

CSNM Student Challenge

Hosting A Tea Party

Senem Tuten

Humber College

1. Marketing and Promotion

The tea party will be promoted for residents by poster which will be displayed appropriate places such as dining room, game room and the lobby in Shady Pines LTC. Also, printed posters will be displayed in the neighbourhood center as well as digital version of the poster will be displayed on Shady Pine's website and social media accounts to be able to invite the community to the event (see appendix 1). Marketing medium will be digital, and marketing vehicle will be text messages and email for inviting the families. Also, the facility staff will be informed and invited by the posters which will be displayed in the staff room and the kitchen.

The brochure will be given to the residents to take attention on the importance of nutrients and dehydration (See appendix 2) because appetite of elderly is affected negatively because of physiological changes such as tooth loss, decreased saliva and digestive issues (Sizer, et al., 2016, p. 633). Also, they metabolize less nutrients because of diseases and medications (Institute of Medicine (US) Food Forum, 2010, para.5).

To take attention on hydration and to follow their daily water intake, "How much should I drink a day" handout will be given each participant to the tea party (See appendix 3). Daily fluid intakes recommendation is approximately 9 cups for 14 and older men, and approximately 7 cups for women (The British Dietetic Association, 2017).

2. Menu Development

For visitors, families, staff and some seniors: Fruit & vegetable slices, cheese cubes, hummus choices, whole wheat crackers, tea choices, and fruit infused water

Regular diet (85) and Dementia – friendly diet (18): Tuna & Cheese & Green sauce Crepe Rolls. The recipe is modified from "Appetizer Roll Ups with Creamy Tuna" recipe (d'Arville, 2019). Parmesan cheese will be used instead of cream cheese and green sauce will be added to increase its vegetable amount.

Green sauce recipe is modified from the menu of Art Square Gallery & Café in Toronto.

Ingredients: 1 bunch parsley, 2 bunches dill, 2 cores of pineapple, 12 oz vegetable oil, 9 oz vinegar, 200g spinach, 1 Tbsp lemon juice, salt and garlic powder to taste

Directions: All ingredients will be blended in a food processor until it has a creamy texture.

Full-minced diet (15): Minced Tuna & Cheese with Green Sauce. All ingredients will be minced in food processor to be able to meet the requirements which is, that the food granules should not be bigger than 4mm in size of full minced and moist texture (UHN, 2017). Serve in scoop size.

Full-pureed diet (12): Savoury Puree is modified from the Potato Puree recipe (Food & Wine, 2009). Savoury puree recipe enhanced with cottage cheese to increase its protein amount. Also, adding butter increases its calories. After potatoes are peeled and baked, all ingredients will be blend well in blender to meet the requirements such as smooth texture without lumps and skins for puree diet (UHN, 2017).

Thickened fluid diet (7): Apple juice & thickener drink

Diabetics (20) + Gluten-free diet (1): Fruity Yogurt cups (Tesco Real Food, n.d.). Oat bran extracted from the recipe to be able to meet the requirement of gluten-free diet.

3.Human Resource Management





The six life - enrichment staff are responsible for explaining the residents how to participate and play the games, operating the games and choosing the winners. Additionally, they will help the elderly both physically and mentally throughout the activities.

The responsibilities of the eight volunteers are preparing the event area and setting up all the decorations, greeting and guiding the residents and the people, serving beverages and meals, cleaning up the event area after the event was done and making sure the area was fully cleared up.


























The cook's responsibility is preparing the meals, snacks and the beverages required for the event.

4.Financial Management

Party supplies: Total \$29.45

ITEM	DESCRIPTION	EACH	QTY	TOTAL
	Peace Sign Banner	\$5.36	<input type="text" value="1"/>	\$5.36
	Tie-Dyed Pennant Banner	\$3.47	<input type="text" value="2"/>	\$6.94
	Hippie Bus Photo Prop	\$8.09	<input type="text" value="1"/>	\$8.09
	Assorted Color Latex Balloons (6/pkg)	\$3.02	<input type="text" value="3"/>	\$9.06

Kitchen supplies: Total \$414.93

	Omega 3 Eggs, Large	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<input type="text" value="1"/>    Remove	\$4.67 \$4.67ea
	Plain Yogurt	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<input type="text" value="1"/>    Remove	\$4.47 \$4.47ea
	Smooth Plain Deliciously Smooth Cottage Cheese 2 % M.F.	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<input type="text" value="1"/>    Remove	\$3.77 \$3.77ea
	2% Milk	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<input type="text" value="1"/>    Remove	\$2.87 \$2.87ea
	Cheese, Light Marble Cheddar	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<input type="text" value="5"/>    Remove	\$27.50 \$5.50ea



Hummus Roasted Red Pepper

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$11.94
\$5.97ea



Grated Parmesan Cheese

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$23.91
\$7.97ea



Hummus Chickpea Dip And Spread

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$11.94
\$5.97ea



50ct Pure Peppermint

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$13.94
~~\$19.94~~
\$6.97ea
SAVE \$3.00/ ea



