



The TRILLIUM

ONTARIO SOCIETY OF NUTRITION MANAGEMENT NEWSLETTER

Fall 2011



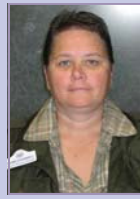
What's Inside

Welcome from the New President
Combat Three Leading Diseases by Eating Leafy Greens
Why I Belong to OSNM
Nutrition Managers - A Recognized Health Profession

Watch for info on 2012
OSNM Conference & AGM
being held in the
Kitchener-Waterloo area

President's Message

by Barb Cockwell



As I start my journey as OSNM President, I find myself saying "WOW", this certainly wasn't on my bucket list nor was it a goal of mine to be President of OSNM. As a matter of fact the first time I was asked to consider being an Executive member of OSNM I had a knee jerk reaction and said "NO", not me. Then, over time I was asked again and again so I started thinking, "WHY NOT ME". An organization is only as good as the people in it. Also, if I wanted to make improvements or changes I need to be part of the process, not just sit back and wonder "what is OSNM doing for me". So here I am. I would like to ask any members that are interested in becoming more active to contact one of the Board members or the office to let us know of your interest.

The 2011- 2012 Board objectives are as follows:

1. Review Policies and Procedures and the By-Laws and ensure their alignment with the CSNM By-Laws
2. Conduct Strategic Planning / Lobbying
3. Increase membership, a challenge to all Chapters to increase their membership by 5 people during the year
4. Continue participation with OANHSS, OLTC, ORCA, OCSA as well as OHA
5. To ensure that the OSNM financials remain in a positive balance in order that OSNM can carry out its objectives
6. To work closely with CSNM

How many of us set goals and only look to achieve that particular goal while missing many opportunities along the way as we are so focused on the outcome. How many of us have a bucket list? I have a bucket list. I don't set goals per se but I do have objectives. Every day one of my objectives is to compliment at least three people. By a compliment I don't mean just saying "looks good" or "good job". I mean a meaningful compliment. It takes six seconds to compliment someone versus how long it takes to give redirection or constructive criticism. I like to ask each and every member to take a moment and reflect on their own experiences and if you are in a position of giving praise, take the time to make it more meaningful for the recipient. As we move forward into the next year let us take the time to communicate, appreciate and validate those in our lives, whether at home or at work, as we only have one chance in life to get it right.

In closing, I would like to say Season's Greetings to you and yours. May 2012 prove to be a happy, healthy and prosperous year for all.

Barb Cockwell

OSNM President



The
TRILLIUM

Fall 2011

The TRILLIUM is the official publication of the Ontario Society of Nutrition Management. OSNM is a professional membership organization devoted to the promotion and development of Nutrition Management in Ontario.

The TRILLIUM is published three times annually for Members. Active membership includes a subscription to *the TRILLIUM*.

EXECUTIVE

Barb Cockwell, President
705-773-4041 ext.2220
President@osnm.org

Heather Shannon, Past President
416-285-4773
PastPresident@osnm.org

Sue Krueger, President-Elect
519-631-0620 ext.228
President-Elect@osnm.org

Janet Bell, Treasurer
1-800-331-9433 ext.3497
Treasurer@osnm.org

Merle Ammerman, Secretary
905-304-6781 ext.504
Secretary@osnm.org

PRODUCTION

Judy Stricharuk, Editor
905-357-1911 ext.4310
PR@osnm.org

Shirley Yuen, Design and Layout
office@osnm.org

Skylar Media Group, Printing
www.skylarmedia.ca

Ontario Society of Nutrition Management

1370 Don Mills Road, Suite 300
Toronto, ON M3B 3N7

Phone: 416-847-3353
Toll Free: 1-877-847-6766
Fax: 416-441-0591
E-mail: office@osnm.org
Website: www.osnm.org

Combat Three Leading Diseases by Eating Leafy Greens

by Aileen Brabazon



A serving of dark leafy greens a day may keep the doctor away.

Cancer

"Dark leafy greens offer a lot of immune-boosting nutrients, such as zinc and vitamins A, C and E, which may also help reduce the risk of certain forms of cancer," says Leslie Beck, a registered dietitian in Toronto and author of *Foods That Fight Disease*.

They also contain high amounts of vitamin K, a nutrient essential for bone health and now, possibly, cancer prevention. In a recent study, researchers found that study participants who got high amounts of vitamin K from their diets were 45 per cent less likely to develop non-Hodgkin's lymphoma compared to participants who consumed little vitamin K.

The hefty anti-cancer punch comes from the phytochemicals in cruciferous vegetables, which include dark greens like broccoli, kale, watercress, arugula and collard greens. "One compound, called sulforaphane, may possess potent anti-cancer activity," says Andrew Weil, founder and director of the Arizona Center for Integrative Medicine at the University of Arizona.

