



-Tour Package-

77 Monk Street, Ottawa, Ontario K1S 5A7
Tel: (613) 238-2727 ■ Fax: (613) 238-4759
www.glebecentre.ca

Revised July 2019

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 organization that provides long-term care and community services. We draw inspiration from our long history of excellence in care and innovation.

We are committed to:

- Providing quality of care as defined by those we serve.
- Developing new and innovative approaches to care to respond to changing needs and systemic pressures in healthcare.
- Creating a culture that attracts and retains employees and volunteers committed to exceptional care and services.

Vision

To be the Home of choice for those who require long-term care and help seniors to stay safe and healthy in their homes as long as possible.

Values

Civility and Respect

- We value Civility and Respect. We believe that we must provide the highest quality of care possible with a focus on Professionalism and Customer service.

Safety and Security

- We value Safety. We believe that we must provide a safe place to live, visit, and work, free of abuse, neglect and discrimination, which are expressed through a policy of zero tolerance and proactive education and training.

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 scared and embodies empathy for those less fortunate and enhanced sensitivity to the suffering of others.

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 clinical and support care for every Resident. Nursing staff include both registered nurses (RNs) and Registered Practical Nurse (RPNs). The registered staff are responsible for the direction and supervision of all care on the unit including the administration of all medication and treatments ordered by the physician, the supervision of the Personal Support Workers and ensuring that the care plan requirements are met. Each unit has a Registered Staff each day from 7:00 am. until 11:00 pm. At night from 11:00 pm. until 7:00 am there is a Registered Nurse present.

Personal Support Workers (PSWs):

Personal Support Workers, also called personal care workers or health care aides provide services to assist Residents with the activities of daily living as set out in the Resident's Care Plan. These frontline daily care services may include getting in and out of bed, dressing, toileting, hygiene, grooming, bathing, mobility assistance and assistance with meals among others.

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, Social Work, 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, Social Work, Physiotherapy and Volunteer Services.

The Resident Services Department is comprised of 14 full-time staff and over 200 volunteers and students who regularly lend their time and skills to enhance the lives of Glebe Centre Residents.

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 are laundered on-site.

Cleaning of Resident rooms is provided on a daily basis by the full-time housekeeping staff on each unit.

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 Home 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 enhance the programs and services provided to our Residents year round.

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.

To learn more about events or how to get involved please contact Courtney Rock at crock@glebecentre.ca or by calling 613-238-2727 x 316.

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 on-site hairdressing 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

The Glebe Centre's Community Programs and Services at Abbotsford House serve adults aged 55 plus and adults with disabilities who live in the community in Ottawa. The goal of our programs and services is to enable older adults and adults with disabilities to remain living in their homes safely and with dignity by planning and coordinating recreational activities, providing support by arranging essential services, acting as a community resource, providing support to vulnerable seniors and promoting better health.

Members of Abbotsford 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 to ensure older adults are engaged in their community and have opportunities to remain physically, mentally and socially active. Everyone is welcome to visit. An annual membership fee of \$45 is encouraged at the beginning of the year and members receive discounts on classes and have access to a variety of clubs. **The Glebe Centre offers Residents access to attend and participate in Abbotsford programs at no charge.**

For further information on membership, programs and services please contact Abbotsford Reception at 613-230-5730, visit our website at www.glebecentre.ca or make an appointment to discuss a program or service through www.caredove.com.

General Information & Services

Courtesy Phone

A courtesy phone is available in the main lobby, across from Reception.

Cultural Units

- 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.

- 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 join 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 arm 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.

Hairdressing & Barber Services

Hairdressing and Barber services for Residents are available in the main lobby of the Glebe Centre. Payment for services can be made through the Resident's trust account.

Interdisciplinary Team Conferences

A post-admission Interdisciplinary Team Conference will be held within six weeks of 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.

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 TD Place 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 developed for the Resident. All physiotherapy services are provided on-site. Exercise classes are also offered on each unit by programming staff.

