



# Bon Appetit!: The Joy of Dining in Long-Term Care

*Gilbert Zgola Jitka M.; Bordillon*

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Are mealtimes in your facility a burden or a joy? Does the answer depend on whom you ask, residents or staff? To make the answer to this question a resounding positive for all concerned, let *Bon Appetit!* be your guide. Based on a proven mealtime program for elder care facilities, this book demonstrates how to restore the simple pleasures of eating to frail residents. Here are innumerable ways to turn meal into prime times for building relationships, supporting identities, providing pleasing sensory stimulation and improving functional skills. Now you can feed the spirit along with the body. Resident and staff alike will benefit! The authors, a re-owned occupational therapist and an international hospitality consultant in food and beverage services offer a comprehensive program that addresses the unique challenges and opportunities present by adult day services and long term care settings. Learn to do more than just keep your residents' bodies alive, you can keep them living with respectful, meaningful mealtimes made possible with *Bon Appetit!*

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