

Ontario Society
of Nutrition
Management

The

TRILLIUM

ISSUE 02
06/09

What's Inside

YES, ONE EGG A DAY IS OKAY

Eggs offer exceptional nutrition, containing nearly every nutrient known to be essential to humans - folate, B12, monounsaturated and polyunsaturated fats, essential fatty acids (omega-3 and omega-6) and antioxidants. All that and economical too...

read more on page 8

All In A Day's Work ?

Nutrition managers in long-term care (LTC) facilities are facing increasing demands on their time, according to a survey released in early 2009 by the OSNM. Administrative, regulatory, and operational requirements have increased, but there has not been a proportional increase in supervisory hours.

read more on page 10

PRESIDENT'S NOTE

SPRING IS FINALLY IN THE AIR! A TIME OF GROWTH AND RENEWAL.

Speaking of renewal, please remember to send in your OSNM membership renewals. I've set a goal of 500 members — competitive, but attainable. We can DO IT!

We are excited to announce that Chapter F Toronto increased their membership by 4 members before March 31, 2009. Congratulations! A Chapter rebate of double the value is available to Chapter F for their success. I challenge all Chapters to increase their membership by 5 members before our Annual General Meeting in September!

Each Chapter is what its members make of it. OSNM is only as strong as its members. Thus, we need to encourage members from all career sectors to step forward and take an active role in their OSNM Chapter and Board. OSNM wants to and is capable of meeting the needs of all members in all career sectors.

Recently, I've received correspondence from members and potential members who are employed in the military, correctional services, sales and Meals on Wheels, as well as from diet technicians. Some question "why?" OSNM. Others feel that OSNM is too focused on health care. Presently, a large percentage of our membership is in health care — however, our focus is to meet the needs of ALL of our members. We WILL support all sectors of our profession in any way that we can, whether it be through education, surveys, committees, or networking. We strive to ensure that all of our educational events are of interest and meet the needs of all of our members. Benefits to all members include enhancing business and professional skills, developing business contacts and relationships, and increasing your professional profile. Our members influence the direction that we take. Please feel free to suggest a direction to take — if you feel that we could do better at meeting your needs, send me an email. It will help OSNM to develop a strategic plan that encompasses the needs of all our members.

My need to laugh was definitely fulfilled at our Spring Symposium in Barrie. Beverly Beuermann-King found an entertaining way to help us in "Handling Negative Attitudes and Difficult People." (I was able to deal with my "snake" and my "donkey" much more effectively when I returned to work!) And Len Fabiano provided us with useful approaches for "Aging and Dementia." His knowledge of both the disease and the work environment make his approach and solutions practical and attainable! A huge Thank You to Paulette for all of her hard work in ensuring that our needs were met through both the speakers and accommodations!



Sue Krueger

I am excited to see the progress that the Planning Committee is making on our Annual General Meeting in Niagara-on-the-Lake. You won't be disappointed. Make sure to write September 16, 17 and 18, 2009, in your calendar to join OSNM in Niagara to take part in all of the educational and social events.

I look forward to seeing you all there, and I encourage you to each bring a non-member! Remember to submit your proxy votes for next year's Board. They will step into their roles at the Annual General Meeting.

A colleague reminded me that my role as President ends at this September's Annual General Meeting. I am amazed at how quickly this year has gone! Back in September 2008, I listed eight goals that I hoped OSNM could accomplish. I am proud to say that the Board and Executive have been very successful at accomplishing most of our goals.

1. The membership survey has been completed. Look inside this edition of *The Trillium* to see the results.
2. We secured HUB International as our Group Insurance Program.
3. The Institutional Cooks program has only one more "step" until it is an accredited College program..
4. We have a FSW Program Committee that has established terms of reference, a review committee and letters to the colleges.
5. The old *Infowatch* has been replaced by *The Trillium*.
6. We have continued liaison with the Ministry.
7. The Dietitians of Ontario and other associations have joined OSNM in lobbying for more hours for nutrition managers and food service workers.
8. The only goal that we did not reach was that of each member recruiting one new member. Some excelled at this challenge; others did not. I encourage each and every one of you to meet this goal. You and OSNM will reap the benefits!

Thank you all for your hard work and dedication. You are an awesome team!

I intend to continue my relationship with OSNM for many years. OSNM has amazed me with its drive and willingness to support all sectors of our profession. I am proud to be a part of taking OSNM to the next level. In the meantime, let's focus on renewing and growing your involvement with OSNM! Thank you all for your support! ■

Sue Krueger

EXECUTIVE

PRESIDENT
Sue Krueger

PAST PRESIDENT
Pat Sylvain

PRESIDENT-ELECT
Sally Mills

SECRETARY
Heather Craig

TREASURER
Pam Muma

HOW TO REACH US

BY MAIL:
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
EMAIL: office@osnm.org
WEBSITE: www.osnm.org

PRODUCTION

EDITOR
Barb Cockwell

GRAPHIC DESIGNER
Sherry Campbell

COPY EDITOR
Jesse Craig

PRINTING
Skylar Media Group

Printed
on
Recycled
Paper



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*.

