

NUTRITION MANAGEMENT TODAY

MARCH 2011 - SPRING IS COMING!

GREETINGS FROM THE PRESIDENT

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This time of year is always very busy for the SSNM Board. Each portfolio has an integral part in making sure that all communication to our members is accurate, timely and professional. Your board has embarked on many new campaigns to make things easier for you, our members. Some of the items include online membership renewal and payment. So far, almost half of our membership has renewed. This is amazing! Following suit is online registration and payment for the upcoming Education Day. We are excited to have this feature available as it promotes a professional appearance for the Society and is very easy for the Board to gain access to the members' information that they have provided. Feel free to access the website for links to renew your membership and register for the Education Day. Thank you to those that have already done so.

The Conference Committee, headed by Leanne Kolbe and Karen Kwan, has been hard at work preparing for a wonderful continuing education opportunity on April 15, 2011. "Let Your Leadership Skills Sparkle..." will prove to be a fun-filled day of networking and learning together. Don't forget to dress for the day in your jeans and "sparkly" top or accessories. Lisa Devries has been gearing up for her first time as head of elections at the 2011 AGM. There are two vacant seats this year: SIAS Liaison and President Elect. Please consider letting your name stand for one of these portfolios. Forms can be found on the website.

Our Continuing Education chair, Terry Gardner, and our Communications team, Jennifer Basset and Breena Mitchell have been busy making sure the content of the Nutrition Management Today is valuable and on track with the CSNM competencies. Terry will soon announce if we will be able to grant a CSNM CE point for attendance at the Education Day.

Tammy Rudolf, our Treasurer, is keeping us all on track with our finances and played an important role in setting up our on line payment format, PayPal. Please note that you do not need a PayPal membership to use this feature. Our PayPal account is only the medium with which we send invoices and receive funds. So far, half of those that have renewed their memberships have opted to pay on line. Way to go!

Gwen Koob-Roach, our SIAS Liaison, will soon be busy as the deadline for the France Gates Scholarship will come to a close at the end of March. We hope to have many students apply for this year's grants. Cyndie Wowchuk, our Secretary/Membership Chair, has been a key board member as she is the "one with all the history". I have called upon Cyndie for her knowledge on more than one occasion and am very grateful for her time and guidance.

Finally, the CSNM/CAFP National Conference will soon be open for registration. The conference is in Montreal, PQ from May 11-15, 2011. Please visit www.cafp.org for more information. Your feedback is always appreciated and we welcome your ideas for a strong SSNM.

Sincerely, Tennille Corbett, NM
President

Check Out Our Website! SSNM.CA

COMPLETE' SOLUTIONS AND IDEAS TO MANAGE COMMON CHALLENGES

The culture of most organizations is shifting towards expanding roles and responsibilities, and often with reduced resources. This is due to several factors including a recovering economy, more requests from the people we seek to serve (our customers), and more demands from our stakeholders. Many of us are being asked to do more with less and are feeling the pressure of performing faster and more effectively at everything we seek to endeavor upon. If any of this sounds familiar to you, there is unfortunately no light at the end of the tunnel shining for the near future. Businesses will continue to move at a faster pace with elevated expectations, so we need to keep our pencils sharp in order to stay afloat with the changes in the marketplace and the expectations of our employers.

Specifically in long term care, there are three main areas in which managers are constantly asked to improve in their efficiencies and effectiveness:

- reduce costs without compromising quality
- Long term care foodservice managers are expected to develop new menus every cycle (by law in Ontario)
- Provide growth opportunities and professional development for staff

The solution is to “*work smarter, not harder;*” but the question most of us ask is, *how do we do that?*

We have all heard the expression “*many hands make light work.*” As cliché as it may sound, this is theoretically true (depending on the effectiveness of the help you are receiving), and, when put into practice can save you time, workload, finances, and stress. *What resources are available to you now that can help you to alleviate added pressures? Do you know where to start looking?* Another cliché, “the answer is always at your fingertips” is only a truism if you know where to start looking. To assist you in finding resources that can help you meet the aforementioned common challenges, here are some ideas from Complete Purchasing Services (CPS):

Challenge 1: Decrease costs without compromising quality.

This can be a tricky one, especially for organizations that are government funded, have unionized employees, etc. A simple way to ensure that your organization has a healthy bottom line is reduce your costs for procurement. Many organizations have found great success on this by tapping into shared resources available through supply chain solutions organizations (also known as group volume purchasing).

