

CCL

HOSPITALITY
GROUP



Presented By:
Jenny Overly, MS, RD
Donna Hollingsworth, CEC
Eugene Walters

Evolution of Dining: Enhancing and Transforming Dining Experiences for Memory Care Residents





Agenda



- Components
- Techniques
- Interaction
- Technology



IN THE KITCHEN COOKING TOGETHER



ITK (In the Kitchen: Cooking Together) provides simple recipes designed to bring friends or family of any generation together in the space where people love to gather –in the kitchen.

ITK allows residents to share cooking with other residents, friends, family, younger family members (grandchildren, nieces, nephews, etc), or even community volunteers.





With Chef Donna

Featured Recipe

NO BAKE ENERGY BITES

Kitchen Gear

- Rubber spatula
- Sheet pan or cookie sheet
- Mixing Bowl
- Plastic film wrap

Ingredient Shopping List

1 cup old-fashioned oats



2/3 cup shredded coconut



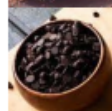
1/2 cup creamy peanut butter
or sun butter



1/2 cup ground flax seed



1/2 cup chocolate chips



1/3 cup honey



1 tsp vanilla extract



Nutrition Parameters



Nutrition Parameters for Brain Health



**Plant
Forward**



**Omega 3
Fatty Acids**



Antioxidants



**Vitamins
& Minerals**



When Plants Take Center Stage

Increases:

- Omega 3's
- Antioxidants
- Vitamins
- Minerals

Benefits include:

- ✓ Increased brain efficiency
- ✓ Improved cognition
- ✓ Reduced Cellular Aging

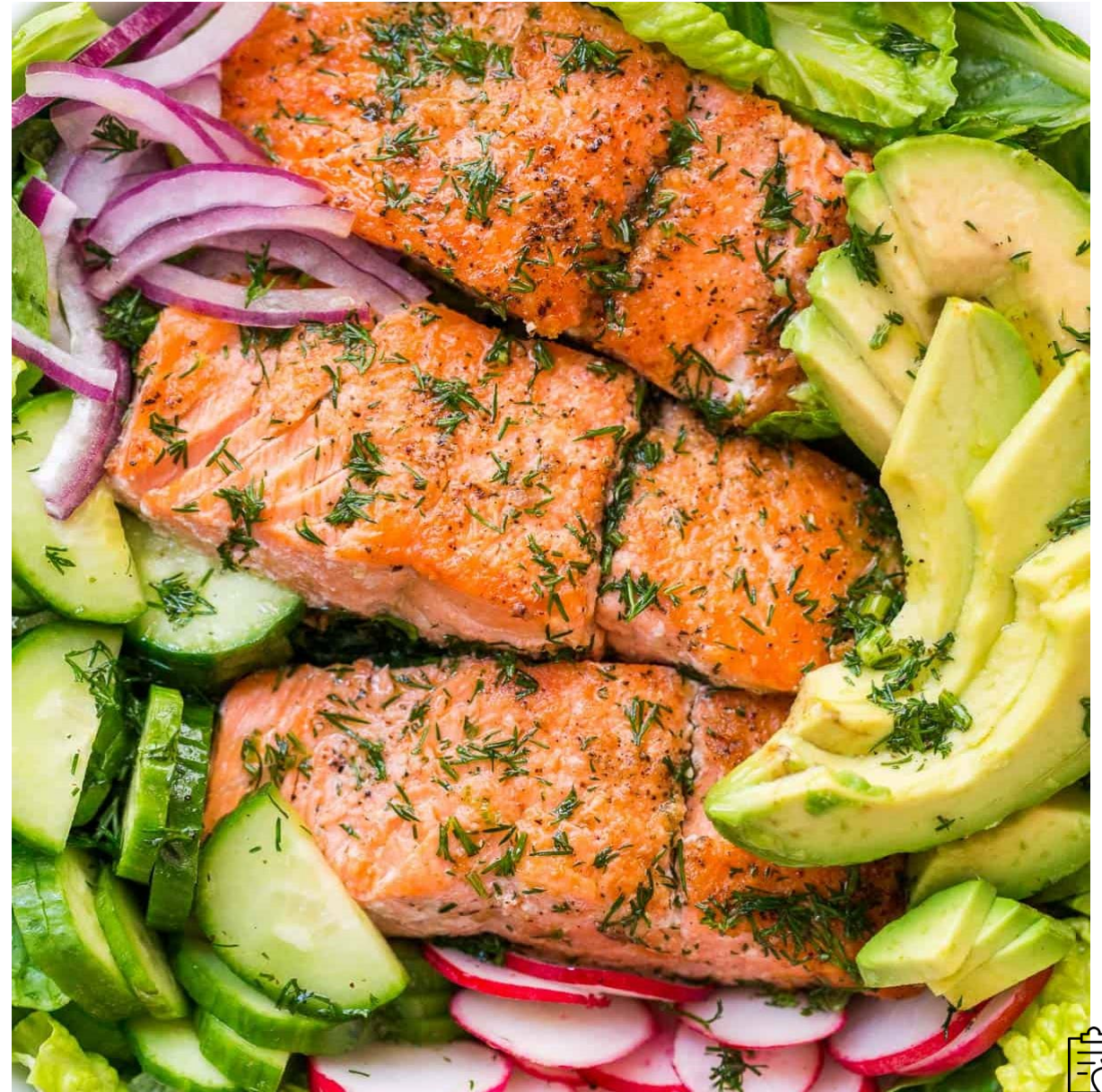
Best Practice:

