



# Iowa Dietetics in Health Care Communities

SPRING 2021

VOLUME 10, NUMBER 4



## From the Chair...

By Deb Edwards, MS, RDN, LD  
[dledwards702@gmail.com](mailto:dledwards702@gmail.com)

It been an exciting year for IDHCC so far, even with the pandemic. Our February 19th "How To Consult" workshop drew about 70 people and was highly rated by attendees. Thanks to members who participated in the workshop and those of you who joined us via Zoom. The lectures are now on the IAND website if you missed the workshop and want to view them and earn CEU credits. At \$10 a credit hour it's a deal you shouldn't pass up! To find them click under the tab farthest to the left on the IAND website and you will see IDHCC. From there look under "Educational Webinars". You can enter as a guest with password IDHCC2021.

I'm happy to report that Stephanie Labenz, now famous for her entertaining talk on kitchen inspections at the February workshop, has agreed to step into the chair-elect role for the rest of year. Which means that she will assume the position of chair next year and we will be seeking a new chair-elect for 2021-2022. Kristen Simon-Frank has agreed to stay on as secretary, Sandy Goree has one more year as treasurer and Andrea Maher will begin her second year as event coordinator. Stephanie Johnson and Jocelyn Evans have agreed to run for senior and junior nominations chairs respectively. Kathleen Neidert will continue as our legislative liaison and Anne Sposato has agreed to stay on as newsletter editor. We will be voting for these positions at our annual meeting, so if you would like to be on the ballot please let Andrea or me know as soon as possible.

Thanks to Jocelyn Evans for contributing an article to this newsletter on oral assessment in the elderly. Jocelyn writes for Fresh Conversations, a monthly newsletter for seniors across the state of Iowa. We always appreciate member contributions to our newsletter!

Thanks also to the IDHCC dietitians who assisted to the 2021 edition of the Iowa Simplified Diet Manual. This project was a monumental undertaking in the year of COVID and the Iowa derecho. IDHCC members who contributed or reviewed the manual were Mary Sell, Andrea Maher, Jocelyn Evans, Renee Griener, Amy Mooney-Geels, and Joan Guentz. IDHCC member Christine Jacobson was one of the co-editors of the manual.

Recently I was asked by the Internship Director of the Iowa State University nutrition department Mridul Datta to help recruit dietitians to be preceptors for the next class of dietetic interns. (Please see page 3.) I see it as a win-win situation as we pass on our years of practical experience to these young interns and they share their fresh new knowledge with us.

I want to personally invite you to our Annual Meeting on April 29th and 30th. The program looks fantastic and it will be good to gather again, this time with our dietary managers. Precautions will be in place to help keep us safe but I urge you to bring a couple high quality masks and your hand sanitizer. Hopefully we will be able to eat outdoors if the weather is nice.

Finally, this newsletter will be my last. I've learned so much from the amazing women on my board and council and from you all. Thank you for the opportunity to serve as your chair in 2020-2021. I look forward to continuing on next year as past chair.

## In This Issue:

From the Chair. . . . .	1
Oral Health and Older Adults . . . . .	2
DI – MPP Preceptors Wanted . . . . .	3
Save the Date . . . . .	4
IC-HCC/Iowa ANFP Spring Conference . . . . .	4
Do You Have a Question for Our State Surveyors? . . .	7
Minutes from IDHCC Meeting . . . . .	8



## **Oral Health and Older Adults:**

Importance of oral health

Performing oral exams

## **Oral Health and Older Adults**

*By Jocelyn Evans, RD, LD*  
[jocelynpohl28@gmail.com](mailto:jocelynpohl28@gmail.com)

Oral health is important to overall well-being for persons of all ages but according to experts, focusing on oral health is critical for older adults. Proper oral health plays a key role in preventing malnutrition.

Let's explore some of the statistics showcasing the importance of oral health for older adults.