This Issue

FEATURES

| | |
|--|----|
| Yes, One Egg A Day Is Okay | 8 |
| The Spring Symposium Conference Report | 9 |
| All In A Day's Work? | 10 |

| | |
|-------------------------------|----------|
| PRESIDENT'S NOTE | 2 |
|-------------------------------|----------|

| | |
|-------------------------------|------------|
| REPORTS | 4-5 |
| Conference Chair Report | 4 |
| Membership Chair Report | 4 |
| LTC Report | 4 |
| OSNM Office Report | 5 |
| CSNM to OSNM Report | 5 |
| Public Relations Report | 5 |

| | |
|--------------------------------|----------|
| AFFILIATE MEMBERS | 8 |
|--------------------------------|----------|

| | |
|---------------------------|------------|
| CHAPTER NEWS | 6-7 |
|---------------------------|------------|

| | |
|-------------------------------------|-----------|
| EVENTS | 11 |
| 2009-2010 Call For Nominations..... | 11 |

| | |
|----------------------------|-----------|
| DID YOU KNOW? | 11 |
|----------------------------|-----------|

| | |
|-------------------------|-----------|
| BOARD LIST | 12 |
|-------------------------|-----------|

REPORTS

Conference Chair Report

The OSNM Conference Committee for the 2009 Annual General Meeting and Conference is pleased to announce that the conference will be held from September 16 to 18, 2009, at the Pillar and Post Inn and Spa in Niagara-on-the-Lake.

A conference in Niagara-on-the-Lake would not be complete without a wine tour, a tour of Niagara Falls, Dinner Theatre and shopping in Niagara-on-the-Lake. The Conference Committee has also lined up some exciting speakers and education, a gala dinner, silent auction and guaranteed great networking and sharing of best practices.

The Conference has been tailored to suit all members and non-members in the food and nutrition industry. Watch for details on the OSNM website — sign up early to receive the early bird rates and special gifts! ■

Judy Stricharuk C.N.M

Membership Chair Report

I would like to introduce you to our two new Silver Affiliate Members:

NUTRAMERICA – Company information will be available soon on the OSNM website.

CB Diets – The purpose of CB Diets is to enhance efficiency in managing Nutrition and Food Services in long-term care. CB Diets helps ensure that residents are served the right food, in the right way, at the right time, every time.

A BIG WELCOME to Valley Flaxflour, who is a new OSNM Bronze Affiliate Member.

Valley Flaxflour Ltd. is a privately owned business located in Middleton, Nova Scotia. The company grew out of the need in long-term care facilities for a source of milled flax seeds. Valley Flaxflour, whole milled flax seed, is used in nursing homes and hospitals throughout the Maritimes, Quebec, and Ontario to help reduce the number of pharmaceutical medications required to manage bowel care in elderly residents. Valley Flaxflour has been producing Valley Flax Flour and the support materials required to successfully use flax flour as a food ingredient in the long-term care environment since 1998. For more information, visit the OSNM website.

OSNM provides the opportunity for any individual interested in the activities of the OSNM to become an Associate Member. This includes people working in the food service or nutrition field who do not have the CSNM certification needed to become an active member. Associate Members receive the same benefits as Active Members, except for the right to vote at the Annual General Meeting. An application for Associate Membership can be found on our website www.osnm.org. ■

Melissa Williams

LTC Report

OSNM has been active in long-term care on several fronts. First, the OSNM Nutrition Management Survey was responded to with great enthusiasm. Your responses have made us aware of the challenges that we face in long-term care and the concerns that need to be addressed. Our roles in long-term care in Ontario are becoming more complex. We need to lobby for the Ministry's support in assisting us to

meet these challenges by providing increased hours, funds, and staffing. Please see a more detailed summary of the results of the survey in the article by Heather Urquhart.

Another change being sought is the need for increasing the hours for food handlers and food service workers. The Long-Term Care Action Group for the Dietitians of Canada is advocating an immediate change of the formula used in our staffing model for food service workers. This document will be going to the Ministry, and hopefully we will see some results. The last increase was in 2004, when the increase went from 0.40 to 0.42 per resident-day. We hope to provide you with a copy of the document on our website once it has been submitted to the Ministry of Health and Long-Term Care.

OSNM has also been actively pursuing the development of a Review Committee and, in the future, accreditation standards for the food service worker programs. This will provide further credibility to the course and ensure that the courses continue to meet the learning outcomes that were developed by OSNM and the Dietitians of Ontario. There will be more information available as the committee develops its criteria and policies.

