

The Dining Program

at
ALDEN COURTS
of WATERFORD



ALDENcourts of Waterford

The Memory Care Wellness Dining Program at ALDEN COURTS OF WATERFORD provides a quality dining experience for our memory care residents that not only preserves dignity during the nourishment process but also assists residents in eating independently for as long as possible, prevents unnecessary weight loss and maintains the enjoyment of eating palatable foods.

KEY BENEFITS INCLUDE:

- Sensory stimulation to cue meal times and increase appetite, including the use of serene music and aromatherapy
- Use of bold, colored plates to entice consumption, as researched at Boston University
- Utilization of adaptable dining equipment to ease the use of utensils and cups
- Bite size finger foods to increase independent eating
- Monitoring of food intake and consumption to maximize nourishment at each meal
- Implementation of a Walk-to-Dine Program to maintain dignity and ensure quality of life
- Specialized activity programming to reinforce feeding skills