



# OCTOBER

## Monthly Dining Newsletter

### Leadership Letter



September was a breath of fresh air for all of us here at Caseys Pond!! This month we had box lunches for the trip to pearl lake, German snacks for Octoberfest, and the fondue in the grate room. On September 11<sup>th</sup> Sous Chef Nyla and Sous Chef Trevor when to Denver and competed in the Colorado Health Care Association Chef Challenge. This was a cooking competition like Chopped on the Food Network. They were given a box with mystery ingredients (impossible meat, beef demi-glace, and avocado) and needed to make a dish with those ingredients. Other ingredients were available from the pantry there. They Took home the Gold winning the competition! The dish was Salmon Roulade with mushroom and impossible meat filling, spinach, avocado puree, crispy potato.

Brian Keberlein  
Director of Dining Services

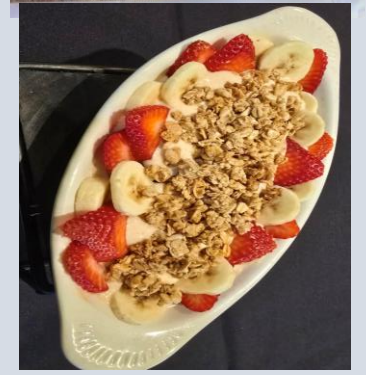




BE THE BEST PART OF SOMEONE'S DAY.

## Our Service Principles

I am always considerate and treat residents and team members with dignity & respect.



## Trainings

- ❖ Food Safety and Quality Assurance - Our number one priority is the health and safety of all associates and customers, including food safety. Each of us is responsible for food safety in our operation
- ❖ Reporting an Injury -Notify your manager immediately, even if the injury is minor, like a small cut, bump, or fall. If medical care is needed, your manager will help you get it.

## Culinary Update

We will start working on the new cycle menu for the neighborhoods will be out November 3<sup>rd</sup>. Our always available menu and the Veranda menu will also be live on November 3<sup>rd</sup>. After we run through a full one-month cycle, we will conduct menu committee meetings for all areas to get your input on items you would like to see removed and what you would like to stay on the menu. So, take notes!!



## Wellness Corner

### What's the deal with preservatives?

Food preservation has been practiced as far back as the 14<sup>th</sup> century to help store meats and fish and to prevent them from going bad, especially in countries with severe weather fluctuations, where storing foods was integral during barren months. But this has greatly changed over the years and many consumers ask: Is it ok to be eating foods with preservatives?

Natural preservation methods such as salting, smoking, using vinegar/sugar and so on, were the most common ways to preserve foods for a long time. However, demand for a greater variety of convenience items that are shelf stable has greatly increased. This has led to a need for preservation that is longer lasting and can be used on a larger scale.

Chemical and synthetic preservatives such as sodium benzoate, sorbic acids, nitrates, tocopherol, etc... can sound scary to the average consumer, but luckily, these additives have been subject to stringent safety assessments by regulatory authorities and these additives have rarely been found to have any true immunological adverse effects. These additives work by lowering harmful bacteria and helping maintain the quality of the food during processing.

Of course, as with anything, folks should practice moderation. While preservatives are added to products in quantities that are tested and verified safe for public consumption, too much of anything can have potentially harmful affects and thus you should try to consume them responsibly. All in all, while its still possible to use natural preservation methods, the advent of new(ish) preservatives have allowed us to process, store and access more foods than every before!

## Last Months Happenings

### Events

- Labor Day BBQ 09/02
- Superfood Nuts 09/13
- Fondue Happy Hour 09/25
- National taco day 10/04

## What's Coming Up

### Events Ahead

- Superfood: Pumpkins 10/11
- Fall Festival 10/16
- Ribbon Cutting 10/22
- Halloween Party 10/31

## Upcoming Holidays

- Columbus Day 10/14
- United Nations Day 10/24
- Halloween 10/31



# Operations Highlight

## Operations Update

- We have some new faces around the culinary department, so if you see a new face say hi to Ossie, Paula, and Cheril
- We have received and maintenance has installed our new garbage disposal in the kitchen



## Meet the Team!

Nyla Meza

Where are you from?: Warren, Rhode Island

What is your favorite food?: Bean and cheese burritos

Why do you enjoy working here?: The residents and fellow coworkers make my job enjoyable

