

# ICD - HCF

## Iowa Consulting Dietitians in Health Care Facilities

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.

Fall 2006

### *Message from the Chair. . . . .*

#### Sharing your Spirit

As I planned for FNCE this year, I thought a long time about what sessions I wanted to attend. I thought about how each session would fit into my portfolio & meet the learning needs that I have identified. I also considered how I wanted to spend my free time. I was thinking of just relaxing & seeing the sights. What I came to discover was that my "free" time offered just as much of a learning opportunity as my time in traditional organized meetings. I also discovered the true meaning of the word "aloha".

FNCE, as always, was great. Several CPE offerings focused on Hawaiian culture & traditional Hawaiian foods. There were also updates on many topics and presentations & poster sessions on various research topics. A hot topic for ADA continues to be nutrition diagnosis & standardized language.

During the short sightseeing trips I made while on the islands, I took the opportunity to ask questions of the local tour guides. How do the people of our 50<sup>th</sup> state live? With the average two bedroom, 1 bath room home costing over \$650,000, how does the average Hawaiian family make ends meet? How do they afford healthcare? With a lot of the working population living 1 – 2 hours away from where they work, how far

do they have to travel to access healthcare? Are the hospitals on the less developed islands equipped for major emergencies & if not, how is care provided? What about the elderly and with obesity & type 2 DM on the rise in Hawaii, what about the children? As a dietitian, what can I do? As I listened to the answers, I discovered a wealth of "learning" had taken place in a very casual way.

While on one tour, a guide shared with us the true meaning of the word ALOHA. He said that aloha means much more than simply hello or goodbye. In Hawaiian culture, the "ha" refers to ones "spirit" or "essence of being". "Alo" refers to sharing. The traditional "aloha" greeting is done by touching foreheads & noses. In this fashion one breathes in or "shares" the spirit of another person.

With all that we do everyday in our busy lives & with all of the people we meet & counsel everyday at work, do we look for the informal opportunities to learn? How well do we network & share information with each other? As we work with people are we simply imparting knowledge & "doing patient teaching" or are we "sharing" our "spirit"? Each of us has a unique & wonderful spirit. I am looking forward to sharing mine with you. ALOHA.

Carol J. Hill RD, LD

---

## Are you looking for opportunities to make a difference?

Consider providing nutrition counseling to older adults in their own home. Nutrition counseling in the home is ideal for connecting with the client regarding their needs and individualizing nutrition interventions. Medicaid Elderly Waiver provides nutrition counseling for older adults determined to be at high nutrition risk. Unfortunately, many of these individuals do not receive the service because their case manager does not have access to a registered/licensed dietitian.

More dietitians are needed to become Medicaid Elderly Waiver providers. Becoming a provider will allow you to receive referrals, provide nutrition counseling and receive payment. **Plus receive the personal reward of helping older adults improve their nutritional health!** Note that the volume of referrals may vary from one to several monthly so this works well for RDs working part time or for hospitals and clinics wanting to expand outreach to home and community based care.

To become a Medicaid Elderly Waiver provider, access the application instructions and form via the Iowa Department of Human Services at <http://www.ime.state.ia.us/docs/470-2917.doc>.

To help case managers and others locate dietitians, please sign up for the free ADA National Nutrition Network at [www.eatright.org](http://www.eatright.org) under "Find A Nutrition Professional" at the top right corner. This website is being used in the Iowa Life-LongLinks to help locate and gain access to registered/licensed dietitians.

For more information about the LifeLongLinks you may participate in a webcast.

