



Iowa Dietetics in Health Care Communities

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From the Chair...

By Stephanie Labenz, MS, RD, LD

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Message from the Chair

I hope you all have been enjoying the Fall weather. My family enjoys high school football, marching band, and college football around this time. With school back to more of a normal schedule, I am staying busy with my kids' activities.

I was asked back in July to introduce myself on the IDHCC Facebook page, but I am terrible about posting on social media. Get with the times—I know!! Here is a little bit about me: I grew up in Nebraska and graduated from University of Nebraska-Lincoln. I was in the consulting business for over 20 years but started working full-time at Aging Resources of Central Iowa in May. I am still blessed to continue to work with older adults just in a different capacity.

One of my new responsibilities is focusing on fall prevention with evidence-based programs. Last week was very enlightening with Fall Prevention week in full swing. Working in LTC, we know the effects falls can have on older adults. Our role as dietitians is so important to make sure our residents are getting enough protein and even monitoring vitamin D levels. Encouraging movement is so important too. I know we don't play a huge part in exercise at our facilities, but working with activities or the wellness team to get residents to move is wonderful.

The IDHCC Board and Council continues to meet monthly via Zoom. IAND provided us a direct link on the eatrightiowa.org page. Just look for IDHCC icon on the bottom right of the page. Andrea Maher has been working hard on getting the virtual IDHCC 2022 meeting ready. If anyone would like to volunteer their time and talents, we are looking at having more people help. Just let Jocelyn Evans (jocelynevansrd@gmail.com) or Stephanie Johnson (stephanie@sunsetconsultingrd.com) know. Membership is still a topic of discussion and how to make signing up easier.

We welcome articles for our newsletter - written by you! Please get in touch with Anne or me if you have ideas for topics that you would like to share. So many topics could be of interest to our readers.

Thank all of you for the hard work you do. I may not be in LTC anymore, but I know there are still major challenges out there. Continue to support and encourage each other.

Take care,

-Stephanie Labenz MS, RD, LD



Protein in Older Adults

Healthy older adults may need protein

Reasons why adults need more protein



Card Shower for Monica Lursen

*Can donate to Monica Shope Lursen Dietetics Scholarship at Iowa State University
www.inuf.info/lursen*

Can mail her a card thanking her for years of service to the dietetic profession.

Protein in Older Adults

Kaiser Health News made a case for eating more protein in a 2019 article by Judith Graham: Why Older Adults Should Eat More Protein (And Not Overdo Protein Shakes). The following is adapted from the article's summary of research.

Healthy older adults may need more protein than when they were younger to help preserve muscle mass. Yet up to one-third of older adults don't eat enough. Why? Lots of reasons, including reduced appetite, dental problems, impaired taste, swallowing problems and limited money. A 2018 study following over 2,900 older adults over 23 years found that those who ate the most protein was 30% less likely to lose "functioning" or the ability to dress themselves, get out of bed, walk up a flight of stairs and more. The association was particularly notable in women. Combined with a tendency to be less active as we age, not eating enough protein only increases the risk for losing muscle mass, compromised mobility, slower recovery from bouts of illness and—the main thing we all dread—loss of independence.

Eating enough protein is not going to prevent age-related loss of muscle altogether but not eating enough protein could make you lose muscle faster.

And protein becomes even more important when you're not able to use your muscles normally, like during an illness or when you're laid up with a hip or knee replacement.

Sources: Graham, J. "Why Older Adults Should Eat More Protein (And Not Overdo Protein Shakes)." Kaiser Health News. Jan 17, 2019. Retrieved August 1, 2019. <https://khn.org/news/why-older-adults-should-eat-more-protein-and-not-overdo-protein-shakes/>.

Hruby,A., Shivani,S., Bolster, D., Jacques, P.F., Protein Intake and Functional Integrity in Aging: The Framingham Heart Study Offspring, The Journals of Gerontology: Series A, gly201, <https://doi.org/10.1093/gerona/gly201>. Paddon-Jones D, et al. Protein and healthy aging. Am J Clin Nutr 2015;101:S1339

Card Shower for Monica Lursen

Last week you should have received an email inviting you to celebrate and honor Monica Lursen's longtime service to the Iowa Academy of Nutrition and Dietetics by donating to the Monica Shope Lursen Dietetics Scholarship at Iowa State University www.inuf.info/lursen. In addition, all members of the Iowa Academy are invited to participate in a card shower for Monica. If you'd like to participate, please send Monica a card thanking her for her many years of service to the Iowa Academy of Nutrition and Dietetics and wishing her well in retirement. You are encouraged to send a card within the next couple of weeks so we can surprise her with lots of cards at one time; however, you can send her a card anytime.