For example, CPS is one of Canada’s leading supply chain solutions organizations with over 2,700 members across the country. They are able to offer their members low and stable contracted pricing through leveraging the purchasing volume of their members in addition to ARAMARK worldwide. Members can take advantage of products and services from over 450 manufacturers and distributors (they even have contract pricing on commodity items such as produce!). Furthermore, members using their electronic procurement system eCPS (www.ecps.ca) can access reports to help them track their spending. *What do CPS members do with the money they are saving on procurement?* Although each member will give you a different response, the most important thing to focus on is that they have the ability to answer the question.

Challenge 2: Develop new seasonal menus.

Having new and fresh menus available for spring/summer, and fall/winter conceptually sounds easy. However, anyone in long term care knows that developing a menu that meets Canada’s Food Guide to Healthy Eating, provincial ministry requirements (especially for long term care homes in Ontario), the foodservice budget, and resident taste preferences is a balancing act that requires patience, attention to details, and above all, a savvy and creative mind.

If you had access to a menu program that included a menu developed specifically for long term care, had all of the necessary accompanying documents (i.e. week at a glance, therapeutics, production sheets, shopping list, nutrient and costing reports, etc.), access to scaleable recipes, and, it was free of charge, would you use it? Most long term care dietitians and foodservice managers would answer this question "yes" as they would know how much time and resources this would save them.

Did you know that members of CPS can take advantage of a menu program free as part of their membership?

The CPS menu program is developed every menu season by three people who are dedicated entirely to this value-added offering (one dietitian, and two nutrition specialists). All CPS menus meet Canada's Food Guide, provincial laws such as Ontario's Ministry of Health & Long Term Care requirements for food choices and budget as well as British Columbia's Trans Fats regulations. Supporting tools and documents are also available as a part of this offering such as week at a glance, a manufacturer nutrition facts sheet, therapeutics, snack menu, production sheets, shopping list, nutrient and costing reports, nutritional calculations, and a registered dietitian approval letter. Additionally, this team is also available to assist CPS members in utilizing the menu and does so through telephone support, and ongoing training Webinars (such as how to use the CPS menus, and how reduce costs on your menu).

If CPS has a team of three, and you are a team of one with other responsibilities in addition to menu development, think of how much time you could save yourself, even if you only used the menu as a base. By saving yourself time on menu development and implementation, think of what else could be done with your time such as more resident contact, more time to focus on staff development, and more time for departmental collaboration.

Challenge 3: Provide ongoing education for yourself and your staff.

Through the continual development of yourself and your staff, you can increase employee engagement, productivity, morale, decrease employee turnover, and create a workplace culture that continues to provide an inspiring and enjoyable place to work. All of this has a direct effect on the quality of service provided to your residents.

Are you short on time and/or budget to develop programs that support the personal and professional development goals of you and/or your team? Did you know that CPS members have access to educational resources and tools free as a part of their membership? The CPS online education program is available through eCPS (www.ecps.ca) and consists of a self-service model (Education Focus, CPS's in-service guides), as well as a full-service model (educational flash videos that can be viewed online similar to YouTube). Furthermore, they also host seminars and workshops both online (Webinars), and offline (Professional Development Days).



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How sleep Affects Your Safety

Safety is a factor wherever loss of sleep exists. Adults on average require 7-8 hours of solid sleep. Getting less sleep than your body requires negatively affects work performance productivity and quality. Without adequate sleep, employees have more difficulty concentrating, learning, and communicating. Memory lapses increase. Problem-solving abilities decline. Sleep-deprived employees can be moody and less tolerant of co-workers' differing opinions, making them more prone to reactionary outbursts and other relationship-destroying behaviors. Exhaustion is one of the most common health complaints for Canadian workers, especially women.

Sleep is as basic to survival as food and water. Losing as little as two hours of sleep can negatively affect alertness and performance. Studies monitoring brain activity show that one shift worker in five dozes off during the shift. Often, they do not realize afterwards that they have. Regardless of motivation, professionalism, training or pay, an individual who is very sleepy can lapse into sleep at any time, despite the potential consequences of inattention.

Factors in The Work Environment

The environment and nature of the work can further magnify the effects of your lack of sleep. Environments with dim lighting, limited visual acuity, high temperatures, high noise tend to enhance fatigue. Also, a worker's susceptibility to fatigue is increased by tasks where attention must be sustained for long period, and those which are long, repetitive, paced, difficult, boring and monotonous.

Despite the fact that working nights and early mornings does not promote good health, shift work is a necessary part of today's work environment. Expensive machinery has to operate to its capacity. Goods have to arrive "just in time." Patients in hospitals need care around the clock.

