

Your Guide to
*Senior Living Dining
and Nutrition*





Nourish to Flourish

Empower Your Golden Years with Good Nutrition

Nutrition plays a crucial role in maintaining health and quality of life for older adults and seniors. These are some of the key reasons:



Maintaining Muscle Mass and Strength:

As people age, they naturally lose muscle mass and strength, a condition known as sarcopenia. Proper nutrition, particularly adequate protein intake, helps preserve muscle mass and function, which is vitally crucial for preventing falls.



Managing Chronic Conditions:

Proper nutrition can help manage chronic diseases common in older adults, such as diabetes, hypertension, and heart disease. A balanced diet can help control blood sugar levels, blood pressure, and cholesterol.



Supporting Bone Health:

Older adults are at higher risk for osteoporosis and bone fractures. A diet rich in calcium and vitamin D is essential for maintaining bone density and reducing the risk of fractures.



Maintaining Healthy Weight:

Nutritional needs change with age, and maintaining a healthy weight is important to avoid obesity and underweight conditions. Proper nutrition helps in achieving a balanced weight.



Boosting Immune Function:

Good nutrition supports the immune system, helping older adults fend off illnesses and infections. Nutrients like vitamins A, C, D, and zinc play key roles in immune function.



Supporting Recovery and Healing:

Proper nutrition aids in faster recovery from illness or surgery. Essential nutrients support healing and help the body recover more effectively, leading to a higher quality of life.



Enhancing Cognitive Function:

Certain nutrients, such as omega-3 fatty acids and vitamins B12 and D, are essential for brain health. A well-balanced diet can help reduce the risk of cognitive decline and support brain function.

OUR DINING PROGRAMS

At The Bluffs, we employ several strategies to ensure proper nutrition for all of our residents. Contact us to learn how we keep our community healthy and deliciously happy.



At The Bluffs, food feeds more than just the body — it feeds the soul

When evaluating a senior living dining program, it's important to consider several key factors to ensure it meets the needs and preferences of your loved one. Here's a guide on what to look for:

Nutritional Quality

- OTHER COMMUNITIES:**
Does the program provide freshly made fare and well-balanced meals that accommodate special dietary needs and requirements?

- OUR COMMUNITY:**
Our program features an array of fresh choices to satisfy our residents' dietary needs, including our signature MINDful Menu, created to impact brain health and cognitive function.

Variety of Choice

- OTHER COMMUNITIES:**
Is the regular menu diverse and does it offer a host of rotating dining options to prevent resident meal fatigue?

- OUR COMMUNITY:**
In addition to our regular menu full of seasonal choices, including appetizers, salads, sandwiches, entrees, and more, our daily "Chef Selections" are special made-to-order dishes, offered as delicious potential alternatives.

Dining Environment

- OTHER COMMUNITIES:**
Is the dining area comfortable, clean, and inviting, with appropriate seating arrangements, and is social interaction encouraged, such as communal dining areas?

- OUR COMMUNITY:**
Through our restaurant-style dining, our chef-prepared meals are served by a caring staff in beautiful, carefully thought-out dining spaces, inspiring our residents to enjoy not only their meals together but also foster friendships.

Resident Involvement

- OTHER COMMUNITIES:**
Are there opportunities for residents to provide input on meals and dining experiences?

- OUR COMMUNITY:**
Our "My Recipe" program encourages residents to submit cherished recipes for inclusion on our menus.

Be Our Guest! Schedule Your Tour and Free Meal Today!





Dining that *Connects*

Dining plays a crucial role in **The Cottage**, The Bluffs of Flagstaff's Memory Care community, impacting the physical and emotional well-being of our residents.

1

Food to Remember

Proper nutrition is particularly important for those older adults living with Alzheimer's or dementia. The Cottage's dining program includes:

- **Our MINDful Menu**
Dining options created to impact health and cognitive abilities, featuring dishes that conform to guidelines developed by nutrition experts.
- **Daily Handcrafted Meals**
Freshly prepared fare using the finest ingredients, featuring food designed to help residents eat more and reduce the risk of malnutrition.

2

Connections to Cherish

By creating opportunities to engage with our residents using food, we go beyond providing a healthy diet and create another way to connect.

- **Family-style Dining**
Three homestyle meals served daily to encourage social interaction between residents and The Cottage staff members.
- **Simplified Dining Process**
A curated menu of delicious options designed to make mealtime decision-making easy and more time for socialization.

3

Senses to Stimulate

The sensory experiences of dining can stimulate cognition, evoking memories and maintaining a connection to past experiences. We encourage this through:

- **Our Spice Club**
Residents smell various cooking ingredients and discuss which recipes they could make or have made in the past.
- **"In the Kitchen" Program**
Residents help prepare ingredients for a meal which is then created in the kitchen for everyone to enjoy.

Schedule Your Tour of The Cottage and Free Meal Today!

Welcome to the *Passionate* Dining Experience



At The Bluffs, our signature **Passion Program** connects our residents to their Food and Beverage department and actively engages them in our culinary offerings. This innovative program includes:



Chef Selections

Our Chef Selections menu is full of delicious, made-to-order dishes offered at every mealtime as potential alternatives to the regular daily menu options. It is composed of five selections called “Chef Specialties,” which rotate regularly.



My Birthday Meal

A resident’s birthday is a particularly special time to celebrate. We make sure to cook or bring in their favorite meal, provide a special birthday dessert, sing to them, and provide a festive atmosphere including friends and family members.



