Harmonie Program

Win back the taste of life

Mellow !

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QUALITY OF LIFE SERVICES

Preamble

Our world is aging. The number of people over the age of 75 will increase by 72% by 2060[1]. That means aging well is a growing issue for seniors and their families.

How to prevent the loss of autonomy? How to improve wellness? How to offer a better quality of life? These are top challenges for the senior care marketplace.

Nutrition plays a critical role in answering these questions. A meal provides pleasure and nutrition to support health and autonomy. But it also connects to so many areas that are the basis for inspired quality of life. The joy of tastes and smells trigger memories of family meals. Socializing with friends and family during the meals encourages personal connections that keep people engaged in life. And new tastes allow for exploration to inspire learning and joy.

Unfortunately, too often, seniors are offered blended foods for the daily meals. We see it time and again. In fact it happens in 91% of care communities in France[2]. While it is needed for some to protect them from swallowing issues and other concerns, an ordinary blended meal can create situations take away autonomy, detract from wellness and deter quality of life.

Harmonie is reinventing meals for seniors. It brings back the pleasure of eating and helps support independence, wellness and overall quality of life. The results are extremely positive. Residents are engaged with others during meals; they are tasting new foods and participating in life.

The statistics show the measurable improvement, but the real measure is in the smiles that we create on Seniors faces. However, additionnaly to this immediate impact of pleasure we bring back self estime, dignity and autonomy and this contribute strongly to enhance Seniors Quality of Life.

[1] *Source : INSEE*

[2] *Source : Groher, McKaig : Dysphagia and dietary levels in skilled nursing facilities. Journal of american geriatric society 1995*

Harmonie,

A unique program to accompany daily elderly people

A meal that is more than nutrition

Meals are more than nutrition; they are essential moments of pleasure, time with friends and joy. Nevertheless, when a meal lacks the balance of taste, smell, texture, residents lose the desire to eat. That can cause a ripple effect that negatively impacts emotional and physical health.

The resident at the center of the approach

« Through this approach, we try to use pleasure as a way of stimulation. Stimulation is a good efficacy vector of swallowing : by being less surprise, an elderly person has less chance of suffocating. »

XAVIER CORMARY – SPEECH THERAPIST

Choking is a real issue for seniors who have compromised health issues. That's why blended foods have becomes so prevalent. But experts tell us that blended food is not the full answer to overall quality of life for seniors. We've seen the impact. When offered too early and too often, blended meals take away from independence, wellness and quality of life.

Actually, apart from the fact that the mixed or chopped food doesn't protect against the danger of aspiration by obstruction , these meals with too much simplified texture cause a loss of pleasure and appetite, reduced autonomy during meals and risk cognitive weakening and undernourishment.

Expert menu design

Sodexo created a multidisciplinary team of experts, including Michelin-starred chef Michel Bras, doctors, speech therapists, dentists, culinary advisors and dieticians to create Harmonie.

Over 18 months, the team worked with seniors at six senior communities to nourrish this scientific research project and create the offer.

Backed by training and expert delivery

- An exclusive training delivered by speech therapists for medical teams to watch for signs of dysphagia and declining dental hygiene
- Menu and preparation training for kitchen teams delivered in partnership with the famous Lenôtre School
- Service training to ensure staff members are able to deliver all aspects of the offer with care and expertise. The training is created in partnership with the Lenôtre School.

« Mastication and swallowing are more efficient if the gesture to rise to the mouth is autonomous. Although it seems natural helping someone who as difficulties to eat alone, that help does not allow the person to prepare to chew and swallow. »

YANN TANNOU – SPEECH THERAPIST

[4]*Foreign body asphyxia : a preventable cause of death in the elderly; Berzlanovich AM, Fazeny-Dörner B, Waldhoer T, Fasching P, Keil W; American journal of préventive medicine. 2005*

Multidisciplinary team of expert

Michel Bras, three-star Michelin chef. Voted in 2016 as the world's most influent chef

Emmanuelle Cugy, doctor of physical medicine of rehabilitation in the Pellegrin hospital in Bordeaux

Xavier Cormary, speech-therapist, guest lecturer at the DUEFO of Amiens and trainer

Vincent Blasco-Baque, doctor of dental medicine at the MCU-PH University of Paul Sabatier de Toulouse, ontological UFR

Yann Tannou, speech-therapist, trainer, member of the Multidisciplinary Association of Prevention of the Dysphagia

Martine Culis, registered dietician, specialist of food for elderly people

Customized Meals to maximise pleasure and regain autonomy

Harmonie is adapted to the health and desires of each resident. To individualize the service, the kitchen staff works in close collaboration with the medical staff. Tracking calorie intake, honoring medical objectives and respecting the resident's real needs.

Addressing swallowing issues

Harmonie is designed to encourage chewing, making swallowing easier and to enhance the taste and enjoyment of the food.

The chefs use culinary recipes and techniques to enhance flavor and standards validated by the research project – a slippery texture, ingredients cut into small pieces that are consistent in size and keeping solids and liquids separate.

