



# JANUARY

## January

## Monthly Dining Newsletter

### Leadership Letter



We want to thank all our residents and families for joining us for our holiday celebrations, Christmas was so much fun and New Years eve will not fall behind. Hopefully, you made it to the culinary meet and greet to welcome our two new Sous Chefs. If you could not make it, you will see the new faces of Trevor and Nyla in and around the events that we do.

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



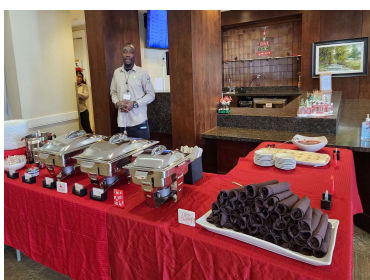
## Trainings

- ❖ Workplace Violence: Types and Prevention. Associates will be able to recognize the types of Workplace Violence and actions and behaviors to prevent the violence.
- ❖ Bullying in the Workplace: Bullying is a violation of the Company's Fair Treatment Policy and could result in disciplinary action, up to and including termination.

## Culinary Update

- We have made it through the full cycle menu for the neighborhoods. So, look out for a communication about the menu committee. We will discuss things that we like and things that would like to see changed.
- We will also have a communication go out to independent living to talk about changes they would like to see on the veranda menu.
- Blueberries- the market has leveled out and you should see blueberries back full time.
- Cheese - prices will also be on the rise. Excessive heat has had a negative impact on milk production. Tighter milk availability has created tighter cheese production. Cheddar production has seen its largest decline since 2020.





## Last Months Happenings

### Events

- 12/14 Crawford Family Christmas
- 12/15 Superfood Contest: Winter Squash
- 12/19 Culinary Meet & Greet
- 12/25 Holiday Lunch

## Wellness



### 5 Plant Based High Protein Foods

Lentils	18 grams/cup; that also provides over half of your daily fiber in a day.
Beans	15 grams/cup; and an excellent source of complex carbs, fiber, iron, folate, phosphorus, potassium, and manganese.
Green Peas	9 grams/cup; they will also offer more than 25% of your daily fiber, thiamine, folate, manganese, and vitamin A, C, and K needs.
Quinoa	8-9 gms/cup; Known as being a complete source of protein.
Wild Rice	7 gms/cup; great natural source of nutrition due to keeping its bran.

## What's Coming Up

### Events Ahead

- 12/31 Special New Years Eve Lunch Menu
- 01/12 Superfood Contest: Citrus
- 01/19 National Popcorn Day & Movie Marathon

### Upcoming Holidays

- New Years Day
- Martin Luther King Day

# Operations Highlight

## Operations Update

- Our new sandwich refrigerator is here and installed. It helps with organization and efficiency for the cooks in the kitchen.
- We have hired two Sous Chefs. Trevor who started Mid November and Nyla who started the beginning of December.
- Kimberly Villa's last day was the 26th of December. She will be greatly missed! Bulmaro Villa's last day was the 25th. He is a great loss for the kitchen team. We hope the best for their family



## Meet the Team!

### Nadia Charlton

I am from the beautiful, tropical and heavily reggae influenced island of Jamaica. My favorite food is rice and peas with baked chicken and potato salad with a refreshing glass of well blended carrot and beetroot juice. I am elated to work with the Culinary Team at Casey's Pond, because of the wealth of knowledge I am gaining from my supervisors and teammates. They are creative in preparing scrumptious and flavorsome meals for the residents. Most of all serving the residents with love, empathy and understanding adds to make the experience fulfilling. Casey's Pond appeals to the holistic development of an individual and I am blessed to be apart of such vibrant and dynamic organization.

