

Senior Boredom Relief Program

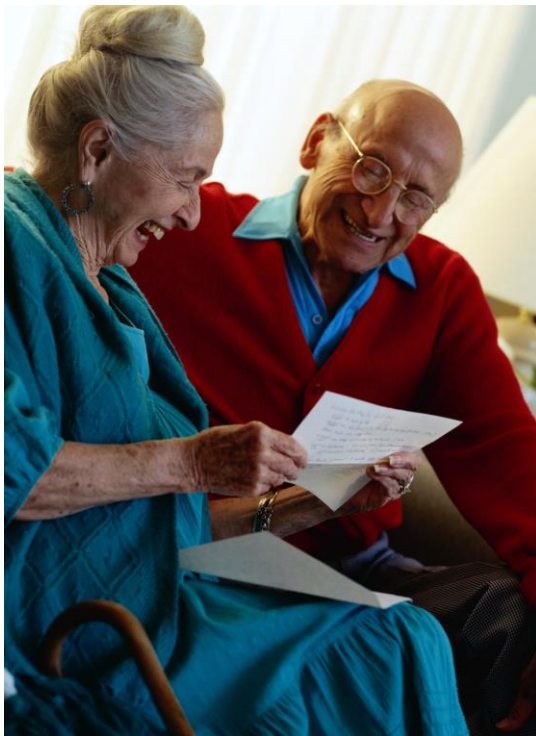
“Alleviate Boredom” ” Companion Support”



Norfolk Manor
LIVE THE LIFE YOU CHOOSE™

The Relief Program is available at the Norfolk Manor Retirement Home in downtown Guelph.

Our program is ideally suited to older adults 55+, who are living in the community and want or need some additional social interaction. In a nutshell a reason to get up in the morning, get dressed and go somewhere safe to interact with other seniors, engage in social activities, enjoy a meal, get medication support (if needed) and make some new friends. At the end of the day returning to your home.



Introduction

What is Included

Activities

Application Form

Day at a Glance

Meals

Health Management

Cost/Fees

Covid Requirements

Contact Information

* Extra costs may apply

INTRODUCTION

We know that you are quite comfortable in your own home, however, things might be too quiet, maybe even lonely. If so, we have an option for you.

Come to Norfolk Manor for a day or the whole week. Enjoy the social activities, plus great home cooked meals. Get some help with your medications from the nursing staff and make some new friends.



TRANSPORTATION: You can grab a ride with a family member, taxi, Guelph Mobility or we can arrange for transportation *.

What is the cost and what is included, you have access to:

- **Timing:** 0830 – 530 M - F – there is some flexibility if required
- Participation in all our in house **activities** for the day you are here
 - Including any planned daytrips *
- All **meals and planned snacks**, (special diets can be accommodated *)
- Our snack/beverage counter
- **Health Management**
 - medication management

NOTE: WEEKEND STAYS are also available subject to availability of respite beds. The cost is laid out in our respite stay package. Available upon request.

* Extra costs may apply

DAY AT A GLANCE (sample)



9:00 am When you arrive – help yourself to a coffee/tea at the Beverage Counter in the dining room

If you are on any medication - Check **in with the charge nurse that you have** taken the appropriate medication for the day

9:30 am Morning Exercises – **VON SMART Exercise Program**
Light and social in Manor Hall

10:00 am Morning Refreshments
- served following the exercise program in Manor Hall

10:30 am Morning Activity, darts, word games, current events.....

12:30 pm **Lunch** - You will be able to choose your evening entrée from our pre-posted menu - to be served in dining room.

2:00 pm Afternoon Activity
(ie. entertainment, darts, euchre, bingo, word games and participation in excursions/ trips etc.)

3:15 pm Afternoon Tea
a light snack prepared by kitchen staff
(Fruit bread, cookies. or cake & tea/coffee)

4:30 pm **Supper** – well balanced meal served in our dining room

After dinner relax in the Manor Hall until it is time to go home.

SNACK COUNTER – is open at all times, (tea, coffee, fruit,)

ACTIVITIES

Our Activities program is designed to appeal to the majority and is altered frequently to meet with the changing needs of our clientele.



We pride ourselves on our variety, versatility, and our desire to stimulate the mind nourish the body and comfort the soul.

The many of our activities take place in our Manor Hall which is well set up for entertaining with our piano and bar at one end and our large screen entertainment system at the other.

In addition, we also have many outings, from countryside drives to visiting Ontario's many museums, pausing awhile at an old Tea House or just catching a musical show at our new civic centre.

When you eat a meal do you prefer to eat alone, of course not, we all have a need to be social. It stimulates the appetite, broadens the mind and brings opportunities to make new friends. Not to mention just keep ourselves busy.



MEDICATION - ASSIST

Our staff are available to assist you to self administer any necessary medication. Pre-filled dossett required which will be held and delivered to the client at the appropriate time for him/her to self administer.

MEALS

At Norfolk Manor our meals are second to none. Dining is meant to nourish both the body and the soul and should be a pleasurable event three times a day, every day.

Our dining team take great pride in creating both nutritious and delicious meals, as well as providing personally tailored diets for special dietary needs. Healthy choices are prepared daily and our buffet style breakfast and luncheon offers our clientele wonderful choices.



To complete your day, our dietary staff will prepare for you, a light nutritional dinner before you leave.

SAMPLE MENU

Breakfast 0730 -0900

Juice or fresh fruit / hot or cold cereal / eggs / toast,
honey, jam, marmalade / muffins / tea, coffee

Lunch 11:30 – 1:15

Choice of Beer Battered Cod or Center Cut Pork Chops
with a honey glaze/ mashed potatoes / buttered carrots &
green beans /
apple pie or fruit salad / tea, coffee,
Accompanied by a glass of
red or white Wine

Dinner 4:30 – 6:15

Soup of the day / fresh fruit /
entrée / dessert / tea, coffee
Juice of the day

Snacks 10am & 3:15pm

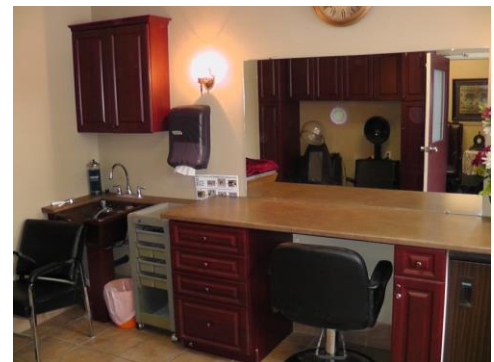
Juice & cookies available mid-morning after the exercise
group / cookies or special treats at afternoon tea / juice &
cookies from Dispensary with bedtime medications.

Special dietary requirement snacks also
available as directed by physician.

Hair Salon is open every Tuesday or as arranged.

EXTRA COST

We would be happy to discuss any special
arrangements at your convenience.



* Extra costs may apply

Costs / Fees

Starting from **\$ 60.00 / day**

- Participation in all our **activities** for the day you are here
- All **meals and planned snacks**, (special diets can be accommodated *)
- Our snack/beverage counter
- **Health Management**
 - medication management
 - assisting with 3rd party care providers if required* may be an extra cost

***Extra Costs**

Everyone is an individual and may require specific assistance in ways best left to a private discussion.

Contact Information:

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