



JULY
July

Monthly Dining Newsletter

Leadership Letter

Summer has officially arrived, and we're excited to spend as much time as possible enjoying our beautiful main patio! To kick off the holiday weekend, join us for our Fourth of July BBQ on Friday, July 3, from 11:30 a.m. to 1:00 p.m. on the main patio. We look forward to celebrating with great food, good company, and plenty of summer fun. We've also made a few updates to our Always Available Menu. In addition to some menu changes, we've printed the new menus on larger paper with a larger, easier-to-read font. Mark your calendars for our next Superfood Contest on July 10! This month's featured superfood is stone fruit, so we're looking forward to seeing some delicious and creative recipes. A big congratulations to Raheim, who won last month's Superfood Contest with a wonderful Berry Cheesecake Parfait! Thank you to everyone who participated. Here's to a fun-filled July and a wonderful summer together!

Brian Keberlein
Director of Dining Services





BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ Our residents have requested that all servers wear name tags so they can be easily identified. In response to this feedback, we are now requiring all serving staff to wear their name tags every day while on duty to ensure residents can quickly recognize and address team members.
- ❖ Our residents have expressed that they enjoy ice cream socials, so we are committed to hosting at least one ice cream-themed event each summer month. To date, we have offered chocolate and vanilla soft serve socials, and this month we will be hosting a Hot Fudge Sundae Social to continue providing enjoyable opportunities for residents to gather and socialize.



Duet Diversions



Spot the Differences!

Can you find the 6 differences between these two photos?

Answers on pg. 4



Trainings

- ❖ **Hazard Communication: Look, Think, Stay Safe-** We can identify common types of chemical hazards, read and interpret chemical labels and pictograms, use Safety Data Sheets, and know when and how to wear PPE.
- ❖ **Culture of Belonging: Respect n Action: The 12 Rules of Respect** are most effective when they become part of our everyday interactions.

Supply Chain News

Seafood – markets remain mixed, with whitefish prices staying elevated due to reduced quotas, supply constraints, and strong demand, while shrimp markets continue to soften following tariff relief.

Oils – remain under upward price pressure as geopolitical volatility and tighter-than anticipated soybean oil inventories continue to drive elevated canola and soy oil markets.

Disposables – facing cost increases amid global resin market volatility linked to Middle East conflict, with rising aluminum, PP, and PS costs and suppliers signaling additional price increases beginning in July

Coming this July...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 3 rd of July BBQ 11:30AM-1PM	4 Independence Day 
5	6 Fried Chicken Day	7	8	9	10 Superfood Contest: Stone Fruit 2PM	11
12	13	14	15	16 National Ice Cream Day	17	18
19 World Cup!	20	21 Hot Fudge Sundae Social 3PM	22	23 National Hot Dog Day	24	25
26	27	28	29 Food Forum 10:30AM	30 Chips & Guacamole 2PM	31	

Operations Highlight

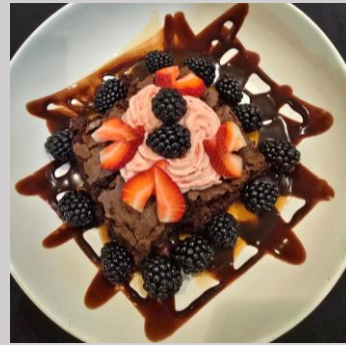
Operations Update

As many of you know, we are currently experiencing a staffing shortage. Our team is working hard each day to provide the best dining experience possible, and we truly appreciate your patience, understanding, and kindness as we navigate this busy time. You may notice some new faces in the main kitchen in the coming weeks as we welcome additional team members to help support our dining services.

Culinary Update

A friendly reminder: if you plan to dine with guests, please make a reservation by calling the Bistro or by letting one of our servers know. We kindly ask that guest reservations be made **at least one day in advance** whenever possible. This helps our team prepare and ensures we can provide the best experience for everyone.

Thank you for your continued support and cooperation—we truly appreciate it!



Meet the Team!

Aaron Hernandez

Where are you from?: San Antonio, Texas

What is your favorite food?: Chicken Alfredo

Why do you enjoy working here?: I enjoy working here because I value my colleagues and appreciate the positive, collaborative work environment.



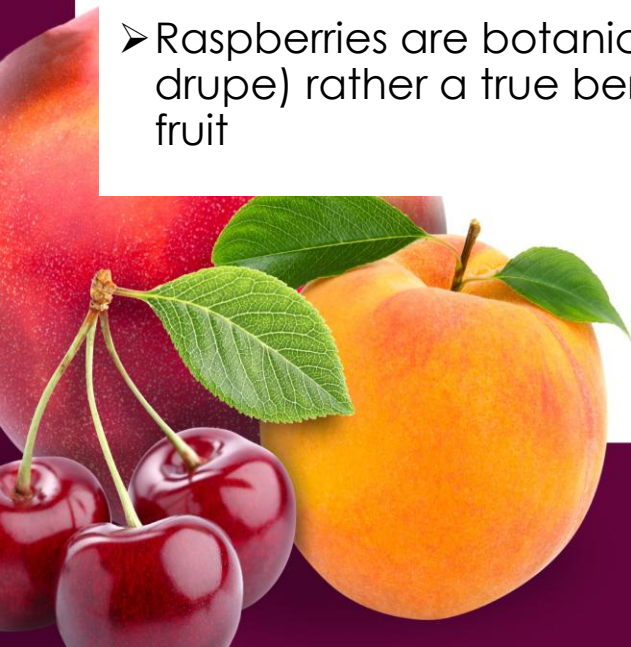
Charcuterie search answer
Clockwise from top left:

