



MAY  
*May*

## Monthly Dining Newsletter

### Leadership Letter



Our Mother's Day Brunch will be held this Sunday, May 10. Please be sure to make a reservation if you would like to join us. Our upcoming Superfood Contest will take place on May 8, featuring fermented foods prepared by our culinary team. We would also like to congratulate our newest server, Raheim, who won our most recent Superfood Contest. The theme was leafy greens, and his winning dish was a shrimp spring wrap with peanut sauce. We will host a memorial day BBQ and weather permitting, we will have it on our back patio. The always available 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.

Brian Keberlein  
Director of Dining Services

BE THE BEST PART OF SOMEONE'S DAY.

## We Heard You!

- ❖ Our residents requested a greater selection of fruits and a wider variety of vegetables, which we have incorporated into our new spring and summer menu.
- ❖ We have received several requests for a wider variety of ice cream, which we are addressing by offering a rotating flavor aside from our 3 always available flavors.



## Duet Diversions

### Cryptogram

A	B	C	D	E	F	G	H	I
	11							18
J	K	L	M	N	O	P	K	R
					12			
S	T	U	V	W	X	Y	Z	
				23				

### May message

			I	
16	19	13	18	7



		O				
22	10	12	23	26	13	22



B		I						
11	13	18	24	6		3	16	20

		O	W			
22	10	12	23	26	13	22

Each letter in the message to the right has been replaced with a number.

Use the cryptogram above to help try and decipher the May message.

Message answer on page 4.





## Trainings

- ❖ The 9 Most Common Allergens and Protecting our Guests. After completing this session, our associates will be able to identify the top 9 allergens, recognize common mistakes leading to exposure, identify the symptoms of an allergic incident, and how to respond to an allergic incident.
- ❖ Cut Prevention: Embrace safety with properly sized cut-resistant gloves when using or handling a knife or any sharpedged equipment.

## Supply Chain News

**Beef** – Prices beginning to rise as we approach spring and summer seasonal demand. Beef remains elevated over prior years and is expected to continue to be impacted by tight supply.

**Seafood** – Expect shrimp and tilapia price relief over the next few months due to India tariff reduction. Commodity finfish to remain elevated.

**Turkey** – prices remain elevated following multiple years of HPAI-related losses, though early indicators of improving production suggest potential stabilization if disease conditions continue to ease.

## Coming this May...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 IL Happy Hour	2 Kentucky Derby World Tuna Day
3	4 Star Wars Day	5 Cinco De Mayo Party 2PM	6 National Nurses Week Begins	7 Grove Happy Hour	8 Superfood Contest: Fermented Food 2PM	9 National Moscato Day
10 Mothers Day Brunch 11AM-2PM	11	12 International Nurses Day	13 National Apple Pie Day	14 Yom Yerushalayim Grove Happy Hour	15 IL Happy Hour	16 National BBQ Day
17 National Walnut Day	18	19	20 National Quiche Lorraine Day	21 Shavuot Begins Grove Happy Hour	22 IL Happy Hour	23
24 Indianapolis 500	25 Memorial Day BBQ 11:30AM-1:30PM	26	27 Food Forum 10:30AM	28 Grove Happy Hour	29 IL Happy Hour	30
31						

# Operations Highlight

## Culinary Update

- Our fryer was temporarily out of service for several days, during which we were unable to offer fried food options. We are pleased to report that it is now fully operational.
- We are currently in week three of our four-week spring and summer menu cycle and will continue to adjust as needed based on resident feedback.

## Operations Update

### May Price Changes:

- Burger Maker Beef 3-5% price increase
- Nathan's Famous Hot Dogs 3-5% price increase
- Smithfield Bacon 3-5% price increase
- Handgards Gloves 3-5% price increase

### May Price Changes:

- Savor Brands Sauces 3-5% price decrease
- McCormick Spices 1-2% price decrease
- Kraft Heins Cream Cheese 1-2% price decrease
- Lipton Teas & Infusions 1-2% price decrease



## Meet the Team!

Where are you from?: Clerendon Jamaica  
What is your favorite food?: Stew peas and plain rice  
Why do you enjoy working here?: Because it's a place where I feel I can contribute meaningfully while continuing to grow. The team environment is collaborative, and I appreciate how ideas are taken seriously regardless of role. I've also found that the company's focus on something specific innovation, customer service, quality, etc. Aligns well with how I like to work. It makes the work feel more purposeful, not just like going through the motions.

