

November

Monthly Dining Newsletter

Leadership Letter



October was a fun-filled month with plenty of activities and celebrations leading up to our Halloween party! We had a wonderful time enjoying delicious treats, plenty of candy, and an exciting costume contest. We also hosted a Taco Happy Hour Social, complete with refreshing non-alcoholic mocktails, as well as our “Nuts About You” social. During this event, we handed out honey-roasted almonds while guests enjoyed fun facts and entertaining nut trivia. Our superfood spotlight this month was pumpkin! Edwin took home the win with his delicious pumpkin pie mousse. Congratulations, Edwin! We can't wait to see what fun November has in store! With Thanksgiving and plenty of festive activities ahead, we're looking forward to another wonderful month filled with great food, laughter, and memorable moments together!

Brian Keberlein
Director of Dining Services

Duet Hospitality Group

2026



BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- We are excited to announce that reservations for our Thanksgiving Buffet are now open! If you plan to join us for this special celebration, please be sure to sign up no later than November 16th. Please remember that reservations are required. Unfortunately, we cannot guarantee seating for those who have not signed up by the deadline.
- As requested by our residents, we are now offering a rotating selection of starches on our Veranda dinner menu! We have been alternating between sweet potatoes, baked potatoes, and a variety of pasta options to bring more variety and delicious choices to your dining experience.









NOVEMBER HARVEST BRAIN TEASER

Unscramble each November word. Write the answer on the line.

1. PKMUPIN _____
2. VRAHSET _____
3. RUTYEK _____
4. CPAEN _____
5. IDREC _____
6. EVELAS _____

BONUS: What November food can be a pie, a soup, or roasted seeds?



Trainings

- Population Specific Competency: Safety, Diet, and Respect for All Ages
- Respect is the foundation of quality care and service. Every interaction—whether with colleagues, patients, or residents—should be guided by respect. Communication is the key to demonstrating respect, but effective communication requires adapting our approach to the age and needs of each individual.

Supply Chain News

Oils – Geopolitical volatility and tighter-than-expected soybean oil inventories are driving higher canola and soy oil prices, creating continued cost pressure.

• Beef – Prices remain at all-time highs due to tight supply and continued seasonal demand, with only modest relief expected later in the fall.

• Disposables – Volatility in global resin markets is increasing aluminum, PP, and PS costs, making strategic purchasing important to reduce future cost exposure.

Coming this November…

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 National Deviled Egg Day	3	4	5	6	7
8	9 Veteran's Day Brunch 10AM	10	11	12 Superfood Contest: Cranberries 2PM	13	14 National Pickle Day
15	16 Thanksgiving Reservations Due!	17	18 Soup Cook Off 11:30AM	19	20	21
22	23	24	25 Food Forum 10:30AM	26 Thanksgiving Buffet 11AM-2PM	27	28
29	30					



Operations Highlight

Operations Update

We recently installed a new steam table and update new TVs in our Skilled Nursing neighborhoods to display daily menus and dining times, improving communication and the overall dining experience for residents.

Culinary Update

We have rolled out our new Fall/Winter menu, featuring seasonal vegetables, soups, chowders, cream-based soups, and new desserts. We will also be hosting a resident menu committee to gather feedback on menu selections, preferences, and areas for improvement.





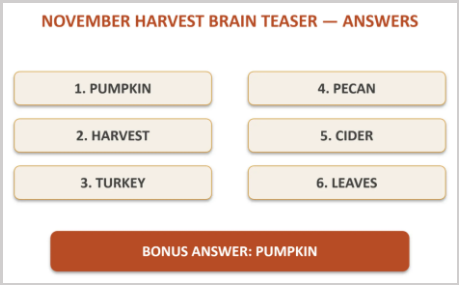




Meet the Team! Cheril Woolery

Where are you from?:
Montego Bay, Jamaica
What is your favorite food?:
Rice and peas with steamed snapper
Why do you enjoy working here?:
I love the residents. They are so kind and caring and make you feel happy to be here.





Did You Know?

Winter Squash

❤️‍🔥 **Bright color, valuable nutrients**
Winter squash is especially rich in **vitamin A**, and it also provides vitamin C and fiber. Nutrients vital in vision, immune and gut health.

🌱 **Don’t forget the seeds!**

The seeds inside winter squash can be **roasted for a tasty snack** instead of being thrown away. These seeds are rich sources of plant-based protein, healthy unsaturated fats, fiber, and essential minerals like magnesium, zinc, and iron

🫐 **One family, lots of variety**
Winter squash includes familiar favorites such as **acorn, butternut, delicata, spaghetti squash, and pumpkin**.

