

# Nutrition Management Today

October 2012-Happy Thanksgiving

## Message from the Past President-Staying Connected

### Inside this issue:

Message from Past President 1

Message from the Editor 2

Message from SIAST Liaison

OSNM Conference Highlights 3

OSNM Conference Speakers 4

OSNM Conference Photo Album 5

Meet a Board Member 6

Board of Directors 6

### Special points of interest:

- Board of Directors to meet in Moose Jaw
- OSNM Conference Update
- President Elect Position open!
- Continuing Education Position filled!

If your life is anything like mine, the end of the summer months means back to school for the kids, sports, dance lessons, homework, home construction/renovation, etc. And I didn't even mention the day job! Yes, our calendars seem to be packed with all things that can separate us from one another. Staying connected may seem easier with our smart phones, the Internet and email. Sometimes, we can be overloaded with the demands that these devices bring. So how do we make meaningful connections with each other? How do you make sure your customers, clients/patients and staff understand the messages you send?

There is nothing like face-to-face time. It's important not to forget how important real conversations in real time can be. In-person is very powerful and can build relationships and improve productivity. Understanding the needs of your important customer, patient or staff member is very effective when you take the time to be there.

Our new board is gearing up for the annual fall in-person meeting. We have a diverse group and are spread out across the province this term. We are excited to meet in Moose Jaw in October to generate ideas, see what challenges and opportunities our portfolios have brought us so far and of course, much needed face-to-face time. I am excited to continue to move the SSNM forward. Even though our board has some vacancies, our team will pull together to offer you value and benefits to membership. We are seen as a strong provincial chapter and I am very proud of that.

If you have any concerns or ideas for the board before the meeting, please let us know either in person or you can email us at [info@ssnm.ca](mailto:info@ssnm.ca).

All the best!



## Message from the Editor

Wow! Summer flew by fast, however as it turns out September flew by even faster! With the start of autumn our attention turns to cleaning up our yards, harvesting our gardens and planning for Thanksgiving which is just around the corner.

Tennille Corbett, Jean Van Nus and I had the pleasure of attending the [Ontario Society of Nutrition Managers](#) Conference in Waterloo, ON at the end of September. Autumn colors and flavors were definitely bountiful in the area. One of the highlights of the conference was the visit to [St. Jacob's Farmer's Market](#) where we got to experience local fare.

I hope you enjoy this edition of the newsletter. All the best to you and your family this Thanksgiving weekend.

*Deanne Kolbe*

## Welcome Food & Nutrition Management Students from the SIAST LIASION



On behalf of the entire SSNM Board of Directors I would like to extend a sincere welcome to the new first year SIAST Food and Nutrition Management students! As well we would like to extend a big welcome back to the second year students! Congratulations on investing in your future! You have chosen to get an education in program that will open many doors for you! The world of Food and Nutrition Management is constantly changing and evolving. There has been no more exciting time than today to begin a career in this field! I look forward to speaking with each of you over the upcoming year. As Liaison between SIAST and the SSNM Board, I hope to be a connection with you to our Society which is a network of professionals working in across our province. As well I will represent our Board of Directors on the SIAST Advisory Committee for the Food and Nutrition Management program.

Again, welcome to fall classes and I wish you all the best in your studies this year!

Ellen Quaroni

**Happy  
Thanksgiving from the  
S.S.N.M.  
Board of  
Directors**

**Welcome  
Back  
SIAST  
Food &  
Nutrition  
Management  
Students!**

## OSNM Conference Highlights

Kitchener-Waterloo is known for many great attractions and the conference committee definitely incorporated many of them into the three day program. The event was kicked off with a traditional “tapping of the keg” followed up by an Oktoberfest celebration that included a traditional Bavarian dance group and an excellent German meal.

Donna McFarlene shared the story of “Me to We” a phenomenon that was founded in 2008 by Craig and Marc Kielburger. They are a for profit organization that provides socially responsible products and donates half of all of its profit to charity. Their charity, “[Free the Children](#)” aspires to ensure young people are able to achieve their fullest potential as agents of change.

Jennifer Mains and Gretchen Jones delivered an enlightening talk on the work that they do with [The Working Centre/K-W Kitchen](#). They shared how this community based project operates with approximately 100 volunteers, 80% of which are patrons to delivery food to those in need in the cities of Kitchener and Waterloo.



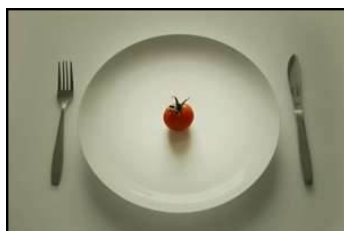
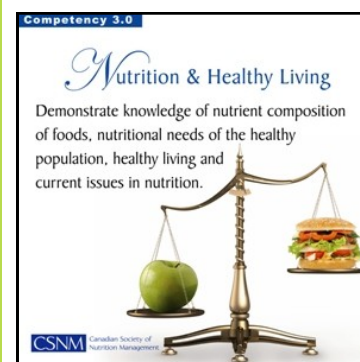


## OSNM Conference Highlights Continued



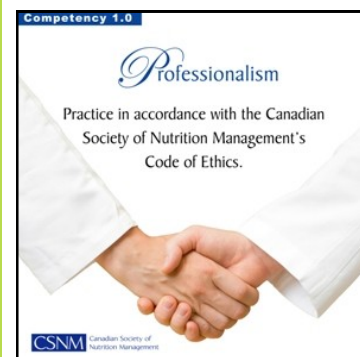
Kim White and Elisa Wilson reviewed new protocols concerning snacks, food quality, nutrition and hydration for long term care facilities in Ontario. These ladies shared their common findings when evaluating LTC facilities and informed the primarily Ontario based group what the new standards are and how they are evaluated by the Ministry. The Saskatchewan group in attendance found the conversation to be very enlightening and thought that even though Saskatchewan is not currently held to these same standards, we would hope that our LTC facilities still strive to meet them.

