



APRIL

Monthly Dining  
Newsletter

### Leadership Letter



March was a great month for us at Caseys Pond. Our Chefs competed in our monthly superfood contest. This month was seeds, and Jeff won the competition with a Lemon Poppy seed loaf. I hope you came down to the Veranda and tried it. We had some fun events this last month, St. Patrick's Day lunch menu with corned beef and shepherd's pie. We also had a fantastic Easter brunch with filet mignon, omelet station, and glazed ham.

Brian Keberlein  
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

## Our Values

### WIN THROUGH TEAMWORK

We succeed by creating a diverse and inclusive work environment that encourages every team member to learn, grow, and achieve. We support and inspire each other every day



## Trainings

- ❖ Fire and Disaster Safety: Our Emergency Management Plan  
In this lesson, associates will learn how to prevent fires, how to respond to fires according to their operation's policies and procedures, and how to respond appropriately to a disaster.
- ❖ Multigenerational: Who We Are & Effective Communication.  
Review the generations in the workplace and effective communication.

## Culinary Update

The Spring Always Available menu will be coming out in the next few weeks. Thanks for your input from the food forum. You will be seeing those changes shortly. The new cycle menu for the neighborhoods will be up and running on May 12th. We will go through a full cycle and then have a menu committee meeting to discuss dislikes and likes.



# Wellness Corner

## What are the Blue Zones?

The Blue Zones concept was founded by Dan Buettner, who studied geographical areas of the world with the highest rates of centenarians and healthy lifestyles.

It has been determined that residents of these regions reach the age of 100 ten times greater than that of the U.S. total population and have lower rates of chronic disease.

### 5 common Blue Zone principles

- ✓ **Eat mostly plant based** – Those with minimal meat consumption lived longer on average.
- ✓ **Move naturally** – Incorporating intentional movement and exercise into your daily life.
- ✓ **Down shift** – minimize stress
- ✓ **Wine at 5** – consume a glass of wine daily
- ✓ **80% Rule** - Mindful eating & stopping when your stomach is 80% full

## Last Months Happenings

### Events

- Oreo Social 03/06
- Superfood: Seeds 03/08
- Cookie and Milk Bar 03/10
- Special St. Patrick's Day Menu 03/17
- Easter Buffet 03/31

## What's Coming Up

### Events Ahead

- Superfood: Mushrooms 04/12
- Teaching kitchen 04/17
- Cherry cheesecake day 04/23
- Oatmeal cookie day 04/30

## Upcoming Holidays

- End of Ramadan
- World health day

# Operations Highlight



## Operations Update

- We have implemented a reservations list in the veranda dining room. Please select a time that works for you and arrive at that time. This will help with a smooth dining service, reduce food wait times and gaps between meal courses.
- Our kitchen remodel is complete in Creek side, Pond Side, and Grove the maintenance team will be working on mountain side next.
- Congratulate the Culinary Team!! We had our annual state survey and had ZERO deficiencies!!!!



## Meet the Team!

Shelene McCalla

Where are you from?: Jamaica

What is your favorite food?: Ackee and salt fish with roasted bread fruit

Why do you enjoy working here?: Because I am inspired with all the wonderful stories I have heard from the residents, and I enjoy spending time with them and have fun with them everyday.

