

ICD - HCF

Iowa Consulting Dietitians in Health Care Facilities

Winter 2005



ICD-HCF Mission Statement: This association is the advocate of the dietetic profession serving the public through the promotion of optimal nutrition, health and well-being.

Message from the Chair. Char Kooima

Hello!

It was sure nice to see so many of you at the Iowa Dietetic Association meeting! It is always fun to catch up and network with fellow Dietitians. It often reminds me that we all wear so many different hats in our professional and personal lives. Today, I am wearing a couple of hats – too bad I don't have more heads to put them on. It often seems as though we get pulled in so many different directions, that some days we do not know if we are coming or going. Communicating to others is important to make sure that the proper task is being completed the correct way. I want to touch base on communication and the importance of clear communication to our profession.

Communication is defined by one dictionary as "the exchange of thoughts, messages, or information, as by speech, signals, writing, or behavior". As we know, there are many types of communication. We use all forms of communication – even non-verbal communication in the way of silence, body language, or lack of eye contact. As I reflect on communication skills, I have been challenged over the past year with a new puppy – named Nanuk. Communication is difficult for a puppy. All they know is to play, bite, and bark. Over the past year, we have come a long way.

Consistency is the key for good communication with him. Nanuk now knows certain words and phrases. We have good eye contact and he definitely knows when he has not been good. It amazes me when Nanuk plays with other dogs and how they communicate to one another. Usually it is by barking, growling, or signals in the way of a stance or jump. It drives me nuts when the barking seems to go on forever and you wonder why or what the dogs are barking about. They sure have a lot to say to one another. Sometimes it reminds me of conversations that I have had with others. Have you ever had the conversation in which the person constantly talks and talks and talks but never listens? And then when you get two seconds to say a word or two – they talk and talk some more? Did you know that part of communication is listening? Refer back to the above definition – "exchange of thoughts....."

Communication is important to my career and me, as it is for you. As a Consultant Dietitian, I am "on-call" 24 hours a day 7 days a week. My facilities know that they can call me at any time. They may not get me personally each time, however, they know that if they leave a voice mail that I will return the call promptly. This is a consistent pattern that I have formed with my co-workers, friends, and family. I believe it is very important that we all take a look at our

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communication skills. This would mean the exchange of thoughts, messages, or information, as by speech, signals, writing, or behavior. I would challenge all of you to be prompt with your communication – whether it is by phone, mail or email. I would also challenge our listening abilities. Remember not to be the constant talker – listen and learn what others have to share. We seem to do this well with our patients, but what about with our co-workers, family and friends?

I will jump off my soapbox now, as I need to put on a different hat. I have to attend a meeting in which my listening skills will be challenged as it can be easy to let your mind run astray when you have a lot going on. Listening is the hardest part of communicating. I know we can all improve in that category.

Take Care!

CK



Web Sites of Interest

<http://www.asaging.org/cdc/module7/phase1/index.cfm>

This is a great site for diabetes information for aging. It is good for program ideas and references. Happy surfing!

Look at Our Distinguished Member!

Sue Schinstock recently received the "Distinguished Member Award" for Area 2 of CD-HCF while she attended FNCE in St. Louis on October 25th, 2005. The Distinguished Member Awards are given annually to members who have made significant contributions to the dietetics profession and the Consultant Dietitians in Health Care Facilities national organization. One Distinguished Member is selected from each of the 7 areas annually.

Sue is a dietitian in SE Iowa, having worked at Great River Medical Center since 1988. Her primary focus is long-term care and renal dialysis. Currently she is the president of NEWS (SE District of IDA), and past secretary of the group. Sue is also the SE District Representative to ICD-HCF. Sue held the office of Chair for ICD-HCF a few years ago. Hats off to Sue Schinstock for receiving this prestigious award and her dedication to the field of dietetics!

Check This Out:

Just a reminder that the December JADA has the new position paper on Liberalization of the Diet Prescription Improves Quality of Life Older Adults in LTC. Kathleen Niedert from Hudson, IA authored this paper. It is a great read—you might want to share copies with your facilities. You can also access the paper at www.eatright.org.

Lending Library Update

The Lending Library is available to all members of ICD-HCF and you do have to be a member to take advantage of this benefit. The Lending Library is available through the IDA web site at www.eatrightiowa.org. Click on Consultant DPG and then click on ICD-HCF Lending Library List. Please allow 2 weeks for processing and delivery. A hard copy of the list is attached with this newsletter.

Please check the list in two months for new additions, including information and games about the Updated Food Guide Pyramid and more information on Vegetarian Diets.

