



A variety of services and activities to brighten your world



# Jeffery Hale

## Billing details

You will receive a bill at the end of each month for your frozen meals and soups.

The cost is \$3.00 per meal and .75¢ per soup.

Please pay promptly each month. Make cheques payable to:

**Saint Brigid's - Jeffery Hale Hospital**

Return your payment along with the invoice in the envelope provided.



## Questions or comments about our Frozen Meal program?

Please call Jeffery Hale Community Services at:

**418 684-JEFF (5333), ext. 1580**

Community Services, in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

## Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about:

- Day Centre
- Games Day
- Footcare
- In-home Stimulation
- Living Room
- Nursing care
- Respite and convalescence
- Telephone Check In
- Transportation (if a volunteer is available)
- Walking Club
- "With a Little Help from My Friends" caregiver support
- and much more.

For more details, please call Jeffery Hale Community Services at:

**418 684-JEFF (5333), ext. 1580**

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## One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**  
1 888 984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



## Jeffery Hale

418 684-JEFF (5333)  
1250, ch. Sainte-Foy  
Québec QC G1S 2M6

[www.jefferyhale.org](http://www.jefferyhale.org)

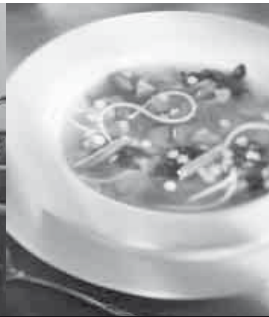
## Frozen Meals



- Affordable
- Convenient
- Delicious
- Nutritious

[www.jefferyhale.org](http://www.jefferyhale.org)

02/02/2009



## Welcome

Welcome to Jeffery Hale's Frozen Meal program. To take part in this program, you must also be a client of our other services, such as:

- Attend the Day Centre, or;
- Get home visits from one of our nurses or social workers (sorry, Walking Club and Cards Day don't count).

Made with care at Saint Brigid's Home, our meals and soups come in a variety of choices. Here's a mouth-watering sample:

### Soups:

- Barley
- Cream of carrot
- Chicken and rice
- Vegetable

### Main courses:

- Filet of sole
- Veal meatloaf
- Beef bourguignon
- Corned beef
- Spaghetti
- Chicken pot pie
- Pork chops
- Roast turkey

Most main courses include potatoes and vegetables.

## How to order

**Place your orders each week before Wednesday at noon.**

To order, you may drop by during our regular office hours. You may also call 418 684-5333, extension 1580.

You may reach an answering machine. If this happens simply leave a message with your name and telephone number and we will call you back.

There is a two-week delay between the time you place your very first order and the time it will be ready for pick up. Then, if you order every week, you will receive meals every week.

You may order up to a maximum of ten portions of each item.

We will give you all of the menus in advance and tell you which menu to use for your first order.

If you, or a family member, has access to the **internet**, you can find the menus and the weekly schedule on our website at [www.jefferyhale.org](http://www.jefferyhale.org)

You may order meals from a series of four menus (A, B, C & D) that rotate on a weekly cycle. There is a winter menu series and also a summer menu series that goes into effect at the end of June.

Orders placed the week of

\_\_\_\_\_

using: Winter menu    A    B    C    D

**OR**    Summer menu    A    B    C    D

will be ready for you during the week of

\_\_\_\_\_

## How to heat up your meals

Be sure to store your frozen meals and soups in the freezer until you are ready to eat.

### Meals

Lift the the plastic wrap cover slightly before heating your frozen meals in the microwave for 3 to 5 minutes.

### Soups

Frozen soups need 2 to 3 minutes in the microwave. Open lids slightly and stir half way through the cook time.

## How to get your meals

The meals are delivered in a variety of ways. Your meals will:

- Be delivered to your home by a volunteer Tuesday morning (if a volunteer is available and if you live within 10 kilometers. Minimum order of \$12 required for delivery);
- Be waiting for you to pick up when you attend our Day Centre as a client;
- Be waiting for you (or a family member or friend) to pick up from our reception (1270 ch. Sainte-Foy) Monday to Friday, between 8:30 a.m. and 4:15 p.m.