

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
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FROM THE GRIDDLE

Buttermilk Pancakes 🌱

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

Blueberry Pancakes 🌱

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

Traditional French Toast 🌱 🌿

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

Banana Foster French Toast 🌱 🌿

sourdough bread, vanilla custard, powdered sugar, warm brown sugar bananas, applewood bacon or sausage, two eggs cooked to order

Belgian Waffles 🌱

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

Pecan Waffles 🌱

belgian waffle, toasted pecans, whipped butter warm maple syrup, applewood bacon or sausage, two eggs cooked to order



MINDful
Menu Choice



Gluten-free
Option



Vegetarian
Option

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



TRADITIONAL

Two Egg Breakfast 🌱

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

Biscuits & Gravy 🌱

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

Chicken Biscuit with Apple Butter

buttermilk biscuits, fried chicken, apple butter, served with fresh fruit

Cheese Omelet 🌱

three egg omelet, applewood bacon or sausage, white, wheat, or raisin toast

Oatmeal 🌱

old-fashioned oats, brown sugar, cinnamon, butter, served with daily pastry offering

Yogurt Parfait 🌱 🌿

vanilla yogurt, macerated berries, honey, granola, served with daily pastry offering

SIDES

Hash Browns

Applewood Bacon

Sausage

Fresh Fruit

Cold Cereal

Sourdough Toast

Wheat Toast

Raisin Toast

BEVERAGES

Coffee

Hot Tea

Apple Juice

Orange Juice

Cranberry Juice

STARTERS

House Salad 🌿🍃
salad greens, cucumbers, cherry tomato, red onions

Fresh Fruit 🌿🍃
hand-selected fresh, seasonal fruit

Soup Du Jour
chef's daily soup, made with seasonal ingredients

ENTRÉE SALADS

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

Cobb Salad 🌿🍃
salad greens, grilled chicken, bacon, diced egg, avocado, cherry tomato, blue cheese, red onion

Harvest Salad 🌿🍃
mixed greens, dried cranberries, candied pecans, sliced apple, goat cheese, raspberry vinaigrette
add chicken | add salmon

HANDHELDS

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

Classic Burger 🌿🍃
angus beef patty, american cheese, leaf lettuce, sliced tomato, red onions

Homestyle Chicken Tenders 🌿🍃
homestyle chicken tenders, pepper gravy, texas toast

Grilled Cheese & Tomato Soup 🌿🍃
sourdough bread, american & provolone cheese, tomato basil soup

Fajita Chicken Quesadilla 🌿
flour tortilla, grilled chicken, monterey jack cheese, caramelized peppers & onions, fire roasted salsa

Philly Cheesesteak 🌿
french bread, shaved beef, caramelized peppers & onions, provolone cheese


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PASTA

Spaghetti & Meatballs 🌿
spaghetti pasta, italian meatballs, marinara sauce, fresh herbs, parmesan cheese

Pasta Carbonara 🌿
spaghetti pasta, crispy bacon, english peas, parmesan cheese
add chicken

ENTRÉES

Served with your choice of two sides

Country Fried Steak
breaded beef cutlet, pepper gravy

Catch of the Day 🌿🍃
ask your server about today's selection

Gulf Fried Shrimp
crispy gulf shrimp, lemon, cocktail or tartar sauce

SIDES

Veggie Plate - Your Choice of 3 sides

Loaded Baked Potato

Baked Sweet Potato 🍃

Sautéed Vegetables 🍃

Fried Okra

Steamed Broccoli 🍃

Roasted Carrots 🍃

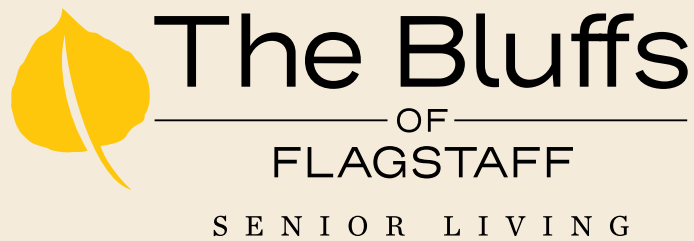
Chef's Daily Vegetable 🍃

SUGAR RUSH

Daily Cobbler
add ice cream

Sugar Free Dessert
Ice Cream





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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