- ❖ Fill half your plate should include veggies



Omega 3's: Healthy Fat Sources

- ✓ **Fish** - Salmon, Tuna, Herring, Mackerel
- ✓ **Vegetable Oils** - Canola, Flaxseed, Soybean
- ✓ **Nuts** - Walnuts,
- ✓ **Seeds** – Flax, Hemp, Chia
- ✓ **Eggs**
- ✓ **Avocado**
- ✓ **Green Vegetables** – Brussels Sprouts, Broccoli, Leafy Greens



Antioxidants

Often referred to as "**superfoods**"

Variety of vitamins/minerals involved in these "superfoods" including:

- ✓ **Vitamin C:** Citrus foods, Bell Peppers, Leafy Greens, Brussel Sprouts, Tomatoes
- ✓ **Vitamin E:** Leafy Greens, Avocado, Sunflower Seeds
- ✓ **Carotenoids:** Broccoli, Carrots, Bell Peppers, Kale, Sweet Potato
- ✓ **Zinc:** Lentils, Chickpeas, Cashews
- ✓ **Selenium:** Brown Rice, Nuts
- ✓ **Phenols:** Berries, Tea, Cocoa





Vitamin & Mineral Sources

Always remember food first before supplements

Top 5:

- 1. B – Vitamins
- 2. Vitamin C
- 3. Vitamin D
- 4. Vitamin E
- 5. Magnesium



Sensory Stimulation

Sense Stimulation

Touch

- Pre-service warm towels

Taste

- Pre-service mango sorbet
- Flavor Enhancers

Aroma

- Culinary Scents produced by neighborhood cooking and use of crock pot

Atmosphere

- Leverage music to create a soothing atmosphere
- Music selection appropriate for the resident age and preference



Visual Stimulation

- Handhelds
 - Puree Presentation
 - Display Cooking
 - Display Plates
- **Designed to Meet:**
 - Nutritional Needs
 - Functional Support
 - Individualized need and care priority over Brain Health Nutritional parameters





With Chef Donna

Featured Activity

GUESS THE HERBS

How well do you know your herbs?



