

Seniors' Housing Complex Handbook



Meadowood Manor
Personal Care Home - Seniors Housing

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Email: info@meadowood.ca
Website: www.meadowood.ca

ORGANIZATION

Meadowood Manor is owned and operated by the Manitoba Baptist Home Society Inc. and is a non-profit corporation, licensed by the Province of Manitoba.

MISSION STATEMENT

Meadowood Manor is a residential facility founded by the Baptist Churches. Our mission is to provide a Christian care facility and programs developed primarily for elderly residents. Guided by the compassion of Jesus Christ, we pursue our mission by developing and managing human resources, facilities and programs to satisfy our residents' physical, social, emotional and spiritual needs. Our goal is to provide a Christian setting that preserves the personal dignity of our residents in a peaceful, safe, respectful and supportive environment.

GENERAL INFORMATION

Meadowood Manor's Senior Housing Complex is an 89 suite Independent Living Seniors Home. There are 45 Bachelor Suites and 44 One Bedroom Suites. The Province of Manitoba provides a rental supplement to eligible applicants with a low income. An annual Rental Contract is required, however the Contract may be Terminated with a minimum of a monthly notice either on the first or on the fifteenth of the month. Rent must be paid with by Pre-Authorized Payment. The Complex Coordinator's office is on the main floor and is open Tuesday, Wednesday and Thursday from 9:00 a.m. to 4:30 p.m. to assist with applications, appointments for a tour of the complex, and to help answer any questions you might have.

Phone 258-2587.

PARKING

Outdoor parking stalls with plug-in receptacles are available at an extra charge.

HEATING & AIR CONDITIONING

Electric baseboard heating with individual room temperature control is provided in each suite. Hallways and common areas are air conditioned. Tenants may provide their own room air conditioners if they choose.

SMOKING

Our home is a smoke free building. Tenants and visitors are not allowed to smoke in the building or on the property. This decreases the risk of fire and improves air quality for everyone.

FIRE SAFETY

Our building conforms to the latest fire regulations and is fully equipped with sprinklers. Staff in the adjoining Personal Care Home (PCH) will also respond to fire alarms.

SERVICES PROVIDED

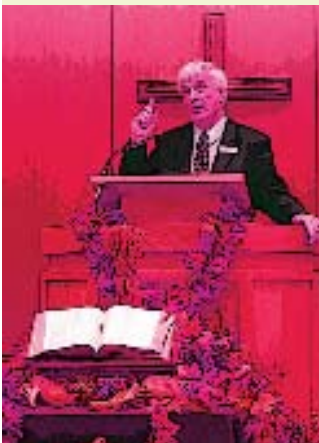
1. Meal Service

Meals (lunch and dinner) are available in the adjoining Personal Care Home dining room by purchasing pre-paid meal cards. This can be done through the Complex Office.

2. Chaplaincy Services

The Chaplain conducts interdenominational church services each Sunday as well as other programs, encouraging spiritual growth and social interaction. This includes visitation of Tenants in their apartments or in the hospital, and counseling with families. The Chaplain is available for funerals and other services as called upon.

There is "Morning Song" every morning at 10:00 a.m. in the PCH. Sunday morning services at 9:45 a.m. in the PCH Fellowship Hall (with Communion Service the 1st Sunday of the month). Fellowship Hour is Wednesday at 2:00 p.m. in Upper Room followed by coffee and refreshments. Sing-Along is held the second and fourth Monday of the month at 7:00 p.m. in the Fellowship Hall.



Catholic Service is held the 4th Friday of each month at 2:00 p.m. in the PCH Fellowship Hall. Chaplaincy services are not government funded, but are supported by donations from Residents, Tenants, and their families, and supporting churches. Donations are gratefully accepted and tax receipts are issued.

3. Foot Care

A visiting podiatrist comes to the home each month. Appointments are made by calling the number on the Bulletin Board.

4. Hairdresser and Barber

A Shop in the adjoining PCH is open every Tues., Wed, Thurs., and Fri. Appointments are made with the Hairdresser at 257-8167.

5. Security

Entrance doors are all kept locked. Each tenant has to let in his/her visitors. Visitors can announce themselves via a telephone located at the entrance, or at the PCH Reception desk. A volunteer tenant monitor will check each morning to see that you are all right via a doorcard system.

