



# Iowa Dietetics in Health Care Communities

MARCH 2016

VOLUME 5, NUMBER 2



**From the Chair...**

By Renee Greiner, RDN, LD

[rgreiner@martinsnet.com](mailto:rgreiner@martinsnet.com)

Hello Members,

Hope this update finds you doing well and preparing for spring! Our board has been active over the winter months preparing for our spring meeting as well as many of us attending the IAND fall conference. It was fun to see many of you at our IAND booth in November. Hope you noticed our new professional logo as we work to make our presence known across the state. It's important for us to be known in healthcare in general, as well as dietitians and dietetic students.

Our board and council met during the IAND conference and discussed many updates. We voted to make our newsletter electronic this fall. When you renew your membership, please make sure you double check your email as it is one you check frequently, so the newsletter can be sent that way. This will help cover costs to keep our membership dues down. We considered ways to promote the consultant dietitian profession as a great opportunity for dietitians. We are examining our social media presence and looking at a speaker sponsorship at IAND conference this fall. These would help others know who we are and increase opportunities to network.

We had a quick turnaround at Christmas time with the Chapter 58 revisions out for 2<sup>nd</sup> set of comments. We were excited to see our comments from a year ago were taken into great consideration and many reflected into the new draft. We sent in additional comments before the final rule is sent out in regards to diet ordering privileges and time frames for completion of dietary manager training programs. We hope to see a final rule by summer. If anyone would like a copy of our comments, I would be happy to send to them.

I represented IDHCC as a reviewer of the Simplified Diet Manual. Since the Dietary Guidelines just came out in January, there is a little bit left to complete and review, for publication is on target for this fall. IDHCC will be recognized in the cover as a reviewer, and since this manual is required in our communities, it is good to have our representation and presence. Many of you contributed and/or reviewed as well, and I want to thank you for your work.

Our annual meeting is coming up quickly on Friday, April 8, 2016 at the Ankeny DMACC campus. We will begin our elections there and look forward to networking with many colleagues and friends. Please note there is credit approval for Administrators, Nurses, Food Service Supervisors and CDMs as well as dietitians for the conference, so encourage others to register from your communities!

We would love each of you to be a part of our board and council, so I challenge each of you to consider a position. There is a variety of positions with varying levels of work and

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commitment, so please say yes our request when you are nominated! It's a fun leadership experience.

Thank you all for being a part of our group and please let me know how we can better serve you.

Cheers!  
Renee Greiner RDN, LD  
319-415-3565

## **ID-HCC Spring Conference on April 8<sup>th</sup> – Don't Miss It!**

**"Expanding Knowledge - Sharpening Skills" is shaping up to be an outstanding event! BECAUSE.....**

- \*Expert speakers in three sessions- learn more about quality practice standards, reimbursement, dementia and nutrition and Iowa survey issues
- \*Continuing education credits for dietitians, dietary managers, administrators and nurses- invite your facility administrator or director of nursing
- \*Increased number of vendors this year- 22 at press time!
- \*More vendors = more door prizes!
- \*The Food, The Food, The Food
- \*Networking with other Consultant Dietitians
- \*A chance to win the latest edition of the "soon to be hot off the press" Iowa Simplified Diet Manual
- \*Hear the latest on Chapter 58 revisions

FFA Enrichment Center  
DMACC Campus  
Des Moines, IA

Iowa Dietitians  
Health Care Communities  
**Expanding Knowledge  
& Sharpening Skills**  
Annual Spring Meeting  
April 8, 2016

**Featured Speakers:**  
Cindy Keith, RN, BS  
Understanding Dementia  
Brenda Richardson, MA, RDN, LD, CD, FAND  
Regulation and MDS Updates  
CMS and Reimbursement  
Sandra Frahm, RD, LD  
Update from DIA

For more information  
contact:  
Jill Whitson, MPH  
DMACC  
515-256-4907

SAVE THE  
DATE!

