

## **Resident Council Meeting – RECONCILIATION DUE BY 5/16/2017**

4/28/2017 @ 1pm

### **Staff Members Leading:**

Sarah Pedretti, Life Enrichment Coordinator  
Tammy Atkinson, Nutritional Services Coordinator  
Patty Tourtellott, Resident Health Coordinator  
Phillip Davies, Environmental 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.

## **OLD BUSINESS (FROM LAST MONTH)**

### **Nutritional Services:**

Tammy, Nutritional Services Coordinator, began the council by informing the residents the purpose of the council: to talk about the food, menus, and nutrition within the building and for each resident in attendance. Tammy asked how the food was and if the residents had been enjoying it. The residents said that they have been enjoying it or nodded their heads in agreement. Tammy reminded the residents that they are always welcome and have the right to ask the kitchen to make them something different if they do not like what is being served. Tammy asked if their food was hot enough when served; the residents replied, "most of the time." Tammy thanked them for their honesty as she needs to know these things to make sure that the kitchen's equipment is working properly and that she staff are completing their tasks to the best of their ability. Tammy had a little fun with the residents during the meeting and told them a few stories about her childhood and family-life. Tammy brought up some spring foods that they will probably start seeing soon on the menus such as ham, pineapple upside down cake, fluffy fruit salads, and asparagus. The residents decided on their meal of the month for March and for Easter next month; both can be seen below. Tammy ended the council with reminding the residents to drink their water as this helps with bladder infections, dehydration, and immune health.

### **Nursing:**

Patty Tourtellott, Resident Health Coordinator, didn't have a lot to inform the residents about her department. Patty let the residents know that they are still trying to find a podiatrist to come in and clean up everyone's feet. Patty was happy to inform those residents who are under one certain provider that when she come in to do her rounds and see her patients, she

is more than happy to help clean up their feet. Patty talked about the rounds that each Resident Health Coordinator is completing on almost a daily basis. Patty asked the residents how they felt about all of the new staff coming on. The residents said that they are doing okay.

#### Life Enrichment:

Sarah Pedretti, Life Enrichment Coordinator, reviewed the last month's notes from her department. Sarah reminded the residents about the different parties and other fun events that had happened. Sarah asked the residents if there were any activities that they were wanting to see this next month or didn't want to see for a while. The residents were very happy with the activities provided. Sarah informed the residents of the new upcoming events for April and talked a little about some in the future events as well. Sarah talked about her staff and asked how the resident felt that they were doing. The residents were happy with what they were seeing. Sarah let the residents know that she is still in the process of looking for that last assistant who would be able to take over the open evening and weekend activity slots. The residents had no questions or comments.

#### Environmental Services:

Phillip Davies, Environmental Services Coordinator, came to talk with the residents. He did not have too much to inform the residents of. He reminded the residents that the weather can still be quite cold and to be careful about attire when walking outside in the courtyards. The residents did not have any questions or comments for Phil in reference to Housekeeping or Maintenance.

#### Other questions/comments/concerns/feedback:

None.

## NEW BUSINESS

#### Nutritional Services:

*Tammy Atkinson, Nutritional Services Coordinator, began the meeting with an exclamation of welcoming spring. She asked the residents how the food has been. One resident did say that everything has been good besides the other day. Tammy tried to figure out which meal it was, but the resident was unable to remember. Tammy let the residents know what the menu was for the rest of the day which was responded to with many nods and smiles. Tammy brought up that the kitchen would be transitioning to the Spring Menus which means getting more fresh foods and having healthier, lighter meals. Tammy and the residents joked about getting rid of those winter pounds and looking good for the summer clothes. Tammy also talked with the residents about the health benefits of lowering their sodium intakes to help reduce water retention. Tammy informed the residents of different foods that can hide large amounts of sodium such as canned goods, potato chips, tuna, and*

*cottage cheese. Tammy asked the residents if their food has been hot enough; they said yes. She also asked about the different favorite garden foods that the residents enjoyed or used to plant. The residents said Spinach, Asparagus, Green Beans, Peas, Corn, Carrots, Cucumbers, Radishes, Lettice, and Brussel Sprouts. Tammy shared about her favorite ways to cook some of the different vegetables named and her experience with finding wild vegetables and fruits. The residents also talked about their favorite fruits such as Apples, Raspberries, Oranges, Blackcaps, Strawberries, and Blueberries. Tammy asked the residents if they had enjoyed the Springtime Brunch earlier in the month. The residents said that they had really enjoyed the food and the Easter Egg Hunt. They also commented on how it was a lovely day. Tammy informed the residents that next month for the resident choice meal, she would let them choose what they would like for Breakfast! Tammy ended the discussion with reminding the residents about the importance of drinking their water. She reminded them that in the dry winter it was important because of getting dehydrated and needing to boost their immune systems. Tammy then lead into the summer and how sitting outside in the sun can get very hot and with sweating so much, they need to make sure that they are replenishing themselves. Tammy finished by reminding the residents that they always have a choice when it comes to their food and to let a worker know if they want something different or don't like something.*

