



The Ottawa Hospital | L'Hôpital
d'Ottawa

Maurice J. Grimes Lodge

Information for New Residents
The Ottawa Hospital Regional Cancer Centre



200 Melrose Avenue
Ottawa, ON K1Y 4K7
(613) 725-6328 ext. 10355

Welcome to the Maurice J. Grimes Lodge

The Lodge was built, equipped, and furnished by the Canadian Cancer Society (CCS) and is managed by The Ottawa Hospital Regional Cancer Centre (TOHRCC). It is provided for Ontario residents living outside of Ottawa who require medical testing or treatment at the TOHRCC.

This booklet is intended to provide useful information about the Lodge. Please feel free to share this information with family and friends so that they also have an understanding of the Maurice J. Grimes Lodge, your “home away from home.” This booklet contains information about:

- Hours of operation
- General information about the Lodge
- Transportation, directions and parking
- Meal suggestions and cafeterias
- Housekeeping at the Lodge
- Activities
- Visitors and telephones
- A checklist of items to bring with you to the Lodge
- A list of services available at the Civic division of the Ottawa Hospital
- Important phone numbers at the TOHRCC

Hours of Operation

The Lodge opens Monday mornings at 8:30 a.m. and closes on Fridays at 3:00 p.m. You must check out each Friday before 3:00 p.m. when you go home for the weekend and check in when you return on Monday with the Lodge reception desk.

General Information about the Lodge

There are **no** nursing staff or nursing services available at the Lodge.

In order to be eligible to stay at the Lodge, you must be able to:

- Climb down two flights of stairs in case of emergency;
- Prepare meals for yourself, or be able to get to and from one of the two cafeterias (about 10 minutes) independently;
- Get to and from appointments by yourself.

If you do not meet these criteria, please speak to your nurse or doctor about the possibility of having an escort stay at the Lodge free of charge, or other available options.

You will be issued a nametag when you check in to the Lodge. Please wear your nametag at all times when you are in the Lodge or in the cancer centre clinics. The phone number for the Lodge is on the nametag, just in case you need it.



Each room has two single beds and a bathroom. There are no private rooms, and you will likely have a roommate.

Transportation, Directions & Parking

Transportation

You are responsible for your transportation to and from the Lodge. In many cases, rides can be arranged with the volunteers from the Canadian Cancer Society. Please contact the local Canadian Cancer Society office.

- Ottawa Unit
(613) 723-1744
- Stormont Dundas Glengarry & Prescott
Russell Unit
1-800-669-4181 or 613- 932-1283
- Lanark, Leeds & Greenville Unit
1-800-367-2913 or 613-267-1058
- Renfrew County Unit
1-800- 255-8873 or 613-735-2571

Parking

The Ottawa Hospital is responsible for parking. There are weekly and monthly passes available from the attendant on the first floor of the parking garage. Please call 761-5097 for more information.

Directions

From the Queensway (Highway 417), exit at Parkdale.

Take Parkdale South and turn left on Carling Avenue.

From Carling, turn left at the lights for the Civic Division of The Ottawa Hospital. Turn right at the stop sign and continue to the parking lot beside Emergency. The Lodge is located at the back of the parking lot.

The Ottawa Hospital Shuttle Bus

If you have any appointments at the General division of The Ottawa Hospital Regional Cancer Centre, there is a shuttle bus that runs between the two divisions.

Meal Suggestions & Cafeterias

You are responsible for your own meals while you are staying at the Lodge. Please note that there is no stove or oven in the Lodge, but there are microwaves and toasters. Cutlery, plates, bowls, cups and mugs are also provided. There is limited storage and refrigerator space available. Refrigerators and freezers are cleaned out every Friday, so please make sure that all food is removed before going home for the weekend.

Some meal suggestions:

- Bread or bagels
- Cereal, instant oatmeal or cream of wheat
- Canned soups or stews
- Lunch meats/cold cuts
- Cheese
- Crackers
- Peanut butter and jam
- Canned or dried fruit
- Pudding
- Fruit or vegetable juice
- Drink boxes
- Milk
- Yogurt
- Butter

There are two cafeterias within 10 minutes walking distance.

The Greenery

Breakfast: 8:30 a.m.–10:00 a.m.
Lunch: 11:00 a.m.–1:00 p.m.
Dinner: 4:00 p.m.–7:30 p.m.

Tickers

7:00 a.m.–9:00 p.m.

Housekeeping at the Lodge

The Lodge is intended to be your “home away from home” while you are receiving treatment at The Ottawa Hospital Regional Cancer Centre. There are some housekeeping duties that you are responsible for:

- Keeping your room tidy and make your bed every morning.
- Changing your own sheets-you will be provided with clean linen every two weeks.
- Keeping the kitchen and common areas tidy, and filling, starting and emptying the dishwasher.
- Removing all your food from the fridge every Friday, so that it can be cleaned by the housekeeping staff.

