

Nutrition and Hydration Week: Tea Party Challenge

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1. Marketing and Promotion

		~Vanilla soft cake pureed with milk	
Gluten Free Diet	~Tea Sandwiches (minced cucumber spread), soft whole gluten free untoasted bread	~ GF artificially sweetened Soft mini muffins ~low glycemic index diced fruit salad (diced apples, pear, oranges)	
Diabetic Diet			

(University Health Network, 2018a-b)

(Winnipeg Regional Health Authority, 2011)

Some food consideration made for the 10% of residents with Alzheimer's/ dementia include special menu items with flexible options including pureed cottage cheese with pureed fruit, artificially sweetened chocolate pudding and muffins or cake pureed with milk. Food served to Alzheimer patients will have the appropriate texture verified by IDDSI.

Guests will be given the options of three different types of teas and water with their meal. The teas and water are intended to increase hydration and the food served is intended to increase nutrition. The savory items offered i.e. cucumber tea sandwiches and pureed cottage cheese with fruit, are the more nutrient dense options and the sweet items increase overall caloric intake.

3. Human Resource Management

i. The life-enrichment staff is responsible for attendance, food and drink distribution, decorations games, and cleanup.

ii. The eight volunteers are responsible for guest and resident attendance, dining room set up, games, decorations, replenishing food and serving of food.

iii. The cook is responsible for meal preparation, cooking and baking of the food. They are also responsible for ensuring the food is free of contamination and served at proper food temperature. Lastly, they are responsible for replenishing the food and kitchen clean up.

4. Financial Management

a. \$600 budget

All the additional ingredients for menu include cottage cheese, Jell-O, gluten free bread, cucumbers, mayonnaise, frozen blueberries, Worcestershire sauce, teas, gluten free flour, stevia, bananas, apples, oranges and pears which can all be found at Walmart for a combined price of \$268.62 (Walmart, 2018i-z). Party items such as red 9” plates, forks, spoons, blue table cloths, blue cups, umbrellas black derby amount to \$238.03 (Walmart, 2018 a-h). Party City sells the balloons for \$27.50 (Party City, a-b). The helium tank is available from GNS for \$45.20 (GNS, 2018). The total amount will be \$579.35.

The Long-term Care Facility will reduce costs by decorating the dining room with table cloths already used for dining services, using borrowed personal umbrellas to decorate the ceiling with (See photo below), and having many decorations made by staff such as silhouettes of Mary Poppins characters.



(Umbrellas, 2018).

5.Originality/Creativity/ Effort

The theme of this tea party is “Mary Poppins: Just a Spoon full of Sugar”. I chose this theme because Mary Poppins is an iconic British character who suited the tea party theme well. Mary Poppins is not only a five-time Oscar award winning film many are familiar with, but also a popular book series published between 1934 and 1988 (Encyclopedia Britannica, 2018). Since the average age of a resident in a Long-term Care Facility is 83 (Government of Ontario, 2015), it is possible many residents will be familiar with the theme.

This event is memorable because the important message Mary Poppins speaks of, “a spoonful of sugar helps the medicine go down” (Authentic Freedom, 2010). Figuratively, the saying means life can be hard at times but it is important to find the joy and sweetness in your life (Authentic Freedom, 2010). Literally, it means we all love a bit of sugar in our diets to make us feel happy. This is important to remember for the long-term care residents who may be experiencing some unhappiness due to emotional, spiritual or physical distress.

Total word count: 792

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