A Message from our Chair-Elect

Iowa Consulting Dietitians in Health Care Facilities
 Treasurer's Report: March 1, 2005 – November 1, 2005
 Alison Demory, Treasurer

It has been a couple of years since I last attended FNCE and this year, thanks to ICD-HCF, I was able to go back. As I drove, I thought about the last time I had been to St. Louis as a teenager and wondered how much the city had changed and thought about all of the ways I had changed since I was there last. I also reflected on how our profession has changed since I first started preparing to become a dietitian. As luck would have it, our first speaker, Jane Seymour, talked about changes and how they help us to become who we are.

I was amazed by the diversity of the CPE offerings this year. At one conference, there were sessions on palliative care, customer service, supplement use, childhood obesity, ethics in dietetics, helping students develop writing skills, wound care, media training, digestive health, nutrition support, and use of probiotics. This is only a partial list. In one very special session added at the last minute, I learned about a dietitian with a pilot's license flying supplies into stranded citizens in Mississippi after hurricane Katrina. Her "mission" included 2 airplanes full of supplies as well as 2 trucks hauling gasoline into the region. I also learned about ADA's efforts to lend support to members affected by the recent hurricanes. Has dietetics changed? Absolutely!

One of the most interesting sessions I attended was a training session on use of Nutrition Diagnosis and how this process has been implemented in hospitals. I would encourage all of us to look at how using nutrition diagnosis and standardized language in our practice would benefit our patients. I believe that it will help us be even more focused on treatment plans and positive outcomes than we are already.

My hope is that at least once; each and every one of you has a chance to attend FNCE. What a terrific experience! ICD-HCF provides a \$1,000 stipend each year for the president-elect to attend FNCE—this is probably one of our best member benefits! Attending FNCE gives us a chance to grow and change and expand how we practice our profession. Thanks again for this opportunity.

As Chair-Elect I would also encourage all of you to think about what you might be able to do to help ICD-HCF grow and change. Right now we have openings for district representatives and need nominations for elected positions. Please consider what talents you have and what you can bring to ICD-HCF. Our group is in the process of change as well and we need you!

Carol J. Hill, RD, LD
 Chair-Elect

EXPENSES:	
Administrative:	<u>2,585.30</u>
Copies	0
Phone	0
Misc. (ADA Research)	2,500.00
Postage	85.30
Board Meetings:	<u>1,236.34</u>
Food/Room	332.90
Mileage	903.44
Education:	<u>148.51</u>
Salary	70.81
Postage	72.41
Supplies	5.29
Library	0
Marketing: (IDA Sponsor)	<u>200.00</u>
Dues	0
Exhibits	0
Newsletter (2 Issues):	<u>2,534.97</u>
Salary	925.00
Postage	258.34
Mile/Supply	43.64
Copies-3 issues	1,307.99
Area Groups:	0
ADA Stipend:	0
Spring Meeting:	<u>8,475.34</u>
Speakers	7,925.93
Mileage	549.41
Room Fees	0
DMACC	0
Copies	0
Supplies	0
TOTAL:	<u>15,180.46</u>
INCOME:	
Dues	2,067.65
Interest (Mar-Oct)	73.53
Newsletter Ads	735.00
Spring 2005 Exhibits	4,925.00
DMACC	2,982.81
Books	1,280.00
TOTAL:	<u>12,063.99</u>

Balance on Hand as of Nov. 1, 2005:\$17,793

ADA clarifies therapeutic diet orders guidance

The American Dietetic Association provided its members with advice and resources to deal with a "clarification" issued by the Centers for Medicare & Medicaid Services (CMS) on therapeutic diet orders. On Aug. 18, CMS startled registered dietitians around the country when it issued a memorandum to hospital surveyors that said that therapeutic diets must be prescribed by MDs and DOs responsible for the care of patients in all hospitals participating in Medicare Part A.

After meeting with CMS officials, ADA is advising its members that there have been no changes in regulations. Hospitals may continue to rely on the RD's written orders and still comply with the therapeutic diet order regulation through its approved nutrition order writing policies or protocols.

But ADA President Rebecca Reeves, DrPH, RD, FADA, cautions RDs to initiate reviews of those hospital policies or protocols with physicians and hospital compliance officers now. "It is imperative that appropriate procedures are visible in place," she said. These should ensure:

1. Physicians – either MDs or DOs – establish a means to delegate authority to the RD for each patient's written prescribed diet order;
2. Physicians use a verbal order process in accordance to CMS' regulations and guidance, or.
3. Physicians consent to use the unit's or the hospital's nutrition order policies or protocols authorized by hospital governing board.