Another recent study suggests that indole-3-carbinol (I3C), a substance in these leafy greens, may also help battle breast cancer. Researchers at the Ohio State University Comprehensive Cancer Center tested I3C on a molecule that's responsible for cell division and proliferation. I3C destroyed the offending molecule to prevent the growth of breast cancer.

• Diabetes

A new study suggests that dark leafy greens may help lower the risk of type 2 diabetes. Researchers at the University of Leicester

in England found that increasing consumption by 1.15 servings a day decreased incidence by 14 percent.

Cataracts

Carrots aren't the only vegetables that are good for the health of your eyes. "Dark greens are a good source of the carotenoids lutein and zeaxanthin, compounds that help prevent eye disorders such as age-related macular degeneration and cataract formation," says Weil.

Pick the Best Bunch

A few pointers to help you bring home the freshest and healthiest leafy greens

1. Look for brightly-coloured leaves and firm stalks.
2. Choose bunches with smaller leaves - they're more tender and milder in taste than bigger leaves.
3. Opt for locally grown, organic varieties whenever you can.

Chlorophyll

Does it really do the body good? Chlorophyll provides greens with their brilliant colour, nourishment and energy. Elson M. Haas suggests in his book *Staying Healthy with Nutrition* that it may also detoxify the liver and help heal body tissues. But not everyone agrees. "It's very important to plants, but has no function in the human body and no role in human nutrition, except possibly as a source of magnesium," says Weil. (Magnesium sits smack in the middle of the chlorophyll molecule.)

Tip: If you find water bland, improve the taste with a few drops of liquid mint-flavoured chlorophyll, available at most health food stores.

Acknowledgement from the Board of Directors

When I was young my parents often said "You learn from your mistakes" and over the years I have found this to be true. In fact, if you learn from your mistakes correctly, they can propel you forward.

Mistakes occur for various reasons and the important thing is to avoid repeating them and to view them as useful stepping stones to a higher reality. Why am I sharing this with you?

The truth is the OSNM Board found itself making mistakes at our Sept. 21, 2011 Board meeting. Although the Board prides itself on its transparency, I believe (with the support of the Board) that sharing the specific details in reference to this meeting would be non-productive. Instead, The Board wants the OSNM members to be assured the issues have been resolved to the satisfaction of all parties and we are united in our efforts to diligently work towards the goals of the association.

Kimora Lee Simmons quotes "Life is a series of adjustments; You can make changes along the way, but if you don't start moving forward you'll never get anywhere". So the Board has made some adjustments and is moving forward as a united team.

Past President's Report

by Heather Shannon, NM

Another year has past and with it a number of changes in the organization. Our goals moving forward include but are not limited to increasing membership in all areas as well as a revision to the Association policies and a review of the By-Laws to ensure OSNM is aligned with the CSNM By-Laws.

We want to ensure that OSNM continues to grow to support current members within the foodservice industry as well as students enrolled in Nutrition Management courses.

We greatly appreciate all suggestions that were provided by our membership and ask you to continue to share your thoughts, issues and concerns. I look forward to representing the organization as the Past President. One of my goals is to bring strength and knowledge to this role to continue to move the organization forward.

Over the past year it was my pleasure to serve the membership and I look forward to continuing to serve the membership in my Past Presidency's role. I look forward to assisting the current President and working with the Board for another year.

2011 OSNM Student Bursary Award Winner

Gerry Raftery has been a Chef and Manager for 20 years in Healthcare Catering, retirement facilities and banquets. He trained at the Institute of Technology in Galway, Ireland; has a Hotel Restaurant Management Diploma and has recently achieved his Nutrition Management designation and has enthusiastically joined OSNM and CSNM. Please go to the OSNM website to read Gerry's award winning essay. Congratulations Gerry!

Message from Public Relations Chair

by Judy Stricharuk, CNM

This year I was honoured to be elected to the position of Public Relations Chair for OSNM and have once again been on a learning curve to ensure we meet our members' needs. My goal this year is to call upon you, the member, to communicate your concerns, your successes about your profession and the people you touch. It is our hope that, by sharing your best practice, and concerns, it will assist all of us to continually improve our service, improve networking, education and have our voices heard by the government.

This year we would like to have a few regularly featured articles in each edition. We would like an article featuring an OSNM member, an article on a special diet, a disease progression, and a featured recipe.

Please feel free to submit comments, articles, recipes and suggestions.



