication to the clients we serve.

Values

Excellence in Care

We value excellence in care. We believe that we must provide the highest quality of care possible.

Compassion for Those We Serve

We value compassion for those we serve, which is expressed through the 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.

Social Responsibility

We value social responsibility which is acting with concern and sensitivity, aware of the impact of our actions on others.

Fiscal Accountability

We value fiscal accountability, which is to use the available human and financial resources in the most cost effective and efficient manner.

Hospitality

We value hospitality. We encourage and support caring relationships within a welcoming environment.

Innovation

We value innovation. We encourage new ideas that create value and an improved dimension of performance.

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 400 staff members, the Glebe Centre maintains the highest quality of care and service for long-term care Residents and community clients.



Nursing

Nursing Staff at the Glebe Centre provide 24-hour nursing care for every Resident. Nursing caregivers are Registered Nurses (RNs), Registered Practical Nurses (RPNs), Personal Support Workers (PSWs) Health Care Aides (HCAs), and Resident Support Workers (RSWs). The Registered Staff is responsible for the direction and supervision of care on the unit.

Nursing staff is allocated according to the level of care required on each unit. Personal Support Workers, Health Care Aides and Resident Support Workers assist Residents with activities of daily living cognisant of the Residents' dignity, independence, preferences, privacy and safety.

Medical Services

Each Resident is assigned an attending physician upon admission. Physicians visit the Glebe Centre on a weekly or bi-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 staff members of the Glebe Centre's Food Services Department strive to make each meal a pleasant and enjoyable dining experience for Residents.

Upon admission, the Dietitian and Food Service Supervisor will perform a complete nutritional assessment. This assessment will be repeated every three months or more often if required by a Resident's health needs.

All menus are approved by our Dietitian and are prepared in our on-site kitchen. 2 separate meal choices are brought to the Resident dining rooms at meal times. 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. Throughout the year, special dinners are arranged that family members are welcome to attend at a reasonable cost.

Resident Services

(Therapeutic Recreation and Activities, Spiritual Care & Services, Admissions, Social Services, Physiotherapy & Volunteer Services)

The Resident Services Department oversees a wide variety of Resident focused programs such as Therapeutic Recreation and activities including art and music programs, Spiritual Care and Services, Admissions, Social Services, Physiotherapy and Volunteer Services.

Together, the department is comprised of 11 full-time staff members and over 200 volunteers and students who regularly lend their time and skill to enhance the lives of Glebe Centre Residents. Whether attending worship, participating in Residents' Council, going on a van trip, painting a picture, enjoying a concert or our Welcome Tea and Information Session, 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. Environmental Services staff launders and labels Residents clothing at no extra cost. Most units have a domestic washer and dryer available for Residents and families to use. Linens are provided by the Glebe Centre and laundered in house.

Cleaning of Resident rooms is provided on a daily basis by housekeeping staff.

Maintenance service requests are handled through the nursing care station on each 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 Glebe Centre possesses a security system for optimum safety for our staff and Residents.

Central air conditioning is provided for common areas.

Donations, Charitable Giving & Fundraising

The Glebe Centre is a not-for-profit organization and relies on the generosity of donors in order to provide the exceptional level of programming and services offered to the Residents who live here.

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.

Finance & Administration

Upon admission, Residents may set up a trust account with the Resident Finance office. 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 Beauty Salon services to be paid directly from their trust account. Each month, Residents receive a statement that details all transactions in their trust account.

Abbotsford Seniors Centre

Abbotsford is the Glebe Centre's Community Centre for seniors who live in the community. Members and non-members alike come together to share interests, make friends, enjoy companionship and enrich the quality of their lives. A variety of courses and programs are available and everyone is welcome to visit. Residents and family members may access Abbotsford via an underground link between the buildings.

Community Support Services and Day Programs can also be accessed through Abbotsford for those living independently within our catchment area.

The Ladies Boutique offers previously treasured, clean clothing in good condition at a minimal cost. Clothing donations are always welcome. Books, cards, handmade teddy bears and crafts are also available for sale. Abbotsford is open Monday through Friday from 8:30am until 4:30pm.

Abbotsford also houses Community Support Services which helps maintain seniors in their own homes. Drop in or call to find more information about medical transportation, snow removal, housekeeping and information on how to find helpful services in the community.

For further information on membership, programs and services please contact Abbotsford Reception at 613-230-5730.