*Next Resident Food Council: May 23<sup>d</sup> at 10:00am*

### **Nursing:**

*Patty Tourtellott, Resident Health Coordinator, came to discuss with the residents their questions and concerns. One resident was worried that she was still missing a couple of blouses; Patty assured her that she would have the floor staff look for them. The residents didn't have too much to say. Patty let the residents know that the RHCs were still doing their daily rounds though only about once a day. She reminded the residents that as the weather is getting warmer and they are going outside more, they need to be diligent in letting staff know so that the staff can get them sunscreen, hats, and water. Patty brought up springtime and summer time allergies, reminding residents that they need to be very careful. Patty ended with making sure that the floor staff were cleaning room well and to the residents' standards. The residents had no other concerns.*

### **Life Enrichment:**

*Sarah Pedretti, Life Enrichment Coordinator, began by reviewing some of the discussion had the month before. Sarah was happy to inform the residents that she has hired a new Life Enrichment Assistant to take over the open nights and other weekend. The residents expressed their excitement over this. Sarah also talked with the residents about the new upcoming events for the month of May that they can look forward to such as Mother's Day,*

*the first Bonfire of the year, and an outing to Features in Holmen for lunch. Sarah also discussed some of her plans for future outings such as the La Crosse Trolley History Tour and going to a Logger's Game. One resident suggested a curling activity which Sarah informed that they would be able to do something similar such as Shuffle Board.*

**Environmental Services:**

*Phillip Davies, Environmental Services Coordinator, came and also reminded the residents to be careful with the warm weather coming. Phillip asked the residents to be extra careful when walking in the courtyards as the concrete is very rough and hard. The residents were asked if they had anything concerns for housekeeping or maintenance issues. The residents said that they were pleased with the housekeeping and had nothing else to bring forward.*

**Other questions/comments/concerns/feedback:**

*None.*

**Meal of the Month:**

Residents have decided on a meal of the month for May:

- **Baked Ham**
- **Boiled Potato with Butter and Parsley**
- **Green Beans**
- **Biscuits**
- **Ruth's Apple Crisp with Ice Cream**

Meal of the Month will be tentatively **Friday, May 19<sup>th</sup>**

**Upcoming Events:**

Monthly Happy Hour with Musical Entertainment by Larry Langen – May 2<sup>nd</sup> at 2:00pm

Music and Memories with Sue Degallier – May 3<sup>rd</sup> at 9:30am

Angela's 4<sup>th</sup> Grade Class Visit – May 3<sup>rd</sup> at 1:30pm

Catholic Communion Service with Sister Bridget – May 4<sup>th</sup> at 11:00am

**Cinco De Mayo – May 5<sup>th</sup>**

**National Nurses Day – May 6<sup>th</sup>**

Musical Entertainment with Paul Martin – May 6<sup>th</sup> at 1:30pm

Monthly Ice Cream Sundae & Musical Entertainment by the Living Stones – May 9<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – May 10<sup>th</sup> at 9:30am

Pet Therapy with Walter – May 10<sup>th</sup> at 10:30am

Ecumenical Communion Service – May 11<sup>th</sup> at 1:00pm

Chas' 4th Grade Class Goodbye Visit – May 12<sup>th</sup> at 1:30pm

**"You Are My Sunshine" Mother's Day Relaxation – May 14<sup>th</sup> at 2:00pm**

Monthly Pizza Party & Musical Entertainment with Tim Bohnenkamp – May 16<sup>th</sup> at 2:00pm

Jenny's 4th Grade Class Goodbye Visit – May 18<sup>th</sup> at 1:30pm

Musical Entertainment with Roger Ellis – May 20<sup>th</sup> at 1:30pm

Living Word Church Service – May 21<sup>st</sup> at 2:00pm

Resident Food Council with Tammy – April 25<sup>th</sup> at 10:00am

Monthly Happy Hour with Musical Entertainment by Regina Chihak – May 23<sup>rd</sup> at 2:00pm

Music and Memories with Sue Degallier – May 24<sup>th</sup> at 9:30am

Small Resident Outing to Features in Holmen – May 25<sup>th</sup> at 11:30am

Resident Council Meeting – May 26<sup>th</sup> at 1:00pm

Musical Entertainment with Tom Baker – May 27<sup>th</sup> at 1:30pm

**Memorial Day – May 29<sup>th</sup>**

Monthly Birthday Party & Musical Entertainment with Steve Lankford – May 30<sup>th</sup> at 2:00pm

Music and Memories with Sue Degallier – May 31<sup>st</sup> at 9:30am

**\*\*\*Activities subject to change\*\***

**Next Meeting: Friday, May 26<sup>th</sup> at 1pm**