

AMICA

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THE GLEBE



## WELCOME TO AMICA THE GLEBE

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Our residence is located in a historic Ottawa neighbourhood admired for its leafy streets and beautiful century homes. Stroll down Bank Street, one of Ottawa's most charming shopping districts, enjoy waterfront strolls by the Rideau Canal, or check out the year-round Ottawa farmers' market. There's something for everyone at Amica The Glebe.

## PREMIUM & PERSONALIZED

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Welcome to senior living tailored to your unique needs. From our exceptional architecture and beautiful design to our extraordinary amenities and extensive range of activities, at Amica The Glebe you'll find exactly what you're looking for in a senior residence. Our engaged and attentive staff are ready to create a personalized experience for each resident that empowers independence, flexibility, and choice, every day. Feel confident knowing Amica The Glebe has been designed to provide you with everything you need today, and in the years to come.

## BE INSPIRED

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Our wide range of premium amenities and services is designed to meet all your physical, intellectual and social needs.



## PREMIUM AMENITIES

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- Library lounge, computer lounge
- Wi-Fi in social spaces
- Craft kitchen
- Home theatre
- Fitness centre with personalized and group programs
- Hair salon and spa

## AMICA THE GLEBE OFFERS

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- Concierge
- 24-hour emergency response system with personal pendants
- Transportation for scheduled shopping and excursions
- In-suite professional care and support

## EXTRAORDINARY CUISINE

Our passion for food can be found in every menu our Red Seal Certified Chef creates. Using the freshest ingredients, our skilled on-site chefs prepare a variety of healthy, balanced, nutritious (and dietician approved) meals to suit every appetite. Everything is served by our attentive staff, ensuring each dining experience is a special one.



## CHOOSE WHERE TO DINE IN STYLE

- Flexible dining – dine when and where you prefer
- Dedicated dining rooms & lounges for Independent Living, Assisted Living and Memory Care
- Patio with courtyard garden
- All day self-serve bistro with fresh fruit and baked goods always available
- Private dining room available for special occasions
- Invite your family and friends to join you anytime – we'll even cater your event
- Enjoy meals in the dining room, self-serve bistro, on the patio, or in the comfort of your suite

CHEF'S DAILY SPECIALS

À-LA-CARTE MENU  
WITH RESIDENTS' FAVOURITES

SPECIAL OCCASION MENUS

UNIQUE DIETARY NEEDS AND  
PREFERENCES ACCOMMODATED

MIND.  
AND BODY.

## DESIGNED FOR YOU

You choose how to spend each day, whether it's relaxing or joining in on activities.

### ACTIVITIES & SOCIAL EVENTS

- Exercise classes, strength training programs and fitness clubs
- Social events, entertainment, clubs, speakers, movies in our theatre
- Celebrations and special occasions
- Family and friends events
- Volunteering opportunities
- Weekly group outings
- Specialized programs tailored to the unique needs of Memory Care residents delivered by certified staff



YOUR  
PERSONALIZED  
WELLNESS PLAN

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UNIQUELY YOURS

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For each resident we develop a Personalized Wellness Plan to help you take advantage of all that Amica has to offer. Together we will build a customized plan based on your social, intellectual, physical, care and support needs to ensure you're always getting the most from life at Amica.



## PERSONALIZING YOUR CARE

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Our professional care and support staff is available around the clock whenever you need assistance. We tailor our services based on your needs and preferences.

## PRIORITIZING YOUR WELLNESS

- Nurse and Wellness Team available 24/7
- Our Nurse will update your Wellness Plan whenever your needs or preferences change
- Flexible care and support options provided in the privacy of your suite and based on your personal routine and preferences
- Personalized pharmacy services available through Amica's selected provider



Based on resident request, various local health professionals may provide scheduled services on-site, including:

PHYSICIAN

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MASSAGE THERAPIST

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PHYSIOTHERAPIST

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FOOT CARE NURSE

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WALKER CLINIC

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HEARING CLINIC





## CONTINUE YOUR LIFESTYLE

Our unique approach to discovery helps our certified staff get to know what makes you the extraordinary person you are. You can be assured the lifestyle you enjoy now will continue at Amica The Glebe. If your lifestyle needs change, we will adapt to meet them, so you don't have to worry about moving again.

### INDEPENDENT LIVING

Enjoy Independent Living, secure in the knowledge you will always have the support and care you need, whenever you need it. Our premium amenities and wide range of life enriching activities are available to all residents. It's up to you how much or how little to participate. Just know as your needs evolve, so too does our care.

### ASSISTED LIVING

Should you need additional support with daily living, our Assisted Living suites have a wellness team on the same floor to give you added peace of mind.

### MEMORY CARE

For residents living with Alzheimer's or other forms of dementia, full support from certified experts is available in our dedicated Memory Care suites.

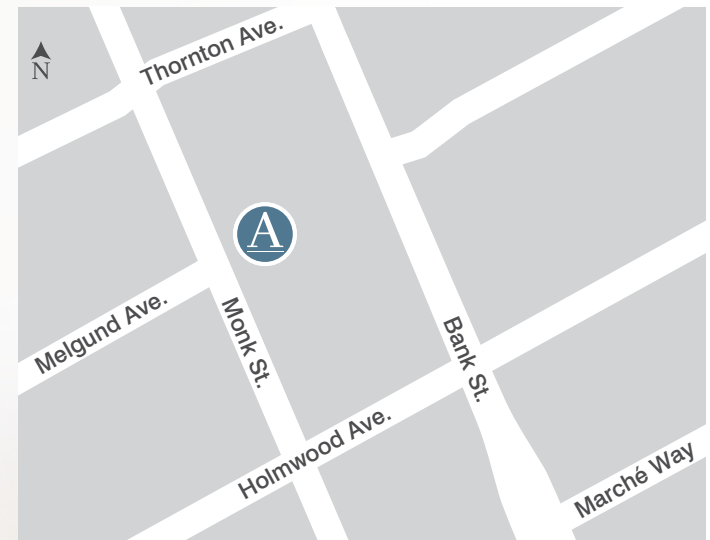




## TRIAL STAY

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Interested in discovering if Amica The Glebe is right for you? We offer short stays for you to experience firsthand what life here is like. We also offer respite stays if you find yourself in need of some extra care and support. Both short and respite stays are subject to availability.



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