

Snack & Chat

The purpose of this program is to assist with hydration, supplementation and olfactory stimulation of residents on our Alzheimer's Unit that are at risk for weight loss as determined by our Nutrition At Risk meetings held weekly. We provide a program that offers coffee or juice, a snack and friendly conversation in a small group setting.

Each morning Activity Therapy Staff take a cart to the unit for Snack & Chat that has either a portable microwave oven or convection oven on it. The staff chooses a snack to bake for the residents that I have purchased earlier ie: Pillsbury biscuits, cinnamon rolls, toaster strudels, French toast sticks, cookies, etc. The residents enjoy the aroma of the food cooking, have a conversation while it's baking and enjoy the end product when it's done. It has been successful in stimulating appetites of many of the residents and aided in sustaining or achieving weight gain on those that were at risk for weight loss.