



Iowa Dietetics in Health Care Communities

MARCH 2019

VOLUME 8, NUMBER 1



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From the Chair...

By Andrea Maher, RD, LD

Andrea.maher@ivh.state.ia.us

Greetings fellow IDHCC Members! I hope you all have had safe travels this winter; I know many of you are on the road a lot! I am looking forward to warmer weather and our upcoming Spring Meeting on April 19.

IDHCC officially has tax exempt status as a 501(c)(6) organization. Thank you Char Kooima for your diligence in getting this done! IDHCC has external status with IAND; we have an affiliate agreement with the Iowa Academy. I would be happy to share this document with anyone interested. We are currently working on rebuilding our landing page on the Iowa Academy’s website through Ortman Productions. This will make us more visible to potential members.

We have a chair-elect position to fill for Nominations- please consider running on the ID-HCC ballot! It is a great opportunity to network with other dietitians. I believe that active participation in our professional association helps add to our value as employees/consultants; ID-HCC Leadership keeps us in the loop of pressing issues in our field which ultimately benefits us as dietetic professionals. We do understand the fear of becoming over-committed. Please understand that IDHCC keeps our board and council positions low commitment to respect our busy lifestyles.

Please join me in congratulating Kathleen Niedert, MBA, RD, CSG, FADA on her new position as Treasurer-elect as voted on in the Academy’s 2019 national election! She lives in Iowa and serves as Legislative Liaison (standing council member) for ID-HCC. Linda Farr, RDN, CSOWN, LD, FAND was elected President-elect; she now lives in Texas but was originally from Iowa as well. Linda Snetselaar, PhD, RD, FAND, LD who was recently appointed to serve on the upcoming Dietary Guidelines committee. We are well represented!

Thank you for being a valued member of ID-HCC and I look forward to seeing you at our upcoming Spring Meeting!

— Andrea Maher RD, LD, IDHCC Chair
andrea.maher@ivh.state.ia.us
563/529-6148

Services for People with Disabilities

By Jill Grawe, BA
jgrawe@imagineia.org



Service for People with Disabilities:

Home and Community Based Services (HCBS)

Habilitation Services

Home Health Services

Children's Mental Health

Intermediate Care Facility

There are many types of services that are available for kids and adults with disabilities in the State of Iowa. Agencies may be enrolled in one of the following services:

Home and Community Based Services (HCBS)- which may include:

- Daily or Hourly Supported Community Living (SCL), where the consumer and/or their guardian chooses to move into a community-based home. This may be with or without roommates.
- Consumer Choices Option (CCO), where the consumer and/or guardians can choose their provider.
- Consumer Directed Attendant Care (CDAC), where people may reach a point where they need help to remain in their own home. This may happen because of an accident, a lengthy illness, disability, or aging problems.
- Respite Services- a service which offers temporary, substitute supports or living arrangements for older persons to provide a brief period of relief or rest for family members or other caregivers.

Habilitation Services- which is functional impairments typically associated with chronic mental illnesses.

Home Health Services- This program covers both children and adult members who need medical supports provided in the home by Medicare-certified home health agencies. Services included in this program are skilled nursing, home health aide, occupational therapy, physical therapy, speech therapy and medical social services.

Children's Mental Health- Provides family and community support service, respite, environmental modifications and adaptive devices, in-home family therapy for children.

Intermediate Care Facility for Intellectually Disabled (ICF/ID)- are institutions or distinct parts of institutions whose primary purpose is to provide health or rehabilitation services to three or more individuals who primarily have an intellectual disability or a related condition.

These are just a few of the services that can be provided to children and adults in Iowa. This list is not inclusive, and other services may be available. Not all providers are enrolled in every type of service that is available in the State of Iowa.

If you are looking for services for yourself or a loved one, you can contact Iowa Medicaid Member Services at **1-800-338-8366**, go to their website (<https://dhs.iowa.gov>), or contact your local Case Management services. If you are thinking of getting services for yourself or a loved one, the key is to make contact as soon as possible. Many services have waiting lists, so getting your name on the waiting list is an important part of getting services.



ID-HCC Spring Conference:

Early Registration Ends on:
24 March 2019

Conference Date:
19 April 2019

Location: Hilton Garden
Inn, West Des Moines



*There Is No Health Without
Good Oral Health*

Why is Oral Care so
Important?

