



# *More Than a Menu:*

## **WHAT'S COOKING AT CEDARHURST**



# CONTENTS

Introduction .....3

Facts About Senior Nutrition.....4

Breaking Stereotypes About Senior Living Dining .....7

Dining Perks at Cedarhurst Senior Living .....10

Cedarhurst Menus .....15

A True Dining Experience .....17

Be Our Guest .....21





## Introduction

Senior living communities offer a variety of amenities and services that help residents meet their health and wellness goals. Even better, the maintenance-free lifestyle offered at senior living communities means residents can take a step back from chores or tasks that they no longer want to do every day, such as cooking.

Preparing healthy, delicious, and seasonal meals three times a day is just not always on the priority list for everyone. Being able to grab a healthy breakfast, lunch, and dinner in a senior living community's on-site restaurant means residents can skip the shopping and chopping and instead focus on putting their time and energy into activities that matter to them.

Senior living dining has evolved over the past few decades, and at Cedarhurst Senior Living communities, we have spent time adjusting our approach to dining after listening to what our residents want and need. The result is more than a menu—it's a dining experience crafted especially for the residents who call our communities home.



## *Facts About Senior Nutrition*

Older adults can struggle in the kitchen for a variety of reasons. Whether you find yourself uninspired when you are cooking for one or you aren't cooking as much because of mobility or endurance challenges, you can become at risk for a litany of nutritional deficits.

Seniors are at a greater risk to experience **foodborne illness**, dehydration, and nutritional complications that can arise from swallowing difficulties or cognitive decline. Unfortunately, without the right support and resources in place, even the most active adult can end up **losing weight, gaining weight**, or choosing processed convenience foods over healthy meals.



## Why Seniors Might Struggle in the Kitchen

There are a variety of reasons eating well can become more challenging with age, including:

- Seniors can become **less interested in preparing food and eating** when they are living alone. Meals may feel like more of a burden because they no longer provide time to connect with others.
- Age-related changes can affect **smell, taste, and appetite**, all of which are required to enjoy a good meal.
- Changes in digestion and metabolism can affect nutrient absorption and function.
- Lack of access to regular transportation can make trips to the grocery store less frequent, leading to the presence of more processed foods in the cabinets.
- Meal planning and preparation can decline as mobility challenges increase.
- Older adults are at an increased risk of chronic diseases such as diabetes, which can require a diet change. These changes may feel overwhelming to someone who is just learning to eat differently.

## The Senior Living Solution

Family members who find bare cabinets or expired food in the fridge often turn to senior living as a solution to their loved one's nutritional challenges—and for good reason. Senior living communities offer dining experiences that are personalized to suit the needs, challenges, and preferences of each individual. This translates to positive nutritional results, giving residents (and their family members) one less thing to worry about.





# *Cedarhurst*

## **Breaking Stereotypes About Senior Living Dining**

Senior living communities used to be more like hospitals than homes, and while senior living culture has evolved over the past few decades, it is common for many older adults and family members to hold biases about what they think the experience will be like.

But senior living dining is nothing like the old clichés. Instead, the food is great and the company is even better.



# Out with the Old, in with the New

At Cedarhurst Senior Living, we break the mold and are happy to showcase the reasons our dining experiences are nothing like the ones of 20 years ago.

**Old Stereotype:** Senior living food is bland and boring.

**Cedarhurst Truth:** Menus at Cedarhurst Senior Living communities are anything but boring, and every dish is crafted to be full of flavor.

## SALADS

### STRAWBERRY FIELDS

Baby spinach, goat cheese, strawberries, blueberries, and red onions, with poppy seed dressing

### CHEF'S FAVORITE SALAD

Ham, turkey, egg, romaine lettuce, shredded cheese,

cheese and choice of toast

### GRIDDLE ME THIS

Buttermilk pancakes served with butter and syrup and your choice of bacon or sausage

### SIGNATURE GRIDDLE

Blueberry and granola pancake with sweet honey and seasonal fruit

[Click to view the full menu!](#)

## SANDWICHES

All sandwiches served with choice of crispy fries, house made chips or seasonal fruit

### CEDAR CHICKEN

Garlic aioli, bibb lettuce, tomato, red onion, and pickle on brioche roll

### CLASSIC BURGER

Choice of cheese, bibb lettuce, tomato, red onion, and pickle on brioche roll

## SPECIALTIES

### MARGHERITA PIZZA

Mozzarella, tomato, and basil on crispy garlic naan bread with parmesan.

### LEMON-GARLIC SHRIMP

On a small bed of Strawberry Fields Salad

### HOUSE-MADE CRISPY CHICKEN STRIPS

Choice of dipping sauce and side



**Old Stereotype:** Residents have to eat in a loud and drab dining room.

**Cedarhurst Truth:** Cedarhurst Senior Living communities feature an on-site restaurant bustling with good conversations between neighbors. Restaurants are bright, airy, and welcoming to everyone.