6. Laundry

A coin operated laundry room is available on the Main Floor.

7. Newspapers

The Free Press and Winnipeg Sun can be delivered to your suite. Arrangements can be made with the Winnipeg Free Press at 697-7001 or the Winnipeg Sun at 632-6506.





8. Groceries

Safeway provides a van for shopping on Tuesday morning at 9:20 a.m. with return approximately 1 hour later. Sobey's provides a van for shopping on Thursdays at 1:00 p.m.

9. Milk Delivery

Milk can be delivered to your door every Thursday morning.

10. Bus Service

A bus stop with shelter is located in front of the building on St. Anne's Rd. To receive information regarding schedules call 986-5700. Vital Transit Services (633-2022) provides transportation for individuals or groups with walkers and wheelchairs.

11. Clothing Purchases

Several times each year clothing shops visit the Complex as well as the adjoining PCH. They have clothing designed especially for seniors.

12. Mail

A mail box is located near the front entrance of the adjoining PCH. Tenants' individual mailboxes are located in the front lobby.

13. Tuck Shop

Confectionery, stamps, and various other items are available in the front lobby of the Complex. The Tuck Shop is open Monday to Thursday from 1:00 p.m. to 2:00 p.m.

RECREATION OPPORTUNITIES

1. Tenants' Club

You are encouraged to join the club, which organizes activities. Bulletin Board and a Communication Board in the lobby keep everyone informed of upcoming events.

2. Upper Room

Our "Solarium/Chapel/Meeting Room" on the 10th floor is available for meetings, games, conversation, etc. It may be booked through the Complex office

3. Friendship Room

This room on the Main Floor, with attached kitchen facilities, is available for meetings, parties, etc. for a charge. See the Complex office rental prices and bookings.

4. Other Activities

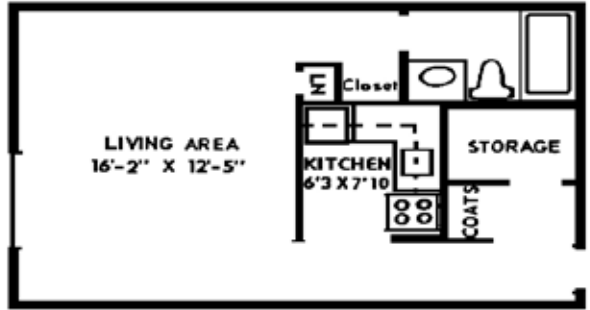
During the Fall through Spring months there are several opportunities for social interaction: Exercise Classes, Choirs, Bible Study and Coffee Times are offered. Dates and times are posted on the monthly calendar.

5. Volunteer opportunities in PCH

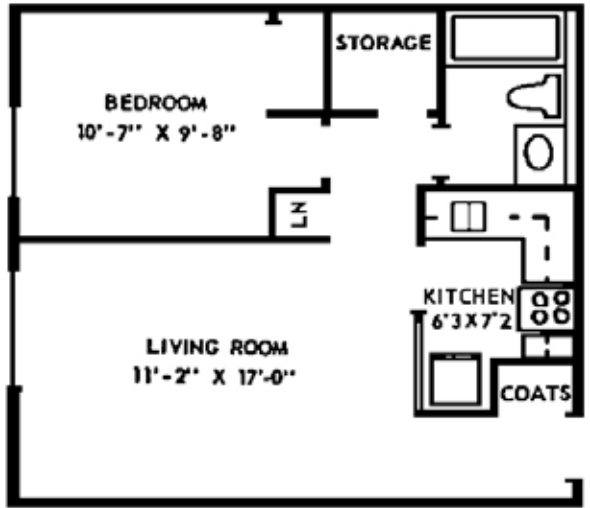
Tenants are encouraged to volunteer their time and talents for such activities as visiting with the residents, portering residents in wheelchairs to their activities, feeding residents, etc. The PCH Volunteer Coordinator will gladly discuss this with you.



TYPICAL BACHELOR SUITE



TYPICAL ONE BEDROOM SUITE



NOTE:

The average size of the one bedroom suite is 486 sq. ft. and the average size of a bachelor suite is 405 sq. ft. Some floor plans may vary as to size and layout.

