



NOSTALGIC *SLOW FOOD* AT CAP SANTE COURT

— By Chef Jenn Boreham —

In most homes, the kitchen is the heart. Here at Cap Sante Court we feel our kitchen is the heart of the residents' home as well. Food is a lasting comfort for most people; it is medicine for the body, mind and soul. A meal can evoke sweet childhood memories even for someone in their nineties. So I try, as their Chef, to cook as they would have been cooked for in their youth: from scratch, with seasonal, fresh, wholesome and locally sourced ingredients.

Before I came to Cap Sante Court, I worked to create entire events around meals, doing catering-type work for friends and family. By featuring food front and center, I was able to enhance the desired mood of each special occasion, whether that feeling was joy, love or peace. At Cap Sante Court, by sharing my gift and love of cooking, I am able to make LOVE palpable through the meals I offer here. I am excited to be able to work at this level of creativity for the residents and their guests at Cap Sante Court. Each week I draft a menu with a balance of hearty proteins, wholesome starches, colorful vegetables and scrumptious desserts!



It is rare within the senior living community industry to find a kitchen staff who choose to take the time to knead yeast dough, allow it to rise, shape it, have it rise again, and finally bake it to a golden brown, with the aroma filling the house just in time for a shared meal. At Cap Sante Court, we opt for *SLOW FOOD*, the way many of our residents remember it being prepared in their youth: a roast set in the early morning in a low-temperature oven that will bake gently for hours until it is tender and juicy. Hand-crafted pies, cakes, cookies and other sweet confections made to delight. Soups, stews and pasta dishes, all created with minimally-processed ingredients to bring to the table the best flavors and nutrition available!

Every meal created at Cap Sante Court is prepared with the very intentional goal of fueling our residents with healthful foods that are low in salt, unhealthy fats, preservatives and sugars. We strive to offer balance with each meal, to empower our residents to stay healthy and strong so they may continue to live as independently as possible well into their golden years.

Hearing the hush come over the dining room as residents settle into the comforting meal I have prepared, or of childhood memories that are unearthed by someone who watches me knead dough, just as their mother or grandmother did so many years ago—this is nourishment to more than just the body. The meals I craft are created to warm the spirit, to shed light on a dreary day, and to wrap each resident in a hug filled with love and admiration.