- The prevalence of cavities is more than twice as high in older adults (aged 65 and older) than in younger adults, aged 20-64.
- As many as 64% of older adults have periodontitis, a serious gum infection that damages the soft tissue and destroys the bone that supports the teeth.
- Many older adults have lost teeth throughout their lives. This may affect chewing, especially of meats, potentially lead to malnutrition.

For older adults living in long term care, it is important for the dietitian to be examining dental status during each evaluation. The best way to do this is during the nutrition focused physical exam. Because some residents may have cognitive limitations and may become overstimulated with information, instructions should be simple and short, such as "Could you open your mouth?" Be sure to always introduce yourself and help the resident feel comfortable. If the resident is unable or unwilling to open their mouth for an exam, be sure to pay extra attention to their mouth during your conversation as you may be able to observe their dentition.

For residents with dentures, it is important to know if they wear them consistently or at all. Some residents may have dentures available but may not wear them for a variety of reasons such as poor fit which causes sore gums, confusion/forgetfulness, or they may have been lost. Many times, these problems are only discovered through conversations with the resident, staff, and/or family. All too many times, dental status has a significant effect on nutritional intakes, quality of life, and even weight loss.

Many older adults may have good oral health but may still have some difficulty chewing some foods. Questions that may be appropriate for evaluating dental status during your discussion include:

- May I see inside of your mouth?
- Do you have any problems chewing or swallowing?
- Are there any foods you avoid due to difficulty chewing?
- Have you ever had any teeth pulled?
- How do your dentures fit?
- How often do you wear your dentures?
- Do you use anything to secure your dentures such as adhesive?
- Do you have any sensitivities with any foods or temperatures with your teeth while eating or drinking?

Older adults are also at risk for dry mouth or "xerostomia." The American Dental Association recommends the following for those with dry mouth:

- Sip on water or sugar free drinks throughout the day. Suck on ice chips.
- Apply lip lubricants
- Use sugar free gum and candy
- Avoid salty, spicy, dry, or hard to chew foods and limit alcohol, tobacco, caffeine
- Drink fluids with meals
- Brush and floss daily

<https://www.ada.org/en/member-center/oral-health-topics/xerostomia>

<https://health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/oral-health-older-adults-quick-tips>

<https://www.sciencedaily.com/releases/2019/09/190926114004.htm>



**DI – MPP:**

What is it?

What are the requirements?

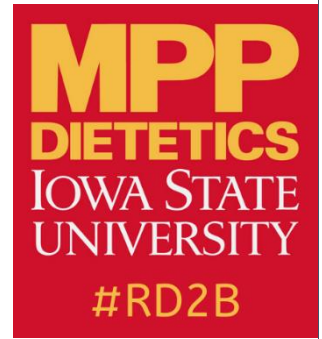


**Preceptors Wanted**

Submitted by Mridul Datta, PhD, RD, LD, FAND

**Greetings fellow Dietitians**

Iowa State University Dietetic Internship (DI) has recently been granted approval by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) to reorganize from a 6-month graduate certificate DI to a 12-month Master of Professional Practice in Dietetics (MPP) graduate degree program to train future Registered Dietitian Nutritionists, starting August 2021. We are reaching out to invite you to consider serving as a preceptor for our program to train future Iowa RDNs. Our Iowa-based enrollment is dependent on the number of preceptors we have, even more so now, since all students in the program will be completing the same supervised experience each semester. Students will be simultaneously enrolled in online didactic course, while completing their supervised experiential learning (SEL) each semester. We anticipate that the students will be on your site approximately 3 days a week. Some more details about the planned SEL include-



Food Systems Management supervised experience

- Will occur during the summer
- Students complete 250 hours of SEL
- SEL facility options include but not limited to: grade schools, health care facilities (universities, hospitals, long-term care, skilled nursing/rehab care, acute inpatient rehabilitation facilities)

Community Nutrition supervised experience

- Will occur in the fall
- Students complete 250 hours of SEL
- SEL facility options include but not limited to: WIC/health department, agency on aging, food banks, food pantries, schools, universities, extension, outpatient nutrition, private practice, employee wellness.

