

## **Resident Council Meeting**

11/29/21 at 10:30am and 11/30/21 10:30am in Alpha Dining Room

### **Staff Members Leading:**

Sarah Pedretti, Life Enrichment Coordinator  
Patty Tourtellott, Resident Health Coordinator  
Ryan Ray, Environmental Services Coordinator  
Tammy Atkinson, Nutritional Services Coordinator

### **What is resident council?**

An organized, decision-making group of long-term care residents meeting regularly to voice their needs and concerns and to have input into culinary services, activities, policies, and issues affecting their lives in the facility.

This month the council was able to meet in a socially distanced. All residents were given the opportunity to voice any concerns, questions, or topics that they wished to bring up.

## **NEW BUSINESS**

### **Nutritional Services:**

*Tammy Atkinson, Nutritional Services Coordinator, lead the discussion for the Resident Food Council on November 30<sup>th</sup>. Tammy began by reminding the residents of the amazing Thanksgiving dining that they recently enjoyed. She also informed the residents about a couple of changes that were happening with in the kitchen such as Chris Lebakken leaving for a new job and the hiring of a new Head Cook. The new head cook will be slowly transitioning into the kitchen and will start full time at the beginning of January. Tammy asked the residents how the temperature of their food has been; they all agreed that it was just where it needed to be. Tammy also asked how the residents were enjoying the change of scenery with eating in the Bistro. The residents said that it was okay but that they preferred the dining rooms. Tammy continued with a discussion of the resident's favorite meals during this time between Thanksgiving and Christmas. The residents talked about Pumpkin pie, bread, and muffins, Stuffing, and the many different types of Christmas goodies such as fudge, sugar cut-outs, sand buckles, Mexican wedding cakes, rosettes, peanut butter blossoms, and angel cake. Tammy also asked for some new menu ideas; one resident said fried chicken and another one said that he had enjoyed the recent marinated chicken sandwich. One resident brought up eating venison, and there was a discussion about hunting. Tammy then moved on to ask the residents what they would like to eat for Christmas; the residents assisted with choosing their meal which is found below. Tammy also discussed what to eat for Christmas Eve such as a cold relish plate with deviled eggs, pickled herring, cheese, veggies and dip, and bread butter. Tammy ended her council with reminding the residents to drink lots of water and wash their hands regularly. She reminded them of*

*their twice a day fresh water passes and the symptoms of dehydration such as poor skin movement, digestive issues, bladder infections, and loss of immunity.*

Follow Up::

*One resident would like his meats cut up.*

Resident Choice Christmas Meal:

**Chicken Kiev**

**Green Bean Casserole**

**Mashed Potatoes and Gravy**

**Pineapple Upside-down Cake**

### **Nursing:**

*Patty Tourtellott, Resident Health Coordinator, joined the resident council meeting and began by reminding the residents that it is now Cold and Flu season. She talked about the importance of washing your hands, coughing into tissues, and letting staff know if they are not feeling well. Resident were also reminded that those who had opted for them had now received their Flu and COVID shots. Patty asked the resident how they were feeling about moving into the bistro for their meals. The residents said that it was very crowded. Patty shared that it was not a permanent situation but organized to assist with staff during a period of time when staffing levels are lower than we would like. The residents also shared that they would rather have the music on instead of the TV during meals.*

Follow Up::

*One resident suggested organizing a small pamphlet or folder to give to residents on their arrival that explains all of the offered amenities and cares that residents can expect to receive while here.*

### **Life Enrichment:**

*Sarah Pedretti, Life Enrichment Coordinator, shared a few different activities that the residents could expect to see in the next month such as Christmas tree decorating, Christmas Eve Party with gift opening, a possible trip to see the rotary lights, Advent Bible Study, and many more fun holiday programs. Sarah then asked the residents what types of fun activities that the residents used to do during the holiday season. One resident brought up carolers, Christmas cookie decorating and ginger bread houses were discussed, and Sarah asked if the residents would like to make popcorn and cranberry chains for outside in the courtyards. Sarah informed the residents that she would do her best to add all of these fun events to the Monthly calendar for December.*

Follow Up::

*None.*

## **Environmental Services:**

*Sarah Pedretti, Life Enrichment Coordinator, began the discussion with the residents while waiting for Ryan Ray, Environmental Services Coordinator. Sarah discussed that staff had recently found multiple kittens and a mama cat outside. There were five little kittens and the kitchen had been sharing food with them until the time that they could catch them all. Ryan then joined the discussion and shared that he had been working on setting up a movie screen in one of the living rooms for the residents so that they could watch a movie on the big screen. Ryan shared his department's cleaning schedule for the public areas and resident rooms. He also informed the residents of the laundry audits that his staff was working on to ensure that the residents had needed clothing for all times. Ryan shared that the cleaning of the ducts was almost done and that the carpet cleaners should be in soon to clean the carpets. Ryan also informed the residents that he was personally working on repainting the dining rooms. The residents didn't have any concerns.*

Follow Up::

*None.*

Other questions/comments/concerns/feedback:

*None.*