



MARCH

Monthly Dining Newsletter



Leadership Letter

Last month we had superfood chocolate contest. Lorena won with chocolate flan. The superfood contest in March is Beets. Even if you don't think you like beets our amazing cooks may surprise you. We made a couple of changes in the snacks that are out each day, be on the lookout for Oreos. 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



Trainings

- ❖ Infection Prevention: Infection prevention refers to procedures implemented in a hospital or healthcare setting to control and/or minimize the spread of infections.
- ❖ Eye Protection: Approximately 65,000 cases of significant eye injury occur at the workplace each year. Most cases are avoidable if simple precautions are taken

Supply Chain News

Beef - Beef pricing continues to soften modestly into Q1 but remains elevated compared to prior years. Several suppliers implemented small February decreases (1–5%) across select subcategories, offering short-term relief without signaling a full market correction

Seafood - Seafood pricing remains elevated due to tight global supply, reduced quotas, and ongoing regulatory and geopolitical pressures. Cod and haddock are particularly impacted, with no near-term relief expected.

Oils – Oil pricing remains elevated, with slight increases tied to market conditions.

Coming this March...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Purim Begins				National Oreo Cookie Day! Oreo activities while snacking on Oreo's (2PM)	
8	9	10	11	12	13	14
	National Meatball Day			Travel to Ireland and try Irish food (3PM)	Superfood Contest: Beets (2PM)	Pi Day Assorted pies during lunch
15	16	17	18	19	20	21
Oscars Night		St. Patrick's Day Special Lunch			First Day of Spring	
22	23	24	25	26	27	28
World Water Day			International Waffle Day Food Forum (10:30AM)	Something on a stick day! (Surprise)		National Black Forest Cake Day
29	30	31				
	National Doctors Day					



Operations Highlight

Operations Update

Costs Are Increasing

- Beef - Ground beef is softening but still elevated compared to previous years
- Oil - Oil pricing remains elevated, with slight increases tied to market conditions
- Seafood - Seafood pricing remains elevated due to tight global supply, reduced quotas, and ongoing regulatory and geopolitical pressures. Cod and haddock are particularly impacted, with no near-term relief expected.
- Pork - Steady, slight decrease on some items. Belly markets are down, but other cuts shoulder, loin, etc. are trending up.

Culinary Update

We are currently working on the new Spring/ Summer menu for Assisted living and Doak Walker house. This menu will be out on April 20th. We will see some summer favorites, Corn, BBQ, citrus, fresh tomatoes, summer squash, shrimp, and crab cakes. I am trying to make a nice salad once a week for lunch. I have put taco salad and cobb salad on the menu.



Meet the Team!

Norton Pottinger

Where are you from?: Jamaica
What is your favorite food?: Baked chicken, rice and peas, and potato salad
Why do you enjoy working here?: I enjoy the interaction with staff and residents and the ability to explore my culinary creativity



Anagram Answers

abcbag: Cabbage
bodecfner: Corned Beef
nuesinsg: Guinness
epahidrrs: Shepards Pie
ttapsoeo: Potatoes
aabrd eosd: Soda bread
btyox: Boxty
tesw: Stew
aeliybs: Baileys

Final message: "Laughter is brightest, where food is best."



Flavor & Function: Enjoying Food That Helps You Feel Your Best

Eating well doesn't have to be complicated — and it should always be enjoyable. **Flavor and Function** is all about choosing foods that taste great *and* help you feel your best every day. It's a simple way to support your health through meals that bring comfort, color, and satisfaction.

As we age, our bodies appreciate a little extra support from the foods we eat. Bright berries, colorful vegetables, yogurt, fish, herbs, and whole grains offer natural benefits like boosting energy, supporting digestion, and helping your heart and brain stay strong. These foods also add wonderful flavors, textures, and aromas that make meals more enjoyable.

The best part of flavor and function is its flexibility. Whether you enjoy familiar favorites, lighter meals, or new flavors, there are many ways to bring both taste and nourishment to your plate. A few small choices each day can support strength, comfort, and independence while keeping mealtime something to look forward to.

Food is more than fuel - it's connection, pleasure, and care. With flavor and function, each delicious bite helps support your well-being, letting you enjoy meals that nourish your body and lift your spirit.



Bell Peppers Support Immune Health

Bell peppers—especially red varieties—are nutritional powerhouses when it comes to supporting immune health. As one of the richest vegetable sources of vitamin C, a single red bell pepper can provide more than a day's worth of this essential nutrient.

Vitamin C plays a critical role in protecting the body from oxidative stress by neutralizing free radicals. This antioxidant action helps safeguard cells from damage that can contribute to chronic disease and aging. In addition, vitamin C is necessary for collagen production, a key protein that supports healthy skin, strong joints, and efficient wound healing.

Beyond its antioxidant benefits, vitamin C is a vital player in immune defense. Adding colorful bell peppers to meals is an easy and delicious way to boost vitamin C intake and strengthen the body's natural defenses year-round.

Quick Ways to Add Flavor and Function:

Boost with Berries

Add a handful of blueberries or raspberries for natural sweetness and antioxidant power.

Citrus for Brightness

A squeeze of lemon or orange zest instantly lifts flavor while adding vitamin C.

Herbs Over Salt

Fresh dill, basil, or parsley build aroma and depth without relying on sodium.

Healthy Fats, Happy Body

Avocado, olive oil, nuts, and seeds offer satisfying texture and heart-smart benefits.

Go Probiotic

Yogurt, kefir, and fermented veggies support digestive balance and add tangy, lively flavor.

Color = Nutrition

Aim for three colors per plate - more color usually means more nutrients and more visual appeal.



Blueberry Leafy Green Smoothie

Ingredients (Serves 6):

- 12 ounces plain Greek yogurt unsweetened
- 12 fl. ounces milk of choice
- 1 ½ cups frozen blueberries
- 1 ½ cups fresh spinach
- 1 banana

Instructions:

- Blend all the ingredients in a blender and serve immediately

Optional additions:

- Add ground flaxseed for additional fiber and heart healthy omega-3 fatty acids
- Add dried oats to thicken and to add fiber