**SAVE THE DATE
Register NOW!!!
ID-HCC Spring Conference on 19th April 2019
Hilton Garden Inn
204 South 64th Street
West Des Moines, IA**

Expanding Your Knowledge and Sharpening Your Skills

Sacroplenia in the Elderly – Liz Friedrich, MPH, RD, CSG, LDN, FAND

What You Don't See Can Hurt You – Chef Landry

Leadership: Qualities of a Leader in Changing Department – Chef Landry

Malnutrition Part 2: Putting Plans into Action – Elaine Farley – Zoucha, RD, LMNT

Annual Survey Updates: Sandra Frahm, RDN, LD

To register to go the follow link

<https://www.eventbrite.com/e/idhcc-annual-spring-conference-2019-tickets-50982332529>

Good News - we have a **GIFT** for you! Please send us your order for your IDHCC t-shirt by filling out the link listed below.

<https://goo.gl/forms/a9joJsztl8postFJ2>

No Health Without Oral Health

Dietitians

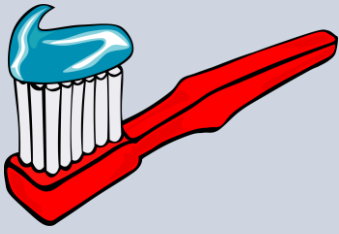
**THERE IS NO HEALTH WITHOUT GOOD ORAL
HEALTH***

By Carol Van Aernam, RDH, BA

Good oral care and good nutrition are interrelated. You cannot have one without the other. Eating the wrong things can contribute to cavities, gum disease, and other oral health issues. Problems in the mouth can lead to poor nutrition or malnutrition.

Sixty-five percent of older adults residing in nursing homes and 46 percent of older adults residing in community-dwelling homes need treatment for tooth decay and/or periodontal (gum) disease, according to the Center for Oral Health Report.

The Sutter Hospital Study found that oral care is one of the most often missed types of care in the hospital. The study found that implementing staff education and providing oral care 4 times a day for those in the hospital reduced overall non-ventilator hospital acquired pneumonia by 70 percent.



What happens if you do not provide daily oral care?

What will poor oral care cause in the oral cavity?

How does poor nutrition affect oral health?

How does poor oral health affect nutrition?

Question: Why is Oral Care so Important?

Answer: Daily brushing and flossing disrupts the bacteria (plaque) in our mouth that causes cavities and gum disease. In many settings we need to provide oral care AT LEAST twice daily for those with teeth or dentures.

Question: What happens if you do not provide daily oral care?

Answer: Plaque irritates the gums causing infection and allows the bacteria to enter the blood stream or lungs which:

- Increases your risk for a heart attack or stroke, or other heart problems.
- Makes diabetes more difficult to control.
- Stresses your immune system.
- Increases risk for aspiration pneumonia.

Question: What will poor oral care cause in the oral cavity?

Answer: It will cause infection, pain, and disease in the oral cavity which:

- Increases the risk for aspiration pneumonia, gingivitis, periodontal disease, and dental caries.
- Contributes to bad breath.
- Affects your nutrition when it causes loose, broken or missing teeth, sores in your mouth or ill-fitting dentures.
- Decreases chewing ability and proper nutritional intake.

Question: How does poor nutrition affect your oral health?

Answer: It affects the health of your immune system which:

- Increases your risk for dental caries, gingivitis, and periodontal disease.
- Creates an imbalance of vitamins and minerals that can cause mucosal diseases.

Question: How does poor oral health affect nutrition?

Answer: It affects your ability to chew, taste, swallow and communicate by:

- Limiting your ability to eat fresh vegetables, fruits and meat.
- Limiting your choice of desirable diets or foods.
- Increasing the risk for nutritional deficiencies and malnutrition.
- Impacting your ability to eat due to oral pain.

It is important for dietitians to be able to determine the health of the oral cavity, develop a dietary plan, and refer those they serve to a dental professional when an oral health issue is identified. The Iowa CareGivers offers Mouth Care Matters, a class for dietitians, nurses, certified nursing assistants, home care aides, and other direct care staff. The class provides education on the importance of oral health, oral care skills training, oral health assessment and oral care planning for the person served. The class is specialized for the individuals or disciplines attending.