Medical Nutrition Therapy supervised experience

- Will occur in the spring.
- Students complete 400 hours of SEL
- SEL facility options include but not limited to: hospital, long-term care, acute inpatient rehabilitation facilities, skilled nursing/rehab care, outpatient nutrition, private practice, consultants

Details about our program (<https://www.dietetics.iastate.edu/>), your role as a preceptor (<https://www.dietetics.iastate.edu/preceptors/>) and continuing education opportunities (<https://www.dietetics.iastate.edu/orientation-continuing-education/>) can be found at the links provided.

[A recording of our recent townhalls about the upcoming program changes can be found at https://www.dietetics.iastate.edu/orientation-continuing-education/.](https://www.dietetics.iastate.edu/orientation-continuing-education/)

If you are interested in serving as a preceptor, please reach out to us at [mppisu@iastate.edu](mailto:mppisu@iastate.edu). We look forward to working with our current and new preceptors as we embark on this exciting new journey to train future RDNs.

Thank you, Preceptors.



**Joint IDHCC and Iowa ANFP Spring Conference:**

29 & 30 April 2021

Hilton Garden Inn

Register at the link provided.

## Please Join Us for the IDHCC and Iowa ANFP Spring Conference!

Please join IDHCC and Iowa ANFP for their joint Spring Conference Meeting!  
April 29 & 30, 2021

Hilton Garden Inn (Jordan Creek), West Des Moines, IA

Cost: \$125 for 2 days IDHCC members  
\$140 for 2 days Nonmembers  
\$90 for 1 day  
\$25 for Students and Retirees

Approved for 14.0 CEUs for CDMs and RDs for the two day conference.

Register here: <https://www.eventbrite.com/e/139691700637>

Brochure: <https://www.flipsnack.com/96C57AAA9F7/21-vision-brochure.html>

**Handouts available after the conference on IDHCC website.**



### Time & Location

29-30 April 2021

Hilton Garden Inn (Jordan Creek), West Des Moines, IA

### Joint IDHCC and Iowa ANFP Spring Conference

#### Day 1 Thursday – 29 April 2021

**7:00 – 7:45 – Continental Breakfast**

**7:45 – 8:00 – Joint Welcome & Opening Remarks**

**Deb Edwards, MS, RD, LD – Chair, IDHCC**

**Sarah Winchell, CDM-CFPP – Chair, IANFP**

**8:00-8:30 – Get Energized**

**Presenter:** Timon Oujiri, IVH Commandant, Retired COL

**Learning Objectives:**

1. Participants will be motivated to meet the challenges post COVID and built culture of resiliency
2. Share challenges that long-term facilities faced during the COVID pandemic
3. Explain how communication and networking are crucial for uniting people and identifying resources during difficult times.

**Suggested Learning Needs Codes: 6080, 7060, 7190 – CEU 0.5**

**Level of the Lecture: Level 1**

**8:30-10:00 – RD/CDM Synergy: Welcome to our Kitchen!**

**Presenters:** Brenda Richardson, MA, RD, LD and Barbara Thomsen, CDM, CFPP, RAC, QCP

**Learning Objectives:**

1. Define synergy. Explain why synergy with the RDN/CDM is essential for successful food, nutrition, and dining programs
2. Discuss 8 current healthcare environmental challenges and opportunities (census, regulatory, infection control/food safety, food availability, departmental budgets, technology, equipment, and staffing)
3. Differentiate the Scope of Practice and Skills and Competencies for the CDM and the RDN

**Suggested Learning Needs Codes: 1010, 7040, 8040 – CEU 1.5**

**Level of the Lecture: Level 2**

**10:00-10:15 – Break/Raffles**

**10:15-11:15 – Health Benefits of Seafood and the Science Behind Fish Oil!**

**Presenter:** Senya Joerss, Certified Food Scientist

**Learning Objectives:**

1. Learning the species-specific nutritional information of seafood
2. Gain knowledge of food sources for specific fatty acids
3. Obtain knowledge of the latest seafood consumption & trends