Themed Dinner Program

Festive, multi-tiered meals that engage residents with entertainment, excitement, and plenty of unique opportunities to celebrate the fun things in life. Themed Dinners are inspired by holidays, celebrity birthdays, international cultures, world news, and community events.



MINDful Menu

Created to impact brain health and cognitive abilities, this menu features dishes that conform to guidelines developed by nutrition experts at Rush University Medical Center.



Cooking Demonstrations

Led by one of the community’s dining professionals, this demo offers residents an interactive experience, encouraging them to sample the dish and suggest future recipes.



Family & Friends Night

Once a month, our staff creates a special evening, inviting residents’ families and loved ones to join in all the delicious fun. From a Hawaiian luau to BBQ to 70s-inspired disco night and more, the mood is always good food and great times for all.



My Recipe

Residents submit cherished, personal recipes for inclusion in our monthly menus



OUR SAMPLE
MENUS
NEXT PAGE
>>

In addition to our regular seasonal menu, our **Chef Specialities** offer more daily delicious choices for our residents.



The Bluffs

OF
FLAGSTAFF

SENIOR LIVING

STARTERS

♥ House Salad

♥ Seasonal Fruit

Soup of the Day

SALADS

♥ Trio Salad

chicken salad, tuna salad, pimento cheese, crackers, fresh fruit

♥ Chef Salad

salad greens, ham, turkey, hardboiled eggs, cheddar cheese, cherry tomato, dressing of choice

♥ Chicken Caesar Salad

romaine lettuce, croutons, parmesan cheese, caesar dressing

HANDHELDS

Served with your choice of french fries, onion rings, or tater tots

Classic Burger

angus beef, american cheese, leaf lettuce, roma tomato, red onions, pickles

Chili Dog

grilled hot dog, texas-style chili, cheddar cheese, diced onion

Homestyle Chicken Tenders

crispy chicken tender, pepper gravy, texas toast

Club Sandwich

sourdough bread, sliced ham, sliced turkey, applewood bacon, lettuce, tomato

Grilled Cheese & Tomato Soup

sourdough bread, american & provolone cheese, tomato basil soup

Ultimate BLT

sourdough bread, applewood bacon, lettuce, tomato

PASTA

Spaghetti Bolognese

italian meat sauce, spaghetti pasta, fresh herbs, parmesan cheese

Chicken Penne Alfredo

grilled chicken, alfredo sauce, fresh herbs, penne pasta, parmesan cheese

ENTRÉES

Served with your choice of two sides

Country Fried Steak

♥ Grilled Salmon

♥ Grilled Chicken

Fried Shrimp

SIDES

Baked Sweet Potato

Loaded Baked Potato

Buttered Corn

♥ Steamed Carrots

♥ Broccoli

Fried Okra

♥ Sautéed Vegetables

SUGAR RUSH

Ultimate Chocolate Cake

Banana Cream Pie

Daily Cobbler *add ice cream*

Sugar Free Dessert

Blue Bell  Ice Cream

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.

♥ - MINDful Menu Choice





The Bluffs

OF
FLAGSTAFF

SENIOR LIVING

BREAKFAST

Buttermilk Pancakes

two buttermilk pancakes, applewood
bacon or sausage, two eggs cooked to order

Belgian Waffles

belgian waffle, warm maple syrup,
bacon or sausage, two eggs cooked to order

Biscuits & Gravy

buttermilk biscuits, pepper gravy,
bacon or sausage, two eggs cooked to order

French Toast

sourdough bread, vanilla custard, powdered sugar,
bacon or sausage, two eggs cooked to order

Two Egg Breakfast

two eggs cooked to order, white or wheat toast,
bacon or sausage

Breakfast Burrito

warm flour tortilla, scrambled eggs,
bacon or sausage, fire-roasted salsa

Build Your Own Breakfast Omelet

Pick your ingredients, and we'll make it just how you like!

Served with toast and your choice of hash browns or fresh fruit.

applewood bacon

cheddar cheese

red onion

sausage

bell pepper

mushrooms

fresh spinach

pickled jalapeño

cherry tomato

BEVERAGES

Coffee

Decaf Coffee

Apple Juice

Orange Juice

Cranberry Juice

Hot Tea

SIDES

Oatmeal

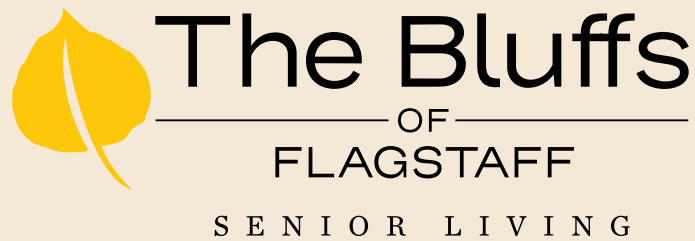
Yogurt

Fresh Fruit

White/Wheat Toast

Raisin Toast

Hashbrowns



3100 E Butler Ave, Flagstaff, AZ 86004
928-637-6000 | TheBluffsSeniorLiving.com

As a trusted part of the senior living industry, we are happy to share our expertise and connect you with one of our local professional partnerships to help guide you and answer your questions. Please feel free to contact us and see how we can help.



SCAN TO CONTACT US



FACILITY ID# AL12326C