



Fresh for Spring!

Greetings, valued partners. We're pleased to share the Spring edition of the Sodexo Seniors newsletter, beginning with a video message from Zeta Smith.

This edition is focused on enhancing the experience in your community, together. We hope you find this information valuable – whether you're looking to optimize the sustainability of your operations or you're wanting support for special events for residents.

We're proud to partner with you as we continue to Elevate Senior Living. ★



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Preserving the Planet’s Resources (Our Sustainability Roadmap)

There is growing concern that many practices and industries that allow humans to work, play, eat and thrive are using up Earth’s natural resources, which is a significant problem. It is therefore crucial for all industries and companies to consider ways to reduce the impact of doing business on Earth’s resources and find ways to conduct business sustainably.

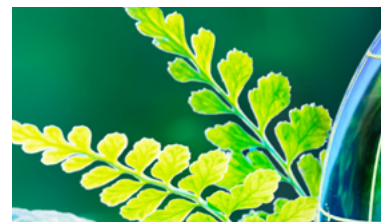
Sustainability is using natural resources responsibly to ensure that those resources are sustained for future generations and all forms of life. For Sodexo, that means conducting business in ways that minimize carbon emissions and food waste and that ensure the food we prepare and serve is sourced in sustainable ways. The largest share of Sodexo’s carbon emissions come from its supply chain, which includes commodities such as seafood, meat and dairy products, palm oil and paper. The second largest share of Sodexo’s carbon emissions are from services we provide at client sites.

Sodexo’s Approach

To reduce its carbon footprint, Sodexo is focused on reducing food waste while fighting food insecurity through its WasteWatch program. Fifteen percent of the food wasted in America would be enough to feed 25 million people per year. Sodexo’s WasteWatch program captures food waste data

on a daily basis and drives cultural and behavioral change to cut food waste generated in kitchens and left on residents’ plates. Sodexo Seniors is also reducing its carbon footprint by increasing the number of plant-based options on its menus — with a goal of making plant-based food items 33% of our menus by 2025. Besides being good for the planet, plant-based meals can lower seniors’ risk of cardiovascular disease, type 2 diabetes, overweight and obesity.

Sodexo Seniors touches the lives of thousands of residents every day. We are in a position to enact positive changes to help preserve Earth’s natural resources and ensure that they are available not only for today’s seniors but for future senior populations as well. From sustainable food choices to responsible sourcing and reducing food waste, Sodexo Seniors is making strides toward minimizing our impact on natural resources to help the planet. ★



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How Does Your Community Celebrate Events?

One of the truly great things about the United States is that Americans of all ages love to celebrate: holidays, historical events, achievements, culture, heritage, birthdays, sporting events, etc. Every month of every year provides one or more opportunities to commemorate something. And more often than not, celebrations involve an array of delicious food. Does your community make the most of these opportunities?

Elevate your dining program and optimize resident engagement by partnering with Sodexo Seniors to plan and execute activities for special events. Our team of culinary, nutrition and marketing professionals is available to provide great ideas to honor important days or special events in your community. Their assistance encompasses a number of services:

- Recipe planning and nutrition consultation
- Theme-specific menus
- Print and digital signage
- Customized calendars and graphics
- Napkin inserts and table tents
- Menu templates
- Culinary marketing ideas and promotional materials

These services are ideal for bringing residents together for holidays and events such as the following:

- Passover
- Easter
- Cinco de Mayo
- Memorial Day
- Independence Day
- Milestone birthdays
- The start of the baseball season

So look at the calendar, determine what special days are coming up and partner with your Sodexo Seniors team to plan innovative ways to commemorate the day. We can help find a way to make every month memorable for your residents, staff and visitors. ★



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MIND Your Community (The Benefits of the MIND Diet)

MIND Your Community

Alzheimer's disease and other forms of dementia impair a person's ability to think, remember, and/or engage in his or her normal routines. Despite the fact that it affects mostly older adults, dementia is not a normal part of aging. Nonetheless, more people are being diagnosed with Alzheimer's or other forms of dementia. In fact, by the year 2060, the number of people in the United States with dementia is expected to increase to 14 million. So the chance that one or more residents in your community could be diagnosed with Alzheimer's or other forms of dementia is relatively certain. But prevention strategies are the best tools available to reduce the risk of developing dementia.

