

Resident Council Meeting – RECONCILIATION DUE BY 9/27/2016

8/31/2016 @ 1pm

Staff Members Leading:

Sarah Pedretti, Life Enrichment Coordinator

Tammy Francis, Head Chef

Patty Cafe, Resident Health Coordinator

Molly Carhart, Resident Health Coordinator

Kim Anderson, LPN, Nursing 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, Head Chef, begin the Resident Food Council by asking the residents how they were liking the food. The residents responded with it is “gone,” meaning they like it so much the plates are fully cleaned. Tammy talked about a few of the new items that she had recently added to the menu such as the Sweet Pigs in a Blanket and the Cold Plates. Tammy had heard many good comments about these items. Tammy brought up that she had reduced the amount of soups on the menu due to one resident having complaints about it; she asked if the residents would like to see more soup back on the menu or if they were satisfied. The residents expressed their like for soup. Tammy asked which types of soup people liked; they said, Chicken Noodle, Tomato, Vegetable, French Onion, and Potato. Tammy also asked about the types of sandwiches the residents would like to have; they said, Egg Salad, Ham Salad, Grilled Cheese with a slice of tomato or onion. Tammy told the residents that last week she had made a Tortellini Salad that had our courtyard garden’s fresh tomatoes, broccoli, and cucumbers in it. This week on the menu, Tammy told the residents that they would be having fresh raspberries and blueberries with cream; the residents were happy to hear this. Tammy brought up that soon they would be getting fresh Rutabagas and Kohlrabi in. Tammy also wondered if the residents would be interested in having a spinach dip or cooked spinach with salt, pepper, and vinegar. The residents said that they would be willing to try these. Tammy wanted to remind the residents that if they do not like something that is being served that day, that they can request something else to eat. Tammy wanted to know if the residents would be interested in deep fried mushrooms and cauliflower for a Happy Hour Party; the

residents consented to this. The residents said that the food has been both hot enough and cold enough for what it is needing to be. Tammy brought up the Outdoor Picnic that was planned for the week; she said that it will have to be canceled or moved inside due to that day being the hottest day of the year. Lastly, Tammy reminded the residents to DRINK, DRINK, DRINK their water to stay hydrated. (Meal of the Month/ Resident Choice Meal is located below)

Next Resident Food Council Meeting: Tuesday, August 2nd at 10:00am

Nursing:

Kim, Nursing Services Coordinator began by informing the residents that flu and cold season is coming up soon; she reminded the residents that they need to be consistently washing their hands specifically when coming into the dining rooms for meals. She also informed the residents that at the beginning of the fall season, they will be administering flu shots. Kim also introduced Patty Cafe as one of our new Resident Health Coordinators. The residents were asked if they had any questions about the nursing services. One resident said that she would like one medication scheduled for her as she sometimes forgets that she can ask for it. Kim said that this medication has already been scheduled for her, so she shouldn't have to worry about it anymore. The same resident talked about not liking having women holding baby dolls in the dining room during meal times. It was explained to this resident that those other residents have a right to hold a doll if they want and also that they have a cognitive disease and that the baby doll helps to calm them down.

Life Enrichment:

Sarah, Life Enrichment Coordinator, reviewed the last month's minutes for the residents, and went over the small outings to get ice cream and coffee. She also discussed the moving on the bonfire to the next week due to bad weather. The indoor picnic was talked about, and Nora's Going Away Party was brought up with happy wishes for Nora as she starts her internship. Sarah also introduced Erik at this time, and Erik talked a little about who he was and what he was looking forward to this coming year and beyond. Sarah let the residents know about the new activities that will be coming up in August such as the Pontoon Boat Ride and Fishing trip, Casino Fun Day with a magician show, and outdoor events. The residents gave their approval for these events. Sarah asked if the residents had any questions, comments, or concerns about the activities; they had no input to give.

Environmental Services:

Phillip, Environmental Services Coordinator, began by informing the residents about the new table out in the courtyard that was replaced due to the one breaking in a storm. He also let the residents know that the courtyards would soon have magnolia trees planted. The residents were very happy to hear this. One resident did ask to have her windows washed, and Phil said that he would take care of that. The residents had no other questions, comments, or concerns.

Sarah introduced Peter Davies, Phillip's son, who has been helping throughout the facility with Phil. Peter got up and talked a little about himself; a few residents asked him some questions.

Other questions/comments/concerns/feedback:

None.

