Patient Lodge at La Quinta Inn & Suites

This handout will give you information about where you can stay if you are not able to travel to the Cancer Centre for treatment. The Cancer Centre has a Patient Lodge at La Quinta Inn & Suites in Oshawa.

Your health care team will answer any questions you or your family have about this service.

What is the Patient Lodge?
The R.S. McLaughlin Durham Regional Cancer Centre (MDRCC) Patient Lodge is located at La Quinta Inn & Suites in downtown Oshawa. Rooms are available for patients of the Cancer Centre. You can stay in one of the rooms if you are not able to travel from your home to the Cancer Centre for your radiation treatments.

Rooms are free of charge if booked through the Cancer Centre. Each room has two queen size beds. You may be asked to share a room with someone of the same gender. Rooms are available from Monday to Thursday. These rooms are not available on weekends or holidays. There is a lounge room that you can use during your stay at the motel. You may have a family member or friend stay with you if you need help with your care. Others may stay if space is available. If other patients require a room, your caregiver or relative may not be able to stay. Your family member or friend may book a room at his/her own cost. A discounted rate is available. This room would need to be booked through the motel.

How to book your stay at the Patient Lodge
Please tell your Primary Nurse or the Radiation Therapist at your Simulation appointment if you need to stay at the Lodge. All lodge bookings are done through the B1 level reception desk at the cancer centre.

What is available at the Patient Lodge
Each room has:
- Unlimited local phone calls, cable television, an alarm clock radio, mini fridge and microwave.

Your stay includes:
- Free parking
- Free internet access
- Deluxe continental breakfast daily (6am to 9am) in common area on lower floor
- Common area with internet as well as coffee and tea
- Lounge area for your use (ask for a key at the reception desk) with cable television.
- Fitness room, snack shop and computers are available for you to use.
Within walking distance of the motel:

- There are several restaurants and attractions within a short distance. The front desk staff can give you this information.

Additional costs

You will need to bring or buy your own food while you stay at the motel. Breakfast is provided but other meals are not. You will need to pay for long distance phone calls, movie rentals and any room damages. You may leave a credit card number or deposit with the front desk of the hotel to pay for these extra charges.

Check in

When you check in at the La Quinta Inn & Suites you will be asked to show identification and to fill in a registration card. Check in is after 3pm and checkout is at 12pm.

Transportation

You will need to drive yourself or arrange your own ride from the motel to the Cancer Centre. If you need a ride, you can call the Durham Region Unit of the Canadian Cancer Society. There is a cost for this service.

Location

La Quinta Inn & Suites is located at 63 King Street East, Oshawa, ON L1H 1B4. The parking lot is off of Mary Street, just south of King Street.
How to eat well when you stay at the Patient Lodge

Here are some suggestions for you if you want to “eat in” when you stay at the motel. This information is from the Registered Dieticians at the Cancer Centre.

Useful items to bring:

- Disposal cups/mugs/plates/bowls/cutlery
- Milk (small individual cartons are ideal)
- Favorite drinks in small containers (juice, pop, etc.)
- Favourite condiments/seasonings (salt, pepper, ketchup, mustard, etc.)

Meals to bring:

- Packaged leftovers from home
- “Just add water” dishes (soups, chilies, pastas)
- Sliced meat or sandwich filling (egg/tuna/salmon salad) with bagels/bread/buns
- Portioned cottage cheese or yogurt with fruit (fresh or canned)
- Portioned salads with cheese/cheese strings
- Instant hot cereal mixes

Snacks to bring:

- Pudding cups/custard
- Yogurt
- Cheese/Cheese strings
- Fresh fruit or fruit cups
- Nuts/peanuts/trail mix
- Dried fruit (raisins, apricots, cranberries)
- Crackers/breadsticks/cookies
- Granola bars/cereal bars
- Ready-to-serve nutrition supplements (Ensure, Boost, Nestle Breakfast)

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