ADA is offering information on its website, and through DPGs, affiliates, and other channels. In addition, ADA will be working this fall with CMS to further clarify how the RD can maintain standing in this element of patient care. Also compiled is a list of references and resources to aid in understanding and presenting information on the RD's role in writing nutrition orders for patients.

Medicaid Commission makes recommendations to Congress

Last week the federal Medicaid Commission released its short and long-term recommendations to Congress. According to the Commission, following the recommendations should result in an \$11 billion reduction in the growth of Medicaid spending over the next five years. The report released Sept. 1 is the first of two. The second report is due Dec. 31, 2006.

Recommendations include:

- Restrict beneficiaries' transfer of assets to qualify for long-term care under Medicaid. 5-year savings: \$1.6 billion
- Permit states to use the average manufacturer price instead of the average wholesale price to determine payments to drug companies. 5-year savings: \$4.3 billion
- Allow Medicaid managed care plans to be involved with the drug manufacturer rebate program. 5-year savings: \$2 billion
- Expand the number of beneficiaries who are permitted to be charged co-payments and the amount of co-payments for prescription drugs, physician visits and other services. 5-year savings: \$2 billion

Senate Finance Committee Chairman Chuck Grassley (R-IA) called the recommendations "constructive," but did not endorse any specific one. He said his committee will consider them as it seeks ways to reduce Medicaid spending growth.

After-school programs ReCharge!

Action for Healthy Kids and the National Football League launched ReCharge!, a turn-key after-school program that encourages kids to get active and eat healthier. ReCharge! focuses on four core concepts: "Energy In" (nutrition), "Energy Out" (physical activity), Teamwork and Goal-Setting. The kit includes:

- An introductory DVD, featuring former NFL quarterback Boomer Esiason
- A "Coach's Clipboard" with background information for instructors
- Play-by-play instructions for 29 activities
- "Energy In - Energy Out" tracker to help students record their eating and activity patterns
- A healthy after-school snack guide with background information and specific suggestions on how to provide and fund healthy snacks for after-school students
- Materials for involving family members, including take-home newsletters, available in English and Spanish

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- Ideas and plans for organizing a culminating "Field Day"
- Support materials and equipment including Re-Charge! posters, ReCharge! trading cards (with NFL players giving healthy tips), food models, activity "cones", and NFL footballs

ADA participated in the development of the program, which was a collaborative effort of more than 25 leading education, fitness, health and after-school organizations. The National Dairy Council, a partner of Action for Healthy Kids and the NFL, will disseminate more than 5,500 ReCharge! programs to schools nationwide this fall. ReCharge! can be ordered at http://www.actionforhealthykids.org/special_after.php.

Another report on competitive foods serves as an additional resource when developing local school wellness policies. This report is available at <http://www.gao.gov/new.items/d05563.pdf>. ADA also has numerous resources available on local school wellness policies at http://www.eatright.org/Member/98_9114.cfm.

ADA asks USDA officials to make nutrition a priority

On Wednesday, October 6, representatives of the National Alliance for Nutrition and Activity (NANA) met with Under Secretary Eric Bost and other USDA officials in Washington, DC to encourage the administration to translate the 2005 Dietary Guidelines for Americans into regulations for the federal school meals programs. USDA officials identified several challenging areas in updating the regulations – specifically identifying appropriate calorie levels and meeting the increased requirements for certain nutrients and food groups. NANA is developing recommendations on translating the new Dietary Guidelines into school meals and will be submitting comments to USDA this fall.

Product recalls, market withdrawals and safety alerts are posted on FDA website

Dietitians and their clients, especially those with food allergies and those with compromised immune systems, should find this website helpful. Bookmark as favorite: <http://www.fda.gov/opacom/7alerts.html>

Report unlawful food, drug, and supplement internet sales to the FDA

Frequently dietitians are told about a product that makes unlawful health claims or contains suspect ingredients. You can empower your clients to report suspect products to the Food and Drug Administration (FDA). A FDA website at <http://www.fda.gov/oc/buyonline/buyonlineform.htm> directs consumers to three reporting options, depending on whether a life-threatening, a serious reaction, or just a nu-

sance site is the problem.

