

CSNM Student Competition

Tea Party Challenge

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The tea party will be themed off of the film, *The Sound of Music*. *The Sound of Music* was the highest grossing film of 1965 and is one of the most well-known films of all time (Thompson, 2018). This theme is suitable for the residents due to the worldwide popularity and success, as well as the year that it came out—1965. Since more than half of long-term care residents in Ontario are over the age of 85, there is a high chance that many of the residents would have seen this movie in their early thirties (Ontario Long Term Care Association, 2016). This event will be memorable because of the heavy focus on music from the film, as well as the serving of classic Austrian food and drink, some of which are mentioned and/or featured in the film.

In order to advertise the tea party, posters will be placed around high-traffic areas in the long-term care home. Some of these areas include elevators, dining areas, washrooms, and leisure rooms. This will be the first step in advertising the event to staff, family members, visitors, and residents. There will also be invitations sent to all residents with their name on the envelope, a personalized touch which will hopefully increase tea party turnout. A mass email will be sent to all staff members with information about the event and supervisors of each department will communicate with staff members about their specific role in the tea party. In order to increase family member turnout, an invitation will be mailed to each resident's emergency contact a month before the event.

The main activities that will be offered at the tea party other than eating, drinking, and socializing, will be listening and singing along to music from *The Sound of Music*. Activities that relate to music have been chosen not only to match the theme, but also for the proven health benefits of music and singing. Music has been shown to promote relaxation and to improve the

quality of life in people suffering with dementia (Hansen, 2017). According to a small qualitative study, singing has also been linked to helping people with dementia to improve their social relationships, memory, and overall mood (Osman, Schneider, Tischler, 2014).

Food and beverage at the tea party will be classic Austrian cuisine, some of which are mentioned in *The Sound of Music*. The menu is simple and only contains food and beverage that can be modified for residents that are on specific diets. Only foods that are mild in spice have been chosen in order to avoid any gastric distress in the residents. The beverage options will include black tea, herbal tea, coffee (decaf and regular), sparkling water, pink lemonade, and hot chocolate. The main entrée options will include schnitzel with noodles, wurstsemmel (ham rolls), and käsdönnala (quiche). Dessert options will include apple strudel, sachertorte (chocolate cake), and jam with bread. Since all entrées, desserts, and beverages are being made on-site, the \$600 budget will go directly to all ingredients and texture modifying products.

Responsibilities of the life-enrichment staff include assisting frail elderly residents with eating and drinking, ensuring that each resident is receiving the correct diet, and providing any emotional support to residents that may be experiencing a crisis. All frail elderly residents' names will be documented so that the life-enrichment staff can identify them easier and provide assistance. Responsibilities of the volunteers include decorating for the event, making sure that everyone attending the event has a nametag, replenishing food and beverage as they run out, and encouraging the residents to sing-along to the songs by singing along themselves. A couple of the long-term care volunteers will be responsible for taking note of each resident's food and fluid intake. Responsibilities of the extra cook include receiving and storing all ingredients needed for

the tea party, preparing all food and beverage, and modifying all recipes to meet the needs of the residents on special diets.

It is expected that since the tea party is *The Sound of Music* themed, that residents will get excited about trying some of the food and beverage that is mentioned in the classic film. A lot of the foods that will be served are comfort foods that might not be considered the “healthiest”. When dealing with the elderly, especially the frail elderly, the most important thing is to get them to eat and drink enough in the first place. The goal of the event is to not only to improve hydration and nutrition, but to improve their spirits. For some of the residents, tea time with *The Sound of Music* will become a happy memory that they can look back on. Associating food and drink with joy, even for a just a few hours, might make all the difference in a resident’s life.

JOIN US FOR TEA TIME with The Sound of Music



(The Sound of Music, 1965)

In celebration of Nutrition and Hydration week, all residents are invited to tea time!

FRIDAY, MARCH 15, 2019

IN GRASSET HALL

AT 3:00 PM

Delicious food and beverage will be served, paired with the lovely soundtrack from the film.

SINGING ALONG IS ENCOURAGED!

♪ From schnitzel with noodles to crisp apple strudels ♪

References

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Ontario Long Term Care Association. (2016, November). *This is long term care*. Retrieved from <https://www.oltca.com/oltca/documents/reports/tiltc2016.pdf>

Osman, S., Schneider, J., Tischler, V. (2014). 'Singing for the brain': A qualitative study exploring the health and well-being benefits of singing for people with dementia and their carers. *The Journal of the Royal Society for the Promotion of Health*, 15(6), 1326-1339. doi: 10.1177/1471301214556291

The sound of music. [Photograph]. (1965). Retrieved from <https://www.sound-of-music.com/>

Thompson, S. (2018, July 28). 'The sound of music' is returning to theaters for two days only. *Forbes*. Retrieved from <https://www.forbes.com/sites/simonthompson/2018/07/28/the-sound-of-music-is-returning-to-theaters-for-two-days-only/#339730286c36>