Resident Engagement



Resident Recipes

- Celebrate the Individual
 - Birthday Festivity
 - Cooking Demo
- Connects Families
- Generates Conversation
- Promotes Memories & Comfort



Molasses Sugar Cookies

$\frac{3}{4}$ c. shortening	2 c. sifted flour
1 c. sugar	$\frac{1}{2}$ t. ginger
$\frac{1}{4}$ c. molasses	$\frac{1}{2}$ t. cloves
1 egg	1 t. cinnamon
2 tp. baking soda	$\frac{1}{2}$ t. salt

Melt shortening in a 3 or 4 qt. saucepan over low heat. Remove from heat; let cool. Add sugar,





Hands-On Activities

- **Engage residents in sensory activities:**

- Bread / Pretzel Making
- Pizza
- Holiday Baking
- Crock Pot Soups
- Seasonal Fruit Tasting
- Smoothies
- Floral Table Arrangements
- Napkin Folding
- Rolling Silverware



Service Model & Table Setting

Dining Styles

- **Types of Dining Styles**

- Breakfast Upon Rising
- Family-Style Dining
- Display Cooking
- Bistro / Café Service
- Continental Service

- **Considerations:**

- Modified Diets
- Functional Needs
- Companion Dining/Support



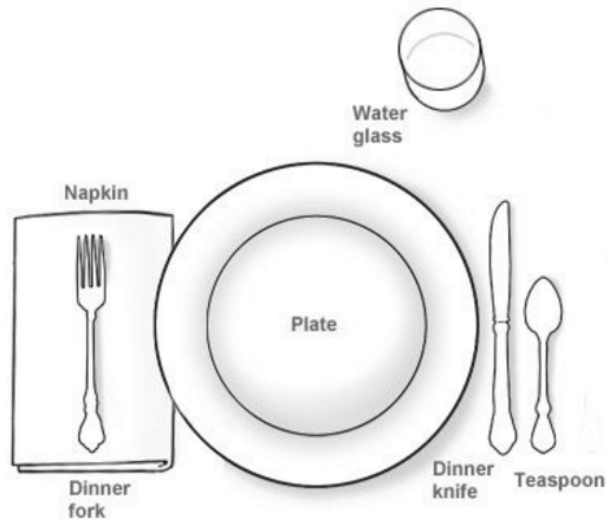
Companion Dining

- Encouraging Team Members & Guests to dine with the residents
 - Social dining known to increase overall intake
 - Enhances the dining atmosphere vs “watching” someone eat



Table Top

- Contemporary Placemats
- Simple Table Setting
- Primary Colors



Innovation



Cold Snap

- Shelf-stable cans/pod with integrated impeller deliver final frozen product into cup provided by the site
 - Ice Cream, Non-Dairy, & Frozen Latte drinks
 - Smoothies & Protein Shakes
- Self-cleaning machine
- Self-serve or employee-delivered, based on where machine is placed
 - Cups/Utensils & Optional Toppings provided by site



CULINARY INNOVATION

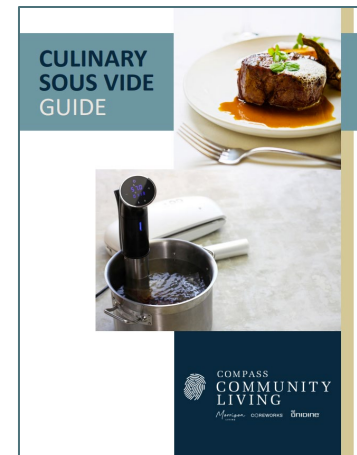
SOUS VIDE

WHAT IS SOUS VIDE?

Sous vide is a cooking technique that involves vacuum-sealing food in a bag and cooking it in a precisely regulated water bath.

