



# FEBRUARY

## February

Monthly Dining  
Newsletter



### Leadership Letter

This February we will be having superfood chocolate on the 7th. An aphrodisiac menu for Valentine's Day dinner. Later in the month of February we will have Chocolate covered strawberries to hand out in the community and a chocolate fondue party. Unfortunately, superfood was cancelled last month so Jeff is still the reigning and defending champion of the world.

Brian Keberlein  
Director of Dining Services

BE THE BEST PART OF SOMEONE'S DAY.

## We Heard You!

- ❖ We are creating chef's specials based on resident preferences. We had a sweet and sour chicken entrée that received many great reviews and have also been creating wonderful vegan and vegetarian entrées.
- ❖ We will have a special set up for Valentine's Day dinner in the Veranda dining room, dinner will begin after the piano musician is finished playing.



## Trainings

- ❖ HIPAA and Patient/Resident Rights– With this training, our associates will learn how to handle Protected Health Information (PHI), list patient/resident rights, and respectfully interact with patients/residents.
- ❖ Staying motivated in the workplace– learn best practices and tips for staying motivated in the workplace.

## Culinary Update

You will be seeing a flyer for the menu committees on the 12th of February. 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!

Eggs – Avian influenza continues to heavily impact the industry, and shortages are now expected through at least March. This is currently impacting our pasteurized whole eggs the most. So, your sunny side or over easy eggs may be affected.



## Wellness Corner

### 9 Dimensions of wellness

#### Emotional

***Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Below are 6 ways you can strengthen your emotional wellness.***

1. **Build Resilience:** Take time for yourself each day, look at problems from different angles and learn from mistakes to help you develop healthy resilience strategies.
2. **Reduce Stress:** Setting priorities, making a schedule, exercising and showing yourself compassion can all help reduce stress.
3. **Quality Sleep:** Reduce screen time before bed, sleep in dark quiet environments and avoid stimulants before bed.
4. **Build/Strengthen Social Connections:** Strengthen your existing connections with friends and family. Consider joining a hobby group, taking a class or volunteering.
5. **Coping:** Don't suffer in silence, seek support groups, and talk to friends/family when experiencing difficulties. Take care of yourself and be patient.
6. **Mindfulness:** This is the practice of taking deep breaths, sitting with yourself and experiencing your surroundings, is shown to help increase emotional wellness. Accept your thoughts and worries, but, always come back to yourself and exist in the moment.

## Last Months Happenings

### Events

- Superfood: Yogurt 01/10
  - Strawberry Ice Cream Social 01/15
  - Tea Party 01/27
- ALL CANCELLED DUE TO COVID OUTBREAK

## What's Coming Up

### Events Ahead

- Superfood: Chocolate 02/07
- Valentine's Dinner 02/14
- Menu Committee 02/12
- Chocolate covered strawberries 02/27

### Upcoming Holidays

- Valentine's Day 02/14
- President's Day 02/17

# Operations Highlight

## Operations Update

- The large mixer is currently broken. We have ordered another one but are waiting for it to arrive. Hopefully it will be here on the 10th
- We also have two steam wells that hold hot food that are not operational.
- Our heat lamp has been fixed!



## Meet the Team!

Enrique Avendano

Where are you from?: Sonora, Mexico

What is your favorite food?: Sushi

Why do you enjoy working here?: Casey's Pond is a peaceful work environment where residents are kind and friendly and I see them as family.