Pat Sylvain, Dean Cox, Barb Cockwell and Gerry Raftery at the OSNM Conference "80's" Gala

Why I Belong to OSNM

by Merle Ammerman, CNM

When I began as a Food Supervisor I was fortunate to be introduced to a dedicated group of Nutrition Managers at the Victoria Hospital in London who were instrumental in the development of the Canadian Food Service Supervisors Association. They encouraged me to promote our profession by getting involved. We developed our role in the inter-disciplinary team and what the Professional Nutrition Manager did daily that contributed to standards that were set in Health Care. I joined the Ontario Food Service Supervisor's Association who worked diligently to provide and ensure that Nutrition Managers had exposure to quality education while maintaining our professional standards.

When the Long Term Care Act was under review in the early 90's I became more involved with Board of the Association in the role of Long Term Care Liaison. As a recognized professional association we were invited to the table to discuss changes to be made to the Long Term Care Act as well as our role in Long Term Care with (our sisters) the Registered Dietitian and other stakeholders. Our experience and importance was evidenced by the recognition by the government when they invite us to the table of policy makers. We have continued to have a presence at the table of policy makers, which validates the legislation and ensuring our role in LTC.

When I look at the quality of the education and our broad network that we encompass, I am proud to be an active member of the Ontario Society of Nutrition Management and grateful to have played a small part in our growth.

What an exciting time to get involved! The level of responsibility that we hold especially in LTC is overwhelming. We have such multi-talented managers with the top-notch skills that we all utilize on a daily basis. I encourage all Nutrition Managers in Ontario to get involved with the Ontario Society of Nutrition Management; together we can continue to achieve great things!

2011 AGM and Conference - Live, Work, Play

by Christeen Read-Farr, 2011 Conference Co-Chair



This year's Conference and AGM "Live, Work, Play" in the Muskokas was a huge success. Close to 100 attendees traveled to beautiful Huntsville, ON from September 21st to 23rd where we were joined by the CSNM Board of Directors. Together we enjoyed 2 ½ days of education, networking and fun at the Delta Grandview Resort.

Meg Soper opened the Conference with a hilarious and invigorating keynote presentation on Wit, Fit and Balance. Meg was able to shed some comedic light on the stresses of every day life using humour and perspective. Her presentation equipped us with invaluable tools, with which to return home to our families and workplace. Keep working on those "TADA" moments!

Debra Randall-Wood joined us on the topic of Conflict Resolution as requested by our members. Debra shared her several years of experience in this area through a practical approach to finding a solution based common ground.

Participation at our vendor showcase was spectacular. Close to 30 vendors travelled North to demo their product line and services. Feedback from the tradeshow was very positive from both the Vendors and the Conference Goers.

The CSNM live webcast with Jayne Harvey's "Anticipate, Negotiate, Motivate" was widely enjoyed by participants from across the country. The webcast allowed members to log in from their home or work computers and be a part of the conference experience without physically attending. Jayne referred to her cyber audience as "Cam Land" and was able to answer questions from this audience as they came in on chat. For those who were live in the room, Jayne brought her usual pizzazz and had the crowd in stitches as she related her experience as a nurse to the unique challenges of the Nutrition Manager.

Thursday evening's 80's themed dinner and dance party had the crowd up and moving with Aaron Schacter, the wildly entertaining interactive D.J. Aaron's tremendous energy mixed with the astounding music and videos picks from Impact Entertainment took us back 20 years. So great to see everybody "cut loose"!

Friday morning Anthony Lindan hosted the "Magic of Collaboration", a team building exercise. The conference attendees broke into teams and were provided with toolboxes and instructions to perform magic tricks. The teams learned the unique contributions of each team member while rehearsing and then performing their newly found skills on stage.

The conference drew to a close with Meg Soper taking the stage again for another high energy performance. Meg closed with a presentation that focused on effective communication and dealing with conflict in the workplace. Through laughter and interactive energy we came away with a better understanding of each other's challenges and unique qualities. Conference participants left armed with practical, relevant strategies geared towards a healthier, happier and more productive workplace.

A huge thank you to the conference planning committee: Jody Pilon, Judy Phillips and Gerry Rafferty who volunteered their time to assist in delivering such a great conference. A sincere thank you goes out to our sponsors who make our conferences possible. Most of all, thank you to the members of OSNM who continue to come out and support our association and each other. Many travelled great distances to attend this event. I personally would like to commend you all for investing in yourselves, your education and your profession.



Nutrition Managers - A Recognized Health Profession

by Judy Stricharuk, CNM

Nutrition Managers in Long-Term Care in Ontario were long overdue for an increase in funding that was included in the new Ministry of Health Long Term Care Standards Act on July 1, 2010. Changes in LTC standards included rigid timelines for RAI computerized documentation and changes to the inspection process. These are a few of the challenges Nutrition Managers continue to struggle with.