FTC site to report false and misleading advertising

Dietetic professionals and their clients should alert the Federal Trade Commission (FTC) to advertising (not labels) that would be considered false and misleading -- particularly related to health, foods, beverages, and other dietary substances. The list excludes alcohol beverage products since those are under the jurisdiction of the Alcohol and Tobacco Trade and Tax Bureau. FTC will investigate organizations and companies whose advertisements are fraudulent, but will not investigate individual consumer complaints. In the case of actual physical harm from using an unsafe product such as a food, drug, or dietary supplement, consumers should file their complaint with the FDA. The FTC website is: [https://rn.ftc.gov/pls/dod/wsolcq\\$.startup?Z_ORG_CODE=PU01](https://rn.ftc.gov/pls/dod/wsolcq$.startup?Z_ORG_CODE=PU01).

Other Web Sites of Interest:

U.S. Department of Agriculture's site for news releases related to food safety incidents (food-borne illness, allergen contamination, etc.) related to foods under its jurisdiction: meat, poultry and eggs: http://www.fsis.usda.gov/News_&_Events/2005_news_releases/index.asp.

Consultant dietitians can access the 2005 Food Code just issued by the FDA at: <http://www.fda.gov/bbs/topics/news/2005/new01235.html>.

FDA permits qualified health claims for calcium

FDA will permit qualified health claims about calcium and colon/rectal cancer and calcium and colon/rectal polyps. Packages may read: 1. "Some evidence suggests that calcium supplements may reduce the risk of colon/rectal cancer, however, FDA has determined that this evidence is limited and not conclusive," and 2. "Very limited and preliminary evidence suggests that calcium supplements may reduce risk of colon/rectal polyps.

FDA concludes that there is little scientific evidence to support this claim." However, FDA concluded that there was no credible evidence to support qualified health claims about calcium and the following: breast cancer, prostate cancer. In a separate letter this week, FDA denied qualified health claims for calcium related to kidney stones and urinary stones. These FDA letters, which review the scientific evidence, are available at: <http://www.cfsan.fda.gov/~dms/qhcca2.html> and <http://www.cfsan.fda.gov/~dms/qhcca4.html>.

House approves "cheeseburger bill" to curb lawsuits

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A GUIDE TO FOOD SAFETY – TRAINING FOR FOODSERVICE EMPLOYEES

Below is a summary of the packages (basic and deluxe) that are available for sale. These items were developed as a part of a USDA grant that ISU received. This is an opportunity to purchase these items at cost plus handling.

Ensuring the safety of food served the elderly is a great responsibility. Managers in long-term-care and assisted living facilities should provide leadership to develop policies and procedures addressing food safety, but every employee is responsible for food safety. Food safety training is only as effective as the least-trained employee in the foodservice operation.

The basic package includes a videotape and DVD which contain 3 seven-to-nine minute segments illustrating aspects of food safety involving a typical foodservice employee. Each segment emphasizes foodservice staff involvement in serving safe food and is based on the 1997 FDA Food Code.

- **Employee Health and Hygiene** follows a foodservice worker as she arrives and prepares for the work day. Use of effective hair restraint, removal of jewelry, attention to the importance of washing hands effectively and when hands should be washed during the work day, and the need for employees to recognize symptoms of illness that would restrict working are addressed.
- **Time and Temperature** continues the observation of the foodservice worker as food products precede through each step of the food flow. A variety of thermometers are shown, safe thawing and cooling of foods is noted, and documentation is highlighted.
- **Cleaning and Sanitizing** reviews the two-step process through use of animation and demonstration. The foodservice worker shows effective cleaning and rinsing to remove food particles and microbes and sanitizing with hot water or a chemical solution. Documentation of water temperature or chemical agent levels is emphasized.

These segments may be viewed individually or as a total presentation emphasizing food safety. New employees could view the segments as part of orientation, or the videotape/DVD could be used as the basis for continuing education for all foodservice staff.

Learning Outcomes

- Emphasize the role of each foodservice employee to practice food safety in the operation
- Review effective handwashing practices and appropriate personal hygiene for foodservice workers
- Show procedures for monitoring time and temperatures of potentially hazardous foods at each step of food flow through a facility
- Clarify the two-step process of cleaning and sanitizing with emphasis on effective manual and mechanical methods

An instructor's guide accompanies the videotape/DVD with suggestions for use and possible discussion questions. The deluxe package includes SOPs and educational materials for employee and resident use.

Please see the following page for an order form.

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The House of Representatives this week voted in favor of legislation that would block lawsuits of the fast food industry. The "Personal Responsibility in Food Consumption Act," backed by the White House and much of the food industry and restaurants, passed 300 to 120.

