

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

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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
 - Outing and daytrips *
- All **meals and planned snacks**, (special diets can be accommodated *)
- Our snack/beverage counter
- **Health Management**
 - access to our nursing staff for consultation
 - medication management
 - assistance with arranging appointments *
 - additional personal & hygiene support can be available *

NOTE: WEEKEND STAYS are also available subject to availability of 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.



HEALTH MANAGEMENT

NURSING SUPERVISION

Our nursing staff are available to assist you sort out any medical or medication issues, coordinate medical appointment and provide you with general consultation whenever you are here.

We will contact your doctor – with your permission of course and obtain doctors orders to enable our registered staff to supervise and administer your medication



- medications will be administered by our charge nurse
- medications – if desired they can be ordered and billed through our pharmacy
- Arrangements can also be made to deal with:
 - special dressings and/or treatments *
 - or more specific personal care needs *

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.

* 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**
 - access to our nursing staff for consultation
 - medication management
 - assistance with arranging appointments
 - additional personal care & hygiene support can be available *

***Extra Costs**

Everyone is an individual and may require specific assistance in ways best left to a private discussion. Our team of knowledgeable and caring staff assist our retirement home clients in a wide variety of personal areas and are very accustomed to making special arrangements.

Hair Salon is open every Tuesday or as arranged. EXTRA COST

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



COVID REQUIREMENTS:

All participants MUST BE Double Vaccinated and provide proof

All Participants will be screened daily and may be subjected to a rapid test * if deemed appropriate.

Contact Information:

NORFOLK MANOR

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Fax: (519) 836-4003

Email:

david@norfolkmanor.ca

OFFICE HOURS 9:00am – 4:00pm Mon – Fri

Managing Director:

Mr. David Ing

Assist. Director:

Lisa Hipgrave

Activity Coordinator:

Dawn Keating

Dietary Manager.:

Tammy Engelage

* Extra costs may apply