

# Mayfair Care Centre Family News

## Annual Family & Staff Garden Party



*Please join us for Mayfair's Summer Garden Party and Barbecue. Families and staff members attend this annual event.*

### *Enjoy:*

- Great Food,*
- Great Entertainment (Dana McCulloch),*
- Great Fun*

*Thursday August 19, 2010*

*5:00 p.m.*

*Mayfair Care Centre Garden Courtyard*

*August  
2010*

*Mayfair Care Centre  
Caring for Life*

- A 142 Bed Long Term Care Centre operated by Travois Holdings Ltd. under contract to Alberta Health Services.*
- Operated under a Continuous Quality Improvement Approach to services and care provided.*
- Fully Accredited by Accreditation Canada (2010—2013)*

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## Mayfair Passes Licensing Review with Flying Colours!

This past month, Mayfair was visited by representatives of Alberta Government's *Seniors and Community Supports* Division. The purpose of this visit was to review the Centre for compliance with Alberta's Long-Term Care Accommodation Standards. Mayfair Care Centre Successfully passed the review with flying colours. We are very proud of being recognized for our compliance with these important standards. For a complete list of Accommodation Standards for Long Term Care, please go to the following web site:

[www.seniors.gov.ab.ca/housing/continuingcare/Standards\\_LongTermCare.pdf](http://www.seniors.gov.ab.ca/housing/continuingcare/Standards_LongTermCare.pdf)



[www.mayfaircarecentre.com](http://www.mayfaircarecentre.com)

## From the Registered Dietitian .....

Did you know Eating Well with Canada's Food Guide recommends that adults ages 19-50 should be having 7-10 servings of vegetables and fruit per day and adults ages 51+ should be having 7 servings of vegetables and fruit per day.

Get closer to meeting your goal by trying out this savory summer salad for your next BBQ or potluck!

### Rainbow summer salad

*Makes 6 servings*

#### Ingredients

2 cups (500 mL) broccoli, chopped  
 1 cup (250 mL) green pepper, diced  
 1 cup (250 mL) orange pepper, diced  
 1 cup (250 mL) mango, diced  
 1 cup (250 mL) celery, diced  
 1 cup (250 mL) carrots, diced  
 1/2 cup (125 mL) cucumber, diced  
 Optional: a handful of unsalted pumpkin seeds

#### Dressing

1/2 cup (125 mL) mango chutney  
 3 tbsp (45 mL) olive oil  
 1 tsp (5 mL) poppy seeds  
 2 tbsp (30 mL) onion, finely diced  
 pepper to taste

#### Directions

In a large bowl, combine all salad ingredients.  
 In a small bowl, whisk together the dressing ingredients.  
 Toss the dressing with the salad and serve.

#### Nutritional information per serving (1½ cup/375 mL)

*Calories: 193*  
*Protein: 3 g*  
*Fat: 7 g*  
*Saturated fat: 1 g*  
*Dietary cholesterol: 0 mg*  
*Carbohydrate: 31 g*  
*Dietary fibre: 4 g*  
*Sodium: 395 mg*  
*Potassium: 432 mg*

## DINING ROOM CHAIRS

You may have noticed that our new dining room chairs have not held up to the wear and tear that we require of them.

Almost all of them are showing significant damage, after only a couple of months use.

Please be assured that we are already taking steps to have them repaired or replaced, and this should be completed by mid to late August.

*Thank you for your patience while we rectify this issue.*

**The Menu:** In the day and age of frozen foods and convenience, Mayfair is proud that the majority of the food on our menu (95%) is prepared in house! The Spring / Summer Menu started in the end of April. The menu has been designed to respond the requests of our residents. Should you have any comments about the menu please feel free to contact Jaspreet, the dietitian. We welcome any suggestions!

**Hydration:** Warm Weather is finally here, and it is especially important to remember to stay well hydrated. Drink more water in hot weather or when you are active. Help us, keep our residents hydrated. When you visit offer your friends or family, a glass of water. If you want more water in your room, speak to the unit nurse who will arrange it.