



FEBRUARY

Monthly Dining Newsletter



Leadership Letter

Last month we had superfood oats contest. Lorena won with her French Toast Bacon Oatmeal. We had the new years day menu with surf and turf. The Elvis event in the Veranda dining room with Pb & banana sandwiches. We handed out granola bars to the whole community on the 21st and did blueberry pancakes on the 28th.

Brian Keberlein

Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ The chicken in the quesadilla was reported to have too many condiments, so we are now preparing it without them.
- ❖ We are working on getting the iced tea back that you all enjoyed.
- ❖ We are collaborating with Life Enrichment to host a special Valentine's Day dinner and music performance for your enjoyment.



Trainings

- ❖ In Good Hand- HIPAA & Resident Rights: Did you know you have the right to control who has access to your medical and other health information? Under the law, you can ask to see a copy of your health records, decide when and if they are shared, and know that unauthorized people cannot access this information.
- ❖ Burn Prevention: We can prevent burns by observing some simple safety precautions.

Supply Chain News

Beef - Beef pricing is softening into Q1 but remains elevated, with short-term relief expected through February and March.

Chicken - Chicken prices remain flat, supported by strong production, record live weights, and consistent supply that continue to balance demand.

Turkey - Turkey prices remain elevated as disease pressures continue to tighten supply, with any production recovery in 2026 dependent on improved flock health.

Seafood – Seafood pricing remains elevated due to ongoing global supply constraints, reduced quotas, and geopolitical pressures.



Duet Diversions

Valentines Day Foods Word Search

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

Words can go in any direction. Words can share letters as they cross over each other.

Candy
 Cookies
 Lobster
 Strawberries

Cheesecake
 Fondue
 Pasta
 Wine

Chocolate
 Fudge
 Steak
 Kisses

Last Months Happenings

- Events
- Elvis Movie and Snack 01/08
 - Superfood Contest: Oats 01/09
 - National Granola Bar Day 01/21
 - Blueberry Pancake Day 01/28

What's Coming Up

- Events Ahead
- Superfood Contest: Chocolate 02/06
 - Superbowl Watch Party 02/08
 - Valentine's Day Dinner 02/08
 - Teaching Kitchen: Egg Rolls 02/18

Upcoming Holidays

- Valentine's Day 02/14
- President's Day 02/16

Operations Highlight

Operations Update

- Costs Are Increasing
- Beef - Ground beef is softening but still elevated, while boxed beef remains firm through the holidays.
- Pork - prices are seasonally lower but expected to stabilize as holiday buying increases.
- Chicken - Chicken prices are steady as ample supply and soft demand balance the market.
- Oil - Soybean/canola oil is slightly lower but may rise, and EVOO remains high on crop concerns.
- Seafood - Seafood remains expensive due to tariffs, high input costs, and tight supply.
- Coffee – has seen a recent 19% increase in price.

Culinary Update

We made some changes to our always available menu. This menu is available in all areas of living here at Casey's Pond. From 7:30am – 6:30 Pm. If you don't like what is being offered in your neighborhood that day feel free to take advantage of this menu.

We have been taking feedback and adjusting recipes of the items on the 4-week cycle menu here in the Doak Walker House and in Assisted Living. If you didn't like something the first time around, give it another shot.



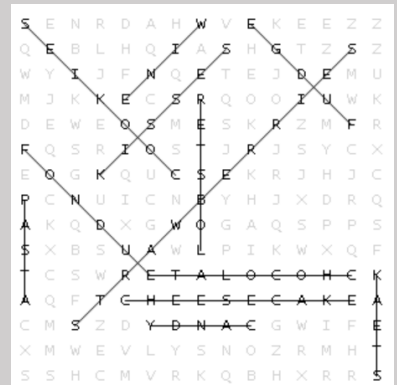
Meet the Team!

Nyla Meza

Where are you from?: California
What is your favorite food?: Bean and cheese burritos
Why do you enjoy working here?: Because the residents and my coworkers make my days better



Word Search Answers





Seed Oils: Friend or Foe?

Seed oils have been making headlines lately, leaving many people questioning whether they are harmful or heart-healthy.

Let's break down the facts.

Seed oils and vegetable oils are terms often used interchangeably; both are derived from the seeds of plants like flaxseed, safflower, and canola. They are an important source of essential fatty acids that bodies cannot produce on their own. As a result, it is necessary to obtain them through our diet.

All oils contain a mix of fats: monounsaturated (MUFA), polyunsaturated (PUFA), and saturated fats (SFA). For example, canola oil is about 63% MUFA, 28% PUFA, and 7% SFA, while coconut oil is roughly 6% MUFA, 2% PUFA, and 92% SFA.