A note of thanks to all who participated in the survey for nutrition managers in long-term care in Ontario. Your feedback is essential to prove our position as nutritional managers in long-term care. The level of frustration was apparent as the results of the surveys were summarized. The information has provided a solid rationale for change in the role of the nutrition managers in long-term care. As an association, we will continue to voice the needs of our members. ■

Merle Ammerman

OSNM Office Report

The office has been busy processing membership renewals for 2009–2010. Although most members were diligent, there are a few who did not send in their renewals by the March 31 deadline. Reminders will be sent shortly, and a \$25 late fee will apply.

The OSNM Spring Symposium was held on March 20th at the Kempenfelt Conference Centre in Barrie. It was well attended and was a very successful event — and we even recruited 8 new members! You will hear more from Paulette Byrnes-Carriere, Education Liaison, in her report in this issue of *The Trillium*.

We recognize that member communications are essential. Recently, you may have seen that job postings are now on the home page of the OSNM website for easy access by members. We encourage you and your employers to consider advertising any future employment needs on our website.

In the members-only area of the website, you will find the minutes from past Board of Directors and Executive meetings. Profiles of each Board Member are also posted to help you to get to know them better and learn the areas for which they are responsible.

We are currently making positive changes to the membership database and online system. The OSNM website is going to be moved to a CMS/AMS (Content/Association Management System), thus enabling easier administration and a more interactive online environment for our members.

Under the new online environment, members will be able to manage their profile, login, password, and contact information through the

secure members-only area. They will also have the ability to make secure online payments for items such as renewals and event registration.

On a last note, the Conference Committee is busy working on the Annual Conference and Annual General Meeting planned for September 2009. Please check out the conference brochure that is included with this mailing. Mark your calendar and plan on attending. I look forward to seeing you there!

Please contact the OSNM office with any questions. We strive to meet your needs, and we need your support as members. Together we share, learn, and grow! ■

Shirley Yuen

CSNM to OSNM Report

The Canadian Society of Nutrition Management (CSNM) has been busy this year providing education via the CSNM magazine *Food Service & Nutrition* for the mandatory Continuing Education points that each CSNM member must submit prior to membership renewal in 2010.

The Conference Committee for the CSNM 2009 Annual General Meeting has been busy organizing the Conference for June 11–13, 2009 in Vancouver. Go to CSNM.ca to see the details and the education that will be provided. There is still time to register!

The CSNM Board of Directors will be attending the OSNM Annual General Meeting in September in Niagara-on-the-Lake, which will be held at the Pillar and Post Inn and Spa, September 16–18, 2009. Conference details are available on the CSNM and OSNM websites.

The CSNM Certification Committee has been busy surveying CSNM members across Canada to hear their opinions on the Certification Program. The results of this survey will be presented in the next issue of *Food Service & Nutrition*. ■

Judy Stricharuk

Public Relations Report

As I prepare to complete my last issue of *The Trillium*, I'd like to take this opportunity to thank all of those responsible for making my term over the last two years most enjoyable. I'd like to thank Pat Sylvain, Past President, Sue Krueger, President, and all of the past and current Chapter Representatives and Liaison Representatives. Also, I'd like to thank Shelly and Shirley for the Office Reports. Over the past two years, we've made several positive changes. In Public Relations, the biggest change has been taking the *InfoWatch* to its new form, *The Trillium*. I'd like to also thank Brenda Bishop for all of her work on the previous *InfoWatch*, and Sherry Campbell for her current work on *The Trillium*. I'd like to acknowledge their support and guidance in making our communications a success.

OSNM is an organization truly committed to its membership and that strives to make improvements within the industry. For any member who is interested in personal and professional growth, this is an organization that you should be involved with and active in. ■

Barb Cockwell

CHAPTER NEWS

AREA A OTTAWA
AREA B GOLDEN TRIANGLE
DIANNE BRUCE
613-489-2130 – (H)
613-829-3501 EXT 106 – (W)
dbruce@extendicare.com

Ottawa OSNM members joined members of CAFP (Canadian Association of Food Service Professionals) on April 21, 2009, for a dinner meeting, during which we had a presentation by the Egg Farmers of Canada. Details of this seminar can be found in a report in this edition of *The Trillium*.

The A/B Chapter Executive will meet on May 28, 2009, to plan for the fall and winter meetings.

We encourage all members of Chapter A/B to attend these meetings to network with fellow colleagues while attaining education points. Further information is available by contacting Dianne Bruce.

AREA E KAWARTHA
JANET BELL
905-436-8927 – (H)
647-618-8927 – (W)
1-800-268-8199 EXT 273 – (W)
Janetb62@yahoo.ca – (H)

The Kawartha Chapter held its first meeting and hosted a Professional Development Day at WhiteCliffe Terrace Retirement Residence in Courtice, Ontario, on March 27, 2009. Thirteen members attended this meeting, which was generously sponsored by *apetito* Canada and Engaged CFT Corporation. Their sponsorship allowed our members to attend this function free of charge. Topics focused on the professional development of food service

managers, including how to succeed in a job interview and careers outside of the dietary department.