Iowa's older adults and people with disabilities soon will have easier access to statewide resources through one comprehensive Web portal at [www.LifeLongLinks.org](http://www.LifeLongLinks.org). The site is scheduled to be live by Sept. 1, 2006. Learn more about the site contents and navigation through the archived webcast at [www.LifeLongLinks.org](http://www.LifeLongLinks.org) for those indi-

## From Our Chair-Elect . . . .Anne Sposato

If you ever have a chance to go an American Dietetic Association Food and Nutrition Conference and Expo, it is well worth your money. This year it was in Hawaii. I have been to several ADA FCNE meetings. I have never been to Hawaii, and it is one place that I have wanted to go. Hawaii is a place you have to experience once in your lifetime. The beauty of the islands is breath taking. ADA offered several trips for CPE on some of the other islands. My husband and I went to Hawaii before FNCE meetings began, instead after, so I did not attend any of them. Each of the islands is different in their own unique way, and has something to offer to everyone. We signed up for several tours—each tour guide did their best to make it an enjoyable experience us.

The thing I enjoyed the most about FNCE is the chance to see old and forgotten colleagues. It gives you those few moments of time to catch up with each other's lives.

I also enjoy the educational sessions that are presented. It always happens to me I will look at the program guide, and there will be two sessions offered, and I want to go to both. I choose the one that I think will best meet my needs, then realize that I should have chosen the other session. I try to get the most of the education sessions, and have some fun while at FNCE.

The trip home left much to be desired. I was up for over 37 hours because my flight home was cancelled, and I had to be rescheduled twice. But I still had loads of fun.

---

viduals who were unable to view the webcast live.

Please contact Carlene Russell, MS RD LD at the Iowa Department of Elder Affairs via email [carlene.russell@iowa.gov](mailto:carlene.russell@iowa.gov) for more information.

---

## The Elderly Waiver program . . . A Brief Look at our Experience in Greene County

At Greene County Medical Center in Jefferson, Iowa we are lucky to have the backing of Administration to be able to make client home visits for our Public Health Department.

Once we signed the contract to be a provider, we could be reimbursed at the current rate of \$8.17 per 15 minute units . Depending on the client's plan of care you are given so many 15 minute units to work with each different client. We use an assessment form developed by Carlene Russell and a group of professionals who see Elderly Waiver clients frequently. The Mini Nutritional Assessment form is also used. The form used has lots of solid data points which can show the clients current nutritional status, and also can be used down the road to show measurable outcomes which are now being required.

The most rewarding thing that I see from our experiences with our clients are the improvements and stabilization we see. I can tell you that in the last several months we saw a male client who had the diagnosis of Type 2 Diabetes, Arthritis, and need to follow fluid restriction. His weight, when first seen was 384 pounds, height: = 72 inches, BMI = 51.96 and blood sugars were elevated. He was seen by a dietitian and goals were set to: (1) follow a Con-

stant Carbohydrate Diet (approx. 1700 - 1800 cal) and, (2) Measure foods for portion control in order to loose about a pound per week. Pt is now down to 372.4 pounds due to taking diet seriously and is no longer on insulin. Finger sticks have been in the 70 - 100 range, with only a couple over 200 post prandial, all now with diet control. A call back was made to the patient in June and he felt he was doing well.

At a recent case management session, the Public Health nurse noted that the patient had requested a follow-up visit to make sure he was doing well and could ask questions. I believe that Elderly Waiver visits from Registered Dietitians are needed by home care clients and we can make a difference.

Amy Becker, RD, LD, CDE  
Greene County Medical Center  
Jefferson, Iowa

The Elderly Waiver program promotes nutrition counseling as one intervention having measurable outcomes—and measurable outcomes are now being required. This is the perfect time to get more Registered Dietitians involved!

---

## Interested in Children with Special Needs?

Child Health Specialty Clinics (CHSC) is Iowa's Title V Program for children with special health care needs. Budget cuts in 2004 eliminated CHSC's 16 Registered Dietitians providing community-based nutrition consultation to many families across the state of Iowa. CHSC is working on options to help fill this gap in nutrition services. If you are interested in being part of a network of dietitians who see children with developmental delays, prematurity and other chronic conditions that require the expertise of a Registered Dietitian, please contact Jody Kealey, RD, LD Nutrition Consultant with CHSC at [jody-kealey@uiowa.edu](mailto:jody-kealey@uiowa.edu) or call 1-866-664-3030. Please note that CHSC is only in the beginning stages of this development; therefore your response will only be an indicator of your interest. You will then put on a list to be notified of further opportunities, training and progress in this area of nutrition. For a look at how another state has developed its services for special needs children, go to <http://depts.washington.edu/cshcnnut/>.