Supporters describe the bill as barring frivolous lawsuits against manufacturers, distributors or sellers of food or nonalcoholic beverage products arising from obesity claims in federal and state courts. If the bill were signed into law, plaintiffs could still sue, however, for breach of contract or warranty, or when a food manufacturer or vendor "knowingly and willfully" violates a federal or state law regarding the manufacture or marketing of the product. The measure would not affect civil action stemming from inci-

dences of food poisoning. A similar measure passed the House last year, but died when the Senate took no action on it. The Senate plans no action on companion legislation this year.

Critics of the bill say that courts already routinely throw out lawsuits brought by those who claim to have gained weight from eating fast food or food with high caloric content. They claim the legislation is drafted more broadly than represented, making no mention of calories, and absolving all food and "qualified products" defined in Section 201 (f) of the Food, Drug and Cosmetic Act. According to Rep. Henry Waxman (D-CA) it shelters dietary supplements from liability. Waxman said many of these "are not like food. They are not reviewed by the FDA. They are not even subject to FDA intervention, unless they can show real harm being done... Removing the threat of liability for dan-

FOOD SAFETY BASIC PACKAGE

Items included	Price per package		No. ordered	Total Due
	1-9 pkg	10 or more to single address		
<ul style="list-style-type: none"> • Videotape/DVD "A Guide to Food Safety" <ul style="list-style-type: none"> ➤ Employee hygiene ➤ Time and Temperature ➤ Cleaning and sanitizing • Instructor's Guide 	\$25.00 ea	\$20.00 ea		\$

Food Safety Deluxe Package

Items included	Price per package		No. ordered	Total Due
	1-9 pkg	10 or more to single address		
<ul style="list-style-type: none"> • Basic package • CD: Standard Operating Procedures for food service (MS Word format) • Employee Brochure: "Food Safety – A Standard of Excellence" • Flier: "Suggestions for Keeping Food Safe in Apartments" (for residents/ families) • Reproduceable hands-on activities (3 crossword puzzles – 5 word scrambles for residents – sanitation puzzle for employees and/or residents) 	\$35.00 ea	\$30.00 ea		\$

Shipping Information

Name _____

Mailing address _____

City, State, Zip _____

Email address _____

Please remit payment by check or money order to:
 Dept. of AESHM – HRIM
 Attn: Carol Knutson
 31 MacKay Hall
 Iowa State University
 Ames, IA 50011-1121

**Iowa Consulting Dietitians in Health Care Facilities
Fall Board and Council Meeting Minutes
Wednesday, November 2, 2005**

Attendance:

Char Kooima (Chair), Carol Hill (Chair Elect), Rose Hoeing (Past Chair), Cathy Pollock (Secretary), Alison Demory (Treasurer), Dorothy Riddle (Legislative), Anne Sposato (Nominating & Hawkeye Area Representative), Robin Mahrry (Nominating), Betty Barton (DMA Liaison), Theresa Eberhardt (Upper IA Area Representative), Sue Schinstock (South East Area Representative). Guests: Andrea Maher and Carlene Russell.

The meeting was called to order by Chair Char Kooima at the Hotel at Gateway Center in Ames, IA at 5:05 pm. Introductions were completed and Char asked for any additions to the agenda as presented. Alterations included reading the letter of resignation from Sandy Loos, secretary, to begin immediately. Char then introduced Cathy Pollock who has agreed to step in and complete the term of secretary. The appointment of Cathy Pollock to take over as secretary was approved.

Char Kooima called for a quorum check. It was confirmed that there was a quorum present.

Secretary's Report:

The secretary's report was unavailable.

Treasurer's Report:

Alison Demory presented the treasurer's report. Copies of the budget for March 1, 2005 to November 1, 2005 were distributed for board review. Alison reviewed the income and expenses for the time period as stated above. Total expenses were \$15,180.46 and total income was \$12,063.99. Current balance on hand, as of November 1, 2005 was \$17,793. The spring meeting continues to be the most expense for the year, but the biggest money maker also. Another big expense mentioned was \$2,500 to ADA for research.

She reported membership is down 17 from last year. Discussion was held in how we can recapture lost members. The past summer issue of the newsletter was sent to all Dietitians in the state in hopes of gaining new memberships, but new membership results were poor. One idea brought up was perhaps a postcard or letter be sent after the spring meeting to those members who do not renew as a reminder to join. Another idea discussed was sending the renewal form separate from the newsletter so people don't put the newsletter away and forget to send the renewal form in.

