

Suggestions for Dinner

Sponsors

1. Contact the Coordinator through Public Relations to book a date that is convenient for your group.
2. Inform us of the number of persons you are prepared to feed.
3. As far as possible organize a theme dinner, so that it can also be an enjoyable learning and beneficial.
4. Table decorations are enjoyed by older persons as most of them were into decorating their homes.
5. If your group is providing the dinner, buffet is preferred, Studies have shown residents especially prefer buffet style dining because of the presentation, freedom of choice, and the variety of choices. N.B.: Try to avoid foods with fine bones.
6. Organize entertainment for the patients, be sure to include singing.
7. Play soft Music During dinner.
8. Dancing for all at the end of the dinner!

To Book a Night to Fete, Dine and Waltz

our clients, contact;

N. O. J Justina Knowles

364-9632

Or

Public Relations Office

364-9618



The Pearls and Gems Cafe



*Tuesdays,
5:00pm
Patients' Activities Room*

***Sandilands Rehabilitation
Centre
Public Hospitals Authority
364-9618***

RATIONALE

It is hoped that a therapeutic dining experience will promote a positive feeling of well being, increase client's social interaction and enhance cognitive stimulation.

THERAPEUTIC BENEFITS

Promoting a therapeutic dining experience will increase the resident's intake and happiness with meals.

Also gives clients an opportunity to interact with each other in an atmosphere of elegance and camaraderie.

The ambiance of one's environment and a positive dining experience can greatly impact a client's orientation, appetite and social interaction.

(Long Term Care Solutions, Promoting a therapeutic dining experience and fostering positive social interaction)

PURPOSE

To foster positive interaction amongst older adult residents in Sandilands Rehabilitation Centre with the aim of decreasing the institutional influences on nutrition and fostering a more warm, homely atmosphere during mealtime.

GOALS

To present a family style dining that many older persons enjoy.

To provide the appropriate ambiance —room temperature, noise level, music and decorations that increases one's appetite and promotes a feeling of well-being

To convey a more homely atmosphere during dinner time

To promote a sense of Dignity and worth, through the dining experience

To enhance independence for older adult residents.

FAVORITE FOODS OF RESIDENTS



Chicken

Native Soup

Fillet Fish

Peas and Rice

Macaroni and Cheese
Soft Cooked Vegetable

Cake

Ice Cream

