

October 2021



SASKATCHEWAN SOCIETY OF NUTRITION MANAGEMENT

Nutrition Management Today

2021 Virtual Education Day

Due to current COVID-19 numbers in Saskatchewan, the SSNM board is pleased to present our 2021 Virtual Education Session on Thursday, October 28th from 1pm-3pm CST.

If you are interested in attending please fill out the application in the link below:

<https://form.jotform.com/212436929358263>

Our Education Session Speaker is Andrea Holwegner her bio and a snip of what she will be touching on in the session was sent out via email to members last week.

CSNM members, for attending this session you will receive at least 1 CE point!

Look forward to seeing you soon! Natasha



SSNM Annual General Meeting

This year's SSNM AGM will be held via Zoom on October 28th, 2021 as part of the Virtual Education Day.

Please review the financial reports emailed out in September.

Gwen will provide us with the Zoom link closer to the date of the AGM.

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Special points of interest:

- *Information on upcoming Virtual Education Day and AGM*
- *CSNM Bursary Application*
- *SSNM Cookbook Update*
- *Perfect Oven Baked Chicken Breast*

CSNM Active Member Bursary Application

CSNM active member education bursary initiative is accepting applications!

As a reminder, we launched this active member education initiative in the Fall of 2020. The process will allow for two application periods each year, whereby eligible candidates who apply, can be selected to receive a bursary in the amount of up to \$1,500 to pursue further education in the field of Nutrition Management or a related field.

To qualify, you must be a member in good standing for a minimum of three (3) years, with no lapsed membership on file. You can only apply for this bursary once every 12 months, up to a maximum of 4 awarded bursaries during your time as a CSNM member.

Bursary applications can be submitted anytime, however, evaluations and awarding of the bursaries will be done twice per year – April 30th and October 31st. Please note that this is a taxable benefit, and you will be issued a T4A for any funding you receive.

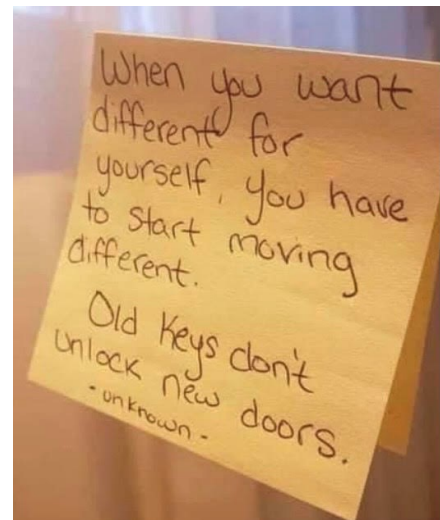
Please allow up to eight (8) weeks for the processing of your application.

Apply now on the CSNM website (www.csnm.ca)

Shanna Hansen, CNM

SSNM Treasurer

treasurer@ssnm.ca



The Struggle to Deliver Eden Care During the Pandemic

As the Covid 19 pandemic continues to affect the lives of all of us, I personally am finishing up a term position in at Sherbrooke Community Center.

I have worked 32 years in the acute setting before venturing into my first experience in Long Term Care.

While I was in the acute setting I definitely saw the effects the pandemic had on the patients and the staff but once I got to Sherbrooke it was, in my opinion a lot more devastating. The residents were at times living day to day facing isolation, loneliness and boredom.

Sherbrooke is an amazing community that in pre-pandemic times is filled with sounds of song, laughter and conversation. For a good part of this year those joyful sounds were deeply missed. It was such a great time when some of the restrictions loosened and we could start to slowly return to some form of normalcy.

Some of my fondest memories from Sherbrooke were my conversations with the elders. The staff at Sherbrooke works closely with the residents and we are honored to work in their homes.

At Sherbrooke the Eden Alternative Philosophy is practiced. While I was working at Sherbrooke I was fortunate to take the training to become a Certified Eden Alternative Associate.

The Eden Alternative philosophy seeks to address the three plagues of nursing homes; loneliness, helplessness and boredom. Sherbrooke strongly believes in person directed care and strives to move away from anything institutional and moving towards the cultures of home. It focuses on the care of the human spirit as well as care of the human body.

Sherbrooke has a string creative arts program, animals, gardening programs, a daycare and even a full grade 6 class of students. The IGEN (intergenerational classroom) returned to Sherbrooke this week after not being able to have the classroom at Sherbrooke last year. It was so great to hear and see the eager students excited for a great year of learning alongside the elders.

