



July

Monthly Dining Newsletter

Leadership Letter



Thank you all for joining us for our various events in June! We traveled to Jamaica this month and tasted the wonderful cuisine prepared by our chefs that come directly from Jamaica. We also watched as our chefs competed in the superfood contest in which Jeff won. July is looking to be just as fun and exciting. We look forward to serving you all.

Kimberly Villa
Director of Dining Services

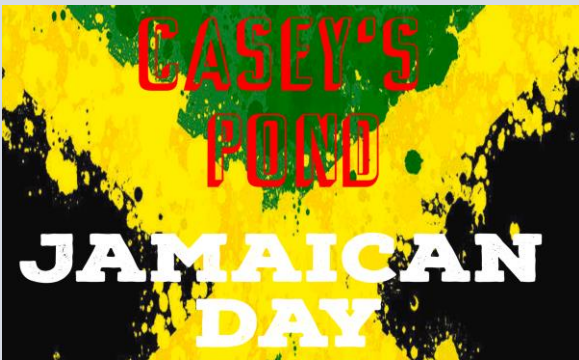
Culinary Update

The Always Available menu is up and running! The new cycle menu is also up and running, this is a much more balanced and diverse menu than our last. Some of the new items that people are enjoying seem to be, the Sloppy Joe, Rosemary Turkey Sandwich, Pork Posole Rojo, and Wedge Salad. Jeff won the Yogurt Superfood contest this month. So, look out for his dish during dinner. Supply Chain issues are currently the worst that we have seen. What we order and what we receive are two very different things right now so, you will see some substitutions being made from day to day.



- Superfood Contest: Yogurt
- Travel the World: Jamaica
- Father's Day Lunch
- Bike 4 Alzheimer's

Events



Trainings

- ❖ Covid – 19 – Impact of Covid & ways to keep staff and residents safe
- ❖ Food Safety & Sanitation – Temping food, handwashing, hairnet usage.
- ❖ Workplace Safety- Prioritizing Health & Safety

In season in *July*



Tomatoes



Zucchini



Bell Pepper



Blueberries



Green Beans



Watermelon



Blackberries



Raspberries



Plums



Chard



Cherries



Apricot



Peaches



Potatoes



Basil



Eggplant



July Facts

- July 4 is the time of aphelion, when Earth is the farthest it will get from the Sun for the entire year—specifically, we'll be 94,509,598 miles away from our bright star!
- July's birth flowers are the larkspur and water lily.
- July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.
- July 3 brings the start of the hot and sultry Dog Days of Summer!

ASSOCIATE SPOTLIGHT

Omar Edwards

Where are you from?: I am from Jamaica, in the parish of Clarendon there is a peaceful community called James Hill.
What is your favorite food?: Curried Goat w/ Rice & Peas
Why do you enjoy working here: I like working here because the residents are so loving, and it feels like home. My heart was won over by my loving co workers and kindhearted residents.



Wellness

July is Social Wellness Month!

- Social wellness refers to the relationships we have and how we interact with others.
- Having a supportive social network allows you to develop assertive skills and increase your comfort in social situations.
- The Path to Social Wellness
 - Reflect on your own social needs. Reflect on social activities you enjoy or social events you would like to become a part of.
 - Make a goal to reach out to friends, family and acquaintances to deepen relationships.
 - Join a club or organization
 - Practice active listening and participate in group discussions.
 - Practice self disclosure: work on being comfortable sharing information about yourself.



Come join us for some fun in the sun on the back patio!

WHAT'S COMING UP

Events

- 7/4 4th of July BBQ
- 7/8 Superfood Contest: Stone Fruit
- 7/19 Ice Cream Social

Special events/Holidays

- 4th of July
- July 14th Bastille Day