



August

Monthly Dining Newsletter

Leadership Letter



July was an exciting and enjoyable month filled with memorable events. We celebrated Independence Day with a successful BBQ on our main patio, where many residents and their families joined us for great food and fellowship. Throughout the month, we hosted an Ice Cream Sundae Social featuring a toppings bar, giving residents the opportunity to customize their own sundaes. We also held our Superfood Contest, where our cooks created nutritious and creative dishes that were judged by residents and staff. Congratulations to Norton, whose Cherry Fool Mousse topped with Oreos earned first place. Looking ahead to August, we are excited to celebrate with county fair-themed events and menu items, as well as our upcoming Fish Superfood Contest.

Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ We are featuring Olathe corn and Palisade peaches in our specials to showcase locally grown Colorado produce and incorporate fresh, regional ingredients into our menu.
- ❖ We have introduced a dedicated sign to highlight our featured ice cream flavors, making it easy for residents to see the special selections available to them.



Duet Diversions

Cooking Cryptogram

Cryptogram Key

A	B	C	D	E	F	G	H	I	J	K	L	M
							19	15				

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	14					1						

Phrase

14	23	1	14	24	1	19	16	24	26	9	15	25	3	2	4	25

4	25	12	15	25	1	14	1	19	16	24	15	26	16			

Phrase hint:
from a bad,
situation to
even worse

Decode the phrase related to cooking.

Each letter in the phrase has been replaced with a number.

Use the cryptogram key to try and decode the message.

Phrase hint: transitioning from a bad, uncomfortable situation to one that is even worse.



Trainings

- ❖ Tackling long conversations: In the session, we explored practical strategies for preparing for and navigating difficult conversations with customers, clients, and teammates. Through discussion and practice, associates will build confidence using a simple framework to communicate respectfully, listen actively, and work toward positive solutions.
- ❖ The Hazard Communication Program: evaluates all chemical hazards and establishes guidelines for communicating this information

Supply Chain News

Turkey – remains tight and expensive, though production may improve if disease pressure eases.

Beef – still rising on summer demand and limited supply.

Chicken – breast prices are easing as supply stays strong and demand recovery lags

Pork – softer than expected, with bellies moving lower instead of climbing into summer

Seafood – Whitefish remains elevated on reduced quotas, tight supply, and strong demand, while shrimp is softening with tariff relief.

Oils – moving higher with geopolitical volatility and tighter soybean oil inventories

Coming this August...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7 Casey's Pond Fair 2PM	8
9	10	11	12 Senior Fair Day 10AM	13 Senior Dair Day 10AM	14 Superfood Contest: Fish 2PM	15
16	17	18	19 Soft Serve Social 2pM	20	21 End of Summer Social 2PM	22
23	24	25	26 Food Form 10:30AM	27	28	29
30	31					

Operations Highlight

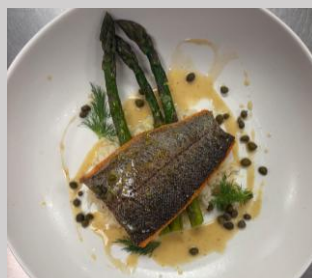
Operations Update

We are currently awaiting the delivery of a newly purchased freezer for one of our neighborhood kitchenettes, which has been operating without one. In addition, we are repairing the heat lamp in the main kitchen to ensure efficient food service operations. We will also be replacing the menu display TVs in all dining rooms to enhance menu visibility and improve the overall dining experience for residents.

Culinary Update

We appreciate your patience and understanding as our culinary team continues to welcome and train new staff members. You will see our two new servers, Jo and Alma, as they complete their training and become familiar with our community.

Our department has been experiencing staffing shortages, and we are actively working to recruit and retain additional team members. We also appreciate your understanding as our kitchen staff continues to work diligently in a very warm environment to prepare and serve your meals.



Meet the Team!

Where are you from?: Lakewood, Colorado

What is your favorite food?: Philly Cheese Steak

Why do you enjoy working here?: Putting small enjoyments in people's lives

Jo Lighthall



Cryptogram
Answer
Phrase: Out of the
frying pan and into
the fire

Did You Know?