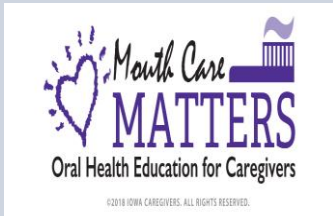
DAILY ORAL CARE = INFECTION CONTROL = BETTER NUTRITION

I-Smile Silver

The Iowa Department of Public Health administers a pilot project, I-Smile Silver, through contracts with Lee, Scott, and Webster County Health Departments. Counties included are Calhoun, Des Moines, Hamilton, Humboldt, Lee, Pocahontas, Scott, Van Buren, Webster, and Wright. An I-Smile Silver



Carol Van Aernam
RDH, BA Registered Dental
Hygienist



coordinator is available at each health department for educational trainings and other assistance to help older Iowans have good oral health. Contact information for I-Smile Silver coordinators is found at ismile.idph.iowa.gov/about-ismile/silver/.

Meet Carol, a Registered Dental Hygienist and a Mouth Care Matters consultant and instructor.

Carol Van Aernam is a Mouth Care Matters (MCM) instructor and consultant for Iowa CareGivers. She plays a key role in planning, promoting, and teaching MCM. Carol worked in private dental practice for several years and 34 years for the Veterans Administration and Central Iowa Health Care System as a dental hygienist. She specializes in geriatric care and has presented programs at the local and national levels to those who work in direct care, dietitians, dentists, dental hygienists, and other caregivers. In addition, Carol served as an adjunct instructor for Des Moines Area Community College (DMACC) and the University of Iowa.

*Surgeon General, Report on Oral Health, 2000

All health and long-term service and support (LTSS) professionals/caregivers are expected to work within their Scopes of Practice or job descriptions as defined by the State or employer. Family caregivers are encouraged to contact the dental or medical provider before making changes to a loved one's care plan.

For additional information:

Mary Ann Young,
Consultant, Iowa CareGivers
515-360-7003

email: maryann@iowacaregivers.org
Visit us online at: <https://bit.ly/2tEK0sn>
Learn more at: <https://bit.ly/2NykuOC>

Iowa CareGivers

PHONE: 515-223-2805

FAX: 515-226-3214

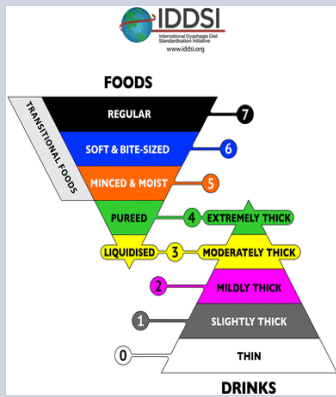
EMAIL: information@iowacaregivers.org

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IDDSI: What RDNs Need to Know
By The Iowa Academy Publications Committee

Welcome to a new series on the International Dysphasia Diet Standardization Initiative (IDDSI), brought to you by your Iowa Academy's Publications Committee—a group dedicated to researching, creating, and delivering helpful resources to share with members.

In this series, you'll learn about the importance of IDDSI in American health care facilities; gain insight into what other facilities are doing to implement IDDSI, including the suggested timeline provided by the Academy of Nutrition and Dietetics; and discover valuable resources to assist with implementation



IDDSI: What RDN's Need to Know

What is IDDSI?

Why Is IDDSI Important?

When Is the IDDSI Implementation Date?

schedules, education for staff, and support from colleagues.

However, we need your help.

Action Alert:

Please take a minute to shoot us a quick [email](mailto:eatrightiowa@gmail.com). (eatrightiowa@gmail.com)

We'd love to know:

- What questions do you have about IDDSI?
- What challenges are you facing with implementation?
- What tools would help you implement or educate on IDDSI?
- What is your preferred learning method? (e.g. workshops, handouts, blogs, etc.)
- Would you be interested in being a resource or contact for this IDDSI series?

Your feedback will not only help us prepare content for this series, it will also help us update the 13th edition of the [Simplified Diet Manual \(link to SDM page\)](#). We look forward to hearing from you!

Now, to kick off part 1, let's cover a few basic Q & As.

Q: What Is IDDSI?

A: The International Dysphasia Diet Standardization Initiative known as IDDSI was founded six years ago in an effort to establish new terminology and definitions for modified foods and thickened liquids used for individuals with dysphagia. The new framework consists of 8 colored-coded levels, numbered 0 through 7, along with text labels. Check out a visual graphic of the new framework [here](#).

(<https://iddsi.org/wpcontent/uploads/2018/05/IDDSIFrameworkFeb2018web.jpeg>)

Q: Why Is IDDSI Important?

A: While many countries and regions use their own standardized terms to discuss modified textures for dysphasia diets, until now there has yet to be an international standardization. A modified diet may have a defined name in one hospital, but that same diet may be called something different in a neighboring rehab facility. This can be confusing—and dangerous—for patients and health care workers. The new IDDSI framework is meant to help everyone use the same terminology and definitions at a global level.