Scientists are unraveling the complex details of which foods and nutrients can prevent specific human health issues. Several foods have emerged as being neuroprotective, and the Mediterranean-DASH Diet Intervention for Neurodegenerative Delay (the MIND diet) features many of them. The MIND diet is one of the most exciting advancements in dementia prevention.

The MIND-Diet Approach

Introduced in 2015, the MIND diet combines the aspects of the Mediterranean diet and the Dietary Approaches to

Stop Hypertension (DASH) diet and is designed to preserve cognitive function. The diet recommends the consumption of vegetables (especially green leafy vegetables), berries, beans, whole grains, nuts, fish, and poultry. According to research, the MIND diet — when strictly adhered to — may reduce the risk of Alzheimer's disease and other dementias by up to 53%. For people who only partially adhere to the MIND diet, the risk of Alzheimer's and other dementias is reduced by up to 35%.

In addition, studies point out that green leafy vegetables — which the MIND diet recommends consuming at least six servings a week — may be key in delaying or preventing mental decline, slashing up to 11 years from brain age in people who consume them every day. The diet is rich in certain nutrients that appear to reduce the risk of developing dementia:

- Vitamins B6, B9 (folate), and B12
- Vitamins C, D, E, and K
- Flavonoids
- Beta carotene
- Lutein
- Kaempferol

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MIND Your Community

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The synergy of these and other nutrients provide cognitive protection through their anti-inflammatory, antioxidant, and cardioprotective properties. Research indicates that they may also be effective at improving insulin sensitivity and gut microbiota. Inflammation, type 2 diabetes, and cardiovascular disease are modifiable risk factors for dementia. “Certain nutrients may play a part in delaying or even preventing the onset of cognitive decline, but it is the synergistic effect of a variety of nutrients that have the greatest impact,” says registered dietitian Mindi Manuel, Sodexo Seniors’ senior area manager of clinical support.

The sooner the MIND diet’s recommendations are implemented, the greater the chance of preventing or delaying the onset of dementia. Senior living professionals should remember that in addition to providing residents with the foods recommended in the MIND diet, social engagement and physical activity are also important in preserving cognitive health. ★



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Outsourcing Services to Elevate Your Community

Today more than ever, senior living communities are seeking ways to do more with less: less money, less staffing, less resources, etc. Yet residents and their families still expect quality services that keep them engaged, happy, comfortable and safe. What can senior living providers do to maintain the level of quality that attracted residents to their communities? Outsource.

Sodexo Seniors' integrated facilities management consolidates services and costs to create a simplified, well-established partnership with defined expectations. We deliver elevated satisfaction, enhancing your community's operations and exceeding your residents' expectations.

Sodexo Seniors has decades of experience providing expert maintenance services for senior living communities.

Our integrated facilities management program includes the following:

- Housekeeping services and preventive disinfection
- Laundry and linen services
- Maintenance services

Our facilities management staff are skilled tradespeople and caring individuals who work diligently to keep operations running smoothly and are committed to building trust. From changing a lightbulb to optimizing a complex HVAC system and everything in between, our talented staff will minimize interruptions to your operations and maximize the quality and efficiency of your services. You already rely on us for one service; try relying on us for more.

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Outsourcing Services to Elevate Your Community

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Our Facilities Management program generates opportunities for you to achieve your strategic objectives by:

Saving you money that you can then invest into revenue generating opportunities.

- Increasing community value and resident satisfaction rate.
- Improving labor and inventory costs and reducing risk-related costs. ★



Housekeeping Services & Preventive Disinfection



Maintenance Services



Laundry & Linen Services

**Thank you for reading our Sodexo Seniors Client Newsletter.
We value the partnership we have with you.**

Please let us know if you have any questions or if you have [topic suggestions for future issues.](#)



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