If you'd like to send her a card, please mail it to:

Monica Lursen
27924 Butler Center Road
Clarksville, IA 50619



IAND Virtual Annual Meeting: Path of Opportunities

Annual Virtual Meeting

4 November 2021

**IAND Virtual Annual Meeting
“Paths of Opportunities”**

IAND Annual Virtual Meeting is 4 November 2020 from 0800 – 1700. The cost is \$90.00 for the one day meeting. Early registration ends on 1 November 2020 on-line registration is at www.eatrightiowa.org

Topics Include:

Why does Diversity in Nutrition Matters?

Empowering our Profession for Today & the Future – It Starts with You!

What do I Feed My Baby after Avocado, Banana & Sweet Potato

The Dietary Guidelines for Americans (DGA): A Scientific Journey

Expanding Your Reach in Nutrition Services: Stories from the Telehealth Front Line



IDHCC Zoom Meeting

22 July 2021

Present: Stephanie Labenz, Kahlleen Niedert, Deb Edwards, Steph Johnson, Kristen Simon-Frank, Sandy Goree,

Proposal of new structure of governance for the Academy (See article attached.) Kathleen's thoughts in summary: it would involve a smaller group of people for shorter 2 year terms and give increased opportunity for people to work on a specific issue.

Treasurer's report: Checking \$10, 863.58
Savings \$12, 669.17
Expense \$125 newsletter stipend

Sandy and Andrea were unable to attend the zoom meeting with ANFP to finalize the division of profits and expenses from the Spring Conference. ANFP has determined that IDHCC owes them \$1,384.12, but gave no explanation for the cost. Sandy has requested an itemized list from Barb and Pam of total expenses and total revenue to verify that IDHCC actually lost money on this meeting. A total of 45 RDs attended but not all of them were IDHCC members.

IAND sponsorship- IAND has requested \$1,000 from IDHCC for Nov 4th meeting. Question if another level of sponsorship is available. Will the speakers IAND has chosen focus on senior living? In other words, will consultant RDs attend the meeting and will we get new members as a result?

Membership Update: current membership 51; our goal is 70. Jocelyn moved members who registered in the wrong year to the current year. Membership link on IAND site is for last year and needs to be updated.**
Deb suggested a "welcome" letter listing the benefits of our organization and will work on a draft of this.

Discussion regarding corporations with dietitians being hired by long term care facilities. In general, dietitians spend less time in the facility, leaving CDMs to do more clinical tasks. Suggestions to make RDs more visible in the facility, such as getting to know the CNAs, sitting at the nurses' station, talking with the residents in the dining room, etc. Stephanie J. is requested to write an article for the October newsletter on "Make Yourself Marketable." Other newsletter topics include an interview with a corporate RD from Michigan (job tasks and challenges), continue to advertise Consulting 101 webinars, Stephanie L introduction. Deadline for newsletter???

Doodle poll will be sent for August meeting.

** Following the zoom meeting, Josh was contacted about updating this; he needs an updated link from Eventbrite. He did add an IDHCC button on the lower right of the IAND website so we are easier to find. He suggests PayPal or Square as an alternate to Eventbrite and can help us set it up and link it to the website.

Minutes submitted by Kristen Simon-Frank, Secretary

A NEW STRUCTURE OF GOVERNANCE FOR THE ACADEMY PROPOSED VOICE YOUR OPINION BY JULY 31

The Academy's Board of Directors (BOD) recently proposed to restructure how the Academy is governed. Details about the proposed model are available on the Academy's website.

Top-line recommendations from the proposal:

1. Replace the current 113 member House of Delegates (HOD) with a new Strategic Council made up of 15 members. The transition to the Strategic Council will take two to three years.
2. Multiple groups of subject matter experts will be created to support the Strategic Council (anticipate 10 members per group). The experts will be recruited from dietetic practice groups, member interest groups and affiliates.
3. Reduce the size of the Board of Directors from 19 to 14. The Board of Directors believe these changes will allow the Academy to be more flexible and responsive to a larger number of issues. The changes are designed to:
 - Streamline the process to make recommendations on key professional issues in a timely manner with key input from "experts" in the topic area.
 - Move to a more competency-based selection process for leadership positions.
 - Provide more leadership opportunities to more members by having shorter term appointments/elections based on subject matter expertise needed to evaluate and recommend responses to current issues.