The Ontario Association of Homes for the Non-Profit sector completed a Discussion Paper for the Ministry of Health Long-Term Care in December 2010; the Nutrition Manager was included in the report as a member of the Health Care Professional Team.

The Government of Ontario Ministry of Colleges and Trades has sent out requests and reported that some professions in Ontario, such as Cook, Electrician, Millwright, will be required to report to a College.

In Long Term Care in Ontario, regulators are looking at developing a process of reporting to a college.

Why should Nutrition Managers in Ontario report to a regulated college? The Government of Ontario is looking at professions that manage a risk to the public to:

- i) Have accountability for Professional conduct and regulation of risks to a regulated body.
- ii) Provide verifiable continued education and knowledge.

What risks is the Nutrition Manager responsible for?

The Nutrition Manager is responsible to ensure that the food is being handled safely through all the processes; from the purchasing to receiving, to the walk in fridge and freezer, to the cooking, holding and serving process. The Nutrition Manager ensures procedures are in place for sanitation in the kitchen and dining room, as well as use of recipes with HACCP, temperature sheets for food, fridge and freezer. The Nutrition Manager in Long Term Care is the professional responsible for monitoring dining room service ensuring that residents are receiving the correct diet and texture as ordered by the Physician or Registered Dietician. The Nutrition Manager works with the Registered Dietician communicating which residents are at high risk that require interventions by the Registered Dietician.

Nutrition and the dining experience have been overlooked by many as to the importance of the emotional and psycho-social impact on the quality of life of the resident. This is a risk that the Nutrition Manager has been spending increased time on assisting and ensuring that the resident's needs are met (related to increased acuity and frailty) and that support is provided for their dining experience. How does the Nutrition Manager balance all of these risks? In 2010 the Ministry of Health LTC recognized the increased time required for the Nutrition Manager and included a small increase of time in the new formula for the Nutrition Manager and dietary staff.

One Nutrition Manager in a small rural facility has only 3 days per week to juggle responsibilities for a 90 bed kosher home with 2 kitchens and this results in many hours of unpaid time to ensure his client's needs are met. In many facilities Nutrition Managers are in the dining rooms at breakfast and lunch (many work in the evenings and weekends) to work with the inter-disciplinary staff and observe residents. This results in many hours of unpaid time to ensure resident risks are managed. Nutrition Managers need to ensure their voice is heard and let their concerns be known to their OSNM Board member. We need to ensure that our valuable work and time is recognized. Our voices need to be heard by lobbying and preparing for a college to ensure we meet the criteria as a recognized Regulated Health Profession.

HFS Conference Summary

by Heather Shannon, Past President and Area E Rep

The 2011 HFS 'The Future of Food in Healthcare' Conference was held September 28 and 29 at the Shenkman Centre for the Arts in Ottawa. The event was well attended by a diverse range of industry personnel looking to network, learn, and challenge the future of the foodservice industry within healthcare.

The conference hosted by HFS (Healthcare Food Services) provided attendees with a range of educational opportunities including Career Direction, Managing the Media, Adapting Canadian Healthcare Foodservice to the Pressures of the Global Trends, The Gluten Free Boom, The Kitchen of the Future and Strategies for Stimulating in Older Adults all 5 Five Senses at Mealtimes.

The event speakers included:

Mary M. Wheeler – “A Career by Design ...Not Drift”

Mary shared that many healthcare professionals accept where a job leads them, rather than developing a plan of where they want to go. People fail to plan ongoing personal development, which will allow them to advance within their career path, or on many occasions, develop or transition into an alternative career path. Mary shared the phases of career planning and development:

Phase 1: Scanning – What is going on around you. “The world rewards those of us who can catch on to what’s going on!”

Phase 2: Self Assessment - Where are you today? “Real value can only be given by people who know their own value!”

Phase 3: Visioning – Where do I want to go, the indispensable first stop to getting the things that you want.

Mary is the co-author of a personal development book titled: *“Taking Control of Your Career” - A Handbook for Health Professionals* available through their website at www.donnerwheeler.com.

Vince Sgabelloni, Account Manager Foodservice, NPD Group and **Anne Marie MacKinnon**, Director of Patient Service (William Osler Health System) – **“Adapting Canadian Healthcare Foodservice to the Pressures of the Global Trends”**.

Vince and Anne Marie shared a new finding that consumers eating a breakfast meal has increased 9% in the last 5 years. Snacking has also increased significantly over the last 10 years.

Top snack foods include:

1. Fruit
2. Yogurt

3. Potato Chips
4. Chocolate
5. Cookies.

The #1 snack food in restaurants is doughnuts.

In 1900 there were 25 distinctive cultural influences on food, in 2000 there were 200 distinctive influences.

When we review the food industry, we ask “are we building our business around Food Trends or Fads”?

