



# June

## Monthly Dining Newsletter

### Leadership Letter



With Father's Day just around the corner, we are excited to offer a special lunch menu on Sunday, June 21. We would also like to thank everyone who joined us for our Memorial Day BBQ on the main patio. It was wonderful to see so many residents come together and enjoy the celebration. We are looking forward to hosting another BBQ on Friday, July 3, in honor of Independence Day. In addition, our regular menu will be receiving some exciting updates soon. We will be adding several items that have been highly requested by residents, and we can't wait for you to try them. Last month's Superfood was fermented foods, and Aaron took first place with his delicious strawberry-banana creation. For June, our Superfood will be berries.

Brian Keberlein  
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

## We Heard You!

- ❖ During our most recent Food Forum, residents shared feedback requesting a greater variety of starches and vegetables. We appreciate these suggestions and are actively working to incorporate more diverse options into both our rotating menu cycle and our Veranda Specials menu.
- ❖ With summer just around the corner, several residents have requested more salad options. We are pleased to offer fresh salads as a lunch special and will continue looking for opportunities to feature additional seasonal selections.



## Duet Diversions

### Riddle Me This...

1. What has a neck, but no head?
2. What is more useful when it is broken?
3. I add 5 to 9 and get 2. The answer is correct, so what am I?
4. What three numbers give the same result when multiplied and added together?
5. What loses its head in the morning but gets it back at night?
6. I cannot talk, but I always reply when spoken to. What am I?

Answers on page 4



## Trainings

- ❖ **Sexual Harassment- Creating a Harassment-Free Workplace:** This topic applies to everyone, regardless of position, department, gender, or length of employment. The goal is to make sure everyone understands what inappropriate behavior looks like, how to prevent it, and how to report concerns.
- ❖ **Workplace Safety: Prioritizing Health and Safety for All:** At Compass Group, the health and safety of all our associates and customers is our top priority

## Supply Chain News

We are watching several related areas closely. Categories tied to petroleum-based inputs, such as plastics and disposables, may see incremental cost pressure. Looking further ahead, there is potential for disruption in agricultural inputs as well, particularly given the region’s role in global nitrogen and fertilizer supply.

Most notably, oil prices have risen significantly, moving from roughly \$70 per barrel to over \$100. As a result, we expect continued pressure on fuel and freight costs across the system.

- **Beef** – prices are rising into May as seasonal demand strengthens, with tight supply keeping pricing elevated above prior years and sustaining upward pressure.
- **Pork** – prices are expected to climb through the summer, driven by seasonal demand, with belly pricing softening briefly in May before increasing again in June.
- **Chicken** – remains elevated due to strong demand for dark meat and tight supply, with prices holding steady to slightly higher and no near-term relief.

## Coming this June...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Happy Pride Month Kickoff!	2	3	4 National Grilled Cheese Day Social 2PM	5	6
7 National Chocolate Ice Cream Day	8 Best Friends Day	9	10	11	12 Superfood Contest: Berries 2PM	13
14	15	16	17 Eat Your Veggies Day	18	19	20
21 Fathers Day Lunch First Day of Summer	22	23	24 Food Forum 10:30AM	25 Chocolate Soft Serve Social 2PM	26	27
28	29	30				

# Operations Highlight



## Operations Update

The main kitchen experienced several equipment-related issues during the reporting period. These included a fryer malfunction, inadequate cooling performance in the walk-in refrigerator, and a failure of the under-counter cooler located beneath the grill. These issues had the potential to impact kitchen operations; however, corrective maintenance was promptly initiated.

## Culinary Update

We will soon be introducing our new Always Available Menu, featuring several popular resident-requested items and menu updates. Please watch for an upcoming flyer with details regarding the implementation date and the exciting changes to come. We would also like to welcome Leslie, our newest Veranda server, to the team. Leslie has already proven to be a valuable addition, and we are delighted to have her join us. We look forward to the positive contributions she will bring to our dining services team.



## Meet the Team!

### Leslie Hernandez

Where are you from?: Chihuahua, Mexico

What is your favorite food?: Sushi

Why do you enjoy working here?: I really like the work environment and enjoy interacting with the residents and getting to know them.



- Riddle Me This Answers:
1. A bottle
  2. An egg
  3. A clock, When it is 9 a.m., adding 5 hours would make it 2 p.m.
  4. 1, 2, and 3 (1 + 2 + 3 = 6 and 1 x 2 x 3 = 6)
  5. A pillow
  6. An echo

# Did You Know? Berries

- ❖ One study showed that blueberries, blackberries, and raspberries have the highest antioxidant activity of commonly consumed fruits, next to pomegranates
- ❖ May improve blood sugar and insulin response when consumed with high-carb foods or included in smoothies.
- ❖ Berries are a good source of fiber, including soluble fiber.
- ❖ Are low in calories yet rich in several vitamins and minerals, especially vitamin C and manganese.
- ❖ Berries have strong anti-inflammatory properties; chronic inflammation is believed to contribute to conditions like diabetes, and heart disease.