General Information & Services

Beauty Salon & Barber Services

The Resident Beauty Salon is located in the main lobby of the Glebe Centre. Payment for services can be made through the Resident's trust account.

Barber services are also available on-site on a regular basis.

Bistro

The Bistro is located in the main foyer of the Glebe Centre. Residents, families, volunteers and staff 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 beverages and snacks.

Chinese Unit

The 6th floor (Woodlawn) is a designated cultural unit for members of the Chinese community. Many 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.

Courtesy Phone

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

Culturally Deaf Unit

The 4th floor (Queenswood) provides accommodation and services for Culturally Deaf Residents. Residents admitted to the specialized unit will receive accommodation, care, services and programs like all other Residents. Specialized equipment such as alerting devices and visual fire and smoke alarms will be installed in each designated room. Programs and services will be expanded as needed to accommodate the varied needs of those admitted to this specialized unit.

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.

Furnishings

All rooms are furnished with a manually adjustable single hospital bed, night table (with locking drawer), wardrobe closet, lamp and chair. Residents are welcome to bring their own personal furnishings, so long as the items meet the Glebe Centre's requirements for a safe environment. It is recommended that Residents or their families speak with care staff before moving in personal furnishings to ensure suitability.

Interdisciplinary Team Conferences

A post-admission Interdisciplinary Team Conference will be held approximately six weeks after a Resident's admission and annually thereafter. The purpose of the conference is for the disciplines to meet and coordinate their goals for the best outcome for the Resident's health and well-being. The Resident and/or their representative are invited to attend. The Conference, facilitated by one of our social workers, discusses the specific needs of each Resident. These Conferences are legislated within the *Long Term Care Homes Act, 2007* and are to be conducted at least annually.

Mail

Resident mail is distributed from Reception to the unit care stations daily from Monday - Friday. Outgoing mail may be left at Main Reception.

Newspapers

Newspapers are distributed daily by staff on the units. The Resident or their representative is responsible for arranging subscriptions.

Para-Transpo

Residents can apply for Para-Transpo service by speaking with their unit nurse. 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

The Glebe Centre does not provide any on-site visitor parking. Glebe Centre visitors can access underground parking at Lansdowne for a reduced rate.

The loading zone at the main entrance may be used for pick-up and drop-off only. Parking in the loading zone should be limited to 15 minutes. Angled parking is not permitted in the loading zone. **A 'No Parking Zone' is located at the front of the entrance for emergency vehicles only.**

Parking on surrounding streets is available (please refer to posted time limits for street parking).

Physiotherapy Services

Every Resident is assessed upon admission in order to determine eligibility for physiotherapy treatment. If assessed as eligible, an individual physiotherapy program is designed for the Resident. All physiotherapy is done on site. If appropriate, private physiotherapy services can be requested. Regular exercise classes are also available for all Residents.

Reception Services

The Reception desk is located in the main lobby of the Glebe Centre. Reception hours are 9:00am-5:00pm Monday to Friday, and 10:00am-5:00pm Saturday & Sunday.

Residents' Council

Residents meet monthly to raise and discuss concerns or make suggestions related to life at the Glebe Centre. The Staff Assistant ensures that responses to concerns are received from the Executive Director and Management Team.

Smoking Policy

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 off Glebe Centre property, at least 9 meters from the main entrance.

Stamps & Bus Tickets

Residents may purchase postage stamps and bus tickets at Reception.

Telephone, Cable & Internet

All Residents may establish personal telephone lines, cable television service, and internet access in their rooms. Basic Rogers cable is available through the Glebe Centre at an additional cost. Residents may contact a

telephone and/or an internet service provider directly to establish services. If noise from a Resident's television, radio/stereo or computer is disturbing others, earphones or a headset must be used.

Visiting

For security purposes, visitors must sign in at Reception upon arrival and sign out before exiting the building. Visitors are asked to use hand sanitizing gel which is available at the main entrance, at the entrance to each unit and in each Resident's room. For the safety of our Residents, all visitors are asked to refrain from visiting if any cold or flu symptoms are present.

Reception hours are Monday-Friday 9:00a.m.-5:00p.m. and Saturday-Sunday 10:00a.m.-5:00p.m.

In consideration of those who are sensitive to chemicals, The Glebe Centre asks staff, volunteers and visitors to refrain from wearing any products containing scents.