**Old Stereotype:** Residents have to eat what's on the menu.

**Cedarhurst Truth:** Residents always have choices about what to eat, and not just between a few entrees.

**Old Stereotype:** Senior living dining can't meet prescribed dietary needs.

**Cedarhurst Truth:** Residents can enjoy menu options that support their prescribed dietary needs as well as their personal preferences. For instance, we support diabetic needs by using low-sugar recipes or sugar substitutes to protect residents living with diabetes, and we provide low-sodium options for those who need to limit salt intake but still want plenty of flavor.

**Old Stereotype:** I have to eat at certain times.

**Cedarhurst Truth:** Cedarhurst Senior Living communities offer dining from 7 a.m.-7 p.m., which means you can stay on your own schedule and choose to eat when it's best for you.



## *Dining Perks at Cedarhurst Senior Living*

Dining is an important part of the daily routine at any Cedarhurst Senior Living community. During breakfast, lunch, and dinner, residents gather to catch up on what's been happening on the news and in their lives, laugh over stories shared and jokes told, and compare notes on which community event to attend next.

In any Cedarhurst Senior Living community, residents have the opportunity to choose what their dining experience might look like based on the day, occasion, or how they are feeling.



## **Restaurant-Style Dining with Neighbors**

Each Cedarhurst Senior Living community has an on-site restaurant, which is often one of the most popular places for residents. Each restaurant features casual dining with neighbors, and don't worry—there's always a welcoming atmosphere. You can choose to sit by old friends or strike up a conversation with someone new by sitting at a new table.

Perhaps the best part of Cedarhurst's on-site restaurants: The open hours are from 7 a.m.-7 p.m. Compared to other communities with set dining hours for each meal, we decided to tailor our dining program to resident preferences, offering choice and flexibility for those who call Cedarhurst home. Prefer a later breakfast because you want to sleep in? No problem. Want to get an early dinner so you can run out to a family gathering later on? You've got it. From 7 a.m.-7 p.m., our doors are open for you.

## **Entertaining in the Private Dining Room**

Cedarhurst Senior Living communities want residents to feel welcome to invite friends over for a dinner party or to gather with family members to celebrate a milestone. For these moments, when the group might be too big for their apartment or if they simply don't want to worry about cooking and cleaning, the private dining room is available.



This dining space serves residents in several different ways:

- It gives residents the opportunity to entertain guests, family, or other visitors.
- Groups of residents can gather for a special event or meal, like a book club celebration or a Resident Council meeting.
- It's the perfect place for an **invitation-only event hosted by the Life Enrichment team**, giving residents with shared interests the chance to get to know one another.

Want to invite family members or other guests to dine with you at the Cedarhurst Senior Living restaurant instead of the private dining room? No problem! You can work with your community team to ensure your guests have a seat at the table too. A small fee may apply.

### **Room Service**

Although we encourage residents to enjoy the socialization that dining in the community restaurant can provide, we also understand that sometimes you just need a meal delivered to your door. If you aren't feeling well or if you simply want a moment alone, you can call to request room service, and a Cedarhurst team member will bring your meal to you. Depending on the community, a delivery fee may apply.

## **Intimate Dining Settings**

At Cedarhurst, we want to provide a positive dining experience for every resident, no matter their special needs. This comes to life in our memory care communities, where large group dining can become overstimulating and frustrating to individuals experiencing cognitive decline.

We offer a more intimate dining setting for memory care residents, creating a relaxing environment that promotes the appetite and stimulates the senses. Our smaller restaurants are designed to feel more like home, with residents gathering around a table and receiving any special physical adaptations they may need.

## **Grab-and-Go**

Every meal doesn't have to be a sit-down experience with friends. Sometimes, you need something quick and healthy, for example, when you're rushing out the door to jump on the bus for a planned excursion or when you just want something light for a meal. Cedarhurst Senior Living communities offer grab-and-go options to choose from, which are excellent for busy moments or for when you are craving something light.

## Cooking Demonstrations

We love involving our team of culinary experts in our [Living TRUE<sup>sm</sup> life enrichment programs](#), which means you are likely to find cooking demonstrations on the event calendar at any Cedarhurst Senior Living community. Cooking demonstrations are always a hit among residents, giving them the chance to watch their dining team members do what they love: make great food. You might find a demonstration for a green, immunity-boosting smoothie or a table-side guacamole demonstration for a fiesta-themed meal. In all cases, participants get the chance to watch the food be prepared and then taste it, of course.

## Local Options

We love supporting local restaurants, as well. Cedarhurst Senior Living communities plan excursions to local restaurants, bakeries, diners, and coffee shops throughout the month so residents can take their appetite on the road.





## Cedarhurst Menus

Cedarhurst Senior Living communities want every resident to enjoy a dining experience that leaves them feeling full, comforted, and cared for. The foods we prepare are carefully crafted by our dining team to be seasonal, delicious, and nutritious.