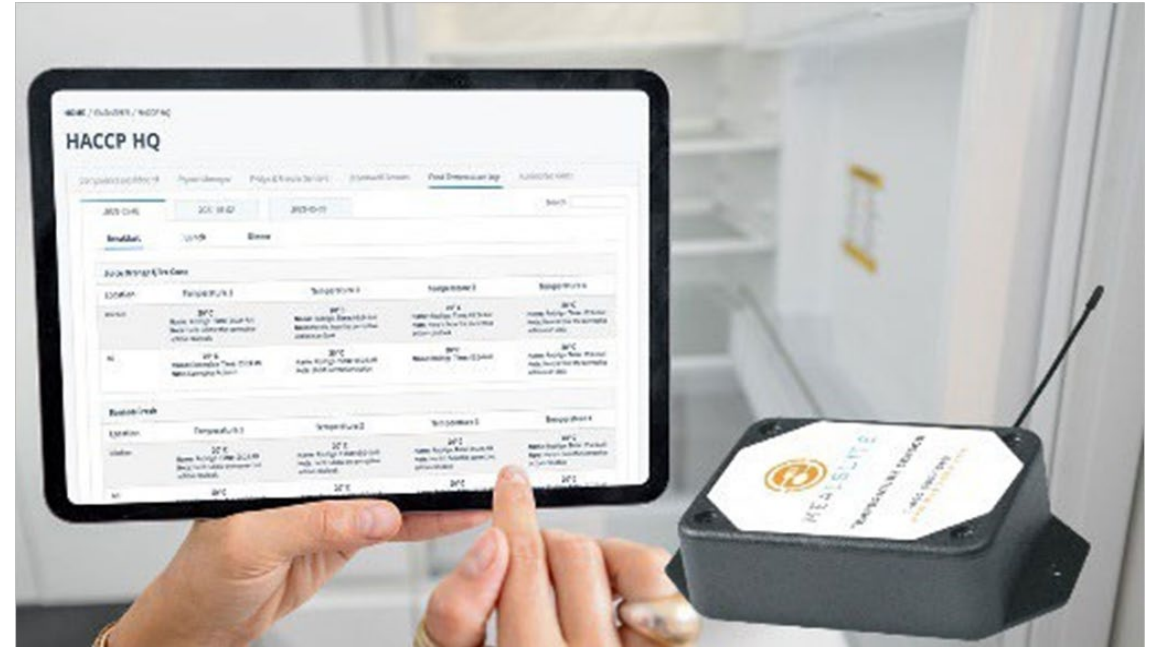
This low-temperature, long-time cooking method produces results that are impossible to achieve through any other cooking method.

Our full guide ensures this technology is used correctly throughout our communities.



Back of House Tech Solutions

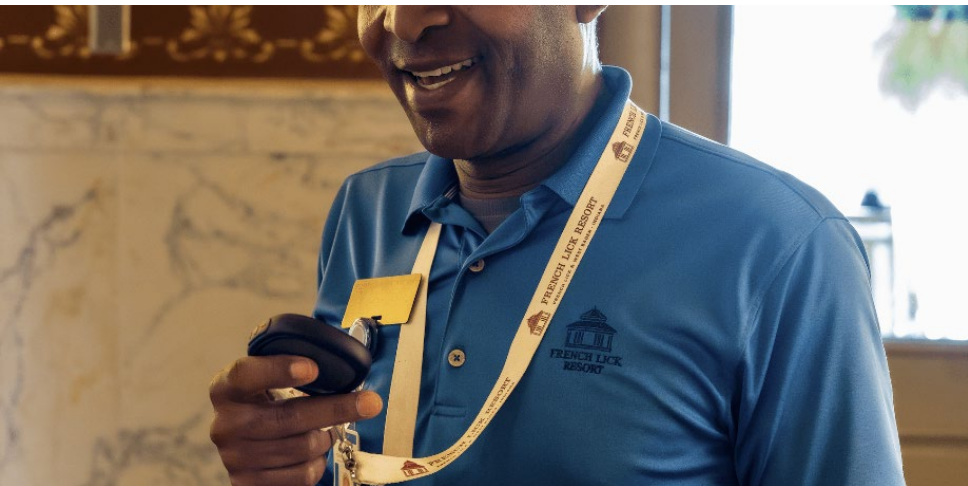
- Digital Kitchens
- Wireless Temp Monitoring
- Custom Dining Websites



Menu & Ordering Solutions

- Ensures resident diet requirements, allergens, preferences, and safety
- Supported by EMR connect feature and advanced ordering options
- Family or representative ordering assistance
- Streamlines production for back of house





Communication

RELAY TECHNOLOGY

- Solves for efficiency and communication challenges
- Results in quicker response times for resident requests and needs
- Geofencing
- Language translation



Thank you!

CCL | HOSPITALITY
GROUP