We will be hosting a BBQ this summer to encourage Kawartha Chapter members to become active and take on the many Board roles currently available in our Chapter. Please volunteer and help us to make our Chapter a success. A big thank-you to all who attended and helped with our Professional Development Day!

AREA F TORONTO
AMBER CAPOTOSTO
905-209-7654 – (H)
1-800-268-8199 EXT 272 – (W)
ambercapotosto@hotmail.com – (H)
amber.capotosto@apetito.ca – (W)

On behalf of the Toronto Chapter, we would like to invite anyone interested in joining our Chapter to a Meet and Greet. During this social event, we will be holding elections for a new Toronto Chapter Board. This event will be held at the Hazelton Place Retirement Residence, located at 111 Avenue Road in Toronto on June 24, 2009, at 6:30 pm.

We encourage all Members in Area F to attend because your involvement is very important in improving issues in the industry, enhancing your career, and continuing your education. Also, coming to the meeting helps to maintain your OSNM educational points. Remember to check the OSNM website for further details.

Please email us at ambercapotosto@hotmail.com with any ideas for meetings and speakers or with any feedback you may have.

We look forward to seeing you at our next meeting.

AREA G BARRIE

Calling all Barrie and Area members! We would like to restart Chapter G. We realize that this Chapter encompasses a large area, from Orangeville to Collingwood, to Bracebridge, to Orilla, to MacTier, to Huntsville, to Midland, to Gravenhurst, to Penetanguishene, and Barrie. Please contact either Christine Read-Farr at cread-farr@rogers.com or Barb Cockwell at bcockwell@lakelandtc.com for more information. We want to meet the needs of all of our members, so please let us know if you have any needs or requests. We are looking for volunteers to assist us in revitalizing Chapter G.

AREA H KITCHENER/WATERLOO
SHARON WALSH
519-895-1437 – (H)
519-669-3023 – (W)
josephwalsh@rogers.com – (H)
ccc6@golden.net – (W)

Our Executive meeting was held on January 22, 2009. During this meeting, we planned for our winter and spring meetings.

On February 24, 2009, we had a meeting and tour at Conestoga College in Waterloo. Gary Hallam, Chair of Hospitality Programs School of Business, gave a very informative talk on the available programs at Conestoga College. These include the Food Service Worker and Cooks program, as well as other programs within the hospitality industry. We also had a tour of the hospitality portion of the College. David Gibbons, an Employment Training Consultant from Job Connect, was also on hand and talked about connecting students with job placements.

The Spring Symposium was great, and I think that everyone from our area who attended will certainly agree. Job well done Paulette!

Our next meeting is on May 14, 2009, when we will have a tour of Elmira Poultry. A business meeting will follow the tour. Also, we will have an Executive meeting to start planning the 2010 Spring Symposium, which will be held in our area. Any members who have suggestions or who want to assist with the 2010 Spring Symposium, please contact a member of the Executive.

AREA J GREY-BRUCE
CAROL WALLACE
519-370-2400 EXT 2279 – (W)
carol_wallace@aramark.ca

On May 8th, the Grey Bruce Chapter held a one-day Symposium at the Chesley site of the South Bruce Grey Health Centre. Registrants were engaged with topics such as “The Changing Face of Heart Disease,” presented by Michelle Walker from the Brockton and Area Health Team, and “Going Green at Your Facility — What Would it Take?” presented by a local environmental advisor. A Grey Bruce Public Health Inspector presented a talk titled “Food Borne Illness — Are Your Staff Prepared?” Following lunch and a short business meeting, registrants learned more about “Interpreting Lab Values” with Shelley Adams R.D. The afternoon wrapped up with a talk from our key note speaker Marilyn Coffman R.N M.S.W, who encouraged everyone to “Fire Our Inner Critic.” She also supplied the audience with coping skills to apply in our fast paced working world.

AREA L LONDON
MARIA KALIC
519-326-5731 – (W)
mkalic@cogeco.ca – (H)
mkalic@sunparlorhome.net – (W)

Happy Spring to all Chapter L members! It was great to see so many of you at the Ontario Long-Term Care Association (OLTCA) symposium this year. Thank you for stopping by our OSNM booth and introducing yourselves. For those who were unable to attend, visit www.oltca.ca to download information from the presenters.

Please take a few minutes to visit our new and improved website www.osnm.org. There is information for you to read and a members-only section. If you need any assistance with the website, please feel free to contact me. Please note, we are in the process of further improving our website to meet our members’ needs, including the ability to change your password if you should forget it.

We are planning a full education day in early June in the London area. I will be sending out a flyer to all members, who are encouraged to bring a non-OSNM member to enjoy the day and learn about the benefits of OSNM membership.

