

April 15, 2022

# Communiqué

## Covid-19 Update and Holiday Reminders

As many Residents enjoy spending time with family members and loved ones for Passover and Easter, it is still important to remember COVID-19 best practices to help mitigate the transmission of the virus. The omicron BA.2 variant is very transmissible. Willow Valley Communities currently has 22 COVID-19 cases, 2 Team Members and 20 Residents. Most of the Resident cases are among Independent Living, and the majority are associated with travel and large group gatherings that occurred upon return from travel. Willow Valley Communities is committed to keeping our Communities safe and encourages all Residents to review the following recommendations as you plan to see others over the holiday weekend:

- Practice the following prevention measures during your gatherings to reduce the risk of viral spread:
  - ◇ Gather outdoors if possible
  - ◇ Increase ventilation if indoors. Open a window or door to circulate the air. If weather conditions do not permit an open window, opening it intermittently will reduce viral transmission.
  - ◇ Wear a mask covering your nose and mouth when not actively eating or drinking
  - ◇ Screen guests to verify that they are feeling well and do not have symptoms. If they are not feeling well, ask them to postpone their visit
  - ◇ Consider offering tests or ask your guests to test prior to arrival
  - ◇ If you are not feeling well, even vaguely feeling ill, test and consider rescheduling your plans
- Self-monitor daily for COVID-19 symptoms. Do not assume that you have a cold or allergy symptoms; instead take a COVID test
  - ◇ Many of the positive cases began with subtle symptoms that were dismissed. When you have symptoms, you are likely contagious; but, remember that you could be spreading the virus before you experience symptoms
- The WVC Testing Center continues to be available to Residents who wish to have a surveillance test or a test after a potential exposure
- Home test kits are a good resource and can be used prior to group gatherings or after potential exposures. If you have a positive result from a home test, contact Residential Nursing
- When you have symptoms, there is value in completing multiple testing while the symptoms are present

Next week, following the holidays, closely self-monitor for COVID-19 symptoms and test yourself if you do not feel well. We thank you in advance for your attention to these reminders and wish the best to you and your loved ones during this holiday season.

*Denny* — Dennis W. Griest, President

*(over please)*

# Culinary Services Menu Update

As we enter into this new spring cycle, we are excited to offer some new menu items and processes to execute your meals. We are expanding the variety of the menu while keeping balance with classic, comforting dishes. We are altering items that will be prepared in a more bespoke fashion, and expanding recipes for items like stir-fry and fajitas, in order to allow the ability to create more dishes to your liking. The spring cycle will also show some continued growth for vegetarian and plant-based diet options with a vegetarian alternative at most of the week's meals. These are some of the plant based items you can look forward to: Tempeh Italiano, Vegetable Stir Fry, Vegetable Fajita, Quinoa and Mushroom Stuffed Peppers, Mushroom/Jackfruit Cheesesteak, just to name a few.

During our menu planning, we also keep in mind allergens and intolerances of many kinds, with Gluten being one of them. Our spring cycle will feature several Gluten Friendly (GF) breakfast breads, desserts and starches throughout the week. As a reminder, brown rice is available every night along with carrots and green beans, in addition to the menu.

Beginning in May, we look forward to receiving our first harvest of local, organic product from Eagle Road Produce. This allows us to feature a variety of delicious vegetables and fruits every day.

Sourcing good, whole food, nutritious ingredients is very important in meeting our goal of providing healthy foods for everyone, regardless of your dietary needs or preferences. We continue to work diligently with all of our vendors to obtain our specified ingredients despite the supply chain challenges.

If you are interested in finding the nutrition content of our main community menus, simply go on the Resident Intranet, click on the 'Culinary Services' icon, then 'Nutrition Analysis.' Once you choose a community you can access the daily breakfast and dinner menus. By clicking on a menu item, you can bring up a nutrition facts label. You can also access foods using several allergen and nutrition filters, such as milk, gluten, low -fat etc.

For your information, here are some of our new spring menu items and descriptions:

**Coulotte** – A cut of beef from the top sirloin sub-primal which comes from the hind end of the cow. The name "Coulotte" originated from the French "Calotte" meaning cap.

**Sauerbraten** – A traditional German roast beef dish. Considered the national dish of Germany, the meat is marinated with red wine, vinegar, and spices. The vinegar and wine as well as the slow cooking process make the meat very tender and flavorful. This dish uniquely utilizes gingersnaps as a thickener and key flavoring for its sauce.

**Muesli** – A cereal that is a mixture of grains, mostly oats, nuts and dried fruit. Muesli can be served hot, similar to oatmeal, or used in the same fashion as granola. Providing great flavor with health benefits from plant proteins and dietary fiber, with little sugar, makes muesli an exceptionally valuable option to begin your day.

**Chicken Shawarma** – A dish originating in the Middle East and Mediterranean which is spiced and cooked on a spit or kebabs. Shawarma is similar to a Gyro in its preparation and accompaniments; it is served on flatbread with vegetables and a yogurt sauce.

If you have questions about our menus or would like more information, including a demonstration of the Nutrition Analysis program, please don't hesitate to contact Stephanie Sodak at 717. 464.6392 or [ssodak@willowvalley.org](mailto:ssodak@willowvalley.org) or Scott Megill at 717.464.7888 or [smegill@willowvalley.org](mailto:smegill@willowvalley.org).

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*Scott* — Scott Megill, Corporate Chef