China Green Tea

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$3.97
\$3.97ea



Red Label Orange Pekoe Black Tea 100 Tea Bags

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$4.77
\$4.77ea



Tetley Earl Grey The Speciaux

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$4.97
~~\$5.47~~
\$4.97ea
SAVE \$0.50/ ea



Apple Juice

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$4.54
\$2.27ea



Blueberries

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$20.91
\$6.97ea



Pineapple

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$29.70
\$2.97ea



Mini Carrots

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$7.94
\$3.97ea



Cooking Spinach

☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$1.67
~~\$1.97~~
\$1.67ea
SAVE \$0.30/ ea











































Raspberries


☒ Allow substitutions
+ Instructions for your personal shopper

x Remove

\$7.94
\$3.97ea

	Dill, Bunched	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>2</div> <div>+</div> </div> <div>  Remove </div>	\$4.94 \$2.47ea
	Curly Parsley	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>1</div> <div>+</div> </div> <div>  Remove </div>	\$1.77 \$1.77ea
	Broccoli Crown	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>5</div> <div>+</div> </div> <div>  Remove </div>	\$8.85 \$1.77ea
	Baking Potatoes	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>3</div> <div>+</div> </div> <div>  Remove </div>	\$4.18 \$1.39ea
	Lemons	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>1</div> <div>+</div> </div> <div>  Remove </div>	\$0.87 \$0.87ea
	Strawberries	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>6</div> <div>+</div> </div> <div>  Remove </div>	\$41.82 \$6.97ea
	Grapes, Red Globe	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>3</div> <div>+</div> </div> <div>  Remove </div>	\$12.76 \$14.79 \$4.25ea SAVE \$0.65/ ea
	White Wine Vinegar	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>1</div> <div>+</div> </div> <div>  Remove </div>	\$2.87 \$2.87ea
	Triscuit Original Whole Grain Crackers	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>8</div> <div>+</div> </div> <div>  Remove </div>	\$15.04 \$16.00 \$1.88ea SAVE \$0.12/ ea
	Solid White Tuna	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>15</div> <div>+</div> </div> <div>  Remove </div>	\$47.55 \$3.17ea
	Vegetable Oil	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>1</div> <div>+</div> </div> <div>  Remove </div>	\$2.97 \$2.97ea
	Cake & Pastry Self-Raising Flour	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	<div> <div>-</div> <div>1</div> <div>+</div> </div> <div>  Remove </div>	\$6.97 \$6.97ea

	Coloured Round Toothpicks In A Jar	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	- 2 + ✕ Remove	\$3.98 \$1.99ea
	Ripple Wall Hot Cups	<input checked="" type="checkbox"/> Allow substitutions  + Instructions for your personal shopper	- 20 + ✕ Remove	\$40.00 \$2.00ea

	Resource Thicken Up Clear	- 1 +	Remove	\$19.99 CAD
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Subtotal:	\$19.99 CAD
Shipping Estimate:	\$8.95

5. Originality/Creativity/Effort

Theme: I chose “60’s Hippy” themed tea party because 60’s is a fun time that can both relate to the era residents of Shady Pine have experienced and can have fun remembering their memories about the 60’s and the Hippy Movement. Jonathan Kauffman (2018), the author of the book “Hippy Food”, mentions how the counterculture during the 60’s influenced the eating style of people where the value of healthy foods such as whole grains, legumes and fresh vegetables were increased. This can allow me to prepare the residents a nutritious meal that both follow the Hippy themed party as well as it being rich nutrition wise. Also, the guest will use colorful toothpicks instead of plastic forks to reduce plastic waste.

Activities:

1. Matching game: The game is basically matching the fruit and vegetables pictures (Memozor, 2019). Purpose of the matching game is to enhance the memory while having fun in a social interaction with a group activity. (See the appendix4)

2. Tune toss: All players will form a circle and pass the balloon to each other while playing music from the 60’s. When the music stopped, the individual who has the balloon will try to guess the name of the song (Great Senior Living, 2018, para.63, 68) (See the appendix5). According to the Alzheimer's Society (2018), hearing music the people are familiar with, increases the brain activity.