**Suggested Learning Needs Codes: 4030, 4100 – CEU 1.0**

**Level of the Lecture: Level 1**

**11:15 – 12:30 – Lunch Break & Raffles**

**12:30-2:00 – ANFP Benchmarking & CDM Initiatives**

**Presenter:** Joyce Gilbert, PhD RD, President and CEO of ANFP

**Learning Objectives:**

1. Understand the mission and vision of ANFP
2. Learn the goals of the ANFP Strategic Plan
3. Analyze the member value proposition and how to access resources
4. Understand the value of the CDM, CPFF credential
5. Learn the five pathways of eligibility to sit for the CDM, CFPP Examination
6. Understand the exam construct and the application process
7. Learn about the scholarship and grants offered by the Nutrition and Foodservice Education Foundation
8. Learn about the research initiatives of NFEF

**Suggested Learning Needs Codes: 1010, 7040 – CEU 1.5**

**Level of the Lecture: Level 2**

**2:00-2:15 – Break/Raffles**

**2:15-3:45 – DIA Food Safety Updates**

**Presenter:** Sandra Frahm, RDN, LD State Dietitian Dept of Inspections & Appeals

**Learning Objectives:**

1. Learn about common survey deficiencies related to sanitation and food safety
2. Discuss key quality improvement activities to consider, analyze, implement, or improve to meet applicable regulations.

**Suggested Learning Needs Codes: 7040, 7070, 7100, 8040 – CEU 1.5**

**Level of the Lecture: Level 2**

**3:45-4:45 – Future of Food & Services in Senior Living Communities**

**Presenter:** Chef Greg Gorgone, CDM,CFPP

**Learning Objectives:**

1. How employee engagement improves the food & service provided to the residents and how training should be done daily in today's environment
2. Better understand the importance of a hospitality based foodservice program for your residents.
3. Learn how to make your foodservice department into a revenue center and not just a line-item expense.

**Suggested Learning Needs Codes: 4080, 8050 – CEU 1.0**

**Level of the Lecture: Level 1**

**Day 2 Friday – 30 April 2021**

**7:00-8:00 – Warm Breakfast Buffet**

**8:00-8:30 – Joint Welcome IDHCC & IANFP Presidents**

**Deb Edwards, MS, RD, LD – Chair, IDHCC**

**Sarah Winchell, CDM-CFPP – Chair, IANFP**

**8:30-10:00 – Are You Working with the Living Dead?**

**Presenter:** Desi Payne – Humorist

**Learning Objectives:**

1. Learning how to deal with the different "zombies" or negative issues of people
2. Learn how to "shrug off" the zombies
3. Learn how gratitude will keep you zombie-free
4. Learn how attitude is a difference maker – to be or not to a zombie

**Suggested Learning Needs Codes: 1120, 5040 – CEU 1.5**

**Level of the Lecture: Level 1**

**10:00-12:00 – Vendor Show & Boxed Lunches**

**(IDHCC plans to hold a Business Meeting at 10:00 for interested members)**

**Learning Objectives for Vendor Show:**

1. Explore foods and products pertinent to your field of practice

**Suggested Learning Needs Codes: 4190, 7050, 8050 – 2 CEU (CDR only, 1 CPE unit per hour of viewing)**

**12:00-12:30 – Lunch/Awards Ceremony/Raffles**

**12:30-1:30 – Managing a Community Kitchen: The Mickle Center**

**Presenter:** Mary Kapler, BS in Nutrition

**Learning Objectives:**

1. Explore ways a community kitchen can serve others
2. Learn how to support new food innovations and keep food safety a priority

**Suggested Learning Needs Codes: 1070, 4020, 8040 – CEU 1.0**

**Level of the Lecture: Level 1**

**1:30-2:30 – I am not a Diabetic, I am Sugar Challenged**

**Presenter:** Deb Ruebbelke, RD, LD

**Learning Objectives:**

1. Learn resources for diabetes management in older adults
2. Verbalize 2-3 lifestyle changes for diabetes
3. Understand basic treatments for diabetes

