



**Welcome!**

The webinar will begin shortly.



**November 9, 2023**



# WEBINAR:

Boosting Nutrition & Creating  
Community through Events in Senior Living

November 9, 2023:  
2:00 - 3:00 pm CT

Earn 1 CEU Credit



**Jenny Kinter**

Associate Marketing Manager, Healthcare  
**General Mills**

# Featured Speakers



Since joining the Chefs of the Mills in 2006, **Chef Sonja Kehr** has focused on troubleshooting recipes and product performance, reverse-engineering products, developing and standardizing recipes, mapping flavor combinations, maximizing ingredients, and menu engineering. These skills help Chef Sonja lead product-knowledge workshops and training sessions for General Mills Foodservice's internal and external partners.

Chef Sonja built more than 25 years of previous foodservice experience working in restaurants, bakeries, colleges and universities, hospitals and healthcare, and catering organizations. Additionally, Chef Sonja has earned certifications including Executive Chef, Sous Chef, Dietary Manager, and Food Protection Professional.

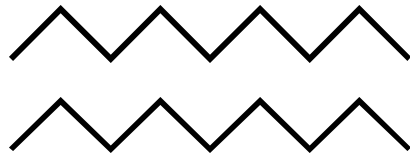
A dedicated learner, Chef Sonja has an associate degree in culinary arts from the University of Toledo and a bachelor's degree in culinary management from the Art Institutes International of Minnesota. She has also completed the Cook's Apprenticeship with the American Culinary Federation.



**Jessica Weisbrich, RDN, LD, CDM, CFPP** has been a Certified Dietary Manager for 15 years and a Registered Dietitian for 10 years. She is currently pursuing her master's degree through South Dakota State University. Most of her career has been in long term care and she has been the Director of Nutrition Services at Oak Hills Living Center in New Ulm for the last 16 years. Oak Hills has 72 long term care beds, 22 short term rehab, 32 assisted living, and will be adding an independent living to the community as well.

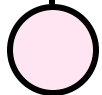
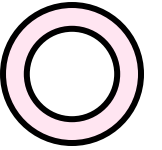
About 10 years ago, she initiated a catering business as part of the food service operations. What started as an idea to cater a few lunches here and there has grown to a major business in the community, serving three daycare centers daily as well as multiple local business meals.

Jessica has also been involved with ANFP for many years and is on the steering committee for The Heart of New Ulm, a community wellness initiative. Contact Jessica at [jessicaweisbrich@oakhillsnewulm.com](mailto:jessicaweisbrich@oakhillsnewulm.com)



# **BOOSTING NUTRITION & CREATING COMMUNITY THROUGH EVENTS IN SENIOR LIVING**

**JESSICA WEISBRICH,  
RDN, LD, CDM, CFPP**



# ○ Objectives



Learn about factors impacting appetite and nutrition in residents.



Understand how meals and snacks can be used to promote nutrition, prevent weight loss, and create community among residents.



Gain inspiration on ways to build community through food in your foodservice operations.





# Nutrition Risk for Seniors

Appetite  
change

Chewing or  
swallowing  
problems

Medication  
side effects

Chronic  
disease

Isolation

Malnutrition



# Malnutrition

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1 of 2 older adults is either malnourished or at risk

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Annual healthcare costs are over \$51 billion for disease associated malnutrition

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Malnutrition complicated hospitalizations are twice as long of stay and 3x more likely to result in death

# ○ Isolation

Living alone increased malnutrition risk by 1.8 times

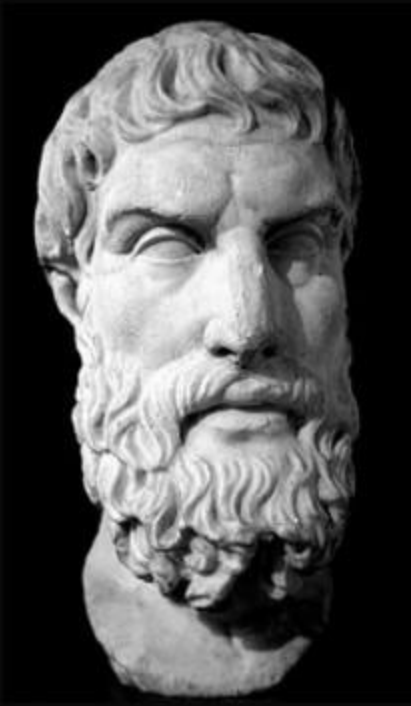
Elderly who eat with others consume more calories than those who eat alone (1)

Those who eat socially feel happier and are more satisfied with life (2)

Think about the best meals you have had- who was with you?

- Besora-Moreno M, Llauradó E, Tarro L, Solà R. Social and Economic Factors and Malnutrition or the Risk of Malnutrition in the Elderly: A Systematic Review and Meta-Analysis of Observational Studies. *Nutrients*. 2020;12(3):737. doi:[10.3390/nu12030737](https://doi.org/10.3390/nu12030737)
- Dunbar RIM. Breaking Bread: the Functions of Social Eating. *Adapt Human Behav Physiol*. 2017;3(3):198-211. doi:[10.1007/s40750-017-0061-4](https://doi.org/10.1007/s40750-017-0061-4)

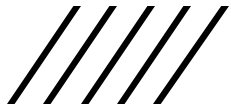


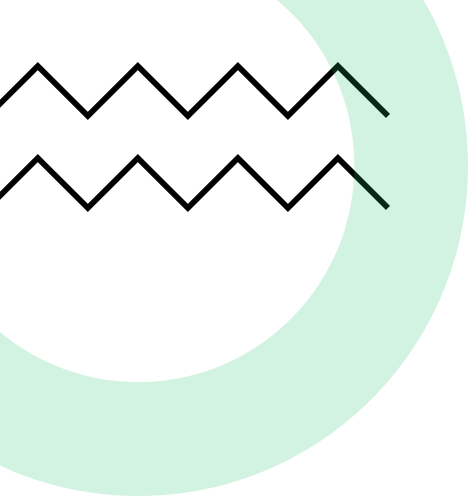


We should look for someone to eat and drink with  
before looking for something to eat and drink...

(Epicurus)

izquotes.com





# Resident Centered Meals

- Resident input in menu planning
- Flexible or alternative menus
- Evaluate snacks and supplements
- Consider the dining environment



# What about my budget?



- Malnutrition cost
- Nutrition status
  - Independence
  - Skin integrity
  - Continence
  - Immune system compromise
  - Falls
  - Hospitalization
- Supplements vs. Food First
- Resident Satisfaction 😊
- Donations?



# Activities



- Resident Choice Meal
- Farm Fresh Friday
- Activity party 'themes'
- Holiday meals or parties (with family)
- Wine & Dine
- Happy Hour
- Coffee Time
- National \_\_\_\_\_ Day





**Boundless Brunch and Easy Catering for Your Holidays**



**Celebrate National Croissant Day**



**Celebrate Valentine's Day!**



**Thank You  
For All  
You Do!**



# Q&A Session





# Let's Connect!

Need a sales rep? [Contact Us | General Mills Foodservice \(generalmillscf.com\)](#)



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 [@generalmillscf](https://www.instagram.com/generalmillscf)

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Website: [bellinstitute.com](http://bellinstitute.com)

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 [Bell Institute of Health & Nutrition at General Mills](#)