The Glebe Centre is committed to providing an atmosphere of quality and safety for our Residents, staff and volunteers. Violence and verbal abuse will not be tolerated.

Volunteers

The Glebe Centre is proud to have a strong base of exceptional volunteers who are crucial to the delivery of care and services to long-term care Residents and community clients. A wide variety of volunteer opportunities are available to anyone interested in becoming part of our organization. Volunteers provide essential contribution by enhancing the quality of life of our residents.

If you are interested in exploring a volunteer opportunity at the Glebe Centre, please contact the Volunteer Coordinator at 613-238-2727, ext. 353 or by email at volunteer@glebecentre.ca

Questions and Answers



How many beds does the Glebe Centre have?

The Glebe Centre has a total of 254 beds divided among 8 units.

Can you accommodate Residents requiring a secure (locked) unit?

Yes. The Glebe Centre has 3 designated memory care units for Residents requiring secure accommodation.

Are there opportunities for Residents on secure units to go outside?

Depending on the unit, Residents have access to a secure courtyard and/or a balcony. In the warmer months, there are many activities offered outdoors.

How many baths do Residents receive per week?

Baths and showers are scheduled twice per week and are supervised by nursing staff.

Can Residents retain their family doctor?

Yes. Any Resident may retain their family doctor as long as the doctor follows the regulations under the Long-Term Care Homes Act (2007), comes to the Glebe Centre for any visits and is willing to be on call.

How long is the wait list?

The Community Local Health Integration Network (LHIN), Home and Community Care, manages the waiting list for all long-term care homes. Please contact the Champlain LHIN directly at 613-745-5525 with any questions regarding wait times.

What kind of activities are 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, or visit www.glebecentre.ca to view the current activity calendars.

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

Because all of the beds at the Glebe Centre are designated as long-stay, we do not offer any respite or short stay accommodation at this time.

Is it possible to request another type of room or accommodation?

Yes, the Glebe Centre maintains an internal transfer list. Residents may request an internal transfer from basic accommodation to preferred (semi-private/private) accommodation or from preferred accommodation to basic accommodation. In accordance with the Long-Term Care Homes Act, internal transfers to available basic accommodation will be alternated with new admissions to basic accommodation, which may have an impact on waiting times. Requests for internal transfers for purposes of room preference will be reviewed on an individual basis.

What happens on the day of admission?

On the day of admission:

- The Resident and their family are greeted by Social Services staff and introduced to the unit nurse.
- The unit nurse discusses care needs with the Resident and family
- The Resident's physician is contacted to confirm the medication and diet orders.
- A staff person from the Resident Finance Office meets with the Resident and family to discuss the Accommodation Agreement, sign forms and arrange for payment and optional trust account.
- Staff members 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 Fees

The cost of accommodation in a long-term care home includes the Resident's portion and the government's portion. The Resident pays accommodation fees and the provincial government covers the cost of nursing care and other services. The amount paid by Residents for their accommodation is called a "co-payment".

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.

Resident Accommodation Fees (Effective July 1, 2017)

	TYPE OF ACCOMMODATION	CO-PAYMENT DAILY AMOUNT	CO-PAYMENT MONTHLY AMOUNT
LONG-STAY PROGRAM			
Basic or standard accommodation	Ward room	\$59.82	\$1819.53
Preferred accommodation	Semi-private room	\$72.12	\$2193.65
Preferred accommodation	Private room	\$85.45	\$2599.11
SHORT-STAY PROGRAM			
<i>*Not offered at The Glebe Centre</i>	N/A	N/A	N/A



Applying for a Subsidy

If a Resident cannot afford the basic accommodation rate, the Resident or their 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 tax 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 requesting basic accommodation can request that their name be placed on the internal transfer list.

If a person is moving into a long-term care home and their spouse requires financial assistance to remain in his or her home, there is a government benefit called "Exceptional Circumstances" for people with lower incomes or couples who have to live separately. For more information, you can contact the Champlain Local Health Integration Network (LHIN) at 613-745-5525.



Making the Decision

If you have any questions about the application process or waiting times for long-term care placement, please contact Home and Community Care at the Champlain Local Health Integration Network (LHIN) at 613-745-5525.

To Access a ‘Virtual Tour’ of the Glebe Centre and other long-term care homes in the Ottawa area, visit:

<http://www.champlainhealthline.ca>

(Click the blue “Long-Term Care Homes Virtual Video Tours” button on the right hand side of the screen.)