At the summer meeting in June, discussion was held about honoring Judith Walrod with a scholarship in her name or donation to a charity to thank her for all the support she has shown to our organization. Char Kooima had contacted Judith and she would not like anything done in her honor because she feels what she does is part of her job. She would encourage the board to use funds to better the membership and organization. It was brought up that Judith will retire from her position for the State of Iowa someday and talk is that the position may not be filled. The question was raised if we could spend money instead to help lobby for keeping the Dietitian position after she retires. A committee, "The Task Force for Dietitian Healthcare Surveyors" was created headed by Alison Demory. Anyone who wants to contribute to this committee is welcome.

The membership list can be difficult to maintain and the number of memberships are not the same between Allison's and Monica Lursen's lists. Monica Lursen continues to maintain a membership list and does she need to still? The group feels that the treasurer should keep the membership list and will be discussed more at the spring board meeting. The membership could go on the web page in the future.

Legislative Report:

Carlene Russell provided information regarding House File 814 and Medicaid services. There also is an opportunity for Dietitians to get involved with Disease prevention/Health Promotion meetings. There is one scheduled for November 21st. Char Kooima will send email out with the information.

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Camp Hertko Hollow

Have you heard about Camp Hertko Hollow, a special camp for children with Type I Diabetes? This past summer 327 children and youth ages 6-18 attend a week at camp that was held at the YMCA camp north of Boone, Iowa. Next summer's dates are: June 25 - July 1 for children in grades K-5 and July 2-8 for youth in grades 6-12.

Managing diabetes is a difficult task for an experienced adult, and much more challenging for a child. About 1/3 of the campers have insulin pumps and each child has their individual management plan. The tasks of finger poke blood tests, insulin injections, and counting the carbohydrate value of all foods eaten is just part of the daily schedule. It's easier with a group of peers who also have diabetes. Staff members who have diabetes serve as role models.

Last year our included 10 physicians, 17 nurses, 3 dietitians, 3 pharmacists, 8 pharmacy students from Drake University, 29 Iowa State University dietetic interns, 5 University of Iowa nursing students, and 32 counselors who have diabetes themselves plus administrative staff. That is a total of 124 persons who have volunteered for 1 or 2 weeks from their busy lives in order to help the campers learn about this chronic disease. It is pretty awesome that these persons feel so strongly about helping youth learn to manage their diabetes! Vivian Murray has been the Camp Director since 1970. She graduated from Institution Management at ISU in 1967 and opened the Maple Willow Larch Residence Hall food service. She was a recipient of the Iowa Recognized Young Dietitian's Award and the ISU Outstanding Young Alumnus Award. Now she is retired as a dietitian, but directs the camp full time.

The Camp Hertko Hollow staff members live in the cabins with the campers and have the opportunity to give spontaneous education as the campers enjoy the many fun recreational activities at summer camp. Horseback riding, canoeing, climbing wall, crafts, archery, zip line, swimming, and athletics are some of the favorites. In addition a diabetes education session is scheduled each day to learn about managing diabetes. Games and visual aids are utilized to make the learning experience fun for the children. In past years a pre-camp survey and post-camp survey were given to each camper to measure the information that was learned during the week. Much of the benefit of the camp experience is the camaraderie that occurs when a child with diabetes meets other children who also have the disease. Campers come from all parts of Iowa and western Illinois and are often the only child in their school with diabetes. At camp the tasks of checking blood sugars, taking insulin, and counting grams of carbohydrate are just part of the daily routine and the children feel like normal kids instead of different from their friends.

The camp is operated by an independent corporation called Camp Hertko Hollow, Inc. and thus must raise funds each year to break even. All donations are tax deductible. It is a 501(c)3 tax exempt organization and receives no funds from national diabetes organizations like ADA or JDRF. Numerous service organizations, foundations, and individuals donate money to sponsor campers. The camp saves money by having a staff comprised of all volunteers and getting supplies donated from pharmaceutical and diabetes device companies, and food stores.

Donations are needed to sponsor children to attend diabetes camp. Last summer 88% of the families could not afford to pay the camp fee and were most appreciative that campership funds were available. The camp fee is \$650 for a full week or \$325 for a Mini-camp half week session. Parents fill out a Financial Assistance Application and are matched with a donor. Checks should be sent to Camp Hertko Hollow at: 101 Locust St., Des Moines, IA 50309.

Dietitians across Iowa can help us advertise the camp exists to all families that have children with diabetes. A camp video and a DVD is available for loan for service clubs and organizations.