If interested in hearing more about Iowa's progress in special needs nutrition send the following information: Name (with credentialing letters), Agency, Hospital, Clinic, or other entity you work for, Address, Email (if available), Phone to: Jody Kealey, RD, LD, Iowa Child Health Specialty Clinics, 1230 E. Rusholme St., Suite 305, Davenport, IA. 52803-2400. Phone 563-421-3035 Fax 563-421-3039

---

## Somebody's Mother- by Rose Hoenig,RD,LD

It happens nearly every day I spend consulting in a nursing facility. There she sits, alone, head hanging, seeming to be asleep and unnoticed. Some days her name might be Anna or Ruth but the frailty and isolation always look the same. My mother, Alice JuneKrogmeier, passed away on November 8, 2005 after nearly two years in a nursing home. Since that time, I have come across numerous Alice Junes, most with other names, that bittersweetly remind me of my mother. Most recently, I walked near a small, white haired lady whose name really was Alice and who was wearing the very same soft lavender pantsuit that my mother used to wear. She has declined, lost some weight and generally is worn out but always takes my hand with a smile. That was a poignant moment in the halls of a Dav-enport nursing home.

Losing a parent is difficult for all of us. Watching their physical and mental decline makes us feel helpless and wanting to do something to ease the suffering of our loved one. Professionally, we know that sometimes there is just nothing else that can be done. Personally, we suffer through the time along with our parent and do our best to make them comfortable. Perhaps some of you have had the opportunity to be involved with Hospice care for your parents. This experience heightens our awareness of the conditions of our residents and families that we serve. It puts us in a place of truly making a difference for that ill person and for their family.

Such emotions can make us vulnerable to over compensating in our role as a dietitian and health care provider. It can make us over react to the perceived lack of care in a facility and try to take on a personal investment to make life better for someone. How do we balance our compassion with common sense?

I believe I have worked through this personally by a firm belief in the following:

1. It is not wrong to want the best care possible care for any resident.
2. It is our job to provide quality nutrition services for our residents.
3. We can make a profound impact on the nursing home experience for family members.
4. It is our responsibility to work with the health care team to make these things happen every day.

I think the key to finding balance is number four. We are surrounded by health care personnel who have a big job. It is important that we find ways to communicate on a positive level with them to achieve our goals. As dietitians we can be role models to them as we ask questions, observe residents, review records and interact with residents and families. I know personally that my interest in a resident and their care has sparked better communication from CNAs and nurses. Let them know that you value their input and what plan you are putting into place. Most of these health care workers will respond favorably and even bring concerns to you when they know you really do want to be made aware of problems. We can play a pivotal role in reminding them of how much families are putting their trust and confidence into our hands.

The question that always makes a big impact is, "what would you do if this was your mother or father?" We can't change the circumstances that bring residents into our facilities. But we can and must give each Alice June the best we have to give. Someday it may merely be a soft hand on the shoulder or a call to a family member to let them know of weight loss and your interventions. It may simply be a word of understanding and acknowledgement of their concern. I can't think of a better compliment than for a daughter or son of one of my residents to say that I made a difference in their parent's life as they approached its end.

---

## Do You Want to Keep Up-To-Date?

Carlene Russell at the Iowa Department of Elder Affairs has a distribution list used for sharing educational materials, resources, research findings and program information related to nutrition for older adults. If you would like to receive these occasional messages, contact Carlene Russell at [carlene.russell@iowa.gov](mailto:carlene.russell@iowa.gov).

---

### Updates in Brief

The Fall IDMA meeting is Fri Oct 20 at Mary Greeley Medical Center in Ames. Please encourage your dietary managers to attend this informative meeting.

