

Interview by Ami Allain with Tina Copeland at about two o'clock.

Originally I was supposed to interview another person, but because she had a sudden meeting come up the day of the interview Tina Copeland stepped in to be interviewed instead. The interview took place in a little office that was located behind the reception desk on the long term patient care side of the hospital. The desk was piled with papers and there was someone else sitting at the computer right next to the desk while the interview went on. At a couple times during the interview Tina consults her on some of the answers that she is unsure of. Tina is a RN at the hospital.

Ami Allain: So my first question is how much does food play in the annual budget?

Tina Copeland: I think they sent you to the wrong person to ask about the budget. The kitchen does all of their own budgeting.

AA: So I'll go to the kitchen if I ever need an answer to that question

[Someone comes into the office where the interview is taking place and starts asking Tina a few questions about a piece of paper that she has in her hands.]

AA: And do you know information about how the menu is created?

TC: The dietitian comes over from Klamath, she comes over once a week and they do. I know the last menu. That we went off of, they purchased. I don't know if it was an online thing or... and that's how they did our last menu. And with that we kinda did a trial and error thing, and the ones that didn't, you know go over well with the residents and we've gotten rid of those items and switched them out for things that they do like. Trying to keep within the requirements for the day.

AA: What are the most popular menu items?

TC: This is a meat and potatoes type of community. Our residents like meat. They don't like the fancy dishes. They like plain. Rice is not a big hit. They like their potatoes. They like mashed potatoes. Fried potatoes. They don't really like pasta. Spaghetti is ok and lasagna is ok occasionally. You know casserole dishes occasionally. They would rather have some kind of a meat. Their chicken, pork, beef and then some sort of a potato to go with it. Fish on Fridays is ok because we do have a large Catholic population and so they are used to having the fish on Fridays. So we can get away with the fish for that reason. Otherwise its, they want the plain simple dishes.

AA: And what is the guide for nutrition?

AA: Do you know?

TC: I don't.

AA: Ok, I'll ask somebody else if I can find them

AA: What food supplements or vitamins are provided?

TC: It depends on the resident and the doctor. Some get just a multi vitamin. Some are on potassium, some take you know zinc and multi vitamins. but most just have a regular multi vitamin.

AA: Is food available upon request?

TC: Yes. The kitchen workers. I believe come in at four in the morning. and then they are here until about seven at night. We have a small kitchen. And our area that we try and keep

stocked we have... ice cream, puddings, soups, we have certain snacks for the certain ones that request snacks. We keep them available for them.

AA: And what times are meals served?

TC: Breakfast comes out at 7:30 [pauses and looks at other person sitting in the office with us who is at the computer] (Yeah, I believe so) Lunch starts at 12:30. And I believe that dinner is at five. (Does five sound right? she asks the person at the computer. who says. That sounds early. T. says Mary, what time is dinner? What time do they serve dinner? Who answers 5:30. T. says, is it five thirty?)

TC: I couldn't remember if it was five or five thirty

AA: Ok, um, are snacks served?

TC: We have snacks in the morning, around ten usually. And then we have a three o'clock snack. And then we also have some, if anybody is up later in the evening. We do have hr snacks available.

AA: You said what kind of snacks?

TC: Hr, you know hour of sleep.

AA: What dining facilities are provided for residents?

TC: We have a dining room, made up of small tables and you can get four to five people at a table and there are six of those in our dining room. Then we have the solarium, where the people who need a little bit more help where we have usually one big table that way people can move around easily and help other people. Then we have some who actually prefer to eat in their rooms.

AA: Can residents help to prepare or serve meals?

TC: Not usually, occasionally we do have an activity where we, I know that in the past we have done pizza, Anita does cookies and cut cakes frequently. And we've done tamales, we've had one girl come in and we made tamales with the residents. We've done bacon and pancakes. We brought in a chocolate fountain one time for Valentine's Day and we did chocolate strawberries and chocolate bananas and chocolate pretzels and chocolate marshmallows that we dipped into the chocolate fountain.

TC: I'm trying to think of what else we've done. We just had a BBQ about two weeks ago with the residents. Where the residents went outside. They didn't actually help prepare any of the meal, but they sat outside while they Barbequed and stuff.

AA: Ok, cool, um. Are there kitchen facilities in the patient's rooms?

TC: No.

AA: And are local or seasonal foods served?

TC: Not so much local I would say but we do do seasonal. Especially with the fruit and then we do a barbeque during the summer, we do, each holiday, usually mothers day we do something, Father's Day we do something. Um, Thanksgiving, we have a Thanksgiving dinner. Christmas we have a Christmas dinner. Easter we have an Easter dinner.

AA: And is there anything else that you'd like to say regarding the food system for our study?

TC: No, I don't think so.

AA: Ok, cool. Thank you.