1. The corkscrew is longer.
2. Grape added.
3. Hole in wooden handle deleted.
4. Cheese knife handle is darker.
5. Almond is missing
6. Red wine changed to white wine.

Did You Know!

Stone Fruits

- Stone fruit is a category of fruit featuring a thin skin, soft and juicy flesh, and a large, hard central pit or "stone" that houses the seed. Most peak in the summer and are excellent sources of dietary fiber, vitamins A and C, and antioxidants.
- They can help improve gut health. They are excellent sources of both soluble and insoluble dietary fiber, which regulates blood sugar, lowers cholesterol, and prevents constipation.
- High potassium levels—especially in cherries—help naturally regulate blood pressure, while compounds like those found in peaches aid in regulating cholesterol levels.
- A study in 1,303 people with gastroesophageal reflux disease (GERD) found that those who ate apricots daily experienced improved digestion and significantly fewer GERD symptoms, compared to those who did not.
- Carotenoid-rich foods like peaches may protect against heart disease, type 2 diabetes, and certain cancers, including of the prostate
- Raspberries are botanically considered a stone fruit (or a drupe) rather a true berry. Coconuts are also a stone fruit



Dietitian's Dish

HYDRATION: WHY IT MATTERS



Drinking enough fluids is one of the easiest ways to help your body stay healthy. Water helps your body in many important ways every day.

Adequate fluid intake helps maintain a comfortable body temperature and supports joint mobility. Fluids also serve as a transport system for vitamins, minerals, and nutrients, ensuring organs can effectively do their jobs

For many people, getting enough to drink can be hard— and it can be more challenging as we get older. That's why paying attention to hydration is so important.

Staying well hydrated can be harder as we get older for several reasons:

- We naturally lose some muscle as we age. Muscles help hold water in the body, so having less means the body does not store as much fluid.
- Many people don't feel as thirsty as they used to, so they may forget to drink even when their body needs fluids.
- Some medications can cause the body to lose more fluid.
- Some people may need help holding a cup, remembering to drink, or getting beverages during the day.

How Much Water?

For most people, the recommendation is about 1 oz of water for every 2 pounds of body weight, or a minimum of 6 cups (48 ounces) a day.

120 pounds → 6.5 cups

180 pounds → 10 cups

You may need more fluids if you are exercising, taking certain medications, or are sick with symptoms of fever, diarrhea, or vomiting.

Foods with high water content count toward your daily total – think fruits, vegetables, soups, popsicles, and gelatin.

July 2026

DEHYDRATION: SIGNS & SYMPTOMS

- ▲ Dry mouth
- ▲ Headache
- ▲ Dizziness
- ▲ Fatigue
- ▲ Irritability
- ▲ Confusion
- ▲ Constipation
- ▲ Decreased urination
- ▲ Dark or cloudy urine
- ▲ Rapid heart rate
- ▲ Reduced skin turgor

Severe dehydration can lead to extreme consequences.

- ▲ Urinary tract infections
- ▲ Kidney damage
- ▲ Falls with injury
- ▲ Seizures
- ▲ Coma
- ▲ Death

Intentionally plan fluid intake throughout the day to help prevent dehydration. **Carry a water bottle** with you, **set an alarm** to remind yourself to drink, or **track intake** until you're successfully meeting your fluid needs.

Do what works best for you!



Delicious Drinks for Warmer Months

When plain water doesn't hit the spot, try one of these tasty alternatives.

→ Sparkling Water

→ Unsweetened Teas

Black, green or herbal teas can be enjoyed hot or iced, and many brands offer delicious blends like mint green tea or blackberry hibiscus tea that offer flavor without extra calories

→ Infused Water

Add fruit, veggies or herbs to chilled water for up to 24 hours. After removing fruit, infused water may be kept in the refrigerator for up to 3 days. Frozen fruit works great for this!

Here are some ideas to get you started:

- ✓ Strawberry + basil + lemon 🍓 🌿 🍋
- ✓ Honeydew + cucumber + mint 🍈 🥒 🌿
- ✓ Raspberry + mango + ginger 🍓 🥭 🌿
- ✓ Watermelon + lime 🍉 🍋
- ✓ Orange + rosemary 🍊 🌿

References:

- <https://www.cedars-sinai.org/health-library/diseases-and-conditions/d/dehydration.html>
- <https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>
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