Each type plays a different role in health. A high intake of saturated fats lead to increased risk of heart disease and stroke. Saturated fats, commonly found in animal-based products like butter and lard, should be limited.

One of the key components of seed oils is linoleic acid, found in chicken, eggs, and walnuts. As an essential omega-6 fatty acid, linoleic acid support heart health, brain function, and skin integrity when consumed in moderation.

Omega-3 fatty acids, convert to DHA and EPA, which are well known for their anti-inflammatory benefits. Rich sources of omega-3 include salmon, flax seeds, and avocado.

(continued)

Types of Fats & Oils: What's in Your Kitchen

MUFAs

monounsaturated

- Olive Oil
- Canola Oil
- Almonds/Almond Oil
- Peanut Butter
- Avocados

PUFAs

polyunsaturated

- Canola Oil
- Safflower Oil
- Flaxseed Oil
- Salmon
- Walnuts/Walnut Oil

SFAs

saturated

- Coconut Oil
- Palm Oil
- Butter
- Lard
- Meats (chicken, beef, pork)
- Full Fat Dairy

FEBRUARY 2026

ULTRA-PROCESSED FOODS

Seed oils have developed a bad reputation largely in part because they are included in most ultra-processed foods.

Ultra-processed foods are viewed negatively because they tend to be unhealthy, containing high levels of calories, sugar, sodium, and fats.

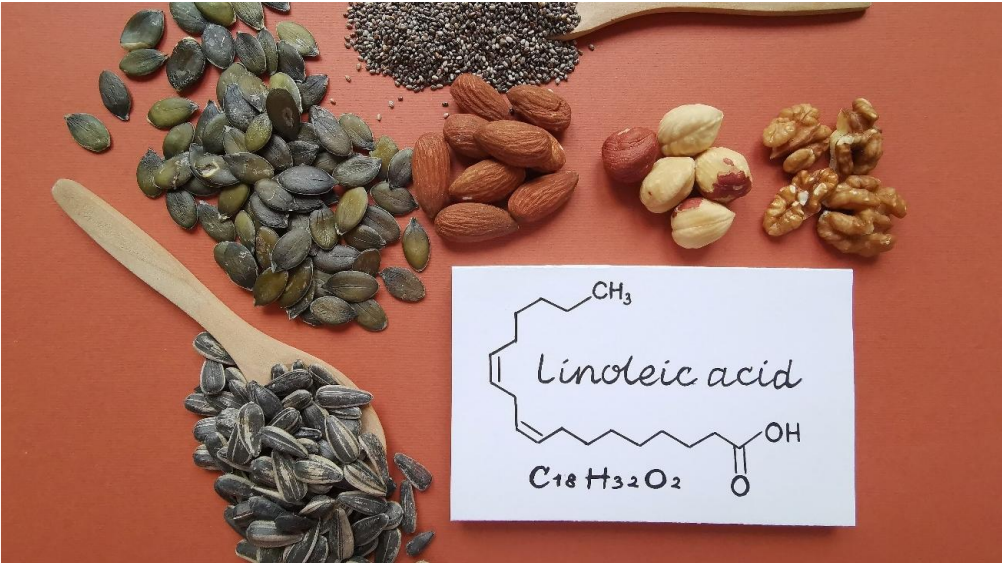
People in the United States consume over 50% of their calories from ultra-processed foods and the trend is increasing. The increase in poorer health outcomes for Americans is in large part due to the increased consumption of these convenience foods. Seed oils, alone are not contributing to poor health.

Overall, the goal is to reduce intake of ultra-processed foods.



References:

1. Table 3. [Fat Composition of Oils, Lard, Butter, and Margarine]. - Endotext - NCBI Bookshelf
2. Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association – PubMed
3. Red Blood Cell Omega-6 Fatty Acids and Biomarkers of Inflammation in the Framingham Offspring Study – PubMed
4. Five things to know about seed oils and your health
5. Nutrition Fact Check: Seed Oils
6. Ultraprocessed Foods Account for More than Half of Calories Consumed at Home | Johns Hopkins | Bloomberg School of Public Health



Seed Oils (continued)

Reducing our intake of saturated fats and replacing them with unsaturated fats, mostly PUFAs, can significantly reduce the risk of cancer and heart disease. In some randomized control trials, people making this swap were able to reduce their risk of cardiovascular disease (CVD) by 30%! Research has found that higher intake of linoleic acid may also improve blood sugars and weight management.

Additionally, tallow has gotten a lot of buzz in the media recently, it is important to note that replacing seed oils with

alternatives like tallow is not recommended. Tallow, which is rendered from animal fat, is high in saturated fats and can put us at risk for poorer health outcomes and increased CVD.

Bottom line: Seed oils provide essential nutrients and can be part of a healthy, balanced diet. Moderation and variety remain key to supporting overall health.