1. Rising Obesity
2. All Protein Sandwiches (KFC – Double Down)
3. Slow Food Movement
4. Local Foods
5. Fair Trade Commodities
6. Organic Products

As a healthcare food service provider where would you direct efforts/advocacy for improving healthcare foodservice in preparation for the future?

Shelley Case, RD - “The Gluten Free Boom Is Real”

Shelley shared with the group that while Celiac Disease exists in many individuals, a new finding suggests that many people have Gluten Sensitivity which leads to many asking “How do we best diagnose these 2 issues and what is the best course of treatment for each?”

Shelley Case has published the “Gluten-Free Diet” A Comprehensive Resource Guide, which shares information regarding products that are acceptable to the 2 conditions, as well as where products are produced and where they can be purchased. Shelley shared that, while some of the Gluten Free items from the past were not of the best quality, there are a number of great products today on the market and that in developing a treatment plan for a client it is best to determine both the clients eating habits, as well as products that they have previously located and prefer.

“Oats”, to eat or not to eat? that is the question asked by many and the findings are that IF you can procure non contaminated oat products for your Gluten Free, or Gluten Sensitivity clients, they will be able to reap great health and nutritional benefits from including Oats as part of the eating plan.

HFS Conference Summary ... (Cont'd)

When you are preparing items for Gluten Free, or Sensitive clients you want to ensure that you are appropriately handling foods to reduce any potential cross contamination – using a separate toaster to toast bread, using separate utensils, or work surfaces when working with gluten free items. What can you do in your facility to reduce cross contamination?

Additional information can be found at www.glutenfreediet.ca.

Dr. Liza Druzier, Assistant Professor, University of Guelph – *“Strategies for Stimulating in older Adults all 5 Senses at Meal-time”*.

Dr. Druzier shared with us that sensory inputs are involved in all aspects of food consumption. Factors which affect our sensory responses include: taste, smell and texture. Health, medications, oral hygiene, dentures and genetics can affect taste and smell, while saliva production, oral hygiene, dentures and arthritis can affect texture.

Anosmia – Is a temporary or permanent inability to detect odours.

Did you know? Taste buds regenerate every 7 days?

The 5 Tastes that we can sense are: Salty, Sweet, Umami, Sour and Bitter.

As people age we see a reduction in saliva flow. Dentures can reduce sensory ability and difficulties swallowing impact the pleasure of foods.

Strategies:

- Flavour/Taste – Add herbs, spices or intensify flavour
- Texture – Add Capsaicin or another irritant, include a variety of textures and shapes with meals
- Sensation – Add a variety of sensations covering all areas
- Palatability – Ensure initial palatability is high and provide choice.

In summary, the speakers at this event were exceptional and offered numerous resources for members to be able to maximize their service techniques and resident/client/customer satisfaction.

Report on OAHNSS

by Judy Shricharuk, OAHNSS Co-Liaison (2010-2011)

In December 2010 OAHNSS completed The Professional Care Team in Long Term Care, A Discussion Paper which was finally released for 2011. As the OAHNSS Liaison I was requested to complete the area of the paper for OSNM and Nutrition Managers in Ontario. Note the following areas in the paper where Nutrition Managers were recognized:

On page 13 – The survey done by OSNM in 2009 regarding the increased time requirements in the work of the Nutrition Manager in Ontario.

On page 23 - the Nutrition Managers role in monitoring nutrition related to malnutrition is also mentioned.

On page 26 - the Nutrition Manager was again recognized for interventions for constipation and working with the interdisciplinary team.

On page 45 in the Dietician section the Nutrition Manager is recognized in partnership with the Dietician in educating the staff and families in self feeding and eating rehabilitation.

The role of the Nutrition Manager in LTC the admission of new residents' was reviewed in relation to the NM admission assessment, meeting with the resident and family prior to the Dietitian. As well, the NM's ongoing role in monitoring residents and ensuring staff are providing the required food and assistance at meal and snack times.

In the Spring of 2010 as OAHNSS Liaison I was requested to sit in on a teleconference with the Special Project Manager for the MOH LTC, Soo Lee Chin. Of interest to the Nutrition Manager during this teleconference was that in the MDS RAI Nutrition Reference Manual, the Registered

Nurse is listed as completing assessments in the absence of a Registered Dietitian. It was acknowledged and agreed upon that in many facilities in Ontario it is the Nutrition Manager that is completing assessments, RAPS and care plans in the absence of the Dietitian.

At the OAHNSS Annual meeting and Conference in May, there were again topics of interest to the Nutrition Manager. The annual dietary/nursing breakfast meeting was again held and attended by myself and Shannon Cox (incoming OAHNSS Liaison).

