

### **We take quality seriously**

As part of our ongoing commitment to quality, *E.J. McQuigge Lodge* is fully accredited by the Canadian Council on Health Services Accreditation (CCHSA).



CCHSA is a non-profit, non government organization that helps health service organizations across Canada examine and improve the quality of the care and services they provide for their clients. Health service organizations are assessed against national standards every three years.

Accreditation is consumers' assurance of quality care.

# **YOU ARE WHAT YOU EAT**

## **A Focus on Nutrition**



Black Diamond Road  
Cannifton, Ontario  
2022

**Nutrition:  
it's important for all of us**

At E.J. McQuigge Lodge, we focus on providing services that respect, support and enable each resident to be the best they can be. An important part of our job is providing nutrition care that is tailored to each resident's individual needs. "You are what you eat," and our goal is to make sure that each resident's dietary program meets and enhances their health needs, while at the same time creating an enjoyable dining experience.

**Aging and nutrition risk**

As we age, we may encounter some of the following challenges:

- Our lean body mass decreases
- Our metabolic rate decreases
- Medications may affect taste, appetite and how we absorb nutrients
- Our senses of smell and taste may decline, affecting appetite
- We may experience gastrointestinal changes, resulting in constipation, diarrhea or food intolerance
- Decreases in mobility can reduce our appetite, and may also contribute to constipation
- Poor chewing and difficulty swallowing can mean we eat less food
- Kidney problems may affect the fluids that we need
- Arthritis and neurological conditions may make it difficult to feed ourselves
- Loneliness, depression and loss of independence may affect appetite.

These are the challenges we consider when working to provide the best diet and nutrition program for each individual resident.

**Assessment:  
an ongoing process**

Many residents have a less than optimal nutrition status upon admission. The Registered Dietitian completes a full Nutrition Assessment in the first 21 days after admission for all residents. By identifying issues and risks early, we can respond promptly to prevent further decline. Nutrition reviews are completed quarterly after admission, and whenever there is a change in the resident's health status.

Body weight can also be an indicator of changes in nutritional health. We measure body weight monthly, and if significant changes are noted, we develop strategies based on individual needs.

**Menus:  
focusing on resident choice**

Our menus are designed by a Registered Dietitian with input from residents. They offer a variety of healthy food choices available in different textures (regular, regular with minced meat, minced, pureed) and therapeutic diets (Reducing, Modified Diabetic, High Calorie, High Protein) to meet each resident's choices and needs.

If a resident needs specific changes, the Registered Dietitian can individualize a menu based on their needs.

**Making dining special**

Dining is a very important part of daily living. All our home staff are involved in making dining a pleasant and enjoyable experience for residents. Residents are offered a choice of menu items suitable for their needs. Meal times are a great opportunity for residents to enjoy social interaction as well as their food.

**How can families help?**

You can help by sharing information with the staff about the dietary preferences of your loved one. This kind of information helps us develop a plan that is tailored to individual choices and needs. You can also help by knowing your family member's diet plan, making sure that any "extras" you provide are safe, acceptable choices.

You can help your family member stay hydrated by offering and encouraging them to have a drink or cup of tea while visiting. Providing favorite or ethnic foods can enhance a resident's nutritional status and quality of life.

**For more information:**

If you would like more information, or would like to offer comments on your loved one's dietary plan, feel free to speak to the home's Food Services Supervisor or our Registered Dietitian.