The most recent news from ISU press, now Blackwell, is that the new Simplified Diet Manual will be in the warehouse Dec.10. Marketing materials are being prepared. There has been a request made for materials to give out at the DMA meeting, as well as the IDA meeting Nov.1-2 .

---

### **DATES TO REMEMBER:**

March 23-23, 2007, will be the combined MINK (Missouri, Iowa, Nebraska, Kansas) Dietetic Associations meeting to be held in Overland Park, Kansas! It should be another great opportunity for many of us who are not able to get to FNCE to hear national speakers so close to home! The program is being finalized and should be able to be published very soon.

### **Resident Samplings**

Have you ever been at a Resident Council meeting where all you heard was food complaints? Or, do your customers seek you out to moan about the menu?

If so, maybe you should consider hosting a Resident Sampling. This is a food fair in which residents are encouraged to taste new foods and offer their opinion on items to feature on the menu. Martin Bros. Distributing, Inc., a full-line foodservice distributor servicing the Midwest, has partnered with many facilities to make a marketable event like this happen.

Recently, Martin Bros. hosted a tasting in conjunction with "happy hour" at Sunnybrook Assisted Living in Mt Pleasant. They were hoping to expand the variety of fish that was offered at this residence. Martin Bros. coordinated the Icelandic broker to come in and prepare several options for consideration. The guests enjoyed trying the new items and requested that the Red Ale Shrimp and the Southern Catfish be added to the menu. The broker also shared new cookie options available through the Best Maid company.

Resident Samplings can be tied in with the activities schedule, held in conjunction with a meal, or coordinated with the monthly resident council meeting. It is a great way to kick off a new menu, encourage the residents to take ownership of the food selections, and to show off the dining program.

To hear more about these Resident Samplings, call Julie Halfpop, Marketing Dietitian with Martin Bros. at 1-800-847-2404.

## Web Sites of Interest



Introducing LifeLongLinks.org: The New Web Portal Connecting Iowans to Aging and Disability Resources

Iowa's older adults and people with disabilities soon will have easier access to statewide resources through one comprehensive Web portal at [www.LifeLongLinks.org](http://www.LifeLongLinks.org). The site is scheduled to be live by Sept. 1, 2006. Many already learned more about the site contents and navigation during a live 45-minute webcast Friday, Sept. 15 at 10 a.m. at [www.extension.iastate.edu/webcast](http://www.extension.iastate.edu/webcast). The webcast also will be archived at [www.LifeLongLinks.org](http://www.LifeLongLinks.org) for those who were unable to view it live.

LifeLong Links is designed to remove barriers to community living for people of all ages with disabilities, long-term illnesses and aging issues. Development of aging and disability resource centers such as LifeLong Links is part of the President's New

Freedom Initiative and is funded through the Administration on Aging and Centers for Medicare and Medicaid. LifeLong Links will assist all Iowans searching for resources about long-term care.

Iowa was awarded \$800,000 in April 2004 and is creating a virtual statewide resource center by enhancing Iowa's existing information and referral systems Iowa COMPASS, Iowa 211 and the Iowa Association of Area Agencies on Aging (i4a).

The primary goal of LifeLong Links is to help people with disabilities and older Iowans, as well as people who provide them with support, to easily locate and access services – regardless of where they first seek information. All Iowans will be able to identify local, state and national options for services and information throughout their lifespan from the LifeLong Links Web site and toll-free telephone numbers for Iowa COMPASS, Iowa 211 and i4a.

LifeLong Links is a trademark of the Iowa Department of Elder Affairs.

