



NUTRITION AND WELLNESS

Wellness at All Levels of Living

Our dining and events program meets your residents' varied skill level and nutritional needs. Our nutrition team consults on menu, dining and service model design. And we deliver training programs that engage associates and other care partners. Person-directed care is our foundation.

- **Care Partner Training Series** – enabling care partners to properly support residents' dining experience at higher levels of care
- **Dignified Dining** – customizing menus and the dining experience for residents living with dementia
- **Fortified Foods** – offering a super-charged menu for nutritionally at-risk residents
- **Thyme 2 Heal** - helping the body and spirit of rehab residents as they transition to long-term wellbeing as we minimize hospital readmissions
- **The Great Living Education Series** – featuring broad training and resource materials for our nutrition teams to use in nutrition concern and disease education
- **Regulatory Compliance Toolkits** – equipping our dietitians and communities to provide excellent care and be “survey ready” at all times

Be the Best Part of Someone's Day

Wellness is about healthy, happy and connected living. We believe all people, especially seniors, have the potential to live enriched lives when we deliberately support the body, mind, spirit and planet. Morrison Living will help your community create an enriched living environment. One that supports every aspect of your residents' and associates' wellness and inspires a lifestyle that leads to healthy aging.

Breaking Bread – The Spice of Life

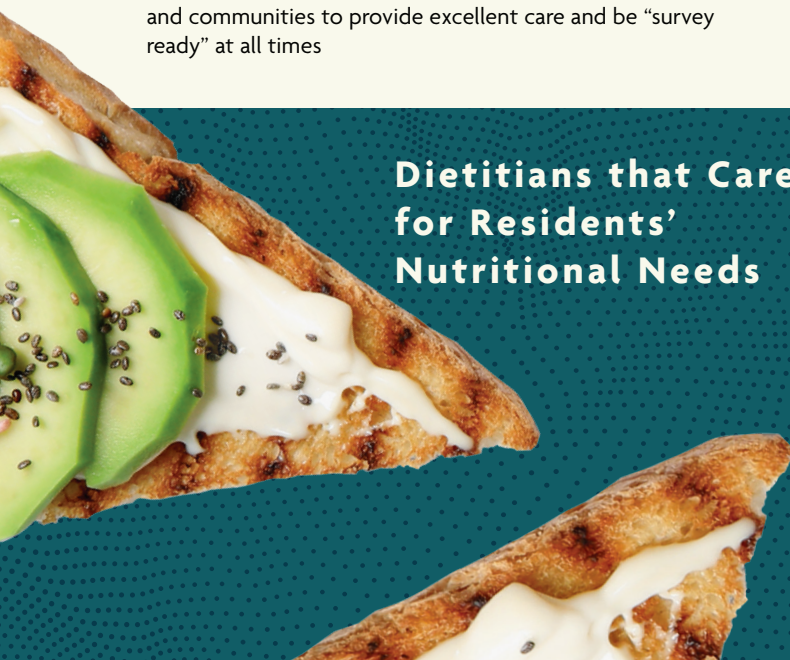
Dining and wellness go hand-in-hand. The cultural heartbeat of every community can be seen in its dining and social events; enriching lives and boosting wellness through social engagement. With Morrison Living, your culinary programs are vibrant, fun, safe and responsive to each resident's nutritional needs.

Our registered dietitians and executive chefs work together to create menus rich in variety and nutrition. That creativity and care extends to all living levels.

Dietitians that Care for Residents' Nutritional Needs

Our wellness teams look after all nutrition services to keep your residents healthy. As much teacher as clinician, our dietitians work in the dining room, the Teaching Kitchen, the classroom and the community. Our dietitians:

- Visit with new residents to learn their nutritional needs
- Make sure the chef and dining associates know and support allergies and special needs including swallowing difficulties
- Work with the chef to create balanced meals
- Teach residents about their changing nutritional needs and how proper eating can affect their quality of life
- Ensure the dining room is compliant with government health and sanitation regulations



Social Connections Grow the Spirit

We want our residents spiritual wellness as healthy and active as their physical well. That means connecting with others. Diverse experiences. Being excited to get out and experience new things. Laughing. Lots of laughing.

We customize innovations to fit your community. Are residents interested in local produce or getting to know about artisan baking? We'll bring in local chefs to teach and excite. Maybe they'd enjoy a lecture series about food history. How about a field trip to local restaurants? The only limit is the imagination!



Environmental Wellness Affects Us All

The ecosystem's health is directly connected to the health of our communities. So, we make food purchases and establish local supplier partnerships to help our environment rather than hurt it. We are committed to continually finding new ways to adopt sustainable practices. A few examples include:

- Buying ingredients from local and regional sources as a first choice
- Cleaning supplies that don't pollute
- Recycling and composting to reduce landfill-bound waste



BODY

Programs to improve strength and flexibility
Great nutrition to fuel the body



MIND

Stimulate the senses with global flavors
Intellectually rousing events

PLANET

Sustainable food
Environmental services



For more information about Morrison Living's Wellness services, contact:
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