



DECEMBER

December

Monthly Dining
Newsletter



Leadership Letter

This month we had a teaching kitchen with Nyla making gingerbread cookies. Jeff won the superfood contest with his apple fritter. Our traditional Thanksgiving lunch was delicious, and everyone seemed pretty happy with it. Christmas menu and reservations will be out this week. Don't forget to make your reservations.

Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.



Trainings

- ❖ Customer Service Success: Customer service is a term that means different things to different people and everyone denotes great customer service differently.
- ❖ Workplace Violence: Types and Prevention. Workplace Violence can occur at any time and in any of our locations. The safety of our team members, clients, and guests is one of our most important priorities.

Culinary Update

You will be seeing a flyer for the menu committees. We will be meeting with 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

5 Tips for a better night's sleep

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| <p>1. Switch up and organize your bedroom environment.</p> | <p>To optimize your bedroom environment, try to minimize external noise, light, and artificial lights from devices such as alarm clocks.</p> |
| <p>2. Spend time in natural sunlight during the day.</p> | <p>The results of a small 2022 study suggest that daytime bright light exposure can improve sleep quality and duration.</p> |
| <p>3. Set a sustainable and consistent sleep schedule</p> | <p>A 2020 review of 41 studies found that going to bed late or having an irregular sleep pattern negatively affected sleep quality.</p> |
| <p>4. Practice intentional and relaxing practices prior to sleep.</p> | <p>Practicing relaxation techniques before bed has been shown to improve sleep quality. Might include mindfulness, meditation or listening to music.</p> |
| <p>5. Exercise regularly</p> | <p>Physical activity guidelines for Americans recommend 150 min of exercise per week. Choose a movement activity that is fun and will help with a deeper sleep.</p> |

Last Months Happenings

Events

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

What's Coming Up

Events Ahead

- Superfood: Cranberries 12/13
- Christmas Brunch 12/25
- New Years Party 12/31

Upcoming Holidays

- Christmas 12/25
- New Years Eve 12/31

Operations Highlight

Operations Update

- The kitchen equipment has still been struggling this month.
- The large mixer is currently broken. Maintenance has ordered parts.
- The new cooler/freezer did arrive and was installed. This is installed on the cooking line to hold ingredients for the always available menu.



Meet the Team!

Cheril Woolery

Where are you from?: Montego Bay, Jamaica

What is your favorite food?:

Rice and peas with steamed snapper

Why do you enjoy working here?:

I love the residents. They are so kind and caring and make you feel happy to be here.