Our ***Crafted by Cedarhurst***<sup>SM</sup> program was developed based on resident input and the latest best practices in senior dining. It begins by offering multiple types of menus and entrees.



## Here's what you can expect from any Cedarhurst Senior Living community menu:

- Daily specials, developed regionally to reflect the area's culture and tastes
- Seasonal specials with freshly sourced ingredients
- An always-available menu loaded with favorites, including the ever-popular breakfast items served all day
- Health-focused choices based on different diets that might help you meet your wellness goals, such as:

### **Heart Healthy** for those especially concerned about cardiac health

- Egg white omelet with spinach, caramelized onions, and tomatoes
- Chef's favorite salad

### **Brain Boost** with superfoods that are good for preserving and strengthening cognitive function

- Strawberry field salad with spinach, goat cheese, strawberries, blueberries, and red onions
- Signature griddle with blueberry and granola pancake, sweet honey, and seasonal fruit

### **Gluten-Free** to satisfy those with gluten intolerance

- Garden salad
- Yogurt parfait or seasonal fruit
- Lemon-garlic shrimp

[Click to view the full menu!](#)





## *A True Dining Experience*

It's not just great food and a beautiful ambience that makes dining at Cedarhurst different. The real difference that sets us apart is that we aim to create a true experience for everyone who dines with us. Here's how we do it.

## **A Tailored Experience for Everyone**

We want every resident to have a dining experience that meets their expectations and their preferences. As a cornerstone of our **Living TRUE<sup>SM</sup> culture**, we tirelessly honor the needs, wants, and wishes of residents, and that rings especially true during the dining experience.

### **Our dining program is tailored in the following ways:**

- ✓ Residents have the choice of when to eat thanks to our 7 a.m.-7 p.m. open dining program.
- ✓ Residents receive any special dining adaptations they may need in order to enhance independence. This might include using special silverware recommended by an occupational therapist or sitting at a specific table to minimize distractions.
- ✓ We focus on creating a dignified experience for everyone, especially residents who might live with mobility challenges or cognitive decline.

## **Connections at Every Table**

Eating healthy food is just part of the Cedarhurst dining experience. Sharing a meal with neighbors means more time to socialize with peers, increasing physical and mental health. Our community restaurants are designed to create the opportunity for conversations around the table, and our team members are there to help facilitate connections between residents as well.



## **Alfresco Dining**

There's something extra special about enjoying a meal outside when the weather is nice. Many Cedarhurst Senior Living communities find ways to delight residents with alfresco dining opportunities, whether it's a specially packed picnic to take to a favorite local park or an opportunity to enjoy s'mores on the patio for dessert.

## **The Intersection of Quality and Convenience**

One of the benefits of living in a senior living community is the access to resources that make wellness more convenient. Our dining experiences offer nutritious food and positive connections with neighbors, all right down the hall in the community restaurant.

Dining at Cedarhurst begins with our attention to details that matter, like how you take your coffee or that you love a salad for lunch in the hot summer months. Our team members take care to get to know you and your preferences so we can recommend a dish we think you'll enjoy or point you in the direction of a new resident we think you should sit by because you share similar interests. It's this attention to detail that creates a true dining experience in any of our communities.

In addition, dining at Cedarhurst is convenient. You can find a good meal in our restaurant, or you can grab something on your way out the door. In either case, you can be confident the food you enjoy is healthy and delicious.

## **Resident Involvement in the Meal-Planning Process**

To create meals and dining experiences our residents love, we must ask our residents what they want. Each Cedarhurst Senior Living community finds ways to involve residents in the dining program, whether it is by asking for favorite family recipes we can replicate in the kitchen or learning how to make culturally important foods for residents.

Good food and dining experiences can create new memories or give us the opportunity to remember favorite people, places, and moments. We want to create meals that invite residents to remember how their grandma's apple pie tasted in the fall, as well as to share the food that is important to their history. Everyone benefits from it, including our dining team.



## Be Our Guest

Dining at Cedarhurst Senior Living communities is more than just a menu—it's an experience designed to be shared with friends.

Won't you be our guest? We'd love to invite you to enjoy a meal at our table.

**Find a community near you and schedule your dining experience today. Bon appétit!**



[CedarhurstLiving.com](http://CedarhurstLiving.com)



We are pledged through the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the Nation. We encourage and support an affirmative advertising and marketing program in which there are no barriers to obtain housing because of race, color, religion, sex, handicap, familial status or national origin.



*The Cedarhurst Promise™*

*We promise. If you're not satisfied and decide to move out within your first 60 days, we'll completely refund your rent.\**

*\*Cedarhurst Promise™ program is only available at advertised community. Not applicable for respite or other short-term stays. Refund is available only if move out is a result of dissatisfaction with Cedarhurst community as documented throughout stay. Complete rent refund includes base rent only. Additional terms and conditions may apply. Please see Resident Agreement for additional details. Void where prohibited.*