

## Oshibori - The Madeline of Decatur

Oshibori is a Japanese word that translates to warm towel. For us, this warm towel presentation is a cueing ritual that we are getting ready for a meal, and a wonderful way to freshen up hands and faces for the coming meal.

The scents that we use either invigorate or calm, depending on the meal.

- The warmed, damp, scented washcloths are presented (from a platter, with tongs) to each resident before each meal.
- Supplies Needed: Crockpot, washcloths for the neighborhood, scents, tongs, platter, instructions, dry basket and laundry basket will be stored in each neighborhood laundry room.
- Carestaff will assist each resident with Oshibori as needed.

Flow of Tasks	Primary Responsibility	Oversight	Daily	Weekly
<b>Set-Up:</b>				
Wash and dry all neighborhood washcloths	3 <sup>rd</sup>	Med Tech	X	
Roll all washcloths for the next day	3 <sup>rd</sup>	Med Tech	X	
Stack rolled washcloths in 'dry' container	3 <sup>rd</sup>	Med Tech	X	
<b>Before Meal:</b>				
Set Crockpot up with washcloths, scent and water according to instructions provided 20 - 30 minutes before use.	3 <sup>rd</sup> for 1 <sup>st</sup> (breakfast) 1 <sup>st</sup> for 1 <sup>st</sup> (lunch) 1 <sup>st</sup> for 2 <sup>nd</sup> (Dinner)	Med Tech		
<b>Oshibori:</b>				
Place warm washcloths on platter, add tongs.	1 <sup>st</sup> , 2 <sup>nd</sup> , 2 <sup>nd</sup>	Med Tech		
Test: Shake out one washcloth (using tongs) and lay across wrist for heat check.	1 <sup>st</sup> , 2 <sup>nd</sup> , 2 <sup>nd</sup>	Med Tech		
Offer to residents, using tongs to shake out each one.	1 <sup>st</sup> , 2 <sup>nd</sup> , 2 <sup>nd</sup>	Med Tech		
<b>After Meal:</b>				
Wipe out Crock Pot, (shower cleaner) Ensure supplies are stocked and ready	2 <sup>nd</sup>	LED	X	
Collect used washcloths in laundry basket	1 <sup>st</sup> , 2 <sup>nd</sup> , 2 <sup>nd</sup>	Med Tech		
Place laundry basket in Neighborhood laundry room	1 <sup>st</sup> , 2 <sup>nd</sup> , 2 <sup>nd</sup>	Med Tech		
Ensure each neighborhood has supplies	LED	LED		X
Weekend Oshibori		MOD		X

<b>Oshibori Process:</b>	The Madeline of Decatur
<p>Oshibori is a Japanese word that translates to warm towel. For us, this warm towel presentation is a cueing ritual that we are getting ready for a meal, and a wonderful way to freshen up hands and faces for the coming meal. The scents that we use either invigorate or calm, depending on the meal.</p> <ul style="list-style-type: none"> <li>• The warmed, damp, scented washcloths are presented (from a platter, with tongs) to each resident before each meal.</li> <li>• Supplies Needed: Crockpot, washcloths for the neighborhood, scents, tongs, platter, instructions, dry basket and laundry basket will be stored in each neighborhood laundry room.</li> <li>• Carestaff will assist each resident with Oshibori as needed.</li> </ul>	
<p>Oshibori Set Up:</p> <ul style="list-style-type: none"> <li>• About 30 minutes prior to meal, load crockpot with resident count on neighborhood plus 2- 3.</li> <li>• Add Scent: 10 drops to</li> <li>• Water: 2 cups</li> <li>• Pour over washcloths</li> <li>• Place lid on crockpot and set on high for 20 minutes.</li> <li>• Place washcloths on platter with tongs</li> </ul> <p>Oshibori Clean Up:</p> <ul style="list-style-type: none"> <li>• Collect used washcloths and place in laundry basket.</li> <li>• Place the laundry basket in the laundry room.</li> <li>• Rinse off platter and tongs.</li> <li>• Clean up Oshibori area</li> </ul>	<p><b>Equipment needed:</b></p> <p>Crock Pot with lid, washcloths per resident plus 2 or 3 extras Tongs Platter to deliver warm washcloths Scents: Energizing (breakfast and Lunch) Calming (supper) Instructions Measuring cup Laundry Basket (dirty washcloths) Container - stack clean, rolled washcloths</p>
<p><b>Oshibori:</b> Place washcloths on platter with tongs. Using tongs, open 1 washcloth and drape against wrist, ensuring washcloth is not too hot. Now, with tongs, hold out and offer to resident. "Oshibori Time - a warm washcloth to use on your hands and face before our (name the meal), doesn't that feel good? What is the scent?..." You may need to cue several residents with visual demonstration.</p>	