If you would like more information about long-term care, or if you would like to express a concern or make a complaint about a long-term care home or a Local Health Integration Network (LHIN), you may do so by calling the Ministry of Health and Long-Term Care ACTION line:

1-866-434-0144

8:30 am to 7:00 pm, 7 days per week

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 this 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.



Thank you for interest in the Glebe Centre.

**If you have any questions about our services,
please feel welcome to contact a member of
our Social Services team by calling:
613-238-2727, extension 329 or 497.**



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
Toast or Muffin	Toast or Muffin	Toast or Muffin	Toast or Muffin	Toast or Muffin	Toast or Muffin	Toast or Muffin
Scrambled or Boiled Eggs	Scrambled or Boiled Eggs	The Glebe Breakfast or Scrambled Eggs	Scrambled /Fried Eggs Cinnamon Buns	Scrambled/ Boiled Eggs	Scrambled/ Boiled Eggs	Scrambled/ Boiled Eggs Sausages
			Lunch			
Black Bean Soup	Italian Wedding Soup	Chicken Noodle Soup	Cream of Mushroom Soup	Corn & Tomato Soup	Cauliflower Soup	Tomato & Rice Soup
Sweet and Sour Diced Pork	Chicken Parmesan	Cod with Mango Sauce	Veal w/ Tangy Tomato Sauce	Honey Glazed Ham	Chicken Thighs in Lemon Garlic Sauce	Bear Paws with Peppers and Onions
Mashed Potato Green Beans	Mashed Potato Zucchini	Jasmine Rice/ Potato Broccoli	Mashed Potato Italian Blend Vegetables	Mashed Potato French Green Beans	Mashed Potato Diced Carrots	Jasmine Rice/Potato Mixed Vegetables
Peach Pie	Chocolate Ice Cream	Grape Jello	Chocolate Cream Pie	Tiramisu Mousse	Neapolitan Ice Cream	Lemon Buttermilk Cake
<u>Alternate:</u> Chicken Salad Sandwich	<u>Alternate:</u> Roast Beef Sandwich	<u>Alternate:</u> Turkey Sandwich	<u>Alternate:</u> Salmon Sandwich	<u>Alternate:</u> Cucumber & Cream Sandwich	<u>Alternate:</u> Tuna Sandwich	<u>Alternate:</u> Salami & Cheese Sandwich
Garden Salad	Garden Salad	Garden Salad	Coleslaw	Garden Salad	Garden Salad	Garden Salad
Pineapple Tidbits	Diced Pears	Fresh Fruit Salad	Strawberries	Diced Canteloupe	Apricot	Mandarin Oranges
			Afternoon Snack			
Popsicle	Butterscotch Pudding	Ice Cream Sandwich	Blue Raspberry Jello	Orange Sorbet	Blueberry Flax Cookie	Applesauce

Supper						
Broccoli Soup	Turkey and Rice Soup	Tomato Soup	Spring Vegetable Soup	French Onion Soup	Cream of Spinach Soup	Summer Squash Soup
Beef Meatballs in Mushroom Sauce	Cod Nuggets with Lemon & Tartar Sauce	Pork Chops with Spiced Apples	Basil Chicken	Haddock Loin w/ Lemon & Tartar Sauce	Shaved Beef & Broccoli Stir Fry	Roast Turkey w/ Stuffing & Cranberry Sauce
Mashed Potato Cauliflower	Jasmine Rice/Potato New England Vegetable	Mashed Potato Sliced Beets	Mashed Potato Diced Red Peppers	Mashed Potato Peas	Jasmine Rice/Potato PEI Vegetables	Scalloped/Mashed Potato Sliced Carrots
Rice Pudding	Berry Cobbler	Carnival Cookie	Lemon Bar	Banana Cake	Black Forest Turnover	Cheery Cheesecake
<u>Alternate:</u> Tomato and Cheese Sandwich	<u>Alternate:</u> Sliced Ham & Sweet Mustard on Croissant	<u>Alternate:</u> Beef Hot Dog	<u>Alternate:</u> Egg Salad Sandwich	<u>Alternate:</u> Sliced Ham Sandwich	<u>Alternate:</u> Shredded Cheese Sandwich	<u>Alternate:</u> Tuna Sandwich
Garden Salad	Garden Salad	Greek Salad	Garden Salad	Garden Salad	Garden Salad	Garden Salad
Diced Watermelon	Diced Mango	Mixed Berries	Banana	Fruit Cocktail	Applesauce	Tropical Fruit
			Evening Snack			
Two Bite Coffee Cake	Chicken Salad Sandwich	Apple Turnover	Raisin Bread w/ Butter	Cheese and Crackers	Mini Muffin	Arrowroot Cookie

Menus are approved by the Glebe Centre's Clinical Dietitian with participation from the Residents' Council and Resident Food Committee.

