

Nutrition and Hydration

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Nutrition and Hydration is one of the crucial components of resident's quality of life. Special events are one of the ways to encourage residents to get involved and be healthy. Therefore, as nutrition and hydration week is approaching soon in March 11th to 17th in 2019, as a Nutrition Manager, I will be responsible for hosting a Tea party for the residents to support the work of the Canadian Malnutrition Task Force and promote nutrition and hydration.

Afternoon English Tea party will be hosted on Wednesday, March 13th, 2019 from 2.00 to 3.30 p.m. in our facility's celebration room, which can safely accommodate all residents and support staff. I have chosen Wednesday to host the party because it is the global tea party day. The reason for hosting a tea party is to improve nutritional intake and hydration intake. We are inviting family members of the residents to join in since it will give our residents a sense of relaxed homely environment. Furthermore, we want to educate everyone about the importance of good nutrition and hydration. Good nutrition and hydration is vital for optimal health. Theme for the party will be winter wonderland; since the party will be hosted in a winter month.

To begin with, I will have a meeting with our activity department and volunteer to discuss the process and responsibilities of each individual to make this tea party a successful event followed by the meeting with all department heads to support our event. Then I will have an individual meeting with the cook to discuss the job responsibilities that needed to be completed. The cook is responsible for preparing all the food items and drinks for regular and therapeutic diets.

To market and promote the event, I am planning to prepare special invitations with the help of the activation department and volunteers, put in the monthly program calendar, newsletter, create some posters and post in elevator, main dining room areas, near nursing

stations in each floor, and ask our nursing team to tell the family members since they frequently have interactions with them. As we, I will also post in our facility's Facebook page, Instagram and twitter. In addition, I will communicate with our public relations department to get involved; so they can invite the local media to attend the tea party. Involving local media is one of the best ways to increase our facility's reputation. To ensure that message has been reached to residents, family and staff, I will create and keep a sign-up sheet by the reception to see how many of them are attending.

Menu is the core component of pleasurable dining. We will be having different type of tea such as decaf, herbal and different flavors of tea, coffee, water, and fruit punch with fresh seasonal fruits inside the drink to give more flavor and nutrients. In addition, we will have fruit cake, tuna sandwiches, egg salad sandwiches, and carrot and potato sandwich for vegetarians, blueberry oatmeal cookies, strawberry scones, jellies and trifles and finger foods such as chicken nuggets and fish sticks. We are introducing new two bean Greek salad topped with crunchy walnuts to our menu. Therefore, we are presenting this item in the party. This is part of the Mediterranean diet which contains a set of nutrients that promote brain health and contribute to dementia care. Also blueberries are antioxidants which are great for patients with dementia. On that note, we are incorporating blueberry oatmeal cookies in the party. For the gluten free diet we will have a tuna, egg sandwiches made with gluten free bread, gluten free cookies, and gluten free strawberry short cake. All the food textures will be modified according to the therapeutic diet needs of the residents into minced or pureed. As well, drinks will be thickened for the residents in need. We will also have diabetic drinks to meet the needs of the diabetic residents. On the top, we are offering free water bottle to everyone who attend the party.

The budget allocated for the party was \$600. Food will cost around \$200, Décor will cost around \$100, tea ware supplies \$75, marketing such as printing posters, and invitations cost around \$75, as a gratitude for volunteers we are giving \$5 gift card and a pen with company logo which will cost around \$50, we are planning to invite a musical band which was famous in the 1950's to boost our resident's energy and bring old memories back and make them happy. This can make our party unique. We are able to get them for \$150 through a friend's reference. Finally I will allocate \$50 for emergency fund; for the things we may need to buy at the last moment.