## Raheim Barnes



May Message  
Answer:

April Showers,  
Bring May Flowers

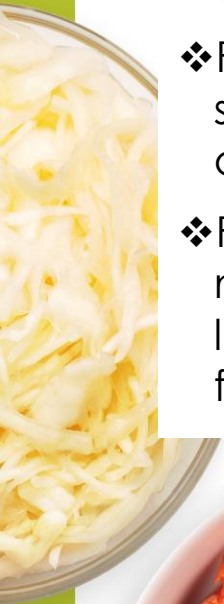
# Did You Know?

## Fermented Foods

- ❖ Fermentation is a natural process through which microorganisms like yeast and bacteria convert carbs — such as starch and sugar — into alcohol or acids. The alcohol or acids act as a natural preservative and give fermented foods a distinct zest and tartness.
- ❖ Fermentation also promotes the growth of beneficial bacteria, known as probiotics.
- ❖ There is evidence that supports fermented food's ability to help reduce symptoms associated with GI discomfort and distress.
- ❖ Fermented foods can increase your immune systems response to infections like the common cold due to its high anti-biotic content.
- ❖ Fermentation helps break down nutrients in food, making them easier to digest. As a result, those with lactose intolerance are generally fine eating fermented dairy like kefir and yogurt.

### Common Fermented Foods

- Kefir
- Sourdough bread
- Sauerkraut
- Kimchi
- Cheese
- Beer
- Yogurt





# Dietitian's Dish



## WOMEN'S HEALTH

The foundation of lifelong health for women begins with a food-first approach – choosing a variety of vegetables, fruits, whole grains, low-fat, or fat-free dairy, and lean proteins to meet daily vitamin and nutrient needs. As women age, our nutritional requirements shift, making it important to adapt eating habits to support overall wellbeing.

By eating healthy several disease factors can be lessened or eliminated. An interesting fact is 1 in 3 women over age 50 will experience a broken bone due to osteoporosis. However, this disease where bones become thin, weak, and brittle

does not need to be part of our aging process. There are several steps to help maintain bones and keep them strong.

Women over the age of 50 should aim to get 1,200 mg of calcium each day. Check nutrition panels on food for the daily value (DV). Calcium is often shown as a percentage of DV, which is based on the recommended 1000 mg per day. For optimal calcium absorption it is best to space out your calcium intake each day, in smaller doses of 500mg or less. Dietary sources include low fat dairy, leafy greens, fatty fish, and fortified foods.



A recent study indicates that women who go out with their close friends feel more energized, confident, and emotionally balanced. It is believed that the time spent together helps the brain release oxytocin, the “bonding hormone”, which creates connection and lessens anxiety.

Togetherness also helps boost your spirit of happiness as serotonin levels are increased.

**Take time this month for Ladies' Night!**



## SELF CARE

Often as women we find ourselves as caretakers, which at times can lead to putting everyone else's needs before our own – children, grandchildren, spouse, parents, friends and pets. The idea of “put your own oxygen mask on first before helping others” (as stated as part of the safety measures before a flight) is not a selfish idea. It is necessary to take time for ourselves.

Chronic stress can lead to health issues. Find time each day to do something you enjoy. Take a short walk, enjoy a cup of herbal tea, read a good book, spend time in nature, or take a break from social media.

**Whatever it is that YOU enjoy!**



### References:

Dietary Supplements and Women's Health Academy of Nutrition and Dietetics; Published: September 28, 2020; Reviewed: January 30, 2023

Talker Research (2025). Women's Social Recharge Study.

Harvard Health (2023). The Psychology of Friendship and Stress Relief.

Psychology Today (2024). Why Connection Heals the Mind.

strongbonesandme.org



## WOMEN'S HEALTH

Vitamin D is crucial as it enables your body to absorb calcium from foods. For women aged 50 and older, the recommended daily intake of vitamin D is between 800 and 1,000 IU, while the daily value (DV) is set at 400 IU.

The 3 main ways to get vitamin D are sunlight, food, and supplements. Food sources include fatty fish, eggs, and fortified milk. Although sunlight is a natural source of vitamin D, factors such as location, season, and sunscreen use can affect how much your body produces.

When it comes to maintaining bone health, regular exercise is necessary to increase bone strength and density. It also helps to prevent osteoporosis or future fractures even for those already living with osteoporosis.

Recommended weight-bearing activities to build bone density include

walking, dancing, jogging, tennis, hiking, and stair climbing.

Balance and strength exercises including Pilates, Tai Chi, yoga, and weight training improve stability and decrease the chance of falls. Certain weight-bearing activities and resistance exercises can help strengthen or preserve bones and the muscles around them.

Exercise is important not only for bone health but also for enhancing overall wellness and quality of life.

Schedule an appointment with a registered dietitian nutritionist if you want to know if your eating style is providing you with the vitamins and minerals your body needs. An RDN can evaluate your nutritional intake and make recommendations to help make better eating choices. In addition, an RDN can help you determine if a dietary supplement is needed.

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