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 is a non-smoking Home and smoking is not permitted on our property. Residents who choose to smoke must be able to position themselves at least 9 meters from our entrance, which requires navigation of stairs, or an accessible ramp. This can be difficult for many Residents, especially during the long winter months. We do not have a sheltered or covered area for smoking and Glebe Centre staff are not permitted to assist with smoking in any capacity.

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.

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

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 Residents live at the Glebe Centre?

The Glebe Centre accommodates a total of 254 Residents.

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

The Glebe Centre has 2 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 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 to review 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 monthly activity calendar enclosed at the end of this tour package, or visit www.glebecentre.ca to view our 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 a social worker who is available to answer questions and review admission questionnaires
- Personal belongings will be received in the lobby at the time of arrival by Environmental Services staff. Personal belongings will be taken to a processing room to be cleaned, labeled and inspected for safety. Personal items will then be delivered to the Resident's room.
- The unit support clerk meet with the Resident and their family to review admission related consent forms
- The unit nurse discusses care needs with the Resident and their 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, arrange for payment and trust account (optional).
- 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, 2019)

	TYPE OF ACCOMMODATION	CO-PAYMENT DAILY AMOUNT	CO-PAYMENT MONTHLY AMOUNT
LONG-STAY PROGRAM			
Basic or standard accommodation	Ward room	\$62.18	\$1891.31
Preferred accommodation	Semi-private room	\$74.96	\$2280.04
Preferred accommodation	Private room	\$88.82	\$2701.61
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 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

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 additional questions about our services, please feel welcome to contact a member of our Social Work 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
Alternate: Chicken Salad Sandwich	Alternate: Roast Beef Sandwich	Alternate: Turkey Sandwich	Alternate: Salmon Sandwich	Alternate: Cucumber & Cream Sandwich	Alternate: Tuna Sandwich	Alternate: 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
Alternate: Tomato and Cheese Sandwich	Alternate: Sliced Ham & Sweet Mustard on Croissant	Alternate: Beef Hot Dog	Alternate: Egg Salad Sandwich	Alternate: Sliced Ham Sandwich	Alternate: Shredded Cheese Sandwich	Alternate: 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 10:00 Baking Group 10:00 Glebe Club Choir Practice 1:00 Discoveries with Jim 2:45 Music Circle	10:00 Church Service 10:30 Fun with Fitness 1:30 Tea & Quiz 6:30 Travelogue	3. 10:00 Catholic Mass 11:00 Balloon Ball 1:15 Pet Visits 1:30 Tea & Quiz 6:30 Ice Cream Social 6:30 Music with Brian	4. 11:30 Bankwood BBQ 1:30 Bingo 2:00 Social Tea 1:30 Entertainment: Music with the Barrhaven Fiddleheads	5 10:00 Adult Colouring 10:45 Garden Club 1:30 Art with Pat 2:00 Bingo
6 10:30 Hymn Sing: Music w/ Edwin 1:30 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 10:00 Glebe Choir Practice 1:30 Strength & Fitness 2:00 Arts and Crafts	9 10:00 Church 10:45 Music Circle 1:30 Drop-In Art 1:30 Baking Club 6:30 Travelogue	10 10:00 Catholic Mass 10:00 Doll therapy 2:00 Health Arts Concert	11 10:00 Baking Group 2:00 Music with Edwin In the Courtyard	12 11:30 Resident and Family BBQ 1:30 Art with Pat 2:00 Bingo
13 10:30 Hymn Sing: Music w/ Alma 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 Baking Group 10:00 Glebe Club Choir Practice 1:00 Discoveries with Jim 2:45 Music Circle	16 10:00 Church 10:45 Music Circle 1:30 Drop-In Art 1:30 Baking Club 6:30 Travelogue	17 10:00 Catholic Mass 10:00 Music and Memory with Nathan 1:30 Pet Visits 3:30 Balloon Ball 6:30 Coffee House: Music w/ Jumpin' Jimmy	18 10:00 Baking Group 10:00 Strawberry Social w/ EIO George 2:00 Social Tea 	19 10:00 News & Views 1:30 Art with Pat 2:00 Bingo
20 10:30 Hymn Sing: Music w/ Dennis 2:00 Music on Sunday w/ EIO George	21 9:30 Morning Exercises 10:00 Bingo 1:00 Friendly Visits With Jim 2:00 Bean Bag Game	22 10:00 Glebe Choir Practice 11:00 Balloon Ball 1:30 Tea and Quiz 6:30 Discoveries with Jim	23 10:00 Church 10:45 Music Circle 1:30 Drop-In Art 1:30 Baking Club 6:30 Travelogue	24 10:00 Roman Catholic Mass 1:00 Discoveries 1:30 Tea and Quiz (3rd) 6:30 Evening Bingo with Janet and Laurie	25 10:00 Chair Exercises 10:45 Music Circle 1:30 Strawberry Social: Entertainment with Keith	26 10:00 Outdoor Trivia 1:30 Art with Pat 2:00 Bingo
27 10:00 Hymn Sing: Music w/ Alma 1:30 Art with Pat 2:00 Glebe Club Choir Performance	28 10:00 Music and Memory 10:00 Music Circle 2:45 Montessori Group 6:30 Coffee House: Music with The Chords	29 9:30 Library Services 10:00 Baking Group 10:00 Glebe Club Choir Practice 10:30 Buddhist Group 1:30 Music with Alma	30 10:00 Church 10:30 Jam Session 1:30 Drop-In Art 1:30 Social Tea 3:00 Music and Memory			