Lifestyle, operations and physiological disorders are key components in the fight against fatigue. Workers can reduce fatigue through proper nutrition, stress control and exercise. A healthy diet provides longer-lasting energy – concentrate on complex carbohydrates (starch) rather than simple carbohydrates (sugar); and avoid fatty foods and junk food. Don't let negative circumstances get the better of you. And regular exercise is important – cardiovascular, muscle strengthening and flexibility.

Sleep deprivation induces significant reductions in performance and alertness. Reducing your night time sleep by as little as 1.5 hours for just one night could result in a reduction of daytime alertness by as much as 32 percent.

Decreased alertness and excessive daytime sleepiness impair your memory and your cognitive ability—your ability to think and process information.

Excessive sleepiness also contributes to a greater than twofold higher risk of sustaining an occupational injury.

Determining Your Risk

Although many sleep-deprived people are very much aware that they have sleep problems, some aren't. Some believe they can get by and function at a high level on very little sleep, which is the exception rather than the rule. Answering the following questions compiled from various sleeping quizzes can help you determine if you're getting enough sleep:

Do you often watch the late show because you can't fall asleep?

Do you frequently wake up during the night and can't go back to sleep?

Do you have trouble thinking at work?

Are you experiencing a lot of stress in your life?

Do you snore? Are you sleepy during the day?

Do you wake up with morning headaches?

Do you have high blood pressure?

Do you find it hard to stay awake while driving, watching TV, reading a book, or attending a meeting?

Answering yes to two or more questions can indicate possible sleep deprivation.

Saskatchewan Society of Nutrition Management

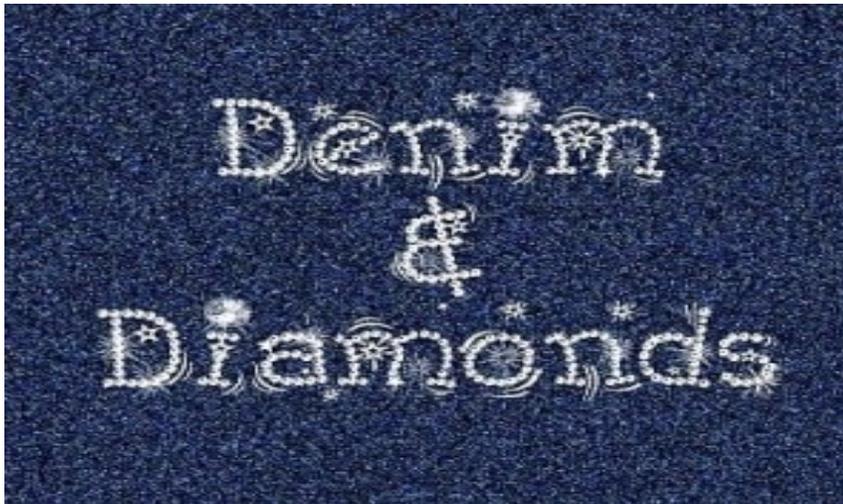
Catch the Energy and Release your Potential The Fish Philosophy

[Park Town Hotel](#)

Friday, April 15, 2011

[Agenda](#)

[Register Now and Let Your Leadership Skills Sparkle!](#)



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Remember to book a ticket for the Laugh Shop & get ready to shop at the Silent Auction!



www.ssnm.ca

The Saskatchewan Society of Nutrition Management

BOARD OF DIRECTORS: 2010-2012

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The purpose of the Society is to advance the Food Service Management Profession within Saskatchewan. A SSNM member is part of the nutrition management team and is constantly involved with the day to day operation of the Food and Nutrition Department. He/she provides the much needed link between administration and food service personnel. There is a need for qualified professional nutritional management, as every organization needs continuing leadership and direct supervision by trained personnel.

The Saskatchewan Food Service Supervisors Association was formed in 1972. The association became incorporated in 1973 and in 1996 changed its name to Saskatchewan Society of Nutrition Management.

The SSNM ensure the ongoing training of its membership through a continuing education program in which members become more aware of new developments in the nutrition management field. Educational and informative conferences are planned yearly by the executive. Active members are encouraged to achieve a specific number of continuing education points within a certain time frame.



Canadian Society of
Nutrition Management

QUIZ

Quiz - Complete Solutions and Ideas to Manage Common Challenges

1. What are the three main areas where managers are constantly asked to improve?

2. What are the benefits of educating yourself and your staff?

- 1.
- 2.
- 3.
- 4.

3. Having a new seasonal menu available for spring/summer and fall/winter that follows Canada's Food Guide is easy and requires little work.

True or False

*Submit Quizzes to:

Terry Gardner at continuing.education@ssnm.ca