Menus rotate on a 3-week cycle and are updated seasonally



Sample Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 Mike Fahey 1:30 Strength & Fitness 2:00 Arts & Crafts 4:00 Dinner Music	2 9:30 Morning Exercises 10:00 Nature Video 10:00 Church Services 1:00 Manicures 3:00 Sing-a-long with Carlo 7:00 Ottawa Rube Band	3. 10:00 Roman Catholic Mass	4. 10:00 Baking 2:00 Social Tea	5 2:00 Bingo 8:00 Snack &Chat
6 11:00 Music with Pat 1:00 Art with Pat	7 9:30 Morning Exercises 10:00 Bingo 1:00 Friendly Visits With Jim 2:00 Bean Bag Game	8 10:00 Residents' Council Meeting 1:30 Strength & Fitness 2:00 Arts and Crafts 4:00 Dinner Music	9 9:30 Morning Exercises 10:00 Nature Video 10:00 Church Services 1:00 Manicures 2:30 Monthly Birthday Party	10 10:00 Roman Catholic Mass 3:30 Exercise 8:00 Snack &Chat	11 10:00 Baking Group 2:00 Music with Edwin In the Courtyard	12 2:00 Bingo 8:00 Snack &Chat
13 11:00 Music with Pat 1:00 Art with Pat	14 9:30 Morning Exercises 10:00 Bingo 1:00 Friendly Visits With Jim 2:00 Bean Bag Game	15 10:00 Resident Food Committee Meeting 1:30 Strength & Fitness 2:00 Arts and Crafts 4:00 Dinner Music	16 9:30 Morning Exercises 10:00 Nature Video 10:00 Church Services 1:00 Manicures 3:00 Sing-a-long with Carlo	17 10:00 Roman Catholic Mass 3:30 Exercise Class 6:30 Music with Mike Fahey	18 10:00 Baking Group 10:00 Strawberry Social with EIO George 2:00 Social Tea 	19 2:00 Bingo 8:00 Snack &Chat
20 11:00 Music with Pat 1:00 Art with Pat	21 9:30 Morning Exercises 10:00 Bingo 1:00 Friendly Visits With Jim 2:00 Bean Bag Game	22 1:30 Strength & Fitness 2:00 Arts and Crafts 4:00 Dinner Music	23 9:30 Morning Exercises 10:00 Nature Video 10:00 Church Services 1:00 Manicures	24 10:00 Roman Catholic Mass 3:30 Exercise 8:00 Snack &Chat	25 10:00 Baking Group 2:00 Social Tea	26 2:00 Bingo 7:00 Edwin on Piano 8:00 Snack &Chat
27 11:00 Music with Pat 1:00 Art with Pat	28 9:30 Morning Exercises 10:00 Bingo 1:00 Friendly Visits With Jim 2:00 Bean Bag Game	29 1:30 Strength & Fitness 2:00 Arts and Crafts 4:00 Dinner Music	30 9:30 Morning Exercises 10:00 Nature Video 10:00 Church Services 1:00 Manicures			