Chinese Unit - Sample Activity Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labour Day	2 	3 10:00 遊戲 - BINGO	4 9:00 塑膠彩畫 Art with Pat	5 10:00 烘烤 - 5樓 10:00 晨運 - Exercises 2:00 茶聚 - Social Tea	6 10:00 晨運 - Exercises 10:00 Music with Genevieve (2nd-Gathering Place) 2:00 包餃子 Dumpling making
7 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	8 中秋節 Moon Festival 10:00 晨運 - Exercises 1:30 唱聖詩 Hymn Sing 	9 10:00 晨運 - Exercises 2:00 茶聚 - Social Tea	10 10:00 遊戲 - BINGO	11 9:00 塑膠彩畫 Art with Pat 11:00 遊覽 - 點心 Dim Sum	12 10:00 烘烤 - 5樓 活動室 Baking 2:00 茶聚 - Social Tea	13 10:00 Donor Appreciation Celebration 
14 9:00 塑膠彩畫 Art with Pat 10:30 唱聖詩 Hymn Sing	15 10:00 晨運 - Exercises	16 2:00 茶聚 Social Tea 6:30 中文節目 Chinese program	17 10:00 遊戲 - BINGO	18 10:00 查經班 Bible Study	19 10:00 烘烤 - 5樓活動室 Baking-5th Act. Rm. 10:00 晨運 - Exercises 2:00 茶聚 - Social Tea	20 10:00 晨運 - Exercises 10:00 Music with Genevieve (2nd-Gathering Place)
21 9:00 塑膠彩畫 Art with Pat 10:30 唱聖詩 Hymn Sing	22 10:00 晨運 - Exercises	23 10:00 晨運 - Exercises 10:30 佛教團探訪 Buddhist Group 2:00 茶聚 - Social Tea	24 10:00 遊戲 - BINGO 1:30 Tai Chi Group	25 9:00 塑膠彩畫 Art with Pat 	26 10:00 烘烤 - 5樓 活動室 Baking 2:00 茶聚 - Social Tea	27 8:30 Volunteer Appreciation Breakfast
28 10:30 唱聖詩 Hymn Sing 2:00 中文崇拜 - 崇拜中心 Chinese Worship	29 10:00 晨運 - Exercises 	30 2:00 茶聚 Social Tea 6:30 中文節目 Chinese program	之活動 Woodlawn (Chinese Unit)			

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 Napa 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 Napa 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, Napa Cabbage and Curry Noodles	Cabbage and Onion	Mixed Vegetables and Bok Choy
Steamed Rice	Steamed Rice	Steamed Bun	Steamed Rice	Steamed Rice



