



# NOVEMBER

## Monthly Dining Newsletter



### Leadership Letter

October! This month we had a Halloween party with spooky snacks. We had witch brooms, witch hats, mummy jalapenos, and bruschetta cats. For National Taco Day we distributed pulled beef tacos all around the community. The ribbon cutting with our fall cookies and the "champagne" toast was a great moment in Casey's Pond history. Kathya won the pumpkin superfood contest with her pumpkin cheesecake. The kitchen did a board dinner here at Casey's for the new Northwest Colorado Health board members.

Brian Keberlein  
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

## Our Service Approach

- 1) A Warm Welcome
- 2) Create the Experience
- 3) Fond Farewell

A fond farewell is an essential part of continuing to strengthen our relationship with our guests.



## Trainings

- ❖ QAPI-Quality assessments have been a necessary component of healthcare organizations for many years. At Compass Group, we regularly measure the quality of food, the accuracy of meals, and the satisfaction of our patients/residents.
- ❖ Slips, Trips and Falls– Did you know slips, trips, and falls are among the top 3 accidents in the US workplace? Learn how you can prevent these injuries.

## Culinary Update

November 3rd the new cycle menu for the neighborhoods came out. Also, the new always available menu and the Veranda menu went live on November 3rd. 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!



## Last Months Happenings

### Events

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

## Wellness Corner

### 5 exercise/movement activities and their benefits

Movement/exercise	Potential calories burned in 30 min	Benefits
Running/Jogging	240-355	Breath control, cardiovascular health
Swimming	198 – 294	Low impact, full body workout
Stationary Bike	210 - 311	Low impact, lower body strengthening
Aerobic Dance	198 – 294	Lean muscle mass, mood enhancer
Rowing Machine	168 – 483	Fully body workout, core strength

## What's Coming Up

### Events Ahead

- Veteran's Day Lunch 11/11
- Superfood: Apples 11/15
- Thanksgiving Brunch 11/28

### Upcoming Holidays

- Veteran's Day 11/11
- Thanksgiving 11/28

# Operations Highlight

## Operations Update

- The kitchen equipment has been struggling this month. We are currently down a vital cooler on the cooking line. We have ordered another one and it is hopefully shipping on November 18th
- Our large mixer is also currently broken. Maintenance has ordered parts.
- And lastly the stand-up Cooler/ Freezer broke for one weekend. Maintenance has already fixed this one.



## Meet the Team!     Trey Malcolm

Where are you from?: Montego Bay, Jamaica

What is your favorite food?: Oxtail, rice and peas

Why do you enjoy working here?: I enjoying being able to spend time with the residents and getting to know them.

