

ODYSSEY MENU OF SERVICES

PROVIDED EXCLUSIVELY BY THE JOURNEY CLUB

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ENHANCED SERVICE OFFERINGS

Light housekeeping	\$180
Inspired Living (Recreation) Program	\$175
Morning Checks	\$240
Evening Checks	\$600
A la carte care services	\$180
Full Meal Plan	\$1,025
Total	\$2,400 /month

Margaret is now in her late-80s and has been on her own for several years. After much debate with her family, she finally decided it was time to move out of her home of 35 years and look for someplace with services. However, she did not like the idea of renting in a typical seniors' residence and thought Odyssey offered her all the services she was looking for but with ownership peace of mind. They've signed up with the Inspired Living program and have someone do her housekeeping for 4 hours per month. Margaret is an early bird but her family wants some assurance she is sleeping well so The Journey Club calls her each morning for a conversation and medication reminder then has a healthcare aid attend to her for half an hour each night to ensure she is settled in. Cooking for herself has become more difficult and her children are also concerned about her diet and social engagement. They signed her up for the full meal plan at Bev's Diner to visit her many new-found friends in the community and catch up with the day's events. She pays \$2,235 (plus GST) for these personalized services.

TARA NINI

TARAN@THEJOURNEYCLUB.CA 403-870-6107

À LA CARTE SERVICES AVAILABLE TO ODYSSEY RESIDENTS

HOSPITALITY		UNIT	UNIT COST
Driving Service	Driving service with Journey Club limo (please see detailed sheet).	per km	Contact for pricing
Light housekeeping & laundry (minimum 1 hour)	For residents who would like the option of light housekeeping, including personal in-suite laundry services and home-making (dishes, bedmaking).	per hour	\$45

Inspired Living (Recreation) Program	For residents who would like to participate in our Recreation Programming, including outings, daily exercise programs, and social activities.	per month per person	\$175
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CARE SERVICES		UNIT	UNIT COST
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A La Carte Care Services <small>Services are pre-planned and scheduled ahead of time</small>	Basic health support including safety checks, medication assistance, personal care, homemaking, health & wellness assessments.	per hour	Health Care Aid \$45 Licensed Practical Nurse \$60
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Evening Checks	For residents who would benefit from a PM check-in on wellness status, usually after dinner time. Coordinated during a pre-planned window of time. Includes medication assistance.	per hour	\$45
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Morning Checks	For residents who would benefit from an early AM check-in on wellness status, usually before breakfast. Coordinated during a pre-planned window of time. Includes medication assistance.	per hour	\$45
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Companionship	For residents who would benefit from social and emotional health support, with friendly visits, outings, and activities.	per hour	\$45
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FOOD & BEVERAGE SERVICES		UNIT	UNIT COST
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Full Meal Plan - Bev's Diner in The Journey Club	Residents can participate in a full meal plan at Bev's Diner at the Journey Club, including breakfast, lunch, and dinner.	per month per person	\$1,025
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Dinner Only	Residents can participate in a full meal plan at Bev's Diner at the Journey Club, for dinner.	per month per person	\$485
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Breakfast and Dinner	Residents can participate in a full meal plan at Bev's Diner at the Journey Club, including breakfast, and dinner.	per month per person	\$650
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Custom Catering	Residents can also arrange for private catering for events hosted in their home.	Please Call	
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Room Service	For residents who prefer in-suite dining.	per meal	\$9
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Odyssey residents may purchase personal and healthcare services through The Journey Club Senior's Residence. This is a small sample of services that may be available to residents of Odyssey. Pricing may change without notice and is subject to conditions at time of assessment. All services will be provided during The Journey Club Hours of Operation from 9:00am - 9:00pm, dine-in service times may vary subject to availability. Services will be pre-planned and scheduled in advance. If you are interested in more details or a personalized consultation about our service package, please contact The Journey Club: Tara Nini at taran@thejourneyclub.ca or 403-870-6107.



HEALTH CARE SERVICES



FOOD SERVICE AT BEV'S DINER



HOSPITALITY & CONCIERGE SERVICE

ODYSSEY SERVICES MENU SAMPLE SERVICES

LIGHT SERVICE OFFERINGS

Light housekeeping \$180

Care Services \$180

Inspired Living (Recreation) Program \$350

Total \$710 /month

Donna and George are both in their early 70s, quite active and love to hike and walk their dog around the neighbourhood. Both are in good health and love to cook so do not need any dining services. To continue being active and engaged with the rest of the Westman Village community, both have signed up for the Inspired Living Program. They would much rather spend their time doing the things they enjoy so have signed up for 4 hours of light housekeeping per month. Lastly, George would like a weekly health check with one of the Journey Club healthcare aids to keep him on track with his health & wellness, kind of like a personal trainer but for health. This works out to another 4 hours per month for a total of \$685 (plus GST) per month.

MEDIUM SERVICE OFFERINGS

Light housekeeping \$180

Morning Care \$900

Inspired Living (Recreation) Program \$175

Breakfast & Dinner \$650

Total \$1,905 /month

Gloria is now in her mid-80s and recently lost her husband of 64 years. She is still in good health but her daughter wants some assurance that Gloria is eating properly and still socially engaged. They've worked out a plan with The Journey Club where she will be part of the Inspired Living program and have someone do her housekeeping for 4 hours per month. A health care aid also regularly checks on her in the morning to ensure she slept well, assists with morning medications, and ensures Gloria is ready for breakfast. She also has someone do general health checks throughout the month for her daughter's further reassurance. Lastly, she has signed up for breakfast and dinner at Bev's Diner to visit her many new-found friends in the community and catch up with the day's events. She pays \$1,885 (plus GST) for these personalized services.