

## Speakers:

**Dr. Heather Hutchins-Wiese:** is an Associate Professor of Dietetics and Human Nutrition in the School of Health Sciences at Eastern Michigan University. She earned her PhD at Purdue University and completed a post-doctoral research fellowship at the University of Connecticut studying bone health and frailty in postmenopausal women. Her current area of research focusses on the Mediterranean diet and on factors associated with maintenance of independence in older adults.

**Nancy Barwick, MS, RDN, CD:** Dietitian on staff at Lyons Magnus and serves as the primary contact for healthcare accounts in the Midwest region. She works with chain accounts, distribution and end user customers to provide product assistance, training and solutions for their operational needs.

**Ken Wasco:** is a well known personality, speaker and ambassador of the service/hospitality industry. Ken is a Senior Marketing Manager with Gordon Food Service and a well utilized member of the National Speaker's Bureau. Ken holds 3 graduate degrees, in Management, Systems Admin and Interpersonal Communications. His expertise is in guiding participants in the discovery of innovative ways to harness the interplay between the dynamics of change, the essence of leadership, enhanced communication effectiveness and the attitudes of consumers that professions are challenged by daily.

**Jeff Koning RD:** is a Marine and turned dietitian in order to combine his knowledge of physical fitness with nutrition. He completed his undergraduate degree in dietetics from University of South Carolina and James Madison University with an internship at Medical College of Virginia. He started his clinical career at University of Virginia with Morrison Management specialists and now works for Unidine. Jeff prides himself in being an atypical district manager as he focuses on associate engagement to drive business through a number of various tactics.

**Jenny Overly, MS, RD:** Director of Nutrition, Health & Wellness for Unidine Corporation. As regional dietitian, she supports the RDs working in the field through mentorship & training. She also manages the company's monthly webinar education platform, NutritionU. Unidine is a specialty food & nutrition contract company located in Boston, MA.

**Rachel Sands, RD:** she has experience in LTC and is currently a renal dietitian with Davita Dialysis. She is a Kidney Smart Educator and working towards Board Certification in Renal Nutrition.

## CEU's

7.0 CEU's have been requested for RD/DTR & CDM

6.0 CEU's have been requested for NHA.

## Agenda

April 3, 2019

- 7:00-8:00 Registration & Continental Breakfast**
- 8:00-9:00 IDDSI – the What, How, and When**  
Nancy Barwick, MS, RDN, CD
- 9:00 – 10:00 Dishwasher to the Director: Insight on how to engage all your customers**  
Jeff Koning RD
- 10:00 - 11:00 Break & Vendors**
- 11:00-12:00 Nutrition for the Older Adult: A Focus on Frailty**  
Dr. Heather Hutchins-Wiese PhD, RD
- 12:00 – 1:00 Lunch**
- 1:00-2:00 End Stage Renal Disease – Medical Nutrition Therapy**  
Rachel Sands, RD.
- 2:00 – 3:00 F813: What does Food from the Outside Really Mean to our Food Service Operators?**  
Jenny Overly, MS, RDN
- 3:00-3:15 Break**
- 3:15 – 4:15 The “IT” Factor**  
Ken Wasco
- 4:15-4:30 Closing & Evaluation**

**Handouts will not be available at the seminar. You must provide an e-mail address to receive instructions for the download of the handouts prior to your attending the seminar**



## Registration Deadline:

Registrations must be postmarked by March 25, 2019. For registration information after this date, please speak with:

Pam Webster  
231-883-6972  
[foodaceuticals@gmail.com](mailto:foodaceuticals@gmail.com)

## Refund & Payment Policy:

Refunds minus a \$5.00 processing fee will be issued for cancellations made 48 hours in advance of the conference date.