Chapter L will host the next OSNM Annual General Meeting and Conference, scheduled for mid-September in 2010. Anyone interested in participating on the committee, please contact me. There are many benefits to sitting on the committee — call me and I will tell you about them!

I look forward to seeing all of you at the 2009 Annual General Meeting and Conference, September 16, 17 and 18, 2009 — “Harvesting Knowledge in Niagara.”

Have a safe and happy summer!

AREA M HAMILTON
ELAINE WIELINK
905-774-1086 – (H)
905-774-2208 – (W)
ewielink@edgewaterlinc.ca – (W)

Greetings to all OSNM members!

Hamilton/Niagara Chapter M is busy planning for the up-coming Conference this fall. We are always interested in additional volunteers to come out and assist. Please contact me, and I will get you involved. We are very excited to be hosting this year’s Conference.

We will be holding a Chapter meeting on Wednesday, June 3rd at 6:00 pm. The meeting will be held at the Arbour Creek Long-Term Care Center in Hamilton, and dinner will be provided. Our guest speaker will be Lisa Podda from Mijava. Lisa will demonstrate a new software program and explain all that it can do. At this meeting, we will also vote for new Chapter positions, which include Chapter Representative, President, and Secretary. If you would like to get involved or would like to nominate someone, come out and vote. I look forward to seeing you at the next Chapter meeting. Remember to bring a friend. ■

Affiliate members

GOLD



SILVER



BRONZE



OANHSS



YES, ONE EGG A DAY IS OKAY

The Egg Farmers of Canada gave an overview of eggs to Ottawa members of OSNM and the Canadian Association of Foodservice Professionals (CAFP) on April 21, 2009 at a dinner meeting.

Eggs offer exceptional nutrition, containing nearly every nutrient essential to humans — folate, B12, monounsaturated and polyunsaturated fats, essential fatty acids (omega-3 and omega-6) and antioxidants. All that and economical too!

Today's eggs are lower in cholesterol than those of a decade ago, primarily because of changes in feeding practices. Yes, one egg a day is OKAY. So, why then, are some yolks more yellow than others? The deep yellow colour of some yolks is caused by the feed eaten by the hen. Corn feed makes yolks appear a deeper yellow than wheat feed.

There are about 550 egg producers in Ontario alone. Ontario producers are responsible for 12 million of the 31 million units (boxes of 15 dozen eggs) produced each year.

Eggs meet the criteria for Health Canada's Health Check program. This program is a national food information program aimed at helping Canadians make healthy food choices.

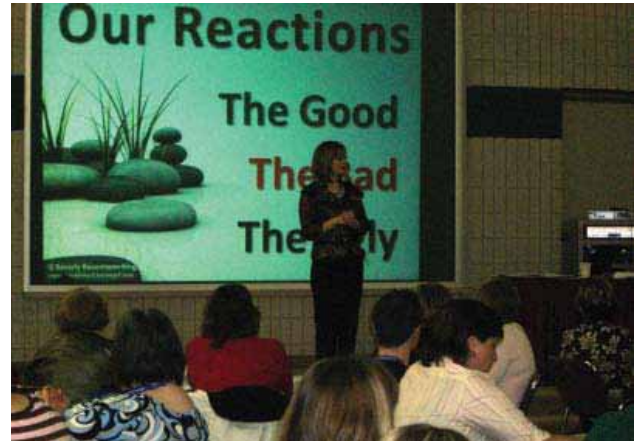
So whether you choose free-range, cage-free, organic, omega or just an ordinary carton of eggs, you have made a wise, economical, and healthy choice. To learn about the differences between these types of eggs, you can invite the Egg Farmers of Canada to present at your local Chapter meeting. ■

Dianne Bruce

THE SPRING SYMPOSIUM CONFERENCE REPORT

The Spring Symposium was held at Kempenfelt College in Barrie on March 20th. This one-day symposium allowed nutrition managers to earn education points and to continue their education.

Beverly Beuermann-King spoke to us about “Work Smart Live Smart.” She is a renowned stress and wellness specialist. She has spoken coast to coast and to over 250 000 leaders and employees. The topics discussed were handling negative attitudes and difficult people, and how to use the SOS approach. She gave all of the members great information and empowered all of us to have the knowledge to deal with negative people in the workplace.



We would like to thank everyone who donated door prizes for this event. We would also like to thank the College for their hospitality and help with the event. We look forward to future meetings where we can further our education and strengthen our skills. ■

Paulette Byrnes-Carriere, OSNM Education Liaison



Our second speaker was Len Fabiano, who spoke about Dancing with Dementia and practical behavior management. He is the past owner of FCS International, The Long Term Care Specialist. He has many publications, including Getting Staff Excited, Mother I am Doing the Best I Can, Dancing with Dementia. His wonderful speaking abilities allowed all of us to see things realistically and gave us the tools to use his techniques in the workplace. We would like to thank Complete Purchasing Services, who sponsored the talk by Len Fabiano.