**Suggested Learning Needs Codes: 5190, 6060 – CEU 1.0**

**Level of the Lecture: Level 1**





**Questions for the state surveyor:**

Email questions to her at [sandra.frahm@dia.iowa.gov](mailto:sandra.frahm@dia.iowa.gov)

**2:30-4:00 – A Glimpse into the Future: Simplified Diet Manual 13<sup>th</sup> ed.**

**Presenters:** Christine Jacobson, RD, LD and Joanna Baranska, MA CCC-SLP

**Learning Objectives:**

1. Identify how an evidence-based resource such as the Simplified Diet Manual may be used to meet regulations & promote medical nutrition therapy
2. Learn practical food preparation tips and consideration when implementing and executing IDDSI food and liquid levels at your facility.

**Suggested Learning Needs Codes: 5040, 8070, 8100 – CEU 1.0**

**4:00-4:15 – Closing Remarks/Raffle**

**Do you have a question for our state surveyor?**

Sandra Frahm RD/LD is a healthy facility surveyor for the Iowa Department of Inspection and Appeals and has been a regular speaker at our annual conference. You can also ask questions about state regulations by emailing her at [sandra.frahm@dia.iowa.gov](mailto:sandra.frahm@dia.iowa.gov). She asks that you specify the type of facility you practice, e.g long-term care, hospital, residential or assisted living as regulations vary by type of facility. She stated that it may take a few days for a response as she is often on the road. No questions will be answered if you are in the midst of a state survey.



## IDHCC Zoom Board Meeting

17 January 2021

Present: Deb Edwards, Kristen Simon-Frank, Andrea Maher, Anne Sposato, Stephanie Labenz, Sandy Goree, Jocelyn Evans, Kathleen Niedert, Monica Lursen (Executive Dir of IAND)

### **Consulting 101 Workshop Update:**

Monica reports 40 registrants so far, including 8 dietetic students. Fee income of \$1350. Speakers also to register but will not be charged the meeting fee. Only Iowa RDs and students were invited to registered.

Budget – IDHCC may have extra charge for technology if it exceeds our usual rate for Josh. We have adequate funds to cover this.

Handouts – send to Josh by 12 February at the latest. He will email all registrants a link for handouts along with the link to join the meeting.

Technology trail – Josh will contact each speaker prior to 19 February and work with them individually to set up their presentation.

The workshop will be recorded. Registrants can pay now and access the workshop later. Will send a second email with registration link to all members in early February.

### **IDHCC/ANFP Spring Meeting Update:**

Still a chance the meeting will be virtual. By April, perhaps most of attendees will have been vaccinated.

Andrea reported on speakers/topics selected. Budget will firmer when speakers are finalized. Amy Mooney-Geels and Anne Sposato will work with Andrea as planning continues.

Gifts for members will be the updated pocket guide “Nutrition Focused Physical Exam.”

Discussed RDN fee to attend: \$75.00 for one day and \$125.00 for both days for members. Suggested adding \$100.00 extra for non-member. \$25.00 for students and retirees.

Discussed sending a “save the date” postcard to all IDHCC/ANFP members and care centers in Iowa, similar to last year.

When to hold business meetings? During the lunch break? Or have an open board meeting the day’s CEU’s are completed; all IDHCC members welcome to attend.

### **Nomination Update:**

Chair – Stephanie Labenz

Chair-Elect –

Nomination – Jocelyn Evans

Junior – Stephanie Johnson

Treasurer – Sandy Goree will complete her second term at the end of May 2022.

Secretary – Kristen will complete her current term (June 2019-May 2021). She is agreeable to serving a second term (June 2021-May 2023)





IDHCC Zoom Board Meeting

9 March 2021

Present: Deb Edwards, Kristen Simon-Frank, Andrea Maher, Anne Sposato, Stephanie Labenz, Sandy Goree, Jocelyn Evans, Kathleen Niedert,

**Follow Up on “How To Consult” Webinar:**

Attendance – had close to 60 on-line at any one time

Josh Ortman had the evaluations – he has sent them to the board yet

IAND has present IDHCC a bill for \$1,000.00 for technical assistance; this was more than anticipated.