The Role of Nutrition in Pressure Ulcer Management was presented by Chris Fraser, RD. She shared the essential components of nutrition assessment and modifiable nutrition related risk factors for wounds. In addition to these components Chris also shared the economic burden of pressure ulcers. This presentation was also sponsored as a live web cast by [CSNM](#). Members in attendance at the conference and through the web cast were allotted one CE point for Clinical Nutrition.

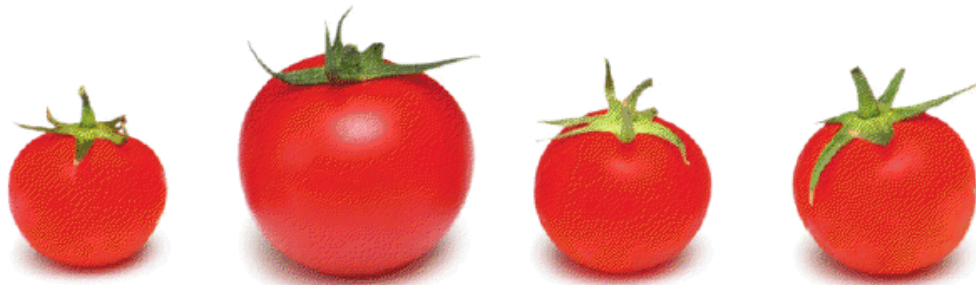


Therapies offered at [Homewood Health Centre](#) & Grief Gardening awarded a CE point for Nutrition & Healthy Living to members in attendance for Julie Martin's presentation. Julie shared an overview of Homewood's history and the programs that they offer to assist in overall resident wellness. Programs were specifically designed to assist those with alcohol and [drug addictions](#) as well as [eating disorders](#) in order to help transition them to a healthy lifestyle.

[Neil Aitchison](#), speaker, actor, former broadcast executive and local radio personality shared many laughs with conference attendees during his "Incorporating Laughter while Serving the Client" presentation on Friday, the last day of the conference. We very quickly were reminded of how contagious laughter is and how it is not only good for helping us deal with the stressors in our lives, but also for coping with life's constant changes, whether it is at work or at home.



OSNM Vendor Trade Show and Gala



**WANT EXCEPTIONAL PURCHASING VALUE?**

Find out how a membership with Complete Purchasing Services can assist your operations:

**William Chan**

Account Manager

1.888.638.9988 ext.295

[william\\_chan@aramark.ca](mailto:william_chan@aramark.ca)



*Is your business interested in advertising in the S.S.N.M newsletter?*

*If so, please contact [info@ssnm.ca](mailto:info@ssnm.ca) for more information.*

**Continuing Education  
position filled!  
2012-2014**

Please join us in welcoming our new Continuing Education Chair, Amy Chappell. Amy graciously stepped forward to fill this role for the 2012-2014 term. Amy can be reached at [continuing.education@ssnm.ca](mailto:continuing.education@ssnm.ca)

**Meet our new Conference Chair :  
Stacey Rowe**

I am honoured and excited to join the 2012-2014 SSNM board. I am a fairly new member of SSNM as I only recently became a supervisor. I have worked in various positions in the Saskatoon Health Region, starting when I was 17 years old. Originally, plans for after high school were to continue my education, however the health region offered so many options so I put my plans on hold.

Eventually, after 20 years, I decided it was time to go back to school. I took the Food and Nutrition Management program via distance education through the [Canadian Society of Nutrition Management](#). This allowed me to obtain my training while still continuing to work.

I was fortunate to obtain a Food Service Supervisor position shortly after I graduated in April 2009. Since September 2009 I have been working at [Royal University Hospital](#) as the Central Ordering Office Supervisor. I am responsible for the ordering of all items required for 4 acute sites in the Saskatoon Health Region.

I am looking forward to my year ahead being a part of the SSNM board.



**Interested in helping  
out with conference  
planning?**

Send Stacey a message at:

[conference@ssnm.ca](mailto:conference@ssnm.ca)

Stacey would love to hear  
from you!





## 2012-2014 Board of Directors

President: Vacant

Past President: Tennille Corbett

President Elect: Vacant

SIAST Liaison: Ellen Quaroni

Secretary/Membership: Laurette St. Jacques

Conference: Stacey Rowe

Treasurer: Karen Kwan

Communications: Leanne Kolbe

Continuing Education: Amy Chappell



## VACANT POSITION

### President-Elect

One year term of a three year commitment. As President Elect, you will become familiar with the role of President and the business of the SSNM. You will assist other committee members to become familiar with the roles each play on the Board. You will become knowledgeable of the SSNM Bylaws and Book of Directives and serve as an ad-hoc member on all committees.