We also had a wonderful mini-trade show that allowed our members to speak to different vendors. We would like to thank Ecolab, Ostowash, CMI, CPS, Maple Leaf Foods, HUB International, Train Can, Apetito, and Rosemount Sales who made the day a success.

The members in attendance were asked to fill out a conference evaluation form. The results of the survey indicated that the members enjoyed the topics and thought that the talks would assist them in their workplace. The members said that they enjoyed the length of the talks, the food, and the location.

An advertisement for the Food & Nutrition Management program at Fanshawe College. The top left features the text "Food & Nutrition Management" in a stylized font. To the right is the Fanshawe College logo, a red square with a white stylized 'F' and the text "FANSHAWE COLLEGE". Below the title is a photograph of a smiling woman in a white chef's uniform holding a plate, and a smiling man in a dark suit holding a folder. Text below the photo asks: "Are you interested in food and healthy eating? Do you enjoy working with people in a fast-paced environment?" and "If so, Fanshawe's two year program in Food and Nutrition Management will equip you to pursue a challenging career in this fast growing industry. Your expertise will be able to play a critical role in many establishments from hospitals, to retirement homes and schools." At the bottom, it provides the website "www.fanshawec.ca/fnm1", the location "London, Ontario", and the phone number "519-452-4289". The bottom right corner features the slogan "Build Futures We Do That™" and the website "fanshawec.ca".

All In A Day's Work?

OSNM survey sheds light on the reality of LTC nutrition managers' workloads

Nutrition managers in long-term care (LTC) facilities are facing increasing demands on their time, according to a survey released in early 2009 by OSNM. Administrative, regulatory, and operational requirements have increased, but there has not been a proportional increase in supervisory hours.

Prompted by a drive to set standards, define the scope of practice, and provide an accurate representation of nutrition managers to Ontario's Ministry of Health and Long-Term Care (MOHLTC), OSNM surveyed its members during winter 2009. With 209 qualifying member responses, the survey provided a glimpse into a day in the life of Ontario's nutrition managers.

The survey queried members about their organization, computer systems and related tasks, scheduling, human resources and continuing education, accreditation, resident care, and special projects. Each of these areas of activity is affected by changes in regulations and patient populations.

Within the organizations surveyed, 83% of nutrition managers head their departments, and 30% oversee another department besides their own. Most have no assistant

working with them, and 35% report that they are expected to perform non-management responsibilities such as cooking, storing groceries, filing, photocopying, and providing tours.

Beyond these responsibilities, many nutrition managers sit on multiple committees. Food council, QI/QA, and accreditation committees are most common, but nutrition managers can also be found on other committees, such as palliative care, skin and wound care, and resident council.

Respondents use a variety of computer systems to manage menus, payroll, grocery ordering, resident databases, and a number of other tasks. Regardless of the system used, nutrition managers spend considerable amounts of time on the related tasks. Ordering groceries takes 1–2 hours for 22% of respondents, with 5% reporting that it takes them 8 hours or more.

These duties continue with entering resident data (up to 6 hours per week for 51% of nutrition managers who responded) and compiling food inventory (2–6 hours per week for 59% of respondents). Invoice processing takes up 4–6 hours per week for 41% of respondents.

When totalled, these combine to represent a considerable amount of time spent on computer systems work.