**Registration Fee:** \_\_\_\_\_ \$100.00  
(Includes continental breakfast & lunch)

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Discounted Fees are available for the following groups:

**Student Rate:** \_\_\_\_\_ \$80.00  
(Please provide verification of student status)

**Checks or Cash only. Make checks payable to DHCC of Michigan. We are unable to accept credit/debit cards.**

## Mail registration to:

Pam Webster  
Treasurer DHCC of Michigan  
4884 S. Boone Aire Road  
Traverse City, MI 49684

Please Print Legibly

Registration Form:

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

RD CDM NHA Other

City: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

State/Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Note: Confirmation of registration will be sent via e-mail and instructions to download handouts will be sent via this e-mail. No handouts will be available at the seminar. You must provide an e-mail to receive confirmation of registration and instructions to download handouts prior to attending the conference. Mail registration to: Pam Webster, Treasurer DHCC-MI, 4884 S. Boone Aire Road, Traverse City 49684.

## Program Objectives:

Upon completion of this program the successful participant will be able to:

### **Nutrition for the Older Adult: A Focus on Frailty:**

1. Describe frailty as a condition in older adults.
2. Identify nutrients associated with the prevention of frailty.
3. Describe the Mediterranean Diet as a potential dietary pattern to prevent frailty

### **IDDSI – the What, How, and When**

1. Explain how the International Dysphagia Diet Standardization Initiative was developed and how it will improve the lives of people worldwide living with dysphagia.
2. Describe the 8 levels of viscosity and texture modifications of the IDDSI framework, and how this will affect diet orders, patient room service menus, and food preparation in the hospital.
3. Understand why it is important that diet orders are aligned with IDDSI terminology.
4. Demonstrate how to test viscosity levels of beverages and food texture modifications.
5. Identify where to go and who to contact for further information on the IDDSI framework.

### **End Stage Renal Disease – MNT:**

1. Identify the roles of the kidney.
2. Recognize the symptoms of End Stage Renal Disease.
3. Understand the differences between a Renal Diet and a Dialysis Diet.
4. Understand the benefits of transition of care between long term care facilities and dialysis clinics.

### **F813: What does Food from the Outside Really Mean to our Food Service Operators?**

1. Understand the November 2017 new regulation F813 Food from the Outside
2. Describe the intent and guidelines required to meet the regulation.
3. Identify what tools are needed to achieve compliance.
4. Identify current area of deficiency and create a plan of action to resolve.

### **Dishwasher to the Director: Insight on how to engage all your customers:**

1. Learn through deduction how to choose the right associate.
2. Learn how to set the new associate up for success.
3. Learn how to utilize tools to invest in and retain your associate.
4. Learn how to properly communicate effectively with your associate's and have them involved in decision making.

## Laurel Manor Banquet & Conference Center

39000 Schoolcraft  
Livonia, Michigan 48150  
(734) 462-0770  
www.Laurelmanor.com

Nearby hotels are listed on the Laurel Manor website

### **Questions?**

For further information or questions, please contact one of the following DHCC-M Board members:

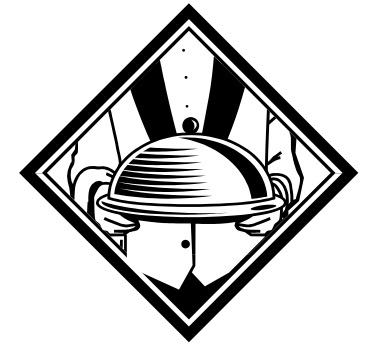
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**Attention:**  
RD, DTR,  
CDM & NHA

Dietitians in HealthCare  
Communities - Michigan  
3930 W. Hansen Road  
Livonia, Michigan 49431

# Focus on Nutrition In HealthCare Communities



April 3, 2019

Laurel Manor  
Banquet & Conference Center  
39000 Schoolcraft Road  
Livonia, Michigan

A Continuing Education Program for RDN, DTR, CDM & NHA

Presented by:  
Dietitians in Healthcare Communities  
Of Michigan

A Dietetic Group of Michigan Academy of Nutrition & Dietetics