The next Family Camp Weekend is scheduled on February 18-19, 2006 at the Y-camp in Boone. Toddlers, preschool children, grandparents, siblings, friends and parents can attend with the child who has diabetes. Volunteer medical staff are needed to give talks and be a resource for the parents. Registration forms, photos, and additional information is available on our web site: www.CampHertkoHollow.com

Direct all questions to Vivian Murray, Camp Director at 888-437-8652 or 352-750-6759 or e-mail: CampHertkoHollow@aol.com



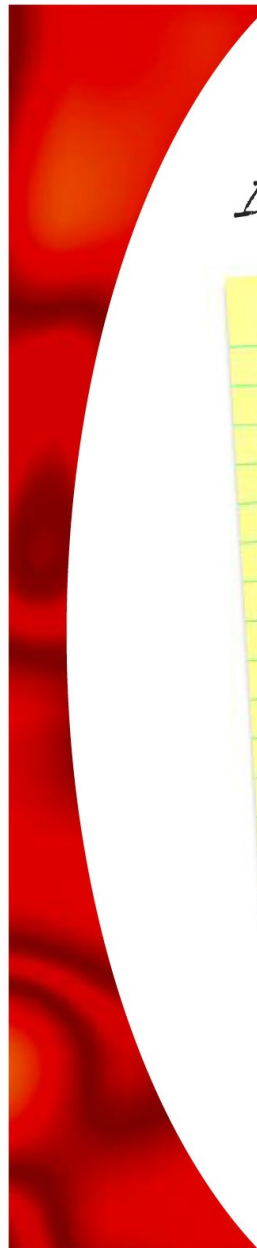
ADA Foundation Awards Available

Throughout the year, the ADA Foundation offers several awards to dietetics students and professionals in recognition of their professional accomplishments, to further research objectives and to enable dietitians to enhance their education and skills. All award applicants (excluding International Awards) must be current ADA members and U.S. Citizens.

To receive an application for any of the following awards please contact the ADA Foundation at 312-899-4803 or epuga@eatright.org.

Available awards include:

- F. Ann Gallagher Award
- Ann A. Hertzler Research Award
- Julie O'Sullivan Maillet Research Grant
- Barbara Ann F. Hughes- NEP DPG Continuing Education Award
- Wimpfheimer-Guggenheim Fund for International Exchange in Nutrition, Dietetics and Management
- First International Nutritionist/Dietitian (FIND) Fellowship for Study in the USA
- Colgate Palmolive Fellowship to Support Research in Nutrition and Oral Health/ Dental Education



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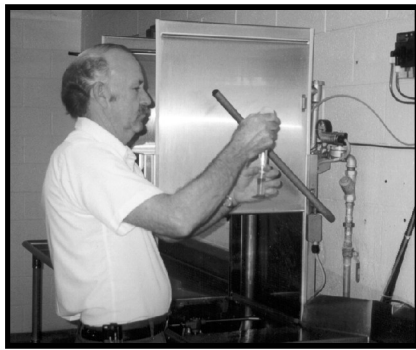
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Illinois Branch: 1536 E. Fairchild • Danville, IL 61832
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Newsletter:

Lucinda was unable to attend and no report was given.

Public Relations:

Theresa Eberhardt reported in place of Alicia Aguiar. In working on the new member packets, thought it would be good to include a small gift also. Some ideas discussed were pens, notepads, mugs, calculators, or tape measurers with the ICD-HCF logo on them. We currently have a few, but more are needed. Plan to check costs and order some small gifts.

Nominating Committee:

Anne Sposato reported that there is not a slate yet, but will start working on. The Chair Elect and either the secretary or treasurer are up for elections in the spring. One or the other of the secretary and treasurer positions is up for election since one is appointed every other year. Carol Hill agrees to check the schedule and make a list of all positions and dates when elected and when they are up for election next.

Education:

Dorothy Riddle reported in place of Beth Samuelson. Videos are the most checked out from the library. A new vegetarian video was ordered and plans are to get a video on the new food guide pyramid and ISU sanitation. Please let Beth know of any education items that you would like purchased.

Dietary Manager Liaison:

Betty Barton reported that the 2006 spring meeting would be either next March or April in Ames. Also enjoy having feature about DMA in newsletter each quarter and plan to continue it.

Area Representatives:

Reports from local district activities/meetings were shared by Anne Sposato (Hawkeye), Roxane Patton via email (Northwest), Bonnie Moeller (Mississippi Valley), Theresa Eberhardt (Upper Iowa), Kathleen Niedert via email (Northeast/Mideast), Sue Schinstock (Southeast).

Discussion was held about the publication "Feeding is Everyone's Business" and the need for it to be updated. Carol Hill volunteered to head a committee to look into this.