The final draft letter for submission to Human Resource Development Canada for changes to the National Occupational Classification for Nutrition Manager/ Food Service Supervisor 6212 was completed and forwarded to the CSNM Reps for review by CSNM before submission.

CSNM Provincial Reps Report

by Sue Krueger, ON Year Two Rep

I am excited to introduce our Provincial Year One Rep, Angela Di Mambro.

Her employment history as a Nutrition Manager extends across many areas of the foodservice industry; including both the hospitality and healthcare sectors. Her first job in healthcare was as a LTC Dietary Aide and Cook. At that time Angela enrolled in the Nutrition Management program through CHA. Following graduation, she left healthcare for a few years to pursue her Chef's apprenticeship to qualify for writing the Red Seal exam. While pursuing her Red Seal hours Angela apprenticed and managed in restaurants, catering operations and a private country club in Stratford, ON.

Eventually she returned to healthcare and worked as an NM in Retirement and LTC (both private and municipal) and is currently employed as an NM in a LTC home in London, ON.

Angela is an active member of both CSNM and OSNM, having been involved with the CSNM board for several years. Angela was trained as a CSNM accreditation reviewer in 2005 and continued in that role until 2008. In 2008 she took on the role of Accreditation Chair on the CSNM Board and completed 2 consecutive terms in this role. She continues to work with CSNM as an accreditation reviewer as this is an area of great relevance to our profession and one Angela really enjoys! Angela enjoys the activities of working at a Board level and feels it is a great opportunity to give back to the profession and the general society we are all a part of. Board work has given her the ability to network, challenge herself, travel, mentor and meet lifelong friends and colleagues! Angela looks forward to working with the Ontario Board this term in furthering our organizational goals and to meeting our members at networking events!

In her personal life; Angela is a happily married and a busy mum of 4 children living in Ingersoll, ON. She loves to travel, bake,

read, renovate her century home, enjoys the outdoors and going camping! Please welcome Angela to our OSNM board!

Angela and I have several items to report from the CSNM Board. CSNM has had a productive past few months. After months of diligent work, a data management program has been secured. This program will streamline many functions such as membership information and education points. OSNM is hopeful that it will assist in our goal to have a single invoice for memberships. In addition, CSNM has had tremendous success with the launching of the CNM certification. Congratulations to those members who have met or are in the process of meeting this challenge!

The Examination Committee has been updating the CSNM exams to be reflective of the 8 core competencies as well as meeting the industry needs. It is projected that they will be implemented in 2012.

CSNM and OSNM are focused on their strategic plans. Many members have voiced a need to increase marketing of our profession as well as government relations. If you have a passion for either of these, please contact CSNM or OSNM and volunteer to assist us in meeting our goals. We can only move forward at a rate that our volunteers allow- we NEED YOU!!

CSNM has announced that their AGM will be held in Alberta in April 2012, in conjunction with the Alberta Health Services. More details coming soon.

As your OSNM/CSNM Reps we encourage you to contact us with any questions or ideas you may have. Please take a half hour a month to be involved at some level with either CSNM or OSNM - better yet both associations. The benefits of the networking and with the affiliations you make will far outweigh the minimal time invested.

Chapter Reports

Area F by Amber Capotosto

The Toronto Chapter had a joint meeting with the Hamilton/Niagara Chapter on November 15th at Albright Manor in Beamsville. CSNM Education points were awarded. Educational speakers Mathew Bombardier spoke on the new MOH LTC Inspection protocol; and Maria Domenica D'Agostino, RD and President of CMI Marketing and Sales, joined by her colleague Dorothy Tweedie, RD, spoke on Dysphagia and Bowel Treatment Products. Following the education there was a wine tour.

On November 21st at 6:30pm, we held the Toronto Chapter Chocolate-Making Workshop and our Board of Elections. The Toronto Chapter will be working on the Spring Symposium

for 2012. We are calling all members for feedback and suggestions for the Symposium or upcoming meeting events.

Perhaps you would like to host a 2012 meeting at your workplace or provide a topic of interest for discussion at our next meetings.

Please feel free to forward all feedback and/or questions to Amber Capotosto, Toronto Chapter Representative at ambercapotosto@hotmail.com. We look forward to hearing from you!

Long Term Care Report

by Merle Ammerman, OLTCA Co-Liaison (2010-2011)

Since July 1st, 2010 we have seen the implementation of the LTC standards. The first noticeable change was to the increase in hours for the Manager and the Food Service Staff. Facilities were given 6 months for implementation which allowed for assessing where the hours would be best utilized.

Also, with the new LTC Act, there was the launch of the Resident Quality Inspection (RQI). In Stage 1, residents, families/designates, staff are interviewed and records reviewed. Outcomes and process indicators (QCLIs) are compared to the established thresholds and if the thresholds are trigger, Stage 2 of the process begins. Further tools (IPs) are used to determine if the home meets the associated regulatory requirements. This process has been taking up to 2 weeks to complete.

