



OCTOBER

Monthly Dining Newsletter

Leadership Letter



September was packed with delicious food, fun events, and lots of smiles! Our Teaching Kitchen was a big hit as Sous Chef Nyla and Sous Chef Jason showed us how to make crab rangoons and shared some fun facts along the way. Our Superfood Contest featured tomatoes, and Norton took the win with a creative deconstructed gyro! A big thank-you to everyone who joined in and allowed us to show off our culinary creativity. We also had a blast at our Dolly Parton Ice Cream Social, where everything was PINK! With cooler months just around the corner, we're soaking up every bit of sunshine we can. Be sure to get outside and enjoy the patio while you can!

Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE’S DAY.

We Heard You!

- ❖ With colder weather on the way, our residents have been asking for more comfort foods like hearty stews, baked potatoes, and delicious pastas! We’re excited to slowly start incorporating more of these warming favorites into the veranda specials and dinner menu.
- ❖ Ice cream continues to be a resident favorite, so we’re keeping our three classic flavors—vanilla, chocolate, and coffee—on the menu year-round. Our fourth flavor is a rotating mystery flavor, giving you something new and delicious to look forward to each time.



Brain Activity

Y	C	I	Y	P	I	K	E	C	S	C	U	G	W	D
Y	P	O	N	R	L	O	T	N	P	E	H	A	C	O
R	A	H	S	G	E	E	R	I	O	B	Z	C	O	D
W	J	V	H	T	D	T	N	K	O	C	Y	K	Q	V
Y	N	O	P	P	U	N	E	P	K	Q	F	Y	L	I
A	U	O	H	H	Y	M	K	M	Y	B	D	H	T	J
L	P	R	W	D	J	T	E	U	E	N	R	X	V	Z
G	N	I	T	N	U	A	H	P	A	C	H	G	A	N
B	B	U	L	V	V	G	W	C	Q	W	Z	Z	E	K
E	G	E	R	N	T	T	P	E	T	R	I	F	Y	I
W	U	H	P	H	J	P	G	C	I	G	J	T	Z	X
B	Q	O	G	X	G	O	H	P	U	N	C	H	C	A
O	N	I	P	L	E	E	V	M	J	D	X	G	I	H
C	R	M	C	K	M	A	D	I	K	V	E	V	S	A
F	W	K	R	Z	P	L	N	N	P	V	T	P	V	G

Halloween Word Search

*Find the word in the puzzle.
Words can go in any direction.
Words can share letters as they
cross over each other.*

Word Bank		
Candy	Costume	Haunting
Punch	Cemetery	Fright
Petrify	Spooky	Cobweb
Ghoul	Pumpkin	Witch



Trainings

- ❖ **Food Safety and Quality Assurance: Delivering Peace of Mind on Every Plate.**
Our associates are able to recognize the importance of food safety; become familiar with how the Corporate Food Safety and Quality Assurance (FSQA) team supports operations; review food safety materials and resources; and identify food safety training requirements.
- ❖ **Reporting an Injury:** Notify your manager immediately, even if the injury is minor, like a small cut, bump, or fall. Your manager can discuss self-treatment options or help you get the medical care if needed. Reporting injuries also helps prevent similar incidents from happening again – to you or others.

Supply Chain News

Great Lakes Cheese up 3 – 5%
Cheese markets increased for September based on higher exports to the EU during the summer months. Pricing remains below prior years, and market is stable despite monthly swings.

Smithfield Pork (Bacon and Ham) up 3 – 5%
Formula Price Change, mainly driven by bacon, belly market was atypical this year and the higher summer prices (typical seasonality) increased later than usual

Hormel Chicken and Pork up <1%
List Price change mainly driven by bacon, belly market was atypical this year, and the higher summer prices (typical seasonality) increased later than usual

Coming this October...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 World Vegetarian Day	2	3
4	5	6	7	8	9 Superfood Contest: Pumpkins 2PM	10
11	12	13 Taco Day Specials	14 National Dessert Day 	15	16	17
18	19	20	21	22 Nut Day Nuts About You Social 2PM	23	24
25	26 National Pumpkin Day 	27	28 Food Forum: 10:30AM	29	30 Halloween Party 2PM	31 Halloween 

Operations Highlight

Operations Update

We have some exciting updates happening behind the scenes! A new steamer has been ordered and is hopefully scheduled to be installed this October. We're looking forward to having this new equipment up and running! We're also experiencing some issues with our ice machine. Our team is working to get it repaired so we can keep it running and continue serving up plenty of cold drinks and treats!

Culinary Update

We're excited to welcome our newest Sous Chef, Jason Steinburg, to the team! Please join us in giving him a warm welcome and be sure to say hello when you see him in the halls.

As the seasons change, so does our menu! We'll soon be transitioning from our Spring/Summer menu to our Fall/Winter menu, featuring cozy seasonal favorites. Keep an eye out for the new menu—we can't wait for you to see what's cooking!



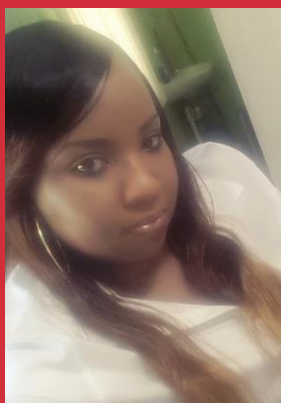
Meet the Team!

