



Preetha Kurian • Director of Dietary



While a student in India, I lived with my grandparents and learned first hand about the aging process and how important I could be in their lives. I remember the nurse from the Red Cross arriving to help with my grandmother; who I now know had Alzheimer's disease.

After 18 years at Heritage of Edina, I still focus on a singular goal: I want to please as many residents as possible, and make a positive impact on their lives.

Acting as the Director of Dietary, my job is very challenging. Mealtime is a social event as well as a functional one. We want everyone to feel pleased and contented when they leave the dining room. To insure this, the long-time staff listens carefully to residents, families and other staff to provide a pleasing experience.

In addition, I work closely with the Nursing staff to regularly discuss special diets and changes in eating habits. My staff may be the first to notice a resident's change in health. Oftentimes we will see a decline in appetite first, or a slow erosion of a resident's ability to feed themselves. We watch carefully so we notice the gradual changes in individuals and make adjustments to accommodate their needs and help to preserve their dignity.

Of course we see family members on a regular basis, as many come to share a meal with their loved ones. The family members feel comfortable to talk with us. We receive requests and are asked for our thoughts. We share these conversations with the rest of our staff to make certain we work to balance the needs of the families as well as those of the residents.