« We worked on beautiful, gourmet recipes. Through our meals, the presentation, the texture and the taste, we wish to be the stuff of dreams for seniors, to link them to their history and to give joy to their lives »

MICHEL BRAS – THREE STAR MICHELIN CHEF

Gourmet recipes

Chef Michel Bras worked with Sodexo's culinary team to develop and test the recipes. With his personal expertise, the meals are elevated to a new level of quality.

Some examples include :

- " Tomato salad " : dices of tomato on a bed of fromage blanc with tapenade ;
- " Cheese bread " : little pieces of sourdough bread dipped in broth and dices of fourme d'Ambert ;
- " Madeleine of orange " : crumbled madeleines with dices of fresh oranges and Corinthe grapes.

Inspiring Memories

Harmonie includes traditional French cooking with a focus on regional and seasonal products that are a reminder of the past.

- Season Recipes such as quiche of asparagus in springtime, fresh ratatouille in summer, pears tart and chestnuts in the fall and gratin of pumpkin in winter ;
- Traditional Recipes such as the real quiche Lorraine, crème egg with caramel ;
- Gourmet Recipes such as the famous "Michel Bras recipe" of filet mignon with mushrooms
- Classic Sunday Lunch with Saucisse from Toulouse served with vegetables from Britany, and a dessert imagined by the famous Lenôtre School

Attention to detail

The Harmonie brings an added touch that shows the high level of service and attention to detail :

- Including residents in the selection and preparation of meals.
- Animations & special meals
- Personalized attention to preferences
- Special events including birthdays, anniversaries and holidays
- Welcoming cards for special guests

Seniors feel the benefits : Clients know the outcomes

Harmonie supports the goals of our clients. They want to deliver the best possible service to attract and improve quality of life for seniors. The proof comes directly from their words

« This is a radical change of culture in our establishment because it has touched at the same time residents –as beneficiaries of the project– and the medical staff in the support they're developing, but also the kitchen staff in the food preparation. It has brought a very interdisciplinary approach which constitutes a shift in the way of approach and support the nutrition of dependent old persons »

FLORENCE VICHI – DIRECTOR OF THE ESTABLISHMENT OF ANNIE, SAINT VICTOR-SUR-LOIRE (42)

« The Harmonie program has contributed to revitalize the pleasure to eat of residents, with pretty crockery, a presentation which invites to the viewing pleasure before requests taste buds, an attentive and professional service. But also, slow a loss of functional autonomy of some residents and a weight gain of some undernourished persons. »

CHRISTIAN ROCH – DIRECTOR OF THE RÉSIDENCE PIERRE BONHOMME, GRAMAT (46)

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Proven Outcomes

Under the direction of Doctor Vinvent Blasco-Baque – a doctor in dental medicine, researcher at the Inserm, we set out to research and identify the right balance of cuisine and nutrion.

The multidisciplinary prevention plan revolves around 3 points :

- **Autonomy (A)** : chewing and swallowing are more effective if the autonomy of residents during meals is preserved (eat alone or with a limited support) ;
- **Mouth (B)** : dental hygiene must be rigorous and swallowing must be possible with teeth, prosthesis or gums ;
- **Cook (C)** : sensorial stimulations (presentation, taste, texture, temperature) must be preserved to stimulate the brain and pleasure during the meal.

Testing

Data was collected, measured and analyzed over 18 months at six communities. The team used medical indicators such as dehydration, bronchial infection, undernourishment, blood sugars. In addition, they used indicators of quality of life including engagement, interaction, satisfaction and independence

The experimental establishments :
- Résidence Pierre Bonhomme, Gramat (46) ;
- La Maison d'Annie, Saint-Victor-sur-Loire (42) ;
- EHPAD Georges Rosset, Rambouillet (78) ;
- Résidence Victor Hugo, Les Pavillons-sous-Bois (93).

Show establishments :
- Ehpad Lou Casteig, Salies-de-Béarn (64) ;
- Résidence du Val de l'Eve, Saint-Nazaire (44).

Significant results showing an improvement of the quality of life of the elderly

Over the period of one year, the monitoring of medical and quality of life indicators in 6 establishments, shows very positive results. The results are good.

- Resident satisfaction increased 12%.
- Meal appeal increased 22.9%.
- Eagerness to appreciate meal increased 24%
- Medical staff satisfaction increased by an average of 9.5%
- Blended food has dropped to only 8.7% of residents' meals, a 76% drop

« In this project, I worked on oral hygiene prevention and on the training of paramedical teams with the ambition to put in place a systematic detection of the oral quality, but also to manage to create collaboration between the different medical and paramedical actors and also families, to improve the support of our residents »

VINCENT BLASCO-BAQUE – DOCTOR IN DENTAL MEDICINE

Jérôme PERRIER
Senior Strategic Account Director for Europe

jerome.perrier@sodexo.com
+33.6 85 92 84 82