

Tea Party during Nutrition and Hydration Week

Tea Party in 140 bed LTC Facility will be promoted by printing 7 posters with help of two volunteers that will develop the design. Invitation letter will be sent to the residents; letters will be in vintage theme with location, date, time, and slogan “Stay Nourished and Hydrated with Tea Party”, also they will be designed with help of the same two volunteers that will arrive prior to actual Tea Party date. For staff and visitors, and residents’ family members e-mails with the content of a party will be sent as well. Each resident will have an opportunity to invite one family member or a friend at home’s expenses, every other person invited will be charged 10\$.

Tea Party menu will include variety of choices for every type of diet to meet patients’ caloric and nutritional needs. Finger Sandwiches with smoked salmon, chicken salad will be offered to individuals with regular diet; Apple Crust to regular, minced diets; Vanilla, chocolate puddings to pureed, dementia, full fluid pureed and gluten diet patients; Greek yoghurt parfait with seasonal fruits to diabetic and dementia patients’ diets. In terms of drinks, regular/ flavored, thickened/ flavored green, black, oolong teas, juices, and flavored water to stay hydrated will be available for residents, staff and their families. Residents with dementia will be assisted with our personal support staff and provided with additional menu (Greek yoghurt parfait, vanilla, chocolate puddings) as well as pleasant atmosphere.

Two volunteers will be called two weeks prior the event day to design, develop and print posters with invitation letters for the residents. In the day of the event, all eight volunteers will be helping decorating event room, setting all the tables and cutlery, and helping clearing tables during the event. All life-enrichment staff will be helping to set lottery game and music for the event. An extra cook will be assigned to prepare finger sandwiches, as it is the only meat containing food.

7 posters=69.93

140 letters=210.00

Prizes=40.00+40.00=80.00

Food Expenses= 240.07

Tea Party will bring sense of care to the residents from LTC facility, its managers and workers, as well as provide positive engagement and encouragement to nourishment and hydration. It also will have entertaining lottery game that life-enrichment staff will set, which will bring healthy excitement and engagement to the residents. Furthermore, the prizes of lottery game will hold healthy lifestyle character. Prizes will be: horse ride with instructor, tickets to theatre performance. These prizes will bring residents great healthy experience and emotions. Moreover, during this event taste test panel will be provided in order to find out which types of tea residents prefer. This will help to see what choices purchasers have to order in future to make residents’ further meals better. Also, residents/ patients will get a sense of care after themselves, which will increase rate of pleased patients as well as popularity and recognizability among other LTC facilities. It is known that overall environment of retirement homes can be improved with better food and beverage choices. Thus, it is extremely important to improve everyday life of residents and visitors with appealing and delicious food choices.

Reference

(n.d.). Retrieved from

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<https://national.ballet.ca/ticketing/reserve.aspx?performanceNumber=2103>