# Dietitian's Dish



## FEED YOUR BRAIN, FUEL YOUR LIFE

When you hear the term “brain health,” what comes to mind? Your I.Q.? What if the knowledge you retain over your lifetime can be supported by the food you eat?

As conversations around longevity and quality of life continue to grow, one topic has taken center stage: how to protect our brains as we age. While genetics play a role in cognitive decline and Alzheimer's disease, research increasingly shows us that lifestyle—especially diet—has a significant influence on brain health. The foods we eat can help reduce inflammation, support healthy blood flow to the brain, and provide essential nutrients that protect cognitive function over time.

The encouraging news is that the same foods that promote heart health also benefit the brain, making prevention both accessible and sustainable. The brain works hard for us every day. Feeding it well is one of the most impactful ways to return the favor.

While no diet can guarantee the prevention of Alzheimer's disease, strong evidence suggests that thoughtful eating patterns can significantly reduce risk. An evidence-based approach to this is called the Mediterranean-DASH Diet Intervention for Neurodegenerative Delay, or MIND diet.

*continued on next page*

## Components of the MIND Diet

In general, the MIND diet highlights plant-based foods and limits intake of animal and high saturated fat foods.

Brain healthy foods to include:

- ▶ 3+ servings a day of whole grains
- ▶ 6+ servings a week of green leafy vegetables
- ▶ 1+ servings a day of vegetables (other than leafy greens)
- ▶ 5+ servings a week of nuts
- ▶ 4+ meals a week of beans
- ▶ 2+ servings a week of berries
- ▶ 2+ meals a week of poultry
- ▶ 1+ meals a week of fish
- ▶ Mainly olive oil if added fat is used

## FOODS TO LIMIT

- ↓ Less than 5 servings a week of **pastries & sweets**
- ↓ Less than 4 servings a week of **red meat** (beef, pork, lamb)
- ↓ Less than one serving a week of **cheese & fried foods**
- ↓ Less than 1 tablespoon a day of **butter or stick margarine**

### References:

<https://nutritionsource.hsph.harvard.edu/healthy-weight/diet-reviews/mind-diet/>  
<https://www.alz.org/abam>

## FEED YOUR BRAIN, FUEL YOUR LIFE

### *continued*

While both diet patterns are well-established in their success in supporting heart health, the DASH diet and Mediterranean diet together have an equally important outcome—preserving brain health.

By emphasizing specific brain-protective foods such as leafy greens, berries, whole grains, and healthy fats, the MIND diet was intentionally designed to support memory and cognitive function as we age.

Research shows that greater adherence to the MIND diet is associated with a slower rate of cognitive decline, reinforcing it as a practical strategy for long-term brain health.

Rather than viewing this as a restrictive regimen, think of it as an investment in your future self. Food is not just fuel; it is information for the body. Each meal is an opportunity to support clarity, memory, and long-term vitality.

## RECIPE

# The Ultimate Brain Food Salad

**Whole grains + colorful plants + healthy fats = a strong mix of antioxidants**  
(like polyphenols, vitamins C & E)  
that support brain & overall health

### Ingredients (Serves 4)

#### Base:

1 cup cooked quinoa or farro (*cooled*)

#### Antioxidant Boosters:

½ cup blueberries (*fresh*)

½ cup pomegranate seeds

1 cup chopped kale (*lightly massaged*)

½ cup shredded red cabbage

1 small carrot, grated

#### Healthy Fats & Crunch:

¼ cup chopped walnuts

2 tbsp pumpkin seeds

¼ avocado, diced

#### Protein (*optional but recommended*):

½ cup chickpeas

(*roasted or plain*)

#### Dressing:

3 tbsp olive oil

1 tbsp lemon juice

1 tsp honey

½ tsp turmeric

Pinch of black pepper

(*for turmeric absorption*)

Salt to taste

### Instructions

1. Cook your grain & let it cool completely (this keeps the salad fresh & not soggy)
2. In a large bowl, combine the grain, kale, cabbage, carrot, blueberries & pomegranate seeds
3. Add chickpeas, nuts, pumpkin seeds & avocado
4. Whisk together the dressing ingredients & pour over the salad
5. Toss gently & let it sit for 10–15 minutes so flavors meld