Fish

- Fish are packed with nutrients especially Omega 3 fatty acids. Omega-3s lower blood pressure, reduce triglycerides, and decrease the risk of heart attacks and strokes.
- Fatty acids like DHA are critical for healthy brain development and function. Regular consumption can lower the risk of cognitive decline, dementia, and Alzheimer's disease.
- Fish is one of the best natural dietary sources of Vitamin D, which is essential for strong bones and optimal immune health.
- Omega-3s contribute to optimal vision and lower the risk of age-related macular degeneration (AMD) in older adults.
- Fish is naturally high in Iodine an essential trace mineral that the body requires to produce thyroid hormones, which regulate metabolism, energy production, and cellular health.



EVERYDAY SUPERFOODS

Dietitian's Dish

MIND Your Diet: Strategies for Brain Health



The MIND diet, established in 2015 by researchers at Rush University Medical Center and Harvard School of Public Health, focuses on **how the foods we eat support brain health by preventing cognitive decline and dementia**. What we eat can affect our energy, heart, and brain. The MIND diet is a simple way of eating focused on foods that help keep brains healthy as we age.

The MIND diet combines the Mediterranean diet and Dietary Approaches to Stop Hypertension (DASH). It stands for **M**editerranean-**D**ASH Diet **I**ntervention for **N**eurodegenerative **D**elay. The Mediterranean diet emphasizes plant foods and healthy fats while reducing processed foods. Research shows that people who

follow a Mediterranean diet live longer and have a lower risk of heart disease and cancer.

The DASH diet focuses on increasing potassium, calcium, magnesium, and fiber, while limiting foods high in salt and saturated fat. Following DASH can lower blood pressure, improve heart health, support weight management, and lower the risk of chronic disease.

Why It Matters

Research suggests that this style of eating may support brain health and lower the risk of cognitive decline.

The foods recommended by the MIND diet are rich in polyphenols, a type of antioxidant that protects the brain from damage over time.

The MIND Diet Approach

Nine Foods to Eat:

1. **Green Leafy Vegetables:** 1 serving daily
2. **Nuts and seeds:** 5 servings a week
3. **Vegetables:** 3-5 servings daily
4. **Berries:** 5 servings per week
5. **Beans and legumes:** 3 servings per week
6. **Whole grains:** 3 servings per day
7. **Fish:** 1 serving a week
8. **Poultry:** 2 servings a week
9. **Olive Oil:** 2 servings per day

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THE MIND DIET APPROACH:

5 FOODS TO LIMIT

- ▲ **Red & Processed Meat:** 0-3 servings per week
- ▲ **Butter & Stick Margarine:** 0-1 servings per day
- ▲ **Cheese:** 0-2 servings per week
- ▲ **Pastries & Sweets:** 0-1 daily and less than 4 weekly
- ▲ **Fried & fast food:** 0-1 meal per week



Ways to Get Started

Breakfast 🌞

Typical Diet:
Bagel sandwich with
bacon, eggs,
& cheese

★ **MIND Your Plate:**
Oatmeal with nuts, berries
& cinnamon

Lunch 🍱

Typical Diet:
Cheeseburger &
potato chips

★ **MIND Your Plate:**
Chicken sandwich with
hummus & veggies

Snack 🛒

Typical Diet:
Crackers & cheese

★ **MIND Your Plate:**
Whole grain crackers,
carrots & nuts

Dinner 🍲

Typical Diet:
Chicken pesto pasta

★ **MIND Your Plate:**
Whole wheat pasta,
chicken, pesto, &
vegetables

Dessert 🌙

Typical Diet:
Cherry cheesecake

★ **MIND Your Plate:**
Yogurt parfait with whole
grain granola, nuts, berries
& dark chocolate

HERBS & SPICES

Consider incorporating MIND diet recommended herbs and spices to boost brain health:

- ✓ **Cinnamon & turmeric** may help support brain health & reduce inflammation.
- ✓ **Ginger, clove & saffron** can also decrease inflammation.
- ✓ **Oregano** contains antioxidants, which protect your body's cells.
- ✓ **Rosemary & black pepper** can improve mood.
- ✓ **Sage** can support memory.



References:

- [Association of MIND diet with cognitive decline among Black and White older adults - Agarwal - 2024 - Alzheimer's & Dementia - Wiley Online Library](#)
- Alzheimer's Research & Therapy. <https://doi.org/10.1186/s13195-024-01482-z>
- The Nutrition Source-Harvard Chan School. <https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mind-diet/>