NEW BUSINESS

Nutritional Services:

Tammy, Nutritional Services Coordinator, begin the meeting with reminding the residents of how important it is to be drinking their water during these hot summer months. She went on to ask the residents if their food has been hot enough and cold enough; the residents all said that they have been satisfied. Tammy talked about the different summer salads that she has been making for the residents and specifically mentioned the carrot raisin salad that the residents seem to be enjoying. Tammy told the residents that she has asked their families to bring in their old or favorite recipes for the fall and winter so that the kitchen can incorporate them into the menus. Speaking about the fall and winter, Tammy began brainstorming with the residents about different foods and activities or parties revolving around food such as a German Day with German Potato Salad and Sauerkraut and Football Season with little weanies and cheese curds. The residents were very excited about these different events. Tammy reminded the residents that they can always ask for an alternative meal if they do not like one of the meals for the day or a part of the meal. Tammy also brought the resident choice meal of the month for August and suggested that they join the picnic with their meal; she thought that a sweet corn roast would be a lot of fun. The residents approved of this, called it the Harvest Picnic, and decided the rest of the meal which is found below.

Next Resident Food Council Meeting: Tuesday, September 6th at 10:00am

Nursing:

Sarah, Life Enrichment Coordinator, went through everything that had been discussed at the last month's meeting. Molly Carhart checked about a date for the flu shots to be offered for all residents; flu shots will be offered Wednesday, September 14th. The residents did ask about someone looking into why certain people are going into other's apartments. Some of the residents do not feel safe because of this. Molly explained to the residents about how the building is set up and that sometimes people become confused as to what part of the building they are in. Molly assured the residents that she would look into their situations. Some resident's also brought up issues with staff leaving unfinished work sometimes. Sarah

explained to the residents that there are times when a staff member is called away from what she is doing due to another resident needing instant assistance. Staff members are to always return right away to what they were doing once the assistance is completed. Sarah also explained to the residents how the laundry works; everyone's laundry is washed separately although there are times when one staff member accidentally grabs the wrong pile of laundry and delivers it to another resident's apartment.

Life Enrichment:

Sarah, Life Enrichment Coordinator, reviewed all that was talked about last month and the different activities that the residents had enjoyed such as the Casino Day with a Magician and the Pontoon Boat Ride. Sarah informed the residents that Erik was no longer an employee here and that she had recently conducted a few interviews and may have a new assistant soon. Sarah also read off some of the upcoming events such as Labor day and the Alzheimer's Walk in La Crosse. Sarah asked for a little patience from the residents as she hires, trains, and prepares the next assistant; there will be some activities that will not have someone from the Life Enrichment department facilitating. Sarah also talked a little about events coming up in October such as the Ecker's Apple Orchard outing, Fall Festival, and Halloween Bash. The residents had no other questions or concerns and said that they were happy about all the activities that are offered.

Environmental Services:

Sarah, Life Enrichment Coordinator, reviewed what was talked about from last month's meeting. The residents were all very happy with how housekeeping and maintenance have been completed for them. Sarah did inform the residents that Peter, Phil's son, would be starting high school as a senior soon so they would be seeing less of him around. The residents had no other questions or concerns.

Other questions/comments/concerns/feedback:

None.

Meal of the Month:

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

- **BBQ Hamburger on a bun**
- **SWEET CORN ROAST**
- **Creamy Cucumber Salad**
- **Melons**

Meal of the Month will be Thursday, **September 1st**

Upcoming Events:

Catholic Communion Service with Sister Bridget – September 1st at 11:00am

Musical Entertainment with Kent Larson – September 3rd at 1:30pm

Labor Day! – September 5th

Resident Food Council with Tammy – September 6th at 10:00am

Monthly Happy Hour & Musical Entertainment with Living Stones – September 6th at 2:00pm

Music and Memories with Sue Degallier – September 7th at 9:30am

Ecumenical Communion Service & Root Beer Float Social – September 8th at 1:00pm

Pet Therapy with Mary and Daisi – September 8th at 3:00pm

Musical Entertainment with Siouxsie West – September 10th at 1:30pm

Monthly Sundae Social & Musical Entertainment by Regina Chihak – September 13th at 2:00pm

Music and Memories with Sue Degallier – September 14th at 9:30am

Musical Entertainment with Steve Szydel – September 16th at 1:30pm

Alzheimer's Walk in La Crosse – September 17th at 9:00am

Monthly Pizza Party & Musical Entertainment by Larry Langen – September 20th at 2:00pm

Music and Memories with Sue Degallier – September 21st at 9:30am

Outdoor Picnic Lunch Day (tentatively) – September 22nd at 11:30am

Resident Council Meeting – September 23rd at 1:00pm

Musical Entertainment with Tom Baker – September 24th at 1:30am

Monthly Birthday Party and Entertainment with Steve Lankford – September 27th at 2:00pm

Manager Floor Day – September 30th

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

Next Meeting: Friday, September 23rd at 1pm