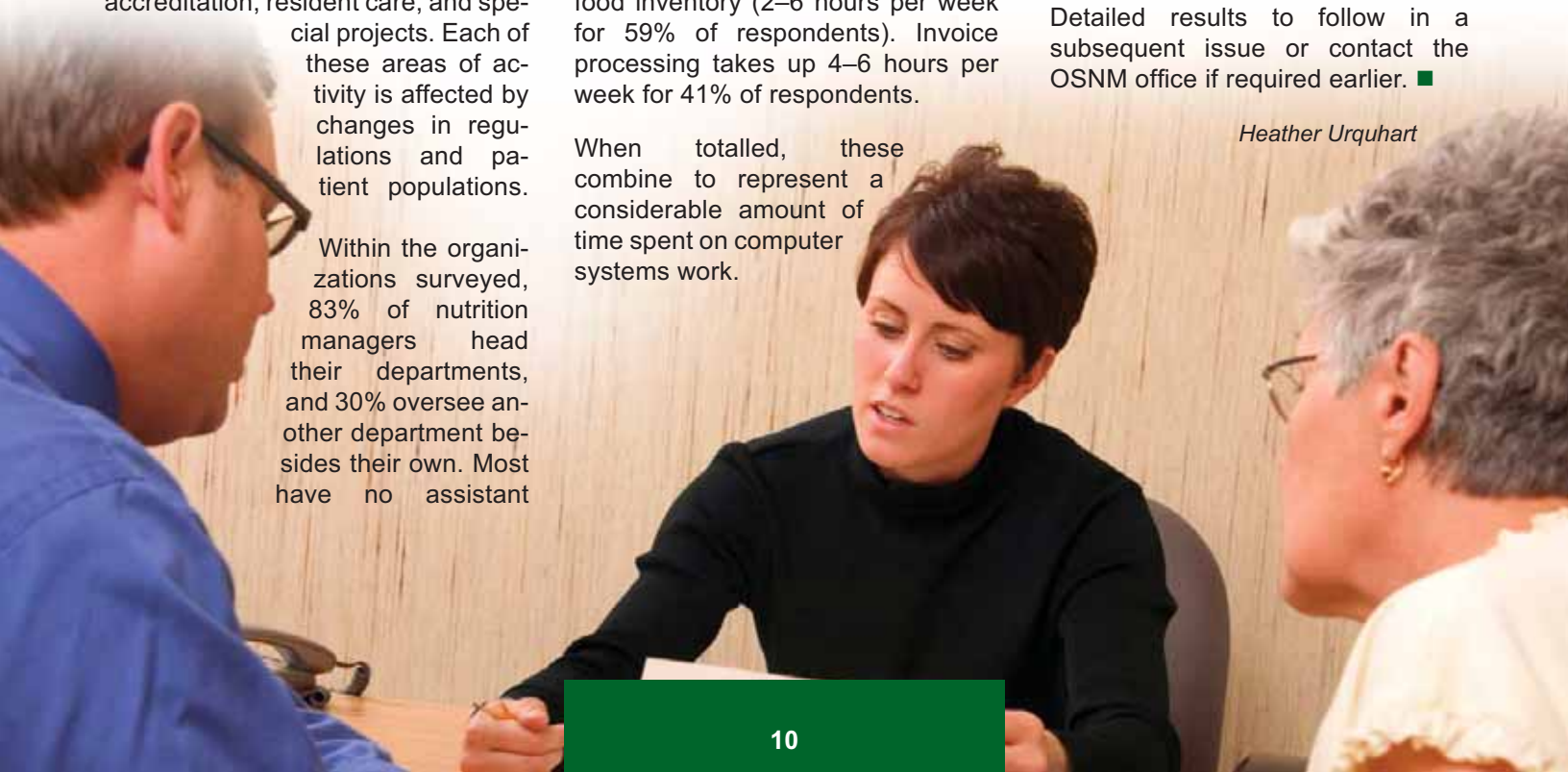
Nutrition managers play the role of human resources in many facilities, with 89% reporting that they are responsible for hiring and scheduling staff. The majority of respondents also find themselves relieving front-line or production staff on a regular basis, as well as fulfilling performance reviews, orientation, and education requirements. In total, 81% of the facilities are unionized, meaning that union issues become part of a nutrition manager's day as well.

Nutrition managers also participate in resident admissions and care conferences, and perform up to 8–10 monthly audits, which reflects the increasing regulatory demands and reporting requirements.

The results of this survey reveal that what is "all in a day's work" for a nutrition manager has been changing. As patient needs and regulations have increased, the scope of responsibilities has broadened. OSNM intends to work with the MOHLTC to ensure that budgeted supervisory hours remain in step with these changes.

Detailed results to follow in a subsequent issue or contact the OSNM office if required earlier. ■

Heather Urquhart



EVENTS

2009-2010 CALL FOR NOMINATIONS

Have you ever considered being a candidate for Director of OSNM? Here's your chance! Under the OSNM bylaw, Directors are elected for a one-year term. In 2009, the positions of Secretary and President-Elect need to be filled. The new positions will be announced at the Annual General Meeting.

If you are looking for personal growth and fulfillment, working with the OSNM Board will provide you that! I have had an exciting and amazing couple of years with this Board. They are an awesome group of people to work with. You will be welcomed warmly, and all of your ideas and suggestions will be seriously considered. There is no time like today to embrace the challenge!

Commitment:

Any individual interested in serving as an OSNM Director should be aware of the following commitments. Currently, Board members attend 3 Board meetings per year and some committee meetings. Board members are expected to attend other events and trade shows. With these meetings and the addition of email and telephone conversations, this position requires a time commitment of 4–10 hours per week.

Eligibility for Election:

To be a candidate for election as a Director, you must be an OSNM member in good standing. In addition, experience gained from participation as a volunteer leader in a not-for-profit environment is preferred, as well as experience in the food services industry.

Procedures:

You can download a copy of the official nomination form from the OSNM website, fill it out and return it by fax to the office (416-441-0591). Nominations close on July 1, 2009. If you are unable to attend the Annual General Meeting, please remember to send in your proxy vote indicating your choice, as well as your instructions for voting at the meeting.

The 2009 election will be held by ballot. The new Board and Officers will be announced at the Annual General Meeting. The new Directors and Officers take office on Thursday, September 17, 2009.