Aneita Pottinger

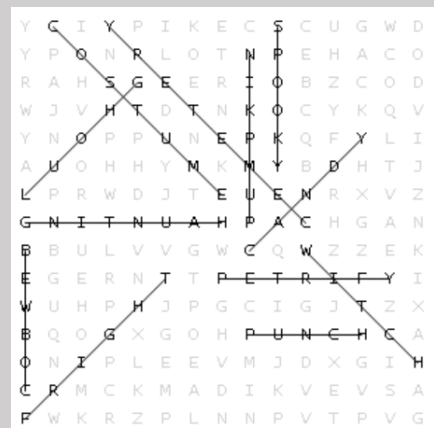
Where are you from?: Ocho Rios, Jamaica

What is your favorite food?: Oxtail with rice and peas and a cool Sorrel beer to compliment it

The best part of my day is interacting with the residents, here specially when I can help make their day a little brighter!



Halloween Word Search Answers



Did You Know?

Leafy Greens

- ❖ Leafy green vegetables are low-calorie nutritional powerhouses packed with essential vitamins, minerals, and dietary fiber
- ❖ Kale contains antioxidants like lutein and beta-carotene, which may reduce the risk of diseases caused by oxidative stress.
- ❖ Leafy microgreens are packed with biological phytochemicals that could play a big role in improving general health and preventing diseases. These may include ascorbic acid, β -carotene, and phenolic antioxidants, among others.
- ❖ One benefit of cabbage is that it can be fermented and turned into sauerkraut. This food provides numerous health benefits, such as reducing inflammation, improving your digestion, and supporting your immune system.
- ❖ Swiss chard contains a flavonoid called syringic acid, which may be beneficial for lowering blood sugar levels.
- ❖ Many dark green leafy greens contain vitamin K1, a fat-soluble nutrient essential for blood clotting and bone health.



Dietitian's Dish

Making Waves with Blue Foods



What Are Blue Foods? When you hear “blue foods,” you might think of blueberries. In this case, “blue” refers to foods that come from water.

Blue foods include fish, shellfish, sea vegetables, algae, and other aquatic plants and animals from oceans, rivers, and lakes. Examples include salmon, tuna, shrimp, mussels, crab, and seaweed. These foods provide flavor, nourishment, and a chance to explore ingredients from around the world.

A Catch for Healthy Aging. For older adults, protein helps support muscle strength, mobility, and independence. Blue foods offer a flavorful way to add protein without making meals feel too heavy.

Options like baked fish, salmon, crab cakes, chowders, and seafood salads can be easier to enjoy for those who find some meats difficult to chew. Blue foods also bring variety to the menu, combining familiar favorites with opportunities to try something new.

Dive Into Variety. Rotate selections for a broader mix of nutrients, flavors, and textures. Try salmon, trout, sardines, or Atlantic mackerel; cod, pollock, tilapia, haddock, or flounder; shrimp, crab, scallops, mussels, clams, or oysters; canned light tuna or canned salmon; sea vegetables, such as nori, wakame, or dulse; and algae-based foods, used as ingredients or seasonings.

Small Foods, Big Nutrition

Many blue foods provide a wide range of nutrients, including:

- ✓ High-quality protein to support muscle strength and physical function
- ✓ Omega-3 fatty acids
- ✓ Vitamin B12 for healthy blood and nerve cells
- ✓ Vitamin D for bone and muscle health
- ✓ Key minerals such as selenium, zinc, iron, iodine, and choline

Fish are often lower in saturated fat than many other animal proteins, and eating fish as part of a healthy diet may support heart health. Because different blue foods provide different nutrients, variety is important. Salmon and sardines are known for omega-3 fats, while shellfish and sea vegetables contribute valuable vitamins and minerals.

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Make a Splash at Mealtime

Blue foods do not have to be complicated. Start with a familiar favorite or try a small culinary twist:

-  Add canned salmon to a whole-grain patty
-  Top a salad with shrimp, tuna, or flaked trout
-  Mix seafood into pasta with colorful vegetables
-  Serve fish tacos with slaw & avocado
-  Stir chopped clams or crab into a soup or chowder
-  Sprinkle crushed nori over rice, vegetables, or a grain bowl
-  Pair baked fish with herbs, citrus & olive oil
-  Feature a tasting plate with small portions of several aquatic foods

Blue Foods and a Healthy Planet

Blue foods can contribute to more diverse food systems, but their environmental impact varies considerably by species and production method. Some aquatic foods can be produced with a lower environmental impact than terrestrial animal-source foods, while others may place pressure on habitats or fish populations. Choosing responsibly harvested or farmed options helps support healthier waterways and a more resilient food supply.

Look for credible sustainability information from suppliers and recognized certification programs. Asking where seafood comes from and how it was caught or raised can help dining teams make more informed purchasing decisions.

REFERENCES: FDA, Advice About Eating Fish | U.S. EPA, Eat Fish and Shellfish in a Healthy Way | NCBI, The Vital Roles of Blue Foods in the Global Food System

Lemon-Herb Salmon Cakes

INGREDIENTS: 2 cans salmon, drained • 2 eggs • ½ cup whole-grain breadcrumbs • ¼ cup finely chopped celery • 2 Tbsp chopped onion • 1 Tbsp lemon juice • 1 tsp dill • ½ tsp garlic powder • black pepper • 1 Tbsp olive oil

DIRECTIONS: Combine all ingredients except olive oil. Form into small patties. Heat oil in skillet over medium heat. Cook until golden & heated through, turning once. Serve with yogurt-dill sauce, lemon & colorful veggies.