For more information contact:

Mary C. Anderson, Aging and Disability Resource Center Project Director, Iowa Department of Elder Affairs, (515) 725-3346, [mary.anderson@iowa.gov](mailto:mary.anderson@iowa.gov)

---

Hawkeye Ad and Membership List Here

---

**ICD-HCF 2005-2006 Board and Council**

**Past Chair**

Char Kooima  
H(712) 722-0820  
E-mail: [rbaxc@mtcnet.net](mailto:rbaxc@mtcnet.net)

**Chair**

Carol Hill  
H(515) 223-1223  
E-mail: [cjhillrd@aol.com](mailto:cjhillrd@aol.com)

**Chair-Elect**

Anne Sposato  
W(319) 863-3937  
H(319) 665-2891  
E-mail: [asposato@wchc.org](mailto:asposato@wchc.org)  
E-mail: [jabs8@msn.com](mailto:jabs8@msn.com)

**Secretary**

Cathy Pollock  
712-722-4140  
E-mail: [bc4cy@mtcnet.net](mailto:bc4cy@mtcnet.net)

**Treasurer**

Nadine Fisher  
  
E-mail: [rf0619@mchsi.com](mailto:rf0619@mchsi.com)

**Newsletter Coordinator**

Lucinda Scandrett  
H (515) 233-3365  
E-mail: [icdnewsletter@yahoo.com](mailto:icdnewsletter@yahoo.com)

**Public Relations Chair**

Alicia Vance Aguiar  
W(319) 861-3427  
E-mail: [alicia783@mchsi.com](mailto:alicia783@mchsi.com)

**Legislative**

Dorothy Riddle  
H(515) 231-8995  
E-mail: [drfrwiz@aol.com](mailto:drfrwiz@aol.com)

**Education**

Beth Samuelson  
H(515) 545-4814  
E-mail: [bsamuelson@wccta.net](mailto:bsamuelson@wccta.net)

**Nominating**

Robin Maharry  
H(712) 200-1666  
E-mail: [frmahary@alta-tec.net](mailto:frmahary@alta-tec.net)

Theresa Eberhardt  
E-mail:

**Dietary Manager's Assn. Liaison**

Deb Dawson  
H(515) 278-7092  
W(515)527-1100  
E-mail: [ddawson@mercydesmoines.org](mailto:ddawson@mercydesmoines.org)

Betty Barton  
H(515) 232-1824  
W(515)964-6576  
E-mail: [bartonbet@msn.com](mailto:bartonbet@msn.com)

**North West Area Rep.**

Roxane Patton  
H (712) 277-2885  
cell (712) 253-3356  
Fax same as phone  
E-mail: [roxane.patton@longlines.com](mailto:roxane.patton@longlines.com)

**Mississippi Area Representative**

Bonnie Moeller  
H(563) 359-1923  
E-mail: [brmoellerRDL@dmchsi.com](mailto:brmoellerRDL@dmchsi.com)

**South West Area Rep.**

Open

**North Iowa Area Rep.**

Open

**North Central Area Rep**

Shawn Welter  
E-mail: [jswelter@evertek.net](mailto:jswelter@evertek.net)  
(515) 379-2404

**Central Area Representative**

Open

**Upper Iowa Area Representative**

Theresa Eberhardt  
H 319--245--1530  
[bonnie@alpinecom.net](mailto:bonnie@alpinecom.net)

**North East Area Representative**

**Mid East Area Representative**

Kathleen Niedert  
(319) 988-4636  
E-mail: [kniedert@aol.com](mailto:kniedert@aol.com)

**Hawkeye Area Representative**

Anne Sposato  
W(319) 863-3937  
H(319) 665-2891  
E-mail: [asposato@wchc.org](mailto:asposato@wchc.org)  
E-mail: [jabs8@msn.com](mailto:jabs8@msn.com)

**South East Area Representative**

Sue Schinstock  
H(319)469-7941  
Fax(319)469-2015  
E-mail: [schinsto@interl.net](mailto:schinsto@interl.net)

**Mid West Nutrition Team Area Representative**

Terri Romey  
(712) 669-3357  
E-mail: [romey4@netins.net](mailto:romey4@netins.net)

# ICD - HCF

Iowa Consulting Dietitians in Health Care Facilities

Lucinda Scandrett, RD  
ICD-HCF Newsletter Coordinator  
1021 Top-O-Hollow Road  
Ames, IA 50010

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.