

Garden of Eatin': Setting the Table for Resident-Centered Dining... together



INTRODUCTIONS!

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20+ years of LTC dining and dietary leadership experience ,committed to supporting elder's desires and empowering team members to make Food meaningful and Fun in LTC.



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Executive leader in LTC for 20+ years supporting elder choices and care staff in making LTC a home people want to live and work in



Let's talk about Food!

- ✓ Listening to Elders: ways to engage in collaborative planning
- ✓ Policy and practices to provide 24-7 access for foods
 - ✓ Whole food supplements
 - ✓ Accessible Pantries
 - ✓ Process for preferences
- ✓ Food and fun! Engaging beyond nursing: Volunteers, CST
- ✓ More than eating: Connecting and belonging

Listening to Elders: ways to engage in collaborative planning

Finding out what people like to eat.. when.. and why..

Convene a Food forum

- Keep it small scale (one floor/one “unit”/one house)
- Keep it focused on atmosphere, food stories
- Authentic engagement (bring recipes, try things)
- Do it with CNA and nursing staff

“Properly prepared, the meals we cook and serve to our elders should be drenched in memory, ritual and culture.”

-Dr. Bill Thomas

Green House Project Blog, 2011



Honoring Elder Preferences and stories

“Native foods are the heart of culture and health. They provide close ties to the land and the seasons and the environment. Participating in harvesting, preparing, sharing and eating the foods along with others contributes to spiritual well being.”

-Jennifer Johnson, MPH, RD, LD



Process for Preferences

Vision what it would look like if elders had their preferred treats accessible all the time

Who can help identify these? When?

How do you make it easy for families and elders and direct care team members?

Consider always available items that can be kept in close proximity to elders



Policy and practices to provide 24-7 access for foods

Review the current practices/policies and consider:

- History
- Vision
- Demo
- Try

What are the barriers?

Who can remove them?

What is working what needs rethinking?



Whole and real food supplements

The more food that can be
cooked from scratch,
the more flavorful
and economical the meals will be.



Accessible pantries for Elders and Staff

Food insecurity is often associated with institutional care

Many direct care staff also experience this.

Providing a path to access is paramount for staff and elders

Defining access, thinking through dietary considerations, and individual risk can be done via care planning.

Give elders and families and team members a way to care for one another



Food and fun! Engaging beyond nursing: Engaging Families, Volunteers, CST

- Re-learning conversation- it is not a well practiced skill:
- Find someone who is great at it!
- Get conversation cards on the table
- Train simply to simply talk
- Consider “meal break culture”
- Acknowledge and celebrate families as support!





More than eating: Connecting and Belonging



Consider:

- Seating arrangements and habilitation
- Table décor
- Size of table- closeness for conversation
- Birthday Celebrations
- Freshly baked cookies
- Having Elders say a prayer or toast

Food as a path to engaging and belonging

“Some of the women helped form the dough for the fry bread and began telling stories of recipes they had used, talked about who the fastest dough former was in their families...”

-Mellisa Heflin
ANTHC Outreach Coordinator
Volunteer



Convivium: The experience of meals beyond food



- Not every meal has to be an experience
- Customizing times can ease work flow burdens
- Simplify menus: Consider one 'dazzle' em meal and the rest simple.
- It all comes down to knowing people and removing barriers to what can be

“Laughter is brightest in the
place where the food is”

~Irish Proverb

“One of the very nicest things
about life is the way we must
regularly stop whatever it is we
are doing and devote our
attention to eating”

~Luciano Pavarotti

“One Cannot think well,
love well,
sleep well,
If one has not dined well”
~Virginia Woolf

Simple meals, Simple Solutions

People want honest,
flavorful food, not
some show-off meal
that takes days to
prepare

