

## George Derby Centre (GDC)

### Family Council – Meeting Minutes

**April 10, 2024 3:00 p.m. – 4:00 p.m. (Boardroom & Zoom Link)**

**Attendees:** Albert, John, Maria, Mimi, Newton, Ron, Sohila

**Guest:** Brittany Perri (SW), Chris & Abi (Dietitians)

**Regrets :** Dave, Deborah, Don, Jennifer, Tessie, Lorraine

Topic	Discussion	Action	Person Responsible
1) Call to Order at 3:05 p.m.			Chairperson
2) Land Acknowledgement			Secretary
3) Welcome / Introductions			All
4) Review of Agenda		Approved	All
5) Prior Meeting Minutes March 13, 2024 Meeting	Previously emailed	Sent April 6th - Approved	All
6) Councillor's reports	No report		
7) <b>UNFINISHED</b> business:			
a)			

8) <b>NEW</b> business:			
<p>a) Quality &amp; quantity of meals and the speed of serving foods were discussed during the meeting.</p>	<p>Chris and Abi, the dietitians, addressed family members' questions regarding the quality and quantity of food served to the residents as follows:</p>	<p>Chris and Abi noted that most of the food is prepared at GDC, with the exception of Purée foods, which are sourced from suppliers. The quality and nutrient content of these orders are monitored by Care Coordinators. They acknowledged the concerns raised by family members and made a note to discuss these issues with the Care Coordinator and cook.</p>	<p>Chris &amp; Aby</p>
	<p>i. Portion sizes of food servings are insufficient for some residents.</p>	<p>i. They would address portion sizes problem based on feedback from care aides who assist residents with eating in case if she/he needs more food.</p>	
	<p>ii. Occasionally, residents receive meals that do not align with their prescribed diet. Also,</p>	<p>ii. They will communicate the issue to make sure that the meals align with residents' dietary needs</p>	

	<p>Certain food items, such as breakfast scones or meat servings, are noted to be tough in texture.</p> <p>iii. Meals are currently served within a tight timeframe, and there have been instances where staff collect dishes before residents have finished eating. Concerns have been raised that residents are brought to the dining area early, leading to fatigue and wandering. To address this, it is proposed that meals be served first to residents who can eat independently to mitigate wandering.</p>	<p>and are prepared to a softer consistency. A suggestion was made to create a diet list for residents outlining their specific dietary needs, which would be checked by caregivers before serving the food.</p> <p>iii. The noted issue and suggestion are to be discussed with the care coordinator.</p>	
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	<p>Subsequently, residents who require assistance and those who prefer to eat in their rooms can be served accordingly.</p> <p>iv. On occasion, the nutritional quality of foods is compromised, as they contain excessive amounts of salt or sugar.</p> <p>v. There is inconsistency with food service, as some residents are unable to cut meat or vegetables, making it difficult for them to eat. It was suggested that the meat or vegetables be pre-cut before serving.</p> <p>vi. Residents do not receive sufficient liquids. The size of cups</p>	<p>iv. The dietitians occasionally sample the meals cooked at GDC to ensure that the quality meets healthy standards.</p> <p>v. They acknowledged the issue and it would be raised with the kitchen.</p> <p>vi. It was suggested to reintroduce table-side liquid service. This was</p>	
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	<p>has been reduced, and there is no checkpoint to ensure they receive adequate fluids throughout the day.</p> <p>vii. To add more soup, soft foods and healthier dessert such as fresh cut fruits, Jello, sherbet, ice cream, lighter cakes and tarts with low sugar.</p>	<p>a common practice before COVID-19, but it was discontinued during the pandemic.</p> <p>vii. It was noted.</p>	
9) Round Table			
a) N/A			
10) Meeting adjourned at 4:00 p.m.			
<b>Next Meeting – May 8, 2024 3:00 pm– 4:00 pm (GDC Boardroom &amp; Zoom)</b>			