Please don't eat in your bedroom.

Housekeeping will be provided Tuesday through Friday, between the hours of 9 a.m. and 3 p.m. The housekeeper will do a light cleaning of the room on a daily basis, and do a thorough clean of the room once a week.

Please let the housekeeper into your bedroom when she makes her daily round, as she will not return to clean it until the next scheduled cleaning day.

Activities

There are many things to do in your spare time. There are puzzles, books, knitting and crafts available in the activity room. There is a pool table and a ping-pong table in the Solarium.

There are videos and CDs that you can sign out. Please speak to the Lodge receptionist.

The Canadian Cancer Society volunteers organize many activities for residents, including afternoon card games, social evenings, a weekly Bingo night, desserts, a monthly dinner, and movie nights with popcorn and soft drinks. Be sure to check the activity board on the first floor for updates.

There are Ottawa tourist brochures available on the first floor. As well there are cancer-related brochures on the second floor provided by the Canadian Cancer Society.

Visitors

The Grimes Lodge has lounges, a craft room and a Solarium for visiting. If you have a roommate, please consider your roommate's needs and privacy. Visitors are welcome until 10:00 p.m. Quiet hours are from 10:00 pm. to 7:00 a.m.

Visiting with friends and family outside of the Grimes Lodge is encouraged. You must let the receptionist know when you expect to return.



Telephones

Each room is equipped with a telephone, and you may receive calls in your room. You may make long distance calls using a calling card, or by calling collect.

Checklist of Items to Bring to the Lodge

You must bring the following items with you when you come to the Lodge:

- Medication that you are presently taking
- Equipment that you require
- Towels and washcloths
- Soap and shampoo
- Toothbrush, toothpaste and other toiletries
- Your Ontario Health card
- Your drug benefit card or seniors card (if you have either one)

You may wish to bring personal items to help make your stay more comfortable:

- Money and change for the vending machines
- Calling card for long distance calls
- Casual clothing
- Comfortable shoes
- Pictures of family and friends
- A good book or word puzzles
- Music, a walkman and batteries
- Knitting
- Your favorite pillow or blanket to help you feel more comfortable (pillows and blankets are provided)

Services Available at the Civic Division of The Ottawa Hospital

Service	Hours of Operation
Chapel Service	Opens 12:00 Monday to Friday
The Floral Shop	10:00-16:00 Daily
The Book Shop	10:00-16:00 Daily
The Paper Place	10:00-16:00 Daily
Pharmacy	8:30-20:00 Monday to Thursday 8:30-17:00 Friday 9:00-16:00 Saturday
The Gift Shop	10:00-16:00 Daily
The Credit Union	9:30-16:00 Daily
Prestige Dry Cleaners	10:30-16:00 Daily
O.H. Baby	10:00-20:00 Daily
Second Cup	6:30-22:00
Fee-for-use ABM	24 hours
By Bookstore or Heart Institute	

Important Phone Numbers at the Cancer Centre

The main number for The Ottawa Hospital Regional Cancer Centre is (613) 737-7700.

Have your TOHRCC chart number, your oncologist's name and the phone number where you can be reached.

For emergencies during Cancer Centre hours, Monday to Friday, 8:30 a.m. to 4:30 p.m., call 737-7700 and dial the extension number for your Patient Designated Nurse (PDN).

For emergencies after hours, and on weekends and holidays, call 737-7700. Stay on the line for the switchboard at The Ottawa Hospital and leave a message with your name and a phone number, where you can be reached, the name of your oncologist, and say that you would like to speak to the doctor who is "on-call."

Type of Appointment	Civic Division	General Division
Chemotherapy	--	ext. 70108
Radiation Therapy	ext. 10340	ext. 70528
Follow-up/return appointment	Module D ext. 10308 Follow-ups four months or greater	Module A ext. 70097 Module B ext. 70088 Module C ext. 70091

Your Support Services at the TOHRCC:

Service	Phone Number
Canadian Cancer Society	(613) 723-1744
Cancer Information Service	1-888-939-3333
Community Care Access Centre	737-7700 ext. 70238 (General)
Dietician	761-4764 (Civic) or 737-7700 ext. 70052 (General)
Drug Stores at The Ottawa Hospital	Clinic Pharmacy (Civic) (613) 761-4157 Pharmacy Desjardins (General) (613) 731-9152
Fitness Program (Rehab Centre)	(613) 737-7700 ext. 70160
Ninon Bourque Patient Resource Library	(613) 737-7700 ext. 70107
Maurice J. Grimes Lodge	(613) 725-6328 ext. 10355
Social Work	(613) 737-7700 (General) ext. 70147/ 70141/70148/70146/ 70142 General Inquiries: ext. 70516