

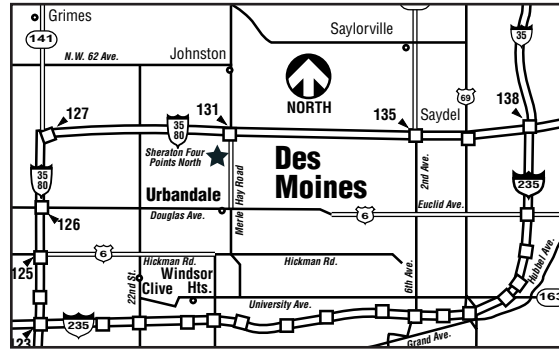
Registration Form

Lodging

Sheraton Four Points North

A block of rooms are being held until March 2 at the rate of \$62 for a standard room, 1- 4 people per room; or \$72 for an Executive king room; mention ICD 4800 Merle Hay Rd. (Exit 131)

515-278-4755 or 1-800-325-3535



DES MOINES AREA COMMUNITY COLLEGE

Mail to: Continuing Education, Bldg. 18-55 CH
2006 South Ankeny Boulevard, Ankeny, Iowa 50021

Please make checks payable to DMACC and mail to above address:

Social Security No. _____

Name _____
Last First Middle Initial

Home Address _____

City _____ State _____ Zip _____

Res. Phone _____ Bus. Phone _____

Ethnic Info. White Non-Hispanic Am. Indian/Alaskan Nat. Hispanic
 Black Non-Hispanic Asian/Pacific Islander Other/Unknown

Sex Male Female Birthdate ____/____/____

Resident of Iowa Yes No

ICD Member CRN 24255\$60

ICD Member-Late Fee CRN 24259\$70
(Postmarked after March 12th)

Non-Member Dietitian, FSS, CDM, Other CRN 24256\$75

Non-Member Late Fee CRN 24262\$85
(Postmarked after March 12th)

Student CRN 24257\$30

Check if:

Dietitian Dietary Manager Food Service Supervisor Student

LD# _____ RD# _____

If charging your tuition and fees, complete the following:

MasterCard/VISA No. _____

Expiration Date _____

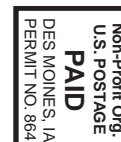
Signature _____

Required for MasterCard/VISA

For Office Use Only - By _____

Amount \$ _____ Check No. _____ Cash _____

DMACC
 DES MOINES AREA
 COMMUNITY COLLEGE
 2006 South Ankeny Boulevard, Ankeny, Iowa 50021-3993



Iowa Consulting Dietitians

Resourceful Reasoning,
Bold Approaches

Monday, March 24, 2003

Four Points Sheraton North
4800 Merle Hay Rd., Exit 131
Des Moines, Iowa

Objectives

Upon completion of this conference the participants will be able to:

1. Identify the factors that impact the outcome of lab tests.
2. Discuss the advantages and limitations of lab tests used to evaluate for changes in hydration status.
3. Discuss the advantages and limitations of lab tests used to evaluate for changes in protein status.
4. Discuss the advantages and limitations of lab tests used to evaluate for nutritional anemias.
5. Discuss the rationale behind the DRIs.
6. Identify the major differences in the DRIs for younger and older adults.
7. Identify the nutrients most likely to be limiting in the diets of older adults.
8. Identify the nutrients that should be consumed at least partially in their synthetic form (vitamin B12, folic acid).
9. Learn ways to be sure that older adults meet the requirements for calcium, vitamin D, vitamin B12, folic acid, and other nutrients through typical foods, fortified foods, and dietary supplements.
10. Discuss the benefits and methods to liberalizing diets in long term care facilities.
11. Identify the components of "Fun with Food", an ADA award-winning program at Orange City Health Systems.
12. Identify components, benefits and challenges of buffet-style dining in residential health care.
13. Learn of the successful business approach to dietary consulting.
14. Increase their awareness of the objectives of the current survey process.

Program Description

"*Resourceful Reasoning, Bold Approaches*" is the focus of the annual meeting of the Iowa Consultant Dietitians in Health Care Facilities for 2003. Dr. Mary Litchford, PhD, RD, LDN will commence the event by sharing her expertise on the laboratory assessment of nutritional status. She will discuss the advantages and limitations of laboratory tests commonly performed on the elderly. Following this, participants will hear Mary Ann Johnson, PhD address the DRIs, especially as they relate to the older adult. The afternoon will feature successful innovations happening in Iowa. Our panel will share resources and provide the reasoning behind their bold approaches. State Surveyors, Judith Walrod and Dorothy Riddle, will round out the day with an annual review of the survey process. In an effort to enhance organization, written questions may be submitted throughout the day and placed in the designated box provided at the registration desk.