Nutrition Managers need to become familiar with the process and use the IPs as part of the CQI. These IPs are available on the MOHLTC website.

SHRTN (Seniors Health Research Transfer Network) OSNM continues to be part of the SHRTN. The first Webinar was held in the Spring and addressed dining. The webinar was well received and as a committee we evaluated the program delivery. The next webinar addresses Diabetes. Our Communities of Practice (CoP) is going to do joint presentations with other CoPs. To access the information check the Events Calendar under SHRTN. It is OSNM's goal that its members will take advantage of this free education to deliver quality care to our seniors.

Canadian Malnutrition Task Force

OSNM was invited to participate in teleconferences sponsored by CNS (Canadian Nutrition Society.) The committee is investigating the incidences and effects of malnutrition. Statistical information has been collected for new hospital admissions and the effects of the hospital diet on this disease. Malnutrition including obesity is a serious problem in Canada and it is hoped that the outcomes will standardize the treatment. It is hoped that later studies will include long term care facilities and the general populace.

Institutional Cook Apprenticeship Report

by Carol Wallace, OHA Liaison (2010-2011)

The long awaited Institutional Cook Apprenticeship has now been fully approved by the Ministry of Training, Colleges and Universities.

Individuals working in institutional culinary areas may be certified as assistant cooks (Cook 1) or cooks (Cook 2) but there has not been a specific trade designation for Institutional Cooks until now.

It is anticipated that the development of the Institutional Cook trade will address the gap in an ever-expanding food industry. The institutional cook will have specific skills to meet the complexities of providing the prescribed nutritional needs of the elderly and vulnerable populations.

Appropriate training of cooks in the health care sector as well as other institutional settings is extremely important for the safety and health of the residents, patients and individuals who are under their care.

The local Ministry Employment Training Consultant is now signing up institutional cook apprentices.

The institutional cook apprenticeship is a 3600-hour apprenticeship with one level of in- school training of 360 hours. In the Grey Bruce area, The Owen Sound office of the Ministry of Training, Colleges and Universities is currently contacting long term care, acute care and day care facilities with a brief description of the apprenticeship and a survey regarding preferred methods of delivery.

If you require additional information in your area regarding this exciting new trade, contact the employment training consultant at your local Ministry of Training, Colleges and Universities.

Chapter Reports

Area A by Dianne Bruce

In the spring of 2011, Diane Bruce and Simone St Cyr met with the Alfred College students and presented to them the benefits of becoming CSNM and OSNM members. Students were very receptive and interested in their professional role as they enter into the work force. Students are encouraged to obtain student memberships in both societies and apply for bursary awards.

Chapter A/B and Chapter C organized and planned an excellent educational OSNM Spring Symposium in Kingston, Ontario on April 8, 2011.

Chapter elections were held in May 2011:

President:	Chantal Forsyth
Past President:	Anita Wagner
Treasurer:	Linda Carnegie
Secretary:	Dianne Bruce
Chapter Rep:	Sandra Padbury

The chapter is looking forward to new OSNM members in our area joining our Executive and in taking our Chapter to the next level.

Chapter Reports

Area G by Travis Durham

2011 Year in Review

Barrie Chapter was started in 2010. It continues to be moving ahead due to the hard work by the chapter executive; Christine Read-Farr as President, Judy Phillips as Secretary-Treasurer and myself as Chapter Rep.

Over the course of last year we organized a symposium in the Fall of 2010; but due to lack of registration we had to cancel the symposium about two weeks prior to the event. We did however continue to receive support from our vendors and presenters who understood our hardship and didn't penalize us.

Our chapter President did work hard on the symposium, and ultimately put that energy into being the co-chair of the OSNM Conference in Huntsville, which was very successful!

Our chapter Secretary-Treasurer attended the OLTCA Convention and manned the OSNM booth.

Over the course of 2011 two meetings were held and our membership numbers are increasing in the area. There have been some members who are voicing that they would like to be involved. A meeting was held in November, where all of our local members were invited to participate.

Our goals for 2011-12 are to continue to increase membership and provide more educational opportunities in our area for our members.

If you would like information about our meetings please do not hesitate to contact one of us.

*Travis Durham at tdurham@ioof.com
Judy Phillips at jphillips@jarlette.com
Christeen Read-Farr at
chris.read-farr@specialty-care.com*

Area H by Marg Mitchell

Greetings from Kitchener-Waterloo.