To measure the success of my event, the handout will be given for gathering the opinions of residents towards my event. (See the appendix 6)

Appendix1. The Poster

**21 March 2020
2 pm - 5 pm**

60's Hippie Tea Party



**Celebrating The Nutrition & Hydration Week
Everybody is Welcome**

Free admission at Shady Pines' Party Room


- Greetings.....2:00 pm
- Food & Drinks.....2:30 pm
- Matching Game.....3:00 pm
- Tune Toss Game.....4:00 pm



Appendix2. The Brochure (Cover page and inside)


References

- 6 A Guide to Healthy Eating for Older Adults (pdf). (2012).
Retrieved from <http://bit.ly/2XQHOMT>
- 1 Clipartmax. (2019). Pine trees [image]. Retrieved from
<http://bit.ly/2Oq54hP>
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<http://bit.ly/34poM2r>
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<http://bit.ly/2Optc3K>
- 10 Crafting Chicks. (2018). Fruit infused water [image]. Retrieved
from <http://bit.ly/33qTivK>
- 7 Food Navigator. (2015). Food preferences [image]. Retrieved
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- 11 Healthy eating recommendations. (2019, January 28). Retrieved from
<http://bit.ly/2DmolCv>
- 5 Nelson Education. (2017). Nutrition and older adults.
In Food and nutrition management (pp. 90–91). Toronto, ON.
- 9 Nelson Education. (2017). Nutrition and older adults.
In Food and nutrition management (pp. 148). Toronto, Ontario.
- 2 US News. (Jan 21, 2015). Best diets for seniors [image]. Retrieved
from <http://bit.ly/338Yxfe>




(1. Pine trees)

Are You Having Enough Food and Drinks?




(2. Best diets for seniors)

Nutrition and Hydration Week



647-573-2417
(3. Phone icon)



facebook.com/shadypines
(4. Facebook icon)

Eating Well Matters

- Eating from all food groups such as whole grains, milk and alternatives, meat and alternatives, fruits and vegetables is one of the keys for wellness as well as living a long life (5).
- Eating well protects you from diseases (6).



(7. Food preferences)

Do You Eat Enough? (6)

- ✔ (8. Tick icon) Eat your meals on time
- ✔ Eat fruits, yogurt, milk, nuts between meals
- ✔ Mash and puree your foods to swallow easy



(10. Fruit infused water)

















Drinking Well Matters (9)

- Drinking less than 2 liters in a day makes you weak
- Drink more for healthy body and brain functions

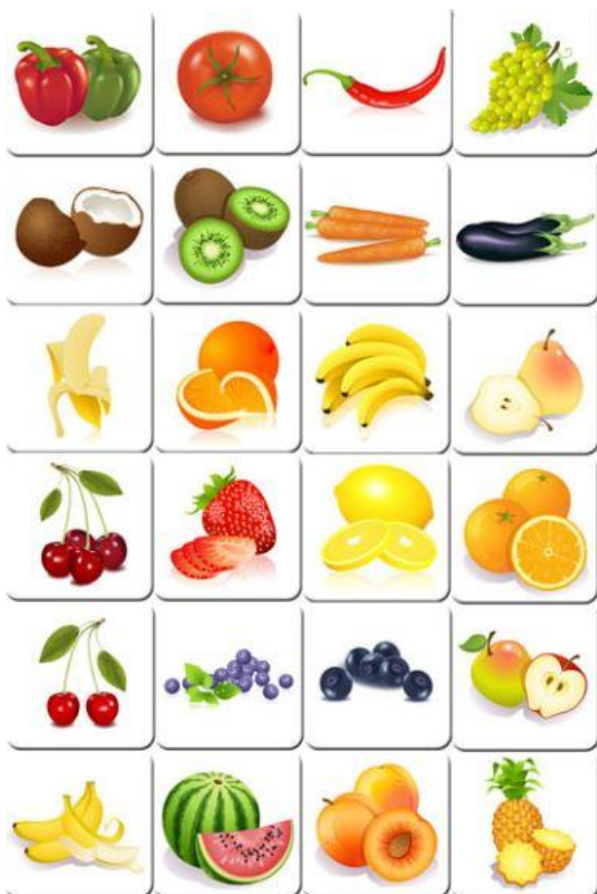
Do You Drink Enough? (11)

- ✔ Carry a water bottle with you
- ✔ Add fruit slices into your water to make tasty
- ✔ Enjoy fresh fruit juices and teas

Appendix3. The handout

How Much Should I Drink in A Day?				
Let's color the cups of each cup of drink you have				
Woman should drink 7 cups of drinks daily				
				
				
Men should drink 9 cups of drinks daily				
				
				

Appendix4. Matching Game



Appendix 5. Tune Toss Game

The Tune toss playlist:

- 1- The Temptations - My girl
- 2- The Rolling Stones - Sympathy For The Devil
- 3- Roy Orbison - Oh, Pretty Woman
- 4- Little Eva - The Locomotion
- 5- The Ronettes - Be My Baby
- 6- The Beatles - Come Together
- 7- The Rolling Stones - Paint It Black
- 8- The Animals - House Of The Rising Sun
- 9- Leslie Gore - It's My Party
- 10- The Kinks - You Really Got Me
- 11- Ray Charles - Georgia On My Mind
- 12- The Marvelettes - Please Mr. Postman

Appendix 6. Feedback

Feedback

Did You Like our event? If so what did you like about it?

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If not what could be improved?

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.....

What was your opinion on the theme of our event?

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Thank You For Your Contribution :)

References

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