Q: When Is the IDDSI Implementation Date?

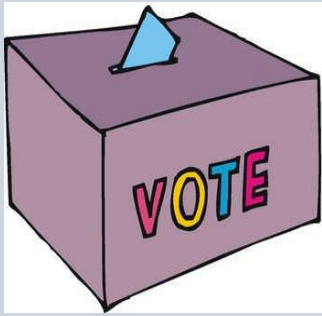
A: In 2018, the Academy of Nutrition and Dietetics and the American Speech-Language-Hearing Association announced their support of May 1, 2019, as the official launch date for IDDSI implementation in the United States. That said, the process is expected to take one to years, and both organizations, along with [IDDSI.org \(https://iddsi.org\)](https://iddsi.org), are prepared to support facilities and organizations by providing the necessary educational resources.

Thank you!

The Iowa Academy Publications Committee

Soft speech, clean heart, peaceful eyes, strong beliefs, focused minds and determined decisions always make you a winner.

Fly the plane of ambition and land in the airport of success . . . Luck is yours,



Remember to vote at the Spring Conference



Seeking Chair Elect and Nominating Junior



Kristen Simon-Frank

Consulting Dietitian in Long-Term Care for 30 years.

Part-time at Regional Medical Center

Graduate from Concordia College from Moorhead, MN

Wish is mine . . . May your future always shine. Good Luck.

Vote for Next Year's IDHCC Leaders

Let your voice be heard! Be a part of the future of IDHCC by voting in the election for next year's officers. Voting will be held from 19 April – 6 May 2019. There will be voting stations set up at the annual meeting 19 April 2019 to make it easy for you to vote. Anyone who votes the day of the meeting will get your name in a drawing for a door prize. Don't miss your chance to win!

Seeking Chair Elect and Nominating Junior

Please contact: Theresa Eberhardt, RDN, LD
At indhcc.seniornominating@gmail.com

Or

Stephanie Johnson, RDN, LD
At stephanie@sunsetconsultingrd.com

Meet the Candidates

Secretary: Kristen Simon-Frank

My degree is in Food and Nutrition from Concordia College in Moorhead, Minnesota. I completed my internship at the University of Minnesota Hospitals and Clinics. I have been working in long term care for over 30 years. Currently I am consulting at Oelwein Care Center and Strawberry Point Lutheran Home. I am also part-time at Regional Medical Center in Manchester.

Until 2014, I lived in southern Minnesota. I served as secretary, treasurer (2 terms) and president of the South-Central District Dietetics Association.

I am married and live in Maynard with my husband Dennis, who is the pastor at St. Paul Lutheran Church. Our sons Anders and Hans are grown, and both live in northern Minnesota.

For fun, I play violin in the Wartburg Community Symphony and I am involved in many church activities. Our favorite get-away is Lake Superior's North Shore.

**Renew Your
Membership
TODAY!!**

Time for Renewal:

Can renew with form included, at annual meeting, or online.

Late fee will be imposed if paid after 30 June 2016

Eligibility to be a member of IDHCC



Awards:

Please apply at the website listed.

Membership Renewal Update

Sandy Goree, MS, RD, LD
jsgoree@centurylink.net

Membership can renew this upcoming year with enclosed form, online, or at the Annual Spring Conference. New this year, our membership link is also up and running. We will explain how this works at the business meeting. You will be able to renew online. We will have more information at the meeting.

<https://www.eventbrite.com/e/idhcc-membership-2018-2019-tickets-47030697081>

This means that you should renew your membership to ID-HCC by June 30 of each year, which is the same deadline to renew your membership in the Academy of Nutrition and Dietetics. If you renew by June 30, the membership fee will continue to be the same \$25. If you renew your membership or become a member of ID-HCC after June 30, the additional late fee of \$15 will be due in addition to the \$25 membership fee.

Who is eligible to be a member of ID-HCC?

1. You must be a member of the Academy of Nutrition and Dietetics to join ID-HCC.
2. Membership in ID-HCC is a separate membership from the national DHCC

The membership renewal form for 2019-20 is included with this mailing.

And DON'T FORGET - to check out the Awards and Grants. You can view and apply following this link:

<https://www.eventbrite.com/e/idhcc-grants-2019-tickets-47178820121>

A Message from Charlotte Kooima, RDN, LD, LN:



**Membership Renewal
June 2019 - May 2020**

Please take this opportunity to initiate or renew your membership in the Iowa Academy of Nutrition and Dietetics Practice group of **Iowa Dietetics in Health Care Communities**.