**ID-HCC**  
www.idhcc.org/hscc

### **ID-HCC Spring Conference:**

Save the Date: 8 April 2016

Three expert speakers

Increased number of Vendors

### **Membership Renewal Update**

Mary Sell, MPA, RDN, LD

[msell@martinsnet.com](mailto:msell@martinsnet.com)



**Membership  
Renewal Update:**

Deadline for renewal

Late fee will be imposed if  
paid after 30 June 2016

Eligibility to be a member  
of ID-HCC

The ID-HCC Board voted to add a new late fee of \$15 to the annual membership dues (of \$25) if membership is not paid by June 30. This new late fee will start with the upcoming membership year of June 1, 2016 to May 31, 2017.

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 2016-17 is included with this mailing.

# Iowa Dietetics in Health care Communities

## Membership Renewal June 1, 2016 through May 31, 2017

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.
- Continuing education opportunities, such as the Annual Spring meeting. Meeting registration fee is discounted for current members.

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 Mary Sell at [marymarks@cfu.net](mailto:marymarks@cfu.net), and should also be submitted to the Academy of Nutrition and Dietetics.
4. Our membership year is June 1<sup>st</sup> to May 31<sup>st</sup>.

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

- \$25 for membership dues if paid by June 31, 2016.
- OR** \$40 for membership dues & late fee if paid after June 31, 2016

Make checks payable to IDHCC

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ (home, mobile or work – please circle)

E-Mail Address \_\_\_\_\_

Mail payment to: **Mary Sell, MPA, RDN, LD**  
**1010 Lakeview Drive**  
**Cedar Falls, IA 50613**



### ***Preceptors Wanted:***

Iowa State University is looking for preceptor's

The benefits of being a preceptor for interns.

Contact information for being a preceptor.

### **Preceptors Wanted**

*By Laurie Kruzich, MS, RDN, LD*  
[lkruzich@iastate.edu](mailto:lkruzich@iastate.edu)

Iowa State University (ISU) needs your help! The ISU Dietetic Internship (DI) has expanded from 30 to over 160 interns annually and is now the largest internship in the US! ISU DI places approximately 40 interns across the state of Iowa each year, while the rest are placed throughout the United States. With more than 75 ISU undergraduate students qualifying for dietetic internships each year, the need for preceptors in Iowa is essential. In Iowa, many qualified applicants are turned away because of the lack of preceptors to supervise their learning. We truly appreciate our current and past preceptors and would be thrilled to have even more dietitians in Iowa participate in our internship program and assist in training future dietetic professionals. According to the Accreditation Council for Education in Nutrition and Dietetics, "preceptors make a difference in the lives of students who are learning to become Registered Dietitian Nutritionists...by acting as a mentor and training the dietetic professionals of the future. Currently, for every qualified student who gets an internship rotation, another student will not, because too few practitioners have been willing to take on this role. The profession needs more practitioners who are willing to train and serve as positive role models and preceptors to assure that all qualified students can complete their education."

The careers in dietetics are evolving and changing. The internship experiences are also evolving to meet the demands for internships. We are always interested in exploring new areas and opportunities. We have been able to provide internship opportunities by partnering with consultants and facilities located in the same geographic area. Consider networking with other consultants or dietitians in your area to provide experiences for an intern. Also consider partnering with smaller community hospitals, dietitians in the community, and schools.

Would you consider precepting? There are many benefits! Not only are you paying it forward and mentoring future RDs, interns can assist in: projects and research; creating web pages, blogs, and handouts; analyzing and modifying recipes and menus; delivering nutrition education classes and inservices to clients and staff. Also ISU DI provides free CPE opportunities such as online preceptor training to you as a small token of our appreciation.

For more information please visit our website  
<http://www.dietetics.iastate.edu/>.



### **Simplified Diet Manual Updates:**

The upcoming changes in the 12<sup>th</sup> edition of the diet manual

Major revision on Consistency Altered Diet

New diet manual expected release day is in January 2017



**Sandy Verhasselt:  
MS, RD, LD, CDE**

The preceptor tab on the left hand side will take you to additional information and links and videos to learn more about the role of preceptors. You may also contact [diisu@iastate.edu](mailto:diisu@iastate.edu).