Although the pandemic was, and continues to be devastating to so many I do believe we will recover and return to all the greatness Sherbrooke has to offer. As I spoke to one of the residents today about looking toward the future, she summed it up well; she said "positive thoughts can bring positive times"

Stacey Ginter CNM
SSNM President Elect



Reframe Fatigue

Are you often exhausted when you get home after work?

If your answer is yes, you may need a reframe.

Reframing Fatigue

True fatigue is a very real and important signal that you need rest, recovery and sleep. Successful people know that life is demanding so they prioritize rejuvenation.

To reframe fatigue, think deeply on your relationship with fatigue. Do you experience it frequently? Do you advertise it to others? Do you take immediate action to remedy the signal?

Reframe skills for fatigue?

Be alert for the fatigue signal. Check your body, emotions and thoughts. Assess it carefully and identify the level of risk. Act deliberately to remedy the situation.

If you are *truly exhausted*, take time out for recovery and sleep. If your life and job are important to you this is your priority. Establish excellent recovery disciplines.

If you must work through fatigue here is a **reframe**:

Lengthen your posture and lift your chin

Breathe diaphragmatically and slow through the nose

Concentrate on the energy and life force in your being

Focus your mind and work in short, engaged bursts

Never think or say: "I am tired/exhausted/fatigued/wiped out"

Reframe Fatigue (original article) can be found on **The Resilience Institute** website.

Link to original article can be found in SHA Daily Rounds - September 15, 2021

<https://resiliencei.com/2019/12/reframe-fatigue/>

Charlotte Coote NM



50th Anniversary Cookbook Project

As you know a committee has been formed to work on a cookbook to celebrate SSNM's 50th anniversary in 2022.

Our committee membership includes Karma Zimmer, MaryAnne Elaschuk, Charlotte Coote, Lacie Hnatiuk, Ashley Koob and myself.

We have had several meetings via zoom prior to summer and will be resuming our meetings this month. At this time our primary focus is collecting recipes from SSNM members, including student members as well as past members.

This is a reminder to please submit your recipes to: cookbook50@gmail.com, submit as many of your favorite recipes as you would like, the more recipes we have the bigger and better our cookbook will be. We are also asking that if you are in touch with any former members that you pass this message along or you could forward their contact information to one of the committee members and we can contact them with our request for recipes submissions. The new deadline for submissions will be December 15, 2021, this is to ensure the book will be ready for sale at the June CSNM conference being held in Saskatoon in 2022.

If you have any questions, please feel free to contact myself or any member of the committee.

Thank you for working with our timelines to ensure a successful completion of our anniversary celebration project.

Stay Safe!

Gwen Koob-Roach NM

Committee Chair



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Saskatchewan Society of Nutrition Management

Contact us at:

info@ssnm.ca

Saskatchewan Society of Nutrition Management

P.O. Box 9685

Saskatoon, SK

S7K 7G5

Facebook

<https://www.facebook.com/SaskatchewanSocietyofNutritionManagement/>

Website <https://www.ssnm.ca/>

The Saskatchewan Foodservice Supervisor's Association was formed in November of 1972 at a meeting held in conjunction with the Saskatchewan Hospital Association in Regina. The primary objective of the new association was to aid in the professional development of its members.

The Association became incorporated in 1973 and in September of 1996, changed its name to the Saskatchewan Society of Nutrition Management to better reflect the changing roles of the foodservice supervisor as well as to align the name with the Canadian Society of Nutrition Management.



Recipe Corner

Perfect Oven Baked Chicken Breast

Ingredients:

- | | |
|------------------------|---|
| 1 tsp. garlic powder | 1/4 tsp. crushed red pepper flakes (optional) |
| 1 tsp. onion powder | 1 tbsp. dried parsley |
| 1 tsp. paprika | 2 large boneless, skinless chicken breasts |
| 1/2 tsp. chili powder | Olive oil |
| 1 tsp. salt | 2 tbsp. butter |
| 1/2 tsp. ground pepper | |

Instructions:

1. Preheat oven to 450°F
2. Mix together garlic powder, onion, paprika, chili powder, pepper, salt, crushed pepper flakes, and parsley together in a small ramekin.
3. Slice the large chicken breasts in half lengthwise to create 4 chicken breasts.
4. Brush olive oil on both sides of chicken breasts. Rub the seasoning blend onto each side of the chicken breasts making sure all sides are coated well. Place seasoned chicken breasts in a baking dish.
5. Place half a tablespoon of butter on top of each chicken breast. Bake for 18 minutes. Remove baking dish from oven and place aluminum foil on top and bake for another 4-5 minutes.
6. Remove chicken breasts from oven and allow them to rest for 5 minutes and serve.

<https://www.galonamission.com/perfect-oven-baked-chicken-breast/>