🍂 **Built tough**
Unlike summer squash, winter squash has a **tough outer skin and mature seeds**. Its sturdy exterior also allows many varieties to be stored for several months under appropriate conditions.

🔥 **Deliciously versatile**
Winter squash can be **roasted, steamed, or microwaved**, making it easy to incorporate into seasonal meals.





HEALTHY SIPS FOR HEALTHY AGING

Adaptogenic Non-Alcoholic Beverages: A Growing Wellness Trend for Older Adults. Adaptogens are natural ingredients found in some herbs and mushrooms that may help the body cope with everyday stress and support overall balance. Common adaptogens include reishi mushroom, ashwagandha, rhodiola, and ginseng.

These ingredients are increasingly being added to beverages and supplements, offering an option for those looking to relax and unwind. While research is ongoing, many people are interested in adaptogens for their potential to support stress management and overall wellbeing. You can learn more here: www.va.gov/wholehealthlibrary/tools/adaptogens.asp.

Adaptogen Spotlight

🍄 Reishi Mushroom	🌿 Ashwagandha	🌱 Ginseng
Reishi (Ganoderma lucidum) has been used for centuries in traditional Asian medicine. Researchers are studying its bioactive compounds for potential immune-supporting & anti-inflammatory properties. Found in teas, coffee alternatives & powdered beverage blends.	Ashwagandha (Withania somnifera) is one of the most widely studied adaptogenic herbs. Research suggests it may help reduce perceived stress & support stress resilience. Often added to wellness tonics, smoothies, & stress-support beverages.	Ginseng is a popular adaptogen often used in teas & wellness beverages. Some studies suggest American ginseng may support immune function & influence mood-related pathways. Included in herbal teas & functional beverage blends.

Where to Find Adaptogenic Beverages & Supplements

- **In wellness beverages** like herbal teas, sparkling drinks, functional sodas, mushroom coffees, matcha drinks & non-alcoholic "mocktails."
- **At coffee shops & cafés** that offer mushroom coffees, reishi lattes, adaptogenic hot chocolates, or specialty wellness drinks.
- **From grocery and health food stores** in the beverage, supplement, or natural foods sections.
- **In dietary supplements** sold as capsules, powders, tinctures, gummies, or drink mixes that can be added to smoothies, coffee, or water.

Small Daily Habits, Big Impact on Wellbeing

Smart & Safe Usage of Adaptogens

- Start with a small serving and introduce only one adaptogen at a time.
- Consult your healthcare provider if you take medications for diabetes, blood pressure, heart disease, or blood thinning.
- Monitor for dizziness, headache, digestive upset, or allergic reactions.
- Choose products from reputable manufacturers with transparent ingredient labeling.
- Adaptogens should complement healthy habits and medical care, not replace them.

REFERENCES: Cleveland Clinic Health Library; PubMed/National Library of Medicine; US Food and Drug Administration; Depart of Veteran Affairs

You don't need specialty beverages or the latest wellness trends to support your health. Often, the most powerful habits are the simplest ones practiced consistently each day.

- 💧 **Drink enough water** to stay hydrated.
- 🌞 Spend a few minutes outdoors and **enjoy natural sunlight**.
- 🚶 **Move your body** through walking, stretching, or other enjoyable activities.
- 🥗 Include **colorful fruits & vegetables** in your meals.
- 😴 Prioritize **quality sleep** and rest.
- 😊 Practice **gratitude** by reflecting on something positive each day.
- 🤝 **Connect with others** through conversation, shared meals, or acts of kindness.

Small, intentional actions can help support physical health, emotional wellbeing, and a greater sense of balance. **Wellness doesn't have to be complicated to be effective.**

At-Home Recipe Ideas

REISHI CINNAMON LATTE: 1 cup almond milk • ½ tsp reishi powder • ¼ tsp cinnamon • 1 tsp honey • **warm & whisk until frothy**

BERRY REISHI SMOOTHIE: ½ banana • 1 cup mixed berries • 1 cup milk or fortified plant milk • ½ tsp reishi powder • **blend until smooth**

SPARKLING ADAPTOGEN REFRESHER: 8 oz sparkling water • 2 tbsp tart cherry juice • ½ tsp adaptogenic beverage concentrate • orange slice • **serve over ice**

