

Dear Parkside Family & Friends,

In the dietary department at Parkside, our mission is to provide adequate nutrition and appealing meals for your loved ones. Due to the makeup of our residents, and the reality that many cannot verbally express themselves, we base our efforts on a three-fold process.

First, our residents are consistently weighed, and we are required to maintain a certain body weight for each one. The dietary department has been very successful in sustaining stabilized weights. Though many persons in a culture similar to Parkside have no desire or refuse to eat, the consistency of our residents' eating habits solidifies the fact that we are faithful in providing proper and stable nutrition for them. As we all know, illness and the disease process can adversely affect our objective, but even then, we aim to ensure proper sustenance for all of our residents.

Secondly, we measure our success by the amount a resident actually intakes. Your loved ones, like us, will have days in which they don't want to eat at a certain time or simply are not hungry. But, overall, with the help and encouragement of our dedicated CNA's, our residents consistently intake 75-100% of their diets. This is another indicator that we are providing sufficient and pleasing diets for them.

And, lastly, feedback from resident's loved ones and support staff is essential. Knowing what a resident once considered favorite foods, or foods they disliked, is important in understanding what they may intake. On the other hand, we are at times pleasantly surprised that they may now eat foods they never seemed to tolerate. Feedback and observation provides the dietary department with a first-hand response to necessary alterations in their diets. We will continue to work together with families and staff to provide our residents not only with their needs, but also with their likes and wishes.

Our focus is to always provide appetizing and delicious meals. We are open to create new and exciting ways to improve our menus and service. Yet, at the same time, we want to instill stability and familiarity for our residents, providing simple and ordinary foods which they would have eaten or prepared for themselves.

Finding a comfortable medium between what is required nutritionally and what is pleasurable for each resident is an ongoing development. As the idea of Culture Change continues to evolve, our ambition is to bring all of this together, making certain that each and every resident is served with dignity and provided with the quality of care that they deserve.

Sincerely,

Ryan Krebs,
Director of Dietary Services