Chinese Unit - Sample Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>欲知詳情, 請聯絡李姑娘 (Shirley Lee) (ext 332)</p> <p>For more information please contact: Shirley Lee at ext. 332</p>	<p>1</p> <p>Labour Day</p>	<p>2</p> 	<p>3</p> <p>10:00 遊戲 - BINGO</p>	<p>4</p> <p>9:00 塑膠彩畫 Art with Pat</p>	<p>5</p> <p>10:00 烘烤 - 5樓 Baking-5th 10:00 晨運 - Exercises 2:00 茶聚 - Social Tea</p>	<p>6</p> <p>10:00 晨運 - Exercises 10:00 Music with Genevieve (2nd-Gathering Place) 2:00 包餃子 Dumpling making</p>
<p>7</p> <p>祖父母日 Grandparent's Day 9:00 塑膠彩畫 Art with Pat 10:30 唱聖詩 Hymn Sing 2:00 祖父母日茶敘— Grandparent's Day Tea</p>	<p>8</p> <p>中秋節 Moon Festival 10:00 晨運 - Exercises 1:30 唱聖詩 Hymn Sing</p> 	<p>9</p> <p>10:00 晨運 - Exercises 2:00 茶聚 - Social Tea</p>	<p>10</p> <p>10:00 遊戲 - BINGO</p>	<p>11</p> <p>9:00 塑膠彩畫 Art with Pat 11:00 遊覽 - 點心 Dim Sum</p>	<p>12</p> <p>10:00 烘烤 - 5樓 活動室 Baking-5th Activity Rm 2:00 茶聚 - Social Tea</p>	<p>13</p> <p>10:00 Donor Appreciation Celebration</p> 
<p>14</p> <p>9:00 塑膠彩畫 Art with Pat 10:30 唱聖詩 Hymn Sing</p>	<p>15</p> <p>10:00 晨運 - Exercises</p>	<p>16</p> <p>2:00 茶聚 Social Tea 6:30 中文節目 Chinese program</p>	<p>17</p> <p>10:00 遊戲 - BINGO</p>	<p>18</p> <p>10:00 查經班 Bible Study</p>	<p>19</p> <p>10:00 烘烤 - 5樓活動室 Baking-5th Act. Rm. 10:00 晨運 - Exercises 2:00 茶聚 - Social Tea</p>	<p>20</p> <p>10:00 晨運 - Exercises 10:00 Music with Genevieve (2nd-Gathering Place)</p>
<p>21</p> <p>9:00 塑膠彩畫 Art with Pat 10:30 唱聖詩 Hymn Sing</p>	<p>22</p> <p>10:00 晨運 - Exercises</p>	<p>23</p> <p>10:00 晨運 - Exercises 10:30 □□□□□ Buddhist Group 2:00 茶聚 - Social Tea</p>	<p>24</p> <p>10:00 遊戲 - BINGO 1:30 Tai Chi Group</p>	<p>25</p> <p>9:00 塑膠彩畫 Art with Pat</p> 	<p>26</p> <p>10:00 烘烤 - 5樓 活動室 Baking-5th Act. Rm. 2:00 茶聚 - Social Tea</p>	<p>27</p> <p>8:30 Volunteer Appreciation Breakfast</p>
<p>28</p> <p>10:30 唱聖詩 Hymn Sing 2:00 中文崇拜 - 崇拜中心 Chinese Worship</p>	<p>29</p> <p>10:00 晨運 - Exercises</p> 	<p>30</p> <p>2:00 茶聚 Social Tea 6:30 中文節目 Chinese program</p>	<p>□□□ Woodlawn (Chinese Unit)</p>			

Chinese Unit – Sample 3-Week Lunch Menu

*Please note: this menu is available for Residents living on the Glebe Centre’s culturally designated Chinese unit (6th floor) only.

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1:				
Pork Tofu with sweet bean sauce	Steamed Chicken with Egg	Won Ton Soup	Pork with fermented Beans	Steamed Fish
Mixed vegetables with nappa cabbage	Cabbage with onion	Minced chicken with white rice noodles	Eggplant in garlic sauce	Minced onions, peas and potato
Steamed Rice	Steamed Rice	Bok Choy	Steamed Rice	Steamed Rice
		Steamed Bun		
Week 2:				
Chicken with Long Beans	Pork with Toro Bean Sauce	Dumpling Soup	Tomato Sesame Chicken	Fish with Tomatoes in a West Lake Sauce
Chinese Broccoli	Mixed vegetables with garlic	Minced Pork with White Rice Noodles	Garlic Bok Choy	Tofu and nappa cabbage with ginger garlic sauce
Steamed Rice	Steamed Rice	Box Choy	Steamed Rice	Steamed Rice
		Steamed Bun		
Week 3:				
Pork with Red Fermented Beans	Steamed Chicken with Mushrooms	Wonton Soup	Steamed Tofu and Pork Patty	Steamed Fish with Black Bean Sauce
Eggplant with onion and tomato	Bok Choy with Tofu and oyster sauce	Chicken with Onion, Nappa Cabbage and Curry Noodles Bok Choy	Cabbage and Onion	Mixed Vegetables and Bok Choy
Steamed Rice	Steamed Rice	Steamed Bun	Steamed Rice	Steamed Rice