I look forward to seeing you in Niagara-on-the-Lake for the Annual General Meeting, September 16–18th! ■

*Pat Sylvain
Past-President and Nominations Chair*

DID YOU KNOW?

- The Ontario Food Service Supervisor's Association was formed in 1983.
- The Association's main objective was to ensure high standards of training for its members and to ensure quality Foodservice to the public.
- In 1991, the Association changed its name to reflect the name of its governing body, the Canadian Society of Nutrition Management.
- The Ontario Society of Nutrition Management continues to endeavour to advance and promote recognition and understanding of the profession.
- The Executive and Board of Directors conduct the Society's business. Nominations of officers for the following year are presented and elections are held at the annual meeting each fall.

BOARD LIST

PRESIDENT

Sue Krueger
519-631-0620 EXT 228 (W)
519-268-1093 (H)
519-631-2307 (F)
skrueger@elgin-county.on.ca (W)

PAST PRESIDENT

Pat Sylvain
519-351-9355 (W)
519-351-6249 (F)
pat_sylvain@aramark.ca (W)
p. sylvain@ciaccess.com (H)

PRESIDENT-ELECT

Sally Mills
519-227-1049 (H)
dsmills@ezlink.ca (H)

SECRETARY

Heather Craig
416-285-4773 (W)
tallwalker1@rogers.com (H)
heather_craig@aramark.ca (W)

TREASURER

Pam Puma
519-633-2680 (H)
ppmuma@rogers.com (H)

PUBLIC RELATIONS

Barb Cockwell
705-366-5604 (H)
705-773-4041 EXT 2220 (W)
b_cockwell2001@hotmail.com (H)
bcockwell@lakdlandltd.com (W)

MEMBERSHIP/WEB-SITE COORDINATOR

Melissa Williams
905-331-4456 (H)
melissamcdowell@cogeco.ca

PROVINCIAL REPRESENTATIVES

Judy Stricharuk
905-685-5241 (H)
905-357-2779 EXT 214 (W)
905-356-2199 (F)
judy.stricharuk042@sympatico.ca

Della Edwin
416-669-7841 (W)
905-501-4711 (WF)
dedwin@chartwellreit.ca

LTC LIAISON

Merle Ammerman
905-304-6781 EXT 504 (W)
905-304-9032 (WF)
boammerm@sympatico.ca (H)
mammerman@chartwellreit.ca (W)

OHA LIAISON

Carol Wallace
519-370-2400 EXT 2279 (W)
519-881-0452 (F)
carol_wallace@aramark.ca

EDUCATION LIAISONS

Paulette Byrnes-Carriere
705-895-7288 (H)
705-692-1491 (W)
acpc@persona.ca (H)
*paulette.byrnes-carriere@
greatersudbury.ca (W)*

Carol Wallace
519-370-2400 EXT 2279 (W)
519-881-0452 (F)
carol_wallace@aramark.ca

CONFERENCE COORDINATOR

Judy Stricharuk
905-685-5241 (H)
905-357-2779 ext. 214 (W)
905-356-2199 (F)
*judy.stricharuk042@
sympatico.ca (H)*
*judy.stricharuk@
niagararegion.ca (W)*

CHAPTER REPRESENTATIVES AREA A (OTTAWA) AND B (GOLDEN TRIANGLE)

Dianne Bruce
613-489-2130 (H)
613-829-3501 EXT 106 (W)
dbruce@extendicare.com

AREA C KINGSTON AND AREA D NORTH BAY

Please contact the OSNM Office.

AREA E KAWARTHAS

Janet Bell
905-436-8927 (H)
647-618-8927 (W)
1-800-268-8199 ext. 273 (W)
905-799-2666 (F)
Janetb62@yahoo.ca (H)

AREA F TORONTO

Amber Capotosto
905-209-7654 (H)
1-800-268-8199 EXT 272 (W)
ambercapotosto@hotmail.com (H)
amber.capotosto@apetito.ca (W)

AREA G BARRIE

Christine Read-Farr
creadfarr@rogers.com
or
Barb Cockwell
bcockwell@lakelandltd.com

AREA H KITCHENER-WATERLOO

Sharon Walsh
519-895-1437 (H)
519-669-3023 (W)
josephwalsh@rogers.com (H)
ccc6@golden.net (W)

AREA J GREY BRUCE

Carol Wallace
519-370-2400 EXT 2279 (W)
519-881-0452 (F)
carol_wallace@aramark.ca

AREA K THUNDER BAY

Please contact the OSNM Office.

AREA L LONDON

Maria Kalic
519-326-5731 (W)
519-326-8952 (F)
mkalic@cogeco.ca (H)
mkalic@sunparlorhome.net (W)

AREA M HAMILTON

Elaine Wielink
905-774-1086 (H)
905-774-2208 (W)
ewielink@edgewaterltd.ca (W)