Agenda

7:00 – 8:00

Continental Breakfast/Registration/Exhibits

8:00 – 8:05

Welcome

8:05 – 10:00

Laboratory Assessment of Nutritional Status

Mary Litchford, PhD, RD, LDN

Sponsored by Novartis*

10:00 – 10:30

Exhibits/Break

10:30 – 11:30

The Highs and Lows of Dietary Reference Intakes for Older Adults

Dr. Mary Ann Johnson, University of Georgia

11:30 – 12:30

Lunch/Business Meeting

12:30 – 2:15

Made in Iowa-Dietary Innovations

Anne Shaner, RD, LD (Buffet-Style Dining)

Sharon Vermeer, CDM/CFPP (Fun with Food – An Award Winning Concept)

Charlotte Kooima, RD, LD, CDE (Incorporating as a Consultant Dietitian)

Tim Winkel, RD, LD (A Corporate Approach to Liberalizing Diets)

2:15 – 2:30

Break

2:30 – 4:00

Updates from the Department of Inspections and Appeals

Judith Walrod, RD, LD

Dorothy Riddle, RD, LD

Presenters

Mary Litchford, PhD, RD, LDN

Greensboro, North Carolina

Dr. Litchford holds a PhD in nutrition from the University of North Carolina-Greensboro. She received the 2001 Ross Leadership Award for Innovations in Practice for Consultants in Health Care Facilities at ADA. Dr. Litchford is an acclaimed author, speaker and consultant to health care providers and the food industry. She has built an international reputation for her presentations, articles, books and computer software programs on nutrition and health-related topics. Her newest book is entitled **Practical Applications in Laboratory Assessment of Nutritional Status**. *Dr. Litchford is sponsored by Novartis*

Mary Ann Johnson, PhD

Athens, Georgia

Dr. Mary Ann Johnson is a Professor of Foods and Nutrition and a Faculty of Gerontology at the University of Georgia. Dr. Johnson's community service and research interests are in human nutrition and aging with an emphasis on vitamins, minerals, health, function, and age-related disease processes. She has studied nutrition in a variety of populations including centenarians, who are people aged 100 and older, older adults in personal care homes, and those receiving services from Elderly Nutrition Programs. She is examining the role of nutrition in several age-related conditions such as osteoporosis, cognitive disorders, and hearing loss. She and her colleagues maintain a website to help nutrition and health professionals with their health promotion activities targeted to these elders: Nutrition for Older Adults' Health: NOAHnet (www.arches.uga.edu/~noahnet).

Anne Shaner, RD, LD

Consultant Dietitian, Sioux City, Iowa

Sharon Vermeer, CDM/CFPP

Orange City, Iowa Health Systems

Charlotte Kooima, RD, LD, CDE

Owner, CK Consulting, Inc., Sioux Center, Iowa

Tim Winkel, RD, LD

Corporate Dietitian, Care Initiatives and Private Dietetic Consultant
Norwalk, Iowa

Judith Walrod, RD, LD

Health Facilities Surveyor with the Department of Inspections and Appeals
Somers, Iowa

Dorothy Riddle, RD, LD

Health Facilities Surveyor with the Department of Inspections and Appeals
Des Moines, Iowa

Registration Information

Mail: Mail the registration form, with your payment enclosed, to: Lois Kiester, Bldg. 18-Rm 55, 2006 S Ankeny Blvd., Ankeny, Iowa 50021. Please make checks payable to DMACC for the appropriate registration fee

Fax: 515-964-6665 (Must include credit card information)

Refund: If you wish to cancel your registration, please notify DMACC Continuing Education before Thursday noon, March 20 by calling 515-964-6686 or 1-800-362-2127, extension 6686.

For Information or Special Accommodations: If you have questions, require special accommodations or dietary needs, contact Lois Kiester at 515-964-6685 or 1-800-362-2127, extension 6685 or email: lmkiester@dmacc.edu

Continuing Education Units: : Continuing Education Units (CEUs) will be earned by everyone in attendance. The CEU is a nationally recognized measurement earned for participating in qualified non-credit programs. One unit is awarded for each 10 hours of class participation.

Professional CEUs: 6 hours have been approved for Registered Dietitians, Diet Techs, Licensed Dietitians (Provider #12), Nursing Home Administrators (IBN Provider # AP90-6), Food Service Supervisors and Certified Dietary Managers.

Registration Deadline: March 12, 2003

Fee: \$60 ICD Member Dietitian

\$75 Non ICD Member Dietitian (this will include a free year's membership if you stop at the ICD Booth at the meeting)

\$75 FSS/CDM/Other

\$70 Member late fee if registration is postmarked after March 12 or on-site registration

\$85 Non member late fee after March 12 or on-site

\$30 Student registration

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