Our first meeting for this fall was held on October 28 at Conestoga College in Waterloo where the Hospitality and Culinary students prepared and served the members lunch. The students designed a menu of French Onion Soup, Caesar Salad, Grilled Beef Tenderloin complete with a Fudge Torte in the Bloom dining room.

After lunch Tina Allishaw from the Career Centre spoke on interviewing techniques and updates on hiring practices.

On Nov 25, 2011 the chapter will be making a visit to Caudles' Catch Seafood Superstore in Kitchener where the owner, Ron Caudle, will present the benefits of Fish and Seafood.

There will also be a tour of the store which has many unique items; should be quite interesting.

The Chapter wishes all members a very happy and safe Festive season.

A sincere thank you goes out to the conference committee for a job well done in organizing our Annual Conference, it was so enjoyable.

Area J by Shannon Cox

Hello Everyone!

The Grey Bruce Chapter (Area J) has recently elected a new Executive Board of Directors. President Karen Hinton, Past President JoAnne Ahrens, V.P. Jackie MacKintosh, Finance Carol Wallace, Secretary Janice Van Osch and Chapter Rep Shannon Cox.

Our Fall Symposium was a huge success. Thanks to Carol Kuhl and the Hanover Seniors Care Village for hosting us. We had an amazing turnout & great topics presented. Darlene Boisevenue, Training Consultant, Ministry of Training Colleges & Universities, started the day with educating us on the "Institutional Cook Apprenticeship" program. Julia Jia, Corporate RD for Rivera, educated us on Food and Drug interactions. Pat Sylvan, CSNM Past President,

Presented the "Certified Nutrition Manager program" encouraging everyone to become Certified. Lunch was served by Simply Deli-licious which was very delicious. The Business Meeting took place reviewing minutes from our last meeting, financial report, OSNM report, Upcoming Education & Education Points earned today (3 OSNM & 4 CSNM continuing education points). Shelley Adams, RD had the afternoon session on "Was it healthier in Mr. Rogers Neighbourhood?" presenting statistical information to show our current state of health as a nation. A review of what has changed in our food consumption pattern and food choices patterns; how the government policies and regulations have shaped our consumption and choices; and how society changes impact our food consumption; food fortification; and provided some history in diabetes care focusing on current medications used.

The Grey Bruce Chapter donated a \$400 cheque to Amy Dow, RD to the Grey Bruce Health Unit Good Food Box and \$400 cheque to Bev Gateman from the Eat & Learn Program of Grey Bruce.

Thanks to all of our members & their generosity which allows us to make these donations back to our community.

If you have any ideas that you would like to see our chapter be part of, please forward your suggestions to any one of the board members.

Membership Report by Christeen Read-Farr, Membership Chair (2010-2011)

2011 has been a great year. OSNM is alive and well. We currently have 415 Active members, 3 Associate members, 8 Student members and 1 Life member.

At this time we have 12 Affiliate Sponsors: 2 Gold, 3 Silver and 7 Bronze. Renewals for Affiliate membership will be going out very soon.

OSNM is looking to expand the Affiliate member portfolios and packages in the upcoming year to offer more variety and incentive to our sponsors.

Affiliate Members

GOLD



SILVER

BRONZE



Board List

Sandra Padbury Area A,B Rep (Ottawa, Golden Triangle)
AreaARep@osnm.org

Heather Shannon, NM, Area E Rep (Kawarthas)
AreaERep@osnm.org

Amber Capotosto, Area F Rep (Toronto)
AreaFRep@osnm.org

Travis Durham Area G Rep (Barrie)
AreaGRep@osnm.org

Marg Mitchell, Area H Rep (Kitchener-Waterloo)
AreaHRep@osnm.org

Shannon Cox, Area J Rep (Grey Bruce)
AreaJRep@osnm.org

Maria Kalic, Area L Rep (London)
AreaLRep@osnm.org

Christopher Prescott, Area M Rep (Hamilton/Niagara)
AreaMRep@osnm.org

Judy Stricharuk, CNM, Public Relations Chair
PR@osnm.org

Judy Phillips, Membership Chair
Membership@osnm.org

Christeen Read-Farr, Education Chair
Education@osnm.org

Angela Di Mambro, CSNM Year 1 Rep
osnm-rep1@osnm.org
ONrep1@csnm.ca

Sue Krueger, CSNM Year 2 Rep
osnm-rep2@osnm.org
ONrep2@csnm.ca

Matthew Bombardier, OLTCA and DoC Liaison
mbombardier@chartwellreit.ca

Shannon Cox, OAHNSS Liaison
Shannon.cox@grey.ca

Trillium Newsletter Call for Articles

We are looking for articles of interest relating to Food Services and Health Care, Industry Best Practices, etc.

Contributions are eligible for **CE** points.

To submit a newsletter article,
please email to editor@osnm.org