Academy members who oppose the proposal believe it is vital to keep the House of Delegates as a governing body and replace it with the Strategic Council:

1. The HOD provides broad, equitable representation BOTH geographically and through DPGs and now MIGs with an objective election process.
2. Eliminating the HOD and replacing it with a Strategic Council could result in all the Academy's governing members being controlled by the Board of Directors. The governing members of both BOD and Strategic Council could become a process of "self-selection" with appointed versus member elected positions. This opens the door for corporate dominance and cronyism among friends and the current BODs.
3. Academy membership will likely decline significantly as eliminating the 113 HOD positions would demotivate active/recruitment at the local, state and DPGs/MIG and At-Large delegates.
4. The proposed governance transition plan not only eliminates the HOD, but it also eliminates the Council of Future Practice (CFP) which reports up through the HOD. The CFP has the interest and evolution of our profession and practice as their focus. They have in the past conducted and published the extensive visioning report every five years.

Another part of the Academy of Nutrition and Dietetics restructuring under consideration is how the Bylaws are updated and amended. At the present time, the House of Delegates holds the responsibility to vote on behalf of their members to update Bylaws. The Board of Directors has the responsibility for fiduciary issues and operations of the association. The current system allows for a system checks and balances. There is a requirement to "notify" membership of potential Bylaw changes and seek input to changes regardless of which "group of members" actually votes to make Bylaw changes.

And argument FOR concentrating the power within the BOD is that they are generally more aware of the current Bylaws and changes to operate efficiently as compared to the HOD deals with more "professional" issues.

The argument AGAINST the change is that BOD is a small number of members and could make Bylaw changes without any check and balance by a second group of members who dialogue with their constituents and vote on the Bylaws change based on member input.

The notification of the proposed Bylaws changes has been posted for general membership input. The link the proposed change and the rationale has been posted for all members.

<https://www.eatrightpro.org/new-center/member-updates/events-and-deadlines/proposed-academy-bylaws-amendments>

Alyson Fendrick RD, LD
Delegate for IAND



IDHCC Transition Zoom Meeting

19 August 2021

Present: Stephanie Labenz, Deb Edwards, Jocelyn Evans, Julie Halfpop, Anne Sposato, Andrea Maher, Kristen Simon-Frank,

Review of costs from Spring Conference: Andrea and Sandy received a more itemized list of costs. Expenses were split 50-50. Revenue from attendees and vendors was split 34-66. Hotel cost (including food) was around \$14,000. Question why IDHCC should pay 50% of meals as we did not have 50% of attendees. Andrea will follow up with this. Otherwise, IDHCC has adequate funds to pay ANFP approximately \$1600 owed.

Vendor revenue: typically, an IDHCC meeting will draw around 20 vendors that pay from \$200 to \$500 fee. ANFP draws many more vendors than IDHCC. Andrea will get a list of the vendor contacts from Spring Conference for future use.

Jocelyn and Stephanie L. will work with Josh to create a Google registration form, along with an alternate method of payment, with links to our website, as IDHCC moves away from use of Eventbrite.

Newsletter dates are January-April-July-October. October issue will include marketing yourself, IAND in November, promoting "How to Consult," remarks from the IDHCC Chair. Anne will be gone Oct 1-12, so would appreciate your contributions sooner rather than later.

Discussion regarding Spring Conference 2022 to be held in March or April. Agreement to make it virtual, one day, 6 to 7 CEUs and not in combination with ANFP. Topics suggested: oral health, Nutrition Focused Physical Exam, chef flair with IDDSI. Breakout sessions, exercise break and "happy hour" will make it more fun and interactive. May even be possible to include virtual vendors as the recent Today's Dietitian conference did. IDHCC will pay for Andrea to attend FNCE sessions where she may get more speaker ideas.

The new Simplified Diet Manual is now available for order. Question if it will ever be available on-line, like the AND diet manual. Perhaps in future.

Stephanie will send out a doodle poll to set the September zoom meeting.

Minutes submitted by Kristen Simon-Frank, Secretary



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