



JANUARY

January

Monthly Dining
Newsletter



Leadership Letter

Jeff is the reigning and defending superfood contest champion. He won again with his chicken sandwich with cranberry sauce. Christmas and New Year's Eve went pretty well, was delicious and everyone seemed pretty happy with it. The New Years toast was grate!

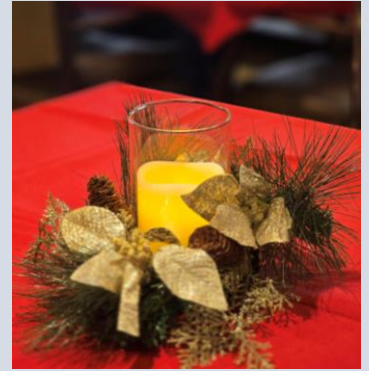
Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ We made a special menu for New Years Eve which included lobster mac and cheese and steak teres major.
- ❖ We have taken the daily meal special off the Veranda menu and will substitute more chef's specials.
- ❖ We are having a tea party in the Veranda Dining Room on January 27th, which will include tea sandwiches and a "dress code" that will be communicated by life enrichment.



Trainings

- ❖ Workplace Harassment: Know, Prevent, Report: In this CHAT, associates will define sexual harassment and other forms of harassment, distinguish between harassing and acceptable behavior, discuss how to prevent harassment and identify the steps to report harassment.
- ❖ Workplace Gossip: Don't gossip! Think before you speak and don't say anything you wouldn't want repeated, especially if it's negative.

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!



Last Months Happenings

Events

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

Wellness Corner

Nine Dimensions of Wellness

Over the next 9 months, we will highlight each category in the Nine Dimensions of Wellness.

The Nine Dimensions of Wellness are a set of evidence-based strategies to improve health and overall well-being. See below for a preview of the Nine that will be highlighted.

Emotional

Coping with, identifying, expressing, and managing an entire range of feelings effectively.

Financial

Budgeting, saving, and managing current and future personal finances.

Social

Developing a sense of connection, belonging, and a well-developed support system.

Spiritual

Seeks harmony and balance by openly exploring the beliefs and values, depth of human purpose, meaning and connection through dialogue and self-reflection.

Occupational

Preparing and making use of your gifts, skills, and talents in order to gain purpose, happiness, and enrichment in your life.

Physical

Recognizing the need for physical activity, sleep, self-care, and nutrition.

Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

Cultural

Cultural wellness indicates understanding, awareness, and intrinsic respect for all aspects of diversity.

Environmental

Interconnecting nature and self to preserve, protect, and improve the environment.

What's Coming Up

Events Ahead

- Superfood: Yogurt 01/10
- Strawberry Ice Cream Social 01/15
- Tea Party 01/27

Upcoming Holidays

- New Years Day 01/01
- Martin Luther King Jr. Day 01/20

Operations Highlight

Operations Update

- The kitchen equipment has still been struggling this month.
- The large mixer is currently broken. We have ordered another one but are waiting for it to arrive.
- Currently one of our heat lamps on the hot line are not working.
- We also have a steamwell not operational.
- We will be changing the special structure for the veranda dining room.



Meet the Team!

Henry Wallace

Where are you from?: Jamaica

What is your favorite food?: Rice and peas brown stew chicken

Why do you enjoy working here?: Because I love taking care of the residents.