### **Simplified Diet Manual Updates** *Paula Watkins, RD, LD, CDE* *Editor Simplified Diet Manual, 12th edition* [paulawatkins2015@outlook.com](mailto:paulawatkins2015@outlook.com)

The 12th Edition of the *Simplified Diet Manual* will feature 20 patient education handouts available at the IAND website.

#### **The handouts include:**

- Consistent Carbohydrate Diet (carbohydrate choices)
- Carbohydrate Counting (carbohydrate grams)
- Diabetes Diet Basics
- Hypoglycemia Treatment
- Foods High and Low in Fiber
- Foods High and Low in Phosphorus
- Foods High and Low in Potassium
- Modified Renal Diet
- Foods High in Protein
- Heart Healthy Diet
- Heart Healthy Reduced Sodium Diet
- All About Fat
- Reduced Sodium Diet
- Fluid Restrictions
- Food Allergies and Intolerances
- Gluten Restricted Diet
- Lactose Restricted Diet
- Low FODMAP Diet
- Vitamin K and Warfarin
- Weight Loss Basics

## **Desperately Seeking Chair Elect:**

### **Meet the Candidates For Treasurer**

Sandy is a semi-retired dietitian.

She presently is the Coordinator of the Dietary Manager Certification program at DMACC.

She plans to expand the program this fall to high school students. She consults on a prn basis.

She retired in May, 2015 from the VA Medical Center as Clinical Manager.

Coordinator of the Dietary Manager Certification at DMACC

Consults on as needed.



**Katie Wulkow:  
RDN, LD**

Bachelor's from Iowa State University

Works on Menu Customization for Martin Brother's



**Barb Fuller:  
MS, RD, LD**

She has held various positions as a consulting dietitian during her career.

### **For Nominating Committee**

Katie is a menu customization dietitian for Martin Bros. distributing. She collaborates with customers to develop a menu that is nutritionally sound, meets budgetary/state regulatory guidelines, is appealing and attractive and enhances the dining experience for customers and food service operators. She also provides customer training on the Simply Menus program, food safety and customer service.

Katie has been a dietitian since 2005. Prior to joining Martin Bros. in 2013, she worked as a clinical dietitian at an intermediate care facility run by the State of Iowa. There she gained experience in several areas of nutrition including menu development for children/adults with intellectual and developmental disabilities including texture and therapeutic modifications, weight management, enteral nutrition and diabetes. She also worked in the Intensive Care Unit of a hospital in Las Vegas, implementing enteral/parental feedings, cardiac and diabetes management, and was certified to place naso-jejunal tubes at bedside.

Katie holds a Bachelor of Science Degree in Dietetics from Iowa State University. She is a member of the Academy of Nutrition and Dietetics, Iowa Dietetic Association and Dietetics in Health Care Communities. When she is not working, she is enjoys time with her 2 kids, running and cheering on the Iowa State Cyclones.

Healthy People have been an interest for Barb Fuller throughout her professional career. From food safety concerns to making healthy food choices, Barb is able to bring nutrition expertise to a wide range of audiences. A growing awareness of local foods and regional food systems is an emerging area of emphasis for her work.

Delivering unbiased, research-based health and nutrition information to people at the community level is Barb's mission, creating healthy life-style choices, her goal.



Bachelor's from Iowa State University

Master's in Community Health from Education University of Northern Iowa

ISU Extension and Outreach



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 2015-2016**

### Chair

Renee Greiner, RDN, LD  
rgreiner@martinsnet.com

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Char Kooima, RD, LD, CDE  
chark@ckconsultingrds.com

### Past Chair

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maher@huxcomm.net

### Nominations Chair

Erica Wessels, RD, LD  
erica.wessels@hotmail.com

### Nominations Chair-Elect

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rlmaharry@gmail.com

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jabs9@msn.com

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