



FAMILY MEDICAL 2010

Diet plays an important role in recovery at Medford Multicare Center for Living



A certified nursing assistant at Medford Multicare prepares the dining room for lunch.

Everyone knows that food is a necessary part of life, but did you know the important role proper nutrition plays in recovery from an illness or injury?

It is important to determine if a resident is meeting their nutritional needs on admission to a skilled nursing facility, and a registered dietician should evaluate the resident. Medford Multicare center has three registered dietitians on their staff that assess all residents at their facility on admission, quarterly, and if there is a change in a resident's condition. Sometimes it is even necessary to perform a blood test to show if a resident has the appropriate amount of protein in their blood to help them heal. Adequate protein and calories are necessary for the recovery of illness or injury, are important for boosting immunity and overall health, and for the healing of wounds.

Medford's newly appointed food service director, Dan Baker, brings expertise to the facility. He has worked in the restaurant business for over 20 years and is a specialist in food management and dining operation. "Our food service department cooks mostly from scratch using fresh meat, fish, spices, vegetables and fruits. Every day we provide a fresh, wholesome homemade soup choice. We know it is important to consider the taste, smell and temperature of the food we serve," noted Mr. Baker. "Food brings people to the table, and it is important that the three meals a day served to our residents provide enjoyment. Our food not only has to taste great, but look and smell delicious, as well," he continued.

Aside from health reasons, the dietitians at Medford also work with the residents and their families to provide meal choices to accommodate a resident's preferences. "We host monthly food committee meetings where our administration, food service managers and chefs meet with a group of residents to review meal options, likes and dislikes. We try to incorporate food committee suggestions into our menus whenever possible. Our facility utilizes a four week menu cycle. Alternate meal choices and snacks are also provided everyday," said Mr. David Fielding, administrator at Medford Multicare Center.

Special programs and menus are also provided for the residents at Medford. Summer barbecues are met with great enjoyment, and special meals are held throughout the year for holidays and special celebrations.

"Great new programs are coming soon to Medford Multicare Center for Living's food service, with recreational theme nights as well as a cook-and-show program. For aesthetic appeal, linen tablecloths are now used in our dining rooms for each meal," said Dan.

Medford Multicare Center for Living provides short-term restorative rehab, skilled nursing, long term geriatric services, respiratory care services tracheostomy care, oxygen therapy, IV therapy, wound care, and has a dedicated and secure Alzheimer's/dementia unit. For further information, or to tour the facility, please call 631-730-3000 or visit www.medfordmulticare.org. Medford Multicare Center for Living is conveniently located at 3115 Horseblock Road in Medford, right off LIE exit 64. ■