IDHCC will probably break even or maybe lose a little money on the webinar; we do have potential for fees paid by the people watching the webinar after the live date. Information on how to access the webinars will be shared in IDHCC and IAND newsletter.

Sandy will have more specifics income/expenses numbers for the next meeting.

Andrea will send out the “free” code to board members so presenters can watch their presentations.

**Endorsement of 2021 Simplified Diet Manual:**

The 2021 edition will be self-published and currently has 3 editors. Previously, a professional publisher was used. All expressed appreciation for the time and work that chapter authors and editors have put into the project, ensuring that the information is well-researched with up-to-date resources. Contributors to receive a free copy and their registration is paid to IAND meeting, but recognize this compensation is not commensurate with hours worked. A suggestion was made to consider a professional editor for future editions so each chapter reads well grammatically and reading level is consistent.

**IDHCC Spring Meeting – 29-30 April 2021:**

Andrea reviewed the speakers and topics. Speaker bio and learning objectives ready for Monica to get CEU's.

One speaker has asked for RDN perspective regarding the roles of RDN and CDM in the workplace. Board members noted CDMs they work with have very different skill levels. Discussed role of CDM in managing sanitation vs clinical assessments. The RDN will have a more productive time in facility when CDM has gathered information on pressure wounds, ensured weights and intakes records are accurate, supplements are being accepted, etc.

Promoting the meeting – Jocelyn will post on Facebook and postcards will go out this week to over 400 Long-Term Care centers. All registrations will be ANFP Facebook page. Kristen will send emails with registration link to IDHCC members. Information is also on the IAND website.

Sandy will order the members gifts – “ Nutrition Focused Physical Exam” pocket guide.

IDHCC newsletter will be out in late March. Topics: Vitamin D, slate of officers, request for internship placements, 2017 Changes in Food Code, promote webinar and Spring Meeting.

Looking ahead – need to select a location for the board transition meeting in late May or early June.

Next ZOOM meeting: 13 April 2021 at 8:00pm.

Minutes submitted by Kristen Simon-Frank, RDN, LD



Anne Sposato, MS, RD, LD, CCC  
940 Black Bear Bend  
North Liberty, IA 52317

## **Iowa Dietetics in Health Care Communities (ID-HCC) Executive Committee and Officers 2020-2021**

### Chair

Deb Edwards, MS, RDN, LD  
[dledwards702@gmail.com](mailto:dledwards702@gmail.com)

### Chair-Elect

[idhcc.chairelect@gmail.com](mailto:idhcc.chairelect@gmail.com)

### Past Chair

Jocelyn Evans, RDN, LD,  
[jocelynpohl28@gmail.com](mailto:jocelynpohl28@gmail.com)

### Secretary

Kristen Simon-Frank, RDN, LD  
[kdsimon-frank@hotmail.com](mailto:kdsimon-frank@hotmail.com)

Sandy Gore, MS, RD, LD  
Treasurer

[sandy.goree410@gmail.com](mailto:sandy.goree410@gmail.com)

### Nominations Chair

Mogan Pavon, RD, LD  
[morganpavon018@gmail.com](mailto:morganpavon018@gmail.com)

### Nominating Chair-Elect

Stephanie Labenz, MS, RD, LD  
[labenzdiet@gmail.com](mailto:labenzdiet@gmail.com)

### Past Nominating Chair

Stephanie Johnson, RDN, LD  
[stephanie@sunsetconsultingrd.com](mailto:stephanie@sunsetconsultingrd.com)

### Newsletter Editor

Anne Sposato, MS, RD, LD, CCC  
[jabs9@msn.com](mailto:jabs9@msn.com)

### Meeting Planning

Andrea Maher, RD, LD  
[andrea.maher@ivh.state.ia.is](mailto:andrea.maher@ivh.state.ia.is)

### Legislative

Kathleen Niedert, PhD, RD, CSG, LD  
[kniedert@aol.com](mailto:kniedert@aol.com)