Old Business:

Spring meeting 2005: Char Kooima reported that overall the spring meeting went well. The conference and speakers were good and we did make some money. The one drawback was that the vendor space was too small, but that has been corrected for the upcoming meeting next spring.

Public Relations/Marketing: Discussion was held about how to provide some incentive for joining our organization. Carol Hill made a motion to provide the registration fee for one person to attend the ADA fall conference. This person would have their name randomly drawn from all those people who renew their membership or become new members by the spring meeting on May 1st. Information regarding this will be put in the newsletter and the IDA Bulletin. Rose Hoenig seconded the motion and all those present approved the motion.

Bylaw changes: Rose Hoenig submitted the report and provided copies in regards to Bylaw changes. The one change to the current Bylaws will be posted in the spring newsletter and voted on by the members at the spring meeting. The proposed change is the chair, instead of the chair elect, will appoint the editor of newsletter and the past chair will serve as the coordinator of the newsletter with the appointed editor. Allison Demory made a motion to accept the Bylaw change and Carol Hill seconded the motion. All members present approved the motion.

Standard Language: Kathleen Niedert submitted a report regarding an update on the standardized language. Char Kooima reported the report in Kathleen's absence and said to read the article posted in the last newsletter.

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New Member Packets: Theresa Eberhardt reported for Alicia Aguiar the progress on getting the new member packets ready to go. She listed the different items planned to go in them and reported costs associated with mailing them out. It was decided that the cost was worth the investment of getting new memberships to our group. The idea was brought up to send packets to all Iowa State and Iowa interns.

Area Representative Openings: Carol Hill reported that there are openings for Southwest, Upper Iowa, and Central Iowa. She does have a lead for the Central Iowa representative position. She plans to put an article in the newsletter encouraging people to join.

New Business:

Spring meeting 2006: Char Kooima reports that plans are well underway for the annual spring meeting. The meeting will be held May 1st in Des Moines at the Holiday Inn University Park. Speakers and vendors are all lined up. A flyer was placed in the IDA meeting packet promoting the event. Char will let us know what time the spring board and council meeting will be.

Diet Manual: Andrea Maher editor for the Simplified Diet Manual reported that drafts were coming in to her for review. Discussed putting the study guide and answer section in the book instead of a separate book. She also talked about the new chapters that will be in the upcoming edition. Andrea would like anyone who has thoughts or questions about the manual to contact her.

Newsletter: There was no report about the newsletter. Just a reminder for everyone to have things to Lucinda by the deadline.

Job descriptions: Char Kooima discussed the revised job descriptions of past chair, chair, and chair-elect and the newly created job description of event coordinator. Copies of all were included for board and council meeting to review. The event coordinator position was created to plan the spring meeting and is a three-year appointed term. The chair elect now will work closer with the chair to understand those duties and responsibilities. It was suggested that the third year make it a co-position with the newly appointed event coordinator to learn the position. Char suggested that a stipend of \$1000 for ADA conference be given to the event coordinator just like the chair and chair elect receive. We plan to discuss that more at the spring meeting. Carol Hill made the motion to add, "plan the vendors" along with plan and coordinate the continuing education to the event coordinator job description. Alison Demory seconded it and all members present approved the motion.

Alison Demory made the motion to adjourn the meeting and Theresa Eberhardt seconded it. The motion passed by all present. Meeting adjourned at 6:30 p.m.

Respectfully submitted,

Cathy Pollock, secretary

ICD-HCF 2005-2006 Board and Council

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ICD – HCF

Iowa Consulting Dietitians in Health Care Facilities

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Iowa Consulting Dietitians – Health Care Facilities

The Nutrition Puzzle: Putting the Pieces Together

May 1, 2006
Holiday Inn-University Park
Des Moines, Iowa

Featuring:

ZANETA M. PRONSKY, MS, RD, LDN, FADA and SISTER JEANNE PATRICIA CROWE, PharmD, RPh
authors of Food-Medication Interactions. Their presentation will be focusing on Alzheimer's disease and medication interactions specifically focused on this illness.

Laurie Kimball, RN author of The Depression Tool Kit: Practical Ways to Get Through the Day. She will be presenting on work and stress management.

JoEllen Arends RN is the patient care coordinator with Hospice of North Iowa. She will present in depth information on food and fluid issues related to the end of life.

Julie Halfpop RD LD & Beth Samuelson RD LD will be presenting a skills fair educating us on how we can better educate our staff.

Judith Walrod, RD LD, A conference can not be complete with the knowledge and helpful hints from a state inspector.

For more information, call Char Kooima, RD LD CDE @ 712-470-1867 or email rbaxc@mtcnet.net