Membership includes:

- *Newsletters with up-to-date information
- *Free student membership (must be registered with IAND as a student member)
- *Membership gift
- *Scholarship opportunities
- *Networking with other RD's and students
- *Continuing education opportunities, such as the Annual Spring meeting

Please Note:

1. You must be a member of the Academy of Nutrition and Dietetics to join IDHCC.
2. Membership in IDHCC is a separate membership from the national DHCC
3. E-mail and address changes must be submitted to Sandy Goree jsgoree@centurylink.net.
4. Our membership year is June 1 st to May 31 st .

FOR YOUR RECORDS

Date Paid _____ Amount _____ Check # _____

DETACH AND SEND BOTTOM HALF WITH PAYMENT. KEEP TOP HALF FOR YOUR RECORDS.

- \$25 membership dues for 2017-2018
- Free membership for students

Make checks payable to IDHCC

Mail payment to: Sandy Goree

33788 Bouska Rd.

Prairie Du Chien, WI 53821

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

E-Mail Address _____ Cell phone _____

ID-HCC Annual Board & Council Meeting West Des Moines, IA November 7, 2018

Meeting called to order at 7:30 PM at Monterrey's Mexican Restaurant in West Des Moines

Attendance: Andrea M, Jocelyn E, Anne S, Sandy G, Teresa E. Phone conference with Amy G

Reviewed minutes from previous meeting

Treasurer Report: Sandy reports a check for \$1000 was given to IAND for Dr. Peter Lam- presenter at IAND Annual Conference, sponsored by IDHCC. Balance in Checking: \$14, 188.24, Savings: \$12,631.48.

Nominations: Teresa is taking thoughts/ideas for Nominations- we will need Secretary, Chair-Elect and Nominations Jr. She is attending President's Breakfast tomorrow at IAND.

Membership:

Eventbrite Link: Sandy reports she does not have access and needs this to access current.

Membership list. Amy said she could help with this.

IAND Survey- survey has been sent out this Fall which included information about IDHCC membership

Retirees- discussed possible membership rate for retirees.

Discussion on how we could increase membership. Discussed looking into sending out postcards to all LTC facilities to reach consultant dietitians. Motion to send out postcards if it would cost \$200 or less. Motion passed. If the amount is over \$200, we will email the Board and Council for a vote. Informed by Monica Lursen that there would be a \$1200 fee to IDHCC for being on the IAND website. This was not included in the External Agreement per Sandy G and Andrea M. Andrea plans to follow-up with Monica regarding this and possibly set up a Conference Call with Monica, so this can be discussed with all interested IDHCC members.

Newsletter- We discussed moving back the date until December, so we could include information from this meeting and IAND Conference. Discussed possible newsletter topics. Teresa reports she would like to include an article in the spring (March) newsletter on Home Health Care Services (what is available after LTC) including Elderly Waiver, Respite Care, Meal Programs, etc. Information on IDDSI. IAND Publications Committee.

Other Business:

External Agreement for IDHCC turned in to Monica this fall. Currently we do not have access on IAND website. Awaiting information on our IRS status.

IRS status- Char is still working with the IRS for our 503c status

IANFP Meeting in October- Amy reported she attended the IANFP meeting. Their Spring meeting will be March 28 & 29. Future plans for a joint IANFP and IDHCC meeting in 2019.

IAND Spring Meeting- no report. Meeting will be April 19 in West Des Moines.

Discussed having a Conference Call on January 3rd at 7:30. Topics to include IAND website/password protection for IDHCC, Treasurer Report/Budget, Board Member Benefits- attendance at FNCE
Adjourned at 9:00 PM



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 2018-2019

Chair

Andrea Maher, RD, LD,
maher@huxcomm.net

Chair-Elect

Jocelyn Evans, RD, LD
idhcc.chairelect@gmail.com

Past Chair

Char Kooima, RDN, LD, LN
chark@ckconsultingrds.org

Secretary

Amy Mooney-Geels, RD, LD, CDM
idhcc.secretary@gmail.com

Sandy Gore, MS, RD, LD
Treasurer

idhcc.treasurer@gmail.com

Nominations Chair

Thera Eberhardt, RDN, LD
idhcc.seniornominating@gmail.com

Nominating Chair-Elect

Stephanie Johnson, RDN, LD
stephanie@sunsetconsultingrd.com

Past Nominating Chair

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idhcc.eventcoordinator@gmail.com

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kniedert@aol.com